

CDO Newsletter - Whats on?

Hi all,

Despite not hearing or seeing much from me yet it's been a busy couple of months of planning some new and exciting activities for CLOK;

Couch to Green

In October and November we intend to launch a new introduction to orienteering for adults - called 'Couch to Green.' This will run over eight weeks, and comprises of one virtual session a week, one coached session a week and three optional self paced sessions each week. Being the first run of the course we are basing it around the Darlington area, with a sight to move a second run of the course to the Guisborough area in 2022 (should this first run prove successful). The Course is aimed at adults who want to try orienteering from any level of fitness. CLOK members who are wanting a more formal overview of orienteering technique are also encouraged to join the course. Look out in the coming weeks for more information and please spread the word to any friends you think might like to join.

Call for volunteers for Couch to Green

Can you volunteer to be an assistant activity leader for one of the Couch to Green Saturday sessions? You do not need to prepare in any way - I will let you know what the session is beforehand - then you just turn up on the day and assist the Activity Leader. I am looking for leaders for all dates:

South Park 2:30-4pm - October 9th, 16th and 23rd

Stewart Park Autumn Race - October 30th

South Burdon Woods 2:30-4pm - November 13th, 20th and 27th

Birk Brow Autumn Race - December 4th

If you can help please email Mary - development@clok.org.uk

September Activities

Virtual Challenges

Each week the CDO will highlight a weekly virtual challenge. The purpose is to motivate us all to be out orienteering even when there may not be an event on. Along with the activity there will be a short note on how to submit results each week.

Once you have completed 25 virtual challenges you will receive one free entry to a CLOK local event. To have your challenge counted you must complete it and upload your result publicly in the stated time frame.

This weeks challenge:

TDF League Maprun 1

13/09/21-19/09/21

Catterick Garrison NW1 Medium Maprun (note this course has a different name in the maprun app - see below).

https://www.clok.org.uk/voc/VOC_Catterick_fly.htm

Search in Maprun/MaprunF: Event list > UK> Other > AOA> Catterick > BAOC 23 Sep 20 Med

Results: Auto uploaded via maprun - please make your result public if you want it to count. There will be four awards for this course:

Polka dot - king of the hills - leg 7-8

Green - sprint specialist - leg 5-6

Pink - fastest junior

Yellow - course leader

Under 16's must be accompanied by an adult on this course.

Can you set a maprun course for the club? It's a great way to practise your course setting and practise orienteering. Please contact Mary (development@clok.org.uk) if you want to give it a go!

Virtual Orienteering Training

<https://teams.live.com/join/94537366377772> (same link every fortnight)

Wed 15th 7-8pm Microsoft teams

Meet and Greet and Development Officer Open Forum. As well as a crash course in using Maprun and a CLOK areas quiz if we have time.


Wed 29th 7-8pm Microsoft teams

Running Wild Analysis -

Between now and the 29th give this Running Wild course a go and we will analyse everyone's routes in this virtual session. Hot tip - it is set at Coatham Dunes and so is great practise for the October Odyssey.

<http://3drerun.worldofo.com/2d/runningwild.php?anid=11416>

Password: clok

How to video:  Introduction to RunningWild - Orienteering Technical training under pres...

Resource of the week

3D Rerun - Running Wild - <http://3drerun.worldofo.com/2d/runningwild.php>

Looking for a CLOK Twitter manager

We are still looking for someone to take charge of the CLOK Twitter account who:

- likes social media
- enjoys having a chat about orienteering
- is maybe looking to expand their CV with a volunteer social media role
- is maybe a junior looking to tick a volunteering box for Duke of Edinburgh or other community service.

If this sounds like you, and for more info email Mary - development@clok.org.uk.

Wrap up

Congratulations to all who recently competed at the White Rose weekend. And I am really looking forward to beginning our Couch to Green course in October and getting to meet more of you face to face.

Mary

CLOK Club Development Officer