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## Discovering Orienteering (Paperback)

By Charles Ferguson, Robert Turbyfill

Human Kinetics Publishers, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. This is a 21st century sport that challenges both mind and body. Whilst a degree of physical fitness is obviously desirable, orienteering also requires critical-thinking and problem-solving skills. Written by two of Orienteering USA's most experienced coaches, this book provides a perfect introduction to a sport that offers the chance to run cross country and test competitors against the land, the map and themselves. It covers the basics of orienteering and establishes some historical perspective on the sport which is especially important for beginners who are unfamiliar with the various activities involved. It then goes on to discuss issues such as fitness, nutrition and safety practices, tools and equipment before focusing on orienteering skills, techniques and processes involved and actual competition. The confidence developed by completing a course independently is a priceless resource for adults and children alike, but perhaps most importantly, orienteering is a lot of fun.



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