



## **ACT MTBO Series #3, West Stromlo 3 September 2022, Saturday**

**(start from Stromlo Forest Park Western Carpark from Uriarra Rd)**

**ACT Mountain Bike Orienteering** with Red Roos support brings MTBO Series back. MTBO Series event # 3 will take place at West Stromlo area. ACT MTBO is kids, beginners and family-friendly, so 4 courses from the Novice to Elite level will be offered.

The **Course Setter** for the ACT MTBO Series#3 is **Andrew Cheffers**, OACT.

**Start Times:** from 9:00am till 10:30am, **Course closure:** 1:00pm

**Map:** West Stromlo (start from Stromlo Forest Park Western Carpark from Uriarra Rd)

**Scale:** 10,000, 5m contours

**Event organizer:** Marina and Fedor Iskhakov, Red Roos

**Assembly Area:** parking at Stromlo Forest Park Western Carpark, Uriarra Rd)

**Courses:** 4 courses will be provided:

**Long** (about 15-20km, 80 min 300m);

**Middle** (11-15 km; 70 min, 200m),

**Short** (7-10 km, 50min) and

**Novice** (4-6km; 40min).

Class	Course length (Direct line)	Expected winning time
<b>LONG</b>	<b>~ 15.0 - 20.0 km</b>	<b>80 min</b>
<b>MIDDLE</b>	<b>~ 11.0 - 15.0 km</b>	<b>70 min</b>
<b>SHORT</b>	<b>~ 7 - 10 km</b>	<b>50 min</b>
<b>NOVICE</b>	<b>~ 4-6 km</b>	<b>40 min</b>

We will have coaches at the start, who will help explain to beginners what to do, and equip them with key tips.

**Pre-entry fee is \$15**, or you just can show up and **enter on a day EOD \$20**.

**Map Boards** will be available for Hire on the day too (**\$5 each**)

**SIACs** will be available for Hire on the day too (**\$5 each**)

### **Course setters notes:**

- Courses will start off with a mixture of single tracks and fire trails. The single tracks are one-way, so take note of the arrows on the map and the signs on the trail. The fire trails are obviously both directional. The courses have been laid out with route choices and take note of the terrain because the climb can be long.
- All courses will have some climbs and fire trails can be unforgiving. Some areas are quite wet at the moment. The river crossings are passable although they can be quite muddy, so watch your line. MTBO are restricted to using tracks only although the (all) yellow areas on the map can be used.
- The control units will be placed on the side of the track. Control SI units have at least 1.5 meter range for SIAC sticks (SIAC sticks will be available for hire).
- There are two hazards to keep in mind. it's Magpie season, so be aware of swooped birds and there are plenty of thistles, thorny bushes and raspberries runs, so I would recommend to have tubeless tires if crossing the yellow areas.

**Event at Eventor:** <https://eventor.orienteering.asn.au/Events/Show/16434>

For further information or assistance please contact

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<http://act.orienteering.asn.au/event-series/mountain-bike-orienteering>

Orienteering ACT – MTBO Team

**Welcome Back!**

**Enjoy navigation at higher speed!**