



Saturday May 25<sup>th</sup>, 2019

The Sport of  
Orienteering comes to  
Hollidaysburg, PA.

A **free** indoor program and outdoor beginner course hosted by the Hollidaysburg YMCA in cooperation with the Hollidaysburg School District, Western Pennsylvania Orienteering Club, the Delaware Valley Orienteering Association and Orienteering USA .

#### What is Orienteering?

**Orienteering** is a competitive international sport that combines racing with navigation. It is a timed race in which individual participants use a specially created, highly detailed map to select routes and navigate through diverse and often unfamiliar terrain and visit control points in sequence. A compass is used to keep one "oriented" as you move through the terrain.

Although the sport can be highly competitive many orienteers hike or walk the courses at a leisurely pace enjoying the outdoors and getting some exercise while solving for the best route between controls (checkpoints) on the course. Orienteering is an "Outdoor Adventure" for all ages and abilities. ***Come Walk, Hike, Jog or Run with US!*** [www.orienteeingusa.org](http://www.orienteeingusa.org)

The indoor introduction to Orienteering Program begins at 10am at the Hollidaysburg YMCA. Following the indoor program the outdoor beginner course which utilizes the YMCA and Hollidaysburg School District property begins at 11:30am. The course is about 1.8km in length.

Contact the YMCA at 814-695-4467 to register for the program and event. Registration deadline is Tuesday May 21, 2019.

This event is part of the 2019 International World Orienteering Day calendar.