

Get Ready for The Raccoongaine!

In a Rogaine, individuals or teams have a fixed time (3 or 6 hours in this event) to find as many checkpoints as possible; walking, running and resting as they see fit. The checkpoints are spread over a large area, and are pre-marked on a map issued shortly before the start of the event. Point values for visiting each checkpoint vary (and are specified in advance) depending on such factors as distance from the start/finish area, elevation, navigational complexity.

Participants come from diverse backgrounds: adventure racers, hikers, walkers, cross-country runners, trail runners, ultra runners, hashers, orienteers, and family groups. Widely varying levels of competitive intensity are found, going from the casual stroller who wants a little variety added to the weekend hike to the serious athlete. Map reading skill is perhaps the most important technique needed. Route planning strategy is also very important since there won't be time to get all the checkpoints, so the choice of which to try for is crucial in maximizing scores.

The Raccoongaine

Organized by Western Pennsylvania Orienteering Club
Sunday, March 20, 2016 – 10 AM
Raccoon Creek State Park
(30 miles West of Pittsburgh)
3-hour and 6-hour Categories



Event starts at 10 AM. on Sunday, March 20, 2016. The registration desk opens at 8:00 AM. Maps will be distributed at 9:00 AM. There is a mandatory meeting at 9:45 AM at the start location for all participants.

Start/Finish area: Rec Hall in Raccoon Creek State Park. Located 30 miles West of Pittsburgh, near the town of Frankfort Springs. Rec Hall is located 1.3 miles west of the park headquarters, located on route 18.

Provided Equipment: A special-purpose topographic map on a large sheet at a 1:15,000 scale and 5 meter contour interval with a large plastic bag will be provided to each participant. In addition, to each team or solo competitor, a checkpoint punch card, and a checkpoint description sheet are also provided to each team or solo competitor. Water is available at the base camp and at selected points marked on the map. Food will be available at end of event. Recommended equipment: compass, whistle, water bottle or Camelback, watch, snack food, sunscreen.

Rules: No help from others is allowed during the race away from the base camp. If in a team, team members must stay within sight and speaking distance throughout the event. Portable GPS systems are allowed as long as

the intention is to simply record the route, for later analysis, discussion, and sharing.

Checkpoints: Each checkpoint is marked by an orange/white flag triangular prism with sides approximately one foot square. The checkpoint flags will usually be visible from some distance, not intentionally concealed, but also not in view of trails or roads. There will be 50 checkpoints distributed in the state park area. All checkpoints are electronic. Participants will be given a SI card to record a found checkpoint.

Scoring: The point value of all checkpoints visited is totaled. The late penalty will be 10 points for every minute late. Tie scores will be decided by the order of finishing times. If in a team, all members of the team must be present at finish.

Awards Categories: There are three age categories: Elite (age 20 and over), Masters (age 40 and over), Veterans (age 55 and over).

Fees: Entries postmarked by 3/11/2016 will pay a fee of \$30 per person for the 6-hr events and \$18 for the 3 hour event. After that date, the fees are \$40 for the 6-hr event, and \$28 for the 3-hr event. For WPOC members, there is a discount of \$8/\$5 for the 6hr/3hr event.

Registration: Register online at <http://wpo.org/raccoongaine2016.htm> or mail your entry to WPOC c/o Jim Wolfe, 1904 Bates Drive, Johnstown, PA 15905. Checks should be made out to "WPOC". E-mail of registrar is jlwolfe@atlanticbb.net. Register ASAP as this event has sold out quickly in the last few years.

