

DUO Adventure Racing is coming

to

Suitable for all fitness levels, ages and abilities. Everyone welcome!



Orienteering on mountain bike and on foot

DATE	SUBURB	ASSEMBLY AREA	START TIMES

'Amazing Race' style event for everyone; mountain bikers, trail runners, adventure racers, bushwalkers, orienteers

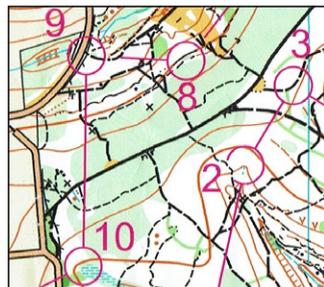
Great cross training • Go solo or buddy up • Coaching included

Two courses available:

- Long (approx 90 minutes)
- Short (approx 60 minutes)

Bring:

- Mountain bike + helmet
- Drink
- \$10 entry fee



For more information:

Ian Jessup 0416 040 135 or visit onsw.asn.au



ORIENTEERING NSW