



PRE-EVENT INFO FOR COMPETITORS

Welcome from Orienteering Bay of Plenty! We are really looking forward to seeing you at the Great Forest Rogaine (GFR) on Saturday. The following information is provided to help you understand the rules, safety, and practical matters ahead of arriving at the event. Please read it thoroughly and if you have any questions, email the organiser (details at bottom of document).

Note that the event headquarters will be based from the Wake and Ski Club Rooms at Lake Tikitapu / Blue Lake, 716-728 Tarawera Road.

RULES AND SAFETY

All competitors must read these rules prior to the event. Someone from each team will be required to sign at registration on Saturday that their team has read and understands the rules and safety information.

Generally, we find most competitors have a great attitude and come with a positive spirit of competition for the GFR. However, we do need to emphasise a few important rules and we ask that everyone reads these carefully, and then abides by them during the event.

In the rare instance of someone breaking the rules we have a range of penalties available, depending on the severity of the breach. In the event of blatant cheating and major infringements, disqualification will occur. These rules are in place for the safety of individuals and other forest users, and to ensure there is a fair competition. Breaching of these rules may impact our access to the forest and place future events at risk. Don't be the person that stops this event happening in future.

SAFETY

- When planning your course think carefully about your team's abilities, your likely speed over various terrain, and then set a realistic route.
- Treat every road including forest roads as open to traffic and abide by normal traffic rules and etiquette – e.g. keep left and don't recklessly zoom around blind corners. **Be particularly careful on Hill Road and other areas where the mountain bike shuttle operates.**
- In the event of getting lost, there is no safety bearing that can be consistently used throughout the event. Try to think where you might be based on last known location, and take a bearing towards one of the roads around the perimeter of the forest.
- For 3 and 6 Hour Foot rogaine competitors undertaking off-track travel in native forest in the vicinity of the Tuhoto Ariki track, a safety bearing is recommended that either takes you back to this track or west to Hill Road. **DO NOT ATTEMPT A SAFETY BEARING EAST TO BLUE LAKE AS IT IS VERY STEEP TERRAIN WITH UNMARKED CLIFFS AND BLUFFS (this is Out of Bounds and is marked on the map).**
- Please notify registration of any health issues before you start.
- The GFR organisers' mobile phone number is 027 205 1939, and First Response team is **0800 WHAKA1 (0800 942521)** who can access the forest quickly in the event of an injury or medical event requiring evacuation. Cell phone reception can be found in many parts of the forest, but not everywhere. **Enter these numbers into your phone now.**
- In the event of a serious injury or medical event, offer first-aid to the person, phone for help (phone 111) and/or send one of the team for help (but only if there are more than two non-injured people in the team). If there are only 1 or 2 non-injured people, stay with



the injured person and blow 6 blasts on your whistle to alert additional help. These 6 blasts should be repeated every minute or two until someone hears you and help arrives.

- Foot competitors only (both 3 Hour and 6 Hour) may choose to cross a public road to access controls in a newly mapped forested area. There are **two crossing points only** and both will be manned throughout the event. If you choose to enter the new area, you must give way to traffic and obey all instructions from the people overseeing the crossing in hi-vis jackets. You may **cross only at the designated places**, and walk/jog directly across the road only after receiving instruction to do so from the people managing these crossings. Failure to obey all instructions will result in severe penalties. There is no room for error on these crossings, so please be patient if you do get delayed for a few seconds by traffic. Any walking or biking on public roads outside these crossing points (or on the road verge outside of any designated pathway) will also attract severe penalties.
- The start/finish area of Blue Lake has narrow Foot, MTB and dual-use tracks providing access. We are therefore insisting that bikers take these tracks quite slowly and you must be able to comfortably stop within the distance you can see ahead of you on the track. These will be very busy tracks at the start and finish of both events, and there are lots of children and tired/exhausted people about. For this reason we are spreading the finish time period out with the 3 Hour events finishing 30 minutes before the 6 Hour events finish.
- When you have punched the finish control, please move away from the finish area, taking your bike and other gear with you. We need to give other competitors who are still finishing a clear path to the finish.
- Due to the narrow nature of the tracks, we are also starting the MTB and Foot events at slightly different sites. This should allow MTBers to get to the tracks slightly ahead of Foot competitors as they are generally moving faster. All courses finish at the Foot start location. This will be fully explained at the Briefing.
- Some parts of the forest contain animal control tools (mainly traps and bait-stations). There should not be any toxic bait present in any bait-stations, but please do not touch them, just in case. There are a variety of traps – most resting on the ground (generally in wooden boxes that are clearly spray-painted with stencils saying not to touch), but others hanging from trees at head-height. Most of these are actively set ready to catch something. This will include your hand if you choose to put your mitt in it. Some traps are very powerful and at minimum you could expect multiple hand fractures and crushing injuries. Some traps will also be very difficult to get your hand (or other body part) out of without a specialist tool. So please do not touch or interfere with traps or bait-stations in any way. They are there protecting our natural environment that we all enjoy, and are run by voluntary groups. It is especially important that any children are made well aware of these hazards and do not do not touch traps or bait-stations, as children's injuries from traps are likely to be far more serious.



COMPULSORY GEAR

The compulsory gear list has been created for the safety of competitors, and reflects the time of the year when cold/wet conditions often occur. All competitors and teams are required to carry:

- Torch/headlamp with sufficient batteries (each individual)
- Whistle (each individual)
- Waterproof jacket (each individual)
- Warm hat and gloves (each individual)
- Spare thermal top - wool or polypro (each individual)
- Thermal long johns or tights (6 Hour Foot only - each individual)
- Race food and drink (each individual)
- Backpack to carry above (each individual)
- Mobile phone sealed in a waterproof bag (1 per team)
- Compass (minimum 1 per team)
- Thermal blanket and first-aid kit (6 Hour only - per team)

All teams are to be self-reliant during the race and so should also bring sufficient tools and gear to solve the most likely mechanical and tyre issues. There will be no bike mechanical services provided by the event organisers.

The organisers will be doing spot checks on gear, so please ensure you bring everything on this list.

COMPETITION RULES

- **Stay together** - All team members must stay within 30 metres of all their other team members at all times. All team members must visit the control site - **IT IS NOT ACCEPTABLE FOR ONE TEAM MEMBER TO VISIT A CONTROL SITE WITHOUT THE REST OF THEIR TEAM.**
- **Comply with all instructions** - Competitors must comply with any safety instructions given out at registration and by the officials at the event.
- **Everyone must carry the compulsory equipment** - no exceptions.
- **No external assistance** - Competitors must not receive any external assistance (this includes the MTB shuttle bus)
- **Treat all roads as open** - Please be aware that all tracks and forestry roads are open to the public during the event. There will be other forest uses and vehicles on the forestry roads especially along the bike shuttle bus route. Please take care on all forestry and public roads and observe the usual road rules. Take extra care if you are crossing on one of the compulsory crossings on 8-Mile Road as this road is heavily used by fast-moving logging trucks.
- Be aware that some tracks are dual-use (i.e. both Foot and MTB can use them) so care is needed to avoid collisions. Some tracks are single direction only, others can be travelled in both directions. Make sure you know which type of track you are on when travelling along it. **Refer to rules below when biking on single-direction MTB tracks. We will have marshalls in the forest and if there is clear disregard for these rules the relevant team will receive significant point penalties or be disqualified at the discretion of the Event Controller.**
- **Please show respect to other forest users** throughout the event, and take special care around families and young children.
- Competitors may carry a wearable GPS for the purposes of tracking their activity so it may be downloaded post-event (for sites such as Strava). However, these are **NOT** allowed to be used for navigation purposes during the event. GPS devices with mapping



software installed may not be used at all (e.g. handheld GPSs or smart phones with mapping software installed).

- For MTB courses, there are several controls that competitors may choose to get which are off-track. Competitors may leave their bike and travel on foot with their whole team to these off-track controls. Off-track controls (i.e. you cannot physically touch the control while sitting on your bike after riding your bike as close as possible along tracks, roads or trails), are marked with a black spot on your Control Descriptions page, to enable you to allow for the extra time required to walk/run to and from the control. Off-track MTB controls are never more than 100m from a site where you can be reasonably expected to be able to ride your bike to (most are considerably less than this).
- 6 Hour competitors **cannot** send photos or upload photos to social media of the Event Maps until after 12.30pm on race day. This is to prevent 3 Hour teams who may know people doing the 6 Hour course looking at the map well in advance of their map release, or being shown a route a 6 Hour team is taking, providing an unfair advantage over other 3 Hour competitors. Please respect this rule. You are welcome to brag on-line all you like about the map and how much of it you did, after the event ☺ (see Strava section below).

OTHER NAVIGATION CONSIDERATIONS

- This year the 3 and 6 Hour Foot courses have a significant number of control sites which are well off-track in both native and plantation forest. This presents a higher level of navigational challenge than many previous GFR's. Competitors who are not confident navigating in off-track terrain, some of which is in dense bush, should consider selecting control sites that are within their navigational ability. Generally, the further a control is from a track, the greater the navigational challenge. Inexperienced people may only want to stick to marked tracks. This event is not the time to learn how to navigate in difficult, dense terrain! There are no specific tracks or markers to these off-track control sites, so competitors attempting to visit these control sites **MUST** know how to use a map and compass. Orange triangles and white-painted metal strips ("permolate") are variously used to mark the main tracks that are shown on your map in native forest. In some locations, there may be bait station lines marked with various coloured triangles, in particular pink, yellow and blue. Bait station lines are **not marked** on maps (but may coincide with main marked tracks at any point), but you are welcome to use these bait-station lines if you so desire. Some vegetation is very tight and you may want to consider wearing gaiters and cover any exposed skin on legs and arms.
- Off-track terrain is generalized as light-green on the map, but this can vary considerably from open clean forest with minimal low foliage (fast travel), through to dense native bush with supplejack and windfall (very slow travel). There is very little flowing water on the course, but if you are travelling in a stream or damp step gully, you should first ensure you know where you are, but also take extra care with footing as these can be slippery and contain sharp rocks. There are also occasional steep banks or cliff – usually unmarked – and these are of particular concern when descending. Whilst caution should be exercised, we expect competent navigators to enjoy the off-track control options. Some parts of the map indicating dark green or dark green stripe signify travel that is very slow and difficult. Note we have only mapped dark green in some areas and these slow conditions may be discovered in the light green mapped areas also.
- Not all "illegal" MTB tracks have been mapped, so do not be surprised if you come across illegal tracks not on the map. As above, these can be used by Foot competitors only, but not MTB competitors.

POINTS

- Controls range from 20 points to 100 points in value. The points value of a control is based on the control number used (delete the last number and multiply the remaining by



10), e.g. control number 32 is worth 30 points, control number 87 is worth 80 points, 105 is 100 points, etc.

- The penalty for being late is 50 points per minute or part-minute late. Any team over 30 minutes late will lose all their points.

TRACK AND OFF-TRACK TRAVEL - WHAT IS ALLOWED AND NOT ALLOWED

As the forest is so complex with multiple-use tracks and many other forest users present, we have developed a mapping system unique to the Whakarewarewa map. The Foot and MTB maps use different colours to signify if a track is allowed or not for a Foot or MTB competitor. It is critical competitors understand and follow this information:

FOOT COMPETITORS

- **Can use** walking and dual-use trails (marked in **black** on Foot maps).
- May travel anywhere off-track in the forest, typically marked as light or dark green, white, yellow or brown/yellow on the map.
- **May not** travel through Out of Bounds (OOB) areas (marked with **purple** hatching or **Olive green** on the map – Olive green is private property).
- **Must NOT use** MTB trails (marked in **red** on Foot maps). However, they can directly cross a trail (with care), but cannot travel along any mountain bike trails for any distance.
- **Must not use** other miscellaneous tracks; those under construction, horse trails, spray lines etc (marked in **red**, or which have **purple X** marks on the map).
- Some uphill dual-use trails are one-way only and **cannot be descended**. These trails have a **red** one-way arrow signifying the only travel direction allowed.
- Foot competitors **may use** "illegal" Mountain bike tracks (marked in **purple dashes** on the Foot map) but they must be extremely vigilant and be prepared to give way to "illegal" recreational riders at any instant.

MTB COMPETITORS

- **May ride** MTB trails (marked with **black** and **orange** dashes on MTB maps).
- **May ride** dual-use trails and roads (marked in **black** on the map).
- **Must not ride** on any walking-only tracks (marked in **red** on MTB maps).
- **Must not use** "illegal" mountain bike tracks (marked in **red** on MTB maps).
- **Must not use** other miscellaneous tracks; those under construction, horse trails, spray lines etc (marked in **red** on the map, or which have **purple X** marks).
- **May** leave the tracks and travel cross-country anywhere else on the map (but must carry bike if more than 100m from the location you last rode to). May travel short distances without bikes to off-track control sites, but MTB competitors without bikes shall **never be more than 100m from where they left their bike**.
- **Must ride one-directional MTB tracks in the direction of the arrows on the map. If there are no arrows on the mapped track, the track can be ridden in either direction.**
- If competitors overshoot on a one-directional track and need to go backwards a short distance on a track they must dismount and push or carry their bike along the side of the track. This applies for short distances only (maximum 50 metres). If you miss the control by a considerable margin, you must either continue riding the rest of the track in the designated direction, or push/carry your bike through the forest at least 2 metres from the track in a manner that poses no risk for any other track user.
- If you are on a narrow MTB track and need to leave the track to find an off-track control, you can leave your bike but you **must** move your bike so it is **completely off the track** and will not hinder or affect other forest users.
- No gathering around the end of tracks or stopping on fast parts of tracks to look at maps. If you need to stop on a track, dismount and pull your bike well off the track with



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you on the safest side of the track. Consider other forest users' enjoyment and safety at all times.



MTB LEGEND

- Fence
- Buildings
- Manmade feature
- Out of bounds (OOB)
- Pond
- OOB tracks (horse trails, spray lines under construction trails etc)

Riding permitted ✓

Track guide	Vehicle Width	Single Track
Fast Riding ✓		
Medium Riding ✓		
Slow Riding ✓		
Difficult Riding ✓		
Compulsory one way travel		
✓ Open Land - riding allowed		
✓ Open Forest - riding allowed		
✓ Dual use track - beware other users		
✓ Mtb only		

NO Riding permitted (GFR) ✗

	Walking only track - NO RIDING
	Illegal Mtb track - NO RIDING
	OOB Trails - NO RIDING

FOOT LEGEND

- Fence
- Buildings
- Manmade feature
- Out of bounds (OOB)
- Pond
- OOB tracks (horse trails, spray lines, under construction etc)
- Dual use track
- Dual use - 1 way travel for foot
- Walking only track
- Mtb track (foot forbidden)
- Illegal Mtb track - foot only - beware cyclists
- Fence
- Buildings
- Manmade feature
- Open Land
- Rough Open Land/Scattered Trees
- Forest - open, fast
- Forest - variable, moderate to slow
- Forest - very slow



OTHER PRACTICAL INFORMATION

PARKING

We think we can get most vehicles in the main grassed carpark at Blue Lake. However, if you want to miss congestion, you may want to park at the new Te Putake O Tawa carpark on Tarawera Rd and ride/walk down to Blue Lake. You will need to allow sufficient time to do this and bring all your gear for the day. There will be a tent where you can safely leave gear.

TOILETS

There are limited toilets at Blue Lake. There are four public toilets immediately adjacent to the Waterski Club (Event HQ), and we will also have two Portaloos. There are other toilets east of Event HQ on the Blue Lake foreshore (opposite the campground). The toilets in the brick building at the western end of Blue Lake (adjacent to the Event Parking) are closed. Other toilet facilities are available at the new Te Putake O Tawa carpark on Tarawera Road.

SPORT IDENT TIMING SYSTEM

The event will be timed and scored using electronic SPORTident (SI) cards (also called Sticks or dibbers). Every team will receive one stick at registration to use for the event. When teams pick up their Sticks from registration, ensure you “Clear” and “Check” using the SI Clear and Check boxes next to registration. This will ensure previous data is wiped from the Stick and is ready to be used for the GFR. Failing to Clear and Check will result in scores not being recorded on your SI Stick for the event, and we cannot resolve that. There will be someone at registration who can help you with this if you are unsure.

Once the event is underway and you have located a control on your course, the team member carrying the SI Stick needs to insert the SI Stick into the SI box at every control to prove that the team has visited that control. The SI control box and/or Stick will emit a beep, and will electronically register on your SI Stick that your team has visited that control site, and the time you were there. In the rare event that the SI box or Stick does not beep (or later model Sticks also flash a light), then you will need to prove you have visited that control by taking a photo with your phone (in your compulsory equipment) of the control, showing the number.

It is the responsibility of the team to carry and look after their SI Stick so that it can be handed in at the finish as evidence of the controls that they have visited. Lost SI Sticks will incur a \$130 cost for replacement, paid to OBOP, and your results will not be recorded.

REGISTRATION INFORMATION

- Event registration will be based at the Wake and Ski Club Rooms at the Blue Lake.
- Please advise us early in the day of any changes to your team details, particularly your team's name, category and team members names.
- For those pre-entered and paid, please visit registration to confirm your details and collect your sport ident Stick, control descriptions and (optional) map bags. A person from every team will need to sign to acknowledge that they have read and understood the rules and safety information.
- If you have registered but not paid, please visit registration to do so.
- For those entering on the day please visit registration to provide your details and payment. The cost to enter on the day is an additional \$10 per person (except under 12). Entrance for on-the-day entries will be first come-first served, and in the event that we run out of maps, entries may be declined.



PLANNING TIME AND FACILITIES

All teams will be given approximately one hour to plan their route before their event starts. As we have no indoor facilities available for competitors this year, you should consider where you will do your planning with your team. If it is a fine day (and not too cold), we would prefer everyone doing their planning on the grassed terrace/beach area between the carpark and Blue Lake. Consider picnic rugs, chairs, small tables etc. If it is a wet day, you are able to plan in your vehicle in the adjacent carpark.

STRAVA

We are keen to keep developing GFR to keep it an exciting event with many memorable moments. This includes utilising technologies that can help add to the event. So this year we are encouraging participants (if they haven't already got it) to download the Strava App (www.strava.com) on your phone. We will invite one designated person in your team to a "GFR event" within the App where you can upload your route once you have finished. That way you can learn from the best, compare with fellow competitors, show off to friends and family and console yourself that everyone else made the same mistake you did. If you are not able to use a phone during event and want to have your route posted, we can get you to manually draw your route on a map and we will put some photos on the OBOP Facebook page.

OUTSTANDING PAYMENTS

We have sent out emails notifying those with outstanding payments.

If you receive this email please pay and action as appropriate as soon as possible. If you do not pay in advance you will need to bring cash on the day to register and receive your map.

START INFORMATION AND TIMETABLE

- There will be a briefing prior to the map release for each event and then competitors will be given their maps. It is recommended that you have all your gear with you and be ready to race as you will want as much planning time as possible. You will be able to visit the toilet during this time.
- Each team will receive **two waterproof copies** of their map(s), and other team members have the option of also receiving a paper copy (in a plastic bag). Each team also receives **one copy only** of the Control Descriptions on waterproof paper.
- Please remember to bring permanent markers, highlighters, pens etc. to assist in planning your course and marking up your maps. Feel free to ask questions during this planning time. There will be some limited assistance available to those new to rogaining who want some tips and advice.
- There will be a final briefing 5 min before the start with a chance for final questions. Start Time will be shown on a large clock at the Event Centre - competitors should synchronize their watches with this official clock. Finish time for the 6 Hour will be exactly 6 hours after the start (e.g. if it starts at 10.04am, the event will finish at 4.04pm). The 3 Hour event will start 2.5 hours after the 6 Hour event starts, so will finish 30 minutes before the 6 Hour event.

	6 HR FOOT & MTB	3 HR FOOT & MTB
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Registration Opens	8.00am	10.30am
Briefing	8.45am	11.15am
Maps Handed Out for Planning	9.00am	11.30am
Start	10.00am	12.30pm
Finish	4.00pm	3.30pm
Pizza Available From	3.45pm	
Prizegiving	ASAP – approx. 4.15pm	

MAPS AND CONTROL DESCRIPTIONS

Each course has a different number of maps. These are clearly marked on the maps itself, but it is up to you to ensure you have all the correct maps. Only some controls are shared by both Foot and MTB course.

Each team has been allocated **two waterproof copies** of their map(s), and **one copy only** of the Control Descriptions on waterproof paper. If you have additional team members who also want a map, non-waterproof maps and map bags are available so that each competitor has a map if they want it.

Maps and control descriptions are allocated for each Team on each course as follows:

	3 HR FOOT	3 HR MTB	6 HR Foot	6 HR MTB
Maps	2 (A3 & A4)	1 (A3)	3 (2 x A3, 1 x A4)	2 (2 x A3)
Control descriptions	1	1	1	1
Total pieces of paper per team (minimum)	5	3	7	5

PIZZAS

We have allowed **half** a pizza for each competitor and **we ask that you are considerate** and respect this when getting pizza after the event. There are a number of vegetarian, gluten free and vegan pizzas for those that require them. **Everyone must take their own pizza boxes home!**

PRIZES

Winners of each category will receive vouchers from Ciabatta Bakery.



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We also have vouchers and giveaways from Torpedo 7, MacPac, Eastwood and CycleZone to give away. CycleZone have put up 4 MTB tyres as spot prizes and we also have a \$200 Torpedo7 voucher to be given away. Competitor names will be drawn randomly for these spot prizes, but people must be present at prize-giving to be eligible to receive their prize.

We encourage competitors and their family and friends to support the local businesses who have supported us.

THANK YOU

We would particularly like to acknowledge CNI Iwi Holdings, Department of Conservation, Rotorua Lakes Council, Timberlands, Rotorua Wake and Ski Club, and Cycle Zone for their support in helping us run a successful event.

Looking forward to a great day!

The Great Forest Rogaine Organising Team and OBOP.

CONTACTS

Event Organiser – Erin Swanson, erinroberts08@gmail.com, Ph 021 386 977

Event Planner – Rhys Burns, rhysburns@gmail.com, Ph 027 2051939

Event Controller – Rachel Smith, Ph 021 1562883