

From Hawkes Bay Orienteering Club
2006 December Dash Rogaine
Saturday 9 December 2006

FINAL INSTRUCTIONS FOR COMPETITORS

Please ensure all your team members read this document. It contains important information.

Thank you for your entry in the December Dash Rogaine. Note that this information sheet has only been sent to the team leader. Make sure you copy it to all other members of your team. A copy of it is also available on the event website:

www.hborienteering.com/rogaine

Acknowledgements

As always this event is only possible because of the landowners who have so willingly allowed us to use their land. Without their co-operation this event would not be possible. Bear that in mind when you are out there.

Many people from landowners to helpers on the day have contributed to the smooth running of the event, and I thank them for their input.

Organisers Contact Details

The Event Director may be contacted by telephone or email prior to the event. Chris Howell, 06 879 5686 or 027 686 7829 or info@prospectvineyard.co.nz

On race day there is an emergency number to call. This is Chris Howell, 027 686 7829. There is cell phone coverage at the start/finish location. You will find that 027 cellphones work even in the bottom of many of the gorges. Coverage to the north is not as good, particularly in the bottom of the gorges and north of the Old Taupo Coach Road and the in the Esk River.

Directions to the start/finish

The event centre is located at Eland Station woolshed.

From Napier: To get there, take State Highway Five to Taupo from Napier. The farm is approximately 30 kilometres from Napier. It will be signposted with Orienteering signs from 5pm on Friday December 8th from the SH2/SH5 intersection. The entry is on your right approx 3.5km past Glengarry Road.

From Taupo: If you are coming from Taupo the farm entry is on your left at the bottom of a steep hill. The entry is concealed and will be sign posted from 400 metres. It is approximately 6 km south of Old Taupo Coach Road which is a few minutes south of Te Pohue. If you reach Glengarry Road on your right you have gone too far and the farm entry is approx 3.5 km back toward Taupo.

The woolshed is located at the end of the Eland Station access road, approx 5 km from the main road. There are many farm tracks and the correct route will be signed. The road is narrow and winding, please take care and show respect by keeping your speed down. Please leave all gates as you find them. Be aware that stock often graze the road area and may be in the area.

Camping

There is camping available next to the woolshed. Parking is limited, so if you are able to share transport, please do so. There will be plenty of water available.

If you intend to camp or use the woolshed or haybarn, you will need to be self sufficient. There are limited facilities, so bring your own stoves etc for a quick efficient hot breakfast on Saturday morning.

We invite you to stay on Saturday night and enjoy the free BBQ dinner, "post mortem" and informal prize giving. *Please bring your own plate and utensils.* There is no charge to competitors for the dinner on Saturday night. No food will be provided on the Friday night and there is no hash house during the event.

Event Timetable

Friday 8th December

Camping available

5.00pm to 10.00pm. Registration and gear check open

Saturday 9th December

4:30 am Registration and gear check open – for the duration of the event

5:00 am 12 hour maps available on presentation of map ticket

6:45 am 12 hour briefing.

7:00 am 12 hour mass start.

9:00 am 8 hour maps available

10:45 am 8 hour briefing

11:00 am 8 hour mass start.

1:45 pm 4 hour maps available

2:45 pm 4 hour briefing

3:00 pm 4 hour mass start.

6:50 pm Barbeque meal starts

7:00 pm 12, 8 & 4 hour finish

7:45 pm Provisional Results

Catering

The post match BBQ will be available from 6:50pm.

The Map

The map will be printed on standard paper. The map is based on the standard series 260-V20 Esk topographical map published in 2005. The map has not been enlarged to provide greater clarity.

Out of bounds areas have been overprinted, Contour lines are 20m apart and the map is aligned with magnetic north.

There will be one colour map per competitor, plus one plastic bag per competitor AND a spare plastic bag per team. There is a legend printed on the back of the map, along with control descriptions.

Some minor updates and corrections have been made to the map by the planning team – this is mostly confined to the updating of tracks in the forest areas of the map.

Hazards

The following hazards have been identified in relation to this event and as part of our responsibilities towards competitors we must make you aware of them:

1. **Customary farming hazards.** These include the sorts of hazards with which you are familiar – livestock, unstable fences, electric fences, farm buildings, farm poisons, implements, possum baits and stinging nettle. Exercise normal care around these.
2. **Non-customary farming hazards.** Any that the landowners identify to us will be advised at the pre-start briefing.
3. **Hazards arising from the terrain.** Dangerous bluffs, slippery stream beds, unpredictable stream levels, public roads, railway line. These are referred to elsewhere in these notes.
4. **Hazards arising from the weather.** Mainly heat at this time of the year but bad weather is always a possibility. Keep hydrated. Refer to compulsory gear list.
5. **Hazards arising from human factors.** Do not push yourself beyond your limits, the country is tougher than you probably realise. Be careful – do not take unjustified risks. If in doubt, go to the nearest farm for help.

The Terrain

Altitude ranges from 40m to 500m. Approx 70% of the map is in farmland with deep bushfilled gorges with some regenerating scrub on steeper faces, and 30% in pine forest of mixed age. Some of the gorge areas are in QEII covenant.

The area contains many dangerous cliffs of varying size, many of which are NOT marked on the map. Take care particularly when navigating under the large areas of scrub that bound the gorges and river valleys. Many of the streams are steeper than they appear on the map and travel can be very slow as they are often full of fallen trees and can have many waterfalls (some 20 metres high!) along their length.

What looks like a route between cliffs can often be a slope just as vertical, but grassy rather than bare rock. It will generally be more prudent to find a spur or take a longer way round. There are many old bulldozer tracks in the area from putting in the power pylons, if you find one going in the right direction –use it!

Much of the pine forest is recently thinned or has significant understorey and cross country travel can be **very time consuming**. There are occasional cross country routes in the pine forest that follow fence lines and spurs and controls will be placed to enable you to take advantage of this.

The Course

Travel will be slower than you anticipate in the gorges and under the scrub. When planning your route pay attention to the contours and terrain of your intended route. Work to your own strengths. There are lots of controls that are easily “attacked” from tracks or other vantage points. Similarly there are plenty of controls that are off track and will test your navigation skills. Remember that it is usually easier to navigate up ridges and down water courses. To get into the major gorges, there will be some marked routes down spurs that may be insignificant on the map. They will be marked with either red or orange fluoro tape. Generally, the marked route will be the only safe option in the immediate area. If you see pink fluoro tape, it marks a possum bait station or hold trap, not a route.

Every effort has been made to provide you with an interesting and challenging course – however it is on farmland and in forest with many natural hazards and therefore risks exist.

Water points have been put out at Northlands and Trelinnoe, but there is also adequate water in the rivers and streams.

With the map you will also be given a set of control descriptions. Remember that in rogaining there is a distinction between “the” and “a”. For example. “the” stream means you can see it marked on the map, whereas “a” stream means that one exists but is not marked on the map.

Safety

All roads are open to the public and you must obey normal road rules and etiquette. These roads will have traffic on them which won't know about the rogaing. Take **EXTREME CARE** on the roads, especially SH5. It is not recommended that you use SH5 as a route due to the high speed of vehicles on that road.

The Napier to Gisborne railway line cuts through the map. Although it is not a busy line, treat it as one. Please be aware that walking along the tracks is a hazardous activity and is not recommended.

There are bees and wasps around. In the forest there can be large stacks of beehives on the skidder sites (usually found at the end of a track). If you are allergic make sure you take your first aid with you. Likewise there is stinging nettle (Ongaonga) and Blackberry in some of the farm gullies and alongside the railway line. Some of the Ongaonga is the size of a small tree so it will pay to keep an eye out for it.

The terrain is steep in places and there are many large, dangerous unmapped cliffs. The local steep spots are not always visible on the map. Take care, especially when looking for routes into the gorges. We have marked routes on the map where possible.

The Esk River can rise quickly and become uncrossable.

The rivers and waterways can be very slippery as some of them flow over limestone. Take your time when you need to.

Risk mitigation

There are many risks in this environment – there are a number of things that are in place to minimise those risks:

Stay together. Teams are required to stay together at all times. This is not only to prevent cheating but also to protect your safety.

Route intention map. You will be given a black and white map when maps are handed out. Mark your intended route and direction on this map. This is a “flight plan” to give the organisers an indication of where to look for you should the need arise. You do not have to stick to the route – it is an indication only. Place the completed map in the box at the registration tent....don't forget your team number.

Compulsory gear. The compulsory gear is that – A minimum based on experience. Keep it with you at all times. I was at an event recently and a team that was overdue had to be rescued partly because they had not taken some of the compulsory gear. If that happens at this event, I will personally persecute you upon your safe return! It can get very windy in the area, particularly if the wind is from the W or NW.

If the weather is bad you may want to consider some additional items.

You will be checked at registration – but you must have:

- One thermal top layer (wool or polypro)
- Thermal hat

- Waterproof jacket
- Survival bag
- First aid kit
- Whistle.

Of course you will also have compass, pencil, torch, food and water bottle as necessities. It is also recommended you wear gaiters. Consider full body clothing.

There will be a random gear check at the finish. Any team found not carrying their compulsory gear will be disqualified.

Help Desk. A special “help desk” will be set up and clearly marked in the registration area. This will be manned by one of the planners and experienced orienteers/rogainers. They will be available to provide advice on gear, terrain and route. If you are a novice this service is aimed at you. Make sure you take advantage of it.

Emergency Procedure

Blow your whistle (six blasts at one second intervals, repeated every few minutes). This will notify any teams in the vicinity that you require assistance.

Any team hearing the emergency call must respond and render assistance.

There is cell phone coverage nearly everywhere, particularly for the 027 network. There is coverage at the start/finish, call 027 686 7829. If there is no answer and you have a genuine emergency dial 111.

The Farm areas

As usual tracks and fences exist which are not marked on the map and others are marked that no longer exist. In many cases they serve as useful navigational aids, but you should not assume their accuracy without other supporting information, such as contours. **Treat all electric fences as live.** We have not asked that they be turned off and some carry as many as 7000 volts! (I know from very recent experience!) Consider carrying an extra heavy weight plastic bag to assist in crossing the electric fences. You can usually find a gate nearby or cross at a fence corner where the insulators are. When you cross fences – try and use a gate or a corner stay, or if possible thread your way through the wires.

Leave all gates as you find them.

Don't box in stock, by chasing them down a road or into a fence – give them time and space to wander out of the way.

Out of bounds areas

There are some small holdings or lifestyle blocks in the area. By and large we have not sought permission from these landowners – and they are marked as out of bounds. **DO NOT** attempt to take short cuts across out of bounds areas, and respect the privacy of all properties by staying well away from the houses.

Checkpoints

The checkpoints are standard orienteering controls with punch clips. Each will have a numbercode that will correspond to its points value.

Scoring during the event

There are 47 checkpoints. The checkpoint value is the “tens” value of its number, so for example checkpoint 37 is worth 30 points and control 54 is worth 50

points. Some checkpoints will have a three digit code such as 493 for example. Ignore the 4, this is checkpoint #93 marked on your map and is worth 90 points. Each checkpoint is marked with a 7mm diameter circle with the control number beside it.

Penalty for returning late

There is a late penalty of 10 points per minute or part thereof. Disqualification occurs after 30 minutes.

The Registration and Start Procedure

Attached is an Emergency Contact Form. Fill this out, and sign it, ready to hand over at registration.

Registration is a five step process

1. Pay any money owing
2. Advise any changes to team composition
3. Hand over the signed Emergency Contact Form
4. Have your gear checked
5. Receive your registration pack. This contains:
 - Any course notes
 - Chits for maps
 - One plastic bag per team member plus a spare one for the team

Maps handed out

At the time when maps are available you will need to hand over the map chits in exchange for the maps.

Flight Plan

Before the briefing file your flight plan in the box at the registration desk.

Briefing

You must attend the compulsory briefing for your race.

Start

When indicated you may run like the wind or just wander off....

Finish Procedure

Record your finish time at the finish desk and have it verified by an official.

While still in the finish area, tally your points and hand in the control sheet at the second desk.

Protests

Reports of breaches of the rules, or protests against the event organisers will be considered and determined by a three person jury. Such protests must be lodged in writing within 15 minutes of the end of the event. The jury panel will be selected from experience rogainers present that are not directly impacted from the protest. It will exclude the course planners and director, who may however be consulted by the jury. The fee for lodging the protest is \$20 which will be refunded if judgement is in your favour.

Rules of Competition.

The rogaïne will be run under the standard competition rules which are available in full at www.rogaïne.org.nz/main_files/ozrules.htm

The following other rules are also highlighted:

- The only navigational aids that may be carried on the course are compass, watch and competition map. GPS or altimeters are not permitted on the course. If your watch has an altimeter on it – you cannot take it on the course.
- Team members must stay within voice contact at all times.

- No fires are to be lit anywhere on the course
- Competitors shall not discard litter or smoke on the course.
- Dogs and weapons of any kind are prohibited on the event site.
- No matches or lighters are to be taken on the course.

**Altimeters and GPS are NOT permitted. Do not take your Altimeter watch.
The forests are very dry at the moment. Do not take lighters or matches with you.
If you have any at gear check before or after the rogaine, you will be disqualified!
No smoking is permitted at the event. No dogs at the event please.**

Emergency Contact and Indemnity Form

Each competitor needs to sign this form and the form needs to be handed in at registration

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December Dash Rogaine Emergency Contact and Indemnity Form

An adventure event like the December Dash Rogaine contains risks. We agree to abide by the race rules and also agree to enter and participate at our own risk.

Team #:

Event:

Competitor Name

Signature

Next of Kin

NOK phone #

Car make, colour and registration: