



Mountain Bike Orienteering

Sunday 15th May Esk State Forest



The Multi Terrain Bike Orienteers Club will be holding Round 3 of the 2016 series at Esk State Forest, 12km Southwest of Esk (approx 1 and a half hours from Brisbane, 2 hours from the Sunshine Coast)

Esk has a network of fire trails and some single track through pine and native forest. There will be courses to suit all levels of fitness and abilities including three Open classes and a Score class. Control points will be placed on obvious features such as track junctions and creek crossings.

Courses:	Course 1	33 km	Open A, Men Open
	Course 2	25 km	Men 40-49, Women Open, Men 17-20
	Course 3	22 km	Open b Men 50-59, Women 40-49
	Course 4	16 km	Men 60, Women 50-59, Women 17-20
	Course 5	12 km	Open C Men 14-16, Women 60, Women 14-16, Men 70+
	Course 6	3hr	Solo, teams or groups

Entry: Entry is online at www.mtbo.com.au. \$10 late fee applies from Wed – Fri and for on the day entries.

Cost:	Members	Junior \$15.00	Senior \$25.00
	Non Members	Junior \$25.00	Senior \$50.00

SportIdent (timing) stick hire fees is \$5.00pp or buy your own SportIdent stick for \$50.00. Mapboard Hire is \$10.00ea.

Start times: From 8:30-10:00am **Course closes:** 12:00pm

Equipment: A suitable mountain bike, helmet, water and compass are the basic requirements for this event. A handlebar mounted mapboard that rotates is the best way to hold the map. These are available for hire, if you need one then please hire it when entering the event

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