



Entries have opened for the series through the OANSW website on the DuO adventure homepage. [DuO Adventure](#)

### **HAWKEMOUNT (AWABA) EVENT 4th Nov 2012**

The event area at Hawkemount is one of Newcastle's favourite playgrounds with several foot maps of the area available and a 1:15000 map of the complex mountain bike trails. It will be a fun day with plenty of variety and challenges on the Twisted course and a few easier options for the Bitte and Taster courses. Look forward to some sweet flowing trails at the start!

It would be interesting to get some feedback on the course names for this series which have simply replaced Long, Short and Novice.

The start location for the Hawkemount event is : **Hawkemount Flyer attached**

<http://goo.gl/maps/rN5J1>

### **EVENT CALENDAR 2012/13**

1.	4th	Nov	2012	Hawkemount ( Awaba )	Newcastle club
2.	2nd	Dec	2012	Bluegum Hills Regional Park Minmi	Newcastle Club
3.	10th	Mar	2013	Belanglo ( Southern Highlands )	Bigfoot Club
4.	14th	Apr	2013	Canberra	ACT Orienteering

### **SOLO & PAIR ENTRY**

When you enter for the event simply fill out the details on the entry page as a single entry. There is no provision on the site to place your team details.

When you turn up on the day simply go to the registration desk to check your entry details and SI number and inform registration of whom you will be teaming up with, mixed, male or female team.

### **PAIRS**

If you are starting as a pair you leave together, both punch all SI units around the course and you keep together at all times. You will be given an individual score / time and a team time.

Both team members have maps and where directed both must punch controls on any scatter course.

### **AUSTRALIAN MTBO CHAMPIONSHIPS**

The MTBO Championships will be held in the Taree area over the weekend of 27th/28th October 2012. The Victorian and Queensland competitors have the jump on NSW at this stage as they held the first two events in the National League. It's our turn now! Two weekends in a row of fast and furious action to finish off the season, what more could you wish for!

### **SPONSORSHIP**

It is great to have Active Cycles ( Newcastle ) onboard as our major sponsor. Active Cycles and Trek Australia have supplied a Trek Cobia 29 ER as the lucky draw prize for the series. Each online entry for the series will go into the draw for the bike. The more you enter the more chances you have of winning!

Active Cycles : [www.activecycles.com.au](http://www.activecycles.com.au)

For professional service

Trek Australia : [www.trekbikes.com.au](http://www.trekbikes.com.au)

For details on the Cobia 29 er!



## DuO TIPS

It is very easy to lose either your thumb compass or SI stick when pushing through scrub on foot or getting things torn off your finger when riding. A simple solution is to fix chord to the end of the compass or SI stick and loop around your wrist. With the Duo events the SI unit is fixed to your fingers. Both items can cost in excess of \$50 to replace. You can even zip tie the SI unit to the mesh on your bike glove. This means you have the glove on for the full course!



## TASTER COURSE

The taster course is designed to allow families and novice competitors to try out the DuO concept. There will generally be only two legs, which include an MTB section of around 5km. The MTB controls are placed on/near tracks. The foot stage will be up to 1.5 km with controls also placed on track networks or close to tracks and major features. The expected time to complete the course is 30 min to 1 hour. The controls will generally be different to those used in the main courses.

To make it easy for families to compete, the parents may accompany the children on the Taster course and then tackle the the Bitte (Short) course. All you need to do is enter both the parents and children as a single entry, the children nominate the Taster course and the parents nominate the Bitte course.

For this to work we need you to be ready to start the course at 9.00 am to complete the Taster course with your children. This will then give you time to get ready to start the Bitte course to allow you to finish before the 2.30pm course closure time.

### **DuO BLUEGUMS HILL REGIONAL PARK. 2nd Dec 2012**

Thanks to several new foot maps of the park and surrounding area from master map maker Denis Lyons, competitors will be in for a challenge with 2 x bush foot stages, 1 x park stage and 2 x MTB stages. The Twisted course will have a bit of climbing to do but the downhills should make up for it. The taster course is in a great area for novice and children to try out the course.

**The attached pictures will give you some idea of what awaits you at Bluegum Hills Park.**

The National Parks have been very helpful in allowing us to use the area and facilities for the event.