

# Mount Rogers MapRun Mayhem – 3 Hour Rogaine - Course Notes

## Get Ready

This is going to be different from previous ACTRA rogaines, so here are the key things you need to know:

- This virtual event uses electronic punching with the MapRunF app on your phone. You'll need to download the app and the course. Instructions are available from <https://act.rogaine.asn.au/>.
- The course will be open from 30 May to 08 Jun 2020. You can run at any time during that period.
- There is no set map preparation time. You can prepare your route and home, then go to the start and set off when you're ready.
- You can print your own map, or pick up a waterproof map from Paddy Pallin in Lonsdale Street.
- There is no hash house, no food, no first aid, but no entry fee.
- The virtual event format gives us a way to rogain while complying with the lockdown restrictions. Please make sure you stick to the physical distancing rules.

## Go

The start is in the Mt Rogers Reserve car park, which is at the south end of Wickens Place, Fraser.

There are no toilets at the start. You may want to stop off at Charnwood Shops (near the south end of Tillyard Drive) before you go to the start.

## Start Times and Preparation

The course will be open from 30 May to 08 Jun 2020. You can run at any time during that period. Because this is an electronic punching course, there is no set map preparation time. So you can choose your route from the comfort of your home, then turn up and start whenever you're ready.

## Electronic Punching with MapRunF

This event uses electronic punching with the MapRunF app on your phone. There are no flags at control sites, so don't waste time looking for them. Instead, you just need to get within about 10 metres of the control site, at which point the app will beep to register the control.

The start point is the stone 'Mt Rogers' sign next to the car park. Approach the start point with the MapRunF app to get a beep that indicates you've started. When you return, you need to visit the start point to complete your course with a final 'beep'.

Because there are no control flags, you'll need to navigate carefully and pay attention to the control descriptions, which give very precise locations. When reading the control descriptions, remember that rogain descriptions use the word 'the' to refer to something that is shown on the map, and 'a' or 'an' to refer to something that isn't. So "The path at intersection with a wooden fence" means the control is on the path shown on the map, but that the fence isn't shown on the map.

Sometimes MapRunF takes a few seconds to respond. So if it doesn't ping as you approach the control, wait a few seconds at the control point. If that doesn't work, try walking around the control point.

Make sure you charge your phone before your run. You may want to turn on MapRunF's GPS Battery Save Mode.

## **Map and Compass**

The map scale is 1:25,000 (5 cm = 1 km), with a 5 m contour interval. The grid lines are aligned to magnetic north.

The map size is A4, which makes it easier for you to print at home if you wish. But we'd recommend picking up a professionally printed tough waterproof map from Paddy Pallin in Lonsdale Street, Braddon. If you do print your own map, put it in a poly bag so it won't get wet or torn.

There are some places on the map where there are circular features, near controls 91, 54 and 64. Don't confuse these with the actual control circles!

Apart from your phone running the MapRunF App, GPS instruments, altimeters and pedometers are not allowed. You may only use the map provided.

## **Terrain**

The start of the course is near Mt Rogers, and there are several controls in the nearby bushland. The remaining controls are located around Fraser, Spence, Flynn and Charnwood. They're mostly in green space areas, and there are many paths around these suburbs, so you'll not need to spend much time on roads.

It's all easy terrain, so you can leave your gaiters at home and wear shorts if you like.

Please be careful crossing roads. There are no restrictions on crossing points, but use bridges and tunnels where you can.

All residential property is out of bounds. In particular, please do not short-cut across people's front yards.

Unless you spend your entire day at the top of Mount Rogers, you'll be going up hill on your way back to the finish, so make sure you allow a little extra time for the climb.

## **Distances and Course Suggestions**

To clear the course and claim the maximum 1820 points, you will need to travel at least 23 km. For the less ambitious, here are some options:

Lazy afternoon: HH-53-81-41-51-71-63-62-21-HH - about 5 km

Country stroll: HH-30-50-60-90-40-70-61-21-62-80-63-71-51-41-81-53-43-HH - about 10 km

Trans-suburban: HH-53-81-41-51-47-52-72-20-64-46-73-91-66-54-65-55-50-30-HH - about 12 km

## **Food and Water**

There are no water drops on the course, so carry what you need. There are shops in the suburbs, but in support of physical distancing rules we're not encouraging you to visit them.

## **Emergencies**

You're responsible for your own safety. There is no ACTRA first aid available. If you have a serious accident, call for an ambulance as you would if you were out for a walk.

## **Thanks to our sponsor**

The ACT Government has kindly provided funding to print maps on waterproof Teslin paper for this event.