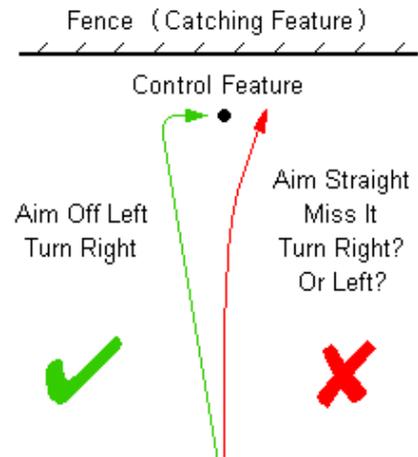


# AIMING OFF & VISUALISATION



## AIMING OFF

The technique of aiming off has been around for many years, not just in orienteering. The idea is that instead of running straight for an exact point on a line, which you could miss on either side, you aim deliberately to one side. Then you know which way to turn to find the control. How far you aim off is a matter of experience. If you don't aim off enough and you drift, you may end up on the other side of the feature to the one you were expecting, so you will turn the wrong way. However, if you aim too far off, you'll have to run further. It takes practice but it is a useful technique.



## VISUALISATION

Visualising a route will help you spot mistakes earlier, so you can put them right more quickly. Think about what you expect to see on the route to the next control. Is it uphill or down? What are the main features you should see as you go along? By having a mental picture of the route, you'll be able to tick objects off as you run past, instead of having to stop and check the map at each one. If you don't see one of the expected objects, slow down. You may have drifted off the route. If nothing matches, you know straight away that you aren't in the right place. The best technique then is to go back to the last place that you were definitely right and try again.

## Technique Sheet 4

*Written by Carol Whitworth, published in PACEMAKER, July 1999, Issue 73*