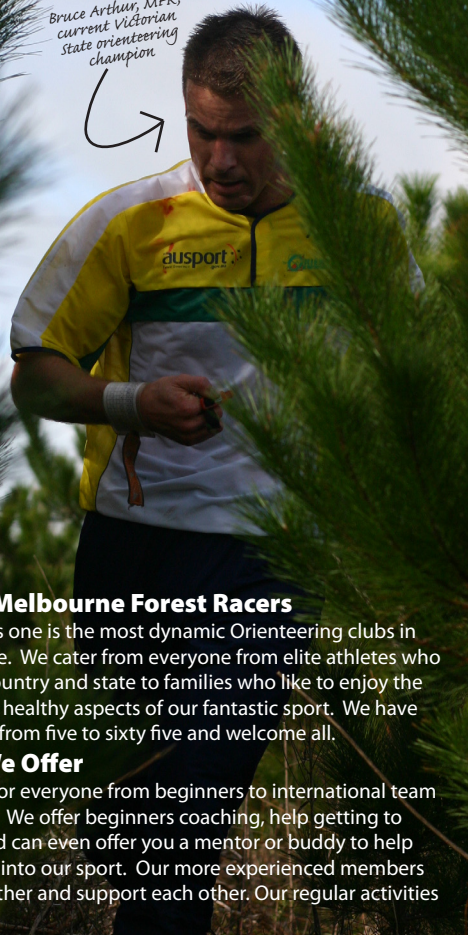


# melbourne forest racers

Bruce Arthur, MFR,  
current Victorian  
State orienteering  
champion



## About Melbourne Forest Racers

Our club is one of the most dynamic Orienteering clubs in Melbourne. We cater from everyone from elite athletes who race for country and state to families who like to enjoy the social and healthy aspects of our fantastic sport. We have members from five to sixty five and welcome all.

### What We Offer

We cater for everyone from beginners to international team members. We offer beginners coaching, help getting to events and can even offer you a mentor or buddy to help you settle into our sport. Our more experienced members train together and support each other. Our regular activities include:

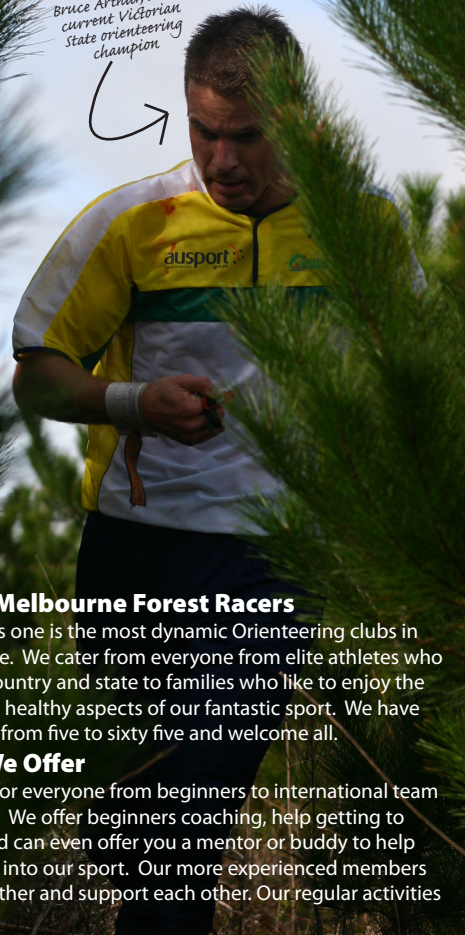
- our legendary rotating training runs on Monday nights, where our members take it in turns to host training, show us where they live and train and host a casual dinner
- mid week training bike rides for those who compete on wheels rather than running or walking
- social events like dinners or meeting up for meals or drinks after events
- regular email bulletins on upcoming events and activities
- helping organise events and participating in team competitions where club membership is needed
- sharing transport to events and accommodation on interstate or overseas trips

Our \$20 membership fee covers access to our weekly email bulletins, training, social events and more. For more about us and orienteering in Victoria go to our website or contact Dion Keech on 0419 449 309 or email [dkeech@williamsboag](mailto:dkeech@williamsboag)

 [www.orienteering.asn.au/mfr](http://www.orienteering.asn.au/mfr)

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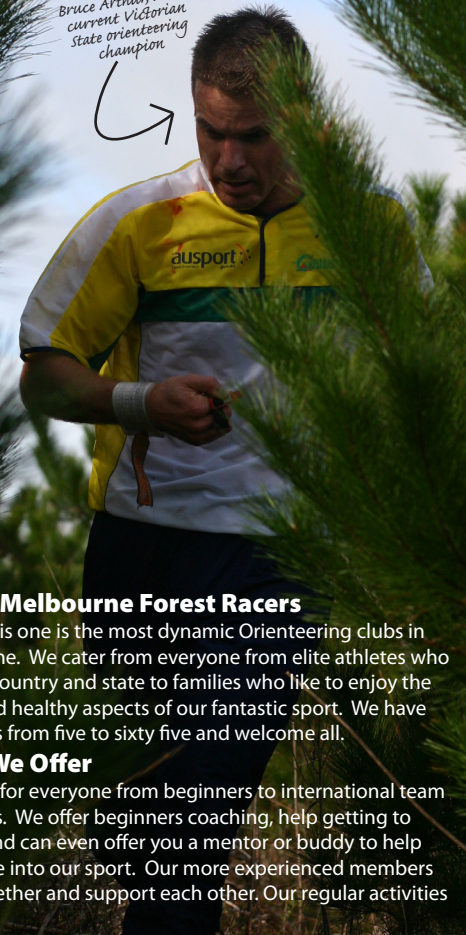
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