

Navigation Tips

Here are some basic tips for navigating a trail.



Markers

Most trails have signage on posts or on trees. Watch for those markers. This basic skill can keep you out of trouble.

Maps

Carry a map. They are available in the parks, on the Internet and at sporting goods stores. Orient yourself with north, south, east and west before you start out. Turn your map if it will help you to figure out a left or right turn.

Fork or Junction

Whenever you come to a fork or junction in the trail, check to see which way you should be going. Use your map.

Pay Attention

While running with others, don't rely on the person in front to be going the right way. Sometimes people miss a turnoff because they are blabbing and not paying attention.

360 Degree Glimpse

At an intersection, turn around and look at it from different viewpoints so that when you return, it will look familiar. The same trail can look very different coming from the opposite direction.

Main Trail

Stay on the main trail; this one is usually the widest and best maintained. There are lots of lookouts and side trails that may divert you.

Route Descriptions

Some people are great with maps and some are great with route descriptions. In your group, combine those skills to get the best of both worlds. In the clinics, you will receive a map and route descriptions.

Take Turns Navigating

Navigation is a skill anyone can learn so take turns being navigator rather than relying on the same person to show you the way.

Lost

If you get lost, go back to the last known point. Many a racer has lost precious time by not going back right away!

Races

Follow the race markers (flags, ribbon) and don't rely on the runner in front of you. Know your route. Watch where you are going.