

## Winter Series 2010 - Park and Street Orienteering

Last Updated Sunday, 28 March 2010

Enjoy a run or walk in Melbourne's suburban parks and streets on Monday nights, Wednesday nights or Saturday afternoons - exercise body and mind! DROC runs park and street orienteering events throughout winter. The aim is to locate pre-designated checkpoints in the fastest time or shortest distance. These events are ideal for newcomers, families, and sporting or social groups. There are course for runners varying from 3 km to 10 km, and a 60 minute course for Power Walkers. No special equipment or navigational skill is required. We provide specially prepared maps, and coaching to get you started.

For a list of DROC's events, click on our "Coming Events" list.

For a complete fixture of Melbourne Summer Series events, click here: <http://vic.orienteering.socialfx.net/parkstreet/>

For more information, ring 9878 9168.