

## ACT Rogaining Association – Up Hill and Down Dale Virtualgaine

### Course Notes and Instructions

Welcome to the 2024 virtual 4-hour rogaine “Up Hill and Down Dale”. This year’s event area includes Mt Arawang, Mt Taylor, McQuoid’s Hill, Urambi Hills and the suburbs of Kambah, Oxley and Greenway.

The start location is at Kambah Woolshed off Springbett Street, near the junction with O’Halloran Circuit. This is shown as a triangle near the centre of the map.

It’s a virtual event for individuals or teams. Take part at any time between Saturday 25 May and Monday 10 June 2024, and the course uses the MapRun app on your phone or watch (see below). The course will still be available on MapRun after the closing date, but you won’t be included in the official results.

### Acknowledgement of Country

ACTRA acknowledges the Ngunnawal people as the traditional owners of the land on which you’ll be running 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 marked by a triangle.

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.

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, you lose 30 points each minute you are late. Get back on time!

If you enjoyed this event, find other events in the ACT Rogaining calendar – see <https://act.rogaine.asn.au>. Also, Orienteering ACT organises weekly street orienteering events using MapRun, and other orienteering events – see <https://act.orienteering.asn.au/>.

### About MapRun

This event uses electronic punching with the MapRun app on a phone, or the MapRunG app on a GPS watch. There are no flags - you just need to get within about 10 metres of the control site - the app will beep to score your visit.

The MapRun app is available for iPhone, Android and some Garmin watches. Install and open the MapRun app, tap the Select Event button and choose the ACT/Rogaine folder. You can also scan the QR code on the map. When you’re ready to go, tap the Go to Start button.

The start point is at the red gate at the south-east end of the woolshed building, by the car park. The start triangle is 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>.

**Safety.** You participate at your own risk and are responsible for your own safety. As this is a virtual event, there is no first aid or other support available from ACTRA. 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.

### 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, so you can print it at home. But we’d recommend picking up a tough waterproof map from Paddy Pallin in Lonsdale Street, Braddon. If you print your own use a poly bag to protect it.

### Course Notes

- Keep out of the out-of-bounds areas marked in pink on the map. These include areas of private farmland, some ecologically sensitive areas in the Mt Taylor Reserve, the Murrumbidgee Country Club together with its golf course and Gleneagles estate, and the Tuggeranong Archery Club.
- Other private property and residential land is also out of bounds – do not go across people’s gardens.
- The area includes some fast and busy roads. Drakeford Drive and parts of Athllon Drive and Sulwood Drive are out of bounds and marked pink on the map. These may be crossed only at the bridge, underpasses or pedestrian crossings marked in blue.
- The eastern pink section of Sulwood Drive is closed for improvements, but you should be able to cross at or near the track between 91 and 62 – please obey any roadwork signage.
- Cross other roads with care and use crossings or underpasses where practical.
- Apart from your phone or watch running the MapRun app, GPS instruments are not allowed. You may only use the map provided and your compass for navigation.
- 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 Kambah Woolshed, at Kambah Adventure Park (off Springbett Street, 350 south of the start), at Tuggeranong Shops (south of 46), in Bartlett Place (west of 53), close to 84, and at Kambah Village Shopping Centre (51).
- Make sure you carry enough water for your needs, especially if you are heading for the hills. There are some drinking water fountains at various points around Lake Tuggeranong, and at the Kambah Adventure Playground and Kambah Village Shopping Centre.

### Course Planning

The course has 43 controls worth a total of 2300 points. The distance to clear the entire course is about 40 km.

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:

- Kambah canter – 34 44 70 43 32 51 52 62 33 (8 km) - An easy loop.
- Up hill – 52 51 32 20 100 31 61 60 81 43 70 (12 km)  
A more challenging walk taking in Mount Arawang and McQuoid’s Hill.
- Down dale – 33 82 22 63 21 84 35 83 46 53 64 30 34 (11 km)  
A longer easy walk around Lake Tuggeranong.