

Wet Season Wallow in the Northern Suburbs

Saturday, 6 March 2010

6 Hour Metrogaine



Ever been involved in a Rogaine before?

This is an opportunity for both experienced and inexperienced people with a reasonable amount of fitness to try a Metrogaine in Knuckey's Lagoon and the northern suburbs of Darwin.



When: Saturday 6th March. Event begins 3 pm to 9 pm

Where: Knuckey Lagoon Recreation Reserve (Brandt Rd). From McMillans Rd turn into Farrar Rd and follow Rogaine signs.



Hash House opens: maps handed out from 1 pm

2.45 pm Briefing for all participants

3 pm Start of 6 hour Metrogaine

9 pm Finish Metrogaine, results announced after finish



Course

Typical outer Darwin suburbia with fringe bush. Some bush controls may not be on tracks.



Controls

Will be recorded by multi choice answers with some traditional Rogaine controls in bush areas. A wrong answer on a multi choice control will result in losing double the point value of that control.



Water

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



Bring

Good walking shoes, energy food, contact for maps, sharp pencils, first aid kit, scissors, headlight or torch, spare batteries, wet weather gear, money, chair, highlighter for map and good humour.

Food will be provided 6 to 10 pm at the Hash House.

How do I enter? Fill in and return the attached entry form a.s.a.p. Reduced fee **before 12 Feb**. Teams must consist of 2-5 persons.

For further information contact Jon Potter, ph: 0448-246 321; or Sue Rose, ph 0421-514 607, e-mail: suerose08@gmail.com