



## **‘ANNAVALE ATTACK / AMBLE’ 2011**

**4 & 3 HOUR ROGAINE**

**50% new terrain**

**Sunday 14 August, Springfield  
in support of Darfield HS Rural College**

**A navigational adventure in the Canterbury foothills**

**Fits all sizes**

**Annavale Attack (4 hours) for the competitive  
Annavale Amble (3 hours) for the recreational**



A **rogaine** is a cross-country, navigation event on foot, using a map and compass. Teams (of 2 to 5 people) will be given a map marked with about 30 checkpoints. The checkpoints have differing points values. Teams collect points by visiting as many check points as possible over the time available. The team with most points wins.

As a team you choose your own route and distance to be travelled. You decide which checkpoints to visit and in which order. Hence rogaing is as much about strategy and navigation as it is about physical fitness. You can be as competitive (4 hours) or as social (3 hours, or less) as you choose.

**MORE INFORMATION and ENTRY FORM available at this site soon.**