

## Mungarra Reserve -MBRC+COACHING

Sunday 20th October 2013 00:00 - 00:00 EST

**Classification** Local event

**Discipline** Foot

**Classes** This event has no classes

**Punching system** SI

**Status** legacy

**Organiser** Enoggeroos

**Contact phone** 3256 6580

Sponsored by **Moreton Bay Regional Council** as part of the **Outdoor Adventure Families Program**.

**If you have registered with Moreton Bay Regional Council there is no need to register again through this site.**

Cost \$2.00 per person.

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.

**Free Coaching** (optional) - 1 hour of coaching 8.30am sharp - 9.30am. Then, put into practice what you have learnt, walk or run either 1.2km, 1.6km, 2.1km or 3.8km course.