



2015 Australasian Rogaining Championships

10-11 October

‘A Cross-Country Caper’

Info Pack

Thank you for entering the 2015 Australasian Rogaining Championships. This info pack is to help you prepare for your Rogaine (24hr or 8 hour) and arrive properly equipped for a fun weekend! All team members should read these notes.

1. Event Schedule

Friday 9th October	
2pm	Campsite opens
2pm to 5pm	ARA AGM (in the Homestead)
5pm to 8pm	Team registration
6pm to 9pm	Dinner (pre-order required)
Saturday 10th October	
7am to 9am	Breakfast (pre-order required)
7:30am	Team registration re-opens
9am	Map Distribution
11:30am	Novice briefing
11:45am	Briefing
12 midday	24 hour and 8 hour events start
4pm	All night café (ANC) opens
5pm	HH food opens.
8pm	8 hour event finishes
~8:45pm	8 hour event presentation
Sunday 11th October	
9am	ANC closes
12 (midday)	24 hour Championship event finishes
12 to 2pm	Lunch served
1pm	Presentation
~ 2pm	Buses depart
Camping available on Sunday night, additional camp fees apply	

2. Rogaine Location

How to get to the event

You will be rogaining in Capertee National Park and surrounding area. The Hash House and camping ground are located on great grassy flats next to the Capertee River.

To get to the event you will drive through the Capertee Valley on the western edge of the Blue Mountains. This valley is the widest enclosed valley (canyon) in the world! This valley is wider and longer than the US's Grand Canyon, it's surrounded by spectacular sandstone cliffs making it a magical drive at sunset. The valley is also one of the top 50 bird watching spots in the world.

The closest towns are Capertee and Kandos. For supplies we suggest stocking up before you leave, or stopping on route at these larger cities/towns: Lithgow (Sydney), Bathurst (Canberra), Rylstone (Newcastle).

Driving

Area map attached at back of info pack

Sydney (allow 4 to 4.5 hours)

Drive to Lithgow and take the Castlereagh Highway towards Mudgee. 45km from Lithgow you will arrive at the village of Capertee.

At Capertee Village there are two driving options, which take about the same time (allow 70 to 90 minutes from Capertee to the Hash House). We "the organisers" generally drive option 1, but Google maps will generally take you via Kandos (option 2) :

Option 1

- Turn right onto Glen Davis Road, drive 29km (E) to the intersection with Glen Alice Road.
- Turn left onto Glen Alice Road, drive 21km (NW)
- Turn left onto **Port Macquarie Road, drive 11km (SW) to the Hash House and Camping Site.**
- **Please note:**
This is an unsealed 2WD road. The road is suitable for all vehicles, however please take care as there are some large pot holes, and much wildlife about (Kangaroos and Wallabies).
Approximately half way along the road you will come to the National Park boundary and gate. This gate has a combination lock. If it is closed, the combination for the gate for the weekend is 2848. We will also ensure there is a sign with this code.

Option 2:

- At Capertee continue north on Castlereagh Highway for 28km
- Turn right onto Bylong Valley Way, drive 18km to Kandos
- Turn right onto Ilford road, drive for 100 metres
- Turn left onto Angus Ave, drive 1.1km
- Turn left onto Dabee Road, drive 4.4km
- Turn right onto Glen Alice Road, drive 21.5km (S)
- Turn Right onto Port Macquarie Road and follow the instructions in bold above.

Newcastle (allow 4 hours)

Take the Golden Highway, (State route B84) towards Denman and Dubbo:

- Follow the Golden Highway for 40km (NW)
- Left onto Pagan St, drive 170 m
- Left onto Queens St and continue onto Bureen Road, drive 28km
- Turn right onto Martindale Road, drive 4.2km
- Turn left onto Yarrawa Road, drive 15km
- Turn left onto Bylong Valley Way, drive 105km to Rylstone
- From Rylstone take the Ilford Road and Narrango Road to the Glen Alice Road
- Slight right onto Glen Alice Road, drive 24.5 km
- Turn right onto Port Macquarie Road, and follow the instructions in bold in the Sydney directions above.

Canberra (allow 5.5 – 6+ hours)

Make you way inland to Bathurst. From Bathurst:

- Take the Sofala Road, drive 73km
- Turn left onto the Castlereagh Highway at Ilford, drive 2.4km
- Turn right onto Bylong Valley Way and drive 18km to Kandos.
- Turn right onto Ilford road, drive 100 metres
- Turn left onto Angus Ave, drive 1.1km
- Turn left onto Dabee Road, drive 4.4km
- Turn right onto Glen Alice Road, drive 21.5km (s)
- Turn Right onto Port Macquarie Road and follow the instructions in bold in the Sydney directions above.

By Bus

If you have booked the bus from Sydney or Canberra, the bus pick-up timetable is on the website, and the transport coordinators have/will be in contact with you to confirm pick-up locations.

The buses will stop on route for a break and to pick up supplies.

If you have already entered, but would like to book a bus seat please contact admin@nswrogaining.org before Friday 2nd October. This is a great way to travel, to meet other rogainers, share weekend stories and catch-up on sleep on the way home when tired.

Camping and the Hash House.

The camping area is located on large grassy flats adjacent to the Capertee River. Your entry includes camp fees for Friday and Saturday nights. Rogainers wanting to camp at the Hash House site on Sunday after the event will need to pay the additional night's camping fee at the event.

Additional toilets will be provided for the weekend, however there will be no shower facilities.

The Hash House will have general marquee area for eating and map preparation with table and chairs provided for those travelling light. There will also be a campfire to keep you warm.

There will be some drinking water available at the hash House, but we ask those driving to be self-sufficient for camping, and suggest bringing 8–10 litres per person.

We encourage you to invite family or friends to enjoy the weekend and also help with the driving to get

home safely after the event. Support crew can purchase a meal ticket for the full weekend at the administration tent.

The meal times are listed in the event schedule above. There will be tea and coffee facilities provided for the full weekend, and food available for all competitors from 5pm Saturday through to the end of the event.

Friday night dinner and Saturday breakfast is also provided, but must be pre-booked with your event entry.

We will place the menu on the event website soon.

3. The map and exciting info you want to know!

The map is 1:25,000 in scale with 10 m contours. There are 70 controls for you to plan (or not) into your route. The map is oriented to magnetic north and is A2 in size.

The vegetation varies from open forest and grass woodland, to farmland and also some small patches of semi rainforest. This makes for generally fast moving conditions, although of course there are a few hills to slow you down.

There are good track networks accurately shown on the map, but hopefully you will spend much more time on the ridgelines taking in the views and walking the surprisingly open watercourses.

As the bush is generally open long pants are not essential for leg protection. Gaiters are recommended to prevent grass seeds being a nuisance.

During the Rogaine there will be food available at the Hash House from 5pm and an All Night Café out on course from 4pm. Water drops are provided on course. We recommend you have the capacity to carry 2 litres minimum as creeks and rivers cannot be relied on for water.

You will receive more detailed course-setters notes on the area to help you plan your team's rogaine course when you pick up your maps at 9:00am on Saturday morning.

For family teams (and anyone else, we also have a spot the animal game.

The weather... it's Spring!

Temperatures in the Central Tablelands can vary widely in October from cool nights to warm days. What you may expect based on the October minimum and maximum average long-term weather observations for Lithgow approximately 60kms south of the event site is temperatures from 6.1°C to 19.7°C

Last light will be 7:30pm (Sunset 7:08pm) and first light will be at 6:00am (Sunrise 6:23 am).

The moon? What moon? It will be a new moon, so make sure you have your torch and spare batteries.

4. What to bring (for each team member)

Compulsory equipment to be checked at registration

- Whistle - whistle that is part of a pack or hydration pack is acceptable
- snake bite bandage (min 7.5cm width)
- emergency space blanket
- signed waiver form

Recommended equipment

- Compass- watch compass or smart phone compass is not acceptable
- Headlamp/torch, with spare batteries
- Event Map - will be given out on Saturday morning - Other maps are not permitted.
- Waterproof map cover (contact or map case) to protect your map
- 2 litre water container or bladder (minimum)
- Day pack
- Warm and waterproof clothing
- Gaiters
- Gloves and Beanie
- Watch
- Hat and sunscreen
- Plenty of food for out on the course, and prior the start.
- Pencil, pens, highlighter pens, scissors
- Eating utensils for meals at the Hash House (plate/bowl, mug, cutlery etc)
- Folding chairs and table
- Camping gear
- Change of clothes
- A smile

5. Rogaining Rules and your safety

All of the Australian Rogaining Association Rules will apply <http://rogaine.asn.au/Rules-and-Standards/rules.html>

When you register your team (5pm to 8 pm on Friday or after 7:30am on Saturday), you will need to hand in your team's completed waiver form (attached to this info pack), and your compulsory equipment will be checked. This will include an emergency whistle, snake bandage (at least 1 m long) and a safety blanket for every team member.

Please also note that GPS, pedometers and altimeters are NOT permitted. This includes GPS watches and mobile phones! If you wish to track your route, you will need to put your GPS in a tamper proof bag, which will be provided at the Administration tent prior to the start.

Whilst we encourage you to carry a mobile phone in the case of emergency, however it should remain switched off, and must be in a tamper proof bag unless it is needed. If you plan to carry a mobile phone, we suggest installing the emergency+ app. For more info on this app go to our [NSWRA homepage](#)

Mobile phone coverage is good on the ridges but limited in the valleys. The Hash House has patchy coverage

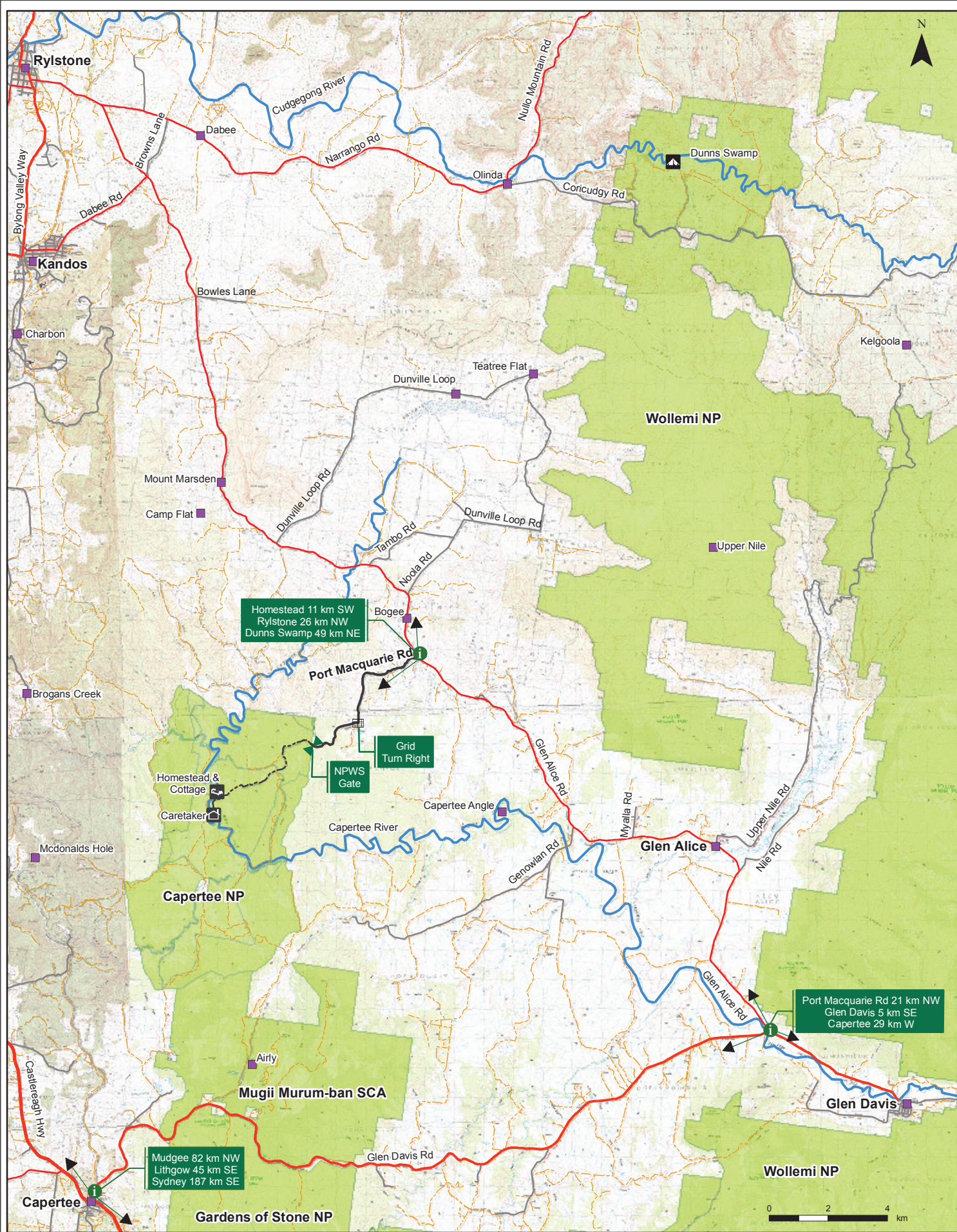
Bushwalker Wilderness Rescue Squad will be the safety first response team and first aid officers for the event.

Electronic scoring (Navlight system) will be used for the event. Each team member will be given a wristband with electronic punch tag at registration.

Finally...

We don't wish to alarm you but please remember this little warning: **'superb rogaining country awaits'**

See you at Capertee!



Route To Capertee National Park

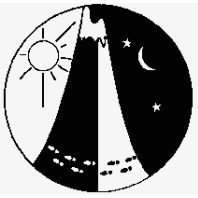
- Legend**
- Town/Village
 - Route Information
 - Arterial Road
 - SubArterial Road
 - Local Road
 - Track - Vehicular
 - Gravel Road to Capertee NP
 - River
 - NPWS Reserve

Copyright Office of Environment and Heritage (NSW) October, 2011
 This map is not guaranteed to be free from error or omission
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Map Compiled By :
 BMR - OSCU - GIS
 October 2011



nationalparks.nsw.gov.au



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event : 2015 Australasian Rogaining Champs

Team No.:

Car Rego.:

We acknowledge that the Australian Rogaining Association Inc (ARA), with whom the organising body for this event (NSW Rogaining Association) is affiliated, holds Public Liability Insurance to the value of \$20 million in respect of all rogaining events conducted by ARA affiliated bodies. This insurance covers: organisers, landowners and other third parties for any damage caused by the organisers of, or participants in, any rogaining event in connection with that event. We also acknowledge that the ARA does not hold any Personal Accident Insurance in respect of participants in rogaining events conducted by ARA affiliated bodies. We accept that any personal accident cover required is our responsibility and entirely at our discretion.

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 NSW Rogaining Association (NSWRA) 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 NSWRA 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 NSWRA, 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 NSWRA or its employees or agents may have been negligent.

In particular, the participant agrees to indemnify the NSWRA 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 NSWRA, 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 NSWRA 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.

Version: Sep. 2008