

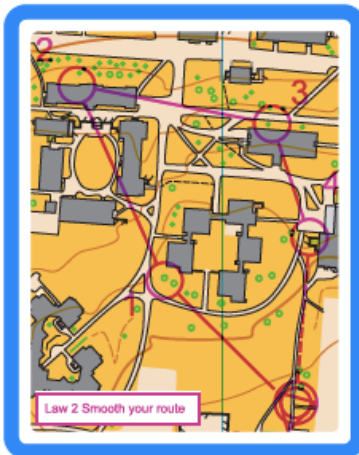
# Followup from Sprint Series Virtual Event Saturday, April 18th

## Sprint Laws (courtesy of Alex Jospe, Cambridge Sports Union)

These are not actually *laws*, but a good way to force you to make a PLAN and run with a purpose. They are applicable on all orienteering courses, not just sprinting, but especially useful in sprints because you have to stay focused make quick decisions. A little about each Sprint Law:

### 1) Read everything on the way to the first control

- Pay attention to how the mapper has depicted all of the various things on the map
- Lets you ease into it
- Get used to the scale

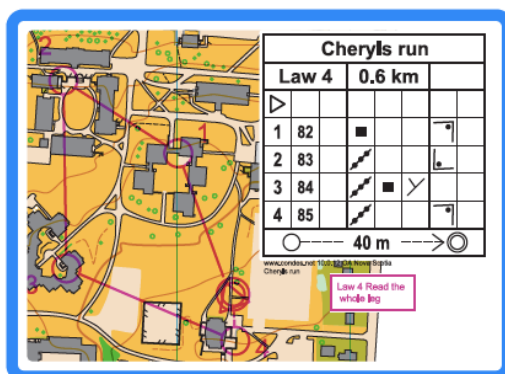


### 2) Smooth your route

- Every time you change direction, turn around, zig, zag, etc., you lose a second. Sprint races can come down to seconds, so the smoother your route choice is, the faster you will be
- Think of ways you can get the sharp corners out of your route

### 3) Raise your vision

- If you look up (not all the time, especially in the forest... but periodically!) you can often see several steps ahead along your route
- In an urban sprint for example, there might be a big building you are headed for - maybe a specific corner - that you can see well in advance
- If you look up, notice your surroundings and then know where you are going, it gives you a few 'free seconds' to read the next leg, check your control description or just concentrate on running faster to the control



### 4) Read the entire leg

- Anyone ever taken the 'wrong way' in a sprint? ended up in a dead end? wrong side of a fence, where you can see the control but can't get at it??
- When this happens, we lose lots of time because we have to backtrack
- Things like uncrossable fences, courtyards, etc. can be seen on the map, but sometimes it is hard to see them until it is too late
- Good practice to get into is looking at the whole leg at the outset so you are more likely to spot these tricky little 'traps'... as opposed to just looking at the first part of the leg. Often helps to work backwards from the control

## Orienteering Resources (for practice at/around home):

As Stephen Martin discussed today, this link provides a nice control description test of speed and accuracy. Enjoy!

<https://www.maprunner.co.uk/cd/>

Here's the world of O post Emily Secord mentions that links some but their own Route to O season is on day 30-some.

<http://news.worldofo.com/2020/04/12/alternative-orienteering-activities-during-covid-19/>

Link to British Orienteering article on 'armchair orienteering, which contains a number of activities and information about virtual orienteering games as well (e.g. Catching Features):

[https://www.britishorienteering.org.uk/?pg=news\\_archive&item=5117](https://www.britishorienteering.org.uk/?pg=news_archive&item=5117)

Scottish Orienteering Association's puzzle and challenge page - they have lots of of orienteering-themed puzzles and brain-teasers to do at home:

[https://www.scottish-orienteering.org/resources/puzzles-and-challenges/?](https://www.scottish-orienteering.org/resources/puzzles-and-challenges/?fbclid=IwAR3rdnoUhPIjuOz3qeSuhNZphceTgNtPi6ZcqBjEYjIAly4LxYypFGV1Bv8)

[fbclid=IwAR3rdnoUhPIjuOz3qeSuhNZphceTgNtPi6ZcqBjEYjIAly4LxYypFGV1Bv8](https://www.scottish-orienteering.org/resources/puzzles-and-challenges/?fbclid=IwAR3rdnoUhPIjuOz3qeSuhNZphceTgNtPi6ZcqBjEYjIAly4LxYypFGV1Bv8)

Lockdown orienteering competition (does have an entry fee, but sounds neat!):

<https://lockdownorienteering.wordpress.com>

Apps that you can download on your phone and make / run courses wherever you may be:

- MapRunF
- <https://usynligo.no> (Norwegian app)