



MOUNTAIN BIKE – ORIENTEERING

Orienteering on a Mountain Bike!



SUNDAY 7th February 2010

GROENKLOOF NATURE RESERVE

About: Mountain Bike Orienteering is navigation with map and compass whilst on your mountain bike. Competitors start on a course at 2 minute intervals. Your detailed map of the terrain indicates certain control or check points that you have to visit in a specific and logical order. You **MUST** stay on the road, track and path network. You are not allowed to cycle cross-country or on any minor game trails. You use an EMIT timing chip to check in at each control marker on your route. After visiting your last control point, you ride to the finish line where you download your electronic chip with split times and elapsed result. Help will be available for novices. The shorter course is well suited for children / beginners either in groups or solo.

Date: SUNDAY 7th February 2010

Venue: Groenkloof Nature Reserve, Pretoria

Directions: From N14 highway north take exit 335 (Eufees Rd) to the left, turn right onto Eufees Rd at bottom of off-ramp. At the entrance to Fountains Valley, turn right. Entrance to the Nature Reserve is on the left after approx. 800m. Follow the O signs to parking under the trees.

From Fountains circle, take Christiana De Wit Avenue towards Centurion. Pass entrance to Fountains resort. Entrance to the Nature Reserve is on the left after approx. 800m. Follow the O signs to parking under the trees.

Times: Registration: 08h30 to 09h30
Starts (2-min intervals): **09h00 to 10h00**
Courses close & Prize giving: 12h30

Courses: Three different courses for varying physical and technical MTB abilities:

- **Long Course** (approx 18km, 1.5 hour winning time, very technical tracks)
- **Medium Course** (approx 12km, 1 hour winning time, moderate riding)
- **Short Course** (approx 7km, 40 min winning time, easy roads and paths)

Equipment: Mountain Bike and Biking Helmet. **NO HELMET NO RIDE!**

Map: Scale 1:15 000, 5m contour intervals. Based on previous foot orienteering maps. The road and path network will be resurveyed to International MTB-Orienteering specification.

Terrain: Detailed network of tarred roads, dirt roads, vehicle tracks and technical and easy singletrack. Rocky in places. Thorns are present, so please prepare for punctures.

Entry Fee: Seniors (21 +) R 50.00
Juniors (- 20) R 30.00
Emit (timing chip) hire R 10.00 * Note: **Electronic Punching** will be used!

Entrance to the Fountains Reserve is included in the entry fee, please mention the MTB-ORIENTEERING EVENT when you enter the reserve.

Information: Planner: Ken Robinson 083-265-2975 kenneth.b.robinson@accenture.com
Organiser: Charles Lautenbach 083-229-1160 lautenbach@icon.co.za

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