

DuO Adventure Series Event format

The series is a combination of mountain biking and bush running / walking with an element of navigation. Orienteering standard maps are used for both the bike and the foot stages to give the competitor a high quality perspective of the terrain they will be covering.

BASIC SKILLS

Competitors will require a basic skill in riding a mountain bike on gravel roads and single tracks. The novice course will be to a level where children and first time competitors can successfully complete the course on the bike. The foot stages will require basic map and compass reading skills for cross country navigation with additional courses available for competent navigators. The novice course will navigate around road/ track networks with controls placed close to the track networks.

Competitors will require a mountain bike in good working order and an approved helmet. Platform pedals are recommended for each course.

COURSE FORMAT

The course may start with either a run or a bike leg. If the first stage is a run leg, the competitors start with a foot map then return to a bike holding area to start the bike stage. A bike orienteering map will also be provided for the bike stages, normally one map.

There may be a remote transition where competitors travel by bike picking up controls in order. On arrival at the transition area they are handed a foot map. After completing the foot stage the competitor then returns to the transition, then onto the bike back to the finish.

Some bike stages may also include controls that are located within 200m of tracks. Competitors navigate close to the control by bike then leave the bike on the side of the track to visit the control.

TYPES OF COURSES

All bike stages will be a line course (Collect controls in order)

Foot stages may be a line course or scatter course (Collect a set number of controls in any order) A control card or punch box on the map may be used for control collection on the scatter course.

The Sportident (SI) system of electronic control location shall be used at all events. SI units can be purchased prior to the event or hired on the day of the event.

START TIME

There will be a competitor briefing at 8.45 am. Start between 9.00am and 10.30 am.

The courses close at 2.30pm

COURSE S

EASY (Novice)	3 to 5 km on bike and 1.5 to 2km on foot	30min to 1 hour
Hard 1 (Long)	15 to 25 km on bike and 6 to 10 km on foot	2 to 4 hours
Hard 2 (Medium)	10 to 15 km on bike and 4 to 7 km on foot	1.5 to 3 hours
Hard 3 (Short)	8 to 12 km on bike and 3 to 5 km on foot	1 to 2 hours

Hard 1 courses will have harder, challenging navigation and the distances and terrain travelled will be more difficult. If you have not competed in a DuO event or you are not a competent navigator we recommend entering the Hard 2 or Hard 3 course.