

**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