

# WELCOME TO NATMEAT'09!

Welcome to the Brisbane Parkour National Jam 2009. Hopefully you're here to improve yourself and help others in parkour, meet other traceurs and have fun!

## HISTORY

Certain individuals have been practicing parkour in Brisbane in some form since 2005. Organised jams have been taking place regularly since early 2006. Brisbane is the fourth city to host an Australian national jam since the first one in Sydney in 2006.

## SAFETY, AND INFO FOR THE LACK THEREOF!

No doubt you already know to only attempt moves with which you are comfortable or for which you have an acceptable bail-out. Please begin and/or continue this practice so that we won't need the following information (read it anyway):

Participants who possess a first-aid certificate will be identifiable by a red armband and first-aid kits will be carried. In the event that you do need further care, a Brisbane guide (see below) will help you get to a medical centre.

## T-SHIRTS

Various T-shirts will be available for sale. The best times to get them will be at the gym on Friday night and at the Saturday morning meeting so make sure you've got the cash ready at these times. Check the forums prior to NatMeat'09 for more details.

## SATURDAY JAM STRUCTURE

We will be splitting up into groups of 10-15 and rotating between the main locations. These are shown on the map.

Brisbane guides will be assigned to each group and will be distinguished by a white armband. Whenever possible, they will be responsible for group movements and liaising with potential authority figures. Listen up during the morning meeting for all other details.

## NATMEAT'09?

It's not a typographical error.

## PROGRAM

### Friday 9 October

- Day** Check out Brisbane at your leisure.  
**17:30** If required, meet at middle of Queen St Mall for guided walk to gym.  
**18:10** Arrive at Brisbane Boys Grammar gym for form signing (\$18 entry).  
**18:30** Open gym session.  
**20:30** End of gym session.

### Saturday 10 October

- 09:30** Welcome and introduction at the Botanical Gardens circle of trees (see map). All please attend.  
**10:30** Brisbane Urban Parkour Jam!  
**13:00** Break for lunch at Queen St Mall or Southbank.  
**14:00** Continue jamming.  
**17:00** Official end of jam. Disperse or keep going if you're keen.  
**18:30** Dinner at Queen St Mall for those wishing to eat together.  
**19:30** Rendezvous at Jacob's Ladder for Stealth Games in CBD!  
**22:00** Fade.

### Sunday 11 October

- 09:15** Meet at Ferny Grove train station car park (Trains depart Central Stn **07:33** & **08:33**; Arrive Ferny Grove Stn **08:05** & **09:05** respectively) for convoy travel to Cedar Creek (Directions: **NW** along **Samford Rd, Right** into **Mt Samson Rd** at Samford Village, Cont. 6km, **Left** into **Cedar Creek Rd**, continue until **picnic area** is reached). Bring lunch, drinks/bottles. **OR** Not going to Cedar Creek?  
**11:00** Meet at Kangaroo Point for slackline (TBC)/bouldering/jam.  
**10:00** Regroup at Cedar Creek for Nature Jam – rock-hopping, diving, getting wet, methode naturelle, resting, etc.  
**14:45** Leave Cedar Creek (Trains depart Ferny Grove Stn **15:28** & **15:58**; Arrive Central Stn **15:58** & **16:28** respectively).  
**17:00** Everyone reunite at Kangaroo Point for BBQ and fun! Please bring \$3.00 for provided food. BYO drinks and special requests (steak, clam chowder).

## End of NatMeat'09

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*While participating in the Brisbane Parkour NatMeat'09, please respect yourself, each other, passers by and the city of Brisbane – Leave No Trace.  
Thanks in advance.*

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