



Planning a rogaine...

...or how to fill in three hours before an event!

Thanks to David Baldwin (ACTRA), adapted for a talk to PAPO by Tim Farrant (PAPO)

Before an event

What are your expectations and goals for the rogaine?

- Fun
- Competitive
- Picnic?
- Sleeping (24hr)
- How much walking vs running?



Travelling Speed

A beginner who walks might travel at 2-3 km/hr.

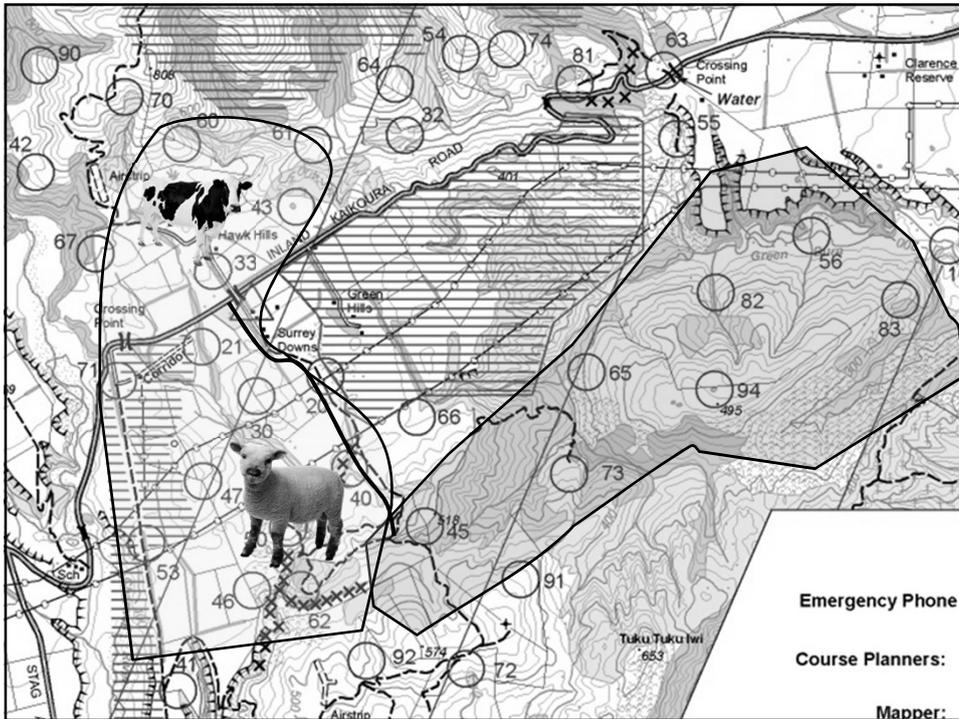
An experienced rogainer who runs might travel at 7-8 km/hr.

The VERY ROUGH distance guide

	6 hr event		12 hr event		24 hr event	
	Open	Scrubby	Open	Scrubby	Open	Scrubby
Beginner	12-15	10-12	20-30	15-20	30-40	25-30
Recreational	15-25	15-20	30-40	20-30	40-80	30-50
Competitive	25-35	20-30	40-60	30-40	80-100	50-60
Top Team	40-50	30-40	60-80	40-60	100-120	60-80

The Map

- **Hills** isolated, ranges etc as this might determine a route around the course.
- **Rivers** usually crossing is not an issue. Large pools might change your route.
- **Roads** handy for fast travel. Usually have the water drops located. Useful for a fast route back to the HH.
- **Farmland/open country** farmland is usually faster travel than in the bush but can have deceptively hard navigation.



The controls



Colour code all the controls so that I don't accidentally miss one by not seeing it.

- **Average control value**
 - For more competitive rogainers - you can work out what controls are best to visit.
- **Big and small points**
 - Onion ring courses, must visit controls.
- **Points in sectors**
 - A group of controls that you might do as a cluster.
- **Link obvious controls**
 - In pencil in case you choose to go here.

Choosing where to go

Recreational rogainers

- Estimate the distance you will travel based on speed and how competitive you want to be.
- Is there anywhere you particularly want to go on the map (e.g. nice view from the top of a hill).
- Link some controls roughly in pencil and measure how far it is. You will then have a much better idea how much to add or take off your course to get the right distance.

Competitive rogainers

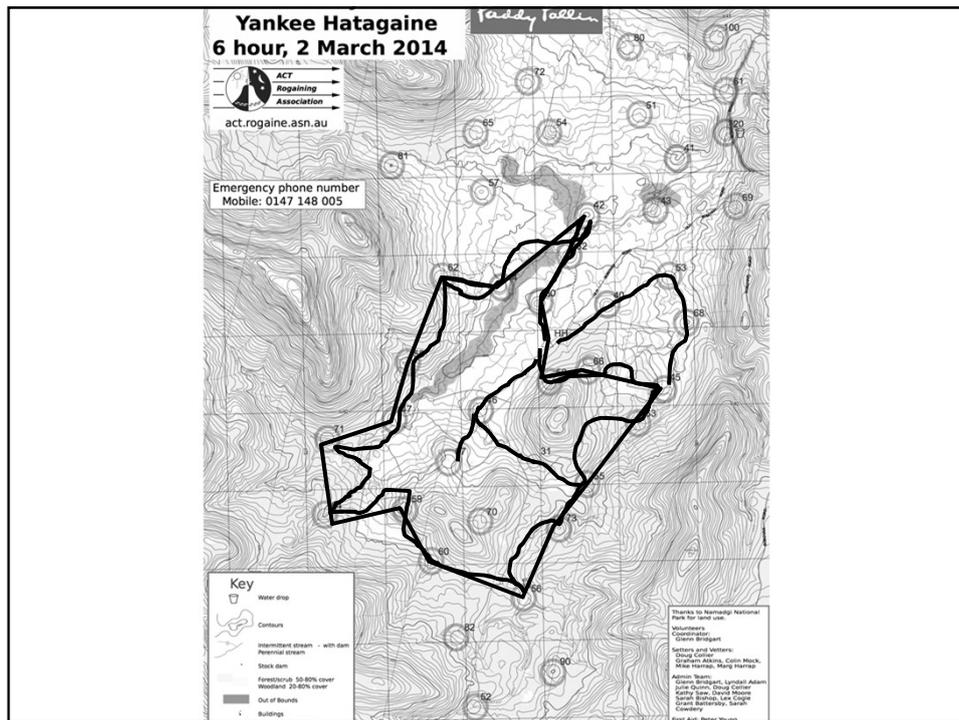
- Estimate the distance you will travel from the map conditions.
- Check for any 'sucker' controls (either a control for course clearers or higher points but will take you a very long time).
- Do the 'sector' points suggest one area of the course?
- Link the higher point controls or groups of easy controls before attempting the full course.

Choosing where to go

For all rogainers

- Where do you want to be at the start and end of your rogaine?
 - You travel faster at the start when you are fresh.
- For 12-24 hr events - where do you want to be in the dark/light?
 - Higher relief can be easier for navigation.
 - Scrub is easy to blunder into in the dark.
 - Open country can give you the advantage of moonlight.

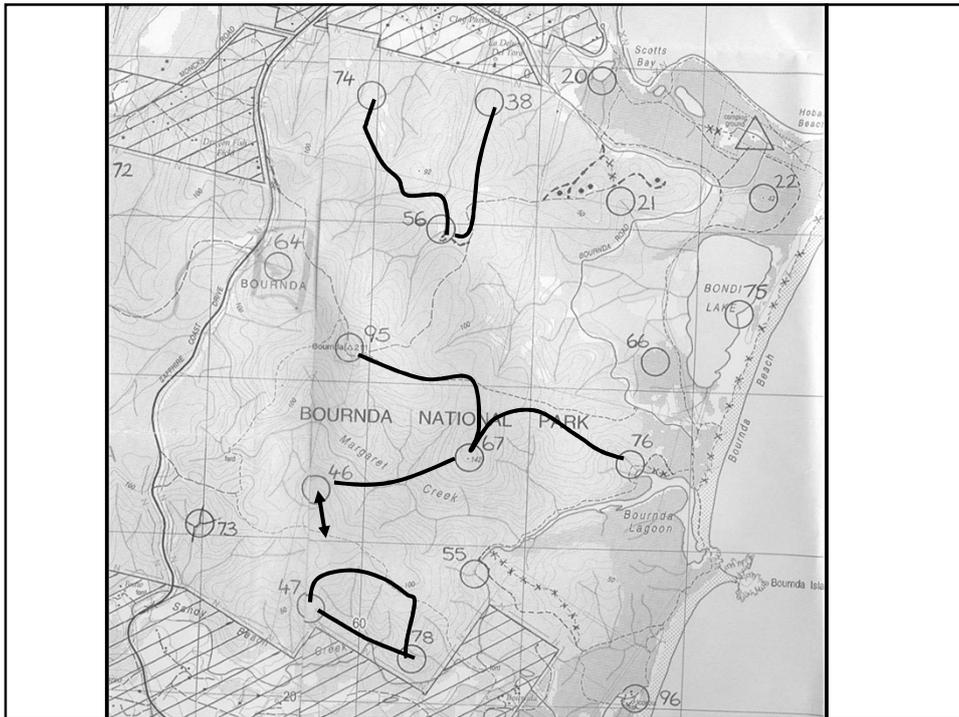
At night you want to be conservative with your route choices, avoiding vague areas of the map, and ensure you have good handrails, attack points and catching features. Use and trust your compass at night.



Linking the controls

How do you link controls in an area?

- Minimise the hills.
- There will be clusters that are hard to link.
- Work out if there are obvious controls to drop if you are moving slower than you estimated. Loops are good for this.
- Identify controls that you can add in if you are moving faster than you estimated.
- Don't forget water drops.
- Use features such as roads/tracks if they go in the right direction.



Finally, check your course

Run a wheel or piece of string over your map to check your distance is reasonable.

Remember this doesn't take into account hills and is only an estimate.

After the rogaine...

Draw on your map where you went and see how well your plan worked.



9 point summary

1. Look at the topography of the whole area. Hills, rivers, roads, farmland and bush.
2. Colour code your controls to see the point spread.
3. Choose a part of the map you wish to go to.
4. Link some or all of the controls – in pencil – to make a loop.
5. Measure your route.
6. Lengthen or shorten your loop to match your estimated distance that you will travel. Don't forget to account for the hills or thicker vegetation.
7. Settle on how you will get between the controls – straight line or around the contours.
8. Add extra bits (for fast travel) and shortcuts (for slow travel).
9. Then...if you have time...do the extras such as calculating bearings.