

## 2019 CHARLES BAKER ROGAINE

### CNYO's 29<sup>th</sup> ANNUAL ROGAINE

**Date:** July 13-14, 2019

**Time:** Mass start at noon on Saturday. Map issue for planning at 10am on Saturday.

**Duration:** There will be options for 6, 12, and 24 hours.

**What is a Rogaine?** The concept 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 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) depending on such factors as the distance from the start/finish area, elevation, navigational complexity, and the whims of the course setter. The members of the team must stay together throughout the event, for reasons of safety.

**Who may participate?** Participants in rogaining come from diverse backgrounds, including hikers, cross-country runners, trail runners, adventure racers, ultra-runners, orienteers, and family groups. A wide variety of competitive intensity is found, varying from the casual stroller wanting to add some variety to the weekend hike to serious athletes expecting to vie for the top spots in their category, going with no sleep and at a running pace for most of the event. Map reading skill is perhaps the most important specialized technique needed in the event. Route planning strategy is also very important.

**Organizers:** Central New York Orienteering

**Base Camp, Start/Finish area:** The base camp is located in a primitive camping area in Charles E Baker State Forest, near Brookfield, NY. It will be on a small dirt loop road going to the old Fire Tower site (the fire tower has been gone for a few decades now), which will allow for participants to pull off to the side to set up tents for camping if they wish. There will be a couple of portable toilets, and we will have available a moderate supply of drinking water for the use of people that are camping there, or who want to be filling water bottles, etc. just before going out on the course. The base camp is located relatively centrally to many of the available controls for those doing the 6 and 12 hour events, but a substantial number of the control markers which will be among the objectives for participants in the 24 hour version will be placed further north in Brookfield Railroad State Forest and Beaver Creek State Forest. In any case, it should be possible to arrange routes so that it would be reasonably efficient to come back through the hash house area sometime during the middle of the event. Camping will be available from Friday through Sunday nights.

**Provided equipment:** A special-purpose topographic map at a 1:30,000 scale, approximate dimensions 19 by 28 inches, with a plastic bag for protection, and a set of control descriptions, are provided for each participant. The map has been created with a mixture of USGS-provided contour information, aerial photography from NY state, and field checking on the ground. We plan to use electronic punching for this event, using the SportIdent punching system, to verify the visits at each control point. If you own an SI card, please bring it—there will be a space on the registration form to indicate the card number. If you are planning to do the 24-hour course you will probably want an SI card holding up to 60 control locations (SI-6, SI-10, SI-11, SIAC), while for the 12 hour course the 50 control SI-9 would likely work, and pretty much any SI card would work for any but the strongest 6 hour teams. If you do not have an SI card of your own, loaners will be available at the event. Food is continuously available at the base camp from 3pm on Saturday until at least 1pm on Sunday. The selection of available food will vary somewhat depending on time of day. Water is available at the base camp and at several locations around the course.

**Required equipment for each team:** Whistle, Water bottle, Watch.

**Recommended Equipment:** Compass, Liquids, Food, Sunscreen, Insect Repellent, Long Pants, Extra Clothes (including rain protection), Extra Socks and Shoes, Flashlight or Headlamp (for those in the 12 and 24 hour events), First Aid Kit, Mobile phone (though coverage may be unreliable on much of the course), Small Pack for carrying the above equipment.

**Rules:** A full listing of the rules for rogaining may be found at the IRF website <http://www.rogaining.com/attachments/article/300/IRF%20Rules%20of%20Rogaining%202015.pdf>

A number of the more important rules for this race include the following examples, some of which vary from the customs in adventure racing or individual orienteering events. No vehicular transport is allowed during the race. No GPS systems with a display (dataloggers OK) or altimeters are permitted. No aid from others away from the base camp is allowed during the race (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. In the case of our race where there are three concurrent events, teams must select the race duration before the start—no changes allowed later (related to initiation of search and rescue operations). If you decide to quit early, you **must** notify the finish personnel before leaving the area. In this event, you must stay on public land (which includes public roads and a few public access trails crossing private property).

**Checkpoints:** Each checkpoint is marked by an orange and white “control”, usually two or three metal signs about a foot square strapped around a tree near eye level. There will be a small electronic box by each control into which you will insert your SI card to register your visit. There will also be a pin punch hanging beside each flag as a backup in case of an electronics failure, which may be used to mark your map as a proof of 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. It is not compulsory to go to the control indicated on the intention sheet if plans change en route, but please do not intentionally fill in incorrect information in an attempt to mislead competing teams. The control flags 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 50 control points distributed over the roughly 150 square kilometers covered by the map.

**Scoring:** The point value of all control points visited is summed. The point value of each control is ten times the value of the first digit of the control code printed on the map. A late penalty of 10 points per minute (or fraction) is subtracted from the score of any team finishing after the official finish time (6, 12, or 24 hours after the noon Saturday start). Any team finishing more than 30 minutes late will be disqualified. Tie scores will be decided by the order of finish times (faster team winning).

**Awards:** The primary award categories will be Men, Women, and Mixed teams. Each of these categories is subdivided into Open, Veteran (all team members over 40), Superveteran (all team members over 55), Ultraveteran (all team members over 65), or Junior (all 18 or under). Although an overall placement of all finishers will be kept, as this is a non-championship event, awards will be made considering only the most restrictive category in which a team competes.

**Terrain and weather:** This area has rolling hills, mostly forested. There are many trails and dirt roads in the area, and a few paved roads. This area is not particularly noted for either ticks or poison ivy, but you might run across either annoyance. As ticks are becoming an increasing problem in our area, you may want to consider insect repellent, and/or treatment of clothing with permethrin. The weather at this time of year can provide high temperatures in the 50’s or 90’s (Fahrenheit), so come prepared for either extreme. What weather pattern will prevail on the weekend of the event should be sufficiently evident at the start of the event so that you are unlikely to need to carry the clothing for both extremes during the race. Many of the trails in this area are used by horseback riders, so be expecting to see some riders during your day, and to treat them courteously and avoid startling the horses. It should be noticed that the trail surface conditions are nowadays much better than they were in our initial use of this area for a rogaine over 20 years ago, due to improvement in trail construction and maintenance

standards over this time period. The area is quite hilly (typical of central NY), and the start/finish area is near the highest point in the area, so be expecting an uphill finish.

**Directions:** The GPS coordinates for the start are 42.764506, -75.386701. From Sherburne, the nearest town of significant size, from the intersection of NY80 and NY12, follow NY12 north for about 1.9 miles, then turn right on County Rd. 24 heading generally east for about 6.1 miles. Turn left (north) on Abrams Rd for 0.6 mi, then continue straight on Truck Rd. 1 (a dirt road) for about 1.7 miles to the intersection with Truck Rd. 14. Go about .25 miles E. on Truck Rd 14, then follow the dirt loop road south to the hash house/start/finish and camping area. There will be signage (orange and white markers with a green arrow) starting from the intersection of County Rd. 24 and Abrams Rd. after about noon on Friday, July 12.

**Accommodations:** There is a pretty limited number of hotels/motels in the immediate vicinity of the event center. Sherburne is probably the nearest place with anything, but you can probably find things cheaper in Norwich, or a bit further north along US20. There may be some B&B possibilities a bit nearer.

**Partner matching:** If you want to enter the race but don't have a partner, let us know when you register, along with info about your navigation and endurance abilities. We have had fair success in past years in helping to match up compatible teams—obviously starting inquiries well in advance is more likely to achieve success than waiting until the day before the event.

**Fees:** Preregistration is strongly preferred. Entries postmarked by June 24, 2019 (or filed online and PayPal payment both received by that time) will have an entry fee of \$60/person. Entries received with a postmark by July 1 will be charged a \$10/person late fee. Day of event registration will be a \$15 late fee. Payment may be made by online by PayPal (with an added \$3 service charge), or by check made out to Central New York Orienteering. 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 liability release waiver.

**Register:** Fill out the standard CNYO rogaining entry form, available on the CNYO website, and either file it online, or mail to the registrar, Barb Dominie, at the address shown on the entry form. We must receive **BOTH** your entry form **AND** your payment before you are registered. **JUST** making a PayPal payment does **NOT** suffice.