

Running Wild

from World of O

By Mark Nixon, January 26th 2021

British Orienteering Coaching Conference

What is Running Wild?

- Route drawing tool
 - Online: (<http://3drerun.worldofo.com/2d/runningwild.php>)
 - Free
 - Private settings available
 - Catalogue of public courses
 - Against the clock
 - Analysis available

Getting started

RunningWild: BOF Coaching Conference Sprint

Note! RunningWild is still in development, and there are still some bugs to be sorted out. Changes may be made which break old RunningWilds. Still, you are encourage to try out RunningWild to help the development. Please help the development by reporting bugs and suggested improvements by e-mail to jan@kocbach.net.

RunningWild name:	BOF Coaching Conference Sprint
Description:	No description given
Legs:	8
Speed:	6
Routes drawn:	1
Comments:	0
Typical drawing time:	96 seconds
Posted by:	mark.robin.nixon
Latest routes:	MN (0:09 hours ago)

RunningWild: Draw your route

RunningWild is a tool for theoretical o-technical training. Under time pressure you have to make exactly the same choices as in the forest: Figure out which route is the fastest, think through which attack points are the safest, and draw where you would run in an actual competition.

With the added time pressure, your brain goes through the same processes as in an actual race - and afterwards you get instant feedback by comparing and discussing with others! For some RunningWilds you can compare your route with the GPS-track of an actual elite runner or the ideal route. For all RunningWilds you have the possibility to do leg-by-leg analysis of all drawn routes - studying if you agrees with others. You need a 3DRerun user account in order to comment and discuss - but not in order to draw your route.

Have fun - and remember to concentrate and give your best!

Your name:

Automatically rotate each leg

Pac-Man mode

Note! A password is required to draw your route!

Password:

It's your turn

- You have 5 minutes for testing!
- Sprint Course
 - Surnames starting A-M
 - Link: shorturl.at/eryzQ
 - Password: BOF2021
- Middle Course
 - Surnames starting N-Z
 - Link: shorturl.at/ICI34
 - Password: BOF2021

What can we do with it?

- Games using the clock / pacman mode
- Decision making under pressure
- Route-choice analysis
- Practice looking at maps
- Tool for further discussion

How to set up a Running Wild course

- Instructional video by the creator, Jan Kochbach
<https://www.youtube.com/watch?v=olh16gR8Wug>

Make your own RunningWild - share with the community!

Making your own RunningWild for sharing with your team, your friends or the overall orienteering community is very easy. There are thousands of maps calibrated in 3DRerun ready for immediate deployment - and calibrating your own map will take you only a few minutes.

Setting up a RunningWild on a calibrated map takes you only a few minutes - actually setting an interesting leg/course will take you the majority of the time.

Step-by-step instructions (instruction video will follow):

- Get yourself a [3DRerun user ID here](#) and log in
- Open any map in 2DRerun (including either one route or no routes)
- Draw a course by using the 'Draw course' mode (Choose 'Draw course' in the menu to the right, click the mouse on the map for each control point and move controls using shift+left mouse)
- Press shift + S on the keyboard to save your RunningWild, and fill out the appropriate fields in the web form offered

And there you are set - you have made your first RunningWild. If your RunningWild is just a test which is no good for others to use, please delete it so it won't show up in the index (done in the admin-tools at the bottom of this page when you are logged in).

Additional tip: To include comparison with a GPS route, you just need to have a GPS-route in the 3DRerun passing the control points in your course. To include comparison with an ideal route, press 3 times the 7-key, then draw a line along the ideal route from start to finish, and finish off by clicking Alt + left mouse button.

Summary

- Free online tool for drawing & comparing route choices
- Best used in conjunction with coaching/discussion

- Any questions?