

# Lahden Suunnistajat road to Jukola/Venla

## Race preparations

International  
**FinnSpring**  
Orienteering  
22.-23.4.2023  
Sauvo, Finland

**Kevätyön Viesti**

**10**  
MILA

SM-KESKIMATKA  
**VAASA 2023**



**LAKEUDEN  
VIESTI**  
2023



## Instructions

Choose one of the following races and prepare analyses about the terrain, map, race.

- 23.4 Finnspring - relay
- 28.5 Lakeuden viesti
- 5.5 Kevätyönviesti
- 20.-21.5 10mila
- WOC -selection races
- 27.5 SM-keskimatka
- 17.-18.6 Jukolan viesti



### Terrain and map

1. What are the main points in this terrain?
2. What are the best features to use in your orienteering in this terrain? Why?
3. What should you consider on route choices in this terrain?
  - a. What should you avoid?
  - b. What is wise to use?

### Race and tactics

1. What is the most important things during this race?
  - a. In relay choose 2 different legs which you might run and compare also them.
2. What is your tactic during this race?
3. Choose three (3) different scenarios what might happened during the race and how you would solve this situation.

### Preparation

1. How should you prepare yourself for this race?
  - a. Physically
  - b. Technically
  - c. Mentally

### Courses

1. Plan two different courses on the old map.
2. Is there spectator control?
3. TV-controls?
4. Where are the forkings (in relay?)
5. Where can you have the most interesting route choice legs?
6. Share the courses with teammates!

Share your thoughts, answers and courses with the LS Edustus WA group during the next weeks, you can also send the stuff to Allu (+358445050293). Going through the stuff in meetings during spring while preparing and speculating the races so be also prepare to present you thoughts and ideas.

If there are some questions, you can always ask from Allu.

