

Orienteering is coming

to Northern Sydney **AND IT'S FREE!***

Suitable for all fitness levels, ages and abilities. Everyone welcome!



Try the original adventure sport

DATE	SUBURB	ASSEMBLY AREA	START TIMES
1. Fri 20th Oct	Hornsby Heights	Rofe Park, Galston Road	4–6pm
2. Sat 21st Oct	Hornsby Heights	Montview Park, Montview Pde	3–5pm
3. Sun 22nd Oct	Mt Kuring-gai	Foxglove Oval, Foxglove Rd	9:30–11:30am
4. Fri 10th Nov	Berowra Heights	Wideview Public School, Wideview Rd	3:30–5:30pm
5. Sat 11th Nov	Berowra	Girl Guide Hall, 4 Hill St	3–5pm
6. Sun 12th Nov	Berowra Heights	Warrina St Oval, Warrina St	9:30–11:30am

This 'Amazing Race' style of activity is great for families, bushwalkers, runners, athletes looking for some cross training... everyone!

The events are designed for a maximum run duration of 45 minutes.

*\$10 refundable deposit required for electronic timing chip hire.

Local contact Jim Mackay: 0407 467 345

For more information: Ian Jessup 0416 040 135

or visit www.onsw.asn.au



ORIENTEERING NSW