

TAKE A BREATHER

CHARITY CHALLENGE

26 JUNE 2010

More About Take A Breather ...

*Take a Breather at Bundaleer,
Bundaleer Forest, SA
6 hr Rogaine & 4 hr Cyclogaine*

Saturday 26th June, 2010

**Maps issued at 9:00am, Rogaine Start: 11:00am,
Cyclogaine Start: 12 noon.**

Thank you for entering. This rogaine is a special event supporting the Asthma Foundation of South Australia, hence the title "Take a Breather". Your team number and category can be found in the Entries Received list on the SARA website once you have registered for the event.

<http://sa.rogaine.asn.au/>

Please ensure you visit the following site and download the Indemnity Form and bring it with you on the day. Maps will only be given out once ALL members have signed and completed the Indemnity Form.
<http://sa.rogaine.asn.au/images/Documents/IndemnityForm.pdf>

GETTING THERE

The event will be held almost entirely in the Bundaleer Forest, approximately 200 km North of Adelaide. Allow 2.5 hours for the journey up Main North Rd through Clare. Final travel instructions and camp site details will be provided one week prior to date of the event.

CAMPING

You may camp at the Hash House site on Friday and Saturday nights. If you are planning to camp on Friday please try to time your arrival for after 5:00 pm. There are toilet facilities at the site. You will need to be entirely self-sufficient for water while at the Hash House. Water will be available during the event from water drops on the course. Your registration fee includes dinner on Saturday and breakfast on Sunday. Friday dinner and Saturday breakfast and lunch are competitors' responsibility. Please note that the site is not suitable for caravans. As with all bush camping you will be expected to carry out what you carry in, the organisers are not responsible for your rubbish.



EVENT PROCEDURES

An introduction to rogaining starts at 8:30 am at Administration, covering navigation, strategy and safety considerations will be available for teams that are new to the sport or anyone needing a refresher. There will also be some suggested routes to help novices. Teams will be able to register at Administration from 9:00 am onwards when maps and control descriptions will be distributed.

The 6 hr rogaine event starts at 11am and the 4hr cyclogaine starts at 12 noon. The start and finish point is the Hash House. The late penalty is 10 points per minute and teams back more than 30 minutes late will be disqualified. Event briefing and punch card distribution will commence 20 minutes before start time. The map will be printed on waterproof paper (teslin).

EQUIPMENT CHECKLIST

General Equipment

- Eating utensils for Hash House (plate, bowl, mug, knife, spoon, fork and wine glass)
- Water – enough required for your personal use
- Table and chairs for planning your route
- Planning items: paper, clear contact for map, pens, hi-lighter, scissors, map measurer
- A change of warm clothes for after the event (including shoes)
- Tent, sleeping mat and sleeping bag if you plan to camp.

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EQUIPMENT CHECKLIST (cont.)

Course Items

- Compass (use of GPS units is not permitted)
- Watch and pencil
- For cyclogainers: a bike and helmet!
- Water bottles, at least 2 Litres per person, energy food

Clothing

- Bring thermal top and bottom, waterproof jacket and pants – just in case
- Walking boots, gaiters, sunscreen, hat, daypack

Safety Equipment – a “must”

- First Aid Kit, whistle, emergency foil blanket, blister repair kit, roller bandage, pain killers
- Mobile phone

CATERING

Water and fruit (and energy sweets provided by sponsors) will be provided at several locations along the course. Hot food and drinks will be available at the Hash House at the end of the event. Breakfast will be provided on Sunday morning for people staying overnight. Please bring your own mug, wine glass, plate and cutlery, these items will not be provided for you. The Hash House is provided strictly for those who have paid (Non competitors payment of \$15 per head can be made to Admin on the day).

RULES

The Standard Rogaine Rules are available for download from the SARA website (see URL above) and will be available to read at the event site. **ALL COMPETITORS MUST ABIDE BY THE RULES AND RESPECT PRIVATE PROPERTY.**

We are only able to run this event by the generosity of the local landowners. You are guests on their land; please repay their trust by respecting the following simple rules:

- Competitors should not pass within 100 metres of a dwelling.
- Keep out of areas marked out of bounds.
- Keep clear of cropped areas. We have checked the route choices and we know you can get through without crossing a crop.
- Keep clear of livestock, change your course to avoid “herding” animals.
- No fires (including smoking).
- No dogs.
- Do not litter.

We hope that you will enjoy taking a breather at the 2010 6 hour rogaine & 4 hour cyclogaine.

The Asthma Foundation of SA acknowledges the generosity and support of the South Australian Rogaining Association for organising this event.

Refreshments have been kindly supplied and donated by:



MORAMBRO CREEK



Event Supporters

