

# Mountain Bike Orienteering: RIDE-NAVIGATE-RACE



**Ringtail State Forest: McKinnon Rd, Tewantin.**

**Sunday 22<sup>nd</sup> July, 18.**

**Courses:** (Distances are approximate at this stage)

Course 1	20 km	Men 21, Open A
Course 2	18 km	Men 40, Womens 21, Men 17
Course 3	16 km	Men 50, Women 40, Open B
Course 4	10 km	Men 60, Women 50, Women 17
Course 5	9 km	Men 14, W 60, W 14, Men 70+, Open C

SCORE: 3 Hours and 90 mins Recreation

**Entry:** Entry is online at <https://eventor.orienteering.asn.au/Events/Show/5886>  
Entries close at midnight on the Thursday 19<sup>th</sup> July. Late fees apply

**Cost:**

Members	Junior \$10.00	Senior \$20.00
Non Members	Junior \$15.00	Senior \$30.00

Rec Course only: Senior \$20, Junior (15-20yrs) \$10, Under 14 free

SportIdent (timing) stick hire fees is \$5. 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 request it when entering the event.

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