



David talking to Roger Broadbent about 'Virtual Orienteering'
on Radio Eastern 'Town Talk'

Monday 18th May 2020 just after 1pm

[Listen](#)



ROWVILLE-LYSTERFIELD

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ROWVILLE-LYSTERFIELD COMMUNITY NEWS

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► Knox Street Orienteering Walkers

Virtual Orienteering

The Knox Street Orienteering Walkers do not walk together like many other Heart Foundation walking groups in Knox, but walk in teams of 2 to 5 people. However, the group is a "non-essential service" and hence was stopped in mid-March. The walking program has been suspended until at least June and the previously advertised

Knox SOW



that the monthly walks had stopped. However, he mentioned that all the old orienteering maps are available on the Group's website. With many walkers staying home, the old maps can be used together with Google Earth or Maps on your computer, tablet or phone to do

Active April Event was cancelled.

The Walk Organiser, David, emailed all members advising them

Virtual Orienteering!

Detailed instructions are on the Group's website. Send your results to David and he will check them off against the master map and let you know how you went. If you want to compete against other members of your household you could also note the time it took you to complete the course. You might even become a VO Record Holder!

Street Orienteering has 5 'great' benefits: Physical exercise, Mental exercise,

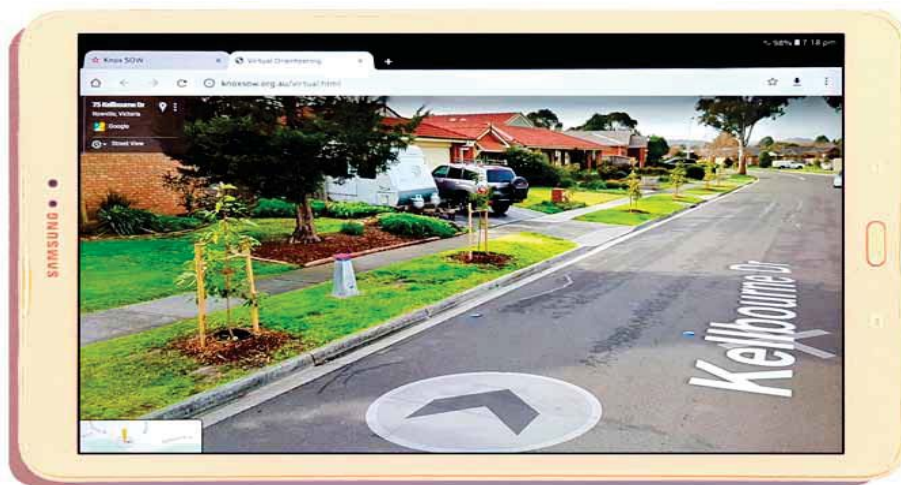
a Challenge, Social interaction and Fun. Unfortunately, with *Virtual Orienteering* you miss out on 2 of them and you will have to make your own coffee afterwards instead of visiting a café, but it certainly still sounds like a lot of Fun!

If you or your group are interested in 'actual' street orienteering, contact David and he'll let you know when they are starting again. 0419 337 311 david@knoxsow.org.au www.knoxsow.org.au ■



Boronia & The Basin COMMUNITY NEWS

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Knox SOW



Knox Street Orienteering Walkers Virtual Orienteering

The **Knox Street Orienteering Walkers** program has been suspended until at least June as a result of the 'non-essential services' and 'gathering of 2' rules. Their *Active April* Event was cancelled.

The Walk Organiser, David, emailed all members advising them that the monthly

walks had stopped. However he mentioned that all the old orienteering maps are available on the group's Maps webpage. With many walkers staying home, the old maps can be used together with Google Earth or Maps on your computer, tablet or phone to do **Virtual Orienteering!**

www.knoxsow.org.au/virtual.html

Detailed instructions are on the Group's website. Print a Map Sheet that shows the 20 clues and open Google Maps in Street View and away you go! Send your results to David and he will check them off against the master map and let you know how you went. If you want to compete against other members of your household you could also note the time

it took you to complete the course. You might even become a VO Record Holder!

Street Orienteering has 5 'great' benefits: Physical exercise, Mental exercise, a Challenge, Social interaction and Fun. Unfortunately with **Virtual Orienteering** you miss out on 2 of them and you will have to make your own coffee afterwards instead of visiting a café, but it certainly still sounds like a lot of Fun!

If you or your group are interested in 'actual' street orienteering, contact David and he'll let you know when they are starting again. 0419 337 311 david@knoxsow.org.au www.knoxsow.org.au