

# Route Choice Training

WCOC Open Junior Team training camp – Saturday May 6th, 2017

## OBJECTIVE

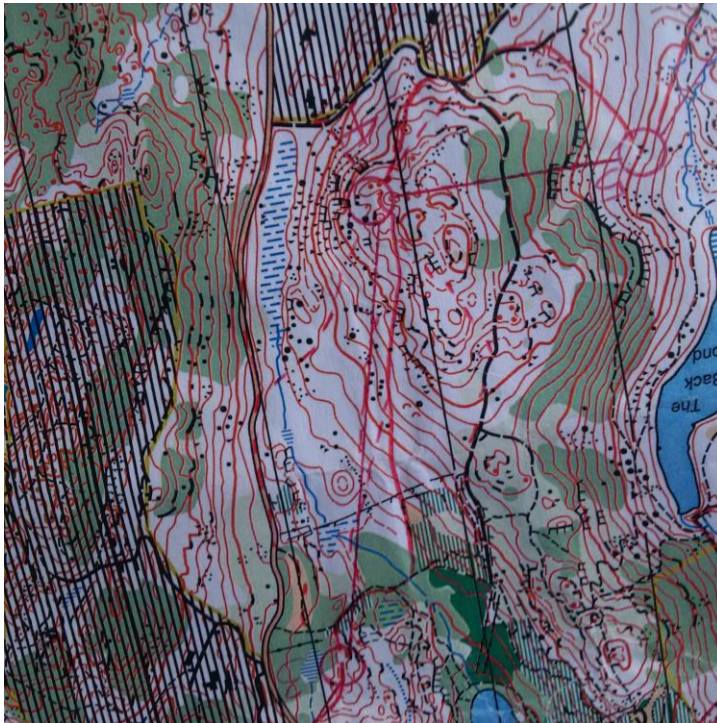
Participants should gain a better understanding of how to

- (1) identify route choices, and
- (2) compare route choices.

Each participant will learn about (1) their own relative running speeds across various terrain, (2) techniques for guesstimating the relative distance between various route choices, and (3) combining such information to better be able to compare route choices.

## PREPARATION

Before the training day, we will email all registered participants two write-ups covering basic route choice theory and analysis. This package will include a picture of a Tarrywile Park route choice leg (#4 - 600m).



As a preparation at home, each participant will be asked to identify reasonable route choices for this leg, draw them on the map, and labeled them (A, B, C etc.). Each route they identified should be ranked across three categories: the (1) fastest, (2) safest (navigationally), and (3) easiest (most energy saving) route, assuming they themselves were running the leg. Finally, participants should indicate their preferred route choice, and email a scan/picture of their analysis to the organizers prior to the event.

## **Saturday May 6<sup>th</sup> Schedule**

### **9.00a - 10.00a - Start window for orienteering session at Tarrywile Park, Danbury**

Each participant will run all the three main route choices for the Tarrywile route choice leg above. The times will be recorded and analyzed in preparation for a subsequent theory session discussion.

### **Noon - Lunch, location TBD**

Drive to Mountain Lakes Park, North Salem, NY (25min drive)

### **1.30p - 2.30p - Start window for orienteering session at Mountain Lakes Park, North Salem**

Route choice focused course of about 6-7km, with opportunities for multiple short-cuts. Participants will be paired based on compatible orienteering competence, and each pair will run predetermined route choices