



Canadian Paraplegic Association (Alberta)



CPA PEER PROGRAM

“Orienteering Adventure and BBQ”

If you love maps, exploring, and enjoy the great outdoors, then come and join the Foothills Wanderers Orienteering Club who is mapping out a course around the Fish Creek Park for us to navigate.

Orienteering is a form of land navigation. It is for all ages and degrees of fitness and abilities. It provides the suspense and excitement of a treasure hunt. The object of orienteering is to locate control points by using a map and compass to navigate through a course.

WHEN: Sunday, September 19, 2010
1:30 pm – 2:00 pm Registration
2:00 pm – 3:30 pm Orienteering
3:30 pm – 5:00 pm BBQ

WHERE: Fish Creek Park Glennfield Group Use A (Off Macleod Trail)
Map available or call for instructions

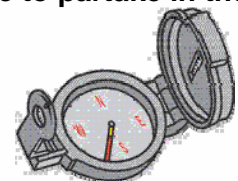
TEAMS: Make up a team of 2 –3 people. An experienced orienteering volunteer will accompany each team. If you are coming on your own, we will assist in putting you on a team.

WHAT TO BRING: If you can bring your own compass that would be great! However, we will have compasses available. As this is an outdoor event, please dress appropriately for the weather. You may also want to bring a water bottle.

If you are not interested in participating in the Orienteering, you are still welcome to partake in the BBQ. In order for us to organize volunteers and the food for the BBQ...

Please RSVP by Wednesday September 15, 2010 at:

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Rebuilding Dreams...Together