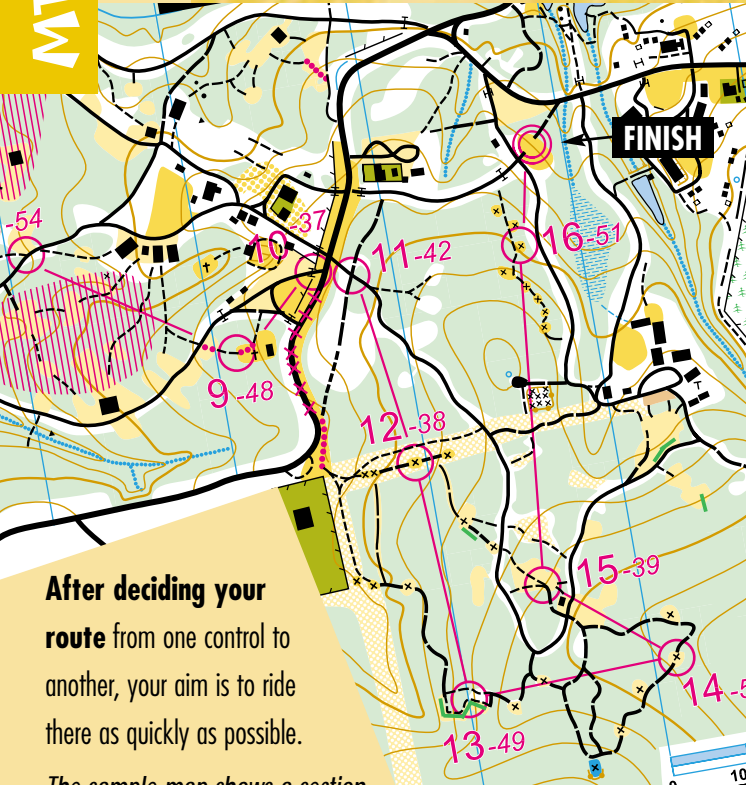


Orienteering maps show a great amount of detail to help competitors navigate through their course. Information on the map includes: track quality, contours (steepness), vegetation density, key features such as buildings, creeks, lakes, dams, clearings, bridges etc.



After deciding your route from one control to another, your aim is to ride there as quickly as possible.

The sample map shows a section of a course, controls 8 through to the finish, with their respective control number codes next to them.

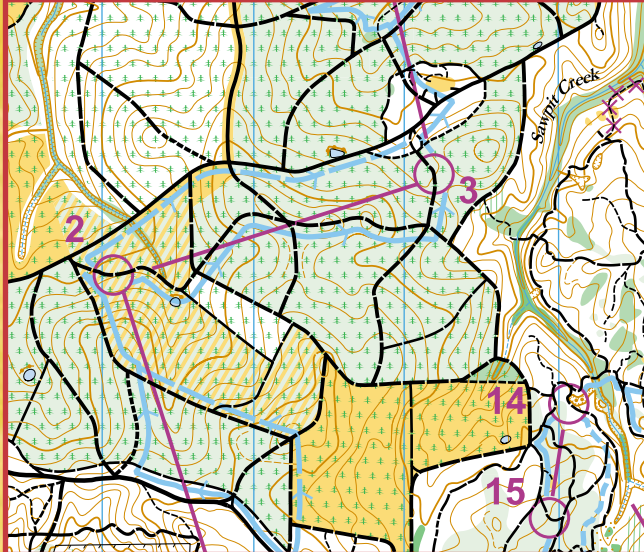
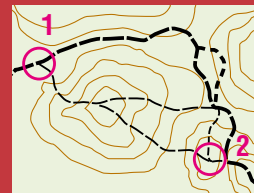
When you reach each control, first check the control code to see that it is correct – if not, that control is not for your course. If the number is correct, you mark your control card with the punch hanging from it (the punches have different patterns so the organiser can be sure you have reached the correct controls) – then proceed to the next control.

If you want to represent your state or country – consider MTBO – a new navigation sport on bikes for young and old!

Route Choices

There is usually more than one way to get from one control to the next as shown in the sample here.

Choosing the best route for you can depend on track quality, contours, fitness level, your riding ability, and being able to make these decisions quickly.



A section of the map used for the 1999 Australian Championships, held near Creswick, Victoria.

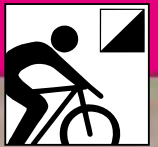
Australian Mountain Bike Orienteering website
<http://users.interact.net.au/~cdas/mbo/>
 for directions, results and standings in the MTBO series

International Orienteering Federation
<http://www.iof.org>

Orienteering Australia
<http://www.sportnet.com.au/orienteering/>
 Has links to the state associations' websites for local info on events and results

EVENT INFORMATION

MTB
 Orienteering



Mountain Bike Orienteering
 the navigation sport on bikes using bush tracks and a specially prepared map

WHAT IS MTBO?

The main idea in MTB Orienteering is to navigate on bicycle between controls (checkpoints) marked on your map. All the controls are on tracks or features adjacent to tracks — so the skill is to find the best combination of tracks to get from point to point in the shortest possible time. If you can read a street directory, you have the skills to navigate an MTB Orienteering course.

“Does that mean that the controls are easy to find?”

Yes, but sorting out the pattern of tracks requires accurate map reading as you pedal along formed tracks through unfamiliar terrain. The control locations are usually easy to see, as long as you are on the right track! Competitors must stay on tracks and be able to pedal or wheel their bike to each control. Riders carry a **control card** which must be punched at each control visited to prove that they have been there.

The best route between controls can depend on:

- ▲ **The quality (surface) of the track** — it is easier to ride on a good forest road than a minor track.
- ▲ **The flatness or steepness of the route** — this is where map reading skills, checking contour lines, will help find the fastest route.
- ▲ **The less turns and decisions the better** — every change of direction and track choice increases the chance of error.

MTBO DOWNUNDER

Mountain Bike Orienteering is now a well-known sport in Europe. It started in France in the early 1990s and soon spread to Spain, Great Britain and the Czech Republic. Introduced in South Australia in the mid-90s it wheeled into the other states in 1997. Victoria staged the first Australian MTB Orienteering Championship in 1998. World Cup events started in Europe in 1999 and will culminate with the inaugural World Championships in France in 2002. Australia will host the 2004 World MTB Orienteering Championships in Victoria!

The sport is attracting competitors from orienteering and Mountain Bike backgrounds, as well as people who have not ridden or run competitively.

As with foot Orienteering, MTB Orienteering caters for all age groups. Competitors as young as 10 and some of over 70 years of age regularly compete. We have elite athletes out to compete at the highest level as well as novice and recreational riders looking for an enjoyable ride with a purpose.

MTB Orienteering offers competitors the opportunity to enjoy the attractions of some great forest areas in an environmentally friendly way. With a variety of route options available, competitors disperse over a network of tracks, with little or no impact on the tracks.

If you're tired of riding in a big group and competing with the traffic — try MTB Orienteering and challenge yourself!

There are usually 4 to 5 different length courses to choose from ranging from approximately 7km to 28km. Orienteering competition classes are normally determined by your age and sex, but you can also choose a course length to suit your fitness level.

THE RULES

- 1.** In “Classic” MTB Orienteering events, you must visit all of the controls on your map in numerical order — ie. 1-2-3-4 etc. (In another style of event called “Spanish Score”, competitors must visit all controls, but can do so in any order they choose.)
- 2.** You must ride on mapped tracks only. Do not make new tracks or take short cuts through the bush.
- 3.** You and your bike must stay together at all times, and your control card must be attached to your bike.
- 4.** Wear a helmet and carry water with you. Obey normal road rules. Keep left on tracks and roads, as other competitors could come from opposite directions. Ride defensively.

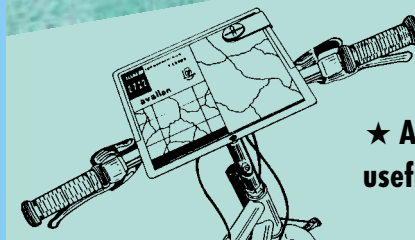
★ **A Bike**

★ **A Helmet**

★ **A Drink Bottle**

★ **Some form of map-board** is handy, so you can read your map whilst riding (special map-boards that clip to handle bars can be hired at most events)

★ **A Compass may be useful** to confirm direction



THE COURSES

WHAT DO YOU NEED?