

SLOW's events for running clubs

Andy Robinson gives his tips based on SLOW's successful Trail Challenges and special 'events' for running clubs

1. Trail Challenges.

- these are mass start O courses aimed at runners with legs of about 1km. Legs are TD3 - control siting is TD2 - they should be able to run in shorts and not regret it
- distances are recognisable e.g. a "10k" or half marathon
- the straight line "O" distance is about 85% of the advertised running distance
- maps are issued a few minutes before to allow non-orientees to study
- there is a race briefing - this includes navigational tips relevant to the course
- Sportident is used - better for the image
- a 2k "mini" format has been used a few times white/yellow standard (max one decision point per leg; higher control density than the adult race)
- most important of all is PUBLICITY without which it is nothing. Runners World website and local running club contacts are best

2. Evenings for a local running club

They are an ideal target for this as:

- they get up to 100 people regularly
- their meet point has showers, bar and food
- the meet point is on the edge of one of our O maps
- their running is a lowish standard - this means they are more receptive to trying different things. I'd found an earlier attempt with a more serious club fruitless

Format:

- having done cross-country courses the first time we tried score the second time and it went down a lot better - seeing their mates running into a control from a different direction and leave in a different direction appealed
- no entry fee – it's a club publicity thing
- Sport Ident - again for the image
- pick up maps at registration and study in advance
- go solo or with as many mates as you like
- start when you feel like it
- and again publicity, especially chatting up some of the club regulars to ensure that as many as possible try the O and don't slope off for a run