

# THE 13TH ANNUAL LAKE MACQUARIE

## 6 & 12 HOUR ROGAINE.

*Welcome* to the 2004 Lake Macquarie Rogaine. We would like to acknowledge the support of Lake Macquarie City Council and NSW State Forests.

WHEN: Saturday, 28th August, 2004.

WHERE: Heaton, Awaba & Olney State Forests. The Hash House/Assembly is at " Watagan Camping Area" (see location map!).

TIMINGS:

8:30a.m.	Registration opens.
9:00a.m.	Overprinted maps available.
11 :30a.m.	Briefing for novices.
11 :45a.m.	Final briefing.
12 noon	Start.
2:30p.m.	Tea & Damper opens.
5 :00p.m.	Hash House begins.
6:00p.m.	Finish (6HR event)
6:30p.m.	6HR Presentation.
9:15p.m.	Tea & Damper closes.
12 midnight	Finish (12HR event)
12:30a.m.	12HR Presentation

.As most of the Event takes place through State Forest we are required to make everyone aware of the following conditions:

- No animals are to be brought to the Event.
- Park in designated areas NOT along Watagan Forest Road.
- Use toilet facilities provided rather than the bush.
- Restrict fires in fireplaces provided/already there.
- All rubbish is to be placed in bins provided (this includes fruit peels or cores).
- No firewood, plants or animals are to be removed from bushland.
- Allow other members of the public to use the area undisturbed.
- Allow any forest workers or contractors to work unobstructed.
- Participants should follow the directions of Forest Rangers.

**Outstanding Membership Forms & Fees:** If noted in this mail out, you will need to hand in a completed Membership Form for NSW Rogaining Association and/or pay the fee before you can compete (for Insurance reasons).

**Event Registration:** To register, teams must come to the Registration desk with their *Control Card (Contacted) and Indemnity Form (completed)*. These must be handed in and outstanding fees paid before maps can be issued to your team. Registration is open from *8.30a.m.* on Saturday. Maps available from *9:00a.m.*

## INSTRUCTIONS FOR COMPETITORS.

This information is sent to team leaders only - IT IS YOUR RESPONSIBILITY TO PASS THIS ONTO YOUR TEAM MEMBERS!

**Parking & Camping:** The Hash House is located at Watagan Camping Area in a large clearing. You may park wherever you want in this vicinity *except* on the Watagan Forest Road. Camping is available on the Friday and Saturday nights. If competing in the 12HR Event please consider staying the night, or find someone to drive home who was not in the 12HR Event.

**Fires:** Unless there is a Fire Ban, there will be a fire near the Hash House and at the Tea & Damper Cafe. Please *do not lightfires* on the Course or elsewhere at the Hash House.

**Hash House:** The Hash House will serve hot food continuously from 5p.m (Sat) *untill* :00a.m (Sun.), and breakfast Sunday 7:30a.m. for participants. Please inform us at Registration if you intend having breakfast on Sunday at the Hash House.

**Prizes:** Certificates for participation, medallions will be presented as appropriate to participants. Winners will be determined in Open Men, Women, Junior, Vets, Family and Mixed categories.

**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.

What to bring to the Hash House (tick off each item as you pack it!):

- plastic bag or clear Contact to protect an A3 size map and Control Card.
- Indemnity Form signed by all members.
- NSWRA Membership Form and fee (if required).
- pens, scissors, string, sticky tape for map work.
- your own cutlery, mug, bowl and plate.
- camping gear.
- change of clothes, towel.
- chairs and picnic table.
- food for Friday night and Saturday morning.
- blister protection, basic first-aid kit (including bandage & "emergency blanket").
- spare water (5 litres).

What to take on the Course (each participant should have these!):

- small backpack
- First-Aid kit (including crepe bandage, "space blanket", elastoplast).
- compass, watch, whistle.
- gaiters or other leg coverings (NB. full body cover recommended!).
- shoes with good grip.
- sunhat, suncream, insect repellent.
- wet weather gear and warm clothing.
- pencil for "Registration Boards" at checkpoints.
- headlamp/small torch (with spare batteries & globe).
- snacks for on the Course (staminade, muesli bars, dried fruit, chocolate).
- filled 1-2 litre drinking container(s).
- Mobile phone (there is good coverage throughout the course for emergency contact)

## Course Information and Directions.

Organisation/Administration: Bob Gilbert & Ian Dempsey.

Course Setter: Robert Vincent.

Course Vettors: Ian Dempsey, Alan Wright, Bert Van Netten, Neil Chappell.

Hash House Catering: NSW Junior Orienteering Squad managed by Cathy Roberts & Di Van Netten.

Tea & Damper Cafe: 1st Cardiff Scouts

The course traverses mainly State Forest. The terrain is undulating gully spur in the West with many 4WD trails and the Great North Walk foot track. In the East a very steep escarpment with many cliff lines makes progress challenging. Vegetation varies from open forest to dense rainforested gullies with many moss-covered logs and rocks. Terrific views exist through many parts of the course with the Tea & Damper Cafe being one of the best. Many encounters with wildlife can be expected, especially Lyre Birds.

It is vital to be adequately equipped. You should have clothing and equipment that will ensure your comfort and safety. Refer to the checklist provided.

A Car Rally is expected to be operating in the Southern section of the Watagans. As a result, road closures and restricted access should be expected along roads South of the Rogaine area and well outside our course. You are advised to follow the directions below to avoid inconvenience while travelling to or from the Rogaine.

Directions: Travel to Mt. Vincent (just South of Mulbring) from Freemans Waterhole, Cessnock or Kurri Kurri. Turn West towards Quorrobolong at Sandy Creek Road. Travel approximately 9.5km and turn left (South) at Watagan Road. Follow this for approximately 6.5km to Watagan HQ Campsite. A map is available on the web site.

Park as directed in the vicinity of the large clearing but NOT along Watagan Forest Road as it becomes dangerous to through-traffic.

Alternate Parking: As parking is limited at the Watagan HQ Campsite it would help if you could car pool from Freemans Waterhole. Alternate parking is available at the 2 service stations at Freemans Waterhole - Mobil on western side of roundabout and Shell on eastern side of road. Approval has been given to park in the parking areas which are on the southern side of each service station.

You can obtain your team number from a list of teams that will be published on the web site.

*For any further information phone:* Bob Gilbert - 4952 19(0)7



# New South Wales Rogaining Association Inc.

ABN 15 314 080 648

## DISCLAIMER/WAIVER

Event : \_\_\_\_\_ Team Number: \_\_\_\_\_

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**

_____	_____	_____
-------	-------	-------

**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.**