



THE 2011 CAPESTORM



FOOT AND MOUNTAIN BIKE ROGAINES

FOR TEAMS OF TWO

IN THE KOMATILAND FOREST'S BERLIN PLANTATION

NEAR KAAPSCHEHOOP, ON 22nd/23rd OCTOBER

All competitive and recreational orienteers, adventure racers and mountain bikers are invited by the ROC to participate in the 2011 **CAPESTORM** Foot and Mountain Bike Rogaines, to be staged in the Berlin Plantation on Saturday 22nd and Sunday 23rd October 2011.

The terrain comprises pine and indigenous forest, spectacular open rocky areas, grassland, tracks and paths. The surroundings and views are truly astonishing and the experience of running and cycling in the plantation will be one that you will find hard to forget.

The competition centre is the Plantation Offices in Berlin, about 7 km from Kaapschehoop. The plantation itself, as well as the charming town of Kaapschehoop provide for a variety of accommodation, from railway sleeper bunk beds to luxurious bathroom-en-suite B&B and Lodges. For directions and accommodation options, note page 4.

Your major sponsors of product prizes for both days, **CAPESTORM**, hardly need an introduction to adventure racers, orienteers and devotees of the outdoors.

Proudly South African **CAPESTORM** design a wide range of specialised apparel with discerning outdoor sports and adventure people in mind. For the latest on your sponsor's products and services, visit www.apestorm.co.za

WHAT'S A ROGAINE?

Rogaining is a close relative of orienteering. It is defined as an athletic or recreational long distance cross-country navigation sport. Using a standard topographical or (in this instance) a specially prepared map, Rogaining involves map interpretation, navigation and route planning, tracking down control points in any order that you choose, within a set time.

It is worth noting that you do not have to be an accomplished orienteer or highly competitive athlete to participate in this event. Provided that you have the legs and some stamina, you walk, jog or cycle at your own pace, decide on your own time limit and enjoy the navigational challenge and the scenery.

At the start of both days, each team member will receive a pre-marked map showing all the controls (red and white flag markers) on the ground. The controls that are farthest from the start/finish and those that are more difficult to locate yield a higher point score than those controls that are closer to the start/finish and easier to find. Teams that exceed their time limit will incur time penalties, which are calculated on basis of one minute disparities.

Participants are invited to enter the 8 or 4 hours Foot Rogaine and/or the 5 or 2 hours Mountain Bike Rogaine.

SCHEDULE OF EVENTS

Secure your team's entry by **entering on-line** www.roc.org.za or completing the entry forms attached and by making payment to Rand Orienteering Club by not later than **Wednesday 12th October**.

Registration: collect your final instructions, control cards and control descriptions on Friday 21st October from 18:00 till 19:00 in Kaapschehoop. Alternatively, register from 07:00 till 08:00 on Saturday 22nd October, at the competition centre at the Plantation Offices. If you participate in the MTB Rogaine only, you may collect the above from 07:00 till 07:30 at the Berlin Plantation Offices on Sunday 23rd October.

Saturday 22nd October, the CAPESTORM FOOT ROGAINE: teams of two depart from the plantation offices in search of all or part of some 30 checkpoints that have been put out in the vast expanse of the Berlin Plantation. The final briefing for the 8 hours event will be at 08:15 followed by the first of the 5 minutes interval batch starts at 08:30. Participants in the 4 hours contest start at 09:30, following their 09:15 final briefing.

Sunday 23rd October, the CAPESTORM MTB ROGAINE: two partner teams take to their wheels and fasten their helmets for the **CAPESTORM** Mountain Bike Rogaine, having entered for either the 5 hours or the 2 hours event. The briefing for the 5 hour event will be at 07:45 and the first teams start at 08:00, again in batches, at 5 minutes intervals. The briefing for the 2 hour event will be at 08:45, with the start at 09:00.

For those of you who prefer to run or jog rather than cycle on Sunday, we offer the map used by the mountain bikers with the same starting times and a 2 hour time limit. Start is at 09:00 as well.

The organisers aim to have the prize giving for both Foot and MTB Rogaines at no later than 14:00 on Sunday 23rd October, at the competition centre.

TERRAIN AND MAPS

The terrain may be described as "flat and undulating" with a steep escarpment on the western edge of the area. The area used for the Rogaines comprise mainly pine plantation, interspersed with bushveld, grassland and open rocky terrain. The plantation hosts a network of tracks and paths, allowing for route choice and excellent mountain biking.

The map scale is 1: 35'000 and contour intervals are at 10 metres.

All accessible roads, tracks, paths as well as contours and significant most topographical features are shown and the MTB competitors will be able to determine whether the track and paths represent easy, slow or difficult riding conditions.

EQUIPMENT DETAILS

Saturday - The organisers recommend that competitors wear full leg cover, carry a reliable watch, a compass **and a whistle**, protection against the sun, as well as adequate liquids and other sustenance as there will only be limited access to water on the course.

Sunday - The possession of a bike and the wearing of a MTB helmet is a pre-condition for entering the MTB Rogaine. In addition, the above recommendations (except for full leg cover) are relevant.

TEAM CATEGORIES

Trophies and the bulk of the sensational **CAPESTORM** product prizes will be presented for the two main events, i.e. the 8 hour Foot and the 5 hour MTB Rogaines. Floating trophies are awarded to the winning male, female, mixed, female veteran and male veteran teams in both the **CAPESTORM** Foot and MTB Rogaines in the following categories:

- mixed male/female, any age.
- open men, any age.
- open women, any age.
- veteran men, min 40 years of age on the day of competition.
- veteran women, min 35 year of age.

In the event that you require further information, visit www.roc.org.za
or Ian Bratt at 011-360-3046 or 082-887-6611 ianbratt@global.co.za
or Craig Ogilvie 082 336 2489 rocchair@gmail.com

DIRECTIONS

From Johannesburg and Pretoria find the N4 travelling East to Nelspruit. After some 250-300 km (depending upon the departure point of your journey), slow down when you first smell and then see the Sappi Paper Mill at Ngodwana. Turn right at the junction signposted Kaapschehoop. Proceed for 12 km and note the dirt road into Kaapschehoop on your right. Pay attention to the speed limits, you would not want to impair Blue, the town's Australian cattle dog, nor a collection of small unruly kids and the gentle wild horses that roam in the town. Some 300 m beyond Kaapschehoop turn left into the forest road signposted "Berlin" and proceed for some 7 km to the plantation offices for parking. If you travel from Nelspruit, take the Kaapschehoop Road and proceed for 27 km direction Ngodwana . Drive carefully though, most of the road between Ngodwana and Nelspruit belongs to the wild horses!

ACCOMMODATION AND PLACES TO EAT

For accommodation in Kaapschehoop contact Ria or Neels Bothma who manage the Kaapschehoop Gasthuis and who have agreed to advise competitors on the sleeping and dining options in town, tel (013 734 4161), website www.kaapsehoopguesthouse.co.za email khwildhorse@mweb.co.za

For a place to put your head down inside the plantation, anywhere within 1 to 8 km from the competition centre, contact any of the following:

Christo Germishuys 082 774 5826, info@horsebacktrails.co.za and www.horsebacktrails.co.za.
Christo's Horseback Trails offer 20 beds and camping space for 4 tents.

Anne-Marie Marais (The Edge), 083 289 3823, 10 beds, bring your own bedding, when you see the place you understand the origins of the name. An ideal place for a party of 10 friends to hang out.

Cecilia Marsh of Komatiland Forest Limited is in charge of the Barretts Coaches, the Kaapschehoop Hut and the Wattles Hut which comprises very basic and relatively cheap accommodation. Cecilia can be contacted at 013 754 2724.

Kaapschehoop boasts the Pannekoek Restaurant (Rudi at 082 601 5455) open until 16:00, the restaurant at the Silver Mist Guest House (013 734 4429) and the Salvadore. In all three instances, booking is essential.

Last but not least, have a look at www.komatiecotourism.co.za to find out more about this extraordinary scenic region immersed in South African history.

CAPESTORM ROGAINE ENTRY FORM

ENTER ON-LINE

<https://sites.google.com/site/capestormrogaine/>

DAY 1 – 22/10/2011 – THE 8 AND 4 HOURS FOOT ROGAINE FOR PAIRS

8 Hours	
4 Hours	

DETAILS	Team Captain / Main Contact	Second Team Member
NAME		
EMAIL ADDRESS		
TELEPHONE NO.		

CATEGORY			
MALE OPEN		FEMALE OPEN	
MALE VETERAN (40 and older)		FEMALE VETERAN (35 and older)	
MIXED MALE / FEMALE			

DAY 2 – 23/10/2011 – THE 5 AND 2 HOURS MTB ROGAINE FOR PAIRS

5 Hours	
2 Hours	

DETAILS	Team Captain / Main Contact	Second Team Member
NAME		
EMAIL ADDRESS		
TELEPHONE NO.		

CATEGORY			
MALE OPEN		FEMALE OPEN	
MALE VETERAN (40 and older)		FEMALE VETERAN (35 and older)	
MIXED MALE / FEMALE			

ENTRY FEES: Day 1 - 8 hours Foot - R 350.00 per team
4 hours Foot - R 180.00 per team
Day 2 - 5 hours MTB - R 350.00 per team
2 hours MTB - R 180.00 per team
2 hours Fun Run - R 180.00 per team

Complete the above entry form and send - with proof of payment (incl. team captain's name) to:
Fax: +27-86-218-9068 (attention C. Ogilvie) Email: rocchair@gmail.com

Banking details are:
Name: Rand Orienteering Club Acc No.: 025096311
Branch: Standard Bank Boksburg (code: 011842)

CLOSING DATE FOR ENTRIES IS WEDNESDAY 12th OCTOBER 2011