

RATTLESNAKE HILL ROGAINE

Saturday, September 10, 2005

(The first rogaïne organized exclusively by the Rochester Orienteering Club!)

3 hour, 6 hour and 12 hour events, all starting Saturday at 10:00 a.m.

Also, Mountain Bike divisions are offered in the 3 and 6 hour time categories.

The basic idea of a Rogaine is straightforward: teams of two or more people (but see note below about one-person teams) have a fixed time (3, 6, or 12 hours in this event) to visit as many checkpoints as possible, walking, running, or resting as they see fit. The checkpoints (controls) are spread over a large area, and are pre-marked on a map issued shortly before the start of the event. Point values for visiting each control vary (and are specified in advance). The members of the team must stay together throughout the event, for reasons of safety.

Policy on one-person teams:

- One-person teams are NOT permitted to enter the 12-hour category; no exceptions.
- One-person teams WILL be allowed to enter the 3-hour time category.
- Also, with special permission, one-person teams MAY be allowed, at the discretion of the meet director, to enter the 6-hour category. Decisions regarding one-person teams in the 6-hour category will be based upon the experience and fitness level of the person requesting permission, and any other factors that the meet director chooses to consider. If you would like to enter the 6-hour category as a one-person team, please provide with your application a brief statement of your orienteering, rogaining, and any other relevant outdoor experience, along with information about your current fitness level. Permission must be obtained prior to the day of the event.

Time: All 3 events start at 10:00 a.m. 9/10/05. Registration desk opens at 8 a.m. Maps will be distributed at 9:30 a.m.

Entry fees::

Category entered	Before deadline (postmark by Sept. 5, or register on-line by Sept. 8)	After deadline and day of meet
3 hour	\$10	\$15
6 hour	\$15	\$20
12 hour	\$20	\$25

Note: Teams may change to a shorter time category but may not change to a longer one. Example: A team signs up for the 6 hour; they may decide during the competition to change to the 3 hour, but they are not allowed to change to the 12 hour.

Base Camp, Start/Finish area: At the intersection of Ebert Road and Dannack Hill Road, in Rattlesnake Hill Wildlife Management Area, west of the town of Ossian, NY. Toilet facilities will be provided, along with limited quantities of drinking water (in small cups, not in bulk; please bring your own water for filling Camelbacks, etc.).

Water on course: There will be 3-4 water drops on the course. These may be at controls or on major trails or roads. These will be indicated on your map.

Food: Food will be available at the base camp from approximately noon until 11 pm.

Provided Equipment: A special-purpose topographic map consisting of three 11"x17" color sheets, with partially overlapping coverage, at either a 1:15,000 or a 1:25,000 scale (the scale will be communicated via e-mail prior to the meet), with a plastic bag, is provided for each participant. This map has been produced from an orienteering-quality base map, augmented by aerial photography, and field checking on the ground. One punch card and set of control descriptions is provided for each team.

Required Equipment for each team: Whistle, Water Bottle, Watch.

Recommended Equipment Compass, Liquids, Food, Sunscreen, Insect Repellent, Long Pants, Extra Clothes, Extra Socks and Shoes, Flashlight or Headlamp (for those in the 12 hour event), First Aid Kit, Small Pack for carrying the above items.

Rules: No vehicular transport (with the exception of teams in the mountain bike division, who will obviously be allowed to use bikes) is allowed during the race. No GPS systems or altimeters permitted. No aid from others allowed during the race away from the base camp (including drops of food or supplies before the race). It is permissible to return to the base camp area to replenish supplies, eat, drink, etc. at any time during the event. Team members must stay within sight and speaking distance throughout the event, for reasons of safety! If you decide to quit early, you must notify the finish personnel before leaving the area.

Checkpoints: Each checkpoint is marked by an orange and white control, a triangular prism with sides about a foot square. You use a pin punch hanging beside the bag to mark the appropriate box on your punch card carried with you to prove your visit. You will also be asked to sign a log at each control point, indicating your intended next stop and the current time, to assist in search operations if a rescue should become necessary. The control bags will usually be visible from some distance, not intentionally concealed, but also usually not within view of trails or roads. Reflective markers will aid somewhat in locating control points after dark. There will be about 40 control points distributed over the roughly 30 sq. km of public land.

Scoring: The point value of all control points visited is summed. From this total is subtracted a progressive penalty for late returns. Tie scores will be decided by the order of finishing times.

Award Categories: Primary award categories will be Men, Women, and Mixed teams. In categories with sufficient participation, this may be expanded to Open, Masters (all over 40), Superveterans (all over 55) or Junior (all 18 or under). Certificates awarded to all competitors.

Terrain: Rolling hills, mostly forested. There are quite a few trails and dirt roads.

Directions: Take I-390 to Exit 5 (the northern of the two Dansville exits). After exiting, go south on Rt. 36 for 0.9 miles, to Rt. 436. Turn right (west) on Rt. 436. In 0.6 miles, turn left onto Ossian Hill Road (first left after crossing Canaseraga Creek). Take this 4.5 miles to the crossroads town of Ossian. Continue straight through Ossian. The name of the road will change to Linzy Road and then again to Dannack Hill Road. Continue straight on this road until you reach the base camp (3.2 miles after Ossian), on the left side, at the intersection of Dannack Hill Road and Ebert Road.

Partner matching: If you want to enter but don't have a partner, let us know when you register, along with info about your navigation and endurance abilities.

Registration, Information, Partner matching if necessary: Richard Detwiler, 422 Woodland Lane, Webster, NY 14580. E-mail: RLShadow@aol.com.

Preregistration is preferred. You can register on-line at Active.com (find link at ROC website at <http://roc.us.orienteering.org/>), or you can register by US mail using this application. No other forms of entries will be accepted (no phone entries, no e-mail entries, etc.).

Minors will need a liability waiver signed by a legal guardian. On site registration by minors will require the presence of a guardian to sign the waiver, if the form has not been filled out in advance. All participants will be required to sign a release waiver.

Safety Note: Cell phone reception ranges between non-existent and extremely spotty in the Rattlesnake Hill area. DO NOT rely on a cell phone as your primary or even secondary safety device. It is permitted to carry cell phones, for use in emergency only, but as stated above, their value is very limited in this region.

It is strictly prohibited to use cell phones to communicate between team members (you're supposed to be within easy talking distance anyway, remember?) or to communicate between teams.

Application for Rattlesnake Hill Rogaine, September 10, 2005

Team Name: _____ Event (3/6/12 hr) _____ Mtn Bike? (Y/N) _____

	Name	Phone	E-mail address
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____

For additional group members attach a separate page.

team member	gender	age on 9/10/05	basic fee \$10/\$15/\$20	late fee \$5	Total fee per person
1	_____	_____	_____	_____	_____
2	_____	_____	_____	_____	_____
3	_____	_____	_____	_____	_____
Total for team					_____

Mail with payment to Richard Detwiler, 422 Woodland Lane, Webster, NY 14580. Checks payable to Rochester Orienteering Club.

Remember to sign waiver.

WAIVER OF RESPONSIBILITY

IT YOU DO NOT FULLY ACCEPT THE FOLLOWING CONDITIONS AND DO NOT SIGN THIS WAIVER, YOU WILL NOT BE PERMITTED TO PARTICIPATE IN THIS EVENT.

I the undersigned, know that Orienteering, as an outdoor action sport, carries significant risk of personal injury. I know that there are natural and man-made hazards, environmental conditions, and risks which, in combination with my actions, can cause me serious, or possibly even fatal, injury. I understand that there are no emergency services on the course. I agree that I, as a participant, must take an active role in understanding and accepting these risks, conditions, and hazards. I also agree that I, and not the organizers and officials of this event, the US Orienteering Federation, the Rochester Orienteering Club, the land owners or managers, or any sponsors, am responsible for my safety while I participate in this event.

Name 1 (please print) _____ Signature _____

Name 2 (please print) _____ Signature _____

Name 3 (please print) _____ Signature _____

Parent or guardian must sign if entrant is under 18 _____ Date _____