



PRE-EVENT BULLETIN FOR COMPETITORS

Welcome - we are really looking forward to seeing you at the Great Forest Rogaine (GFR) on 29th July!

PLEASE READ THIS BULLETIN THOROUGHLY BEFORE THE EVENT - IT CONTAINS ESSENTIAL INFORMATION EVERY COMPETITOR MUST BE AWARE OF.

If after reading this you have any questions, email the organiser (details at bottom of document).

Someone from each team will be required to sign at registration on Saturday that their team has read this and understands the rules and safety information.

COMPETITION OUTLINE

- Competitors must visit as many controls as possible, within the time allowed (3 hour or 6 hour).
- The winning team is the one with the most points after points have been counted and penalties applied.
- Where there is a tie in points, the winner will be the one with the fastest time.

COMPULSORY GEAR

The compulsory gear list has been created for the safety of competitors and reflects the time of the year when cold and/or 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 – 1 per team)

All competitors must carry compulsory gear at all times. The organisers will be doing spot checks on gear, so please ensure you bring everything on this list. 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.



SAFETY

- 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.**
- Mountain biking is inherently risky, so please ride within your ability and control your speed. Be especially aware of people coming in the opposite direction where there is a risk of collision and injury.
- You may not travel on Tarawera Road, Eight Mile Gate Road, or SH5. These are marked as purple out of bounds on the map. Where there is a marked cycle/foot path beside these roads (shown in black) these can be taken.
- 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 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 021 386 977. If an incident occurs and you require assistance, please call this number. The event has a dedicated mobile medic that we can dispatch in the event of injury or illness. Cell phone reception can be found in many parts of the forest, but not everywhere.
- In the event of a serious injury or life threatening medical event, offer first-aid to the person, phone for help (phone 111) and/or send someone for help (if there are more than two non-injured people in the team). Please inform the event organisers if such an incident occurs. 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.
- On mountain bike and running tracks be mindful of other users and ensure that you do not block the trail for other users. Pull to the side and never leave your bike blocking a trail.
- At the end, 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.
- Some parts of the forest contain animal control traps and bait-stations. 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. Please do not touch or interfere with traps or bait-stations in any way as injury could occur. It is especially important that any children are made well aware of these hazards.



COMPETITION RULES AND PRINCIPLES

The rules are underpinned by these simple principles:

- Teams must stay together, with no more than 50 metres separating the whole team at any time. All team members must visit each control point together.
- Mountain bike only tracks must only be used for riding
- Foot only tracks must only be used for walking or running
- One way directional tracks must be followed in the direction marked by arrows on the map

The Foot and MTB maps use different colours to signify if a track is allowed or not for a Foot or MTB competitor. In general tracks marked as **black** are allowable, and those marked as **red** or **purple** are not allowed.

FOOT COMPETITOR RULES (for all 3 Hour and 6 Hour Foot Rogaine competitors)

- **You can:**
 - Use walking and dual use trails (marked in **black**).
 - Travel anywhere off track in the forest.
 - **Carefully** cross MTB only tracks (marked in **red**), or Out of Bounds roads (marked in **purple**).
 - Use "illegal" Mountain bike tracks (marked in **green** dashes on the Foot map) but be extremely vigilant and prepared to give way to "illegal" recreational riders at any instant.

Running/walking permitted ✓

| | |
|--|---|
| | ✓ Open/Rough open land - allowed |
| | ✓ Forest - allowed |
| | ✓ Dual use track - beware other users |
| | ✓ Foot trail only |
| | ✓ Illegal Mtb track - foot only - beware cyclists |

- **You CANNOT:**
 - Travel through Out of Bounds areas (marked as **purple** hatching and **olive green**).
 - Travel any distance along any track marked in **red** - MTB only tracks, tracks under construction, horse trails, spray lines, or along Out of Bounds roads marked in **purple**.

Out of Bounds (OOB) for Walkers/Runners - GFR

| | |
|--|----------------------|
| | Mtb track - NO FOOT |
| | OOB Roads - NO FOOT |
| | OOB Tracks - NO FOOT |
| | OOB Areas - NO FOOT |



MTB COMPETITOR RULES (for all 3 Hour and 6 Hour MTB Rogaine competitors)

You can:

- Ride all the MTB trails (marked with **black** and **orange** dashes).
- Use dual-use trails and roads (marked in **black** on the map).
- Leave the tracks and travel cross country anywhere on the map but competitors **must keep their bikes within 50 metres at all times**, this includes when leaving the trail to collect controls.
- **Carefully** cross Out of Bounds roads (marked in **purple**).

Riding permitted ✓

| Track guide | Vehicle Width | Single Track |
|---------------------------|---------------------------------------|--------------|
| Fast Riding ✓ | | |
| Medium Riding ✓ | | |
| Slow Riding ✓ | | |
| Difficult Riding ✓ | | |
| Compulsory one way travel | | |
| ✓ | Open/Rough open land - riding allowed | |
| ✓ | Forest - riding allowed | |
| ✓ | Dual use track - beware other users | |
| ✓ | Mtb only 4/5 Track grade (4+) | |

You CANNOT:

- Travel along one way tracks in the wrong direction. The correct direction is marked with a **purple** one-way arrow.
- Ride on walking only tracks (marked in **red**).
- Ride on illegal mountain bike tracks, tracks under construction, horse trails, spray lines, or along out of bounds roads (marked in **red** or **purple**).
- Travel through Out of Bounds areas (marked as **purple** hatching and **olive green**).

Out of Bounds (OOB) for bikes - GFR

| | |
|--|--------------------------------|
| | Walking only track - NO RIDING |
| | Illegal Mtb track - NO RIDING |
| | OOB Trails - NO RIDING |
| | OOB Roads - NO RIDING |
| | OOB area - NO ENTRY |



EXCEPTIONS TO THE RULES

The following exceptions to the rules are allowed:

- If competitors accidentally overshoot a control site or track junction on a one-directional track and need to go backwards, they can do so for a maximum of 50 metres. Great care is needed to avoid oncoming traffic, and MTB riders must dismount and walk on the side of the track when back tracking in this instance.
- This exception is only allowed for accidental errors in navigation, and this rule cannot be used in a planned way to gain advantage or use as a loophole in the rules. Teams that use this exception in a way that is against the principles will be disqualified.
- If teams miss the control by a considerable margin (>50 metres), they must either continue riding the rest of the track and return to the control/junction from the start of the track or abandon the control.
- MTB competitors may dismount and walk (with their bikes), sections of MTB tracks which are technically challenging and beyond their riding abilities.

OTHER CONSIDERATIONS

- No loitering around the end of tracks or stopping on fast parts of tracks. If you need to stop on a track, pull over to the side to allow other riders past.
- Marshalls will be present at some manned controls to ensure competitors are staying together and adhering to the rules.
- Be courteous on dual use tracks. Respect gets respect, pass others with care.

GPS DEVICES

- 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).

PENALTIES FOR RULES BREACHES

- In the event of minor unintended rule infringements, a points penalty will be given to the offending team.
- 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. Please don't be the team that stops this event happening in future.



PLANNING AND NAVIGATION

PLANNING TIME AND POINTS

- Teams will be given approximately one hour to plan their route before their event starts.
- Controls range from 30 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, everything above 100 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.
- Obviously teams must plan their best course which they can achieve in the allocated time, and to the best of their ability. Smart teams allow some flexibility in their plans to add on or drop off controls towards the end.

NAVIGATION

- The 3 and 6 Hour Foot courses have a number of control sites which are off-track in both native and plantation forest. This presents a higher level of navigational challenge than those on or near tracks. 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. 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. Inexperienced people may only want to stick to marked tracks.
- Orange triangles and white-painted metal strips (“permolat”) 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), so take care not to confuse these with main tracks. Some vegetation is very tight and you may want to consider wearing gaiters and cover any exposed skin on legs and arms.

MAP

- The map scale is 1:15,000, and contour interval 10 metres.
- The MTB and Foot events use the same base map, but the colours used to signify allowable versus non allowable travel are different (see rules).
- Each of the events (3 Hr Foot, 3 Hr MTB, 6 Hr Foot, 6 Hr MTB) will have different controls – some will be shared, but many are not. Ensure you check control codes to make sure you have the right control (marked on map and control descriptions).
- 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). Caution should be exercised in some rougher off track



GREAT FOREST ROGAINE

Saturday 29th July 2023
3/6 Hour - Foot/MTB
Whakarewarewa Forest, Rotorua

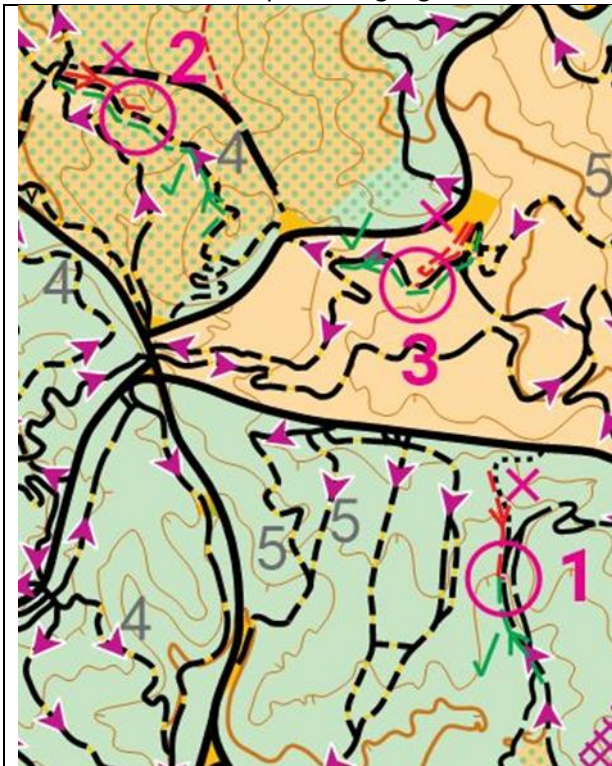
ORIENTEERING
BOP

terrain, however 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 – typically blackberry. Note we have only mapped dark green in some areas and these slow conditions may be discovered in the light green mapped areas also.

- Whilst much effort has been put into ensuring the map is accurate and up to date, competitors need to be prepared for parts of the map that may not be marked correctly.
- Some illegal trails are mapped, but many are not – we have not made any effort to map all illegal trails.
- There are a number of trails which are closed and/or under construction – these have been marked as out of bounds (red) on the maps and must not be used.
- Examples of previous years maps are available on the OBOP website: <https://www.obop.org.nz/great-forest-rogaie-2023>

ONE WAY TRAILS (MTB only)

- Where trails are marked as one way with a directional arrow on the map, it means that whole section of track which the arrow is on, is one way.
- Competitors can not go in and out (2 ways) on small sections of one way tracks, because of the absence of an arrow on the map of the section of trail they are riding.
- Below are three examples to highlight allowable versus non allowable travel on 1 way tracks:



Green = allowable

Red = not allowed

- 1) Riders could only approach control 1 from the south, and it would be illegal to take an in and out approach from the north.
- 2) Riders could only approach control 2 from the south, and it would be illegal to take an in and out approach from the north west.
- 3) Riders could only exit control 3 by continuing on the track in a westerly direction, and not reverse out to the clearing on the north east.



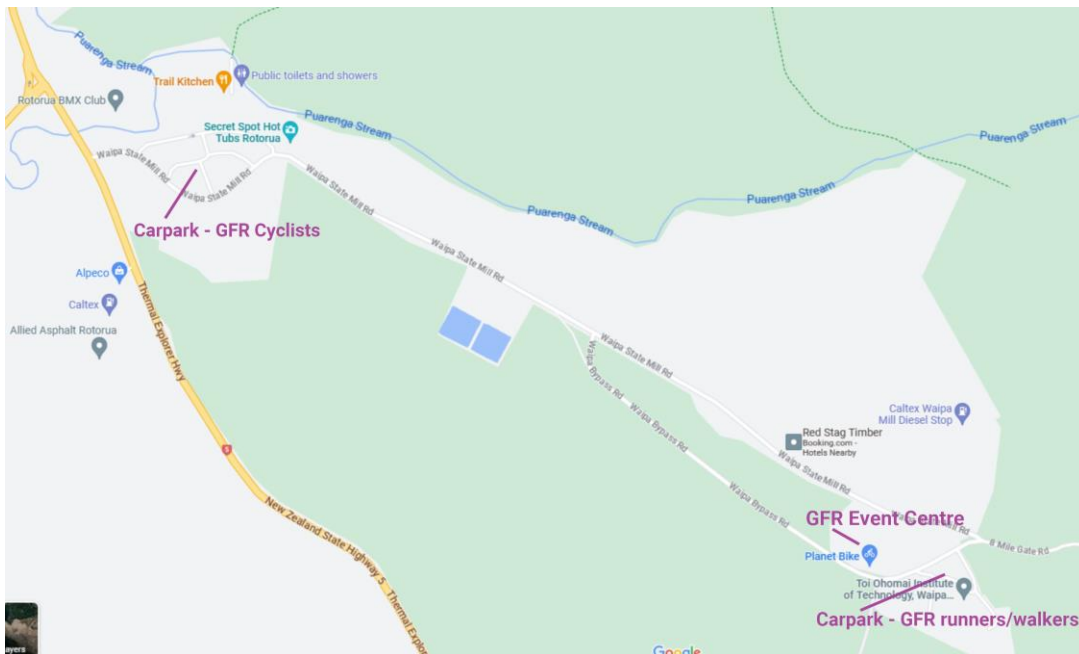
OTHER PRACTICAL INFORMATION

VENUE

- The event centre will be at Planet Bike, Waipa State Mill Road, Rotorua.
- There will be portaloos at the event centre. There are also public toilets at the main Waipa carpark.

PARKING

- All cyclists in the 3 Hr MTB event must park at the main Waipa carpark, and ride to the event centre at Planet Bike (approx. 1.5kms).
- Cycle teams with younger children can drop them off at Planet Bike, before parking back at the main Waipa car park.
- 6 Hr Foot, 6 Hr MTB and 3 Hr Foot competitors can park close to Planet Bike – follow the directions of parking officials.





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 register 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 at Planet Bike.
- 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 \$20 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.

SHARING COURSE FILES - STRAVA

- We are asking competitors to use the Strava App to record their course on the competition.
- **Any competitor wanting to qualify for a place in any of the categories (other than family), must submit a Strava file (or similar GPS file) to orienteeringbop@gmail.com within 6 hours of the**



event finishing. This is so we can ensure all placegetters have complied with the rules, such as using the correct tracks, not going the wrong way on one way tracks etc.

- Whilst the majority of competitors do follow the rules, a small number have been found to break some rules in this regard, so by submitting a Strava file, we are able to ensure everyone who is recognised with a placing, have done so without breaking rules. Only one person from each team needs to submit a Strava file, and when submitting it, please ensure you provide your team name as well as the Strava owners name.
- Go to www.strava.com for information on downloading and using the app. We will also accept other GPS trace files, which must be submitted as a GPX file, although our preference is for it to be recorded on Strava.
- We also encourage people to share their Strava files via the Great Forest Rogaine Strava club - <https://www.strava.com/clubs/958601>.
- This will allow people to look at how different teams have tackled the courses and learn the many different ways the rogaine could be completed.

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.

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 and gluten free pizzas for those that require them. **Everyone must take their own pizza boxes home!**



START INFORMATION AND TIMETABLE

- There will be a briefing 75 mins before the race starts, followed by the map release where 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.
- Each team will receive two copies of race maps per team on waterproof paper. Each team also receives one copy 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. 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 |
|------------------------------|----------------------------|----------------------------|
| 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

- Competitors must ensure they get the correct maps for their courses at handout time.
- There are different maps for foot, MTB, 3hr and 6hr events
- 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.
- The foot maps are different to the MTB maps, and the 6hr MTB event uses two A3 maps to cover the area of the course. The foot 3hr and 6hr and MTB 3hr use one A3 map. See table below:

| | 3 HR FOOT | 3 HR MTB | 6 HR Foot | 6 HR MTB |
|--|-----------------------|----------------------|-----------------------|--|
| Maps (2 sets per team) | Foot3hrMap (x2 A3) | MTB3hrMap (x2 A3) | Foot6hrMap (x2 A3) | MTB6hrMap1 (x2 A3) MTB6hrMap2 (x2 A3) |
| Control descriptions (1 copy per team) | Foot3hrCD (x1) | MTB3hrCD (x1) | Foot6hrCD (x1) | MTB6hrCD (x1) |

THANK YOU

We would like to acknowledge the following for their support of OBOP and this event:

- CNI Iwi Holdings,
- Department of Conservation,
- Rotorua Lakes Council,
- Timberlands and
- Rotorua Trails Trust.
- Planet Bike
- MTB Rotorua
- Secret Spot
- Cycle Zone

COMMUNITY COMMITMENT

OBOP has strong community values, and is passionate about creating fun, healthy outdoor navigation experiences in the beautiful Bay of Plenty. As part of our community commitment we donate \$1 per competitor to each of the Rotorua Trails Trust and First Response Unit.

CONTACTS

- Event organiser – Erin Swanson, orienteeringbop@gmail.com, ph 021 386 977
- Course planning team – Rob Lei, Dave Blundell, Rhys Burns, Rachel Smith

Good luck and see you all there!