



PRE-EVENT INFORMATION 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 at Te Putake O Tawa, the new forest hub off Tarawera Road (approx 518 Tarawera Road, Rotorua).

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.

COMPETITION RULES

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 which signifies where competitors can or cannot travel.

It is critical that competitors use the map and abide by the following rules and principles which stipulate what is allowable or non-allowable travel. The reason we need competitors to do this is because:

- **Safety** – many tracks are one directional and/or single use, so there is significant risk of injury if people don't use the tracks as intended.
- **Fairness** – it is unfair on the bulk of competitors who compete within the rules, if a minority of teams get advantage through breaking them.
- **Access** – OBOP is at risk of losing access to the forest for this and other events it holds, if complaints are made to the Council and/or Trails Trust about unsafe competitor behaviour.



RULES AND PRINCIPLES

The rules are underpinned by these simple principles:

- Teams must stay together, whole team within 50m at all times. All team members should visit all controls. It is not acceptable for one team member to collect controls while leaving team-mates behind.
- 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 are not allowed.

FOOT COMPETITOR RULES

- 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)
 - Use "illegal" Mountain bike tracks (marked in Purple dashes on the Foot map) but be extremely vigilant and prepared to give way to "illegal" recreational riders at any instant.
- You CANNOT:
 - Travel through Out of Bounds areas (marked as Purple hatching and Olive Green)
 - Travel along one way tracks in the wrong direction. The correct direction is marked with a Dark Green one-way arrow.
 - Travel any distance along any track marked in Red - MTB only tracks, tracks under construction, horse trails, spray lines etc

MTB COMPETITOR RULES

- 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 50m at all times**, this includes when leaving the trail to collect controls* .
- 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 etc (marked in Red or purple)
- Travel through Out of Bounds areas (marked as Purple hatching and Olive Green)

Competitors 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.
- Competitors may dismount and walk (with their bikes), short sections of MTB tracks which are technically challenging and/or beyond their riding abilities.
- A small number of specific controls will allow competitors to leave their bike for >50m. The specific controls for which this rule applies will be advised on race day. Bikes should be left carefully off the side of the track.

OTHER CONSIDERATIONS

- 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, pull over to the side to allow other riders past.
- Placegetters must submit GPS or Strava route files to confirm that rules have been followed.
- Marshalls will be present at some manned controls to ensure competitors are staying together and adhering to the rules. Point deductions may be imposed for infringements.
- 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).



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.**
- You may not travel on Tarawera Road or Eight Mile Gate Road. These are marked as out of bounds. Mountain bikers may choose to utilise Long Mile Road as a route choice. If choosing to head this way, you must ride on the cycleway on the eastern side of the road.
- 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 021 234 3118. 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 one of the team for help (but only if there are more than two non-injured people in the team). Please inform the event organisers on the above phone number if such an incident occurs. If unsure, the event organisers can always be consulted for advice. 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.
- If looking for controls on a mountain bike (or running track) be mindful of other users and ensure that you do not block the trail for other users. This may mean pulling carefully to the side, putting your bike off to the side and carefully punching the control. Never leave your bike blocking a trail.
- At the end of your course, 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 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



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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.

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.

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 navigators 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 ("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), 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, 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.

NOTES FROM THE MAPPER

- The last few weeks has seen significant rain and wind, so many tracks still have debris and windfall on them, which could make travel slower than expected, with some dismounting needed for bikes where trees remain down across the track.
- Whilst much effort has been put into ensuring the map is accurate and up to date, competitors need to be prepared for changes that may not be marked correctly. We don't expect many of these, but it is possible, especially with over 200kms of single track in the forest.
- Some illegal trails are mapped, but many are not – we have not made any effort to map all illegal trails.
- Off track travel in the light green can be highly variable, with very open, clean fast travel in some sections, through to slow, tight travel in others. Because of the scale of the map, vegetation mapping is highly generalized in this regard.

POINTS

- 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, 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.



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

The carpark at Te Putake O Tawa has >450 carparks. We have been asked that all people attending the Great Forest Rogaine on Saturday should not park on the tar seal sections of the Te Putake O Tawa carpark, near the cafe and rental area. Instead, there is ample parking in the pumice areas and the grass sections near Tarawera Rd. Please park your vehicle accordingly and car pool to reduce vehicle numbers if possible. This will likely be very full on Saturday, so be sure to arrive in plenty of time. If overflow parking is needed, this could be as far away as Blue Lake.

TOILETS

There are public toilets at Te Putake o Tawa.

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 in club tents at the end of Te Putake o Tawa carpark area.
- 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.

SHARING COURSE FILES - STRAVA

This year we are asking competitors to use the Strava App to record their course on the competition if they want to place in their categories.

Any competitor wanting to qualify for a place in any of the categories (other than Family category), 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.

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 **one copy of race maps per competitor** on waterproof paper. 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 minutes 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
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.

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



	3 HR FOOT	3 HR MTB	6 HR Foot	6 HR MTB
Maps (1 set per person)	2 (A3 & A4)	2 (A3)	3 (2 x A3, 1 x A4)	2 (2 x A3)
Control descriptions (2 copies per team)	1	1	1	1

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!**

RUBBISH

There are **no public rubbish facilities** provided at Te Putake O Tawa car park. You will need to take any rubbish home with you for disposal. This includes your free pizza and box you'll receive on the finish line.

PRIZES

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 and the Rotorua Trails Trust for their support in helping us run a successful event.

Looking forward to a great day!

The Great Forest Rogaine Organising Team and OBOP.

- Event Organiser – Erin Swanson, orienteeringbop@gmail.com
- Event Planner – Greta Knarston
- Event Controller – Tom Reynolds