

Updated 8/13/05

# ***The Great....Great Mountain Forest Rogaine***

## **Event Notes**

Welcome to the Great Mountain Forest Rogaine. You should have a fun, though challenging, time out there. Below is information on scoring, penalties, and so on.

**Scoring:** There are 60 controls, numbered from 20 to 49 and 60 to 89. Each control is worth the first number of the control number times 10. So, for example, controls 20 to 29 are each worth 20 points, 30 to 39 are each worth 30 points, and so on. There are a total of 3000 possible points.

**Overtime Penalties:** For up to 30 minutes past the time limit, the penalty for being overtime is 10 points per minute or portion of a minute. Penalty points begin to accumulate as soon as the time limit (6, 12, or 24 hours) is up, that is, there is no grace period. For 30 or more minutes overtime, teams will lose all points and be listed in the results as "overtime."

### **Timetable**

Friday, 8/19, 4:00 PM	Camping area opens at Yale Forestry Camp
Friday, 8/19, 6:00 - 9:00 PM	Pick up meet packets and make late registrations
Saturday, 8/20, 8:00 - 10:30 AM	Pick up meet packets and make late registrations
Saturday, 8/20, 10:45 AM	Mandatory pre-race meeting for all participants
Saturday, 8/20, 11:00 AM	Maps handed out
Saturday, 8/20, 12:00 Noon	GO!! All participants for all categories start
Saturday, 8/20, 6:00 PM	End of 6 hour event. Penalties begin to accumulate at this time. Any 6 hour teams not back by 6:30 lose all points.
Saturday, 8/20, 12:00 Midnight	End of 12 hour event. Penalties begin to accumulate at this time. Any 12 hour teams not back by 12:30 AM lose all points.
Sunday, 8/21, 12:00 Noon	End of 24 hour event. Penalties begin to accumulate at this time. Any 24 hour teams not back by 12:30 PM lose all points.

## **Changing courses after the start of the event**

Teams may change to a different time category **only** if they inform meet officials at the event headquarters **before** the time for their original category has expired.

This requirement is for safety reasons. If you do not return within about 30 minutes after the end of the time limit for your category, we will have to assume the worst, that is, that you are lost or injured. This means a search and rescue operation, possibly involving local authorities. So again, you can change categories **only** if you come back to meet headquarters **before** the end of your original time category, and make sure meet officials know you want to change categories. Failing to do so will mean disqualification, and possibly a hefty bill for you if the local search and rescue folks have to be called out for a gratuitous search.

## **Equipment**

*Equipment provided:* map for each competitor, in map case; one punch card per team (fasten this securely to yourself or your backpack—don't lose it!); and a printed sheet of control and water stop descriptions for each competitor.

*Required equipment you must bring:* compass; water bottle(s) or camelbak (or similar water pack); whistle (for safety); and watch.

*Recommended equipment you should bring:* food; long pants; insect repellent; first aid kit; extra socks (and perhaps shoes); windbreaker or rain suit (depending on weather); sunscreen; flashlight or headlamp (for 12 and 24 hour categories); and spare batteries.

**Water:** In addition to the hash house, there will be about 10 water stops scattered around the course. About five of these will be spigots with unlimited water available, and for the other five we will drop jugs of water. We will plan on putting out plenty of water, but if you notice a water stop running low, please let us know next time you return to the hash house. Also, use the water in the jugs only to refill water bottles. Please do not use this to pour over your head, wash, etc.

Most of the water stops will not be located at controls, but will instead be on or near obvious route choices. Locations of the water stops are indicated on the map by "water cup" symbols, with an arrow pointing to the exact location of the water. Also, on the control descriptions, the water locations will be described in detail.

Although there are a fair number of water stops on the course, you will definitely need to carry water with you, and refill when necessary. We recommend each competitor carry 2 to 3 liters.

**Rules:** Team members must stay within visual and casual speaking contact at all times. You are encouraged to take food and plenty of water with you, but no outside assistance is allowed, including food and equipment drops. All competitors must complete the event on foot, so once the event starts, no use of trains, planes, or automobiles. Also no use of electronic navigational aids such as a GPS or altimeter, and no use of other maps of the area, including USGS topo maps.

There will be food available at the hash house (for competitors only) from late Saturday afternoon until the end of the event Sunday. You are welcome to return to the hash house to rest and refuel as often as you like.

Also, some route choices will take you in or near the towns of Norfolk and Falls Village. Although food and equipment drops are prohibited, take a little money with you and feel free to get an ice cream cone, soda, coffee, and the like (even a latte at the Whole Latte Love coffee shop in Norfolk).

**Control (checkpoint) locations and procedure:** Hanging at each control location is a 3-sided, orange and white nylon marker, about a foot on each side. Hanging from each control will be a pin punch, intention sheet, and pencil. Use the pin punch to mark your punch card in the appropriate box (for example, put the punch mark for control #23 in box 23, etc.). On the intention sheet, write in your team number, team name, current time, and what control you plan to visit next.

The intention sheets are mainly for safety, but also for backup. If we have to come looking for you, we can recreate your route from what you write on the intention sheets. Also, should you forget to punch a control, or lose your punch card, the intention sheet can be used to verify that you in fact visited that control. (However, it will take some time to collect the controls, so if you forget to punch, or lose your card, you will not receive credit for visiting the control until some time after the meet.)

Finally, you can change your mind about what control to visit next, that is, you are not absolutely obligated to visit the control you wrote on the intention sheet. But try to be accurate about where you're planning on going next, and certainly don't try to deceive other teams about your intentions.

### **Hospital Information**

We hope no one will need this information, but just in case, the nearest hospital is in Torrington, CT, about 15 miles away. Information and directions are below.

Charlotte Hungerford Hospital	860.738.6600
540 Litchfield Street	860.738.6650
Torrington, CT 06790	

Directions from Yale Forestry Camp (meet headquarters):

Follow the dirt road you took to get to the Yale Forestry Camp, about 2 miles, back to the paved road. Go left on the paved road (you'll see the Rustling Winds Stables on your left). After about 1.5 miles, go left onto Under Mountain Road. After about 1.7 miles, go left onto Rt. 63. Stay on Rt. 63 for about 7.5 miles, and then turn left (east) on Rt. 4 towards Torrington. After about 6 miles, in Torrington, go right (south) on Main Street. After about 0.7 miles, go right on Litchfield Street. After about another 0.7 miles, look for Charlotte Hungerford Hospital on your right.

## **Weather**

The weather can range from hot to surprisingly cool, especially at night. (Interesting factoid: All of Connecticut's record lows have been recorded in this area.) It should be more clear the morning of the event what the weather will be like, but bring a range of clothing with you to the event. (While working on the map recently, in mid summer, I got caught unprepared for a sudden cold spell, with temperatures dropping from the 80s into the 40s. Layering half a dozen tank tops just didn't do much. Anyway, come prepared for a range of conditions.)

**A Note About Lightning:** Much of the rogaine area is in high territory, and the area receives its fair share of lightning strikes during thunderstorms. If a thunderstorm passes through during the event, please have the good sense to stay away from the high areas until the storm passes.

## **Sun and Moon Information**

Sunset Saturday night is at 7:45 PM, with twilight lasting until about 8:15 PM. The moon rises Saturday night at 8:37 PM. Twilight Sunday morning begins about 5:30 AM, with sunrise at 6:07 AM. The moon sets Sunday morning at 8:15 AM.

The moon will be 99% full Saturday night, with the full moon being the preceding night.

**Acknowledgments:** We would like to thank a large number of people for their assistance on this project, especially the land owners who graciously allowed us to use their land for this event. I'm sure we'll leave out some, but certainly this list would include Star Childs (forester and owner of Great Mountain Forest—Star not only opened the Great Mountain Forest property for us, but allowed us use of the Yale Forestry Camp as well); Jody Bronson (Forest Manager for Great Mountain Forest—Jody and his shop gang provided much information on people to contact, good locations to visit, and the like); the Vagliano family of Sunset Ridge Farm, especially Sara and Justin; the Jacquier family of Laurelbrook Farm, especially Cricket; Lone Oak Campsites, especially Pete; Roberta Scott of Falls Village Flower Farm (pick up some flowers on the way home); Camp Isabella Freedman, especially Adam and Rose; the Gold family of Cream Hill Farm; the Yelping Hill Association, especially Jeremy Brecher and Brian Skarstad; the Music Mountain Corporation, especially Bob; the Hollenbeck Club and Nick Boyden; and Terri and Rustling Winds Stables. Also thanks go to Virginia and Bill Hodgkinson, Alison and Ficart Orr-Andrawes, Vint Lawrence, the Mose family, the Pilbern family; Bill Lyster; Mary and Willis Ocain, Tricia Dean, and Denise Cohn for permission to use their property.

Thanks also to all the volunteers, club members and others, who are helping us put this event on this weekend. Give them a hearty thanks when you see their tired faces around the camp this weekend.