

MTBO Coaching Day



MTBO Topics

Bike Set-up
Distance Estimation
Handrails and Waypoints
Relocation
Scales
Route Choice
Map Contact
Model Event

LEARN SOME NEW MTBO SKILLS AT NINGI FOREST

The Multi Terrain Bike Orienteers will be holding a short course for those new to the sport, at **Ningi** near Bribie Island on **Saturday 10th March** from **8-12noon**. A series of short theory sessions and practical on-bike sessions will be held to demonstrate some of the basic skills required to navigate your way around a course. Trainers include Chris Firman, Australian Junior Team rider and QLD Storm squad riders David Firman and Craig Steffens.

Book-in via the website at www.mtbo.com.au and you'll be sent further details once you're registered.

