

adventure racing club

Presents a Come and Try Orienteering event
ESSELEN PARK sports facilities and railway training centre
22 JANUARY 2012 - Kempton Park

Come and have a go at ORIENTEERING – **running** with a twist! 😊
Fun for the whole family, young & old, individual or in groups



Every orienteering event is like a **treasure hunt** for the kids as they need to try and find hidden controls (flags/kites) along a course of up to 3km long.

Calling all parents who are looking for a new adventure for the family!

Orienteering is a running or walking sport in which the competitor aided by a map, locates a number of features, termed “controls”, marked in the terrain and on the map.

You do not require expensive equipment or special gear. Wear old clothes (shorts and t-shirt are fine) and comfortable shoes.

Make use of the Adventure Racing club members to teach you a bit more about orienteering or to help you on your course after which you can go at it on your own.

Times

Registration from 8h30
Starts from 9h00 to 11h00
Course close at 12h00

Four Event Courses will be available:

±1km Beginners Course
±2km Intermediate Course
±3km For the knowledgeable orienteer or adventurous person
Master Map Will contain all the controls of the day without any routes,
Can be run as a mini rogaine or control picking exercise .



All courses are flat and fast within a terrain of a mix of open grass areas, sports grounds, buildings, roads, paths, paved areas and railway lines.

Cost is kept to only R10 per map.

Directions

From the R21 take Exit 32 for R25 to M87/Bronkhorstspuit/Tembisa/Birchleigh
Coming from OR Tambo Airport turn right onto R25, from Pretoria turn left onto R25 (Westerly direction). Take first left onto M57 (R25). Take first right onto R25
Esselen Park entrance on your right (after passing *underneath* the railway line)
You should not be going *over* the railway line, if this is the case please turn back towards the R21.