

DuO Adventure Series 2013/14

RUN RIDE NAVIGATE

ENJOY THE CHALLENGE



Individual or a team of two

Plan your course

Event locations with some of the best mountain bike trails and forests in NSW. We work closely with all landholders in diverse locations.



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

2013

1. 14th Sept Ourimbah
2. 3rd Nov Newcastle

2014

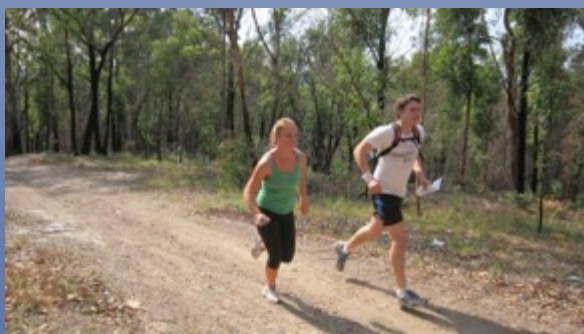
3. 6th April Penrose
4. 27th April Glenbrook
NSW Champs



Electronic controls

All you need is a bike, helmet and running gear!

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



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



Event and Entry details on the DuO Homepage

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

Click on the [Entry tab](#) of the DuO Homepage or go to Eventor <http://eventor.orienting.asn.au/Events>

You need to register first, it's simple!

Or email: gbacon1@bigpond.com