

Orienteering NSW is proud to announce its inaugural



DuO ORIENTEERING

2011 / 2012

Timings: Start any time between 9 and 10.30am.
Courses close 2.30pm

| | |
|---------------|-------------------------------------|
| 4 Dec 2011 | <i>Killingworth, Newcastle</i> |
| 11 Feb 2012 | <i>Western Sydney Regional Park</i> |
| 22 April 2012 | <i>Southern Highlands</i> |

HOW TO ENTER

To enter, visit the Orienteering NSW website at least one week before the event and register and pay online.

(Limited entry on the day may also be available.)

COST PER EVENT:

Orienteering Club Members

\$27 Senior • \$18 junior (under 21)

Non- Club Members

\$37 Senior • \$28 junior

Hire fees for a timing stick may also apply.

DuO is a combination of mountain biking and running/walking, accompanied by some basic navigation.

DuO is great for mountain bikers, adventure racers and trail runners looking for the next challenge; or anyone who can ride a bike, run/walk and simply wants to enjoy the great outdoors. If you can read a street directory you can do it. Events are held in bushland, parklands or a combination of both. The format may be Run/Ride/Run or Ride/Run/Ride depending on the location.

What's Involved?

Enter either as a team of two or on your own!

At all events there will be two courses offered:

Long (about 18km of mountain biking and 8km of running) and

Short (about 10km of MTB and 5km of running).

They should take about 2 to 4 hours to complete.

What skills do I need?

Basic mountain bike riding skills for dirt road and single track.

Basic map and compass reading skills.

What equipment do I need?

The essentials:

- Off-road bike in good working order

- Standards approved bicycle safety helmet

- Compass

- Running shoes and water/food for the duration

Bring along your SportIdent timing stick or hire one on the day!

See ONSW website for further details or contact the Series Coordinator:

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ORIENTEERING NSW