

## Open sprint trainings

All controls are marked with red and yellow paper stripes around 50 cm long. They can be difficult to spot so be careful. Please report if there are missing stripes.

### 1. Agropoli

#### Training format

Route choice training, 4 courses all starting with short legs and finish with a long route choice. The aim of the training is to evaluate the route choice leg while running the first part of each course.

Courses are printed on two maps with loop A and B on the two sides of the first map and C and D on the other. The start of the next loop is close to the finish of the previous.

It's also possible to rerun the courses from the MOC night sprint in 2017.

#### Terrain

City with residential area, modern city center, old city center and a castle. Moderately hilly.

### 2. Castelcivita

#### Training format

Downhill training. 5 courses all starting at the top and finishing lower.

The aim of the training is to master map reading while running downhill. For a more physical training one can start each course from the finish with a steep uphill before the start.

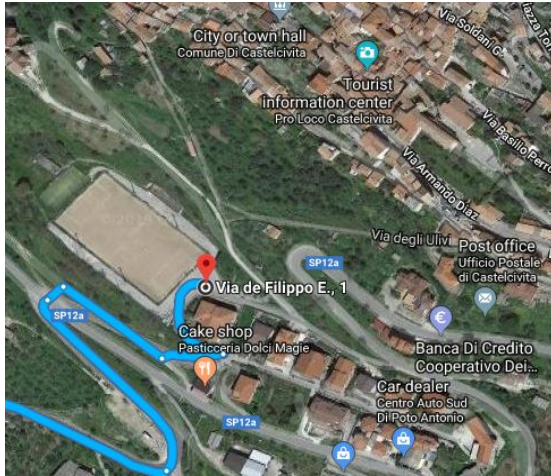
#### Terrain

Historical old town situated on a steep slope. Many narrow streets and stairs.

## Directions Castelcivita



## Parking



## Directions Agropoli

