



CONTROL FLOW

all the aspects of orienteering that have nothing to do with map or compass but keep you moving and save time

you can do this exercise anywhere, the orienteering can be very easy or non-existent
aim to have a check list for every leg which will become a habit - ie
memorise code / description, look at the route options on the next leg in advance,
when you see the control feature, look beyond it at your exit line
can you do all this on-the-run (or on-the-walk)?

you can also try out and practise map-reading whilst running (better in a park - too many things to run into on the street)!

you don't need perfect eyesight to improve at this

thumbing the map really helps in quickly focussing on the right place

any fuzzy vision, swallow your pride and get orienteering glasses