

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 hours, such as the *Paddy Pallin* event, and others of 12 or 15 hours held over a 24 hour period. Most NSW events are held within 2 to 3 hours travelling time from the Sydney CBD.

Most rogaines are held on foot and 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 fellow 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 50km 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 team first aid kit. On events involving an overnight period you may also wish to bring along camping gear and camp overnight at the 'hash house'. ■



New South Wales
Rogaining Association



Images: Andrew Introna

THE
42ND

Paddy Pallin

6HR

WINTER
ROGAINE

SUNDAY

19TH JUNE

2005

Rogaining is a fun way to enjoy the bush and test your navigational skills. You do not have to be an athlete as the main aim is to join in the challenge of the environment and travel at your own pace. This event is suitable for beginners and experienced teams.

WHEN:
SUNDAY 19TH JUNE 2005.

The Rogaine is a six-hour event for teams of 2 to 5 people with a mass start at 9am and concluding at 3pm. A 'novice briefing' for participants who are first-timers or those who would like to be reminded of the fundamentals of Rogaining, will be held at 8.30am, followed by a full briefing at 8.45am which all participants must attend.

VENUE:
The event will be within 2 hours drive west of the Sydney CBD. The exact location will be advised one week prior to the event. Set amongst State Forest, you will enjoy bush and track walking whilst challenging your navigational skills across a variety of terrain. The course design will include areas of easier navigation for novices and the less adventurous, whilst experienced rogainers can challenge themselves running to the outer limits.

The 'Hash house' is situated in an acre of State Forest. Camping on Saturday night is available and due to the early start Sunday morning is recommended. There is no camping fee for Saturday night. A hearty evening meal, courtesy of 1st Waitara Scouts, is available on Saturday night at an additional cost of \$11 per head. So grab some friends and family, and enjoy a great weekend 'out bush'.

ENTRY FEE:
Entry is \$35 per person, or \$22.50 for those under 18 or full-time students. Family entry is a maximum of \$70. Children 10 years and under on the day are free. (Please include children's names on the entry form.) This fee includes a pre-marked map for each competitor and a post-event lunch. Unlike other events in the year, it is not necessary to be a member of the NSW Rogaining Association to participate.

Traditionally, part of your entry fee is donated to one of the organisations Paddy Pallin, the man, championed in his lifetime. This year we will be supporting a project of the Blue Mountains YHA.

TO ENTER:
Complete the attached form and forward with a cheque payable to the NSW Rogaining Association.

On the Sunday following the closing date the *Event Information Package* will be available from the website at www.nswrogaining.org. Included in this package will be details of the exact location of the event and all the other necessary details. If you would prefer to receive your 'package' by mail, you can indicate your choice on the entry form. For this option you will need to include a stamped self-addressed envelope (DL 220x110mm) with your completed entry form and payment.

Entry forms should be mailed to:
PADDY PALLIN ROGAINE,
220 CORDEAUX ROAD,
MOUNT KEMBLA NSW 2526

Entries close on Monday 6th June and numbers are limited so be quick. We have to turn away many people each year.

ENQUIRIES:
Event Coordinator:
JULIAN LEDGER 9416 6423 (7 to 9pm)
julianledger@optusnet.com.au

Event Administrator:
IAN ALMOND 4271 7465 (7 to 9pm)
ialmond@csc.com.au

EVENT SPONSORS:



www.paddypallin.com.au



TEAM ENTRY FORM:

Name: Team Leader: Member 2: Member 3: Member 4: Member 5:	Address:	Sex:	DOB:	Entry:	Dinner:								
						Total					\$		

Team Leader's Phone: Are you all novices?: Yes / No

Team Leader's Email:

Event Information Package: Will obtain from website. Please post a copy. I have included SSAE