

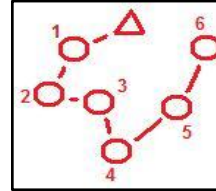
Dagskrá Rathlaupsfélagsins Heklu 2012

Dags.	Tegund	Staður	Ábyrgð
29.4.2012	Fyrsta rathlaup sumarsins	Öskjuhlíð A	Gísli Örn
3.5.2012	Perlufestarathlaup	Elliðaárdalur	Davið
10.5.2012	Venjulegt rathlaup	Háskóli A	Gísli J.
13.5.2012	Venjulegt rathlaup	Heiðmörk B	Gummi F.
17.5.2012	Stigrathlaup	Öskjuhlíð B	Dana
24.5.2012	Venjulegt rathlaup	Laugardalur A	Inga
27.5.2012	Venjulegt rathlaup	Vífilsstaðahlíð	CP
31.5.2012	Gangarathlaup	Ullarnesbrekkur B	Baldur E.
7.6.2012	Venjulegt rathlaup	Miklatún	Skúli
10.6.2012	Venjulegt rathlaup	Heiðmörk A	Baldur Á.
14.6.2012	"Flying Mile"	Laugarnesskóli	Fjölpir
21.6.2012	Venjulegt rathlaup	Háskóli B	Salvar
28.6.2012	Venjulegt rathlaup	Öskjuhlíð B	Martin
5.7.2012	Siðasta undirbúningur fyrir ICE-O	Jötunheimar	HEKLA
6.7.2012	ICE-O Sprett	Miðbær	HEKLA Gummi H.
7.7.2012	ICE-O Langur flokkur	Vífilsstaðahlíð	HEKLA Gísli J.
8.7.2012	ICE-O Miðlungsflokkur	Elliðaárdalur	HEKLA Dana
12.7.2012	Bingórathlaup	Laugardalur B	Davið
19.7.2012	Venjulegt rathlaup	Miklatún	Gísli Örn
26.7.2012	Umferðaljósarathlaup	Ullarnesbrekkur A	Gísli J.
2.8.2012	Venjulegt rathlaup	Elliðaárdalur	Gummi F.
9.8.2012	Blómarathlaup	Öskjuhlíð A	Baldur E.
16.8.2012	Venjulegt rathlaup	Háskóli B	Dana
23.8.2012	Blindrathlaup	Ullarnesbrekkur B	Skúli
26.8.2012	Venjulegt rathlaup	Vífilsstaðahlíð	Martin
30.8.2012	Venjulegt rathlaup	Laugardalur A	Baldur Á.
6.9.2012	Einfaldarathlaup	Elliðaárdalur	Salvar
9.9.2012	Venjulegt rathlaup	Heiðmörk C	Fjölpir
13.9.2012	Venjulegt rathlaup	Laugardalur B	Gummi H.
20.9.2012	Línurathlaup	Öskjuhlíð B	Gísli J.
23.9.2012	Stigrathlaup (Já.is loftmynd)	Nesjavallaleið	Dana
27.9.2012	Venjulegt rathlaup	Háskóli A	Gummi F.
4.10.2012	Lýsingarathlaup	Elliðaárdalur	Skúli
7.10.2012	Boðhlaup	Ullarnesbrekkur A	Gísli Örn
11.10.2012	Venjulegt rathlaup	Laugardalur A	Salvar
18.10.2012	Hæðalínuhlaup	Öskjuhlíð A	Fjölpir
21.10.2012	Íslenska meistaramótið - Classic	Vífilsstaðahlíð	Baldur/Skúli

The idea is to have a normal orienteering race every week, but every second week with a choosable technical element, which will help to improve the runners skills. Read more about it here below:

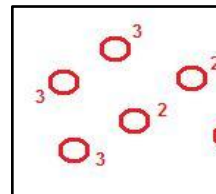
Perlufestarathlaup

This is a course with a lot of controls with a short distance between. There will not be a control at each location drawn on the map and this is the most important part of the element... The idea is to force people to slow down and not run faster than they can read the map. This will train the orienteers skills to read the small details. By not having a control at each location you will have to be sure that you are in the right place and be in better contact with the map. Otherwise people has a



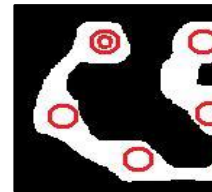
Stigrathlaup

This is about getting a fast overview over the map and all the controls. You have X amount of controls which you can take in the order you like. It makes a big difference how to take them and it's important to be able to get a good overview of a map when you are running different courses. At the same time you have a time limit and here is the stressful part. How much time will you allow yourself to spend on finding the right order? If you do it too fast you might lose a lot of time on the course, but at the same time you don't want to waste too much time on



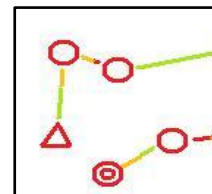
Gangarathlaup

You will be running in a corridor all the way with only a limited part of the map shown. This will force you to not only use the skills you are used to, but to push you to trust your skills and using the map fully. You will not have a lot of route choices and that's not the idea.



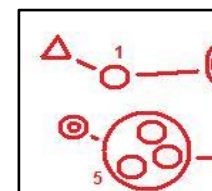
Umferðaljósarathlaup

Here you will have to turn everything around. You are not in control of your speed, only of your choice of route. There will be colours telling you how fast you have to run. These three colours are as a street light. Red is very slow and used for fine orienteering (full contact with the map), yellow regular to slow and is for medium orienteering (which means that you can lose contact with the map for a short while) and finally green is full throttle and very simple orienteering (you will need very little contact with the map) Always a good idea to divide your



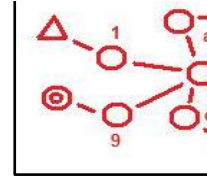
Bingóarathlaup

This is more luck than skill, but very funny! You have a regular course, but with a little twist. During your race you will all of a sudden find a big circle with three controls drawn inside, but only at one of them you will find something. This will train the same skill as the *Perlufestarathlaup*, but with higher intensity and more stress. It is important to know where you are even though you don't see the



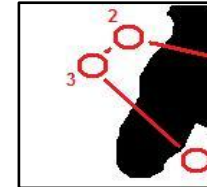
Blómarathlaup

This element is a regular orienteering course with small loops all starting and ending with the same control. This is good to use for relay to prevent people from following each other. Nothing special about this event skillwise, but good to see as a runner and future course maker how big a difference it makes from which direction you enter the control. The difficulty of the same control can change



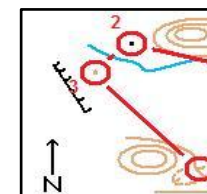
Blindrathlaup

Catches are important to be able to use. If you are in control of using catches you will move a big step in orienteering. This is one of the main skills in simplifying the difficulty. If you have a direction and a catch or even better a funnel you will make good distance in no time. This element is a regular course, but with unknown areas on the way. Here you will be forced to run through the unknown area and run into the catch to get back on track - everything on the way is unnecessary to



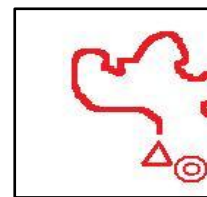
Einfaldarathlaup

This is the next step from *Blindrathlaup*. Here you get to study and see a master (map with the course on) and from that draw your own map. You will study the master as if you were running the race in your head and thinking about which details you would be using on the race. Now these details are all you will have and even better you will have drawn them yourself. This is the best way of simplifying orienteering technique and realize how little of the map you need to use



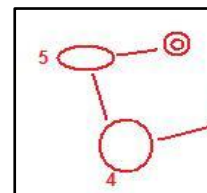
Línurathlaup

This is the opposite of *Einfaldarathlaup*. Here you need to slow down and read all the details. You have a start given and then a line on the map, which you will have to try to follow as perfectly as possible. On this line you will find X amount of controls which you will have to draw on the map to get the confirmation at the finish... Here you will see a master that reveals all the controls' true location.



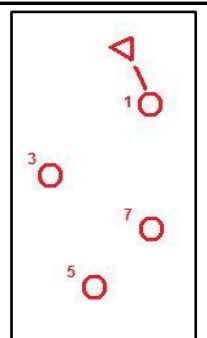
Lýsingarathlaup

The course is again a regular orienteering course but with bigger circles. The control is not specifically placed in the center like in an ordinary course. The control can be wherever, only the definition of the control can tell you where to find it within the circle. It is always important to know what you are looking for if you don't see the control. By knowing what you are looking for you are well prepared for



Fylgja Jóni

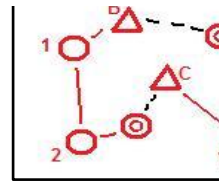
Two and two together. One with a map with only even numbers and the other with a map with uneven numbers. The guy with control number 1 leads to the first control while the other has his map well buried in the pocket (NO PEEKING) He will try to follow along while memorizing the way and the details they pass on the way. When they arrive to the control the guy who hasn't had a map to look at starts investigating. He shows the other guy where they are and get it confirmed or corrected if it's wrong. Then they switch so the guy who was following before is leading now and the other puts his map in the pocket. Be aware of details in the



Fjölsprettarathlaup



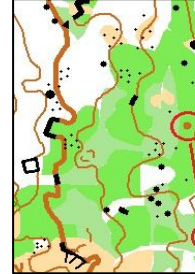
An orienteering course build on many small sprint courses. If you are running alone you can use it as intervals, which is awesome, but if you are two or more running together you can get a proper competition going on. You start with 30 seconds interval and switch to begin. Run the first sprint and wait for each other at the first goal to compare times. Jog together to the next start and do it again, only a

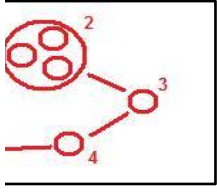
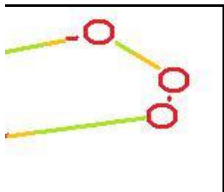
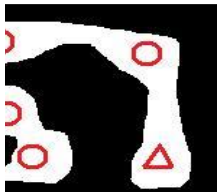
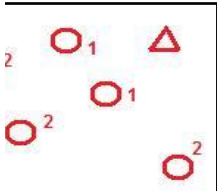
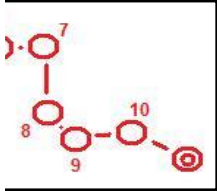


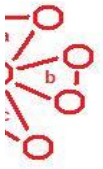
Hæðalínurathlaup

This technical training is one of the most giving training forms when it comes to technique improvement.

This is about learning to read the map without the luxury of having paths and trails shown on the map. The easy items, which many runners rely to much on have been removed from the map and only the vegetation and contour is left. This will force the runner to read and trust the terrain as the only thing and there by learn to rely more on the map and self gain some more confidence.







comb.
 a,b,c
 a,c,b
 b,c,a
 b,a,c
 c,b,a
 c,a,b

