



## Seascale Scouts Mini-Trailquest 20<sup>th</sup> March 2010



Mountain Bike Orienteering events, or Trailquests, involve navigating round a series of checkpoints, attempting to visit as many as possible within a given time limit.

Seascale Scouts are hosting a Trailquest on Saturday 20 March at the Seascale Sports Hall. Start times are from 9:30am until 10:30am. Turn up and start between these times.

Two overlapping courses will allow young people of all ages to participate. The short course will be particularly suitable for Infants or Juniors and should be completed in approximately 1h 15m. The longer course is more

suitable for older/fitter Juniors and Senior school pupils and will take approximately 2 hours to complete.

Helmets must be worn. Bikes should be in good order and have working brakes. As the course is mainly within the village and on local bridleways, a mountain bike is not essential. Non-scout association members ride at their own risk.



Please note the following escort/permission requirements:

- Infants (up to Year 2) Must be escorted by an adult (16 or over)
- Juniors (Y3 – Y6) Must be escorted, or have written permission to ride unescorted\*
- Seniors (Y7 onwards) No escort or permission required.

Adults are welcome to ride with children or alone, but prizes will only be awarded in the 3 children's categories. The youngest self-propelled rider in each team dictates the category. Entry is a donation of £1 per rider, in support of "Sport Relief".

Snacks and hot and cold drinks will be available.



\* Signature sheet available at the start/finish location, or by contacting [TQ@SeascaleScouts.org.uk](mailto:TQ@SeascaleScouts.org.uk) by Wednesday 17 March.