

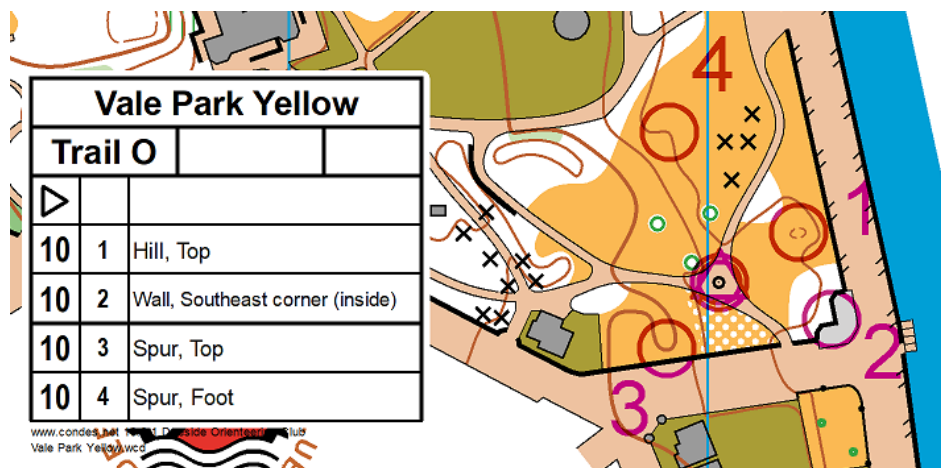
Vale Park Training

What a great little park! Lots of interesting contour features and a confusing network of paths. We managed to squeeze in an introductory Trail O session for the Yellow runners (well, anybody really) and a map simplification exercise for the really keen before the deluge started.

Everybody managed the Trail O brilliantly, including the local lady walking her dog. The map simplification exercise tested abilities to pare down map information to the bare essentials, map memory and drawing. Ted and Mike applied extreme simplification to their hand-drawn maps! Somehow they found 9 out of 10 controls ... no idea how.

Yellow training exercise – Trail O

- Practice matching the ground to your map. For each control on the map there are 2 or 3 control kites on the ground. From a fixed viewing position and using just the map and control descriptions – which kite is in the correct place?
- The exercise at Vale Park allowed new contour features to be introduced to yellow runners. Rowan and Edie learnt the difference between spurs and re-entrants.
- Take home message: Confidently matching the ground to the map will improve your navigation.



Advance training exercise – Map Simplification

Where there's a lot of detail on the map it can help enormously if you can distil all that information to just the stuff that really matters. Drawing your own simplified map is a good exercise ... doing it from memory is really quite hard!

- 60 seconds to look at the master map of controls (below). Choose which ones you are going to navigate to and memorise the routes.

- Run round the corner and draw your simplified map. Now go find them with your drawn map!
- Show your maps for each control. How many did you go for? Did you find each control OK. Have you simplified too much or too little?
- We looked at Bigland courses and discussed where map simplification might have helped?

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Vale Park Yellow				
Advanced	Simplification			
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Vale Park Yellow.wcs



Simplified maps of the above by Mike, Matthew and Adam. Would you trust a map drawn by any of these guys?!

