

WHAT IS THE AUCKLAND ORIENTEERING SUMMER SERIES?

The Auckland orienteering summer series events are a great way to get out into the parks of Auckland, experience the sport of orienteering, practise map reading and navigation, improve your fitness, and explore areas you may not have visited before.

Run, jog, or walk—you set the pace.
By yourself, in a team, or as a family.
Fun adventure or a competitive challenge.

We provide you with:

- a high quality park orienteering map
- a selection of preset courses

The challenge is: can you plan and follow your best route to visit the points in correct order, taking the least amount of time?

All are welcome to give it a go.

- ✓ Individuals, families, and groups
- ✓ Kids, adults, and seniors
- ✓ First timers through to competitive athletes

COURSES

For each event, course information is provided on the event notice board. Courses vary between events. In general:

- Course One - 6 km to 10 km, Challenging
- Course Two - 4.5 km to 5 km, Challenging
- Course Three - 2.5 km to 3.5 km, Medium
- Course Four - under 2 km, Easy

Additional special courses may be provided at some events.

Please Note: You must read the event notice board for information and warnings.
No previous experience is necessary.

ORIENTEERING

Orienteering is a challenging outdoor adventure sport that exercises both the mind and the body.

The aim is to navigate in sequence between control points marked on a unique orienteering map and decide the best route to complete the course in the quickest time. It does not matter how young, old, or fit you are, as you can run, walk, or jog the course and progress at your own pace.

Orienteering events take place throughout the year, anywhere from remote forest (such as Woodhill forest) and countryside (such as farms in Waiuku) to urban parks and school playgrounds. It's a great sport for runners, joggers, and walkers who want to improve their navigation skills or for anyone who loves the outdoors.

Challenge yourself in the forest, farm, street, and park orienteering events. Experience mountain bike orienteering. Go to the extreme with Rogaine, Sprint orienteering events, or the orienteering championships.



AUCKLAND ORIENTEERING CLUB INC.

www.auckoc.org.nz

Email: auckoc@hotmail.com

Phone: 834 8513 or 575 5695

TXT/Mobile: 027 293 2397

MEMBERSHIP INCLUDES:

- ◆ Discounted entry to events
- ◆ Club social activities
- ◆ Skills development opportunities
- ◆ Subscription to quarterly national magazine "New Zealand Orienteering"
- ◆ Access to the club resource library
- ◆ Access to orienteering training sessions
- ◆ Participation in event running
- ◆ Access to training camps
- ◆ NZOF affiliation

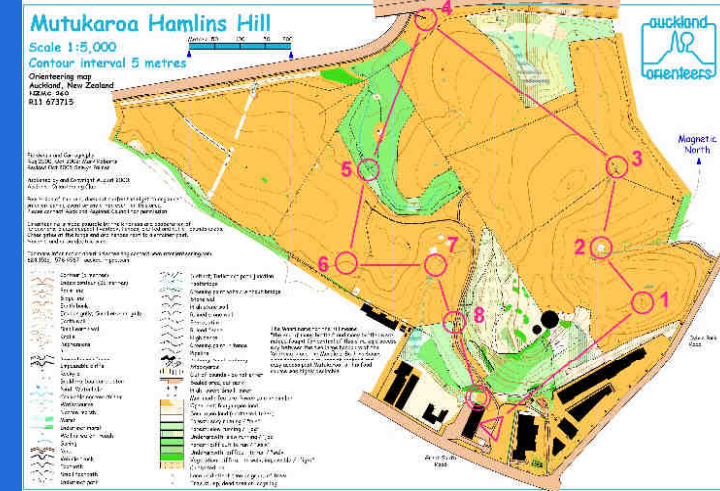
Contact us for more details.

THE 22ND AUCKLAND

ORIENTEERING SUMMER SERIES



DRAFT - Version 3b



All welcome...

Have a go!



NOVEMBER 2009 - MARCH 2010

22ND AUCKLAND ORIENTEERING SUMMER SERIES 2009-2010

NOVEMBER 2009

- Tues 3 Auckland Domain - Cricket Grandstand**
Grandstand Road South, off Carlton Gore Rd
- Tues 10 Mutukaroa - Hamlins Hill Regional Park**
1014 Great South Road, Mt Wellington South
- Thurs 19 Waiorea - Western Springs**
Motions Road, Western Springs
- Thurs 26 Lloyd Elsmore Park**
Sir Lloyd Drive, Pakuranga



DECEMBER 2009

- Tues 1 Cornwall Park (and One Tree Hill)**
Archery car park, Kenneth Myers Drive
- Tues 8 Churchill Park**
Kinsale Rd, Glendowie
- Tues 15 Big King**
Three Kings Plaza car park,
Grahame Breed Drive, Three Kings



JANUARY 2010

- Wed 20 Unitec**
Carrington Road, Mt Albert
- Wed 27 Saint Kentigern College**
130 Pakuranga Road, Pakuranga



FEBRUARY 2010

- Wed 3 Alexandra Park Racecourse**
Gate 4, Campbell Crescent, Epsom
- Tues 9 Ambury Regional Park**
Ambury Road, Mangere Bridge
- Tues 16 Western Springs Stadium**
Stadium Rd, Western Springs
- Tues 23 Ellerslie Racecourse**
Ellerslie Racecourse Drive, Remuera
off Greenlane East



MARCH 2010

- Tues 2 Self's Farm**
Tidal Road, Mangere
- Sat 6 Ambury Regional Park - Night Event**
Ambury Road, Mangere Bridge
Bring a torch. Kids can start at twilight. Camping available. Start anytime between 8:00 pm and 9:15 pm.
- Tues 9 Auckland Domain - Band Rotunda**
Cnr The Crescent and Football Road.
- Thurs 18 Mangere Mountain**
Domain Road, Mangere Bridge
- Thurs 25 Maungakiekie - One Tree Hill**
Haydn Avenue, Royal Oak



SUMMER SERIES - TIPS ON GETTING STARTED

- Come along to a Summer Series event and have a go - it's a great way to start. **No previous experience is necessary.**
- **Ask for help getting started.** We are happy to help out.
- The **Map Legend** provides a key to the symbols and colours used on the map. Blue features are water related. Yellow indicates open land. White indicates open trees or forest you can run through. Brown features describe the shape of the land. Black is used for rocks, man made objects, and tracks. Different shades of green reflects vegetation and speed to traverse. Note: **Red striped areas** or **mustard green areas** indicate **out of bounds**. Be careful not to enter these areas.
- **Orienteate the map.** Holding the map directly in front of you, rotate the map to line up the features on the map with the features on the ground around you. **Always keep the map orientated.** When you turn, turn the map so it stays correctly in line with the ground.
- ▶ The **Start** is shown on the map as a purple triangle.
- ⊙ The **Finish** is shown on the map as a purple double circle.
- **Control points** are located in the exact center of the purple circles, which are numbered in the order you must visit them.
- **Control descriptions** indicate the control code (e.g. XE, or 123) and give a precise description of where the control point is located in relation to the object shown on the map.
- You will receive a **clip card**. Write your name, course, and time you start the course on the bottom on the clip card.
- Visit each control in order, clipping the clip card on the correct control. You may see controls which are not on your course.
- On finishing, record your finish time, time taken, and staple your clip card on the results string. Tell us how you went!

SUMMER SERIES FEES

Non-members Fees:	Adult	Student	Family
Daily Fee	\$8	\$4	\$16
Season Ticket to all 18 events	\$90	\$40	\$180
New Membership* + Season Ticket	\$100	\$50	\$190
Members Fees:	Adult	Student	Family
Daily Fee	\$5	\$3	\$10
Season Ticket to all 18 events	\$60	\$30	\$120
Club Membership	\$65	\$40	\$90
Youth groups: \$30 daily for as many maps as you need. Please warn us before bringing a large group.			
Green Prescription: Special rates available. (Daily Fee: \$2)			
Community Services: Special rates available. Please ask.			

* Limited special offer for new club membership only

SUMMER FOREST ORIENTEERING SERIES

Orienteering in the forests and farms offers a whole new level of navigation experience and enjoyment. Details of Woodhill and Waiuku forest events will be announced on our website and in our emails. Get out of the city, enjoy the great outdoors, and challenge yourself. Courses for all levels are provided, plus more advanced courses. Talk to us to find one that suits you.

- Start any time between 5:30pm and 6:45pm.
- Come along and enter at the campomatic.
- Follow instructions on notice board.
- Events are not cancelled due to weather.
- Wear walking / running gear.
- You do not need a compass.
- Always lock your car.
- Please care for plants and areas visited.
- Don't go into and out of Kumara Pits.
- Sign up for our emails on events and results.
- Help is available—please ask us!