



25-26 APRIL 2015

**Get a taste of the World Championship 2016
Welcome to Dalsland!**

Niclas Jonasson, born in Bengtsfors and has the local club Stigsökarna as his parents club. He has been trying out our orienteering courses and shares some of his own technical advices for the Swedish League competitions.

It is still some time until the season begins...

A new season is coming up and the preparations with winter training have begun, right now we all have the feeling that both spring and competitions lie in the distance future. Here are some advices on the way for your individual preparations that can be good to have, before it is time to line up at the start line for the first Swedish League competition.

In the end of April, the first two parts of Swedish League are taking place in Fengersfors, the north of Dalsland. The terrain here consists essentially of a lake- and wood landscape, long valleys and ridges follow a clear direction. The level differences in the hilly terrain can be up to 150 meters between hilltop and valley floor.



*Niclas Jonasson
World champion in sprint 2004*

The long lakes are the only flat surfaces but there are plenty of them. With over 1000 lakes in the area, it creates one of Sweden's most lake rich regions. Coniferous forest grows in the main parts of the forest and in between the hills but upon the ridges grows scattered pine forest. Bilberry, cowberry and heather plants grow on the ground.

To simplify my orienteering I try to use the height formations, steep edges and bogs as handrails or point feature when I run in this terrain.

When I plan my route I either choose to run on the ridges or down in the valleys, while these places use to have good run ability. I rarely run along the hillsides because they are steep-sided and thereby slow down your running speed. There are not a lot of paths in the area but when there are, I try to use them but be prepared on a lot of cross-country running. When I plan my long legs I use to take my time, that way I have a plane made up for the entire leg before leaving the previous control marker. More or less it never pays off in rushing away along the leg and expecting that a solution will come along the way.

Upon the ridges is the view clear so I look in the distant, trying to find the upcoming point features and I also look where it is easiest to run to keep my speed up, with this in my mind I can do the orienteering both safe and with high speed. The changeover between ridge and valley comes with the coniferous forest and thereby reduced sight, here I am particular careful with my bearing.



It is a physics demanding terrain, when it is a hilly landscape with soft ground. Prepare yourself to lift your legs high when you are running due to the great amount of undergrowth in the area. It is important to dispose your energy during the race, especially during Saturday`s long distance race.

Take advantage of the winter weather to improve your skills at selecting the best way to the control. Some of the competitions that have been arranged in Dalsland are: The Götaland Championship 2014, The Ultra-long Swedish Championship 2009 and Silva Juniorcup 2008 .

Try to find and study the terrain some of the courses from these events. Below we have linked two runners races from the competitions in Dals-Ed.

Magne Dæhlis long distance race during the Götaland Championship in Dals-Ed:

http://doma.haldensk.no/show_map.php?user=magne&map=1540

Mats Troengs ultra long distance race during the Swedish championship in Dals-Ed:

http://www.matstroeng.se/maps/show_map.php?user=mt&map=302

Good luck with the winter training and remember to run in the hills.

Welcome to the north of Dalsland and Fengersfors 25-26th April 2015!

