

Pond Mountain Training Camp

September 22nd-23rd

- Saturday 3PM – Corridor and Line-o from 2k to 4.8k
 - A combination of a corridor and a line-o for those with enough energy after the morning's races.
 - The purpose of this exercise is to develop participants' ability to maintain map contact and internal sense of direction and distance.



- Sunday 9AM – Control Pick – Beg: 1.3k/Int: 2.2k/Adv: 3.1k
 - This exercise is focused around having many short legs that always change direction. The legs can be anywhere from 40 to 150 meters in length.
 - The goal is to help participants develop the following skills: 1) entering and exiting controls properly and in the right direction, 2) quickly taking in information and planning ahead, and 3) promptly forgetting previous errors and moving on to the next leg.
- Sunday 1PM – Memory-O – Beg+Int: 1.5 to 3k/Adv: 2.5 to 5k
 - In this exercise, participants must memorize one or more controls from the map placed at a central point. Participants may visit as many control points as they can remember.
 - The goal is to force participants to simplify. It is tempting when orienteering to read every detail in a complex area, however this can slow you down significantly. If you can focus only on the features you truly need, then you can run quickly and save mental energy.

