Guidelines for setting rogaines that don't use the navlight system.

Joel Mackay – 20 May, 2011

General issues

The usual way to set such events is to have each checkpoint be a multi-choice question. The answers are provided on a clue sheet. The correct answer is to be written on either a dedicated control card or on a space provided on the clue sheet.

The advantages of this approach are that no flags need to be hung or collected and there is no chance of people moving or nicking off with control flags. This makes the approach particularly well-suited to urban events.
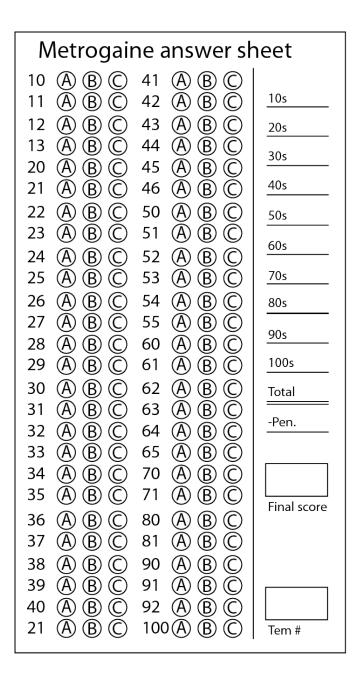
There are, however, are a number of pitfalls with the format that deserve consideration.

1. If it is wet, it is very difficult to prevent the control card from getting wet and still be able to write answers on it.
2. It is easy for ambiguities to arise in the question and answers – for example, if a question is "How many stairs are on the stairs down to the beach?", there is the question of whether you count the top step and/or the bottom level of the stairs.
3. Situations can arise where people don't understand the question – things that are obvious to some people are not obvious to others. This can arise when there are words that some people don't know or other assumed knowledge (e.g, about certain types of sports etc).

Guidelines

1. The answers should be as obvious as possible when you are in the right spot, don't turn it into a puzzle or a time consuming/complicated answer. You just want to establish that people correctly navigated to the controls, not test comprehension/IQ.
2. Make the answer choices very different from each other. For example, if you are asking for the number on a power pole, don't give choices like 9876542, 9876543 and 9876544. That would mean that if people misread or forget (if they are only marking answers down every second or third control – if they are in a hurry!) only one of the seven digits, they might get the answer wrong even though they have been to the checkpoint. Better choices in this case would be 9876542, 1298347, 7918479. Similarly, if the question is about the shape of something, don't give choices like "square or rectangle" or "circle or oval" – go for square, circle or triangle, for example.
3. About 10% of people (more so if considering males) are colour blind, and have trouble distinguishing red/green; blue/purple etc so try and avoid colour-related questions .
4. Don't ask questions that require the participant to count large numbers (Are there 20 ,24 or 28 palings on the fence?). Choices like 1, 2 and 3 are better...
5. For a six-hour event, don't set more than ~50 controls. If you do, it makes it more work at the end for people adding up scores etc.
6. For a six-hour event, the winners will rarely travel more than ~50 km (45-50 is common), so the total distance between all checkpoints shouldn't be too much more than this (but still a bit more if you want them to still have to make decisions about which controls to leave out).
7. To make a control card, set up a sheet with all the answers on it (preferably A, B and C). Have competitors cover the sheet with contact (or print them onto waterproof paper – some of the

adventure racing companies use this – we have used it on occasion) and then have them answer the questions by punching out the correct answer with a nail, a bbq skewer, pocket knife implement or some similar sharp object.

8. I have included a template for such a control card. Ideally, one would also make an answer template – using a piece of card and a single hole punch. Markers could simply place this over the answer sheet to easily see which answers people had given for each question. The control card would also have space for the score to be added up – eg a box for 10s, a box for 20s etc, and then a box for the total score (and for late penalty and final score).

Metrogaine answer sheet

10 Ⓐ Ⓑ Ⓒ	41 Ⓐ Ⓑ Ⓒ	10s _____
11 Ⓐ Ⓑ Ⓒ	42 Ⓐ Ⓑ Ⓒ	
12 Ⓐ Ⓑ Ⓒ	43 Ⓐ Ⓑ Ⓒ	20s _____
13 Ⓐ Ⓑ Ⓒ	44 Ⓐ Ⓑ Ⓒ	30s _____
20 Ⓐ Ⓑ Ⓒ	45 Ⓐ Ⓑ Ⓒ	
21 Ⓐ Ⓑ Ⓒ	46 Ⓐ Ⓑ Ⓒ	40s _____
22 Ⓐ Ⓑ Ⓒ	50 Ⓐ Ⓑ Ⓒ	50s _____
23 Ⓐ Ⓑ Ⓒ	51 Ⓐ Ⓑ Ⓒ	
24 Ⓐ Ⓑ Ⓒ	52 Ⓐ Ⓑ Ⓒ	60s _____
25 Ⓐ Ⓑ Ⓒ	53 Ⓐ Ⓑ Ⓒ	70s _____
26 Ⓐ Ⓑ Ⓒ	54 Ⓐ Ⓑ Ⓒ	80s _____
27 Ⓐ Ⓑ Ⓒ	55 Ⓐ Ⓑ Ⓒ	
28 Ⓐ Ⓑ Ⓒ	60 Ⓐ Ⓑ Ⓒ	90s _____
29 Ⓐ Ⓑ Ⓒ	61 Ⓐ Ⓑ Ⓒ	100s _____
30 Ⓐ Ⓑ Ⓒ	62 Ⓐ Ⓑ Ⓒ	Total
31 Ⓐ Ⓑ Ⓒ	63 Ⓐ Ⓑ Ⓒ	
32 Ⓐ Ⓑ Ⓒ	64 Ⓐ Ⓑ Ⓒ	-Pen. _____
33 Ⓐ Ⓑ Ⓒ	65 Ⓐ Ⓑ Ⓒ	
34 Ⓐ Ⓑ Ⓒ	70 Ⓐ Ⓑ Ⓒ	
35 Ⓐ Ⓑ Ⓒ	71 Ⓐ Ⓑ Ⓒ	Final score
36 Ⓐ Ⓑ Ⓒ	80 Ⓐ Ⓑ Ⓒ	
37 Ⓐ Ⓑ Ⓒ	81 Ⓐ Ⓑ Ⓒ	
38 Ⓐ Ⓑ Ⓒ	90 Ⓐ Ⓑ Ⓒ	
39 Ⓐ Ⓑ Ⓒ	91 Ⓐ Ⓑ Ⓒ	
40 Ⓐ Ⓑ Ⓒ	92 Ⓐ Ⓑ Ⓒ	
21 Ⓐ Ⓑ Ⓒ	100 Ⓐ Ⓑ Ⓒ	Tem #

Marking template