

## **Newcomer's Event: 2015**

**The primary purpose of this weekend's event is for introducing newcomers to bush orienteering.**

Two courses will be available for beginners to try, also with an additional small "model map area" set up for map feature familiarisation.

**Start times available anytime between 9:00am to 1:00pm. Courses close at 2:00pm.**

**Directions:** From Bendigo turn right at the main traffic lights in Kangaroo Flat and travel 5km out the Maryborough Rd toward Lockwood. Look for orienteering signs on the right after the sweeping right-hand bend.

**What to bring:** Sturdy footwear for running or walking in the forest off track. Water, hat, sunscreen, and a couple of friends!

**Note: Map, compass and timing device supplied – newcomers FREE ENTRY**

Bendigo Orienteers club members will be available to assist newcomers as required.

## **Pre-Season Training Options:**

Running in parallel with the newcomer's event, several options will be available for juniors and experienced orienteers to get in some pre-season training.

**Training exercises will be an enjoyable challenge for even the most experienced navigators.** You may also like to design your own course/activity from the available controls.

- 1) Keyhole exercise with short, medium, and long distance variants (moderate to hard challenge).
- 2) Corridor course, medium and long variants (moderate/hard challenge).
- 3) Use an all controls map and run as a 1/hr. scatter O score event.
- 4) You can also design your own course to your preferred length, selecting from any of the controls available.

**Note: Start times as above, \$5:00**

Public transport available to Kangaroo Flat train station, travel from station to start area approx. 6km, pick-up and drop-off arrangements also available.