



DUO ORIENTEERING

SERIES 2011 / 2012

With a little over a month to the first event of the series it's time to clean the dust off the bike and make sure your compass is pointing in the right direction! The first event will be held at Killingworth on the 4th Dec with starts from 9.00 am to 10.30 pm. Parking will be on the side of the road on the Boulevard with the start being 100m off the road, so you don't have to get your car dusty or muddy if it's wet!

There will be three courses, a Long Course of around 18 km MTB and 8 km foot. The short course will be approx 12 km MTB and 5 km foot. In addition there will be a Novice course of around 1.5 km foot and 5 km MTB. The novice course is suitable for all levels and you can even bring along the kids and head off as a pair. The novice course will keep to the east of the freeway.

All competitors will start off with around a 1.5 km sprint type course before heading off on their bikes. The long course will tackle a few of the hilly sections of Killingworth with the short course cruising along on the single tracks. Even though we are in to the hotter months there will be plenty of riding in the shadier areas. Both the MTB and foot stages will test your orienteering skills, go fast or take it easy!

After the first MTB leg there will be a second map handout for the second foot stage using the hills around the south of the MTB tracks. The long course will pick up all the controls with the short course picking up a select number of controls.

Sport ident will be used for the long and the short course as well as punch boxes on one of the foot stage maps, No control cards! Just rock up to registration, check your sport ident and away you go.

Pre registration for the long and the short course is now open on the OANSW website, check out the links. The novice course will be an Enter on the Day with \$10.00 for adults and \$5.00 for children.

A port a loo will be available near the start area and limited water will be available at the second map hand out area.

The aim of the series is to involve more people in the sport of Orienteering with the emphasis on the series being fun! The events are similar to an adventure race but at a lot less cost! If you are going to enter on the day please contact Greg Bacon at gbacon1@bigpond.com or phone 0401889688. This will allow us to print maps etc for the event.

Tell your friends or bring along the family for a fun day out!