

Want some navigation and skills training for Rogaining?



The ACT Rogaining Association is organising a navigation and rogaining skills workshop. For more details see the ACTRA website

<http://act.rogaine.asn.au/>

Saturday 10th and Sunday 11th September

The ACT Rogaining Association is running a two-day navigation and skills workshop, catering for beginners through to experienced rogainers. This will be for both males and females. The workshop will be held in Canberra nature parks and in a bush area near the city.

Improve your day and night navigation and learn some of the secrets to planning and having a good rogaine.

The workshop is run by some of Australia's best rogainers including current and ex-world champions! Practical sessions are conducted in small groups with much opportunity for one-on-one coaching.

You will learn to confidently get around in the bush using topographical features and compass bearings together with your map! Learn how useful handrails, attack points and catching features are, and how to get yourself out of that "I'm not quite sure where I am" moments.



Follow up with practice in the night rogaine on 24 September or day rogaine on 25 September.

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