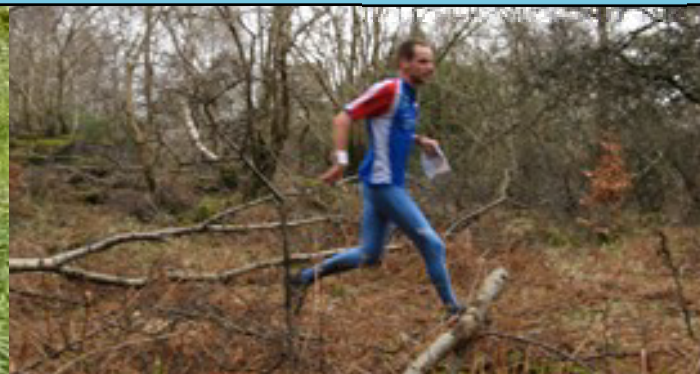


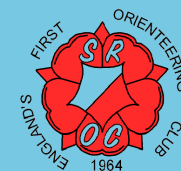


IS THIS THE ANSWER TO EVERY THINKING PARENT'S PRAYER?



It's more adventurous than any computer game and more exciting than the TV! It's Orienteering! Why not bring your whole family for some fun at any or all of these events. Don't tell the kids it's healthy exercise - they won't notice - they'll be too busy solving problems, taking decisions, and **HAVING A GOOD TIME**. SROC present a series of family-friendly informal events around Lancaster. Please check out the web site www.o-zone.org.uk, email contact@o-zone.org.uk or phone 01524 770637

Saturday 22nd Sept. Lancaster University
Saturday 29th Sept. Salt Ayre, Lancaster
Saturday 6th Oct. Eaves Wood, Silverdale
Saturday 13th Oct. Williamson Park, Lancaster
Sunday 28th Oct. Helsington Barrows, Kendal



Organised by SROC,
the orienteering club
for Lancaster