



ACT MTBO Training Weekend 2021

Canberra
20-21st February
4 sessions
Saturday am/pm
Sunday am/pm



MTBO Weekend Program:

Day	Location	Format
Session 1 20th February 9am-11pm	Bruce Ridge (parking 200m north from junction of Kunzea st & Dryandra St)	Session 1 – FOUNDATIONS MTBO Route Choice theory and exercises Route Choice – pair work; pairs loops MTBO games, MTBO quiz
Session 2 20th February 3pm - 5pm	Bruce Ridge (parking 200m north from junction of Kunzea st & Dryandra St)	Session 2 – IN PROGRESS: MTBO Map reading techniques, MTBO map memories techniques, MTBO games, MTBO quiz
Session 3 21th February 9am-11am	Majura Pines (at MTB park parking area, Majura Rd.)	Session 3 – IN PRACTICE: 4 MTBO practice courses based on the use of route choice, map reading and memory techniques
Session 4 21th February 3pm - 5pm	Bruce Ridge (parking 200m north from junction of Kunzea st & Dryandra St)	Session 4 – YOUR STRATEGIES: MTBO exercises, best tips and strategies. MTBO competing loop. Final Discussion and Conclusion

Please register for workshop at Eventor here
<https://eventor.orienteering.asn.au/Events/Show/10993> or by email/ phone
Marina.Iskhakova@gmail.com 0412 308 310; Costs: \$10 per session
<http://act.orienteering.asn.au/event-series/mountain-bike-orienteering/>

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