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## BELANGLO DuO

### BELANGLO STATE FOREST

22nd APRIL 2012

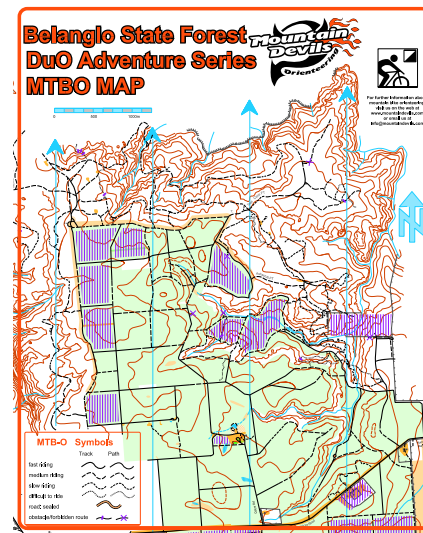


The final event in the 2011/2012 DuO Adventure Series will be held in the Belanglo State forest on Sunday 22nd April.

The main foot stages will be conducted in the area known as The Piggery. This was part of the Paddy Pallin 6 hour course last year. This is an interesting area to navigate in with open creek and gully areas, rocky outcrops and cliff lines, single tracks with some slow forest in between.

The MTB area will include open and generally flat pine plantation areas with forest trails and tracks skirting the area and a few gullies and climbs thrown in.

The start and finish will be at Belanglo House. Bunk accommodation will be available on the Saturday night at \$11.00 and camping at \$3.00 per head.



### COURSE FORMAT

The event will be a line course for both foot and bike stages using the sport ident system. There will be two separate foot stages of around 1.5k (measured in a direct line) which you will navigate to by bike, then leave your bike while you pick up the foot controls. While you are on the bike legs, there will also be several controls located 50m to 150 m from the tracks which you will visit on foot. Your bike will be left on the trail for the short run to the control in the bush. There are three bike legs. (Approx 16 k longest leg) There will be plenty of variety in the courses. If you want to tackle the course at a gentle pace there will be plenty of opportunity to stretch your legs on the foot stages.

### COURSE LENGTH

**Long course**    Approx    26k    MTB and 4k on foot ( 2.5 to 4 hours duration )    Average speed 15 kph bike  
3 kph on foot estimated

**Short course**    Approx    13k    MTB and 3k on foot ( 1.5 to 2.5 hours duration )

**MTBO only option**                      **Entries will also be taken to compete in the MTBO stage of the event.**

There will be a water drop just over mid way through the course. You will need to carry sufficient water and food to get you around the course. Platform pedals on the bike are recommended due to the number of transitions from bike to foot. However you can leave your runners at the foot stage transition.

**This event will be a great end to the inaugural DuO Adventure Series.**

**TIMING:** Starts available between 9.00am and 10.30 am. Course closes 2.30 pm

**ENTRIES:** Online entries are now open through the OANSW website, follow the DuO link to entry page!  
[www.nsw.orienteering.asn.au](http://www.nsw.orienteering.asn.au)

**CONTACT:** Greg Bacon email: [gbacon1@bigpond.com](mailto:gbacon1@bigpond.com) or Ph 0401889688

**DIRECTIONS :** From Sydney follow the Hume Hwy south, 6 k south of Berrima exit and turn right into Bunnigalore Rd at Gordon VC rest area, follow orienteering signs.

From the south follow Hume Hwy and 6 k north of Illawarra Hwy exit and turn left into Bunnigalore Rd at Gordon VC rest area, follow orienteering signs.