



The 23rd Annual Lake Macquarie

6 & 12 Hour Rogaine

Welcome to the 2014 Lake Macquarie Rogaine. We would like to acknowledge the support of Lake Macquarie City Council, National Parks & Wildlife Services and the Forestry Corporation of NSW

When: Saturday 2 August 2014

Where: **The Old Mill Picnic Area**, Olney State Forest in the Watagan Mountain (see Directions)

This is the same as last year because of the need to change from the original advertised site of The Pines Picnic Area due to camping restrictions

Directions:

Hash House site: The Old Mill Picnic Area (33° 003.5508' S, 151° 19.9860' E)

From Sydney

. Take the Morisset exit from the F3 Freeway and travel towards Morisset. Turn left at the 2nd roundabout (Freemans Dr) and travel approximately 5.5km to Cooranbong. (You can also travel to Cooranbong via Deaves Rd). Turn left into Martinsville Rd at the Cooranbong SES/Fire Brigade and travel 4.5km turning left into Watagan Rd. Proceed for 4km along sealed road and 3.3km along unsealed road. At the T intersection turn right onto Watagan Forest Rd and proceed 4km to The Old Mill Picnic Area. The Casuarina and Turpentine camping areas are adjacent to the picnic area

From Newcastle

Take the Toronto/Freemans Waterhole exit from the F3 Freeway and travel west to Freemans Waterhole. Turn left at the roundabout and travel south to Cooranbong for approx 3.7km. Turn right at the SES/Fire Station in to Martinsville then follow directions as for "Sydney".

Program:	8:30am	Registration opens – maps available
	11:30am	Briefing for novices
	11:45am	Final briefing
	12 noon	Start
	2:30pm	Tea & Damper opens
	5:30pm	Hash House opens
	6:00pm	Finish 6 hr event
	6:30pm	Presentations 6hr event
	9:15pm	Tea & Damper closes
	12 midnight	Finish 12 hr event
	12:30am	Presentation 12 hr event

Event Registration:

Prior to the Event:

Before you register please ensure:

1. You have your team number
2. The Indemnity form completed and signed by all team members
3. **Compulsory equipment – whistle, space blanket, bandages**

At registration you will be issued with :

1. Map and control descriptions for all team members
2. Course setters notes
3. One punch card – you do not need to return this to registration before the start
4. One NavLight tag and wrist band for each team member
5. One Intention Map

Start Procedure

A pre start briefing will be held at 11:45am for all competitors during which time **all team members must use the "Brief" punch.**

A mass start for both the 6 & 12 hour events will be at 12 noon

During the Event

At each check point, punch the NavLight tag, if it doesn't work then punch your card manually

Whenever you return to the Hash House the entire team must report to Administration for your tag to be punched with the "Finish" punch

When you are ready to continue you need to report to Administration to have tag punched with the "Depart" punch.

Finish Procedure

At the Finish all competitors must have their tag punched with the finish punch, your finish time will be calculated when the last team members tag is punched. Tags will then be removed and processed at administration

Scoring

- Points for each checkpoint are worth ten times the value of the first number of the checkpoint eg Checkpoint 62 is worth 60.
- Penalty for late finish will be 10 point per minute or part thereof. Zero score will occur if a team arrives over 30 minutes late.
- NavLight will be the primary scoring system, however as a back up if the navLight system malfunctions at a control then punch your card and present it at the finish.

Prizes:

Certificates will be presented to all participants

Medallions will be presented to relevant winners and placegetters for Men, Women and Mixed in Open, Under 23, Veteran and Super Veteran categories. Ultra Veteran, Under 23, Novice and Family classes will only include an open category.

Novices and Inexperienced:

If you are at all unsure about any aspect of Rogaining, please ask us. We will be happy to provide advice on navigation, planning your course, route choice, equipment etc. By remaining behind for a few minutes after the start of the event we can give you tips and send you in the right direction. A briefing for novices will be held at 11:30am

Parking & Camping:

Camping is available on the Friday and Saturday nights in the Turpentine and Pines camping areas If competing in the 12 hr event please consider staying the night or have someone drive home who did not compete in the 12 hr event.

Parking - please follow directions from parking official

Fires:

Unless there is a fire ban there will be a fire near the Hash House and at the Tea & Damper. Please do not light fires on the course.

Hash House:

The Hash House will serve hot food continuously from 5:30pm (Sat) until 1:00am (Sun) and breakfast Sunday 7:30am for participants. Your team may return to the hash house at any time during the event but you must register in and out at administration

Tea & Damper

A "Tea & Damper" facility will operate from 2:30pm to 9:15pm. Hot and cold drinks, damper and other treats will be available. The location will be marked on the map

What to bring to the Event (check each item as you pack it)

- Plastic bag or clear contact to protect map and control card
- Indemnity form signed by all members
- Pens, scissors, string, sticky tape for map work
- Your own cutlery, mug, bowl and plate
- Camping gear
- Change of clothes, towel
- Chairs, picnic table
- Food for Friday night and Saturday morning
- Basic first aid kit
- Spare water (5 litres)

What to take on the course (each participant should have these)

- Small backpack
- First aid kit (crepe bandage, elastoplast, "space blanket")
- Compass, watch, whistle
- Gaiters or other leg coverings (full body cover recommended)
- Shoes with good grip
- Sunhat, suncream, insect repellent
- Wet weather gear and warm clothing
- Headlamp/small torch (with spare batteries and globe)
- Snacks for on the course (staminade, muesli bars, dried fruit, chocolates)
- 1-2 litre filled drink container

Safety

- Your team is required to stay together **at all times**
- Stay within voice contact of all your team members.
- Stay hydrated
- Care should be exercised at all times and particularly around cliffs, slippery creek beds, boulders or logs.
- Beware of vehicles and motor bikes on forest roads.
- Numerous cliffs can be found throughout the area. Any section of close contours will have rockfaces and broken cliffs along it. Care should be taken near all steep slopes and cliff lines.
- Rocks in the area are quite friable. Take care on steep rocky slopes particularly when team members or other teams are further down the slope.
- If an injury or sickness occurs stay together as a team. If able try for the nearest track or checkpoint to wait for other to arrive.
- Whistles should be carried by all team members. Six (6) whistle blasts at 10 second intervals is the distress signal. Any person hearing this signal should render assistance.

Water

You should carry 1-2 litres with you. Water supplies are available T&D .

Course Notes

Map Scale is 1:25,000

Magnetic north is shown on the map

Please read the Course Setter's notes on back of map

Intention Map

Your safety is very important and we try to ensure that if an unfortunate circumstance arises then we can provide assistance for you. Completing the Intention Map will help us in providing such assistance. This is an intention only and not a final route choice for you. Please return it to the information desk.

There is a suggested novice route plan in the Course Setter's Notes on the map, it is a guide only to assist teams in their planning. You are welcome to stay after the start to ask advice or assistance from our experienced people.

Emergencies

Emergency procedures will be printed on the map

Mobile phone reception is unreliable, however on some ridges you may get a signal.

The emergency contact numbers will be printed on the map

There is a track or road network on most ridges.

If you experience difficulties or need assistance then proceed to a road on a ridge where a patrol will be doing a sweep around 4 – 5pm and again 8 – 9pm.

Special Dietary Requirements

To assist our caterers with ordering food please notify us if you have special needs regarding diet, especially if you are vegetarian or need gluten free food..

Please respond by Wednesday 30 July

For any further information contact:

Bob Gilbert - 49521967 bj.gilbert@optusnet.com.au