

FREE “MINI” ORIENTEERING COURSES - INFORMATION

Newcastle Orienteering Club is offering free Mini courses during March. These are a great introduction for kids and family groups wishing to try a sport that is a little different and a lot of fun.

Orienteering is an adventure sport where participants use a map to navigate through a series of checkpoints in various types of terrain. The winner is the person visiting all the checkpoints in the fastest time but participants can choose to walk or run depending on how competitive they wish to be.

The **event schedule** is as follows.....

Wednesday, 1st March	Stockton	Reserve near Punt Road
Wednesday, 8th March	Waratah West	Morpeth Road Reserve, Morpeth Rd
Wednesday, 15 March	Raymond Terrace	Kings Park
Wednesday, 22nd March	Eleebana	Thomas H Halton Park (North part)

Start times are available anytime during the start window which is **4:45 pm through to 6:15 pm**

The courses will be **approx 1 km in length** with first-timers expected to finish in about 30 minutes or less. (winning times for experienced kids would be under 10 minutes)

Participants can do the courses solo, take a friend or go as a family group. It's your choice. Younger children (under 7) are generally accompanied or shadowed by an parent/carer.

Basic navigation and map reading **advice will be offered** by experienced club members.

The courses remain in the park and are of an **easy navigation** level. There is no chance you will get terribly lost.

Maps will be supplied. Wear clothes and shoes that you are comfortable walking or running in.

You do not need to join our club but will have to register (no fee) as a casual on the day for insurance purposes. Note: you are not personally insured against injury.

Pre-entry is not required but to assist us with print numbers it would be helpful if you could contact us and advise how many of you might be coming.

For the adventurous among you, the following Wednesday will be a night event where participants don head torches and try a bit of navigation in the dark.

In early April we move from urban events to the more traditional forest based events contested on Sunday mornings. These events also feature shorter “Very Easy” courses which are ideal for beginners and remain on tracks unlike the more advanced courses aimed at experienced orienteers.

Contact: Geoff 0422 471 353 leepback1@gmail.com

Website: <http://bitly.ws/AdpH>

Facebook: <https://www.facebook.com/NewcastleOrienteering/>

Orienteering FAQs: <http://bitly.ws/Anjc>

Orienteering - more than just running: <https://youtu.be/WapUHPfiFYc>

