# MTBO (1.30-4.45pm) & FOOT 'O (5.00-6.30pm). Narangba. Saturday 28<sup>th</sup> March.

(Usually held on a Sunday but this was the day we could access to the land)

## Mountain Bike Orienteering- Racing from 1.30pm

8 courses made up of 3 score events and 5 line events.

### Courses.

**Score courses:** Race to collect controls (worth different points) in any order and maximize point scoring by choosing the controls you visit in a set time. For individuals (or go together).

3 hour: Great training for an adventure race especially if you do the foot O afterwards.

90 min: A good distance for the not so tough competitors.

Recreation: This event is designed for newcomers, families with young children or those who haven't been on a bike for a while! This course will find plenty of controls to collect but with a lot of easier controls to find. You can stay out on the course for up to 90 mins. For individuals, or go together as a group.

State Series Line Courses (previously ROY events). These are set lengths and controls have to be collected in order. Points are accumulated throughout the year.

Course 1: Approx. 30km

Mens Open.

Open A (can be ridden socially)

Course 2: Approx. 25km
Mens 40,
Mens 17,
Womens Open

Course 3: Approx. 20km

Mens 50,

Womens 40.

Open B (can be ridden socially)

Course 4: Approx. 15km Mens 60, Womens 50.

Course 5: Approx. 10km

Mens 70+,

Womens 60 and 70.

Open C (can be ridden socially)

## Foot Orienteering (1 score course) - Racing 5.00 to 6.30pm

90 min Score Event. Can be run individually or go together. There will be a 15 mins of night nav.

#### Terrain:

- 900 Acres of private property at Narangba with no pine trees.
- Awesome single tracks.
- Open land and mostly scenic, gentle rolling hills. Forested Creeks.
- · Great for bike and foot.

## Camping:

- Gates open from 12pm, riding commences from 1.30pm to 3pm.
- Flat campsites for your tent or van. Beautiful rural setting. Watch the sunset over the dam. Listen to the birdsong and keep an eye out for the native wildlife. Total seclusion apart from the other competitors. Almost too good to be true 30 mins from the city.
- Camping fee included in entry.
- Non Riders are welcome to come along and enjoy the day and camp overnight. Fee required for non competitors to camp.

#### Fees:

These MTBO event fees include camping. Unlike previous MTBO's, we have to pay a significant amount to the landowner (\$20 per person). We promise it will be worth it.

# All courses (except Recreational)

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Members: Adult - $35
Junior - $15
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Non members (why not consider paying the membership fee. First year is \$45 individual or \$55 family):

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Adult - $60
Junior - $30
Families - Ring and ask
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Recreational Course
Adult - $35
Family (3 people) - $60
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## For the Sunset Foot 'O Scatter (after the MTBO)

Those who did MTBO - \$5 Others (includes camping) - \$20

## Other fees

Mapboard hire - \$10 SI Stick hire -\$5 BBQ dinner (steakburger) - \$8 Breakfast (B & E burger, OJ, Tea and Coffee) - \$10 Camping only - \$15 p.p

# More information Contacts

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