

### What is Rogaining?

Rogaining is the sport of long distance cross country navigation, in which teams of 2 to 5 people visit as many checkpoints as they wish in a set time period. The traditional rogain is 24 hours in duration; however, there are shorter events of 6 hours, such as the Paddy Pallin event, and others of 12 hours or 15 hours out of a 24 hour period. Most NSW events are held within 2 to 3 hours travelling time from the Sydney CBD.

Most rogaines are held on foot and in attractive bush and farmland locations. Some events are held in metropolitan areas ("metrogaines") or on bikes ("cyclegaines"). Rogaining is a challenging adventure sport and is a lot of fun.

### Who is it for?

Rogaining is a team activity for people of all ages and levels of fitness. Everyone from elite athletes to families with young children can enjoy rogaining. New rogainers are always welcome and assistance is always available from organisers to help get novices started..

The parts of the course you visit are entirely up to you and your fellow team members. There are no set routes and you don't have to spend the whole time on the course. You can return to the 'hash house' at any time for hot food and a rest around the campfire, or a sleep, before heading out again.

Some competitive teams may cover up to 50km in a 12 hour event and even more in an event of 24 hours duration. The distance you travel is entirely up to you. The satisfaction comes in finding your way around the course according to the route that you have chosen and navigating back to the finish within the time limit.

### What do you need?

Rogaining is good value for money; all you need is basic bushwalking gear including a compass, whistle, pencil, water bottle and comfortable and warm clothes and shoes, a waterproof jacket and a team first aid kit. On events involving an overnight period, you may also wish to bring along camping gear and camp overnight at the 'hash house'.



# THE 44<sup>TH</sup>

*Paddy Pallin*

# 6HR WINTER ROGAINE

# SUNDAY 17TH JUNE 2007

Rogaining is a fun way to enjoy the bush and test your navigational skills. You do not have to be an athlete as the main aim is to join in the challenge of the surroundings and travel at your own pace. This event is suitable for beginners and experienced teams.

**WHEN:**  
SUNDAY 17<sup>th</sup> JUNE 2006.

Closing date for entries: Friday 1st June.

The Rogaine is a six-hour event for teams of 2 to 5 people, with a mass start at 9:00am and concluding at 3:00pm. A 'novice briefing', for participants who are first-timers or those who would like to be reminded of the fundamentals of Rogaining, will be held at 8:30am; followed by a course briefing at 8:45am which all participants must attend.

**VENUE:**  
The event will be approximately 2 hours drive west of the Sydney CBD. The exact location will be advised one week prior to the event. Set amongst State Forest, you will enjoy bush and track walking whilst challenging your navigational skills across a variety of terrain. The course design includes areas of easier navigation for novices and the less adventurous, whilst experienced rogainers can challenge themselves running to the outer limits.

Camping on Saturday night is available at no charge and, due to the early start on Sunday morning, is recommended. A hearty evening meal, catered by 1<sup>st</sup> Waitara Scouts, is available on Saturday night at an additional cost of \$11.00 per person. So grab some friends and family and enjoy a great weekend 'out bush'.

**ENTRY FEE:**  
Entry is \$40 per person or \$26 for those under 18 or full-time students. Family entry is a maximum of \$92. Children 10 years and under on the day are free – please include children's names on the entry form. The fee includes a pre-marked map for each competitor and a post-event lunch. Unlike other events, it is not necessary to be member of the NSW Rogaining Association to participate.

Traditionally part of your entry fee is donated to one of the organisations Paddy Pallin, the man, championed in his lifetime.

**TO ENTER:**

## Entries and credit card payments should be made online at [www.nswrogaining.org](http://www.nswrogaining.org)

If this is not possible complete the attached form and forward it to the event administrator together with a cheque payable to the NSW Rogaining Association.

On Sunday the 10<sup>th</sup> June the event information package will be available from the website. Included in this package will be the details of the exact location of the event and all the other necessary details. Entry packs will only be mailed if a stamped self-addressed envelope (DL 220 by 110mm) has been provided.

Mailed entry forms should be sent to:

PADDY PALLIN ROGAINE  
PO Box 968  
Wahroonga NSW 2076

**Entries close on Friday 1st June. Numbers are limited and we are forced to turn away many people each year – so please enter early.**

**ENQUIRIES:**  
Event Coordinator:  
Andrew and Belinda Pope  
(02 9484 1736 7 to 9pm)  
[absspope@optusnet.com.au](mailto:absspope@optusnet.com.au)

**EVENT SPONSORS:**



# TEAM ENTRY FORM

<b>Name:</b>	<b>Address:</b>	<b>Sex:</b>	<b>DOB:</b>	<b>Entry:</b>	<b>Dinner:</b>	
Team Leader						
Member 2						
Member 3						
Member 4						
Member 5						
<b>Team Leader's Phone:</b>						<b>Total</b>
						Yes / No
						Are you <u>all</u> novices?
						\$

**Team Leader's Em ail:** \_\_\_\_\_

**Event Information Package:**  **Will obtain from Website:**  **Please post a copy. I have included SS&AE**