

Introductory Orienteering Clinic

Here is a chance to experience orienteering right here in our backyard. It is a fun sport that is very rewarding, keeps you fit and you can do it as a family as well as individually. There are no age or fitness restrictions.

May 11th the Ottawa Orienteering Club is hosting an introductory orienteering clinics for all those who want to give orienteering a try and learn more about the sport. All of the important information, including a link for registration, is at the bottom of this e-mail (also on the website).

Everyone's welcome. Please feel free to pass this along to anyone and everyone you know that might be interested.

P.S. There will be cake!

Introductory Clinic:

This clinic is for beginners and first-timers. Meet at Nepean Sportsplex:

<http://maps.google.ca/maps/ms?ie=UTF8&hl=en&msa=0&msid=216886919209652213814.000449800637a374bd3f3&ll=45.333263,-75.746183&spn=0.026126,0.072098&z=14&iwloc=0004498009d1297396890>

(back east edge of back parking lot)

Clinic date: Wednesday, May 11th: registration at 6:15, clinic starts at 6:30 and will end about 8pm

Follow up: Sunday, May 15th from 10:15 – 10:30am : Instructors will be at the meet at P17 in Gatineau Park to help you with route choices and strategies (regular meet fees apply)

Cost: members of OOC free --- Not a member? Join [here](#)

Non-members 17 yrs & up - \$10

16 & under when accompanied by an adult - free, otherwise \$5 per clinic

Pre-registration pre-register online here: http://www.ottawaoc.ca/2011_clinics2.shtml at least 2 days before the clinic

If not pre-registered we cannot guarantee spaces or maps.

Questions: Email [Lorna Guttormson](#) (registrar AT ottawaoc DOT ca) or phone Linda Connell at 613-225-5428