

ACT Rogaining Association - Four Reserves Virtualgaine

Course Notes and Instructions

Welcome

Welcome to MapRun Mayhem 2023 “Four Reserves”, a virtual 4-hour rogaine. This year’s event area includes The Pinnacle, Mount Painter, Aranda Bushlands and Black Mountain nature reserves, plus the suburbs of Weetangera, Macquarie, Cook and Aranda. The start location is off Bindubi Street at the entrance to Aranda Bushlands Nature Reserve, near the centre of the map.

It’s a virtual event, which means that you can take part at any time between Saturday 27 May and Monday 12 June 2023, and the course uses the MapRun app on your phone or watch to record your visits to control sites; there are no control flags.

Free registration is available on the ACTRA website <https://act.rogaining.org.au> to be included in results that will be available after the event has concluded. 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 on which you’ll be running.

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 course map and a compass, in conjunction with these instructions and the control descriptions.

About MapRun

This event uses electronic punching with the MapRun 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 the large Aranda Bushlands Nature Reserve sign just inside the gate on the eastern side of Bindubi Street. 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.

Course Notes

For a successful, safe and fair event:

- Keep out of private property. The area marked in purple on the east side of the map is explicitly out of bounds. Obviously residential land is also out of bounds – do not go across people’s gardens. In particular, be careful not to stray into private property in the estates near controls 45 and 56.
- Avoid crossing farmland with grazing stock. The course layout makes this unnecessary.
- The Canberra Nature Park Reserve Management Plan designates Black Mountain and Aranda Bushland reserves as “Zone 1 Core Conservation” areas and running/walking off tracks is discouraged. So the controls here have been placed so they are accessible from tracks.
- Caswell Drive may only be crossed using the three crossing points marked purple on the map: a bridge and two tunnels.
- Cross other roads with care and use crossings, underpasses or traffic lights where possible. Traffic is fast on Bindubi Street and Coulter Drive, but is bunched up by traffic lights, so wait for a gap.
- Access control 101 only on the footbridge; do not walk or run across Belconnen Way.
- 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 the Jamison Centre (midway between 81 and 101), Cook shops (south of 63) and Hawker shops (north of 92).
- Make sure you carry enough water for your needs. There are drinking water fountains at the Jamison Centre, Cook shops and Aranda playing fields (south of 101).

Course Planning

The course has 41 controls worth a total of 2350 points. The distance to clear the entire course is about 34 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:

- Bushland and snow gums – 43 42 51 65 55 72 62 (7 km)
A short walk with some trickier navigation on the way back through Aranda Snow Gums.
- Suburban stroll – 73 31 101 45 81 63 74 33 (8 km)
An easy route mostly through Aranda and Cook. Add in 91 for views from Mount Painter.
- Round the mountain – 62 72 55 80 100 50 40 60 41 51 42 73 (11 km)
A tougher route with some steep climbs, but great views from 100.

Safety

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.