

Orienteering Training and Race



How well do you know your local Fort Steilacoom Park?

The Cascade Orienteering Club is teaming up with the City of Lakewood to provide a special newcomer instruction and training, followed by your choice of the beginner, intermediate or advanced course. You have a map, a compass, and a mission to find all of the checkpoints (control markers) on your map in the least amount of time, relying on your own wits. Finding checkpoints is like a treasure hunt. Please bring your own compass (compasses are optional and courses can be completed without them). Go solo or with a group; run, walk, it's up to you! Orienteering brings the whole family outdoors. Are you a Scout? This activity helps fulfill some badge requirements.

When: Sunday, March 6, 2016

Where: Fort Steilacoom Park, 8714 87th Ave SW, Lakewood, WA 98498

Training Times: 10:30 a.m., 11:00 a.m., 11:30 a.m., or 12:00 a.m.

Participation by pre-registration only: www.cascadeoc.org/extevents/2016/lakewood-parks-nav-training sign up for the Lakewood Parks & Rec Training and Orienteering Course.

Cost: \$15 entry (group/family/team/solo) includes training.

Registration closes February 29, 2016.

Course distance: 1 mile, 2 mile, and 3 mile options.

Advanced Level: Register before the race or day of the event for the "Ultimate O." No training is involved.