



CDU CANTER & CRUISE

6 hour Metrogaine / 4 hour Cyclegaine

Saturday March 7th 2009



Hash House

CDU Campus, refer attached map

Time Schedule

12.00 noon - registration begins. All bikes will be inspected for safety ie: functioning brakes and lights. Helmets are compulsory. Riders will not be eligible to compete if they fail the safety check.

13.00 pm - Maps handed out metrogaine

1400 pm - Maps handed out cyclegaine

14.45 pm - Drivers briefing, metrogaine / cyclegaine

15.00 pm - Start 6 hour metrogaine

16.00 pm - Start 4 hour cyclegaine

18.00 pm - Chows on

20.00 pm - Finish cyclegaine

20.30 pm - Results - cyclegaine

21.00 pm - Finish - metrogaine

21.30 pm - results metrogaine

22.00 - Chow finishes (maybe)

The Course

Typical outer Darwin suburbia with about 40% fringe bush. All bush controls will be on tracks and if not, will be legally accessible by bike. The track surfaces are such that only mountain bikes will be suitable.

Controls

*Controls visited will be recorded by multi choice answers with some traditional rogaine controls in bush areas. These bush controls will have the punches on extra long cord to enable riders to punch their card whilst still on the bike (control cards will be cable tied to the bike). **Some controls will not be accessible by bike, in this instance only, it is permitted that the cyclegaine team leave their bikes and walk to the control. If there is a threat of theft, one member may stay with the bikes.***

A wrong answer on the multi choice controls will result in losing double the point value of that control.

Water

There will be 4 water points on the course but each team member is advised to carry three (3) litres of water or whatever sports supplement they prefer.

Bring

Good walking shoes, energy food, contact for maps, a quantity of sharp pencils, first aid kit, scissors, headlight and/or good torch, spare batteries, rain resistant clothing in case of, towel, spare tubes/puncture repair kit, money, chairs and camping table for course planning and contacting, highlighters of assorted colours, sense of humour.

Astronomical

Sunset - 19.06 Moonrise - 15.59 End civil twilight - 19.27 70% of moon's disc illuminated

Nosh

Tucker will be on from 18.00 till 22.00 (maybe later, depending on appetites)

Menu - Hamburgers, vegieburgers, snags, salad, fruit, moist carrot (or similar) cake, tea & coffee and Adam's ale.

Prizes

There will be trophies for 1st outright in both metrogaine and cyclegaine and spot prizes after the announcement of results.