



The Cyclegaine in Random Order

The End

"Go for it." I say with a split second's thought after glancing at my watch. James bounds off down the embankment. With five minutes and a kilometre left in this cycle rogaine, there's no time for analysis and careful judgement. After our six hours is up our hard earned points will start evaporating faster than aftershave on a hot sunny day. It's just not worth being late. Yet in all the excitement (and relief) of riding the homeward stretch we really get keen on this 30 point control and don't let rational thinking get in our way.

I look over the fascinating patterns the mud has made across my bike while I give my legs a well earned rest. I finally feel justified in having a mountain bike now. Not wanting to break any event rules, I astro-travel down the hill with James, making doubly sure my out of body experience is within 20 meters of the control being tagged.

Two minutes tick by and I'm as anxious as a virgin on cherry picking night. But even if we don't make it, there is no way I'll be disappointed. In fact, at this point I couldn't feel happier. I'm tired, muddy and sweaty but what an amazing five hours and fifty seven minutes it's been. When I close my eyes I see pine forests, rivers, and a rocky fire trail in front of me, they're all bouncing slightly out of time with me and my bike. Then everything is a blur as I feel emotions of terror and pleasure while pretending to be in control reaching warp six down the hills.

After three minutes, James appears and calls up from the creek bed, "It was a looong way down". He looks tired coming up the hill but refuses to slow down to a walk. He knows we're out of time and every second counts. He clammers onto his bike and we're away. I'm surprised at how much



Rochelle O'Hagan & Mel Frost

this little pressure situation brings new life to my legs. They peddle like the wings of a humming bird. Only three hours before I was truly exhausted.

The Beginning

"Your time starts, ... NOW!" my brother and his broken arm launches the 10th Annual Cycle Rogaine. People, bikes and control cards flap around like a fresh catch of fish discovering air ain't as sweet as water. I'm caught up in the excitement and run enthusiastically to my bike. As I bound over logs I notice that most other groups have tied a string to the their control card — what a great idea. However, it's only when I get to my bike that I discover my first real mistake.

I'd just spent an hour studying the map and marking out an ideal route with my trusty yellow highlighter. Acting like an expert I'd even looked at the control descriptions, thought

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2000-1 CALENDAR OF EVENTS - ACT, NSW & Vic

2000 = info in this newsletter

Nov 11	ACT	6/12 hour	Adrian Sheppard 6247 5334 (h)
Nov 11/12	Vic	24hr Vic Champs	Matt Thomas (03) 9737 9565 (h)
Nov 25	NSW	6/12 hour Socialgaine	Daniel Marlay 9969 9167
Dec 2	Vic	6hr - Maryborough	Matt Thomas (03) 9737 9565 (h)
2001			
Apr 1	ACT	6 hr	(02) 6247 5334
Apr 7/8	NSW	12 / 24 hr	(02) 9990 3480
May 5/6	ACT	24 hr ACT Champs	David Baldwin 6251 1163 (h)
Jun 17	NSW	6 hr	(02) 9990 3480
Aug 4-5	WA	24 hr Australian Champs	
Sep 9	ACT	Cyclegaine	(02) 6247 5334
Oct 27-28	NSW	24hr NSW Champs (S Highlands)	(02) 9990 3480
Dec 1	ACT	Spring 6 / 12 hr	(02) 6247 5334



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about approach strategies for some of the tricky controls and even looked at some of the contour lines. What I had forgotten was to work out which way was up and which direction I should start out. Thank the founders of rogaining for making this a team event. My partner, who I'd met that morning, turns up and leads the way.

This is my first cycle rogaine and so I don't exactly know what to expect. Worse still, I'm a cocky bastard who thinks he knows exactly what to expect. In seven minutes I find out the first two rules. Rule 1: The weather is not your friend. The sky got choked with emotion at the event launch and its gentle tears begin to surround us up the first hill. Rule 2: I know it says CYCLE Rogaine on all the forms, but if you expect to cycle around the whole course, you're dreaming (and because of rule one, it will be a wet dream). The second rule can also be stated as: Respect contour lines and beware of roads that say "Four Wheel Drive". As we laboured to walk our bikes up what looked like such an innocent black line on the map, I decided that our conservative 10 km/hr average speed estimate was now looking to be on the optimistic side of a hope and a prayer.

The Middle

I start to imagine that I'm Dorothy and that the fire trails are

Post Cycle Rogaine Blues?

If you haven't tried Mountain Bike Orienteering, it's excellent training for events like the Cycle Rogaine and the Polaris Challenge, especially for getting things sorted out like how to read a map while riding along. Controls are on tracks - you punch without having to get off your bike, and you must stay on marked tracks only. There is usually a short, medium and long course on offer, between 10 and 25km long (by the best route...)

For more information check out the Australian MTB Orienteering Homepage at

<http://users.interact.net.au/~cdas/mbo/>

Coming Events:

ACT Champs	4 November	Sugarloaf
Oz Champs	5 November	Kowen Forest
Urban Polaris	9 Dec	Sydney

ACTRA PO Box 3505 MANUKA ACT 2603 <http://www.ma.adfa.edu.au/~gnm/Rog/actra.html>

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the yellow brick road. Along the way I meet interesting creatures who decide to join us for a lot of our journey. The character that helped me formulate Rule 2 is Mr Bloody-Big-Hill who has courage but no compassion. He sings us a little song, "I'm Bloody Big Hill and I'll crush your will. You come with a bike and I'll make you hike. I'm a Bloody Big Hill and I'll crush your will".

Next we meet Mrs You-Call-This-A-Road who takes the stage with a rendition of, "I'm a black line and I have no pride. You see me on the map but in the bush I like to hide. I'll shrink to the size of a wombat path. I'll overgrow and cut your speed in half."

Also, there's the occasional new road which can surprise you. Just like the course setter said, "The map is a little old and not exactly perfect. If you're looking at a road but can't find it on the map, then either you're lost or you're not lost and the map is wrong."

The middle seems to drag on unnecessarily long. Wouldn't a four, three, or two hour cycle rogain make more sense? We stick it out and dozens of controls and dozens of apricot squares later, the homeward stretch is in our sight. I can't

tell you how thankful I was that we didn't meet Peter Puncture or Annie Another Puncture And Guess What You're Out Of Patches.

The Aftermath

This year's event comes to a close with an awards ceremony, a mouth full of hot jam pancakes, and conversations full of dids, didn'ts, would haves, and could haves. All in all the event was a great success, owed to its impressive organisation and the active participation of so many of you out there. Hey, I won't even hold a grudge against the time keepers who took 10 points off for being five seconds late.

Finally, hats off to everyone who kicked our ass on the day. Though I think if James and I had been out there another six hours we would have had no trouble in taking the lead. See you all next year, and happy trails until then.

Alan J Moore



Helpers wanted

Helpers are always wanted for events.

Some of the tasks are setting and vetting courses, catering, transporting gear to an event, running the pre-event administration, working bees on some of the associations gear, control collecting etc. Any help however small is appreciated. There is always someone experienced to help you out as well.

If you can help, even in a small way, please contact Geoff Mercer g-merc@adfa.edu.au phone (02) 6295 6019 (hm) (02) 6268 8734 (wk)

Event	Course Setters and Vettors	Catering	Admin	General help	Control collection
ACT Champs 24 hour Mar 18-19	Lisa Phillips Dick Walker Vettors Ian Nerrie, Adrian Sheppard, Geoff Mercer	Jerangle P&C	Dick Walker Lisa Phillips	Geoff Mercer Jerangle community	Lots
Paddy Pallin 6 hour April 30	Rochelle OHagan Vettors: Kathy Saw David Singleton	Air Training Corps	Judy Jenkinson (preevent)	John and Ann Sutton	Lots
Cyclegaine 6 hour Aug 27	Kevin Moore David Singleton Annino Vacarello	Aranda Scouts	Ben Harvey (Canberra Cycles)	Jenny Hawkins David Singleton	??
Night Mini Rogaine Sep 2	Glenn Bridgart	Aranda Scouts	Glenn Bridgart Lyndall Adam		Paul Mason
Spring 12 hr Nov 11	Adrian Sheppard	Aranda Scouts	Linda Meisel Amelia Witheridge		

Thoughts by the Organizer of the Do-It-At-Night event:

Although I have been competing in Rogaines for nearly 15 years, I had never been an active part of organizing or running one. I therefore thought that it was about time to try to put something back into the sport I have gotten so much out of. But what to do? Now, to my mind, one of the most enjoyable parts of a Rogaine is the night phase – the going is slower, the awareness of the mysteries of the bush greater, and the companionship with your partner somehow more intense. I have always thought it a pity that many miss out on this because they are scared off by the thought of it, and also because they do not like the longer duration events which night is usually coupled with. So my choice was clear.

I was thus looking for an area which was near to the city, and not too navigationally challenging for the novices to night rogaining I hoped to attract. The additional attraction of the hut at Laurel Camp, negating the hassle of tents, etc. and providing adequate shelter for all in the event of inclement weather (thankfully not encountered) made the choice easy. The ACTRA committee supported the idea wholehearted, even though they believed that the numbers attending would probably be quite small. All attendees – you surprised them.

With two months to go, we were rolling. Judy Jenkinson undertook to produce the entry forms, and my wife Lyndall agreed to maintain the data base - on our home 386 PC - of entries as they were received. Bouquets for all who got their entry form in by the nominated closing date, or even before (early is really good – it gives the organizer a warm feeling that someone may be coming after all). I am aware that sometimes circumstances conspire to make a “late” entry the only option, but until you organize an event you don’t realize what a pain late entries are.

Since I was reasonable familiar with the area, setting the course was dead easy. In retrospect, too easy - I know that I should have done more to improve some of the control settings. In actuality, I spent only about two hours

one evening “setting” at home, two half Saturdays field checking the proposed sites (about 4 were changed), then, with Lyndall, several hours on the preceding Thursday night and most of the event day itself putting out the controls – this being the only actual vetting of the course. Then all you wonderful participants showed up, and it was all worth it.

I also knew that the number of controls was probably greater than most teams could finish at night - particularly since Adrian S or David B were not competing. I did, however, want to give some choice to all participants. In the event, I was surprised that no one went to the far south controls, opting instead to go for the cluster of controls in the north. No one visited control numbers 24, 26, 27, 28, 29 or 30, only one team visited control number 26, and only two teams visited control numbers 22 and 23. If I had been competing, I probably would have planned to miss the six in the north, and tried for more of the southerly ones. Please do not write in telling me why such a route choice would be hopeless. For those interested, the winning team (Ian Booth and Wayne Gregson) visited, in order, control numbers 10, 6, 4, 2, 1, 5, 7, 11, 13, 12, 17, 20, 21, 18, 19, 16, 15, and 14, finally missing 9 (with time running out) on the way back to the HH. The second placed team, Geoff Lawford and his 11 year old daughter Julie (what a great effort) visited all controls numbered 1 through 16 - although probably not in that order.

Finally, considerable thanks are due to the numerous experienced (night) rogainers - mainly members of the ACTRA Committee - who volunteered to act as mentors/guides for the less experienced who wanted it. By your response to this offer, it was much appreciated. I would hope to be able to do this again on the next short night event we run. Thanks also to the 1st Aranda Scout group for catering the event. I knew that I could rely on this group to do what was required without my worrying about it or getting involved, and that no one would go hungry. Thanks to my wife and kids for helping on the night. Thanks to Paul Mason for picking up all the northern controls on the afternoon after the event. Finally, thanks again to all participants for coming – let’s do it again next year.

Glenn Bridgart



*Michelle Van der Voort &
Annette Colonna doing it tough
at the Cyclegaine*

Raceline/Canberra Cycles 10th Annual 6 Hour Cycle Rogaine Sunday August 27th 2000.

Venue: Uriarra Forest
Organiser: Kevin Moore

Results

PLACE	Team	MO	MV	XO	XV	WO	WV	F	Fa	CAT	SCORE	Names
1	9	1								M O B	2310	David Baldwin David Osmond
2	65	2								M O B	2090	Simon Tilley Rod Higgins
3	19	3	1							M V B	1760	Roger Bourne Richard Bourne
4	5	4								M O B	1670	Mal Leslie Harry Dunstall Greg McArdle
5	16	5								M O B	1610	David Searle Paul Liggins
6	44		1							X O B	1580	Anthony Scott Nicki Taws
7	79	6								M O B	1570	James Jansen Alan Moore
8	30		2							X O B	1540	Belinda Allison Jason McCrae
9	23	7								M O B	1451	Peter Haywood Ray Giddons
10	14	8								M O B	1450	Huw Kingston Wayne Byard
11	15	9								M O B	1431	Ian McVay Ross Beatty
12	29			1						F O B	1430	Melanie McIntyre Gaye Camm
13	24		3							X O B	1390	Cameron Barrett Danni Bleize Nick Hately
14	8			2						F O B	1340	Julie Quinn Sam Reinhardt
15	59	10								M O B	1340	Scott Finlayson Mark Powell
16	70		4							X O B	1280	Alison Wallace Justin Freeman
18	12							1		M V F	1261	Ian Booth Glen Bridgart David Grainger
17	4		5							X O B	1260	David Austin Rachael Storey
19	77	11								M O B	1250	Uli Faul Dean Scott
21	13		6							X O B	1191	Charlotte Keller Mike Dennis
20	10		7							X O B	1190	William Keogh Erica Hendy
22	50	12	2							M V B	1180	Tony Scott David Blair
23	56	13								M O B	1170	Mark Earl David Ayton Sam Turner
24	57		8							X O B	1140	Brett Pound David Shailer Heather Selwyn
25	40	14								M O B	1120	Michael Carden Alan Vogt
26	63		9							X O B	1090	Mick Atkinson Martin Butterfield Julia Dobson
27	64	15								M O B	1072	Nick Crisp Matt Nolte
28	49	16	3							M V B	1071	Nathan Carroll Ian Kenny
29	26		10							X O B	1070	Julia Grazczyk Gary Rolfe
30	67	17								M O B	1070	Russell Brown Greg Norris Kleete Simpson Mark Freeman
31	25	18								M O B	1040	Alex McNee Mark Blake Mark Silk
32	17	19	4							M V B	980	Alan Harding Paul Loker Alan Gilbert Wayne Jones Mark Schwarze
33	46	20	5							M V B	970	Phillip Price Roger Broughton Winton Brocklebank
34	22	21								M O B	950	Roy Meuronen Tony Core
35	80		11							X O B	930	Nick Arney Melinda Vukovljak Adrian Noland
36	76		12							X O B	920	Rebecca Thomson Steve Barry
37	7		13	1						X V B	910	Norm Schram Helen Thompson John Wilson
38	20		14							X O B	910	Gill Whiting Sean Thompson
39	41		15							X O B	902	Merryn Mathie Kathy Gouliaev Jim Basilakis Glen Horrocks
40	37							1		Fa B	900	Ian Deck Richard Deck Lyndon Burns Dean Tuckerman
41	48	22	6							M V B	900	John Scown Darel Scown
42	35		16							X O B	890	Gareth Prosser Nic Plunkett-Cole
43	73		17							X O B	880	Daniel Cooper Emma Cooper
44	47			3	1					F V B	870	Ann Scown Adair Ferguson Jan Koehler
45	39			4						F O B	860	Michelle Van Der Voort Annette Colonna
46	55		18							X O B	860	Stephen Arnold Natalie Preston Peter Jonath Wendy Goodburn Rachel Gregson
47	27		19							X O B	850	David McCallion Pia Asa Bert Lancaster
48	62		20							X O B	840	Annette Dowd Yestyn Bawden Andrew Butterfield Tim Gates
49	18			5						F O B	800	Judy Jenkinson Linda Sharp
50	32		6							F O B	790	Rochelle O'Hagan Melissa Frost
51	54		7							F O B	780	Catherine Toet Bronwyn Wiseman
52	28				2					X V F	730	Tim Pulford Lynn Pulford
53	58	23								M O B	720	Brendan Hanna Mark Sliwinski Steve Stocker Peter Boyce
54	45	24								M O B	710	Dave Pettit Anthony Pettit
55	33			8						F O B	691	Rochelle Lawson Silke Speier Lois Genis
56	60		21							X O B	690	Patrick Crittenden Tanya Allen
57	11				3					X V F	680	Colleen Mock Colin Mock Parissa Poulis Jeff Darwin
58	61				4					X O F	650	Simon Shaw Ronnie Chow Michael Cohen
59	43	25								M O B	630	Brett Kidner Craig Parks
60	2		22							X O B	621	Duncan Kelly Suzanne Kelly Matthew Egan-Roberts Stephen Phipps
61	42		23							X O B	620	Craig Allatt Rachael Skyring David Logan Isobel Tyson
62	38		24							X O B	610	Rosanne Kwan Fergus Jensen
63	53		25							X O B	590	Christine Pratt Bruce Hyslop
64	66			5						Fa F	580	Henri Boudinov Mariana Boudinov Iavor Boudinov Sergei Kucheyev
65	74			6						M O F	540	Trevor Lawrence Chris Lawrence Brad Smith
66	3	26								M O B	490	Andre Moore Michael Thomas
67	21				7					X V F	470	Pam Christensen Jack Palmer
68	6	27								M O B	420	Peter Cox Simon Hodgson
69	68				2					Fa B	380	Ian, Peta, Joshua, Ben and Amy Hungerford
70	82				3					Fa B	370	Michael Dupe Richard Dupe Nathan Noses
71	31				8					X O F	300	Dione Smith Hannah Parris Don Bone
72	72		26							X O B	270	Michael Mobbs Tara Monro Louise Rafferty
73	69				9					F O F	230	Linda Meisel Amelia Witheridge
74	78		27							X O B	210	Bruce Goodspeed Vanessa Goodspeed
75	71	28								M O B	dq-660	Andrew Williamson Andrew Durran

Utterings from the President

Year 2000 is coming to a very satisfactory end, with 2 excellent events being run in the last couple of months, and another to look forward to in early November. The cyclegaine was a great success, with all reports being extremely positive. Thanks to Kevin Moore for setting a challenging and interesting course. Glenn Bridgart successfully pioneered a new event format with his "night mini-rogaie". All had a good time, with a number of teams taking advantage of the hands-on navigation instruction provided by several ACTRA stalwarts. Glenn's keen to run a similar event in 2001, stay tuned for its appearance on the calendar.

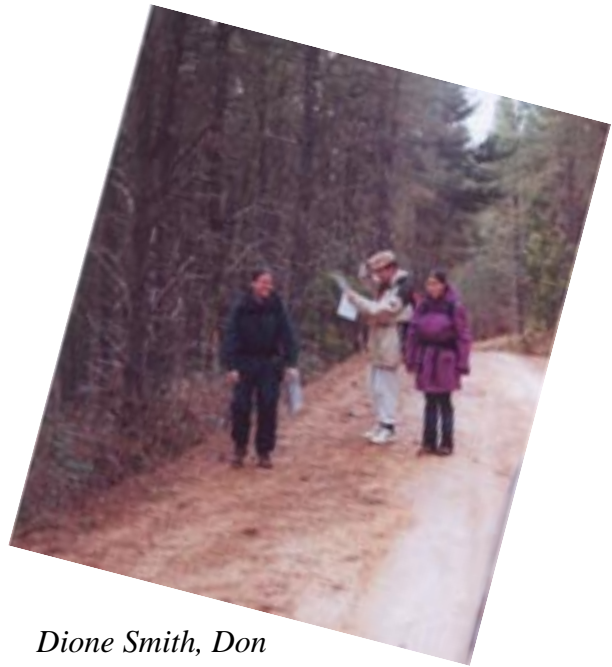
You'll find an entry form for the 2000 Spring Rogaine in this issue. I've spent a couple of beautiful days out setting controls for this event, and I've been delighted with the terrain on the course. It's set in lovely, open eucalypt forest, there are many sensational views to be had from the high points, and there's only a couple of patches of nasty scrub. A special thanks to all who responded to the plea for help with this event. In the end more people came forward than we needed, but I'm sure we can make use of all offers next year.

Adrian Sheppard

Snapshots from the 2000 Cyclegaine



*Overall winners: David Baldwin and
David Osmond*



*Dione Smith, Don
Bone & Hannah Parris*



*"I'm sure we've gone too far!" -Louise
Rafferty, Tara Monro & Michael Mobbs*

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ACTRA 4 hour Night Rogaine 2 September 2000 - Results

Team No.	Team Members	Cat	Score	Time	Category	Placing	Overall Placing
					mo mv mj wo wv xo xv f		
39	Ian Booth, Wayne Gregson	mv	360	11:55	1	1	1
6	Geoff Lawford, Julie Lawford	xf	320	11:57			2
4	Sean Barwick, Paul Mason	mo	300	11:59	2		3
12	Kevin Moore, Suzi Morrison	xo	290	12:01			4
1	Arthur Watson, Debbie Godbold	xv	260	11:30			5
10	Sandra Collin, Stephen Mattingley, Jonathan Miller	xo	260	11:51			6
9	Malcolm Leslie, Bruce Cooper	mo	240	11:28	3		7
23	Rochelle O'Hagan, Mike Dennis	xo	240	11:59			8
8	Parissa Poulis, Jeffrey Darwin, Colleen Mock, Colin Mock, Paul Weir	xv	220	11:45			9
20	Linda Ashton, Susie Richmond, John Spooner	xo	220	11:52			10
7	Valerie Barker, Anna Booth	wv	220	11:53		1 1	11
27	Annette Dowd, Keith Porter, Paul O'Neill	xo	220	11:54			12
21	Anne Baynes, Peter Crosthwaite, Debbie Maher, Anna Buchmann	xo	220	11:56			13
3	Stewart Murray, Tony Edwards	mv	180	11:58	4	2	14
22	Zac Zaharias, Janet Gahan	xv	160	11:18			15
13	Leeza Cottingham, Daniel Shiels, Daniel Brownsdon, Greg Shiels	xo	160	11:45			16
30	Linda Meisel, Adrian Sheppard	xo	140	10:33			17
25	Brian Evans, Ruth Evans, Dane Evans, Rhys Evans	xf	140	11:47			18
19	Silke Speier, Debby Scott, Kevin Hardware	xo	120	11:25			19
26	Simon Shaw, Michael Cohen, Ronnie Chow	xo	120	11:40			20
28	Stephen Stewart, Nicole Wilson, Aira Chilcott	xo	120	11:42			21
31	Alex Lehmann, Christopher Fox, James Navin, James Redden	mj	120	11:58	5	1	22
36	Chris Butler, Luke Bulkeley	mo	60+	(Lost card)	6		23

M - Mens W - Womens X - Mixed
O - Open V - Veteran(40+) J - Junior (14-17) F - Family

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