

Classification Local event**Discipline** Foot**Classes** This event has no classes**Punching system** SI**Status** legacy**Organiser** Enoggeroos**Contact phone** 3256 6580**FREE** - Sponsored by **BCC Active and Healthy Parks**.

Suitable for beginners and full instruction can be given.

Wear runners a hat and sunblock, bring water bottle and a compass if you have one, some available to borrow, a map is provided.

Coaching (optional):

1 hour of coaching 12.30sharp - 1.30pm, cost \$5 per family group/individual.

Then, put into practice what you have learnt, walk or run either 1.2km, 1.5km, 2.2km or 3.5km course