

# A Loser's XC Clinic

- GPS Use
- XC Routes
- Radio Communication
- Pine Mountain XC Weather
- Flight Preparation
- At the Hill
- Thermaling
- Gliding
- After the Flight
- The Fold
- Competition Clinic

# GPS Use - Setup

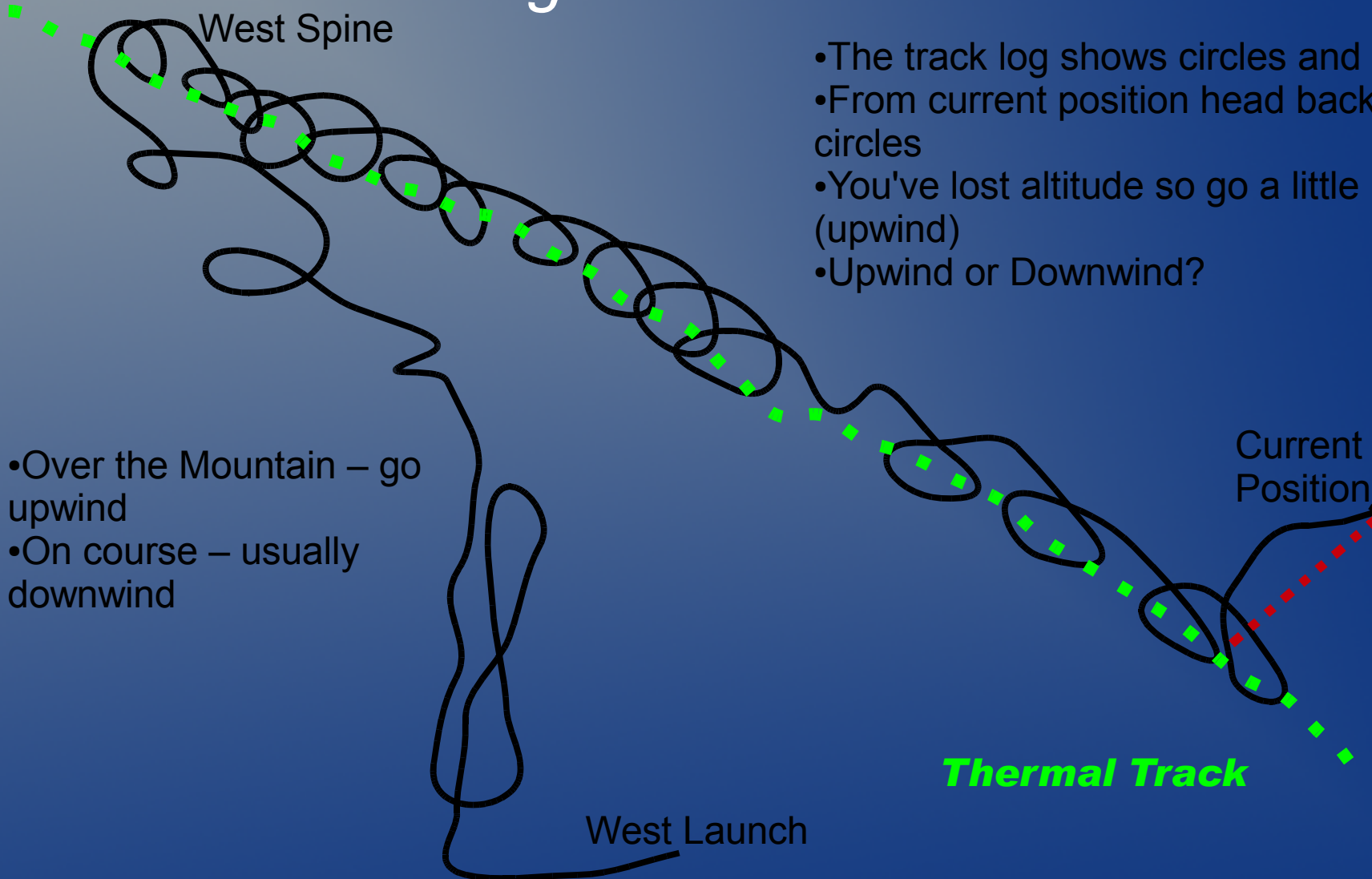
- Map Datum – *WGS84*
- Heading – *True North*
- Coordinates
  - *Universal Transverse Mercator: UTM*
  - *Decimal Degrees: DD.DDD*
  - *Degrees, Decimal Minutes: DDMM.MM (US comp. standard)*
  - *Degrees, Minutes, Seconds: DDMMSS*

# GPS Use – The Track Log

- Track Log Interval
  - *5 seconds?*
- Track Log Duration  
(track log memory data points x interval/3600)
  - *1024 points @ 5 seconds = 1:25 Hours:Minutes (Garmin 12s)*
  - *2048 points @ 5 seconds = 2:51 Hours:Minutes (Garmin 76, Etrex Venture)*
  - *10000 points – 5 seconds = 13:53 Hours:Minutes (Garmin 76s, Etrex Legend)*
- Fill/Wrap (clear your tracklog if using fill!)
- Mark/Enter – Recording waypoints.

# GPS Use – The Track Log

## *Finding the Lost Thermal*



- The track log shows circles and drift
- From current position head back to circles
- You've lost altitude so go a little back (upwind)
- Upwind or Downwind?

- Over the Mountain – go upwind
- On course – usually downwind

# Waypoints

- Launch and a List
- Download
- Manual entry
- Mark / Enter
- Go To
- Routes

# GPS Use - Viewing Flights

- Online Logbook:
  - ParaglidingForum.com: Leonardo Online Database
- Google Earth 5.0
- Stand alone software:
  - Seeyou, CompeGPS, et al.

# XC Routes

- Finding Routes:
  - *Leonardo Database for Pine Mountain*
  - *Google Earth*
  - *The Oregon Gazetteer, Topos, and Maps.*
- Look At:
  - *Highway 20 East*
  - *Paulina via Camp Creek Road*
  - *Christmas Valley*

# Radio Communication

- In the air: Transmit before Landing!
  - *Distance and direction to a waypoint.*
  - *Altitude*
  - *Gliding or Climbing.*
- On the ground: Radio, Cell Phone, Text
  - *Near a road?*
  - *Distance and direction to a waypoint.*
  - *Coordinates*
- Spot Retrieve with SPOT (*spotretrieve.com*)
  - *SPOT - Satellite Personal Tracker*



# Pine Mountain XC Weather

- DesertAirRiders.org - Weather Page
  - *USAirnet*
    - Surface Winds
    - Cartoon Sun
    - Afternoon temperatures
  - *Winds Aloft*
    - 6hr 12hr 24 hr
  - *NOAA Skew-T for Pine Mountain (-7hrs gmt)*
  - *MM-5 for additional info*

# Flight Preparation

- Reserve packed at the start of every season
- Mark your speed system
- The night before:
  - *Batteries charged*
  - *Gear packed*
    - Snacks
    - HotHands
    - Warm flight clothes
  - *Weather check*
  - *NOTAMs*

# On the Hill

- Minimize Stress
  - *Kite in the wind*
  - *Be early*
  - *Assess the conditions*
  - *Prep on launch*
  - *Watch and time cycles*
  - *Do not hang out in Parking Area*
  - *Dress for success*
  - *Full prep before layout*
  - *Harness on, helmet on, instruments on*
  - *Back up and open wing with center A's*
  - *Front and rear risers for control*
  - *Make each launch your best launch*

# Thermaling

- Take a Wrap
  - *Bank it steeper than you need - carry extra speed*
  - *Weight shift to control bank angle*
  - *Brake to control yaw*
- Center every turn
  - *Flatten turn as subtly as possible when approaching the core*
  - *Increase bank angle as lift strengthens*
  - *On the weak side use a quick brake jab to yaw the wing quickly towards the core.*
  - *Watch the drift – always pay attention to the wind*
  - *Keep turning tight*
  - *Look around and look ahead – plan your glide*
  - *Skitter near the top*

# On Glide

- Glide to a point
  - *Upwind of road*
  - *Clouds*
  - *Other gliders*
- Glide on Speedbar
  - *Unwrap*
  - *Rest hands on risers*
  - *1/4 to 1/2 on every transition, 1/2 to 3/4 on long glides, full on final*
- Roll with the punches
  - *Use the speed system to control pitch*
  - *Do not pull the brakes*
- Look Around
  - *Take a picture*
  - *Adjust your glide*
  - *Have a snack*

# Back on the Ground

- Mark / Enter the landing
- Contact Retrieve and/or other pilots
- Pack your gear
- Get to the Road
- Flight review

# The Accordion Fold

- Leave your harness attached
- Lay out the glider as if to launch
- Clear the lines
- Move harness to trailing edge
- Fold trailing edge – weight with harness
- Fold leading edge
- Line up cell mylars – flat on each other
- Trap between your knees
- Place strap about a foot from mylars
- Refold trailing edge
- Roll up, bag it and stow into harness



# The S Fold

- Leave your harness attached
- Lay out the glider as if to launch
- Clear the lines
- Move harness to trailing edge
- Start at tips.
- Flip and S-fold about a foot or wing
- Repeat with folded bundle till at the center
- Line up cell mylars
- Place strap about a foot from mylars
- Refold trailing edge
- Roll toward and into harness



# Competition Clinic

- Competition is the best way to perfect XC Skills
- The Rat Race – MPHSports.com
  - *Well Organized*
  - *Learn Competition GPS Use*
  - *Mentors*
  - *Woodrat is a Great place to fly*
    - Consistent
    - Convenient
    - Short retrieves
    - Scenic
    - Nice camping
    - Good group
- Pine Fly-in Comp