

# "Spectacular Sydney Harbour Minigaine" 3 March 2013

## Come and Try Urban Orienteering/Rogaining

Come and experience the incredible beauty of Sydney's lower north shore in the 'Spectacular Sydney Harbour Minigaine' on Sunday March 3.

Over 500 entrants are expected, of all ages (6 to 80+) and abilities - from elite athletes (national champions) to walkers and families (some with strollers).

Everyone is very welcome to participate. You can enter as an individual or in a team (of up to 5 members). The start and finish are at Mosman High School, Gladstone Ave, Mosman.

Entrants have 3 hours in which to visit as many checkpoints as they can - or wish to - going whichever way they please. The specially produced map encompasses most of Mosman and Cremorne and is yours to keep.

You will see many spectacular vistas of Sydney Harbour and parts of Mosman and Cremorne that you weren't aware of.



**What to Bring:** Comfortable exercise clothing will suffice.

A water bottle is advisable, though bubblers are located throughout the area and are marked on the map. A compass isn't essential, but can be useful. Instruction is available to all first-timers.

**Entry fees:** \$20 adults, \$15 concession and FREE for children under 14. You can register on-line at [www.nswrogaining.org](http://www.nswrogaining.org) or at the school on the day (NOTE: this will cost an extra \$10).

**Start times:** You can start any time between 1 pm and 3 pm, finishing 3 hours later. The event will be 'on' regardless of the weather.

**Enquiries:** Ted Woodley (0419 663 539 or [ted@woodley.net.au](mailto:ted@woodley.net.au)).

This is a combined event of the NSW Rogaining Association ([www.nswrogaining.org](http://www.nswrogaining.org)) and Orienteering NSW ([www.onsw.asn.au](http://www.onsw.asn.au))