

# 2008 UNITED STATES ROGAINING CHAMPIONSHIP

JUNE 14 & 15, 2008

ALLEGANY STATE PARK

**6 hour, 12 hour and 24 hour events**

**All starting at 11 a.m.**

**(Note: The 24 hour event is the only United States Championship Event.)**

**Eligibility for US Championship:** To be eligible for US Championship consideration, all team members must be members of the USOF (United States Orienteering Federation [www.us.orienteering.org](http://www.us.orienteering.org)), and all must be either US citizens or "green card" holders. (There will be a separate (non-US Championship) category of awards for 24-hour teams who do not meet these criteria.)

**Rogaine** is an acronym for a Rugged Outdoor Group Activity Involving Navigation and Endurance. It is a relatively newly developed sport originating in Australia and even more recently introduced in the United States. Basically a hybrid between conventional orienteering and ultra distance running events, it has been rapidly gaining popularity.

**The basic idea** of Rogaining is very straightforward: teams of two to five people have a fixed time (6, 12 or 24 hours in this event) to visit as many checkpoints as possible; walking, running and resting as they see fit. The checkpoints 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) depending on such factors as distance from the start/finish area, elevation, navigational complexity and the whims of the course setter. *One-person teams are not allowed, for safety reasons.* The members of the team must stay together throughout the event, for reasons of safety and fairness.

**Participants** in Rogaining come from diverse backgrounds: orienteers, hikers, walkers, cross-country runners, trail runners, adventure racers, ultra runners and family groups. Widely varying levels of competitive intensity are found, going from the casual stroller who wants a little variety added to the weekend hike to the serious athlete who is worrying about the order of finish, is running most of the time and is looking for ways to shave a few seconds off at every control. Map reading skill is perhaps the most important technique needed. Instruction is available before the competition in the registration area. Route planning strategy is also very important since there won't be time to get all the controls, so the choice of which to try for is crucial in maximizing scores.

**Time:** All three events start at 11 a.m. on Saturday, June 14<sup>th</sup>. The registration desk opens at 7:30 a.m. Maps will be distributed at 9:00 a.m. There is a mandatory meeting at 10:45 a.m. at the start location for all teams.

**Organizers:** The Rochester Orienteering Club and Buffalo Orienteering Club

**Base Camp, Start/Finish area:** Camp Turner in Allegany State Park. Allegany State Park is about 60 miles south of Buffalo near the town of Salamanca. A kitchen, dormitories, dining hall and showers are on site. A camping area with facilities is nearby. *No tent camping is permitted in the base camp area.*

**Embargo:** No one participating in this event is allowed to hike or otherwise train in Allegany State Park prior to the event (exceptions: Red House, Ski summit, Camp Allegany, and Thunder Rocks areas are exempt from the embargo).

**Directions:** Take Route 17 (I-86) to Exit 18. Exit 18 onto Route 280. Remain on Route 280 for 4.5 miles until you get to Quaker Lake. Go straight along the lake into the park (ASP 3) after leaving Rt. 280. Camp will be on left. Follow the signs.

**Park Entrance Fees:** When the entry booths are open, the fee to enter the park is \$7.00. The booths open at 9:15 am and close at 4:45 pm. There is no entry fee to the park when the booths are not open.

**Provided Equipment:** A special-purpose topographic map on a large sheet at a 1:30,000 scale and 20 foot contour interval, with a large plastic bag will be provided to each participant. The map has been created with a mixture of USGS contours, aerial photography, and field checking on the ground. One punch card and a set of control descriptions is provided to each team.

**Food** is available throughout the event beginning at 2 p.m. on Saturday until 2 p.m. on Sunday. Bagels and coffee will be available on Saturday morning from 8-10:30 a.m. Water is available at the base camp and at selected points marked on the map. *Food is not available to non-participants.*

**Required equipment:** Whistle, Water Bottle and Watch

**Recommended equipment:** Compass, food to carry with you, sunscreen, insect repellent, long pants, extra clothes, rain gear, flashlight /headlamp, first aid kit, and small pack to carry items mentioned. (Note: Cell phones, if carried at all, are for emergency use only; please be aware that cell phone reception is almost non-existent outside of the base camp.)

**Rules:** No vehicular transport is allowed during the event (see below for exception for people traveling from base camp to a cabin or campsite). **No GPS systems or altimeters are permitted.** No help from others is allowed during the race away from the base camp (including drops of food or supplies before the race). It is permissible to return to base camp to replenish supplies, eat, and drink etc. at any time during the event. Team members must stay within sight and speaking distance throughout the event for reasons of safety. Teams must select the race duration before the start and *no changes are allowed after 10AM.* If a team decides to quit early they must notify the finish personnel before leaving the area.

**Special rules for people staying at cabins or campgrounds in the park but away from the base camp:** (1) You may drive from the base camp to your cabin during the event, but first you must hand in your punch card at the base camp.(2) VERY IMPORTANT: If you are staying away from base camp, you *may not* stop at your cabin or campsite during the event for any reason, except by first coming to base camp, handing in your punch card and then driving to the cabin or campsite. In other words, you cannot use your cabin or campsite as a place to stop off while competing to rest and/or replenish supplies.

**Additional rules:** Everyone should read complete participant rules at [www.rogaining.com](http://www.rogaining.com)

**Checkpoints:** Each checkpoint is marked by an orange/white control, a triangular prism with sides approximately one foot square. You will also be asked to sign a log at each control point, indicating your next intended stop and the current time, to assist in search operations should a search be necessary. The control flags will usually be visible from some distance, not intentionally concealed, but also not in view of trails or roads. A reflective sleeve will aid somewhat in locating control points after dark. There will be about 50 control points distributed over roughly 150 sq. km covered by the map.

**Scoring:** The point value of all control points visited is totaled. The late penalty will be the team's highest point control for the first minute late (or fraction thereof), the second highest-point control for the second minute late, etc. Tie scores will be decided by the order of finishing times.

**Awards 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), Super veterans (all over 55) or Junior (all under 18). The top three finishers will receive awards.

**Terrain and Weather:** Very open mature hardwood forest with a moderate trail network and cultural detail. Significant hills with some steep sections. The area not noted for either ticks or poison ivy, but there may be some of either. The weather at this time of year could be either in the 50s or 90s, so come prepared for either extreme.

**Advance map sales:** Since the area has been used once in the past, maps are available for \$9. The western third of the map has not been used in prior Rogaines.

**Shirts:** Short-sleeve T-shirts with high-quality, original artwork by ROC's Tom Cornell, will be available for \$12 for advance orders.

**Accommodations:** 100 beds are available in the barracks at the base camp, These are generally in rooms of 10-12. Bedding and pillows are not provided. A flat rate of \$10 per person will get you an assigned bed for one or two nights. Beds are for participants only. Showers and bathrooms are in a nearby building. A full service campground is located nearby (Cain Hollow) and reservations can be made through (800) 456-2267 or on line at <http://newyorkstateparks.reserveamerica.com> Current fees are from \$16 to \$26 per night. Salamanca and Olean are the nearest significant towns with motels, grocery stores etc. *No tents are allowed in the base camp area.*

**Partner matching:** If you want to enter, but don't have a partner, you are encouraged to post a note to this effect on the Yahoo group set up just for this meet (see details below). You might want to read our website article on the "Science of Partner Matching."

**Fees: *Pre-registration is required.*** Entries postmarked or received on line by 6/4/2008 will pay a fee of \$40 per person for the 12/24 events and \$25 per person for the 6 hour event. Entries after June 4 will be accepted **only on line** and will pay an additional late fee of \$10 per person for all categories. **No entries will be accepted after June 10 and no race day registration is available.**

**Registration:** We *strongly* encourage you to enter on line through the link on our website: <http://roc.us.orienteering.org> or direct link to [http://www.active.com/event\\_detail.cfm?event\\_id=1502418](http://www.active.com/event_detail.cfm?event_id=1502418) (There is *no Active.com transaction fee* charged to the teams entering this event, so there is no reason not to utilize Active.com. It will make processing your entry easier and less error-prone for us, and you save the cost of postage, an envelope, and a check.)

On-line entrants do *not* need to mail in a waiver. All team members will need to submit a signed waiver at the meet site. Any team members under age 18 must have a parent sign as well as the entrant. You can save some time and confusion at check-in by printing out the waiver on the last page of this document in advance and having all team members sign it before arriving at the meet site.

Mailed-in entries are permitted but we *strongly prefer on-line registrations*. If you do need to enter by mail instead of on-line, mail your entry to Richard Detwiler, 422 Woodland Lane, Webster, New York, 14580. Checks should be made out to the Rochester Orienteering Club.

**Any questions not answered in this document?** Please e-mail the registrar at [RLShadow@aol.com](mailto:RLShadow@aol.com)

**Additional information and updates:** on line at the ROC website listed above.

**Also, consider joining the Yahoo group** created for this meet, for communication between entrants or potential entrants ahead of the meet (people looking for a partner, looking for a ride, etc.), and for a chance to compare notes on your performance and strategy after the meet. The web site is <http://groups.yahoo.com/group/Rogaine2008>

# ENTRY FORM AND WAIVER OF RESPONSIBILITY

## For mailed-in entries

On-line entrants will need to bring signed waiver on day of meet (all team members must sign). You may print this out and sign it in advance of arriving at the meet.

### Mailed-in entries must be postmarked by June 4, 2008.

**After that date, registration is only available on-line.**

If the postmark is later than June 4, you will be informed by e-mail, and will need to register on-line if you still choose to enter the meet.

### IF YOU DON'T FULLY ACCEPT THE FOLLOWING CONDITIONS AND DON'T SIGN THE 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 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, Rochester Orienteering Club, the Buffalo Orienteering Club, Camp Turner, the People of the State of New York, and the Office of Parks, Recreation and Historic Preservation, Western District, its officers, agents, or any sponsors, am responsible for my safety while I participate in this event.

Name 1 (please print) _____	Signature _____	Age _____	Gender _____
Name 2 (please print) _____	Signature _____	Age _____	Gender _____
Name 3 (Please print) _____	Signature _____	Age _____	Gender _____
Name 4 (Please print) _____	Signature _____	Age _____	Gender _____
Name 5 (Please print) _____	Signature _____	Age _____	Gender _____

Parent or guardian must sign if entrant is under 18 \_\_\_\_\_ Date \_\_\_\_\_

**Team Name** \_\_\_\_\_ **Event 6/ 12 /24hr.** \_\_\_\_\_

Names	phone	e-mail address
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

Accommodations in the barracks? \$10 per person for the weekend (Friday and Saturday nights). Indicate the numbers of the people registering from the list above.

Are you ordering the previous map? If so, check here \_\_\_\_\_ and include an additional \$9 per copy of the map. Provide address(es) where map(s) are to be mailed.

### Fee computation:

Entrant #	Eligible for US championship? Y/N (only needed for 24 hr teams)	Registration fee (Per person: \$40 for 12 or 24 hour; \$25 for 6 hour)	Bunk in cabin at base camp (optional) (\$10 per person)	Purchase of previous map (optional) \$9 per map	T-shirt (\$12 each)		Total per person
					Quantity	Size (S, M, L, XL)	
1							
2							
3							
4							
5							
<b>Total for the team:</b>							

Make check payable to the Rochester Orienteering Club.  
Mail to: Richard Detwiler, 422 Woodland Lane, Webster, NY 14580