WWW.ROGAINE.ORG.NZ

'HEIGHTS OF WINTER' 2002

12 hour ROGAINE

North Canterbury

With permission from Peninsula and Plains Orienteers

Date: Saturday 22 June 2002

Time: 9 am to 9 pm (registration and course planning from 7 am)

(one hour later than last year)

Site: West Waipara area, a 45 minute drive north of Christchurch Terrain: Steep to easy hills (up to 750 m) with open grassland and scrub. Pre-marked 1:50,000 20 m contours. Out of bounds areas will

be overprinted

Instruction: Available to those needing it on the day (or call contacts, below)Cancellation: Only if conditions are extreme on the day. Organisers reserve the

right to shorten the event before the start. (No entry fee refund if

event cancelled)

Responsibility: Neither the organisers nor landowners accept liability for any

accident or injury to participants during the event. The 'team contact' on the entry form must ensure all team members are

aware that they participate at their own risk.

Event fee: Adult \$40 (all fees incl. soup & post-event meal)

Junior \$20 (14-17 years) (All ages on event date) Family Team \$65 (Must have parent + child; all same address)

Closing date: 8 June 2002, no late entries accepted.

No refunds after 8 June

Cheques: Payable to N Z Rogaining Association

Entry form and payment to:

Winter Rogaine, Brian Smith,

21 Normans Road, Christchurch 8005

Confirmation of entry:

Travel instructions to event, rogaining rules, and other

information will be mailed to each team 2 weeks prior to event.

General enquiries to:

Grant Hunter Ph (03) 351-6369 Christchurch

email: hunterg@landcare.cri.nz

Entry enquiries to:

Brian Smith Ph (03) 355-9945 Christchurch

email: brian21@attglobal.net

WHAT IS ROGAINING?

A rogaine is a cross-country, endurance, navigation event on foot, using a map and compass. This event will take you over a mix of challenging farmed and forested hill country and downland.

Each team (comprising 2 to 5 people) is given a standard topographical map with about 40 check points marked on it. Teams collect points by visiting as many check points as possible over the 12 hours, two of which are in darkness. The team with most points wins.

As a team you choose your own route and distance within the mapped area. You decide which check points to visit and in which order. You can be as competitive or as social as you choose.

A team can go out 'on course' for the full time, or just a few hours. Teams can take a break at the hash house, where hot food and drink is available from late afternoon. There's an evening meal after the event, too.

Plan your course well. Rogaining is as much about careful route choice and navigation as it is about physical endurance. For fit, first-time people, plan on about 2 to 2.5 kms per hour average over the whole event time. If you find you travel faster or slower, adjust your course as you go.