

Orienteering for Adventure Racers

The sport of **orienteering** involves participants traveling through unknown terrain using a detailed topographic map, and compass. While competing on an orienteering course, competitors try to find a series of checkpoints marked by orange and white flags. Orienteers must be able to navigate using a map to pick out important features on the land such as hills, depressions, boulders, trails, creeks, saddles, and re-entrants.

What? This clinic is designed to teach the participants basic to advanced navigation/orienteering skills. The clinic will cover the skills of map reading, compass work, pacing, and the mental awareness needed to progress and succeed in either discipline.

Why? Navigation is a critical component in most adventure racers. Elite adventure racers need to be able to navigate using a map and compass. Orienteering is a popular training exercise for many adventure racers.

Where? Grand Beach Provincial Park (x-country ski huts)
Similar terrain to the host-site of the SwampDonkeyAR

When? Clinic - Saturday, September 13th 10am-3pm
Competition - Sunday, September 14th noon

Who? **Instructor** – Tim Lee, Manitoba Orienteering Assoc. (President)
Tim is a current member of the MOA Elite Provincial Team, and has been a competitive orienteer for 18 years. Tim is a Physical Educator who has led sessions on orienteering for numerous community groups, and individuals. Tim prides himself on introducing/teaching the sport of orienteering in a dynamic, fast-paced, and informative manner.

Participants – You! Anyone with a love of the outdoors, and a willingness to learn something new. The clinic will be geared towards the participants, and their individual goals.

Registration: \$30 includes the Saturday clinic and the race on Sunday
\$25 for the Saturday clinic only

E-mail your registration information to Tim (timlee@mts.net)

1. Name/Age
2. Experience in outdoor pursuits (AR, MTB, O, etc.)
3. 2 things you want to learn at the clinic

What to bring? Quality outdoor wear, durable trail running/cross-training shoes, lunch, water, compass.

If you have any questions or concerns, please do not hesitate to email Tim.

