

NAOC 2012

3 WRE races.

**Training Monday -Wednesday, October 15-17 2012.
Model event - middle WRE - long WRE - sprint WRE**

Training Monday-Friday, October 22-26 2012.

~100km from the NAOC event center.

\$10/training, or \$80 for all 10.

North American Orienteering Championships Training Camp

The U.S. Orienteering Team is organizing training on maps from WOC 1993 at beautiful Harriman State Park, close to New York City and other high-quality maps in the Hudson Valley.

10 individual self-serve training exercises available, with pre-printed maps. The controls will be out for the duration of the training camp, so you can decide when to do which session. A variety of exercises will be offered, including the chance to re-run **WOC 1993 courses**, or running a **sprint in Central Park** of NYC. This is a perfect opportunity for a high-level training camp with your club or a few relaxing days of orienteering with friends or family. Packets with training materials will be mailed to participants if ordered by October 1, 2012. Help with accommodations and booking of transport can be provided.

For exact locations and available training sessions, check the website: <http://www.naoc2012.org/training/index.php>. Contact Boris Granovskiy (boris.granovskiy@gmail.com) with questions.

