

# Geelong

# park & street

# Orienteering

4 THURSDAYS IN MARCH 2009

7.00 PM  
START

1 enjoy a walk or run  
with a challenge

2 all ages

3 all fitness levels



# GEELONG STREET ORIENTEERING – MARCH 2009

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|--------------------------|---|
| <b>1. Thurs 5 March</b>  | <b>Eastern Park</b><br>Eastern Park, Geelong Play Space, Eastern Park Circuit<br><i>Course Setter: John G / Heather L</i> |
| <b>2. Thurs 12 March</b> | <b>Herne Hill</b><br>Herne Hill Reserve, Finchhaven St, Herne Hill<br><i>Course Setter: Alan C</i>                        |
| <b>3. Thurs 19 March</b> | <b>Barwon River</b><br>Balyang Sanctuary, Marnock Rd, Newtown<br><i>Course Setter: Stuart and Tania</i>                   |
| <b>4. Thurs 26 March</b> | <b>Wauron Ponds Creek</b><br>Oberon High School, off Kidman Ave, Belmont  |

**Parking:** Look for the Red and White Orienteering sign boards near the event start which will direct you to the available parking.

## ABOUT PARK AND STREET ORIENTEERING

During March 2009, four events will be held on Thursday evenings in and around Geelong. These provide a great introduction for newcomers to a wide range of orienteering experiences.

Park and Street Orienteering provides an ideal opportunity for mental and physical exercise. If you can walk to the local shop you are fit enough to participate. You do not need a compass, nor any special map reading ability. Just wear running gear or lightweight clothing and shoes. Bring a drink when hot and a clear plastic pcket (A4) for your map on damp days.

**Courses:** Events have three to five runner courses, ranging from 2.5 to 10km, plus a walking course. Courses are started after the event briefing when maps are handed out. By convention, you hold your map face down and only turn it over when the signal to 'start' is called. If this is your first event then you will be given your map to examine and which will be explained to you well before the start of the event.

Most events are SCATTER format, ie find a designated number of controls in any order, in the fastest time. For Power Walkers, controls have differing points value and the aim is to obtain as many points as possible in a set time (60 minutes). A watch is essential as points are lost if you return late.

**Start times are:** 7.00 pm sharp. Arrive at 6.30 pm to register and receive a briefing.

**Entry fees are:** Adults-\$4.00, Juniors-\$2.00.

For more information about the series contact: