

# Orienteering is coming

to Port Macquarie AND IT'S FREE!\*

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



## Try the original adventure sport

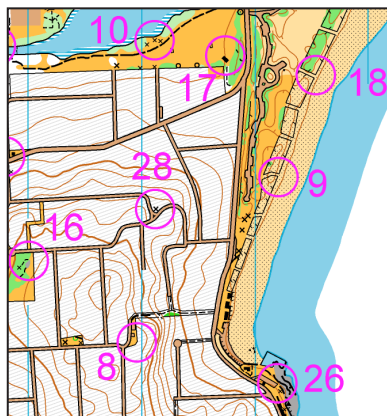
DATE	SUBURB	ASSEMBLY AREA	START TIMES
1. Sat 4th Nov	Kooloonbung Creek	Girl Guide hall, Hollingworth St	3–5pm
2. Sat 5th Nov	Town Beach	The Astronomical Observatory, Stewart St	9:30–11am

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.

For more information: Ian Jessup 0416 040 135  
or visit [www.onsw.asn.au](http://www.onsw.asn.au)



ORIENTEERING NSW