

## TEMPLATE EXAMPLE: Press Release #3 – Pre Club Activity Night OR Activity

PRESS RELEASE

[Insert Club Logo]

Date [insert]

### Orienteering ‘Club Night’ for all the family!

Want to have fun, learn new skills and improve your fitness? Want to know what orienteering really is?

[XYZ Orienteering Club] welcomes local children and adults to come along to its new club night at [XYZ]. The club meets on [Tuesday evenings] from [6:30pm – 8pm].

Orienteering, which combines outdoor adventure and fun, is ideal for people of all ages and abilities. The sport provides a healthy mix of physical activity and mental decision making, and no map reading skills are necessary for beginners. It’s perfect for children too, who can run around in a fun, safe, controlled environment and, also excellent for adults wanting to shape up, try something new and meet new friends.

[Coach Joe Bloggs], said: “Orienteering is really good fun, and everyone is welcome to come along and join in. The club night will focus on teaching people the basic skills of orienteering and map reading in a fun, social setting. People have mixed perceptions about what orienteering is all about so come along and try it for yourself. It is easy to pick up the basic skills and get involved!”

“We’re a very friendly and family orientated club with members aged from 8 to 80.

Orienteering is unique in that a Grandparent, Daughter/Son and Grandchildren can take part at the same time. Everyone is welcome”.

The club night involves activities where members can improve their fitness levels and practice orienteering skills. Although some members regularly compete in events all over the country, the main aim of the club night is to encourage as many people as possible to take part in orienteering and enjoy keeping fit.

[Call Joe Bloggs on xxxxxxx] for more information or [email: [bloggsjoe@orienteers.co.uk](mailto:bloggsjoe@orienteers.co.uk)]

-ENDS-

**Notes for the Editor:**

For more information contact: [Full Name, e-mail: Tel:]

Journalists and photographers are welcome to attend the event and should contact: [Full Name] for further information.

[XYZ] Orienteering club was formed in [1990] and has [100] members. Further information is available at [[www.XYZclub.co.uk](http://www.XYZclub.co.uk)].

Orienteering is a challenging outdoor adventure sport that exercises both the mind and the body. The aim is to navigate in sequence between control points marked on a unique orienteering map and decide the best route to complete the course in the quickest time. It does not matter how young, old or fit you are, as you can run, walk or jog the course and progress at your own pace.

Orienteering can take place anywhere from remote forest and countryside to urban parks and school playgrounds. It's a great sport for runners, joggers and walkers who want to improve their navigation skills or for anyone who loves the outdoors. For further information about orienteering please visit [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)