



Turon Gold Rush 8/24 hour Rogaine 28/29 April 2007

Final Instructions to Competitors

Thank you for entering the Turon Gold Rush 8/24 hour Rogaine. These instructions should be read by all team competitors. The indemnity form must be completed prior to registration. As a condition of entry every entrant must have an emergency whistle, crepe bandage (at least 1 m long) and a safety blanket. In addition to the normal instructions, please be aware of the following four points which are unusual to most Rogaines:

1. NavLight will be the primary scoring device for the Rogaine.
2. The Rogaine course contains extensive gold rush ruins that do increase the danger and complexity of off track travel.
3. There will be a social gathering on Friday evening prior to the start of the Rogaine.
4. There are 4 hot showers at the Hash House.

Ghosts, Massacres and Gold Rushes of the Turon Valley

On Friday evening there will be an enlightening and humorous presentation by one of the land owners of the Rogaine course. Come along, learn a bit about the region, have a laugh and meet up with fellow Rogainers. The presentation will start at 8:30 pm in the Hash House Marquee. Tea and coffee will be available.

Rogaining Rules

All of the Australian Rogaining Association Rules will apply (<http://rogaine.asn.au/index.php?id=6>) with the exception of the use of NavLight for scoring, and the addition of a safety blanket and crepe bandage as compulsory items. Please note that the rules now state; All team members shall simultaneously approach to within **5 metres** of each checkpoint for which points are claimed. Please also note that GPS, pedometers and altimeters are not permitted.

The map:

The map has a scale of 1:25,000 with 10 m contours. It has pre-marked controls and is printed on two A3 sheets.

The course and conditions:

The course contains extensive ruins from the Turon gold rushes. Gold diggings, and man made water races exist in most valleys included on the course. There are also numerous mine shafts that are not fenced, and are potentially located on any ridge, spur or valley of the course. Please look where you place your feet and do not tread near a mine shaft. In addition to the gold rush ruins, the course presents the usual range of hazards one should expect in a bush Rogaine, including unmarked cliffs and snakes.

At this time of year the temperature ranges from cold nights to mild days (refer to Table 1). Parts of the course are higher than 1000 m above sea level, and are consequently colder and windier than

many entrants would anticipate. The bush is generally open and long pants are not essential for leg protection. Gaiters or sock protectors are recommended to prevent grass seeds from getting into your socks and shoes. Be prepared for some river crossings and the inevitable wet socks that may accompany an unlucky river crossing.

Table 1. Bureau of Meteorology data for April from weather stations in the region.

	Bathurst	Newnes Forest
Mean maximum temperature	21.3 °C	16.3 °C
Mean minimum temperature	6.2 °C	5.7 °C

The time of sunrise is 6:31 am, and sunset is 5:24 pm. The moon will rise at 3:13 pm and set at 2:30 am.

Camping at the Hash House and Support Crew

The camping area for Rogaine competitors is a horse paddock immediately west of the horse stables at the hash house site. Please park cars next to each other, and camp between your car and the river. Entrants and support crew of entrants are able to camp at no cost on Friday and Saturday nights. Rogainers wanting to camp at the Hash House site prior to Friday, or after Sunday afternoon will have to pay the normal commercial fee of the campground to the campground owners.

You are encouraged to bring along family or friends to help with the driving to get home safely after the event. Support crew can purchase a meal ticket for \$12 at the administration area – or eat for free if they volunteer for a 4 hour stint at the hash house or administration.

Event time:

A mass start for both Rogaine options will be at 12 noon on Saturday. The 8-hour option finishes at 8.00 pm on Saturday whilst the 24-hour option finishes at 12 noon on Sunday.

Pre-start briefings:

Collective briefings will be held at 11.30 am for novices, and 11.50 am for all competitors. We require everyone taking part in the event to attend the final briefing. The NavLight tags must be punched at the briefing. If you or any of your team is unsure of any aspect of how the sport works, please do not hesitate to ask one of the event volunteers. We will be happy to give teams some advice regarding route choice or regaining in general immediately after the start of the event.

Further information:

There is almost no (GSM) mobile phone coverage on most of the Rogaine course. If you have your mobile phone, and you are in an emergency situation then you might improve the possibility of getting reception by dialing 112 (for emergency services only).

Safety information

Teams should never split up. If a team member becomes injured, then if possible the team should move to the nearest water drop. If a team member cannot travel (eg. Snake bite or broken leg) then the team should give several short blasts on their emergency whistles to get the attention of other teams in the area. Any team hearing a whistle must abandon their plans and help the team.

Driving Directions

The Hash House for the Rogaine is located in the NSW Central Tablelands between the village of Capertee and the locality of Palmers Oakey.

Directions from Sydney/Wollongong/Newcastle

1. Drive west through the Blue Mountains to Lithgow.
2. From Lithgow, drive west along the Great Western Highway towards Bathurst (highway number 32).
3. After 6.5 km from the McDonalds in Lithgow turn left onto highway number 86 towards Mudgee (Castlereagh Highway).
4. Follow the Castlereagh Highway for 36 km to Capertee.
5. Drive 1 km North of Capertee, then turn left onto Turon Gates Road.
6. Follow Turon Gates Road for 12 km to the Hash House (about 2.5 km west of the bridge over the Turon River). Turon Gates Road is a well graded dirt road passing through unfenced farm land.

Directions from ACT

The shortest route from Canberra involves 30 km of winding dirt roads and is described below. If you have a strong dislike for dirt roads then the best option would be to drive to Sydney and follow the Sydney directions. There is also one ford (normally dry) that has to be crossed, which may become impassable to standard cars after heavy rain. The hash house is about 1 hour drive from Bathurst.

1. Take the Barton Highway to Yass.
2. Take highway number 81 to Cowra.
3. Take the Midwestern highway to Bathurst.
4. Turn right onto the Great western highway heading towards Sydney (East).
5. After about 3 km, turn left onto Boyd St (opposite Kelso Hotel).
6. Boyd St becomes Lime Kilns Rd. Follow Lime Kilns Rd for almost 24 km. Shortly after Lime Kilns Rd becomes dirt, turn right onto dirt road signposted as "Mount Horrible".
7. Follow dirt road for 17.5 km to Palmers Oakey (you will drive over Mt Horrible on the way). At Palmers Oakey, turn left on road signposted as "Sofala 32, Capertee 24".
8. After another 6.1 km, turn right onto road signposted as "Capertee 18".
9. Follow dirt road for 6.1 km to Hash House, passing through two gates on the way (second gate is sign posted as "Turon Gates").

Directions from Northern or Western NSW

1. Drive to Capertee via Mudgee.
2. At Capertee, turn around and follow directions described for Sydney.

Directions from Hunter Valley

1. Drive to Capertee via Denman, Bylong and Rylstone.
2. At Capertee, turn around and follow directions described for Sydney.

Registration and Tracking

Prior to the event

Registration will be open from 7:30 pm to 8:30 pm on Friday, and again from 8.30 am on Saturday morning.

Before you present at Registration, please make sure:

1. You know your team number. Entrant lists will be available for you to look this up. A team list is on the NSWRA web site.
2. You have your Indemnity Form, signed by each member of your team.
3. If you have membership fees to pay, have the money and forms ready. No membership, no start!

You will be issued with:

1. One NavLight tag and wrist band.
2. One punch card.
3. One set of Course Setters Notes and Control Descriptions for each team member.
4. A Maps Token

The maps will be available after 9:00 am on Saturday morning. Bring you map tokens to the map handout desk.

At the Final Briefing, commencing at 11:50am, a check will be made that your NavLight tag is correctly fastened. It will then be punched with a "Brief" punch. You must have your tag punched with a Brief punch before you go out on the course. If you don't punch your NavLight tag during the briefing session, then you will need to do so at the administration desk after the Rogaine start.

During the event

At each checkpoint remember to punch both your control card and your NavLight tag.

When ever you return to the Hash House, your whole team must present themselves at Administration. Your tag will be punched with a "Finish" punch. If you don't intend to go back out on the course, you should hand in your tag and card. Your "Score Sheet" will be printed. Check this and report any disagreements. When you are ready to go back out on the course, you must return to the administration area and have your tag punched with a "Depart" punch. If you don't do this, any extra controls you visit will be disallowed.

The Finish

About 30 minutes before the finish of each event, a marshaling area will be set up. When you return, officials will check that your whole team is present, punch your tag with a "Finish" punch and collect your tag and card. Your team should then leave the area. Individual 'Score Sheets' will not be available during this period. An announcement will be made when they are available. They will be printed on demand.

Teams will be deducted 10 points per minute that they are late. Any team more than 30 minutes late will be recorded as Late and have all points taken.

What you should bring:

For the Hash-House:

Pens	Highlighters
Ruler (to mark magnetic North on map)	Scissors
Sticky tape (to join the two map halves)	Map case or plastic contact
Cutlery, mug, dessert and dinner plate	Camping gear
Change of clothes	Food for Friday and Saturday breakfast/lunch
Food for out on the course	Drinking water
Towel (there are 4 showers)	

For the Rogaine:

- Compulsory Items: Each person participating in the Rogaine must have:
 - An emergency whistle
 - A safety blanket
 - A crepe bandage 1 m in length or longer
- Water purification tablets (so that you can drink without concern from the rivers and creeks on the course). There will be 4 water drops on the course.
- Compass, watch, pencil
- Torch and spare batteries/globe
- Thermal underwear, fleece jacket, waterproof jacket for wind and rain, over pants if weather forecast is wet, warm hat and gloves
- Sensible shoes or boots
- Eye protection
- Water bottles: 2-3 litres per person is recommended
- First-aid kit
- Tape for blisters
- Food, to keep you going while out there
- EPIRB – if you own one.

What We Provide:

- A continuous hot food service will be available from 5 pm Saturday until 1 pm Sunday at the Hash House. The menu will change during this period. Fruit, bread, cake, biscuits and hot /cold drinks will also be available.
- An All Night Café operating from 6 pm through to 7 am will be in operation on the course.

Insurance

The Australian Rogaining Association Inc (ARA), with whom the organising body for this event is affiliated, holds Public Liability Insurance to the value of \$10 million in respect of all rogaining events conducted by ARA affiliated bodies. This insurance covers; organisers, landowners and other third parties for any damage caused by the organisers of, or participants in, any rogaining event in connection with that event. The ARA holds Personal Accident Insurance in respect of participants in rogaining events conducted by ARA affiliated bodies. However, the cover provided is a very basic cover of \$10,000- for Death and Permanent Total Disability only. The Personal Accident Insurance cover is minimal and the responsibility for any additional cover required is yours.

Use of NavLight

Scoring

This event will use both NavLight electronic punching and traditional punch cards. The NavLight tag will be the primary scoring device. Traditional punch cards will only be used as a backup if there is a problem with the NavLight system.

NavLight has two main components, the punches and the tags. The tag is strapped to the wrist of one of your team. A punch hangs from a cord at each checkpoint.



A Punch



A Punch registering a Tag

When you visit a checkpoint you record your visit by inserting the punch into the tag. You must hold the punch in the tag until the red light flashes to indicate that your visit was recorded.

As well as the checkpoint punches, there are a number of "Status" punches located in the Administration area that are used to record your departures and arrivals from the hash house.

Fitting the tag wristbands & testing.

The wristbands are made from a rugged vinyl material and can not be removed from the wrist without breaking them. Wear them quite loosely; you should be able to fit two fingers comfortably between the band and your wrist. Over a 24-hour period, a tight strap will cause irritation.

Thread the band through your Tag, wrap it around your wrist, then close the clasp through one of the holes in the strap. There is a loose end which you can pull off carefully.



A "Test" punch will be hanging beside a flag near Registration. You can use this to try your tag and see how the system works. It has no effect on your score.



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER/WAIVER

Event : _____ Team No.: _____ Car Rego.: _____

Rogaining is an activity which can involve risk of personal injury or property damage. While it is acknowledged as a challenging activity, the risks ought not be discounted particularly navigating through potential dangers in a bush setting in daylight or darkness. Other, but less obvious, risks will occur because of the nature and type of terrain through which the activities are conducted. The Association requires all participants to carry equipment such as suitable clothing, food, torches, compasses, water, first aid kit and any other allowed devices which will limit the inherent risks in the activity.

By participating in the activity, each participant acknowledges that the sport of Rogaining involves considerable risk and agrees that by entering this rogaine they do so at their own risk. The Association does not accept any responsibility for death, injury, loss and damage to the participant and agrees to allow the participant to participate in the activity only on that basis.

The participant binds themselves, their executors, administrators, heirs, successors and assigns as follows:

- a) The participant agrees to discharge and release the New South Wales Rogaining Association, their volunteers, the owners and occupiers of land used in the event, event sponsors and producers, community organisations, State Federal and Local Authorities in which the event may be held and their (its) representatives from all liability for death, disability, personal injury, damage to property, theft, and all foreseeable risks, claims or actions of any kind, howsoever caused, resulting from their participation - directly or indirectly - in this event.
- b) The participant agrees to further indemnify and hold harmless all entities and persons mentioned in the above clause (a) above from all liabilities, claims or action, as mentioned above, irrespective of whether the Association or its employees or agents may have been negligent.

In particular, the participant agrees to indemnify the Association for any loss or damage arising from participating in the event and agrees that this indemnity may be pleaded as a complete defence to any legal proceedings or any right the participant may claim against the Association, its servants, agents or any owner or occupier of land used in the proceedings.

By the signing of this document, I acknowledge the risks of rogaining and agree to participate on the conditions as described above (participant must be 18 years or older to complete this section):

Participant Name (Please print clearly)

Participant Signature

Date

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

This section to be completed by a responsible adult where participant is under 18 years of age. If more than one responsible adult signing please photocopy & submit separate forms.

Name(s) of junior participant(s): _____

I acknowledge the risks of rogaining as described above and agree to indemnify the Association for any injury or loss arising from the abovenamed minor(s) participating, and agree that by signing this indemnity or by permitting the minor to participate, I will accept complete responsibility for any injury or loss caused.

Relationship to participant (please delete whichever does not apply): Parent / Guardian / Other _____

Name (Please print clearly)

Signature

Date

_____	_____	_____
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NOTE: This is a legal document. You should seek legal advice before signing if you do not fully understand the meaning and effect of this document. If you do not accept these conditions of entry you will be unable to participate.