

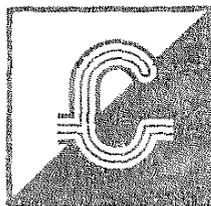
central orienteering club

MARCH NEWSLETTER

1989

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Last Newsletter in press
Quarries to Mike
ph. 566 850
1984 Sub period!

COMING EVENTS

<u>DATE</u>	<u>CLUB</u>	<u>EVENT</u>
March 25th	(NW)	Long Bay, Promotion Event
March 25th	(SA)	Reeves Farm, Patumahoe, Promotion Event
April 1st	(C)	Totara Park, Promotion Event
8th	(C)	Ye Olde Woodhille - OY No. 3 Entry via Rimmers Road
15th	(C)	CANCELLED training event
18th (Wed)	(NW)	Secondary School Championships
20th - 23rd	(SA)	Four Day Event Pre-entry only; entries close 25th March
29th	(NW)	Moire Park, Massey, Promotion Event
May 6th	(C)	Woodhill Forest 10K Race Training and Promotional Day
13th	(NW)	Woodhill Forest, OY No. 4
20th	(NW)	Woodhill Forest, Training Day
26th (Sat)	(C)	One Tree Hill, Night Event, 7 p.m. start
27th	(C)	One Tree Hill, Promotion Event
June 2nd-4th	(HAWKES BAY)	Three Day Event Pre-entry only
10th	(SA)	Redoubt Hill, OY No. 5 (Take Redoubt Rd, Wiri exit from motorway)

OTHER IMPORTANT DATES

April 2nd	5.30 p.m.	Television's "World of Sport" features orienteering; from Naseby events.
April 4th	7.30 p.m.	Next Committee meeting, to be held at Brodie's place - 20 Rosella Place, Mangere East.
April 10th	8.00p.m.	A.O.A. Meeting, Kings college



HOW NOT TO START THE OY SERIES

O R

WANDERING WINDY WEITI

For the first O/Y event of this year, I was at that stage in life of stepping up an Age Group. Not being able to stand the further demoralisation of shorter courses, I had made the brave decision to go into an A grade, rather than a B. I'm now not certain that this was the correct route choice.

Anyway, on the appointed day I found my way to the event start for my first venture on this map. (That was easy - just had to look for the windiest ridge!). Having sent younger brother off on a novice course, now down to the serious stuff. Control 1, a re-entrant - not too hard, although a little further than I thought around the ridge and across the fence. Control 2, an earth bank - easy, if you don't start looking too soon. But Control 3, at a stream junction took some time after slipping and sliding several hundred metres along the stream edges. Then two watercourse junctions - kid's stuff - but No. 6 at the corner of a marsh was a bit elusive. Had to travel around in circles, several times. Woops! - what's happened to my compass. No orienteers ever lose their bearings, it must be the compass. Alas, no! Some time elapsed before finding No. 7 on a ridge, followed by a long trek to number 8, which I fell over and revealed to a group of lost orienteers. After leading several people, to another "distinctive tree" control (quite innocently!) several times, I eventually found my next control well hidden amongst the vegetation. Controls 10, 11, 12 and 13, no problem - just a matter of cross country steeplechase. (That marsh crossing was a good one though!).

But Number 14! If you've ever spent an hour or so trying to find a lost re-entrant, you'll know how I felt. Even the course setter thought it worth a special mention, and he reckons it was in the right place!

Control 15 was no problem; but orienteers ten or fifteen years older should not be passing me now! Oh well - didn't DNF. Finally made it back to the finish, but I didn't seem to be able to convince anyone that the object is to spend as long as possible out on an orienteering course.

Anonymous A-Grader.

 STOP PRESS STOP PRESS STOP PRESS

CLIP CARDS

With the new clip cards now in use, orienteers are asked to tear off ONLY the Start portion, leaving an "L-shaped" piece for official use. Also please remember to write your name on the back of the map if you want it returned.



BLUE GUMS AND X ROADS

4 March 1984

Ron Wright did a fine job for his first forest effort at course setting. All remarks I heard of courses 2 and 3 were pleasing.

A real mixed bag on course one with controls 56 and 10 being the stumbling blocks. Upon self analysis it was my downfall on five and ten with a bit of bad luck thrown in. But I still think it was a beautiful layout and I enjoyed it.

Tony Nicholls
Events Co-ordinator

THE FUNDAMENTAL FACTORS OF MENTAL TOUGHNESS

1. Love of the game and resultant joy in playing it.
2. Intense motivation for success: self-motivated urge to achieve.
3. *Unwavering self-discipline.*
4. *Maximum technical competence including "body language".*
5. *Superior physical fitness, inclusive of extremely valuable animal strength.*
6. Immense, positive energy; surgency, "get up and go".
7. Total awareness when in action; this embraces concentration.
8. Ability to fragment time into individual seconds and to operate within them only.
9. Ability to create and sustain inner tranquility under pressure.
10. Unwavering resistance to negative arousal factors, e.g. wind, poor mapping.
11. Self-generated belief in oneself and liking of oneself — and its sustainment.
12. Fearless relish in competition.
13. Scorn for defeat and balanced acceptance of it as an occupational hazard.
14. Sound awareness and judgment of one's personal assets and liabilities.
15. Belief in one's coach/friend and the systems and programmes devised together.
16. Undeviating patience in practising and developing ever-dependable techniques.
17. Skill in visualism and imagery techniques (mental preparation and rehearsal).
18. Clear recognition of areas needing work . . . and determination to right them.
19. Intelligent, meticulous pre-race preparation and allowance of ample time.
20. Eagerness in self-setting goals and their achievement. Must be self-controlled.
21. Vivid recall at will of one's "finest hour in the forest", whenever help is needed.
22. *Creation and maintenance of inspiring, improvement measuring, visual graphs.*
23. Willingness to evaluate systems objectively and to junk any that are failing.
24. De-personalisation of opponents: use only map, compass, terrain.
25. Unquenchable determination to overcome any setbacks that come along.

*Geoff Peck in British
Orienteering Squad Newsletter
(July 1983). Reproduced with
permission.*

4th WINSTONE FOREST RUN

N.Z.O.I

WOODHILL FOREST

SUNDAY 6th MAY 1984.

HELPERS WANTED

Briefly for the uninitiated, Winstone Forest Run has been held for the past 3 years in Woodhill Forest with the number of Competitors increasing each year to approximately 2000 in 1983. It is organised by a group of Auckland Orienteers (8 this year) involved in the World Championship squad, with much appreciated help on the day by members of the 3 Auckland 'O' Clubs plus one or two from further south (Pinelands). The run generated a considerable amount of funds which are channelled back into orienteering.

1983 INCOME \$ 11,889 EXPENSES \$ 4,712 PROFIT \$ 7,177 approx

of this amount $\frac{1}{3}$ went to World Championship Squad for travel

$\frac{1}{3}$ went to N.Z.O.F.

$\frac{1}{3}$ went to Organisers (to pay for ulcer treatment)

In 1982 $\frac{1}{3}$ of profits went to Junior members of N.Z 'O' team to tour Australia.

In past years we have had to have 3 races with 5k Fun run first then running 10km Registered runner and 10km Unregistered at the same time, but with separate starts and finishes. The timing, recording of names and places in these races created an almost impossible workload for us. However now that N.Z.A.A.H.A. stipulate that all unregistered runners must pay an extra \$2 on the day registration fee to enable them to run same race as registered runners and collect prizes, we have decided to call our run a fun run.

(Not under the umbrella of the N.Z.A.A.H.A. and we give no place prizes)

The recording of names and times will be done away with and only place certificate issued as they cross the finish line. Also all preentered runners will be sent a race pack by post so that only late entries will be processed at the venue. We hope this will eliminate a great deal of work and our helpers will be able to relay a little more, than in the past years.

We would be grateful for any help you may be able to give us whether it be on the day, or day before for setting up. We would expect most on day helpers to be able to get on the job by 9 a.m. and work through till 12 - 1p.m. However we will accept any offer no matter how small. Ross Bingham RD3 Please fill out form below and post, pass or telephone 59518 Waiuku by 31.3.84.

NAME	PHONE	DAY 1 Saturday 5th	DAY 2 Sunday 6th
cut off			

MEDICAL MEMOS

Pain at the Front of the Ankle:

A TAPING TECHNIQUE

Ankle injuries are the most common in our sport. Statistics on the 1974 Swedish Five Days showed one sixth of all injuries treated were to the ankle.

Lateral sprains are most common, and can easily be prevented from recurring by taping.

A less simple problem experienced by many orienteers I know is severe pain at the front of the ankle, caused when unexpectedly stepping on a rock with the ball of the foot only. In this situation, the heel drops down (figure 1) and . . . horrible screams emanate from the bush.



Figure 1: Dorsiflexion caused by standing on a rock with the ball of the foot only.

Seppo Veijalainen suggested the following taping technique to limit the extent the ankle is able to bend. His wife, former World Champion Liisa, suffered from the same problem some years ago.

Hold the foot loosely in a hanging position and run some supportive tape from the middle of the sole, over the heel and up the achilles tendon. Fasten in this position at either end with anchor straps around the foot and calf respectively (figure 2).

I've used this taping procedure after Seppo took pity on me as I struggled in from yet another rock-strewn Finnish map.

I'd suffered the same problem in Australia, but with a week or two between events it managed to heal a little between runs. In Europe, where it was often multi-day events, the problem was becoming more and more severe and painful.

For the next 20 or so events, this procedure helped my ankle immensely and, more importantly, provided some rest for the damaged area.

(The total cure for the problem, as successfully adopted by Liisa Veijalainen, was explained by Liisa at the Australian 6 Days in 1981 and will be included in the next issue.)

Bob Phillips (Tasmania)

Comments by Wendy Nickson and Mark Hennessy.

(Wendy Nickson is a lecturer in Physiotherapy at Lincoln Institute of Health Sciences in Melbourne. Mark Hennessy is a lecturer in Work Physiology, and Chairman of the OFA Coaching Committee.)

The Injury

The injury Bob refers to is the result of excessive dorsiflexion of the ankle. Dorsiflexion is bending the foot upwards, as in easing off the accelerator of a car (figure 1).

There are three types of injury that commonly result from forced excessive dorsiflexion.

The first is an acute sprain in which the lower leg bones (the tibia and fibula) are sprung apart by the ankle bone (the talus) on which they rest. The ligament holding the tibia and fibula together at the bottom becomes strained.

The second possible outcome of forced dorsiflexion is that the leading edge of the tibia comes into contact with the neck of the talus bone. A chronic condition may develop if this is repeated over a period of time. The resulting irritation causes a piling up of bone, known as an exostosis, which simply serves to aggravate the condition.

The third possibility is the actual breaking off of a fragment of cartilage or bone in the ankle. This is an acute injury, which behaves like a sprained ankle that won't respond to treatment.

The condition Bob describes is not possible to diagnose without more information: does the pain get worse with repeated trauma? Is there swelling?

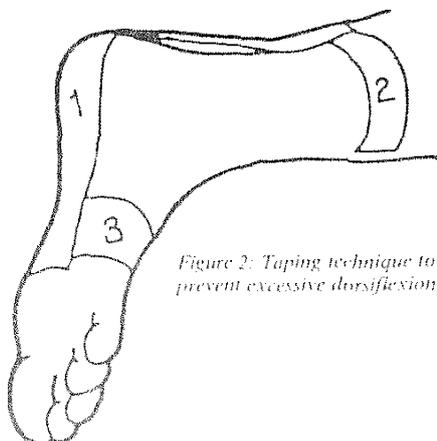


Figure 2: Taping technique to prevent excessive dorsiflexion.

If the pain is highly localised at the front of the ankle, then exostoses could be the problem.

Taping Technique

The aim of taping is to limit dorsiflexion to the pain free range, without adversely affecting function. In particular, the running style must not be altered, nor should the stresses be transferred to other structures such as the knee or the calf muscle.

The taping pattern to use is similar to that for achilles tendon protection, with the same aim: to limit the range of dorsiflexion.

Usually, with achilles tendon taping, elastic tape is used for skin contact anchors, and rigid tape is used to actually limit the range of movement.

A particular problem with achilles taping is the possibility of friction over the achilles tendon if tape is applied direct to the skin. Two alternatives are possible. The first is to create a false achilles tendon, by folding the tape to adhere to itself, rather than the skin, and only anchor it at top and bottom. This requires more taping skill.

The second alternative is to place some gauze and vaseline over the skin and then tape over the top.

The best angle at which to hold the ankle when taping will need to be found by experience.

IT'S A THOUGHT, SPORT

One of the most common errors in long races (because of fatigue) or very short races (e.g. relays with many controls quickly) is a lagging behind of the orientation.

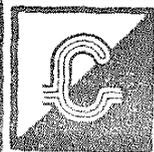
For example, when features are coming up and you are then checking them on the map, you are always a bit behind events. The positive orienteer will check from the map what he expects before he reaches these features, mentally logging them as he speeds past. You must make efforts to force your mind ahead of your body, so you are completely prepared for every move you make.

In order to get a good look at the later parts of the course (to evaluate the difficulty of legs and controls) it is good if you can include a lengthy bit of path run early in the race.

You should also choose a safe route to number one so that you get into the map. A long first leg with major route choice can produce problems because of the difficulties of instant preparation, and legs like this should be practised.

In all your technique training sessions you must have a definite aim in mind, to improve this or to perfect that. Don't half do things either — if it's compass, then do it exactly; if you want to come out at a particular point then concentrate on your mapwork all the way there.

Reprinted from "World Class Orienteering" by Wilf Holloway



SNIPPETS

All the Swedish 1983 winners are students of "O" Schools.

Cuba may soon join the I.O.F. with 2000 active members so far.

In the Canary Islands (a Spanish dependency off the African Coast) orienteering is alive and well and their first championship is due.

Italy, where orienteering did not start until 1976, now has 70 Clubs.

Ted Wester who was the Australian Team Manager to New Zealand in 1977 has become a priest. Ted was also instrumental in the development of "O" in India and the Phillipines. I guess he's sorted out a few new route choices.

INTERNATIONAL COMMUNICATION SYMBOLOGY

Orienteers of different nationalities often find their attempts to communicate with one another frustrated by the lack of a common language. Yet communication is vital. Many situations arise in orienteering events where one orienteer wishes to pass on messages of danger, frustration, greeting, intent, etc. etc., only to find that the message fails to make an impact due to these very communication difficulties.

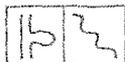
So a team of top orienteering administrators flew to Tahiti recently and spent three weeks of intensive discussion around the bars, beaches and swimming pools, in order to solve this communication problem. They came up with a symbolic language, which covers every aspect of the sport of orienteering from getting up in the morning to casting doubts on the parentage of the course setter.

A full report on the new symbolic language is expected some time in 1984, after the team meets once more in the Bahamas, to round off a few of the rough edges. But to give you an idea of the scope of the new language, we present here a few examples, given to us by the Australian delegate to the conference, who wishes to remain anonymous.

The new language will be called the IOFS (International Orienteering Funny Symbols), and it is based on the IOF's new Control Description Symbols.



1. I am lost — please help



2. I have a runny nose



3. I am drowning — HELP



4. Electric Fences Ruin your Love life



5. Beware of the dog



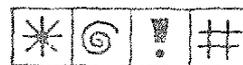
6. Shark infected dam — DANGER



7. I'm dying (or a bit)



8. See you in my tent after the finish, sweetie



9. Symbol of extreme displeasure



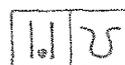
10. Anybody for Cricket?



11. Dennis Lillee strikes again



12. Your Indian head-band is crooked



13. My stud ram has a problem



14. Diana Dors meets Marilyn Monroe



15. ... is exceedingly equal to



15. Anybody for golf?

BEGINNERS PLEASE

Twelve tips for those new (and not-so-new) to orienteering by John Knight

1: Before you start study map and legend. Do so for as long as you can. Get familiar with the general shape of the area — you don't want to waste time during the competition trying to puzzle out what's high and low, what's a fence and what's a wall. Take a few sample measurements.

2: Don't think of the competition as a race. It isn't, it's a time trial, you against your own weaknesses. The person you are trying to outrun may be going an idiotic way or may be fresh from standing scratching his head for five minutes while you've been toiling up that hill. Even if you do outrun him he may be a better orienteer or stronger over the whole course. So you overtook the British Champion on 300 metres of flat path — so what? He won't stop when he comes to the hill or the bracken or the difficult route choice.

3: Never run at absolute top speed. You should finish an orienteering course as a good meal, feeling you would have enjoyed just a little bit more. You must never let yourself get exhausted. You can waste time on the last control as easily as on the first and it's really frustrating to ruin a good run near the end simply because you just got a bit too tired. If you do finish with plenty of energy, go out again over your course and see where you wasted time, making poor route choices, standing around.

4: Try not to stop. Take a breather if you need to, but keep moving, even at a slow walk. The difference between first and tenth is often not the actual speed of movement but the amount of time spent not moving. Add up the half minute here, the fifteen seconds there when you weren't actually moving and you'll soon realise that, like everybody else, you could have won easily.

5: Don't stand still if you're lost and can't work it out. The Fairy of the Forest might appear and light your way but she never has for me. Retrace your steps if you can. If you can't, decide on a direction — "If I go east, I must hit that road" — and move, fast, but keeping your eyes skinned for any feature which you might be able to identify on the map. Get to that road as quickly as you can and start again from there. Better to spend a couple of minutes running 400 metres than a quarter of an hour travelling nowhere.

6: Don't run on 'feel'. Keep your map set, always, even on a track. And in the forest always run on the compass however roughly. It's horribly easy to drift, to one side or the other, without realising it and come out on the wrong path, even

one at 90 degrees to the one you were aiming for.

7: Don't rush off from one control vaguely towards the next thinking you can plan your route later. Move a little way and then plan. Pick a definite attack point and your route to it. You must know what you're doing — or when you do think you're getting near you might find yourself confronted by a great marsh or a hill! you should have been working you way round.

8: Don't ever run without counting your paces, however unnecessary this may seem. So you think you can see your attack point well maybe you can but count anyway. It might just be a similar feature 50 metres earlier or later and even

those 50 metres can leave you stranded and panic stricken if you don't know they're 50 metres and not 200. If you count and keep your map set, it's impossible to be lost.

9: Don't ever assume you're right and the map and compass are both wrong. It's possible but most unlikely. Our preconceptions are our greatest weaknesses. If you 'know' it's the right re-entrant, but there is no control, be humble enough to consider that it might just be you that's wrong. Look at the map, see which parallel re-entrant you have in fact rushed madly down. Forget where you thought you were. It's surprising how often you can work out where you are if you're prepared to admit that it's just possible you're not where you 'know' you are.

10: Don't forget to read contours. On the map and on the ground. It's easy for beginners to think of contours as those damned bits of spaghetti that get in the way of walls and streams — and even good orienteers go wrong surprisingly often, not noticing they should have been running downhill instead of up.

11: Don't kid yourself you can beat the superstars. You must accept the fact that orienteering skills have to be learned. There's nothing magical about bearings, step-counting, contouring, map memory. But the theory is not enough: to be able to use them with confidence and speed can only come with practice. And if you don't train your orienteering then you must be prepared to use some competitions to experiment a bit. Don't worry that you might have come third if you hadn't tried to cut through that bit of forest. It's no good just running round the paths. For a year I rushed about, covering tremendous distances, thoroughly enjoying myself, but scarcely orienteering at all, scarcely improving at all, learning scarcely anything except that it's not possible to beat someone who can run and go through the forest. Here be no dragons except the dragons of panic in your own head.

12: Don't let them tell you fitness isn't all that important. There are those near the top who don't run particularly fast but they're all very fit. It's always the fit who tell you fitness doesn't matter and they may have forgotten or never have known how easy it is to make terrible mistakes simply through exhaustion.

And finally, don't assume I know anything about it. My only qualification is that I've done and am still doing everything I'm telling you not to do. I am my own best customer. Knowing the right things to do is relatively easy; forcing yourself to do them in the pressure of competition is different. Orienteering is the most practical of sports — so why are you sitting here, reading this? Why am I sitting here, writing it? Get a map and get out into the forest! Why I even did a couple of hours orienteering training myself, a few weeks ago!

one at 90 degrees to the one you were aiming for.

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8: Don't ever run without counting your paces, however unnecessary this may seem. So you think you can see your attack point well maybe you can but count anyway. It might just be a similar feature 50 metres earlier or later and even

Sometimes it all gets a bit too much! (photo — David Keyes)



EXTRAS

9

HALLMARK MOUNTAIN MARATHON TONGARIRO NATIONAL PARK



Hallmark



ONLY 100 OF THESE MAPS REMAIN

THE FINAL COPIES FROM THE ONE-AND-ONLY PRINT RUN NOW ONLY NUMBER 100.

THIS IS YOUR LAST CHANCE TO GET A COPY TO USE FOR TRAMPING, AS A SOUVENIR, OR WHATEVER!!

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CHEQUES PAYABLE TO "NZ ORIENTEERING FEDERATION"

POSTAGE IS FREE

REMEMBER TO ENCLOSE A RETURN ADDRESS AND STATE IF MAP IS TO BE SENT ROLLED (NOT FOLDED)

ORIENTEERS -

Put your foot in the right place

Max Kerrison has arranged with Howick Sports Centre for a SPECIAL DEAL on shoes.

The Addidas Sports Special is a shoe with an exceptionally durable upper and an orienteering/waffle sole, which makes them one of the most suitable NZ made shoes for orienteering.

These are reduced from \$64.90 by 10%, to \$58.41 ONLY, on display at the next O/Y event on April 8th.

Try them and buy them.

WHEN DID YOU LAST HAVE A TETANUS SHOT?

Well, you orienteers, when *did* you last have a tetanus shot? This is one situation where prevention is the cure. Prevent tetanus by having the vaccine injections and you will have 100 per cent protection; neglect it, contract it and you have only a 50 per cent chance of survival.

How often after a competition do you remove splinters from your thighs and inspect cuts and abrasions on your shins? All these minor injuries are prone to tetanus because the sport of orienteering takes place in terrain often inhabited by animals whose droppings contain the tetanus germ.

Tetanus prone wounds include penetrating wounds, wounds containing splinters, soil, dust or horse manure, wounds involving extensive tissue damage such as abrasions or burns and, finally, a wound that is already contaminated by a pus producing organism.

The vaccine requirements of an injured orienteer vary according to the nature of the injury, the time of the last injection etc. Treatment in most cases is tetanus vaccine injection, sometimes tetanus immunoglobulin is used. The latter gives immediate protection.

Treatment of tetanus prone wounds

If your last dose of tetanus was less than two years ago, you are protected; if it was two to 10 years ago, then you require an injection of tetanus vaccine; if it was 10 to 20 years ago, then you require tetanus immunoglobulin injection and tetanus vaccine simultaneously. These should be followed by a booster injection six weeks later.

If you have absolutely no previous immunisation, then when a tetanus prone wound occurs, you require immunoglobulin and tetanus vaccine which is followed by two boosters at six weeks and six months.

How do you go about getting vaccinated?

Most general practitioners carry the vaccine in their rooms. Phone and make an appointment explaining your requirements. The vaccine is free of charge and it should only take a brief visit to have it administered in upper arm or buttock.

There are minimal after-effects. These include slight discomfort at the injection site, perhaps only some itching, and vague aches for some hours afterwards. Thus you will not miss any competitions and need hardly miss a training run.

Now that a new orienteering year is with us, make it a resolution to get yourself organised and protected against tetanus.

FEATURES

THE SWEDES' WAY

Nels Holmberg and Bill Comfort, Snr.

Reproduced with permission from O-USA. Per-Arne Höög visited Australia during 1983.

Per-Arne Höög of Ologstrom, Sweden, stopped in St Louis during his tour of the U.S. Per-Arne is an orienteering teacher at one of three Swedish high schools which have a special orienteering programme — we might call this school an orienteering magnet school. This same school has specialty training in other athletics. The reason the Swedes have formed these schools is in order to keep the young person in school who otherwise would drop out to pursue a sport. Other sports that are developed in these schools are tennis, skiing and soccer. During Per-Arne's visit, we tried to glean as much orienteering knowledge from him as possible. Here are some of his ideas on training and competing:

- Check equipment before a big meet and have it all ready — compass, shoes, and rip repairs in clothing.
- Warm up before you start — you should be sweating before your start time.
- Go slowly to the first control. At least go slowly during the first few minutes.
- Use judgment to distinguish the hard legs on a course so that you can use a slower or more sure route.
- *Coming into a control, you need a system.* You need to know the code and the direction to leave. Have your card ready to punch before getting to the control.
- Be tough through the forest. Push hard all the way. The difference between the top orienteer and the very next level is the ability of the top orienteer to push hard 100% of the way even when he is alone and even during difficult running. (In a road race it is easier to push hard all the way because you are surrounded by other runners.)
- The biggest improvement in orienteering comes from improved map reading and improved orienteering techniques.
- You must read the map on the run. Stopping to read the map is unacceptable. Look at the map as much as possible.
- Plan ahead. For example, you are running down a track and will want to turn east into the forest at a track junction past a creek. It is bad form to run hard down the track, see the creek, stop, locate it on the map, run onto the track junction, stop, find it on the map, then turn east through the forest. The good orienteer reads the map while running down the track, knows he is coming to the creek, and will turn east into the forest at the track junction.

The best orienteers in Per-Arne's classes don't run much faster than others but always

plan ahead as they run and keep running. He thinks you should never stop running during a course.

Practise reading while you run. Read maps or books — anything to help improve your hand, eye, and foot co-ordination. His students read their English grammar on training runs.

These students are spending a few hours every day orienteering. A point that was made was that they do not do a competitive course very often during this training. Much more time is needed in practice and training to get ready for competition than the amount of time actually competing. (As an example, most students or athletes who prepare for a specific test will spend time studying or practising for that test four or five times longer than the actual length of the test.) I think what we should learn from this is that whether we are a beginner orienteer and want to learn to be better or whether we are an advanced orienteer and want to get better, we should concentrate on specific skills which practise rather than hoping to develop our skills only by running a competitive course.

An extension of this theory is that if someone practises and gets better, they will have more fun when they eventually compete and will enjoy the sport much more.

I think we sometimes run across orienteers who come out to meet after meet and never get better except occasionally by luck. What is meant by this is that the difference between your best time on a bad course and your worst time should only be a couple of minutes.

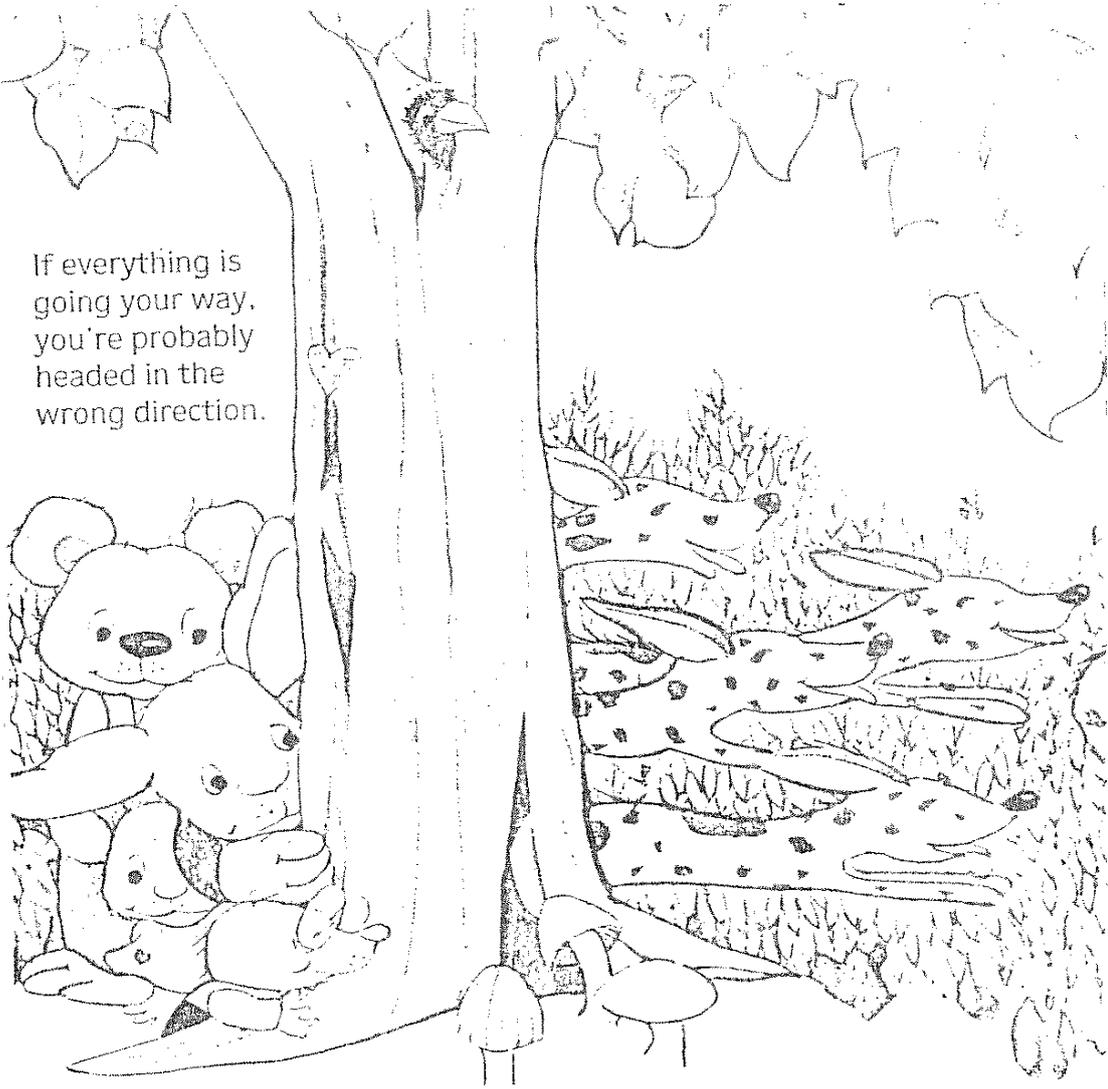
The goal of training is to make you consistent so that your times are always good, and always within a minute or two of what they should be. It is really not much fun to run nine legs of a ten leg course perfectly and blow 20 minutes on the 10th leg.

Anyway, these are some of the concepts that the Swedes use and think about. If we want to get better at orienteering or help the sport grow, we might consider how to adapt some of these systems.



POINTS TO PONDER

If everything is going your way, you're probably headed in the wrong direction.



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