

GAOC Fall Adult Orienteering Training Day

Saturday, Nov 17, 2012 - Red Top Mtn State Park

Training & exercises by Robin & Steve Shannonhouse
Vetters & additional trainers: Bob & Connor Frost

Pre-registration required. Click this [link](#) to pre-register.
Maximum participants – 50 (first comers via online registration)

To participate:

1. Must be a current GAOC member
2. Must be adult (age 19 or over), not enrolled in high school
3. Must be orienteering at Orange level or above at GAOC events
4. Online pre-registration and pre-payment required, cost is \$10 + waiver

Bring: Compass, pen, water pack or bottle, weather appropriate clothing, sack lunch, proof of online registration & payment with signed waiver

Morning Session 9am-12n

Emphasis: Thumbing, fine map reading, executing route choices, map memory, map simplification, control enlargement, attack points, collecting features, catching features, aiming off.

Exercises: Line-O & Memory-O

Afternoon Session 1-3:30pm

Emphasis: contour reading, visualization, relocation, confidence

Exercises: Choice of Orange or Green course on contours-only map. Option: Coaches will be teaching contour reading as they lead small groups around the Orange course on contours-only map.

Extra training @3:30pm – Help pick up controls!

Questions – Steve Shannonhouse 404-363-2110