

Go West Virtualgaine - Course Notes and Instructions

Welcome

Welcome to MapRun Mayhem 2022: "Go West", a virtual 4-hour rogaine. This year's event is in western Canberra. It includes bush areas in the Molonglo River corridor, Mount Stromlo, Narrabundah Hill and Cooleman Ridge, as well as the suburbs from Denman Prospect to Fisher.

The start location is at Duffy Oval, right in the centre of the map, which gives you lots of options for course planning, especially if you want to enter multiple times.

It's a virtual event, which means that you can take part at any time between 28 May and 13 June 2022, and the course uses the MapRun app on your phone or watch to record your visits to control sites; there are no control flags. (The course will still be available on MapRun after the closing date, but you won't be included in the official results.)

You can compete individually or as a team.

Acknowledgement of Country

ACTRA recognises the Ngunnawal people as the traditional owners of the land you will be on during this event.

New to Rogaining?

Rogaining is a sport of long-distance navigation, where you visit as many pre-defined control points as you can in a fixed time – in this case, four hours. You score points by visiting the control sites, which are marked as circles on the map. You must start and finish at the start point which is marked by a triangle on the map.

The number of points you score is the control number rounded down to the nearest multiple of ten. For example, you score 50 points for control 53, 60 points for control 61, and 100 points for control 100.

This is a 4-hour event. That means that you have up to 4 hours to visit control sites to maximize your score, and to return to the start point. If you return late, 30 points are subtracted from your score for each minute you are late. So it's really important to get back on time.

You can run or walk, but not use a bike or any other means of transport. GPS devices are not allowed to be used for navigation; you may only use the map and a compass, in conjunction with these instructions and the control descriptions.

For more information on rogaining see <https://act.rogaine.asn.au>.

About MapRun

This event uses electronic punching with the MapRun6 app on your phone, or the MapRunG app on your GPS watch. There are no flags at control sites. 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 MapRun app is available for iPhone, Android and some Garmin watches. Once you have downloaded the MapRun app, tap the Select Event button to select the event from the ACT/Rogaine folder. Alternatively, you can scan the QR code on the map. When you're ready to start, tap the Go to Start button.

The start point is at Duffy oval, at the path junction on the eastern side of the carpark where a short path leads to the amenities building on the oval. This is marked as a triangle near the middle of the map. Approach the start point with the MapRun app to get a beep that indicates you've started. When you return, you need to visit the start point again 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 precise locations.

For more information on MapRun see <https://maprunners.weebly.com>.

The Map

The map scale is 1:25,000 (4 cm = 1 km), with a 10 m contour interval. The grid lines are aligned to magnetic north.

The map size is A4, which makes it easier for you to print it 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.

The map is not completely accurate in the newer suburbs of Coombs, Wright and especially Denman Prospect (near controls 45, 91) which are still under construction.

The map includes major vehicle and foot tracks, but there are many smaller tracks that are not shown. In particular, mountain bike tracks on Mount Stromlo are not shown.

Course Notes

For a successful, safe and fair event:

- Keep out of private property. In particular, the area marked in purple on the west side of the map is explicitly out of bounds, so plan your route accordingly.
- The cycle and running tracks at Stromlo Forest Park are also marked in purple and out of bounds. Control 54 can be approached from the east or north via gates on Uriarra Road.
- Obviously residential land is also out of bounds – do not go across people’s gardens.
- Do not try to wade across the Molonglo River. Access to controls 50, 74 and 100 is only via the bridges at 61 and south of 50.
- Cross roads with care. Use crossings, underpasses or traffic lights where possible, especially on Hindmarsh Drive, John Gorton Drive and Streeton Drive.
- In the Mount Stromlo area, watch out for mountain bikes, and avoid using mountain bike tracks. Take care wherever bike tracks cross the main tracks. In particular, be very careful if using the track that goes NNE from 71 where it crosses the spur – bikes cross the track very fast and are hidden by a tunnel.
- Cows grazing on Narrabundah Hill have made the ground soft and muddy, so take care approaching controls 60 and 80. The cows are reportedly friendly though.
- Apart from your phone or watch running the MapRun app, GPS instruments, altimeters and pedometers are not allowed. You may only use the map provided and your compass.
- You must complete the course on foot. Bikes and other means of transport are not allowed.

Some other useful information:

- Public toilets are available at Coleman Court, Brierly Street (between 41 and 81) and at Stromlo Forest Park (between 54 and 55).
- Make sure you carry enough water for your needs. There are also drinking water fountains near 20, 35 and 81.

Course Planning

The course has 45 controls worth a total of 2250 points. The controls are spread over a wider area than at last year’s Mount Ainslie virtualgaine. The distance to clear the entire course is about 38 km. You may be able to get 2000 points for about 30 km travel.

Multiple entries are allowed, so you may choose to tackle different parts of the course on separate days. The central start point makes this a convenient option.

Beginner Route Suggestions

If you’re new to rogaining, here are some route options to consider. With the start point centrally located, there are options in all directions:

- Go east: “The great plains” – 46 81 63 44 32 43 30 (7 km)
An easy suburban route with no big hills or bush, and stroller friendly. Add in 41, 65 and 33 if you want more.
- Go north: “Where the deer and the antelope play” – 72 55 24 25 20 21 23 35 51 61 47 70 34 46 (12.5 km)
A whistle-stop tour of the parks and playgrounds of Wright and Coombs, plus views of the Molonglo River.
- Go west: “The wild west” – 22 55 72 40 80 60 (7.5 km)
A shorter route taking in the bushfire memorial and bush navigation around Narrabundah Hill. Watch out for bison on the bicentennial trail.
- Go south: “The Rockies” – 30 43 73 90 53 52 62 42 101 65 44 41 46 (12 km)
A more challenging route taking in Coleman Ridge and Mount Arawang. Enjoy the views you’ve worked so hard for.

Emergencies

You’re responsible for your own safety. As this is a virtual event, there is no first aid or other support available from ACTRA. So plan as you would normally for a run or bushwalk: let someone know where you are going, have someone you can call for help, and call 000 in an emergency.