

DuO Adventure Series 2013/14

RUN RIDE NAVIGATE

ENJOY THE CHALLENGE

4th May 2014 GLENBROOK NSW CHAMPIONSHIPS



**Including: Glenbrook Lagoon
Mount Sion
Knapsack Gully
Darks Common &
Zig Zag Railway**

DuO Entry only

\$25 member \$28 non member

MTBO only SS 3 \$10 member

Foot stage only \$10 member



**A combination of
off road running
and navigation
with mountain bike
orienteering stages
included.**

Starts: All courses Mass start for each
course at 9.30 am

1st Leg Foot scatter

2nd Leg MTBO

3rd Leg Foot

4th Leg MTBO (Hard 1 only)

Final Leg Foot (Hard 1 only)

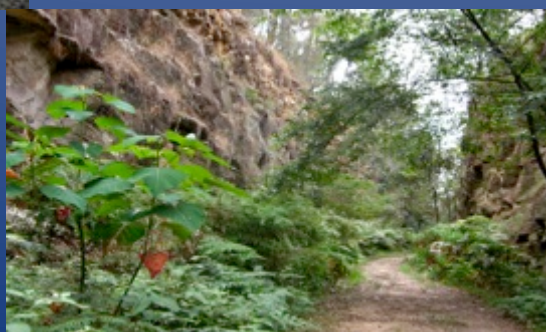
*Courses to suit all levels
of competitors with event
duration from 30 minutes
for novices and 2 to 4
hours for the average
competitor.*

Entry via Eventor



Electronic
controls

**When you
are finished
join us for a
sausage
sizzle and a
drink.**



Zig Zag railway track

For course and entry details, visit the Eventor site.

<http://eventor.orienteering.asn.au/Events/Show/367>

You will need to register, it's simple!
Go to the event on the calendar and enter!
All course details are on the Eventor site

Visit our website

<http://onsw.asn.au/events/duo-adventure>

Click on the Entry tab and check out the
event details