

Become a better Mountain Bike Orienteer!



- **23rd & 24th April 2016**
- Ningi / Bribie Island area
- Wide variety of topics
- Designed for regular competitors
- Presenters from National MTBO Team

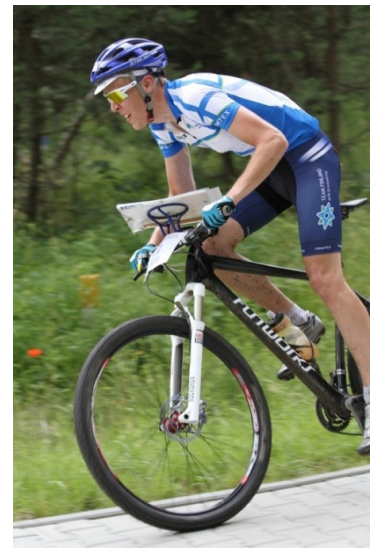
This workshop will cater for the regular rider who has 1-2 years experience and wishes to enhance their performance during events.

Learn from experienced MTBO riders!



Learn more about:

- Race preparation and planning
- Relocation techniques
- Pre-start, start, punching and finish procedures
- Nutrition and hydration
- Bike preparation / race repairs
- Effective map reading and interpretation
- **Registration Closes Friday 15th April**



[More Info at www.mtbo.com.au](http://www.mtbo.com.au)

Questions - Gordon - gbossley@westnet.com.au / 0412 776 876