

# O-LØB FOR ALLE!



## Orienteering for everyone

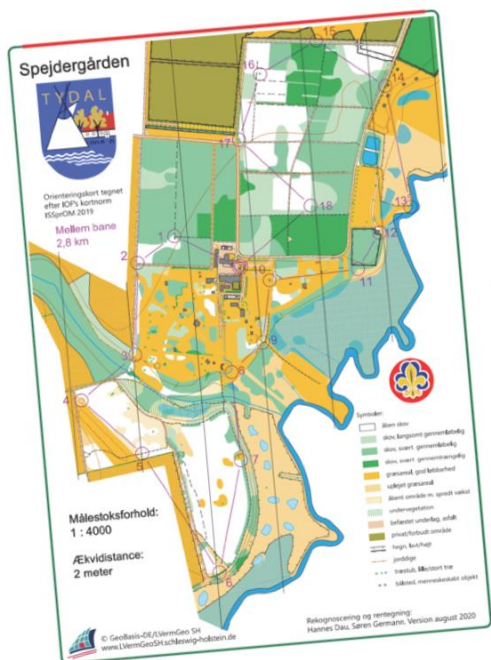
On Sunday 25 October, the Danish Scout Corps South Schleswig invites EVERYONE to try a real Orienteering RACE at Spejdgården Tydal.

Both families, children, young people and adults are welcome to sniff out the sport of orienteering Tydal's newly constructed orienteering course, as well as newly drawn maps of Spejdgården.

Orienteering is a fun and different sport, where you run for a number of controls using a map. The race can both be completed as a competition where it is important to find the controls as soon as possible, or as a pleasant trip to Tydal's scenic areas, where you decide the pace yourself. It's fun and it's worth a try!

### The race

The race is carried out alone or in teams of which you choose the size. We recommend 2-3 for beginners. You can start the race between kl. 13.00 and 14.00, and the runners are sent leave at short intervals. Depending on the level of ambition and choice of route, the race can take everything between 30 min. and 1.5 hours. We provide professional equipment for timing.



### PRACTICAL

After the race, there will be an opportunity to enjoy a HotDog (free). Just bring your favorite running mates, appropriate clothing and shoes for the weather, as well as a drinking bottle for water - then you are ready!

### REGISTRATION

To ensure a safe race, with sufficient distance and hand alcohol, we will please ask for registration before the event, no later than Friday the 23rd. October at the following link: [bit.ly/tydal-o](https://bit.ly/tydal-o)

We look forward to seeing you at Tydal!