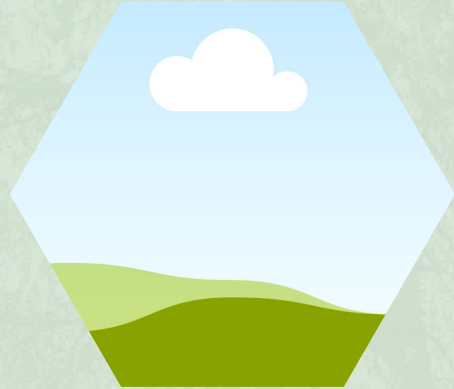


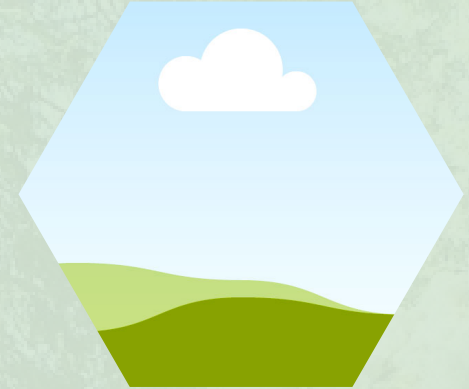


Compass Night, Paloheinä



Terrain

The terrain is typical Middle Uusimaa flat terrain. The surface alternates between very good and very bad, where the white areas are always nice to run, but green areas can be extremely slow due to fallen trees.



Friday 2.12.2022
First start at 18:00



Parking: <https://goo.gl/maps/dT8TsBy6AL6TGana8>

Choose you start time:

https://docs.google.com/spreadsheets/d/1_RG2iOs2zS2PBMPfFgZk3wMOC_UWp9DdP71FsC_NS6To/edit#gid=0

GOAL

The goal of the training is to improve abilities to advance in the forest with a compass as a primary aid. It requires precision with bearing as well as ability to estimate the distance run.

LEARNING PHILOSOPHY

The corridor as a special exercise requires and activates extreme skills, which are ready to be implemented immediately to your normal orienteering on a challenging night course.

PACE

Easy pace session.

COURSE

The course consists of two parts, a corridor and normal orienteering.

Shorter option: 3,0 km corridor + 2,5 km normal orienteering.

Longer option: 4,5 km corridor + 3,5 km normal orienteering.

All the options are on the same map with shortcuts shown.

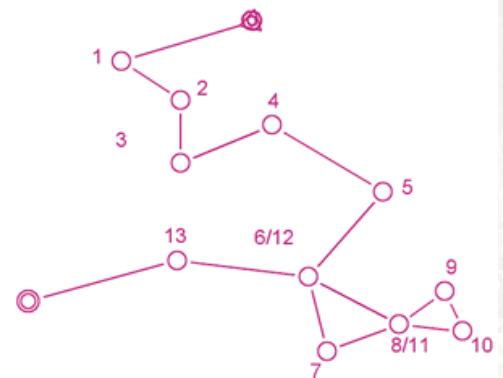
Normal flags on controls, starting points and finish. No reflectors.

There is forking in corridors and normal orienteering legs to minimize and to prevent the paths to form on the snowy surface.

Course setter: Henrik Tala (henrik.tala@helsinginsuunnistajat.fi).



Corridor. Crossing of 3,0 km and 4,5 km in midway.



Shape of the normal orienteering course. 2,5 km shortcut on the double control (here 6/12, control numbers depend on the forking).

Friday 2.12.2022

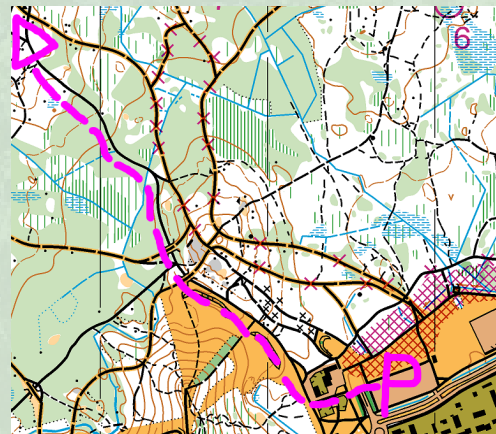
Compass Night, Paloheinä



MAP

Paloheinä A4, 1:10 000, 5m contours, Arttu Syrjäläinen, updates 2022.

Two maps, corridor and normal on different papers. Take your own plastic bag to make the map reversible.



TERRAIN

The terrain is typical Middle Uusimaa flat terrain. The surface alternates between very good and very bad, where the white areas are always nice to run, but green areas can be extremely slow due to fallen trees.

There are many paths on the map, but in an urban area there can be even more in the forest.

START

1,0 km to start from the Paloheinä parking. See the map. You get your maps from the starting place prior to your start time.

The finish is at the same place.

START TIMES

Set start times from 18:00-18:45. Choose a start time suitable for yourself here:

https://docs.google.com/spreadsheets/d/1_RG2iOs2zS2PBMPFgZk3wMCQUWp9DdP71FsC_NS6To/edit#gid=0

The route to the start/finish. Avoid the skiing track marked forbidden.

Additional details

Contact person: Henrik Tala (+358 50 5748811)