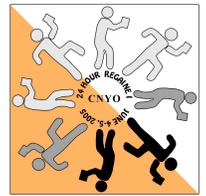




# CNYO REGAINE XIII

## Saturday 9/2 thru Sunday 9/3, 2017



**Special Notice - The total entries for this event is limited to the first official 50 registrants.**

For those hardy souls who have begged for an “individual rogaine” event, CNYO, the little club who does, proudly announces the continuation of yet another event with the endurance navigation theme – the “REGAINE”@!

**“What is it?”** - In simple terms, a Rogaine style Motola. Part Rogaine, part Mountain Marathon, a hardy bit of navigational & physical skill with much strategizing. The REGAINE concept is quit simple – competitors head into the wilderness SOLO on a Rogaine style map & course (i.e., endurance score format) in four, separate “segments”. At the end of each run stage portion of a segment, you return to base camp for a mandatory rest stage which allows the organizers to run a battery of tests on the individual’s physical and mental state. Repeat this process for the entire 24 hours of the event.

**“Rogaine style? What’s that?”** – A Rogaine is a commonly used acronym to refer to an endurance (usually 24 hours) orienteering score event. That is, in the prescribed amount of time available, competitors navigate to “controls” at specific land features spread around the mapped terrain using only a detailed topo map, compass, and their wits. These locations have various point values assigned to them and the overall objective is to acquire as many points as possible in the set time limit. In a standard 24 hour ROgaine event teammates work together with the navigation, strategy planning and energy conservation in the forest throughout the event. In the REgaine each competitor must work alone while in the forest as they would during a standard Orienteering event.

**“When will this happen?”** - The thirteenth rendition of this one of a kind event, will be the weekend of Sept. 2-3, 2017 based out of Bowman Lake State Park and using the surrounding DEC State Forests in Pharsalia and McDonough, NY. Packet pickup and late registrations will take place from 4 - 9 pm Friday Sept 1 and from 8 - 11:15 am on Saturday Sept. 2 at base camp, located at the "Ballfield" area at Bowman Lake ('O' directional signs will be posted in the park). All registrations for the competitive classes will close at 11:30 am Saturday with a general meeting of ALL participants starting shortly after. Event starts at 12 noon.

**“Where is Bowman Lake State Park?”** – Bowman Lake State Park is situated in McDonough, NY, aprox 9 miles (15km) due west of the village of Norwich on 745 Bliven-Sherman Rd. Visit the Park's web page at <https://parks.ny.gov/parks/76/details.aspx> for detailed driving directions. If unable to go online, send a request to the registrar (address below) for specific directions.

**“How will we find our way during the event?”** - The map was updated summer of 2017 and uses a scale of 1: 30,000 & a 5 meter contour interval. This Rogaine style map will be using standards being developed for CNYO 'Gaining events by DMJ Cartographics using recent LiDar topo data, high resolution ortho-photos and some fieldwork. In other words it will have much more detail than the average USGS map but not as elaborate as most standard orienteering maps. ALL competitors will receive the maps with map cases at 11:45 am on Saturday, 15 minutes prior to start of event.

**“How much will this cost and when are entries due?”** – **The total entries for the full 24 hour event will be limited to the first official 50 registrants.** Registrations received or postmarked on or before Aug. 26 (one week prior) will pay \$55 per person. Register after this date, by any means, and the cost goes up to \$65 per person. As well, ANY registrations received after Wed. Aug. 30 may not be guaranteed a pre-marked map and will have to pay the Park's daily entry fee of \$5 at the gate.. Entries for only a portion of the full 24 hour event can pay a "prorated" fee of \$15/segment to run, i.e., running only one segment equates to \$15, running two segments = \$30, etc. Other individuals not directly competing (i.e., family members or “support” crew), but wishing to take part of the Hash House food during the event may pay \$15/person day of event.

**“What do you get for these amazingly low prices?”** – Each pre-registered (by the 8/26 date) individual gets free admission into the park, the pre-marked competition map & plastic map case, a free location to pitch a tent, a small token to commemorate the event, punch cards specific for each segment or free loaner "dibblers" (if needed), control descriptions, and of course the typical CNYO elaborate Hash House with "gourmet" fair of burgers, dogs, pasta, chili, cold & hot drinks and other assorted high fat/carbo food like materials. This food will be served throughout the event beginning shortly before the end of segment 1. If an individual has very “specific” dietary needs they may deposit those at the hash house and we’ll have our "chefs" do their best to have it prepared for your arrival - but no guarantees.

### **“How do I enter?”**

Use the Link to the Standard Gaining Entry Form on the CNYO website at <http://cnyo.us.orienteering.org> and complete the entry form and either snail mail to the Registrar along with your check payable to "CNYO" - OR - email your completed entry form to the Registrar and pay via Pay Pal through our website. There is a \$3 surcharge for paying via Pay Pal. All entries are not considered complete or official until payment is received **AND** the official CNYO entry form is received by the registrar.

**“What do we need to bring?” - REQUIRED: Compass, Whistle, Water Bottles, Watch. RECOMMENDED:** Packable foods and other liquids, leg covering, insect protection, extra clothes, sensible foot ware, flashlight/headlamps, sunscreen, personal first aid supplies, day packs, other prudent gear for a safe and comfortable travel in forested and unfamiliar terrain. Sorry, interactive GPS or altimeters are not allowed in Orienteering events (data collection only devices are acceptable).

**“What is the terrain like?”** - The terrain consists of typical Central New York glaciated terrain ranging from flatter, old farmland fields (often overgrown) to very hilly boreal and hardwood forests. Mobility will range from extremely fast runnability in mature woodlots and fields to slow passage sections due to young hardwood regrowth/logged/blackberry patches (NYS reforestation lands are actively harvested). Trail/Truck path coverage in the area is best described as moderate with a fair number of old stone walls existing throughout. Weather at this time of year can range from mid 50's to upper 90's for daytime highs with quick developing rain (and lightning) storms are very possible during mid-summer with high humidity conditions common. Primary insect problems will be from deer flies during the day and possible mosquitoes at night. Ticks are not commonly a problem but may be possible. It also gets very dark at night. Equipment for all of these possibilities should be considered. Plan for the worse and hope for the best.

**“What are the specific rules?”** – The following are the basic rules specific for this event. These and most other rules for all Rogaine events will be enforced during this event. The segment run stage/rest stage time allowance usage is a "free form" decision each competitor must make prior to each segment start. Complete regulations concerning stage structure will be posted on the CNYO web site or by request to the registrar.

ALL INSTRUCTIONS AND RULES GIVEN TO COMPETITORS BY MEET OFFICIALS THROUGHOUT THE EVENT **MUST BE FOLLOWED** OR THE COMPETITOR WILL BE REQUIRED TO LEAVE THE COMPETITION AREA **IMMEDIATELY!**

- Start of event is 12 noon on Saturday (competitors will receive the maps at 11:45 am).

- The overall 24 hour competition is divided into four "Segments" of time.

- Each Segment of time is further split into a Run stage and Rest stage.

- The division of times allowable for these stages during the event are;

- One - 5 hour stage,
- Two - 4 hour stages,
- Two - 3 hour stages,
- Two - 2 hour stages and,
- One - 1 hour stage.

- Throughout the event the competitors have the choice as to which sequence to do the Stages within each Segment and what time divisions will be used for each stage within the segment. *(Example; For the first Segment the individual decides to Run 4 hours then Rest 2 hours. On the second Segment Run 3 hours then Rest 1 hour. For the third Segment the competitor is getting tired so he Runs 2 hours then Rests 5 hours. Finally during the fourth Segment Rests 3 hours and Run 4 hours. The person in this example has run a total of 13 hours of the allowable 16 max. possible for the complete 24 hour event and has taken a "double" rest going into the final segment.)*

- A competitor may NOT run back to back stages at any time throughout the event. They may rest on back to back stages (as in the last Segment of the example above).

- Before each Segment begins a declaration of the Stage sequence (run - rest VS rest - run) and which time division for each stage will be used is made and can not be changed once the Segment is under way.

- Penalties for returning late (overtime) from a running stage are as follows;

Segments I thru III will have the start of the next run begin **three times** the overtime amount.

Overtime on Segment IV will have points subtracted from the competitor's overall score by starting with 1 point for the first minute overtime and doubling after each subsequent minute i.e., after 10 minutes OVT, 512 points will be subtracted from the grand total.

- Participants must complete this event under their own foot power; there is no use of motorized vehicles, bicycles, accepted rides, etc. at any time. No aid from others is allowed while a competitor is in the terrain, including but not limited to drops of extra food and supplies in the competition area as well as ANY navigational assistance. Deliberate following or working with another competitor is NOT allowed.

- Highest point total at the end of the event wins. Ties will be broken using “first in – first win” method.

This event is in cooperation with the New York State Office of Parks, Recreation and Historic Preservation - Central Region. Up to date details along with specific and complete rules for this event and other CNYO Rogaines, will be posted on our web site at <http://cnyo.us.orienteeing.org> or by contacting the registrar at [SOCHOPX@aol.com](mailto:SOCHOPX@aol.com).