

NEW SOUTH WALES

ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION
Issue 89 January 2002

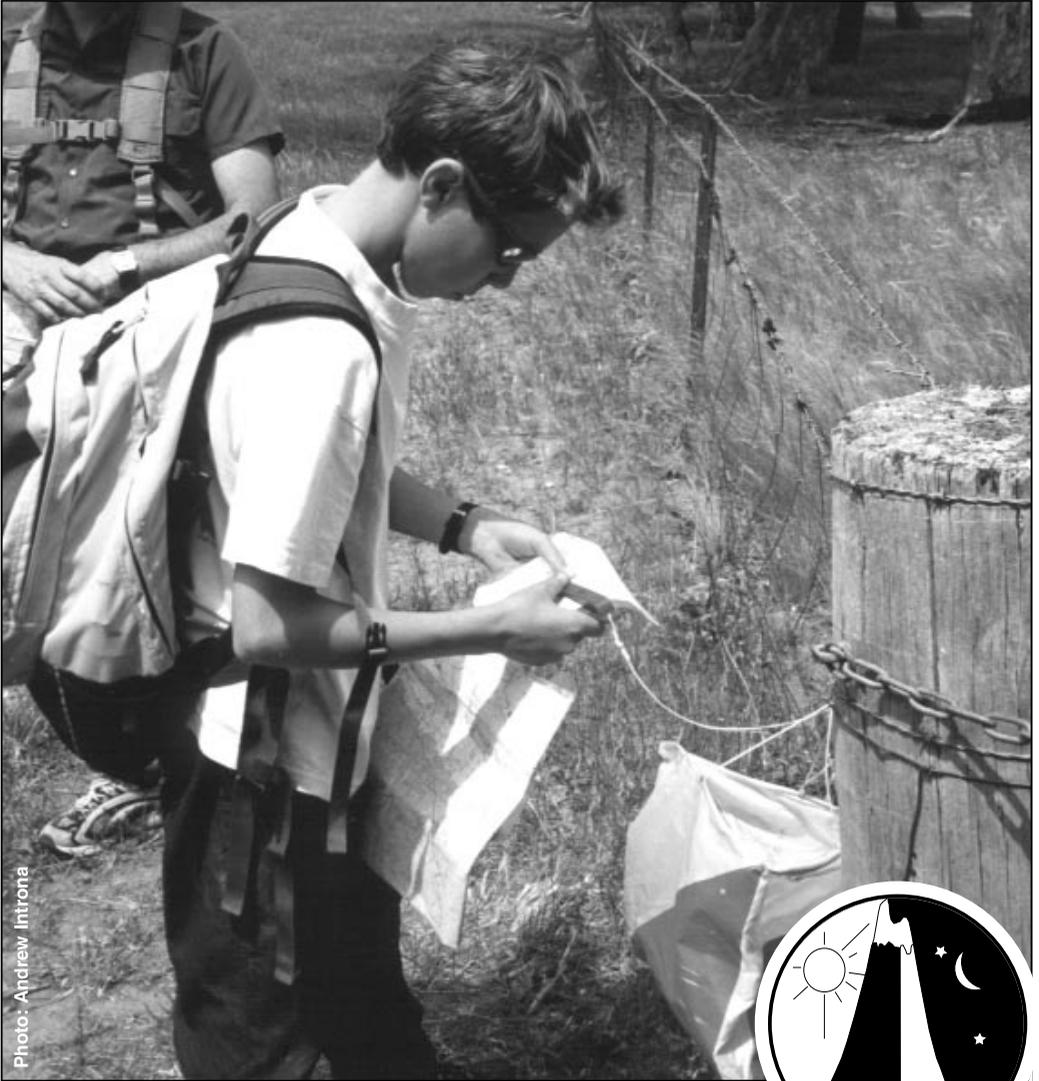


Photo: Andrew Introna



www.nswrogaining.org

2002 New South Wales & ACT Rogaines

	Date	Event	Location	Contact
NSW	24th February	Metrogaine 6 Hour	Wollongong	Trevor Gollan (02) 4226 5544
	10th March	ACT Paddy Pallin 6 Hour	ACT	(02) 6251 6908
NSW	23-24th March	'Ecogaine' 15 in 24 Hours	Northern outskirts of Sydney	Paul Batten 0403 176 716
	27-28th April	Australian Champs	ACT	(02) 6251 6908
NSW	16th June	Paddy Pallin 6 Hour	TBA	Andy Mein (02) 9879 4464
NSW	6-7th July	NavShield '02	TBA	Organised independently by Bushwalkers Wilderness Rescue
World Championships:			25-28th July - Czech Republic http://top.cz/wrc2002	
NSW	24th August	6 / 12 Hour	Lake Macquarie	Bert van Netten (02) 4975 3693
	1st or 8th September (to be confirmed)	Cyclegaine	ACT	(02) 6251 6908
NSW	19-20th October	NSW Champs 12/24 Hour	TBA	Graeme Cooper (02) 6772 3584
	16th November	ACT Champs 6/12/24 Hour	ACT	(02) 6251 6908

Rogaining in other States

Date	State	Event	Location	Contact
23rd February	Northern Territory	6 hr Metrogaine	TBA	(08) 8941 1059
23rd February	Victoria	Metro/Cyclogaine	TBA	(03) 9438 6626
23-24th February	Western Australia	12 hr UpsideDown	TBA	(08) 9342 9213
16th March	South Australia	6 hr Metrogaine	TBA	(08) 8271 2712
23rd March	Western Australia	Autumn 6 hr	TBA	(08) 9342 9213

President's Piece:

Welcome back to a new year of Rogaining. Although it's much too hot to be participating, spare a thought for the course setters and veters out there organising events for the new calendar. This is the last piece by me - 12 months has flown by and we look forward to the AGM to be held at the conclusion of the Metrogaine on 24 February 2002. You will notice a Nominations Form included with this newsletter. I urge members to consider themselves and others and put forward nominations. All positions are vacant, and your Association is only renewed by the participation of enthusiastic members.

2001 has been a great year by any measure. Two yardsticks that we can use; the number of events with no rainfall and the Association's membership. Membership Secretary Belinda Pope (whom I would like to congratulate for her personal achievements in increasing membership - a son Shaun born 11th January) has provided figures showing the 2001 membership is at an all time high of 1070, up from 865 the year before. The tireless work and contribution to improving our membership by newsletter editor Andy Mein, by preparing and distributing a high quality newsletter, which is so important as our major communication forum, should be recognised here. We're bigger than ever before, our finances are better than they've been in a while - we are travelling OK.

At the last Committee meeting in November the following issues were discussed: Association finances including allocating funds to further promoting the sport. New arrangements were put in place for the chore of stuffing newsletter envelopes (Sue and Walter said they'd give Andy a break from it). A new combined membership/entry form was discussed and will be trialed in 2002 (See page 7 for details). Nominations for the Warwick Marsden Award were considered. A separate article in this issue discusses the meaning of this Award (See page 7). The on-going saga of ARA membership of the International Rogaining Federation still hasn't been resolved and NSW urges the ARA to resolve their differences in the near future.

Progress on the organisation of upcoming events was reviewed and options for holding the AGM as a separate meeting were discussed. However, it was felt that most members would prefer not to have to attend this meeting separately. A separate event is being considered for later in the year (May perhaps?) at which issues of Rogaining Association development can be discussed amongst all interested members. Your input into how, when and where such a workshop could be held, and the issues we need to address will be useful to the incoming committee.

Finally you will have found a Rogaining brochure in your newsletter. Please pass it on to a friend or pin it up on your work noticeboard. Looking forward to seeing many new faces in 2002.

Richard Sage

President - NSWRA

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Inserts:

Notice of AGM / Nominations
Metrogaine entry form
Ecogaine entry form
Oz Champs entry form

Are they talking about rogaining?

*The trouble with experience
is that by the time you
have it you are too old to
take advantage of it.*
- Jimmy Connors

'Metrogaine':

Event name: **'MOUNTAIN & SEA' Metrogaine**
Date: **24th February 2002**
Location: **Wollongong**
Event length: **6 hours**

A great experience in a small package.

If you were part of the Stanwell Park rogaïne a few years back, you'll be aware of the variety of landform in the Illawarra. From beach and rock, through shopping arcades and heavy industrial precincts, then dense (nay impenetrable!) rainforest to cliff vistas and mountaintops, up to 500 metres above sea level. All within a one hour walk.

Rogaïne is meant to be a walking sport but there's lots of cycleways around Wollongong, so we offer a separate competition with a special map, start and finish time for cycling teams. It may be more leisurely and practical mode of transport that enables you to visit all the beaches and coffee shops, or to visit some of the further reaches of the district. A normal roadbike will be adequate for most of the course; only a small section will require a mountain bike and that will be for the extreme teams.

The weather could be hot, so bring your togs & towel for the beach or pool.

Trevor Gollan



'The Ecogaine':

Event name: **The Wilderness Challenge Ecogaine**
Date: **23-24th March 2002**
Location: **20 minutes from Hornsby**
Event length: **Any 15 in 24 hours**

The Ecogaine will be both a wild experience and have some terrific creature comforts!

The 15 in 24 hour format means you can sink your teeth into the navigation (good prep for the Oz Champs), and also have an enjoyable 9 hours of rest.

The course is 100% awesome forest and dramatic landscapes (so close to Sydney - amazing!), yet there is also an extensive track network for beginners.

Information about the heritage of the course area will be incorporated into the rogaïne itself.

You can also absorb that info whilst you take a breather with a nice drink at one of the two on-course 'cafes'.

Finally, it has some mind blowing views that will inspire your soul!

You can enter the event or find out more info online at: www.nswrogaining.org

Paul Batten



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Sydney Summer Series:

The 'Summer Series' of after-work navigational running events is well underway for 2001/2002. For those who missed the programme in the last newsletter, the series of 45 minute 'mini-rogaines' are held each Wednesday evening on some of Sydney's finest harbourside parks and Suburban bushland areas. The events are for everyone from walkers and joggers through to champion runners. Start times for events are between 4.45pm and 6.45pm regardless of the weather. So make use of the cool summer evenings and daylight saving and enjoy one or all of the remaining events listed below:

Event 15: Wednesday 30 January 2002
Venue: Pottery Green, Phoenix Street, **Lane Cove**
Contact: Sheralee Bailey Ph: 9227 0017

Event 16: Wednesday 6 February 2002
Venue: Magdala Park, Magdala Road, **North Ryde**
Contact: Glen Horrocks Ph: 9869 8524

Event 17: Wednesday 13 February 2002
Venue: Vineyard Creek Reserve, Tintern Avenue, **Teloepa**
Contact: Ted Mulherrin Ph: 9680 1305

Event 18: Wednesday 20 February 2002
Venue: Clarke's Point Reserve, Clarke Road, **Woolwich**
Contact: Ian Cameron Ph: 9482 2454

Event 19: Wednesday 27 February 2002
Venue: Loyal Henry Oval, Bromborough Road, **Roseville**
Contact: Andrew Wiz Ph: 9869 4064

Event 20: Wednesday 6 March 2002
Venue: South end of Martin Road, **Centennial Park**
Contact: Dave Lotty Ph: 9660 2067

Event 21: Wednesday 13 March 2002
Venue: Chambers Park, Blackwall Point Road, **Chiswick**
Contact: Steve Flick Ph: 9712 4350

Event 22: Wednesday 20 March 2002
Venue: University Oval, end of Culloden Road, **Marsfield**
Contact: Larry Weiss Ph: 9481 9659

2001 Committee

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02-9557 7101 (h)
stephen@speakandbyte.com.au

Additional Committee Members:

Nihal Danis 02-9564 2126 (h)
Daniel Marlay 02-9969 9167 (h)
Paul Batten 0403 176 716

2001 'Speers Point' Socialgaine Wrap-up:

Although the location for our assembly area at Speers Point Park was large, it soon filled with junior triathletes and partygoers throughout the day. No matter for the rogainers, though, as competitors soon scattered around the shores of Lake Macquarie and beyond.

Many rogainers took advantage of the bonus points earned for visiting most or all of the foreshore check-points, which were designed to show off some of the best features of the Lake. For more venturesome souls, there was plenty of hilly terrain in the eastern section of the course.

I'd brought the paper to keep me occupied during the long break before competitors returned. However, the St John's Ambulance volunteers kept me entertained for several hours with their conversations about other sporting events they'd covered. I apologised to them that they'd have very little to do today - it was a socialgaine in a metropolitan area after all.

Three hours in and a group of young fishers strolled up. One had a hook through his finger and needed some attention. Well at least the volunteers have been able to show their skills today without going home bored, I thought. Half an hour later an elderly woman and her son approached us. The woman had been feeling dizzy and they needed some advice.

An hour and a half out from the finish, one of our own admin volunteers arrived to help and was complaining of a kitchen accident. She'd burnt her arm and it looked nasty, so the Ambulance crew dressed it. Then after the finish, one of the competitors became distressed with dehydration. Three ambulance units arrived and an intravenous drip was organised in no time. Impressive! Fortunately, he'd recovered sufficiently soon after to be allowed to go home with his friends. Lesson learnt - you never can tell.

Many thanks to Bert, Dianne, Kim and Jamie VanNetten, Janette Dempsey, Julia and Peter Preston for their assistance on the day.

Ian Dempsey



team	2001 Socialgaine	time in	score	overall	men	women	mixed	veteran	family
13	Anne Newman, Graeme Hill	2.53	1310	1			1		
42	Craig Stewart, Rick Mumford	2.57	1290	2	1				
27	Nicole Haigh, Andrew Haigh	2.59	1190	3			2		
63	Peter Gordon, Craig Bagnall	3.06	1190	4	2				
9	Geoff Peel, Margaret Peel	2.59	1120	5			3		
18	Sue Clarke, Walter Kelemen	2.48	1110	6			4		
14	Neil Chappell, Dave Lilley, Heiko Schaeffer	2.55	1070	7				1	
82	Paul Batten, Bronwyn Lawton	2.53	1060	8			5		
8	Ross Ducker, Eric Smith	2.53	1030	9				2	
20	Dave Cochrane, Jacqui Cochrane	2.46	1020	10			6		
28	Will Roden, Matt Costin, Chris Elphick, David Massa	2.51	1000	11	3				
15	Marilyn Ferris, Lesley Taylor	2.54	960	12		1			
72	Robert Preston, Arthur Kingsland	3.08	960	13				3	
6	Mark Shingler, Paula Shingler	2.49	940	14			7		
53	Andrew Sloot, Graeme Hunter, Neil Fuere	2.55	940	15	4				
65	Peter McConarthy, Wendy McConarthy	2.57	860	16			8		
60	Stuart Thomson, Carol Thomson	2.54	820	17			9		
4	Bert, Dianne, Kim and Jamie van Netten	2.59	800	18					1
1	Lynn Dabbs, Kevin Williams	2.53	790	19				4	
45	George Krifiik, Lynda Krifiik	2.34	790	20			10		
21	Nihal Danis, Richard Sage	2.36	780	21			11		

team	2007 Socialgaine	time in	score	overall	men	women	mixed	veteran	family
47	Luke Binstead, Gavin Watkins	3.02	780	22	5				
31	Richard Harbury, Russell Furzer	2.17	770	23	6				
78	Alan Mansfield, Sonia Kupina, Frank Kupina	2.59	770	24			12		
76	John Woodward, Gillian Woodward	2.38	760	25			13		
12	E.Murray, D.Clark, K.Roberts, D.Roberts	2.53	760	26			14		
73	Paula Stuart, Oscar Clarke, Rod Clarke	2.53	730	27			15		
61	Martin Spinic, Angela Searle	2.54	730	28			16		
28	John Herb, John Linich	2.56	730	29				5	
10	Lee Lowe, Sue Moore	2.15	720	30		2			
55	I.Almond, M.Almond, P.Almond, D.Garrott	2.42	720	31					2
33	R Smyth, G Millar	2.5	690	32				6	
51	Glenda Hanson, Mark Stoneham	2.59	690	33			17		
32	A.Garcia, B.Kong, N.Bevan, S.Mills	3.08	680	34			18		
29	Tony Dynon, Heather Dynon	2.41	670	35				7	
36	Kaye Fraser, Greg Rowe, David Coysh	2.46	660	36			19		
41	John Cole, David Chambers	2.47	640	37	7				
22	Andy Cairns, Murray Cairns	2.35	630	38	8				
11	Lynne Trappel, Judy Richardson	2.38	630	39		3			
64	Moris Boeringha, Gemma Wilkins	2.55	630	40			20		
69	James Stevenson, David Parry	2.59	630	41	9				
62	G.Stalenberg, T.Syons, H.Strambalim, Toby	2.58	620	42			21		
52	A.Matheson, S.Thomas, V.Thomas	2.59	600	43		4			
37	Bill Gribble, Leslie Steinhaus	2.54	590	44			22		
81	Toby Trappel, John Richardson	3.04	590	45	10				
7	B.Lancaster, Grant & Gina McCawley, P.McIntosh	2.47	580	46			23		
54	Phillip Holman, Liz Bond, Nick Bond	2.54	570	47			24		
34	A.Horlicek, D.Marlad, C.White, J.Horicek	2.53	560	48			25		
5	Marie Kibble, Penny Allen	2.56	560	49		5			
71	David & Melanie Parkes, Chris & Helen Wise	2.42	550	50			26		
40	David Ireland, Raymond Hand	2.48	550	51				8	
30	Harry Goyen, Julie Cox	2.55	550	52			27		
70	Tim Heasman, Daniel Buckingham, Simon Boxell	2.08	520	53	11				
75	Stephen Ward, Russell Taylor	2.27	520	54	12				
38	Bo Bajic, Marie Lovric, Rob Lucas	2.53	520	55			28		
39	Lyn Berg, Jon Marsden, Alan Garner	2.53	520	56				9	
50	Megan Smith, Michael Mathieson	2.59	520	57				10	
46	Betheny Palmer, Paul Christian	3.01	520	58			29		
25	Robyn Charlton, Diana Charlton	2.54	490	59					3
57	Marselle Gannon, Hicako Shirarshi	3.02	480	60		6			
66	Ann Banham, Erica vanLennep	2.36	470	61	7				
80	Louise Wilkinson, Tim Robinson, Anna Park	2.51	440	62			30		
23	Robert, Pam & Chris Montgomery	3.03	410	63			31		
59	Janelle White, Stephen, Owen and Zoe Reynolds	2.55	390	64					4
58	Maureen Cavill, Kathleen Cavill	2.57	390	65					5
26	Glen Charlton, Scott Charlton, Peter Charlton	2.11	370	66					6
74	Lisa-Jane Taylor, Tracy Ward	2.23	360	67		7			
79	John Morris, Emily Court	2.58	360	68			32		
44	M.Grant, T.Thomas, G.Ritchie, P.Field, S.Field	2.56	350	69			33		
43	Norman Matheson, Francesca Matheson	3.04	350	70			34		
19	Anna Wheelahan, Damon Kitney	2.46	330	71			35		
17	S.George, Jo Parr, R.George, A.George	2.28	320	72					7
67	L McNair, M Robinson	?	320	73			36		
68	Steve, Alex, Jackson & Perry Rampant	2.12	240	74					8
16	B.Lawton, P.Batten, S.Lawton, B.Lawton	2.14	170	75				11	



The Warwick Marsden Award 2002 - Call for Nominations:

Warwick Marsden was a rogainer who contributed his personality and drive to the sport. He was an early competitor in rogaines, participating in one of the earliest international rogaines. His friendliness in inviting people to try Rogaining brought many people to the sport. His aptitude for organising events and input to the committee greatly improved our sport. Warwick was in particular responsible for building up the annual Paddy Pallin 6 Hour event into the success it is every June. He was quietly spoken and a happy face around many hash houses both as an organiser and as a participant. Sadly Warwick died from cancer in July 1995.

The Warwick Marsden Award has been created to honour his contributions to the sport. It is awarded to volunteers of any skill level for their contribution to the sport in NSW. The Warwick Marsden Award is one of two awards (Life Membership is the other) given by the NSWRA to members in recognition of their voluntary contribution to the sport.

Past recipients are: 1997	<i>Trevor Gollan</i>	2000	<i>Julian Ledger</i>
1998	<i>Graeme and Vicky Cooper</i>	2001	<i>Stephen Castle</i>
1999	<i>Bert and Dianne van Netten</i>	2002	?

The committee is seeking nominations from members for the 2002 Warwick Marsden Award. Nominations close on 14 February 2002 and can be made by contacting the Secretary, Sue Clarke, or Vice President, Alan Mansfield.

The presentation will be made at the 2002 Metrogaine, Sunday 24 February 2002.

A Message from your Membership Secretary:

Welcome to the New Year. 2002 promises to hold some great events, but its important to renew your membership so that you will receive our newsletters jam packed full of goodies including the all important entry forms for the upcoming events. So what does your membership money pay for? It will provide you with six informative and interesting newsletters, Australian Rogaining Association affiliation fees, and Public Liability insurance.

Your membership has expired from the last year so all memberships are due to renew for the year of 2002. Except (there always has to be exceptions!!) all those who joined at or since the very last rogain for the year, which was the Speer's Point Socialgaine (25/11/01). For those who joined then or since, your membership will expire at the end of year 2002.

As the President has previously explained in his welcome, we are changing over to a rolling membership system. This means your membership will be valid for a full year from the event you joined at or the date we receive your membership form.

We also have a "new look" entry and membership form. Please take the time to look at the example form opposite, and to fill the form in as completely as possible. You may either send your membership directly to the membership secretary if you wish only to renew your membership at this time (it does not matter which "entry form" you use) or you may send it in as an 'entry form/membership form' to the organiser of the event if you are paying membership with your entry fees.

If you are applying for individual membership, your membership status would either be "R" for renewing last years (or previous years) membership, or "N" for someone who has never been a member, and "I" for an individual membership. You would need to pay \$13. If you are applying for family membership (which by definition is two adults and their children), once again your membership status is either "R" or "N" and your membership type is "F" for family. The maximum amount you have to pay is \$17. You will receive one copy of the newsletter per issue for the family and insurance for all family members listed.

'Call To Arms' to all New South Welshmen:

'HAASTY but CLEAR'

2002 Australian Rogaining Championships 27-28 April

"Approximately 90 minutes South of Canberra. Undulating to steep native forest with sections of open country. The forest generally allows for reasonable travel with an open heath understory and some thicker sections. The entire event area is in National Park with some sections that are ex-grazing land. The Hash House is centrally located. All water drops will be at controls. Altitude ranges from approximately 1100m to 1500m."

Sounds too easy for us New South Welshmen, so lets start preparing for our best chance to come out at the top as the champion state.

Further details and online entry with BPay (or post a cheque or money order) available at the ACTRA web site <<http://act.rogaine.asn.au/>> The preferred means of entry is via the online entry but there is also a paper entry form in this newsletter or they can be downloaded from the web site.

Are you going to buy a ticket to ride?

As is NSWRA's custom, a coach is been hired to provide NSWRA participants with transport to the Championships. Coach travel is encouraged for environmental and safety reasons. As recently as two years ago, a competitor fell asleep at the wheel of his car after participating in a 24 hour rogain, rolled his car and is lucky to be alive.

To plan appropriately we would like to determine as early as possible how many people intend to use the coach. Please contact me to express your interest:

Alan Mansfield

Phone: 02 9797 6773 (daytime and up until 9 p.m.)

Email: the_bovine@bigpond.com

Postal address: 94 Greenhills Street Croydon Park NSW 2133

The event is about seven and half hours drive from Newcastle and five hours from Sydney.

Proposed pick up points, subject to demand, are: Broadmeadow (Newcastle,) Wyong Roadhouse, Ourimbah Roadhouse, Parramatta Railway Station, Campbelltown Railway Station and Pheasants Nest Mobil Roadhouse-for Wollongong participants.

To allow a reasonable nights sleep prior to the event, the bus will leave Broadmeadow, Newcastle at 14:30 on Friday the 26 April aiming for an arrival at the event site no later than 23:00. The return journey will start at 14:00 on the Sunday afternoon. If demand for a Newcastle departure is uneconomical we will make alternate arrangements.

Cost will be limited to \$50 per person. The association will cover costs over \$50 per head. Obviously this undertaking means that the association wishes to fill the bus and avoid any additional expense. Payment for the bus will be to the NSWRA. This can either be via money order or cheque. Online payments may be arranged at a later date.

Closing date for the bus is 3rd April as per the closing date for event entries. Please note that the ACTRA are organising the bus as outlined below. If you intend to use the NSWRA & University bus you must contact me. NSWRA are organising this independently of the ACTRA.

Alternates to the NSWRA bus: The ACTRA as the host organiser are arranging a bus on Friday 26th April and it will have late afternoon pick up at Canberra airport and Canberra city. Returning to Canberra on Sunday 28th April at 14:00. See ACTRA Australian Championship entry form for details. You will need to make your own travel arrangements to Canberra via private transport, coach services or train services to utilise the ACT bus.

Assistance from volunteers is essential to the sport.

No experience is necessary - detailed instructions are supplied.

 Volunteer Requirements	Metrogaine 24 February	The Ecogaine 23/24th March	Paddy Pallin 16th June	Lake Macquarie 24th August
Event Co-ordinator	Trevor Gollan	Paul Batten	Andy Mein	Bert van Netten
Course Setter/s	Ted Booth, Phil Allen, Bob Bartle, John Guilly	Paul Batten	Andrew Pope Andy Mein	???
Course Vetter/s	Steve Cliffe, Stephen Thompson	Sue Clarke Mark Farac	???	???
Administration Team leader plus 5 - 6 others Team Leader indicated in bold	Trevor Gollan ???	Bronwyn Lawton Michelle Lindsay ???	Belinda Pope Tanya Chivers ???	???
Hash-House Team leader plus 6 - 12 others Team Leader indicated in bold	???	Abigail Nield Rachel Sandwell Jason Tsui Dawne Algiz Joshua Hutley & the Macquarie Uni. Bushwalking and Orienteering Club	???	???
Flag Retrieval	???	???	???	???
Contact Details	Trevor Gollan 4226 5544	Paul Batten 0403 176 716	Andy Mein 9879 4464	Bert van Netten 4975 3693



If you are interested in organising your own event please contact our Event Manager, Mike Hotchkis (see committee contact listing), or if you are able to help on an existing event please contact the event organisers noted above.

Interested in other physical challenges in 2002?:

Throughout last year a number of people have enquired about various rogaine-related challenges they can get involved in between rogaines. Most of these events could be classed as Adventure/Multi-sport or endurance races. Interest in these types of events is growing in Australia so many more similar events are sure to be organised in the coming years. Following is a brief list of a few events I personally can recommend or that I am aware of on the east coast of Oz. All these events are open to both the elite athlete and the average 'give-it-a-go' punter. Like rogaing you can approach these events with either a competitive or non-competitive attitude. Rogaining makes the ideal grounding for any of the following events. I personally would not have given any of these events a go without the skills learnt or the endurance gained from many years rogaing.

2nd March

Six Foot Track Marathon

The Six Foot Track is a 46km footpath stretching across the Blue Mountains National Park from The Explorer's Marked Tree, near Katoomba to Jenolan Caves. The marathon is Australia's largest off road marathon, and attracts 500 to 600 entrants.

Email: raceorganiser@sixfoot.com

Website: www.sixfoot.com

9 - 10th March

Polaris MTB Challenge

Well established, challenging, 2 day mountain bike/navigation event for teams of 2 somewhere in New South Wales. Checkpoints and event base-camp secret until week prior. 'Approx. 2.5hrs from Sydney and 8.5hrs from Melbourne'. Essentially a rogaie on two wheels.

Email: info@polarismtb.com.au

Website: www.polarismtb.com.au

11 - 12th May (to be confirmed)

Arrow International 24Hour Adventure Race

This is a great adventure race for first timers. Classic format - MTB, kayak and run/walk - all within 24 hours. An unofficial test event was held last year to an overwhelming response - myself included. Good luck to the New Zealand organisers as the event will be much welcomed in Sydney. Equivalent event to be held in Melbourne late April, as well as four events in NZ as part of a series.

Email: richard.anderson@arrowa.co.nz

Website: www.24houradventurerace

24, 25 & 26th May

Oxfam Trailwalker Sydney 2002

Teams of four walk (or run if you are very keen!) 100km from Hunters Hill to Brooklyn within 48 hours. This event is an important fundraising event for Oxfam Community Aid Abroad. In 2001 300 teams raised over \$750,000. Well organised and very satisfying.

Email: trailwalker@sydney.caa.org.au

Website: www.caa.org.au/trailwalker/sydney

19, 20 & 21st July

The 5th Annual EcoAdventure Race - Cairns QLD

Teams of two or four persons (with a relay option) traverse a 280 kilometre course via mountain bikes, on foot, and kayaks, including a spectacular rappel. While there are many manned checkpoints you must visit, the entire race is map and compass based. Although expensive and logistically difficult from Sydney, it is a challenge you will never forget. See Newsletter #87 for a story on last years race.

Email: peter@ecoadventure.net

Website: www.ecoadventure.net

25 - 26th October

The 26th Annual Hawkesbury Canoe Classic

111km canoe/kayak race from Windsor to Brooklyn down the Hawkesbury River overnight. The event is a fundraising event for The Arrow Foundation raising money for cancer research. Past years have seen up to 600 competitors paddling in various styles of craft taking between 8 and 24 hrs to complete the challenge. Great fun - except for the sore bum!

Phone: 02 9666 7786

Email: rvcppr@ozemail.com.au

Website: www.canoeclassic.asn.au

23 -24th November

Jones Lang LaSalle Challenge - Victoria

A two day multi-sport race over a 230km course starting at the top of Mt.Buller into the heart of Melbourne. A staged race with a run, cycle and paddle each day. Entry categories include individual, three person relay team, and a six person relay team. Billed as the premier event of its type in Australia to holds true to the claim. Well worth the drive down south.

Phone: 02 4476 3160 - Garry Ebbeling (Race Organiser)

Email: garry@challengeevents.com.au

Website: www.challengeevents.com.au

27 - 31st December

Murray Marathon - Victoria

Over five days competitors paddle 404km in the 'world's longest annual canoe race on Australia's longest river' - the Murray. A fundraising event for Australian Red Cross helping with their vital work in the community. A successful finish in this event and the Hawkesbury Classic in the same year entitles you to a 'Ultra Marathon Certificate'.

Phone: 03 9685 9839

Email: events@vic.redcross.org.au

If these events don't satisfy try searching the Internet. You may find something local amongst all the North American and New Zealand events that I'm not aware of. Better still organise your own event!

Andy Mein

Newsletter contributions:

Remember to keep those contributions coming. Put pen to paper or snap a few photographs at your next event and share them with your fellow rogainers. Take note of the submission dates and send your contributions to newsletter Editor Andy Mein. Written word via email would be appreciated (PC Word or 'text' file). Original copies of your photographs would be preferred and will be returned. See Committee listing for contact details.

Issue	Publication Date	Submissions Close
90	6th March	1st March
91	22nd May	17th May
92	7th August	2nd August
93	25th September	20th September

'Keep your contributions coming all year round.'

'Beat the Heat - Playing Safely in Hot Weather':

A copy of a fact sheet produced by *Sports Medicine Australia* entitled '*Beat The Heat - Playing Safely In Hot Weather*' landed my way late last year. It was designed to inform sporting organisations about some of the risks involved in outdoor activities during hot weather, such as heat exhaustion and heat stroke. Thinking it worthy of inclusion in an upcoming newsletter, Julian Ledger (NSWRA Public Officer), passed it on to me. In his accompanying note he felt it was a relevant issue for us, as rogainers, particularly during those November and February events which at times can potentially be very hot. Julian added that he had been close to serious heat exhaustion himself, and reminded me of the evacuation of a participant out of the Lake Macquarie event a few years ago. And you would read in the Socialgaine wrap-up on page 5 of this issue that a competitor became 'distressed' with dehydration, and was tended to by ambulance officers before thankfully making his own way home with friends.

As if to ensure that I was aware of the risks myself, Christmas Eve of last year saw me avoiding the last minute consumer frenzy by enjoying a canyon in the Blue Mountains. The day before the bushfires began in earnest, the weather was very hot with dry gusting winds. Guilty at the best of times of not drinking enough water, the conditions on that day quickly took their toll. I emerged from the bush with a severe headache and by mid-way on the drive home was vomiting by the roadside. Christmas Day saw me drinking copious amounts of water with a cold damp towel on my forehead. After this experience I was able to look back and see that I have been very close on numerous other occasions. As a result I took particular note of the contents of the fact sheet, and I would hope that all rogainers would become equally aware - aware both of the symptoms and the precautions.

The following is a brief summary lifted from the fact sheet. It is intended as a guide to us all so please read and digest so we can all 'play safely in hot weather'.



Competing in hot weather without understanding the risks and taking the necessary precautions can place participants at risk of heat illness, and in extreme circumstances, even death. Heat exhaustion is not a trifling matter - it is a serious health risk. Factors which can contribute to heat injury include: high ambient air temperatures, solar radiation, high humidity, and dehydration.

Dehydration can lead to heat exhaustion. Symptoms of heat exhaustion may include:

- ▶ high heart rate
- ▶ loss of endurance/skill
- ▶ nausea
- ▶ confusion
- ▶ dizziness
- ▶ little urine passed, but highly concentrated
- ▶ cool skin, but paler than normal
- ▶ cramps

If your team mate is exhibiting signs of heat stress or exhaustion take the following action:

- ▶ stop competing
- ▶ give them plenty of water
- ▶ lay down in cool place
- ▶ if they are confused and unable to drink seek the assistance of another team and organise getting assistance from the event organisers.

Severe dehydration may lead to heat stroke which is potentially fatal and must be treated immediately by a medical practitioner. Participants who keep participating when suffering from heat exhaustion may experience heat stroke. Heat stroke symptoms include: dry skin, confusion, and collapse.

The more you sweat, the more fluid you must consume to avoid dehydration. High levels of dehydration may increase the risk of heat stress. To diminish the risk of heat stress fluid should be consumed before, during and after activity. It is recommended participants drink at least 7-8ml of fluid per kg of body mass no more than 2 hours before exercising to promote adequate hydration and allow time for excretion of excess water. During exercise it is recommended that participants should drink fluid at regular intervals to replace water lost through sweating. Participants should aim to drink at least 3ml per kg of body mass (about 250ml for the average person of around 70 kilograms) every 15 to 20 minutes. However this may vary dependent on the rate of sweating. Fluid taken should be cooler than the ambient temperature. In regard to post-event rehydration, it needs to be remembered that this can take 24 hours or more.

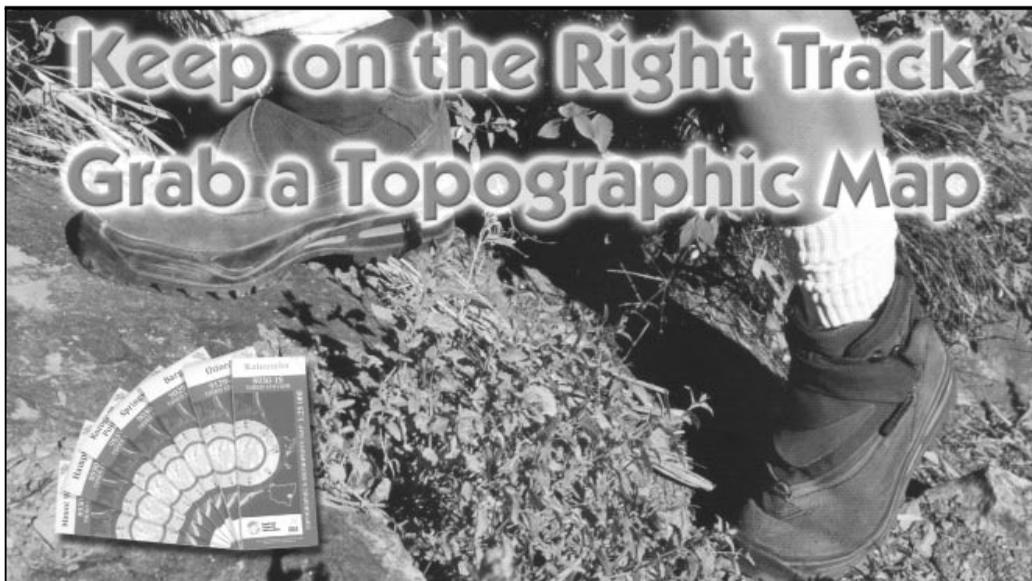
Light coloured, loose fitting clothes, of natural fibres or composite fabrics, with high wicking (absorption) properties, that provide for adequate ventilation are recommended as the most appropriate clothing in the heat. This clothing should also shield the skin from the sun. Hats and sunscreen should also be used to assist in prevention of heat illness. Sunscreens should be water soluble. Hats should be well vented.

While this was only a brief outline of some of the causes, first aid treatments, and precautionary measures of heat illnesses, I would recommend to all that you read some more on the subject. Read a first aid manual such as those produced by St.John's Ambulance, or visit Sports Medicine Australia's website www.sma.org.au for more information.

As a final note remember that Rogaining is a team sport and what you have just read is one of the main reasons why - safety. So be aware of your fellow team members and lets enjoy the new season.

Andy Mein

Adapting the **Sports Medicine Australia** Fact Sheet
'Beat the Heat -Playing Safely in Hot Weather'



Land and
Property
Information

The Sydney Map Shop • 23 Bridge Street Sydney 2000
Phone: 9228 6315 • Fax: 9221 5980 • www.lpi.nsw.gov.au

What is Rogaining?

Rogaining is the sport of long distance cross-country navigation, in which teams of two to five people visit as many checkpoints as they wish in a set time period. The traditional rogaine is 24 hours in duration, however, there are shorter events of 6, 8 and 12 hours. Most NSW events are held within 2/3 hours travelling time of Sydney.

Most rogaines are on foot and held in attractive bush and farmland locations, however, 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 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 50 km in a 12 hour event and even more in an event of 24 hours duration. However, 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, comfortable and warm clothes and shoes, a waterproof jacket and a basic team first aid kit. On 12 and 24 hour events you may also wish to bring along camping gear and spend overnight at the hash house.

What does it cost?

In New South Wales the entry fees vary from \$20 to \$40 depending on the event. This covers hot food during the event, your map, information sheets and facilities at the hash house. Family teams need only pay two adult entry fees.

A modest annual membership fee is charged to cover among other things a regular bi-monthly newsletter. Membership fees are currently \$13 for individuals and \$17 for a Family membership. A household membership is also available where all members share the same address. In this instance there is an additional \$4 for each person on top of the initial individual membership. You can join when you enter your first event.

Contact information:

If you are interested in trying Rogaining then get in touch with one of those listed below or the contact specified for the next event on the calendar.

NSWRA Voicemail 9990 3480

NSWRA Public Officer

Julian Ledger 9261 1111 (w)
julianl@yhansw.org.au

NSWRA Hon. Secretary

Sue Clarke 9816 2508
sclarke@efs.mq.edu.au

<http://www.nswrogaining.org>