



## ACT MTBO Training Weekend Canberra, 17-18<sup>th</sup> February 2018



**Coach:** NSW O-Scholar, Konsta Vanhanen, member of Finnish MTBO Squad, 6<sup>th</sup> place at European Championships in France, 2017; 3<sup>rd</sup> place at JWMTBOC 2014

### MTBO Weekend Program:

| Day   | Location   | Format   |
|---|--|--|
| 17 <sup>th</sup> February<br>Saturday morning<br>9am-12pm   | Bruce Ridge<br>(parking 200m north from<br>junction of Kunzea st &<br>Dryandra St)   | MTBO exercises and MTBO o-skills improvement, multiple short loops, also beginners welcome   |
| 17 <sup>th</sup> February<br>Saturday evening<br>5pm - 8pm  | Marina and Fedor<br>Iskhakov's<br>home,<br>1/121 Crisp Cct, Bruce                    | Indoor MTBO Workshop<br>(sharing World Championship experience, some MTBO techniques for trainings and competitions, some technical/psychological tips from big events, Q&A session) |
| 18 <sup>th</sup> February<br>Sunday morning<br>9.30am -12pm | Sparrow Hill<br>(Sparrow Hill road,<br>meeting at the gate to mtb<br>park at 9.30am) | MTBO exercises + techniques + mini course, one course also for beginners   |

Please register for workshop at Eventor or by email/ phone  
email: [Marina.Iskhakova@gmail.com](mailto:Marina.Iskhakova@gmail.com) mob. 0412 308 310

Costs: \$10 per session

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

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