

Classification Club event**Discipline** FootO**Classes** This event has no classes**Punching system** manual**Event form** Individual**Organiser** Totally Tropical Orienteering Club**Contact phone** 0418 154 026**Contact email** TTOC4810@gmail.com**COME AND TRY BUSH ORIENTEERING.**

Adrian and Russell have developed a morning of orienteering and navigation training and cross-country orienteering courses for a) participants who have never bush orienteered before, b) those who need a refresher on what they are doing with a map and compass in the scrub and c) those who just want to go for a run/ walk around JCU by themselves (or small group)

TIMINGS

* Courses Open - 9-11am

* Course Closure - 12.00

* Group Training / Coaching - starts 9.15am

CROSS-COUNTRY COURSES :

* Green - easy navigation, approx 2km as the crow flies

* Orange - moderate navigation, approx 1.85km

* Orange Long - moderation navigation, approx 3.9km

TRAINING / COACHING : There will be a group session kicking off at 9.15am where the lads will take you through Practical Orienteering 101 - using O maps, compasses, bearings, route selection, judging distance and orienteering symbols as you head out in a group to track down some bush CP's together before later tackling one of the Cross-country courses if you are keen.

Training- coaching will be at walking speed with lots of stopping and starting - so nothing over stressful, especially if its hot !!

If you just want to come out and run a course without joining in the training-coaching session; no problems, just turn up anytime between 9-11am and we'll send you on your way ! Yes you can head out into the scrub with a mate or your family, you don't need to go it alone !!

LOCATION : James Cook University, Engineering Carpark. Come into JCU and stay on the ringroad (heading anticlockwise) until you hit the most southern point of the ring road - the carpark can be seen on the inside of the ringroad from there (entry to the carpark is on the eastern side as you pass the top of the ring-road driving anticlockwise)

WHAT TO BRING:

* Attire - Vegetation thickness and scratchiness is Ok, so shorts and t-shirt will be fine, but if you prefer a little more protection light long pants is the go. Comfortable running / walking shoes.

* Hat and Suncream is a definite bring

* Suggest a hydration pack or waterbottle

* Compass if you own one (and safety whistle)

TTOC will provide spare compasses, safety whistles, water and softies for the end, maps and great training !