

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

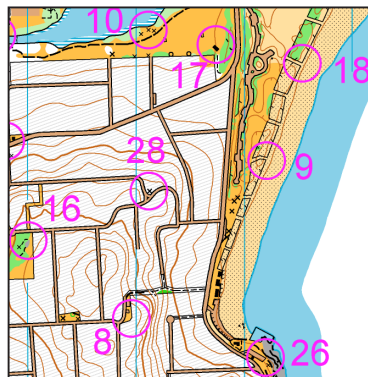
DATE	SUBURB	ASSEMBLY AREA	START ANY TIME FROM
1. Sat 9th Jun	Tacking Point	Surf Lifesaving Club, Mathew Flinders Dr	1 – 3 pm
2. Sun 10th Jun	CBD	Netball Courts, Grant Street	10 am – 12 pm
3. Mon 11th Jun	Lake Cathie	Community Centre Mullaway Rd	9–11 am

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 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



ORIENTEERING NSW