



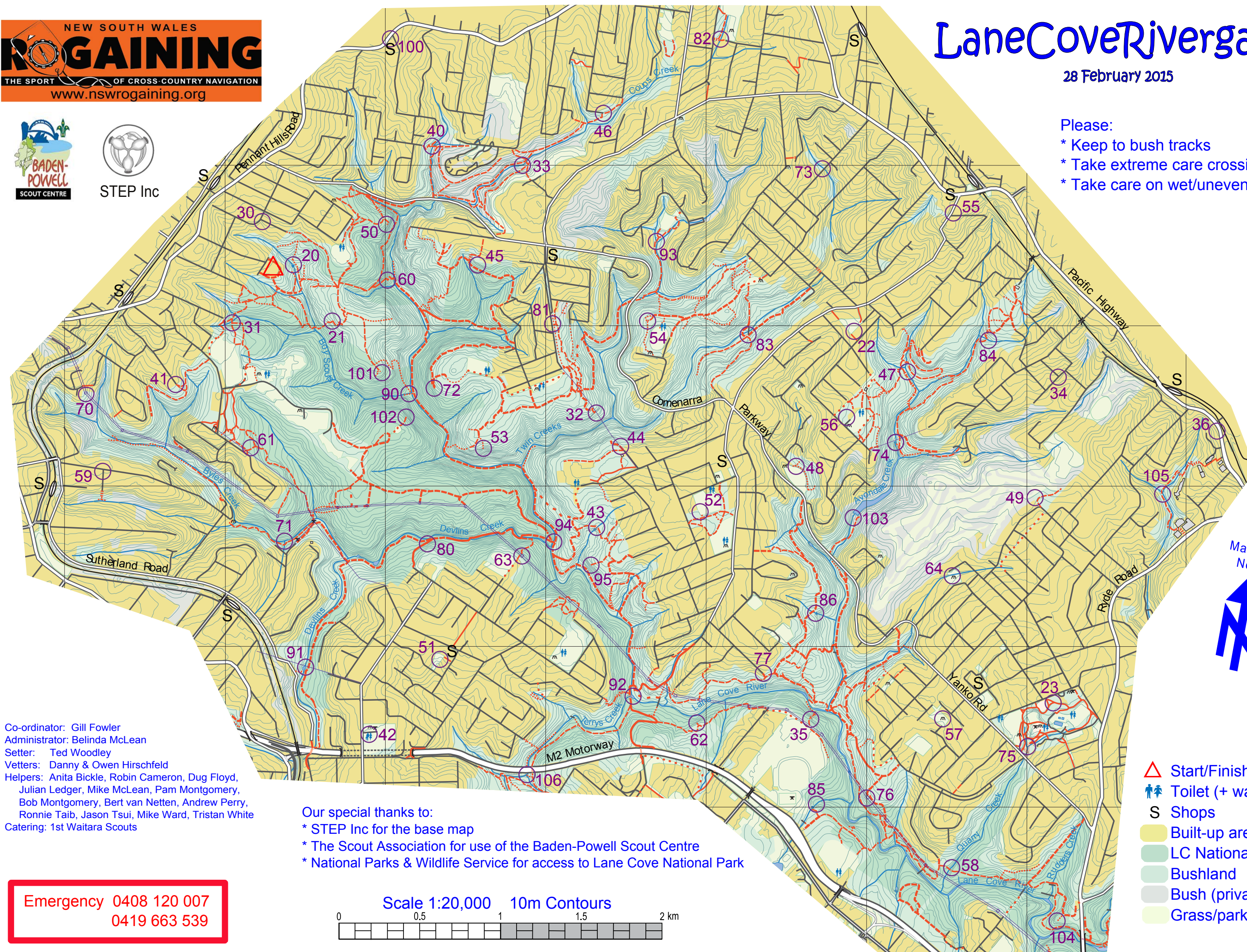
STEP Inc

Lane Cove Rivergaine

28 February 2015

Please:

- * Keep to bush tracks
- * Take extreme care crossing roads
- * Take care on wet/uneven surfaces

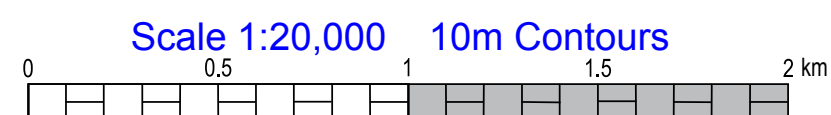


Co-ordinator: Gill Fowler
Administrator: Belinda McLean
Setter: Ted Woodley
Vetters: Danny & Owen Hirschfeld
Helpers: Anita Bickle, Robin Cameron, Dug Floyd,
Julian Ledger, Mike McLean, Pam Montgomery,
Bob Montgomery, Bert van Netten, Andrew Perry,
Ronnie Taib, Jason Tsui, Mike Ward, Tristan White
Catering: 1st Waitara Scouts

Our special thanks to:

- * STEP Inc for the base map
- * The Scout Association for use of the Baden-Powell Scout Centre
- * National Parks & Wildlife Service for access to Lane Cove National Park

Emergency 0408 120 007
0419 663 539



- △ Start/Finish
- ♂ Toilet (+ water)
- S Shops
- Built-up area
- LC National Park
- Bushland
- Bush (private)
- Grass/park/oval

Welcome to
"LaneCoveRivergaine"
Saturday, 28 February 2015
Notes & Control Descriptions

The Objective

- The objective is for your Team to navigate to as many Controls (designated on the map by a circle and number) as possible and accumulate the most number of points you can within 6 or 12 hours.
- The value of each Control is calculated by replacing the last digit with a zero. For example, Control 45 is worth 40 points; Control 102 is worth 100 points.
- There are 64 Controls, totalling 3,850 points.

The Map

- Thanks to STEP Inc for providing the base map and to Dr John Martyn for modifying the map and providing advice on top spots to visit.
- The map is reasonably accurate, but no map is perfect.
- Minor tracks are not always shown, some tracks may be overgrown and not every twist and turn is indicated.
- Not all green areas are bush or vegetation. Some green areas are now houses, particularly adjacent to roads. Use marked tracks to access bush areas, rather than assume you can do so from roadsides.
- Locations for toilets and shops are indicated.
- Most toilets have water taps. There are no water drops.

Rules

- Only travel on foot - no cars, bikes, boats, planes, taxis, buses, trains etc.
- Do not enter private property or restricted areas.
- Please respect the bush and **always keep to tracks**.
- **Within Lane Cove National Park you MUST stay on established tracks.**

Safety Issues

- Take extreme care when crossing roads - some are very busy. Use footpaths, traffic lights and pedestrian crossings wherever possible.
- Take care on bush tracks, stream crossings and rocky areas, especially if it rains. (Under normal weather conditions your feet need not get wet when walking along tracks adjacent to, or crossing, creeks.)
- There are no safety patrols.
- **Call the Event Emergency Phone if you need assistance (0408 120 007 or 0419 663 539).** In the case of an urgent, life-threatening emergency, call 000 or 112 from a GSM mobile phone.
- If you withdraw, try to return to the Hash House (Baden-Powell Scout Centre). If you cannot make it back, please call the Event Emergency Phone - we don't want to be worrying about what happened and sending out search parties needlessly!

Course Notes

- To access the track from the Pacific Highway to Control 105, walk down the short driveway west of the Ausgrid substation to the double wire gates, with sign "PRIVATE PROPERTY DO NOT ENTER", and turn right down the path.
- The south end of the track down to Control 35 is opposite a gate in the 2.5m high fence.

Navlight Electronic Recorder

- Your NavLight Tag is to be attached to your wrist and must be "punched" by an Official at the Start (to clear it) and "punched" at the Finish (to "stop the clock").
- ALL Team members must "punch" their Tag at every Control with the Navlight Control Punch, to register their visit.
- The Punch flashes **red** when placed on your wrist Tag for 2 seconds:
 - the flashing **red** light may be hard to see. Even if you can't see a flashing light, the Tag should register.
 - there is no beep sound.
- If the Punch is missing, record or photograph the Control Code (two letters on the Control Marker).
- If the Marker is also missing, record your presence with a photo &/or note the surroundings. When you Finish, report the problem to have your score adjusted.

Start/Finish

- This is a 6 and 12 hour event, with a mass start at 11am. If your Team leaves after 11am it will still be recorded as starting at 11am.
- When you return make sure all Team members immediately go to the Finish and have their Tags punched and removed by an Official.
- If your Team returns after 5pm for the 6 hour event or after 11pm for the 12 hour event a Time Penalty will be incurred of 10 points for each minute, or part thereof, that you are late.
- If your Team returns after 5:30pm or 11:30pm respectively, unfortunately the Team will be recorded as LATE, with a score of zero.

Afterwards

- Please stick around and enjoy the company of fellow rogainers.
- The free BBQ and eats are provided by 1st Waitara Scouts from 4pm to 12pm.
- Showers are available.
- Prizes will be awarded at around 5:45pm for the 6 hour event and 11:45pm for the 12 hour event.

| Control | Description |
|---------|--|
| 20 | Waterfall, 2m, top |
| 21 | Rock overhang, 2m, N of track |
| 22 | Seat |
| 23 | E Track junction |
| 30 | Light pole |
| 31 | S Watercourse crossing |
| 32 | Track, S end, cliff top |
| 33 | Log over Coups Creek, S side |
| 34 | Light pole |
| 35 | Carved stone steps, foot |
| 36 | Seat, Creswell O'Reilly Lookout |
| 40 | Weir (first crossing of Lane Cove River) |
| 41 | Road end |
| 42 | Toilet, NE corner |
| 43 | Track (NW of stream bed potholes) |
| 44 | Power pole |
| 45 | Cliff, 7m, foot |
| 46 | E Track, W end |
| 47 | Watercourse, 50m SE of junction |
| 48 | Track junction |
| 49 | Fence (golf course), 2m |
| 50 | Track end, cliff top, view |
| 51 | Seat |
| 52 | Light Tower |
| 53 | Track end, city view |
| 54 | Track junction, (SW of clay quarry) |
| 55 | Bus Stop |
| 56 | Wrecked car chassis |
| 57 | Tree (near table) |
| 58 | Quarry Creek, E side, 30m N of track |
| 59 | Power pole |
| 60 | Track, S side, rock engraving (CONSCRIPT PASS) |
| 61 | Sign (Lane Cove National Park) |
| 62 | Cliff, top, view |
| 63 | Electricity tower |
| 64 | Watercourse |
| 70 | Electricity tower |
| 71 | Creek junction, SE side |
| 72 | Road bend, S side |
| 73 | Rock cave (2m overhang), SW of creek |
| 74 | Waterfall, E side, top |
| 75 | Creek junction (walkway) |
| 76 | Rock shelf, 20m SW of Elec Tower, view |
| 77 | N Track end |
| 80 | Whale Rock, NE side, foot, under eye |
| 81 | Broadway Historic Cobble Road, track junction |
| 82 | Log chair |
| 83 | Pipeline, S end |
| 84 | Waterfall, 1m |
| 85 | Watercourse, 30m NE of 8m waterfall |
| 86 | Waterfall, 2m, top |
| 90 | Watercourse, 25m W of junction |
| 91 | Waterhole, E side, cliff top |

| Control | Description |
|---------|--|
| 92 | Brown's Waterhole, E side |
| 93 | Bridge, rainforest on volcanic diatreme |
| 94 | E Track junction |
| 95 | Track end, view |
| 100 | Light Pole (start of Lane Cove River) |
| 101 | City View Lookout |
| 102 | Track end, view |
| 103 | Watercourse, 30m S of Avondale Dam |
| 104 | Grants Castle (baked sandstone knoll), top |
| 105 | Sign (stone wall relic) |
| 106 | Creek junction |

64 Controls, totalling 3,850 points

Route Ideas

• 13km, 14 Controls, 840 points (6 Hour):
Start, 31, 41, 61, 71, 80, 91, 42, 51 (shops), 63, 94, 90, 101, 21, 20, Finish.

• 23km, 25 Controls, 1,420 points (6/12 Hour):
Start, 31, 41, 61, 71, 80, 91, 42, 51 (shops), 63, 94, 90, 101, 21, 50, 60, 45, 72, 53, 32, 81 (shops), 33, 40, 100, 30, 20, Finish.

• 34km, 34 Controls, 2,120 points (12 Hour):
Start, 31, 41, 61, 102, 71, 91, 80, 63, 51 (shops), 42, 106, 92, 94, 43, 95, 52 (shops), 44, 83, 54, 93, 32, 53, 72, 81 (shops), 45, 60, 90, 101, 21, 50, 40, 100, 30, 20, Finish.

We hope you enjoy the
"LaneCoveRivergaine"

| | |
|---------------|--|
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