

Long Distance

SPOTT SESSION 3

Make map reading more Effective

- Thumb along!
- Simplify map
- Use a Compass bearing
- Use a Catching Features
- Have an attack point
- Know what you expect to see coming up

Long Distance

You know the Drill...

What's special about a long?

Characteristics of a Long

- 1+ hour winning time (hard to stay focused)
- Longest distance (physically demanding)
- 1:15 000 scale (harder to read)
- Couple of Big route choices (pausing at a control can be a good idea)
- Speed/navigation changes from long leg to short tricky legs

Choosing a Route

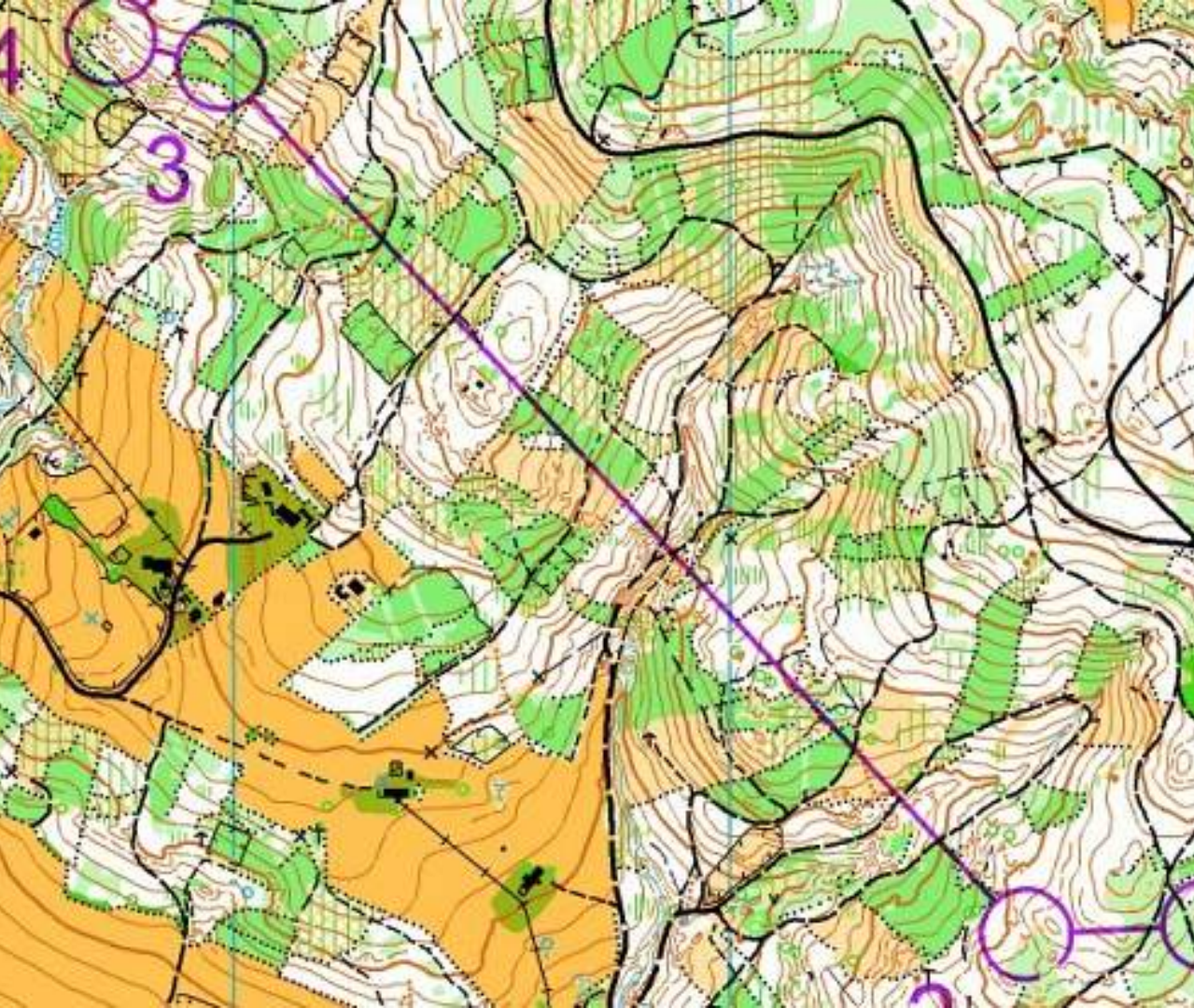
- Climb
- Distance
- Simplicity
- Thickness of vegetation
- Amount of road/trail running
- Visibility
- Attack point

LEFT - RIGHT - MIDDLE

Goal is to make sure you are aware of all possible route choices.

Reminder to check if going farther around has any benefit.

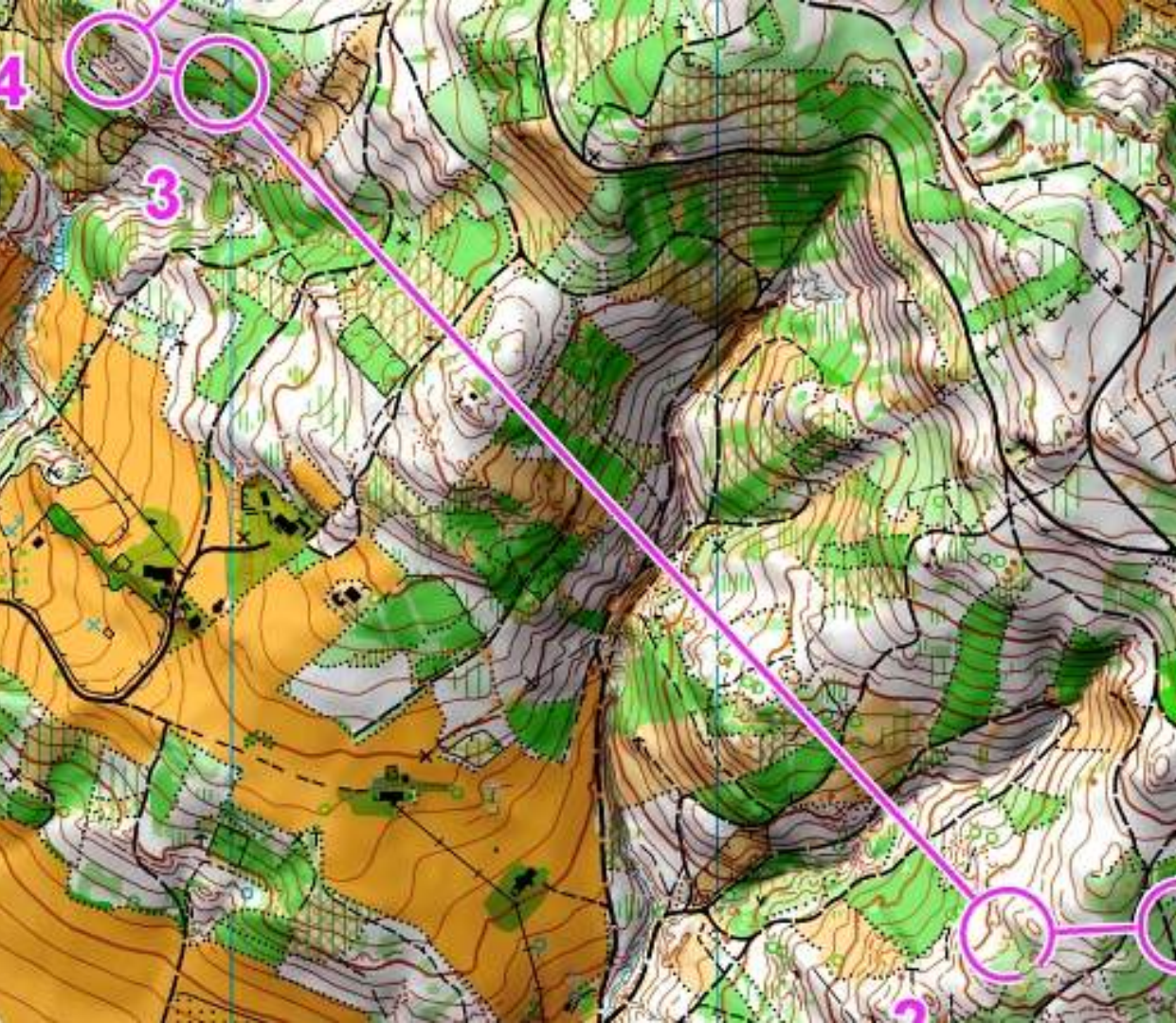
Worry: the order you remember = a bias



Practice time:

TASK 1:

Get a clear picture of the terrain. Are there hills to go around / over?



Hopefully the shading matches your mental picture of the map.

TASK 2:

- Find a route to
- A. left of the line,
 - B. right of the line
 - C. straight along the line



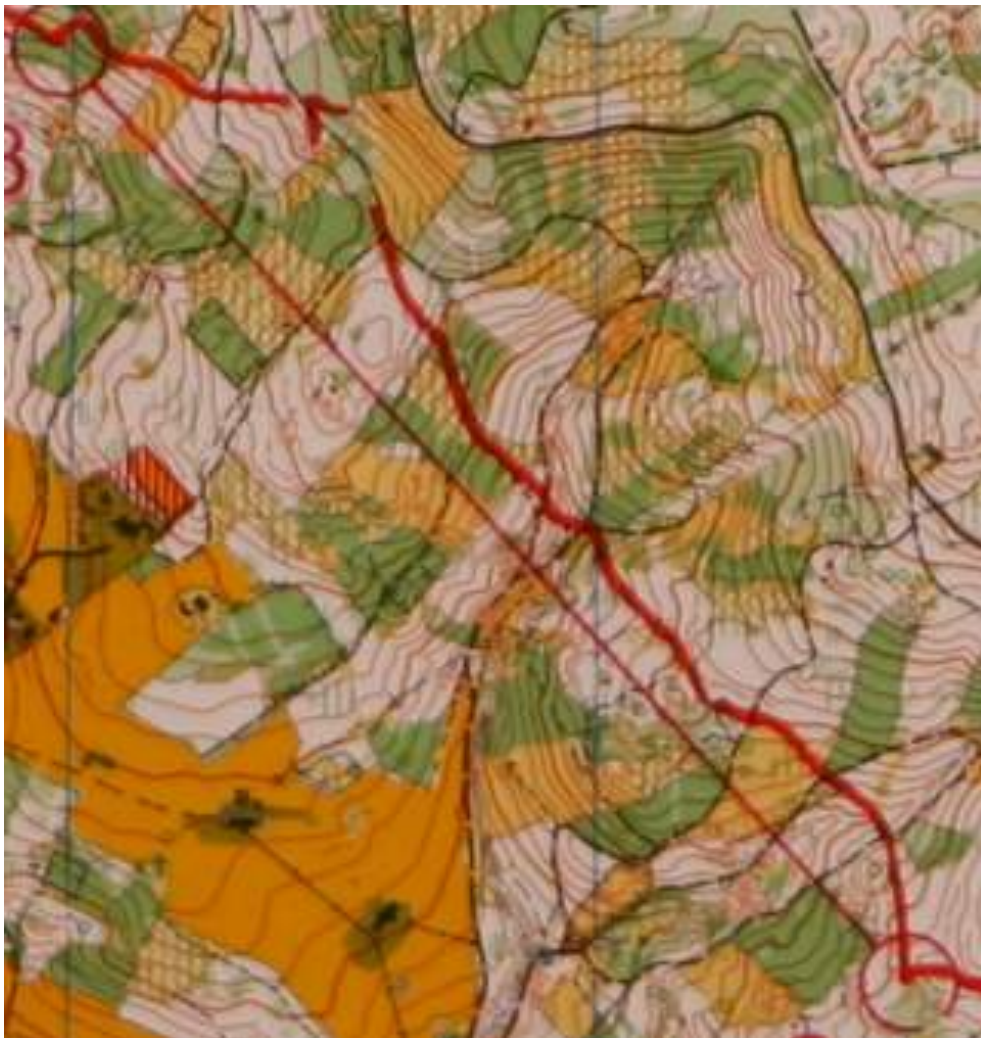
Kozyrev Andrey

Russia

Bronze Medal

8:05

(7th fastest split)



Schneider Florian

Switzerland

Silver Medal

8:41

(31st fastest split)



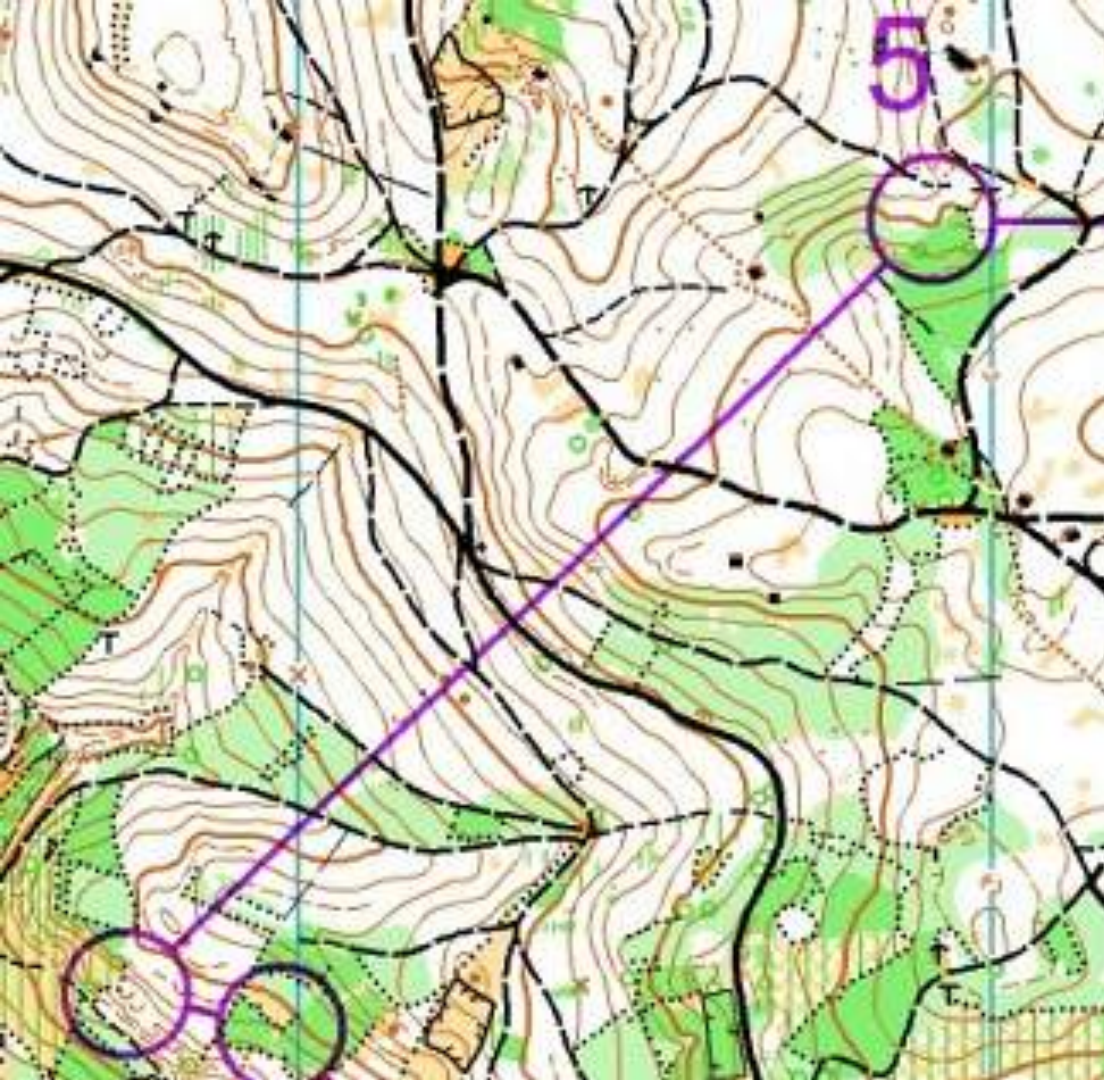
Pitor Parfianowicz

Poland

Gold Medal

7:31

(fastest split)



Second chance:

Can you choose the
same routes as
Pitor Parfianowicz
Schneider Florian
and
Kozyrev Andrey?



Pitor Parfianowicz

Poland

Gold Medal

6:36

(4th fastest split)



Kozyrev Andrey

Russia

Bronze Medal

6:25

(2nd fastest split)



Schneider Florian

Switzerland

Silver Medal

6:15

(The fastest split)

Attack Point:

- What is it?
- Why is it useful to have one?
- What do I do when I reach my attack point?

Attack Point:

- What is it?

An obvious feature near your control

- Why is it useful to have one?

Its easier to navigate to the obvious feature

- What do I do when I reach my attack point?

Slow down a bit, look closely at control circle and control description. (red light orienteering)



How do you head 3-4?

Are there viable routes to the left, right and straight?

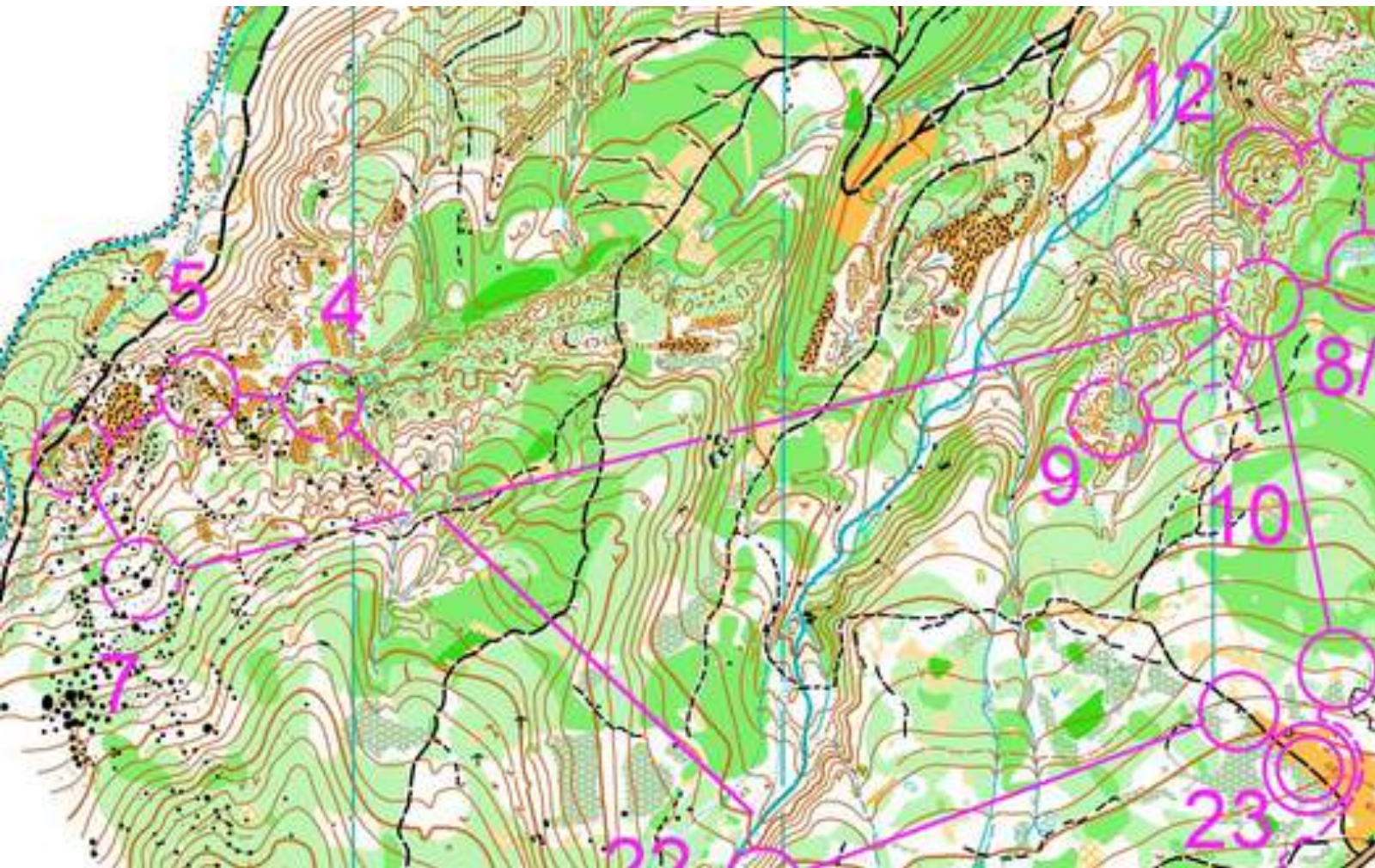
http://jwoc2014.bg/maps/Long_JWOC2014_MEN.jpg

Compass Bearing/ Aiming off

Take a bearing till you hit a liner feature.

Aim off (so you know which direction to head when you hit the linear feature).

Get back in contact with the map when you hit the feature!



No obvious tail options this time.

What are the big features along your route to help you maintain contact?

Questions:

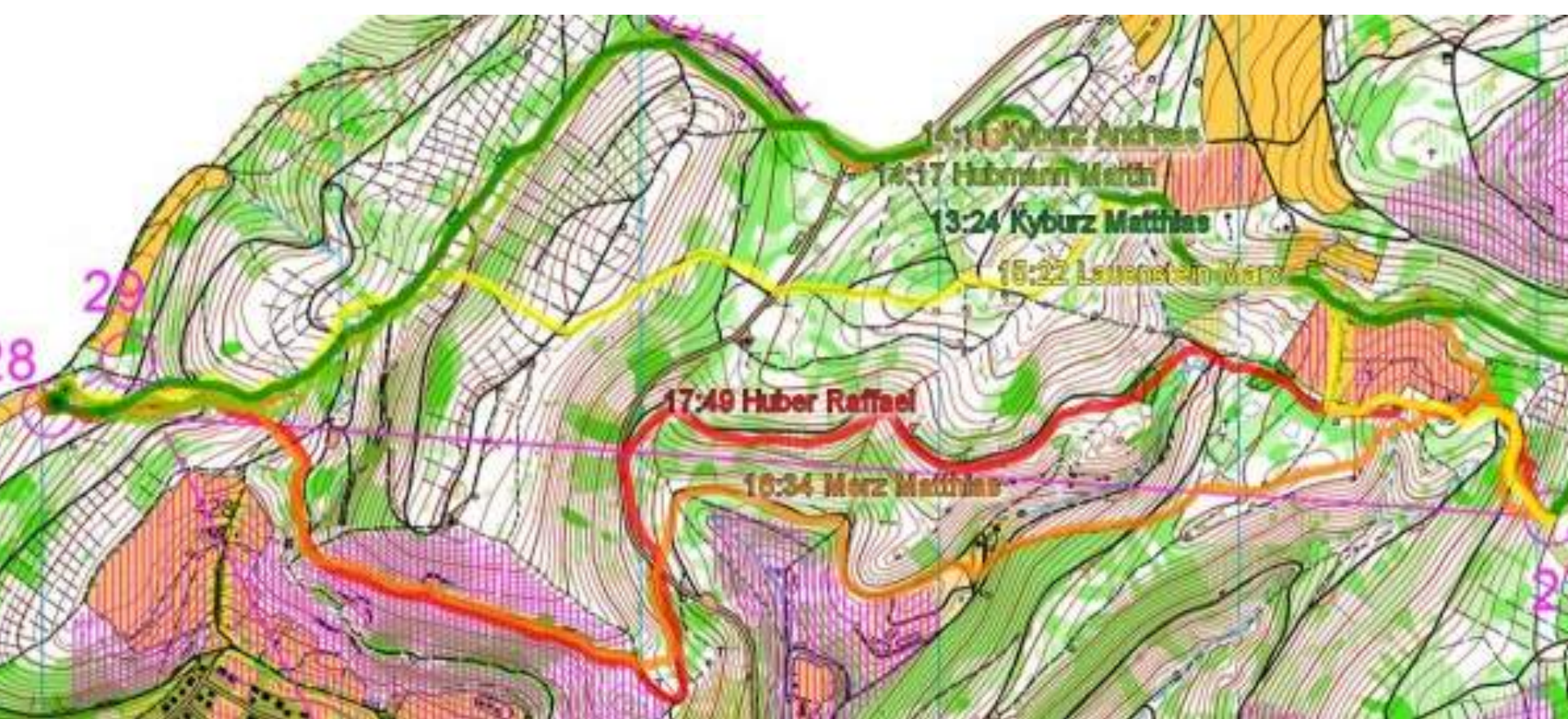
Climb early or climb late?

Do you prefer climbing or going around?

Does your opinion change depending on where you are in the race?



What's your route?

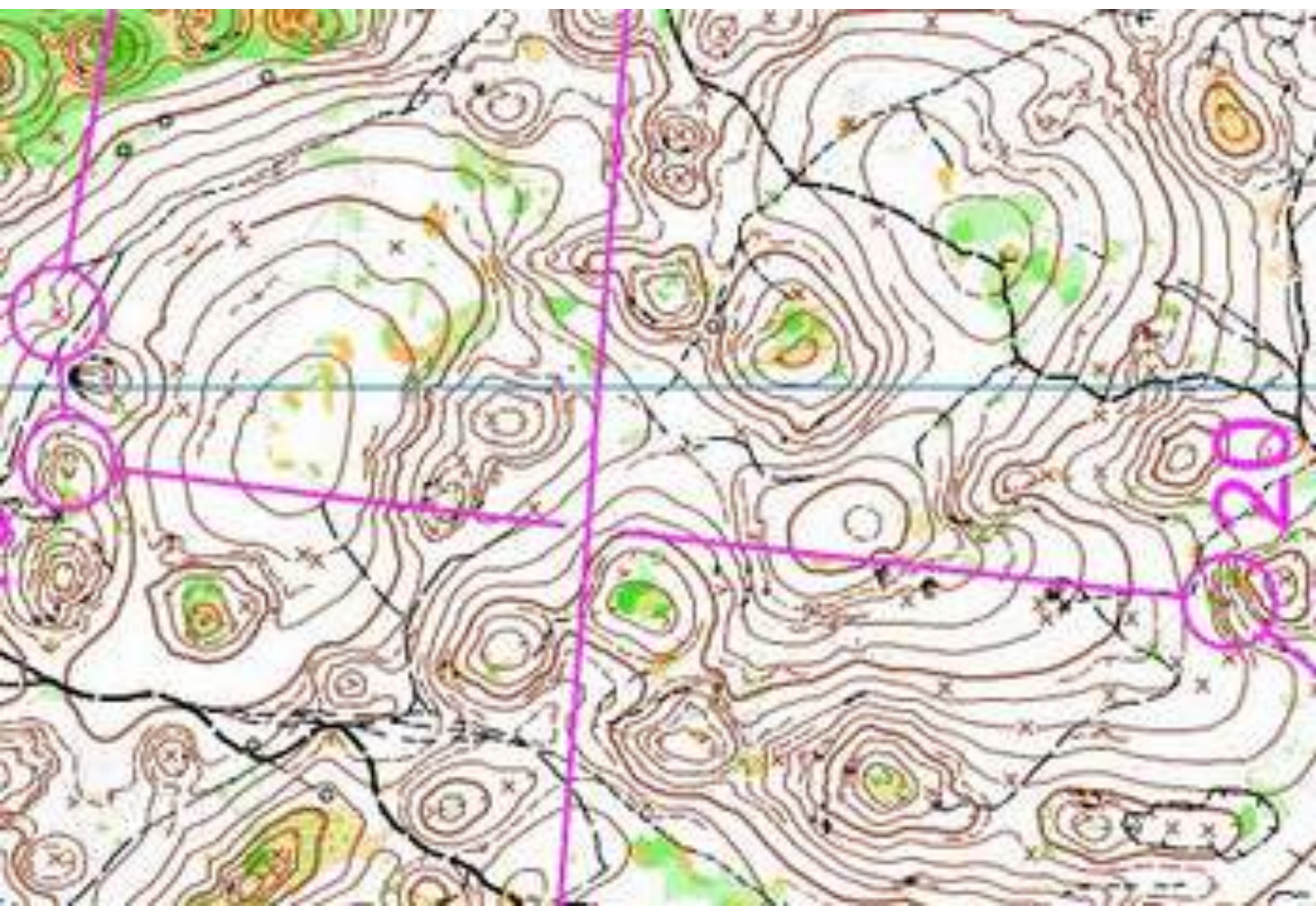


Heading around to the north looks fastest here...



Need to plan AND navigate. Can you find a simple route?

http://www.jwoc2012.sk/files/long/Long_final.M20-1.jpg



Choosing a Route

- Climb
- Distance
- Simplicity
- Thickness of vegetation
- Amount of road/trail running
- Visibility
- Attack point

RECAP

Look at long route choices beforehand

Pause at control if you need more time

Remember to look for route around
(left- mid -right)