

3h and 1h Metrogaine / Cyclegaine, Townsville

Sunday 16th April 2017 08:00 - 12:00 EST

Classification	Club event
Discipline	FootO MTBO
Classes	3H Metrogaine, 3h Cyclegaine, 1h Metrogaine, 1h Cyclegaine
Punching system	manual
Event form	Individual
Status	Completed
Organiser	Totally Tropical Orienteering Club
Contact phone	0418 154 026
Contact email	TTOC4810@gmail.com

Metrogaining is an event where you can participate as an individual or stay-together team and your aim is to get as many points as you can in the allocated time. The harder the checkpoint is to get, the more points it is worth, you will have a few minutes to plan your route prior to departure and it will be a mass start !! Cyclegaining is exactly the same except you ride your pushy instead of running!!!

Start : Riverway, Thuringowa

Maps will be issued 10-minutes before your start time, so make sure you turn up 15mins before the start to register and get ready to go !!

7.40am : Registration opens
7.50am : Map handout for 3 hour & Early Starters 1 hour event
8am : 3 hour Metro or Cycle start
8am : Early Starters 1hour Metro or Cycle start
9am: Early Starter 1hour Metro or Cycle finish
9.20am : Late Starters Map handout
9.30am: Late Starters 1hour Metro or Cycle start
10.30am: Late Starters 1hour Metro or Cycle finish
11am: 3hour Metro or Cycle finish

Cost: \$8pp or \$15 per family team

Bring: water carrying ability, runners, comfortable run gear, hat, suncream

Provided: compass, maps, water and drinks for the finish, navigation advice and bring the togs for a swim on the pools at the end !!!

Cyclegaine - you will need your own Pushy (MTB is better, hybrid or roadie OK) with bell (and the normal stuff you carry like a pump and repair kit) and maybe consider making up a homemade map-board to make map reading easier (ice cream container lids and zippies work a treat - google map-board) - you will obviously need a helmet too.

* Parents / Adults are more than welcome to run and the kids ride, as long as you stick together :)