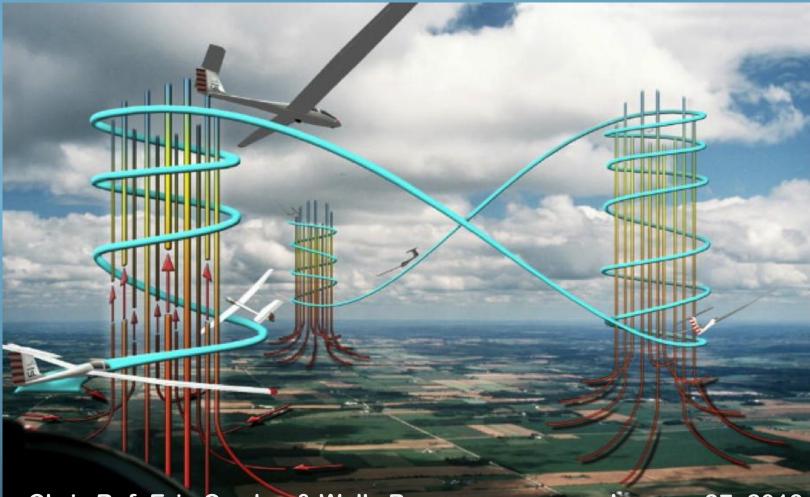
Cross Country Soaring SOUTHERN EAGLES SOARING



Chris Ruf, Eric Carden & Wally Berry

January 27, 2018



SES Cross Country 101 Seminar

Beginners learn how to comfortably fly their first distance flight & have fun too!

What: A seminar (and lunch!) to prepare pilots to fly their first cross country.

Who: Any glider pilots interested in learning how leave glide range of the pattern - now or in the future..

Why: Pilots who learn to fly XC & Racing tend to get more out of soaring , stay in the sport longer, and enjoy years of camaraderie with fellow pilots. Cross country soaring skills will take your flying to the next level..

Use advice and content at your own risk! Read and talk to your instructors.

Introduction of presenters & attendees

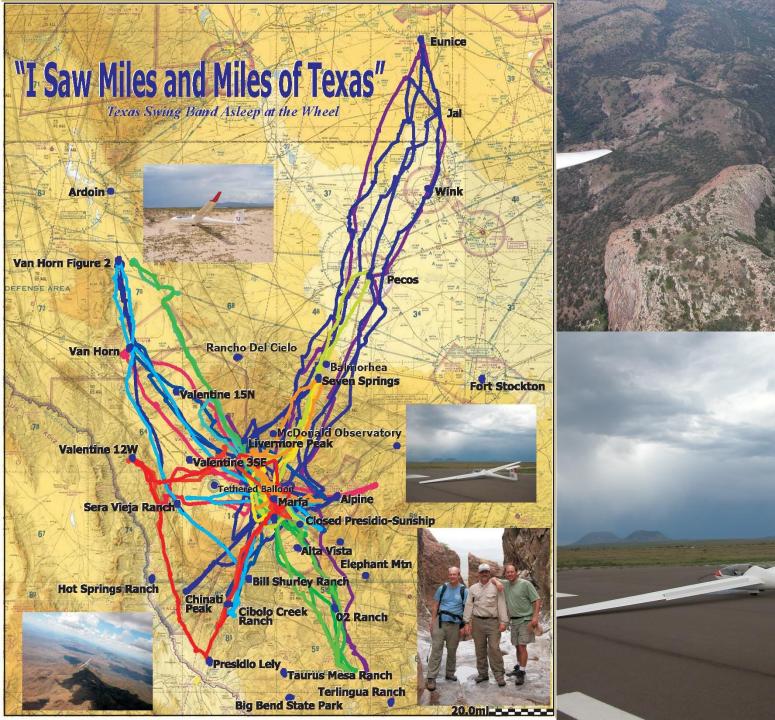
Chris Ruf Eric Carden Wally Berry

Show of Hands for each State people are attending from.



Oh, the Places you'll go... Soaring

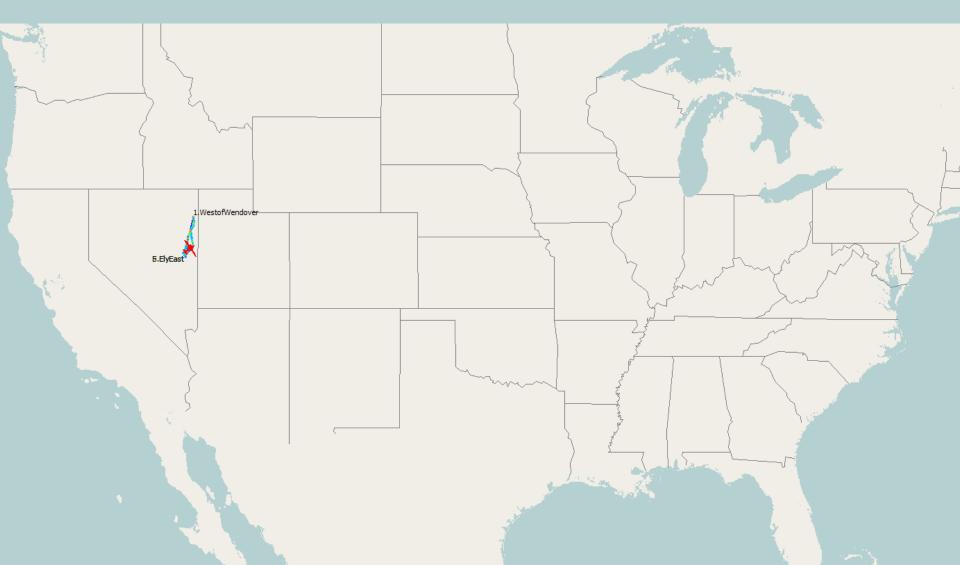
Chris Ruf over Marfa Texas



HG

Ely, Nevada, Nimbus 3DM, Carl Herold & Chris Ruf

•Where can a thermal take you?



Ely, Nevada, Nimbus 3DM, Carl Herold & Chris Ruf Where can a thermal take you?

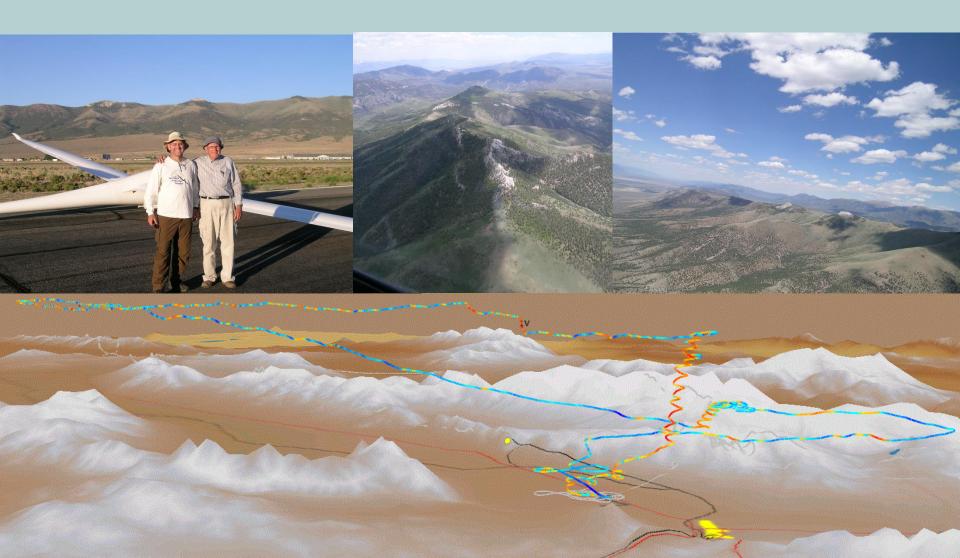


Ely, Nevada, Nimbus 3DM, Carl Herold & Chris Ruf

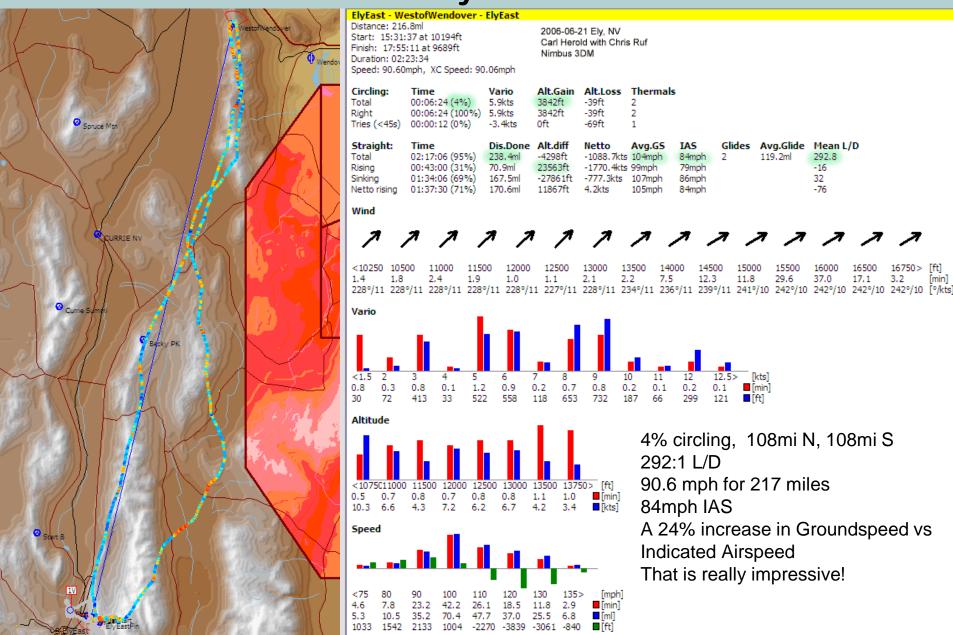
• Where can a thermal take you?



66L_CarlHerold+Chris_Ruf.igc



Ely, Nevada, Nimbus 3DM, Carl Herold & Chris Ruf Where can A thermal take you? 238 miles on 1 thermal



[min]

500K Triangle, Cordele, Chris Ruf

Americus

Montezuma

Marwick

Crowe

eek Fa

Double '0'

Leesburg (Clardy)

Unadilla

Richter

Crystal Lake

itzgerald

Berrien Co

Shilo Farm

Paso Fino F

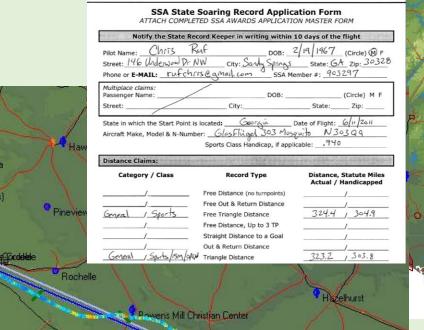
Duitman Brooks County

South One Ten

Ashburn

Young's

Qak Ridge Plantation



Diamond Distance 500K Triangle, 324.4 miles

3 Alma

Homerville

50.0ki

Cordele, Buena Vista, Thomasville, Alma, Cordele

Chris Ruf Mosquito H6 June 11, 2011

Brock Secatur County Industrial

Dawson

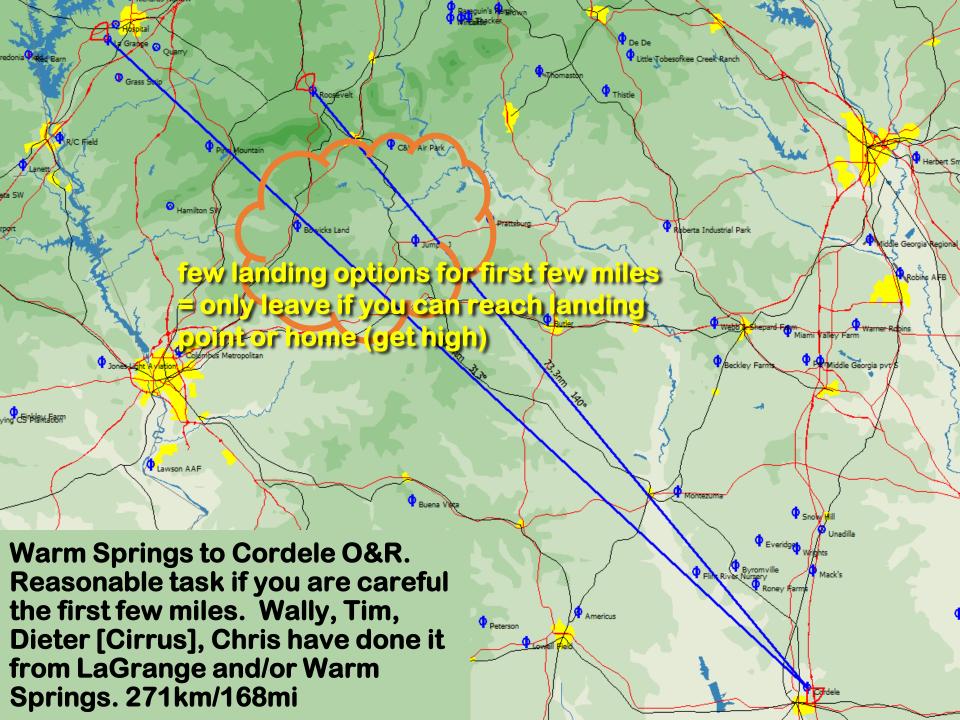
Tallassee Plar

Pinebloom Function

Capilla

Go on a Safari out west, you'll learn a lot

Heck Go to Cordele, you'll learn a lot





Wheat Wood Mill GA Pacific START

Pine Mountain

m

T T

Kings Gap

Pine Mountain Valley



Grower 2403MSL PineMtn

141

Shiloh

@ 2018 Google

Mtn

Manchester

а÷.,

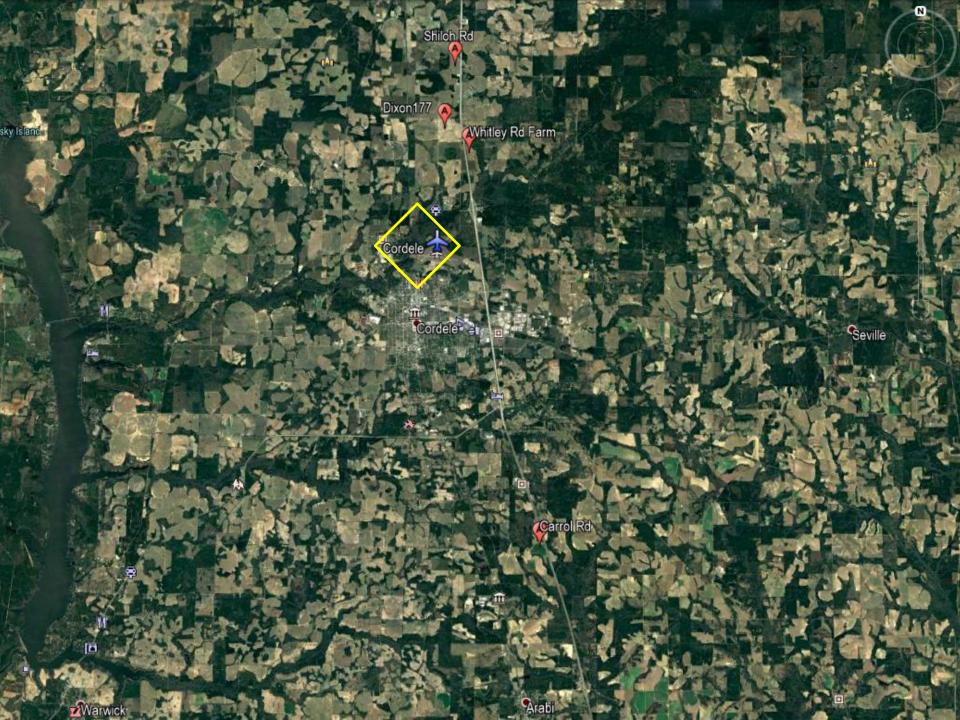
Field Derrico START

Cornfield M C & W Air Park

Rainbow Field



Molena



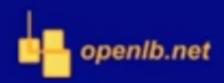


Convection & Thermalling Low

Rayleigh Benard Thermal Convection <u>full video</u>

Area of outflow

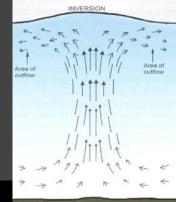
Notice down low the air movement is vastly horizontal inflow.

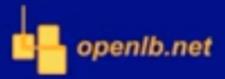


Convection & Thermalling Low – Slow Motion

Rayleigh Benard Thermal Convection full video

Notice down low the air movement is vastly horizontal inflow.





Thermalling Low

- Low saves are a fact of soaring
- Routine in ridge flying
- Very difficult much below 1000 feet – and that's for experts
- Typically very narrow with sharp boundaries between sink & lift
- Typically very turbulent
- And dangerous as hell with any wind speed

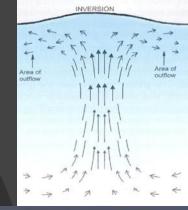
Notice down low the air movement is vastly horizontal inflow – Don't expect much upward motion to save you.

Remember, look outside for:

- Birds or other gliders circling,
- Change in wind direction on the ground,
- Dust devils, Fires, Tractors,
- Newly forming clouds
- Find the trigger, go to the high ground.

So:

- Have a field picked
- Add a bit more speed
- Expect to be in and out of sink
- Look for positive average climb
- Stay with what you got it'll probably get better
- Make small circle adjustments



Thermalling

Eric Carden's Thermalling & Cross Country Soaring Course



Thermaling 101: How to Stay in a Thermal



https://sites.google.com/site/thermalxc

Eric Carden's Thermaling & Cross Country Soaring Course

Here are what I consider my two most valuable videos:

"<u>How to Thermal: 'Easy as 1-2-3' Method</u>": This is a six-minute lesson that I think would serve every new thermalling pilot well - and would even help most experienced thermalling pilots (though the title might offend their egos).

"<u>Thermaling 101 (How to Stay in a Thermal</u>)": This is a 75-minute recorded webinar expanding on the "Easy as 1-2-3" thermalling method and teaching other beginner-level thermalling concepts. These two videos have probably been more helpful to pilots than all my other material combined. My main passion (related to teaching soaring) is helping pilots learn to thermal reasonably well, because without that skill, they're doomed to a life of sled-runs (and don't have much hope of meaningful XC). :-) Thanks, Eric

Local flight = XC training

- Get to know the performance characteristic of your sailplane
- Practice final glides to a predetermined altitude on every flight. Allow for a safe altitude cushion (full pattern + safety margin)
- Practice precision patterns & landings on *every flight*
- Perform patterns without reference to altimeter
- Complete flare for minimum touch down speed
- Evaluate fields both when flying and driving
- Study the bible: "Introduction to Cross-country Soaring" by Kai Gertsen

ssa.org/BadgesAndRecords

Sailplane Racino

ssa.org/BadgesAndRecords?show=blog&id=938



About Soaring

The SSA

Member Resources

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ABC BRONZE TRAINING PROGRAM

Soaring Safety



A Badge Requirements:

Preflight Phase

Applicant Demonstrates Knowledge of: Sailplane Nomenclature Sailplane Handling Procedures •Sailplane Pre-flight Check •Airport Rules and Federal Aviation Regulations Tow Equipment, Signals, and Procedures Hook-up of Towline Launch Signals Pilot Responsibilities

Applicant Possesses:

- Valid FAA Pilot Certificate
- Pilot Logbook or Suitable Permanent Record

Presolo Phase

Applicant Has Completed the Following Minimum Flight Training Program: Familiarization Flight Cockpit Check Procedure •Effects of Controls - Ground and Flight Takeoff Procedures - Normal and Crosswind •Flight During Tow Straight Gliding Flight Shallow Turns Circuit Procedures and Landing Patterns Landing Procedures - Normal, Downwind, & Crosswind Moderate and Steep Turns Up to 720 Degrees in **Both Directions** Stall Recognition and Recovery Conditions of Spin Entry and Recovery •Effective Use of Spoilers/Flaps/Slips Emergency Procedures Oral Examination on Federal Aviation Regulations Solo Flight



Soaring Safety

Sailplane Racing



ABC BRONZE TRAINING PROGRAM

B Badge Requirements: **Practice Phase**

Member Resources

Applicant Demonstrates:

The SSA

About Soaring

Soaring ability by a solo flight of at least 30 minutes duration after release from ٠ a 2,000-foot tow (add 1¹/₂ minutes per 100 foot tow altitude above 2,000 feet).

f 😏

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ABC BRONZE TRAINING PROGRAM

C Badge Requirements:

Pre Cross-country Phase

Applicant Has Completed the Following Flight Training:

- Dual Soaring Practice, including instruction in techniques for soaring thermals, ridge soaring, and wave (simulated flight and/or ground instruction may be used when suitable conditions do not exist).
- Has Knowledge of:
 - Cross-country Procedures
 - Sailplane Assembly, Disassembly, and Retrieves
 - Hazards of Cross-country Flying
- Demonstrates Soaring Ability by Solo Flight of at Least 60 Minutes Duration After Release From 2,000 Foot Tow (add 1¹/₂ minutes per 100 foot of tow above 2,000 feet).
- While Accompanied by an SSA Instructor, Demonstrate the Following:
 - Make a Simulated Off-field Landing From the Approach Without Reference to the Altimeter
 - Perform an Accuracy Landing From the Approach, Touching Down and Coming to a Complete Stop Within an Area No Greater Than 500 Feet in Length.

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ssa.org/BadgesAndRecords?show=blog&id=938

NG SOCIETY OF AMERICA

About Soaring

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ABC BRONZE TRAINING PROGRAM

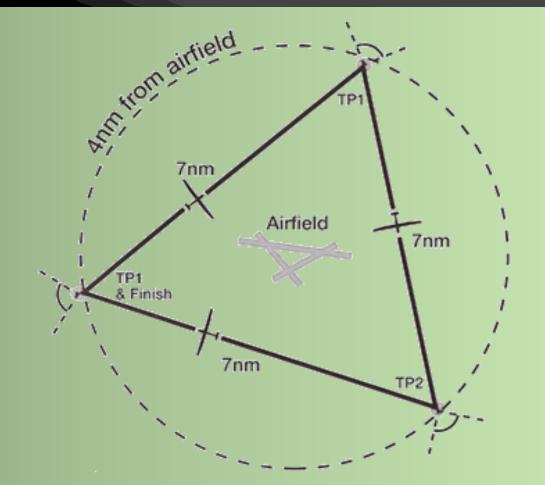


Bronze Badge Requirements

- Complete the ABC Training Program with the C Badge Awarded. •
- Log at Least 15 Solo Hours in Gliders. This Time Must Include 30 Solo Flights with at Least 10 Flights Flown in a Single-Place Glider if Possible.
- Log at Least 2 Flights, <u>Each</u> Having Duration of Two Hours or More.
- Perform at Least 3 Solo Spot Landings in a Glider Witnessed by an SSAI. The Accuracy and Distance Parameters Established Should be Based on Glider Performance Data, Current Winds, Runway Surface, and Density Altitude. As a Guideline, a Maximum Distance of 400 Feet Would be Acceptable for a Schweizer 2-33 Glider.
- Log Dual Time in Gliders with an Instructor during which at Least 2 Accuracy Landings are Made without Reference to the Altimeter to Simulate Off-field Landings.
- Pass a Closed Book Written Examination Covering Cross-country Techniques • and Knowledge. The Minimum Passing Score is 80%. This Examination is Administered Only by an SSAI.

New habit:

Log your Miles & Speeds, not just hours.



SSA FAI Badge Record Home Page





FAI Silver Badge

3 required elements.

- 1. Silver Altitude is a **1,000-meter (3,281-foot) altitude gain** above an in-flight low point.
- 2. Silver Duration is a **5-hour** flight time after tow release.
- 3. Silver Distance is a straight distance flight of at least

50-km (31.07-mile) from the release point,

with no more than a 1640' altitude loss (1% rule).

SSA FAI Badge Record Home Page





FAI Gold Badge

2 required elements.

- 1. Gold Altitude is a **3,000-meter (9,843-foot) altitude gain** above an in-flight low point
- 2. Gold Distance is a **300-km (186.42-mile)** cross country flight.

SSA FAI Badge Record Home Page





FAI Diamond Badge

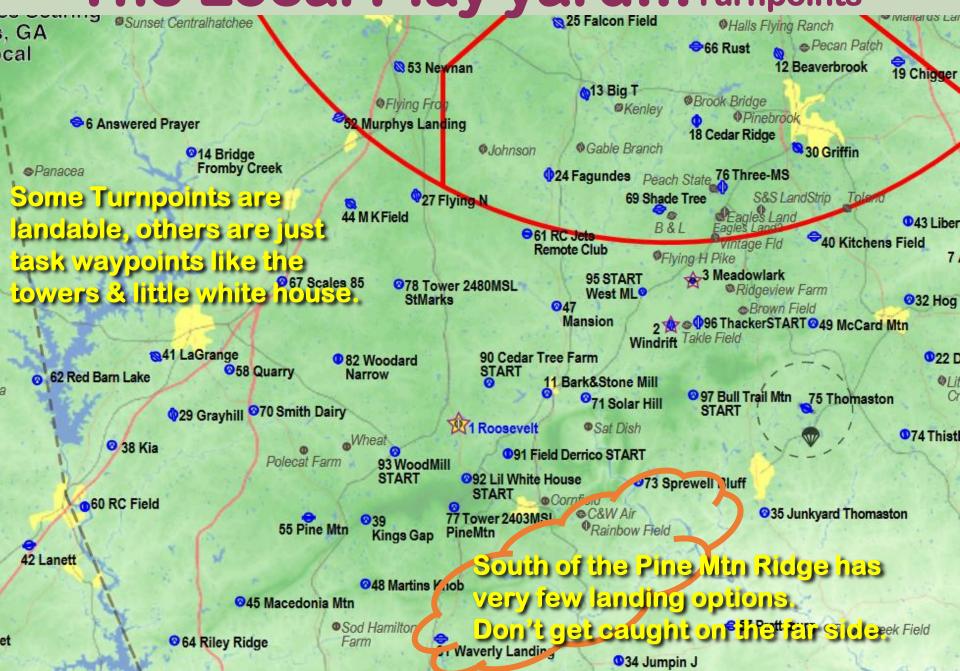
There are three Diamonds; each may be **achieved separately by completing one** of the soaring performances below

- a. Diamond Altitude is a **5,000-meter (16,404-foot)** altitude gain above an in-flight low point;
- b. Diamond Goal is a 300-km (186.42-mile) cross country flight using a pre-declared Out and Return or Triangle course;
- c. Diamond Distance is a 500-km (310.7-mile) cross country flight.
 (1, 2, & 3 could be done as the same flight).
 www.fai.org ssa.org/BadgesAndRecords ssa.org/BadgesAndRecords?show=blog&id=938

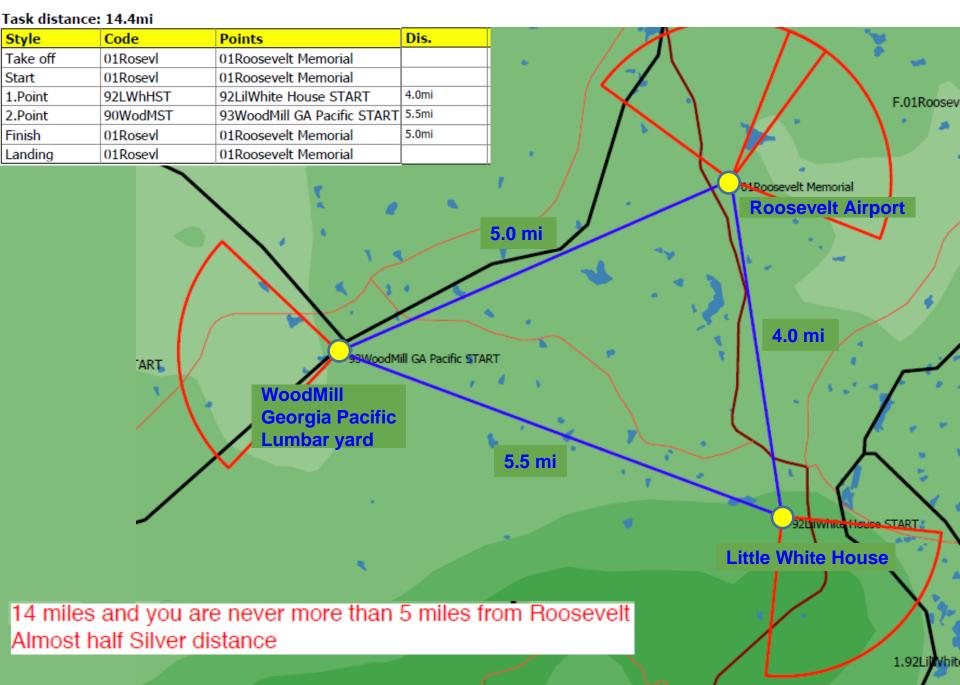
The Local Play yard...sectional



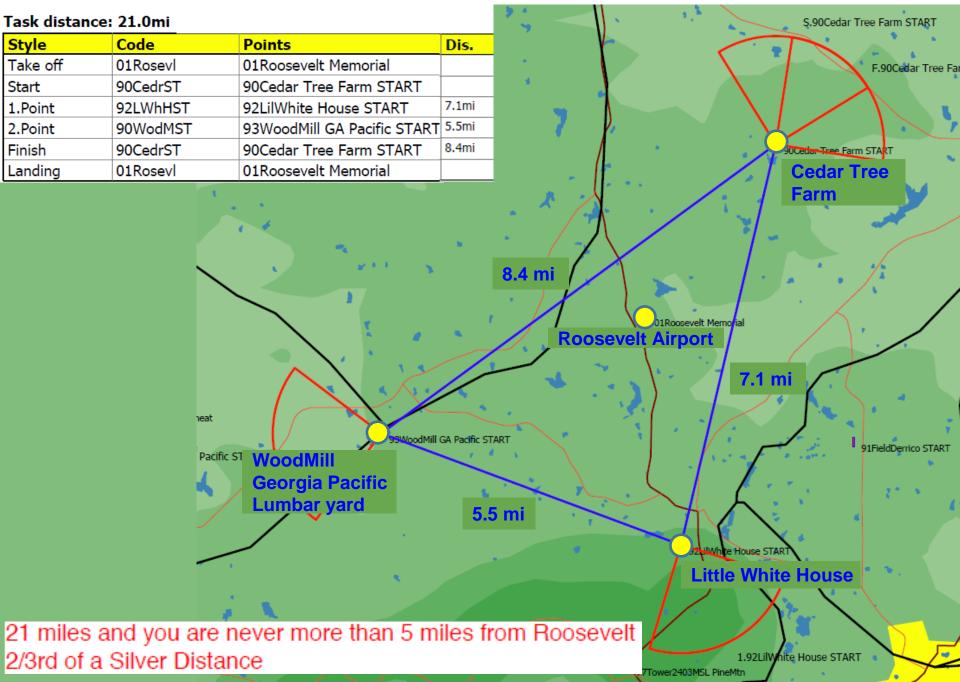
The Local Play yard...Turnpoints



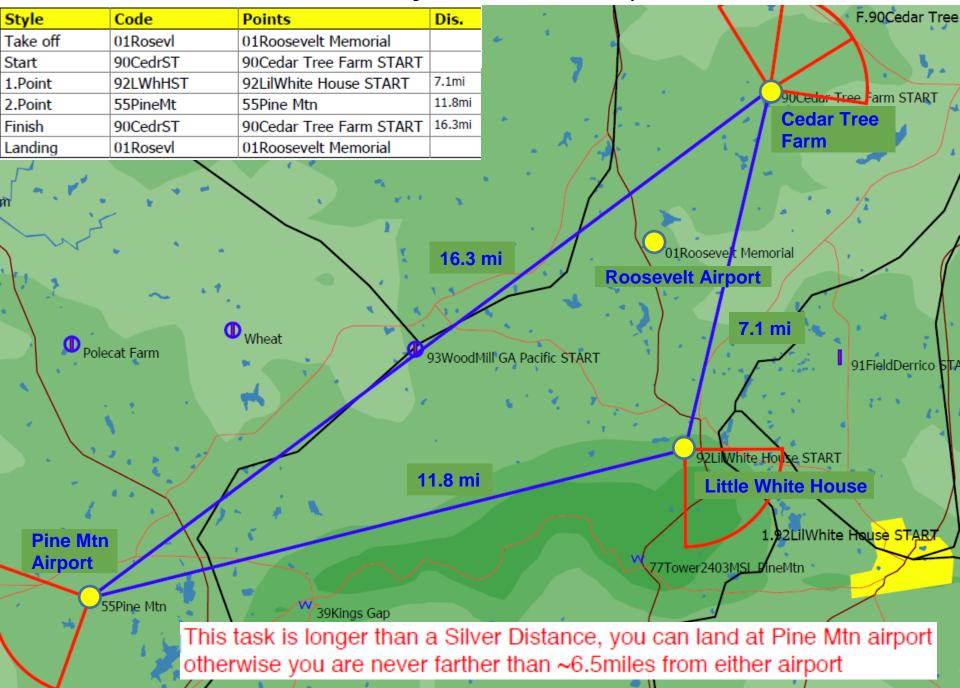
Practice Task to learn XC skills with your instructor Example 1 14.4 miles around



Practice Task to learn XC skills with your instructor Example 2 21 miles around

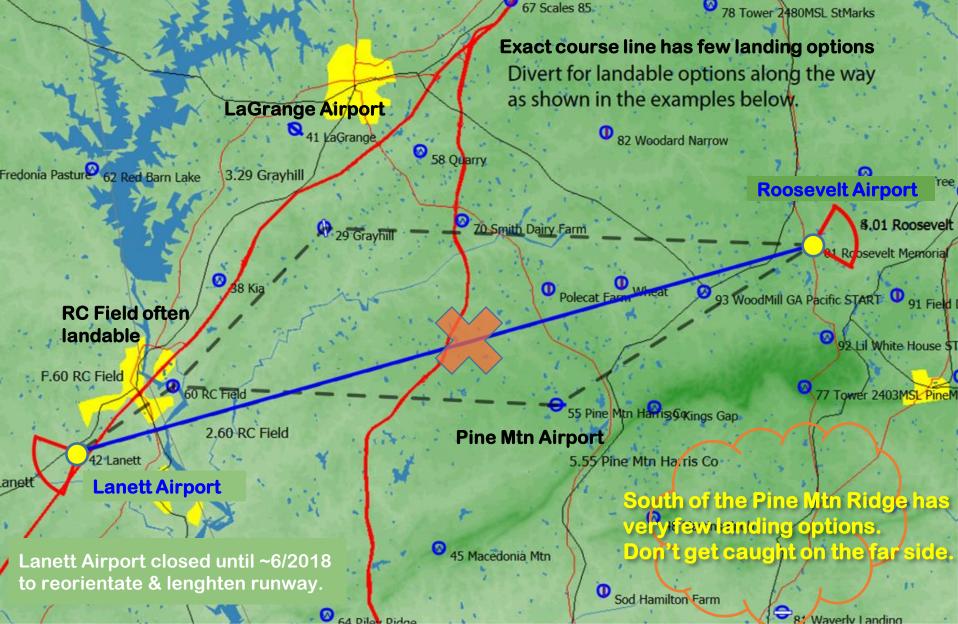


Practice Task to learn XC skills with your instructor Example 3 35miles around

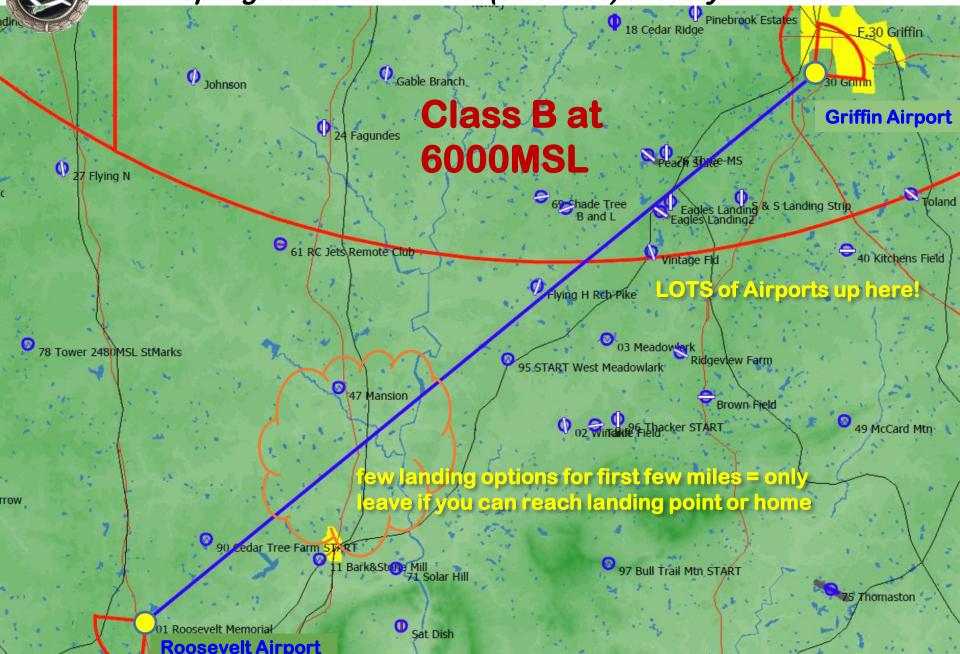


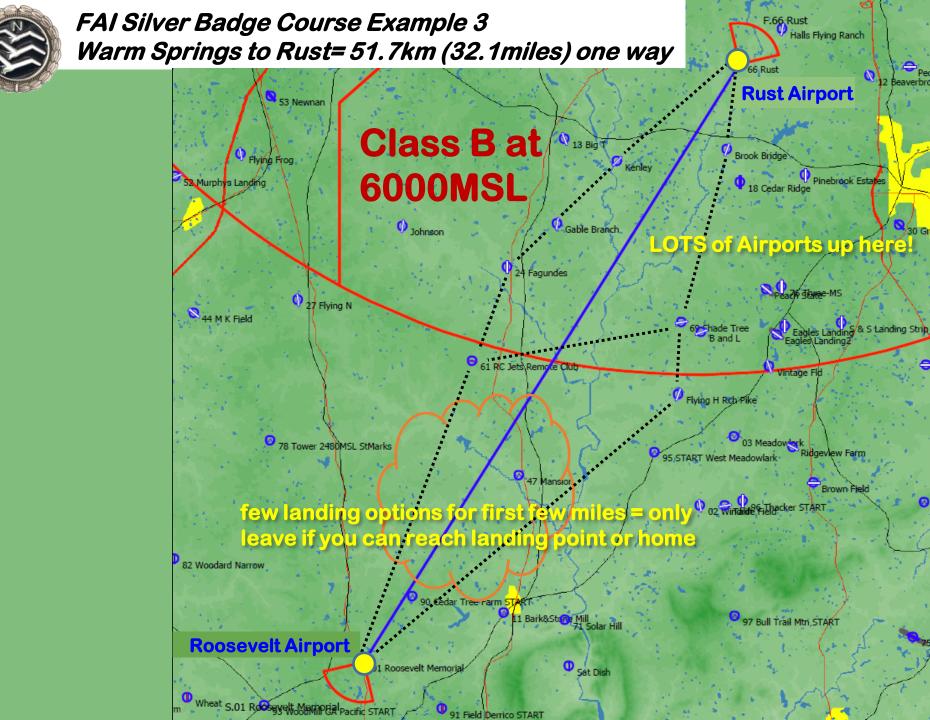


FAI Silver Badge Course Example 1 Warm Springs to Lanett = 51.9km (32.2miles) one way



FAI Silver Badge Course Example 2 Warm Springs to Griffin= 50.7km (31.5miles) one way







FAI Silver Badge Course Example 4 Warm Springs to Toland = 51.5km (32.0miles) one way



odMill GA Pacific START

Great resources on our web site...

southerneaglessoaring.com/WarmSpringsTurnPoints.html

southerneaglessoaring.com/XCTasks.html



Turnpoint Maps

Reference Maps available in PDF format - not for navigation.

Map of Local Turnpoints Zoomed In

Auburn 48mi SW to Police Academy 43mi E, with terrain shown. Designed for color laser printing **11x17 best**, or 8.5x11"

warm springs map 2015 SeeYou Zoom local Dark background

warm springs map 2015 SeeYou Zoom local Light background

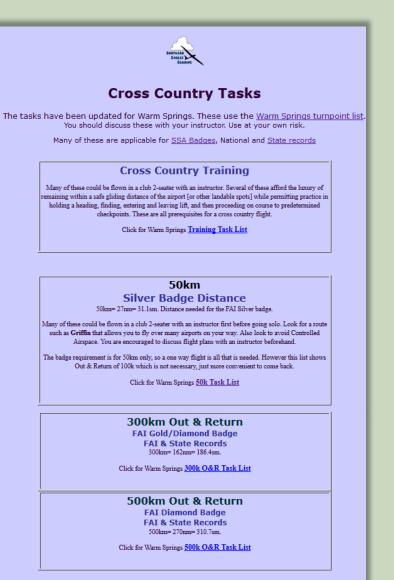
Detailed Map of All Turnpoints

This map is intended to be used for far away turnpoints, it is best to refer to the above zoomed in local for the close in points. "Other"/non-

Turnpoint List

Full List

The Warm Springs Turn Point file has 90 turn points, including those needed for FAI Triangles, as well as Out & Return flights for Records & Badges. There are close in turn points for teaching cross country to students, while staying close to home. It has 595 total points. 90 turn points. The rest are non turn points = 505 for landouts!

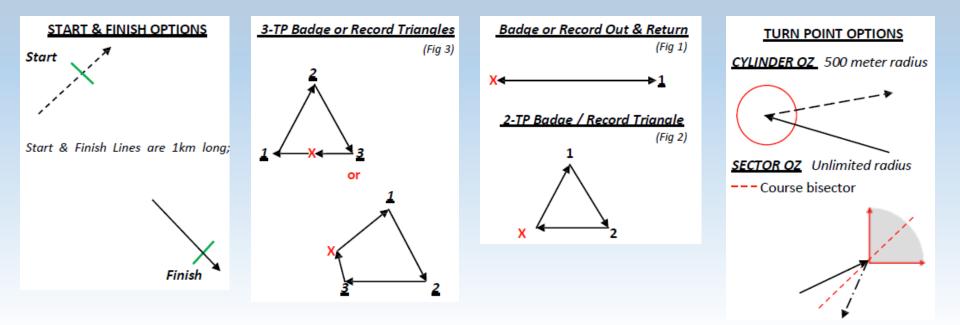


100km Triangle

Rules for Badges

<u>ssa.org/BadgesAndRecords</u> <u>ssa.org/BadgesAndRecords?show=blog&id=938</u> Forms <u>fai.org/igc-documents</u>

- Good Idea to read them at least once.
- Guide to the Rules are really helpful.
- Pay particular attention to the rules concerning turnpoint control, starting, finishing, loss of altitude and observers.



Flight Documentation

- Flight Documentation

 fancy way of saying .igc
 flight recording.
- Many software & hardware options for badges & contests.
- iPhone & Android apps for GTA & regionals (XCSoar, iGlide, SeeYou Mobile)





WP1 bw1 ankunt mi BBG Weinh... 25.3 -928 352° Weinh... 25.3 -928 352°



 Input your Name, Contest Number & Glider type to make a valid .igc file.



Dual in a DUO

- See how it is done
- Pressure & Pacing
- Fly in Duo with KS, Karl Striedieck or John Good...
 Sequatchie Badge & Record Camp, R5N Perry SC,
 Seniors in FL, 20m Nationals Reedsville PA, etc
- Otherwise ask for Help most pilots are glad to help, find a mentor or two. Show up at GTA races.

Lead & Follow Flying Perry XC/Racing Camp 2007

Developed by Kai Gersten

Following as a learning technique - pair/group flying

Objective

- <u>SAFE</u> and effective cross-country training by flying in close company with an experienced XC pilot
- Understanding and comparing decision making
- Close observation of climbing &running techniques
- Comparison of cloud and route selections
- Building confidence in cross country capabilities Requires careful planning & coordination (which we are not going to go into now, but is available)



Flight information - Chris Ruf (US) - 10.06.2017 Type of glider: I ASW 27, Takeoff location: Crisp County-Cordele (US / 5) Speed/League Destination 🔍 Standard 🔍 Advanced 🔍 Google-Maps Distance Flight details * Triangle Triangle Distance Points for the flight: 459.24 378.15 81.09 scoring distance: 431.1 km 308.1 km Speed: 84.8 km/h 56.6 km/h 05:05:04 05:26:26 Duration Scoring class: 15m Scoring start: 16:27:47 21:56:55 Scoring end 114.0 Index Club: Club GTA Date of claim 11.06.2017 01:31:05 state IGC-File: 💟 🛛 Flight: 🤇 County-Cordele Flight path * Statistics * Distance (OLC-Cla Vd [km/h] s [km] R/C [m/s] Е 50.90 50.90 1.04 16.33 38.67 Leg1 57.42 5 1.92 28.61 71.76 Leg2 47 04 35.37 2.27 43.12 116.88 Lea3 91 23 MSL: 423 m Vario: -0.9 m/s Speed: 199 km/h AGL: 322 m Time: 21:51:41 1.99 38.66 103.07 Lea4 93.02 34 38 5 Leg5 52.43 44.64 1.62 40.33 94.14 96.47 33.87 5 1.37 35.18 110.57 Leg6 1.59 32.20 84.79 Total 431.10 43.19 33 Triangle (FAI-OLC) s [km] %circling NTher R/C [m/s] E = Gleitwinkel Vd [km/h] 17:00 18:00 19:00 20:00 21:00 26.47 Leg1 43.97 56.94 10 12.74 0.97 Leg2 91.43 45.66 12 2.07 24.28 63.95 MeetingPoints Sort Duration of Mee 38.54 102.96 Leg3 93.00 34.35 5 1.99 Leg4 83.83 38.56 8 1.47 20.04 57.96 WX Discus 2a Walter Rogers 01:59:53 Total 308.1 45.44 35 1.50 22.58 57.39 **ASW 27** 01:24:30 DL Dennis Linnekin ΒZ ASW 27 John Mittell 01:16:15 D7 **ASG 29** Gary Ittner 01:11:05 **Relevant Rankings** \$ **ASW 27** 6i Mitch Deutsch 00:42:26

F1 ASG 29

Dave Springford

00:27:03

The Online Contest (OLC) is a worldwide computer scored glider contest. It is very easy to enter and encourages cross-country soaring.

"OLC" Basics

No declarations, forms, turn points, witnesses or observers required.

Flights are scored automatically on a handicap basis. 1 point per km

Scoring is based on total distance flown, not speed.

There is no entry fee.

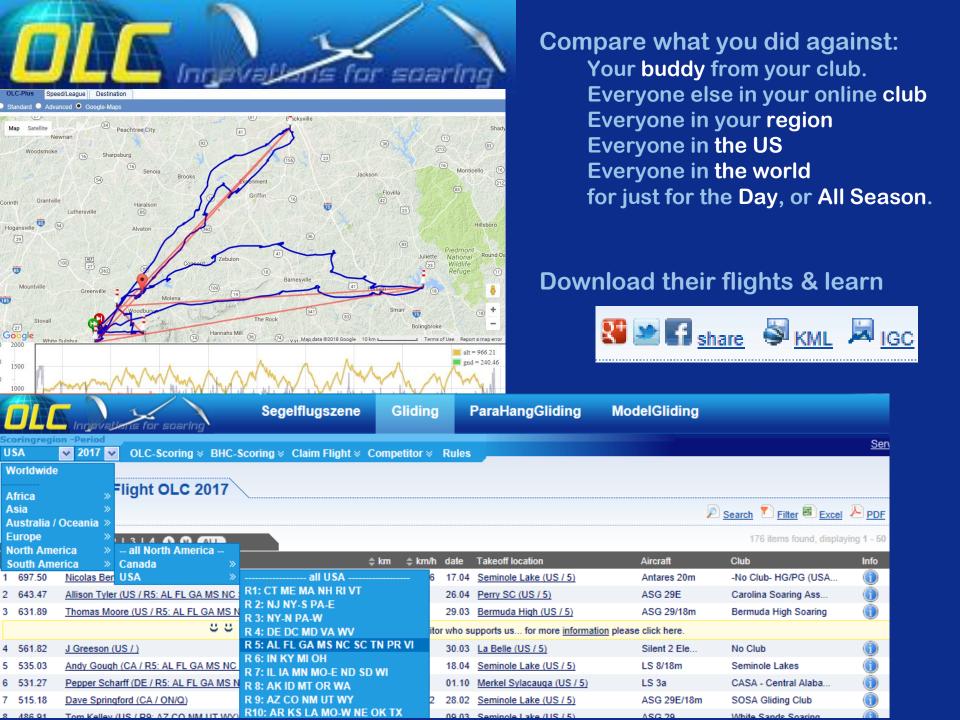
FLIGHT MUST BE UPLOADED WITHIN 48 HOURS

Contest year from September/September.

Meeting points - great way to see others that flew nearby.

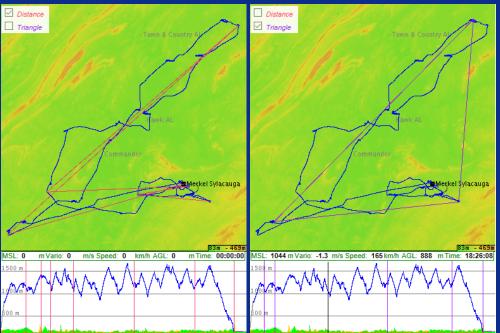
Basic flight analysis for free

OLC Daily Score (Worldwide Jun 10, 2017)





Maximizing Score



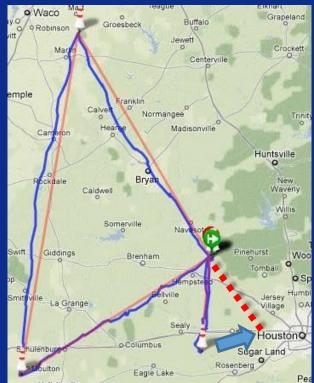
OLC Classic Course: After flight, departure point, up to 5 turn points & finish point give a raw score as great as possible with the departure altitude no more than 1000m above finish.

> One technique: when you arrive back home with extra altitude, just keep flying in that same direction to make the leg as long as it can be, then U-turn to land.

OLC Distance or FAI Triangle distance

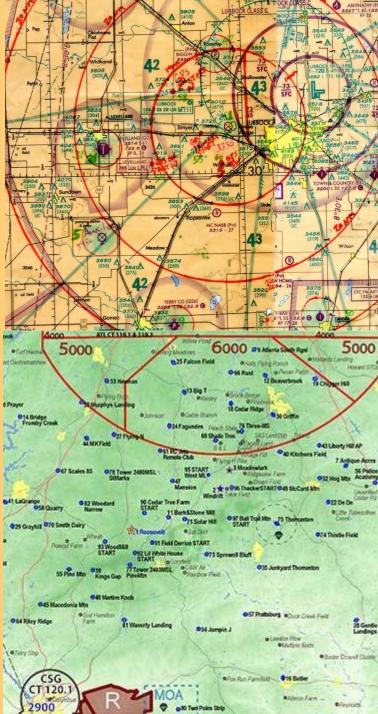
Fewer longer legs, and more credit if the legs are longer at beginning and decrease in length after the 4th leg. Legs diminish in value.

Flight computers can help you maximize



Preflight: Navigation Charts/Maps/Turnpoint maps

- Marked up Sectionals & printed maps are still helpful.
- Situational Awareness & frequencies.
- Chart prep = learn task area.
- Mark turnpoints
- Draw concentric circles every 5sm for final glide estimation
- Study turn-point details, map, prominent landmarks
- Identify useful emergency airports.
- Check for restricted airspace



Final Glides

- •What we really need to know is not "How much altitude to I need to reach an airport?"
- •What we really need to know on a continual basis is "What can I reach from where I am now?"
- •We do too much "estimating" in our heads
- •This leads to lots of "fudge factors"
- •Which reduces what think we can do
- •Limiting *what we can do*
- •Which just *paralyzes us psychologically!*

You ask, "How Far Can I Glide?"

I prefer this calculation which gives glide distance in nautical miles per thousand feet of altitude:

Glide Ratio / 5= Glide Distance in smor, for the Astir CS35/5 = 7 sm, roughly

This comes from:

35 * 1000 ft of Alt = 35,000 ft of Distance= 35,000 ft / 5,280 ft / sm = 35 / 5.3 = 6.6 sm or = 36/ ~5 = ~ 7sm - easier math!

What about safety margin?

Degrade you best L/D by ~10% (or whatever you like):

so, for something like the Astir

therefore

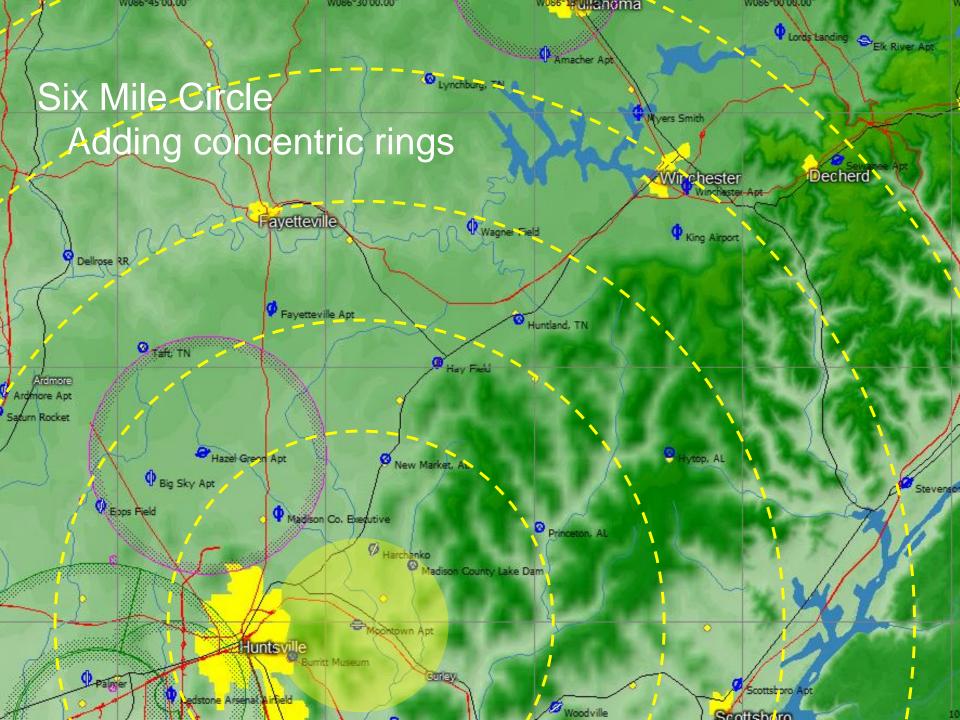
31/5 = 6 sm

and, for a Blanik

30 - 20% = 24

therefore

24 / 5 = ~5 sm with a 20% margin, (so you can get back to Moontown from Madison Co Lake from 2,600 agl)

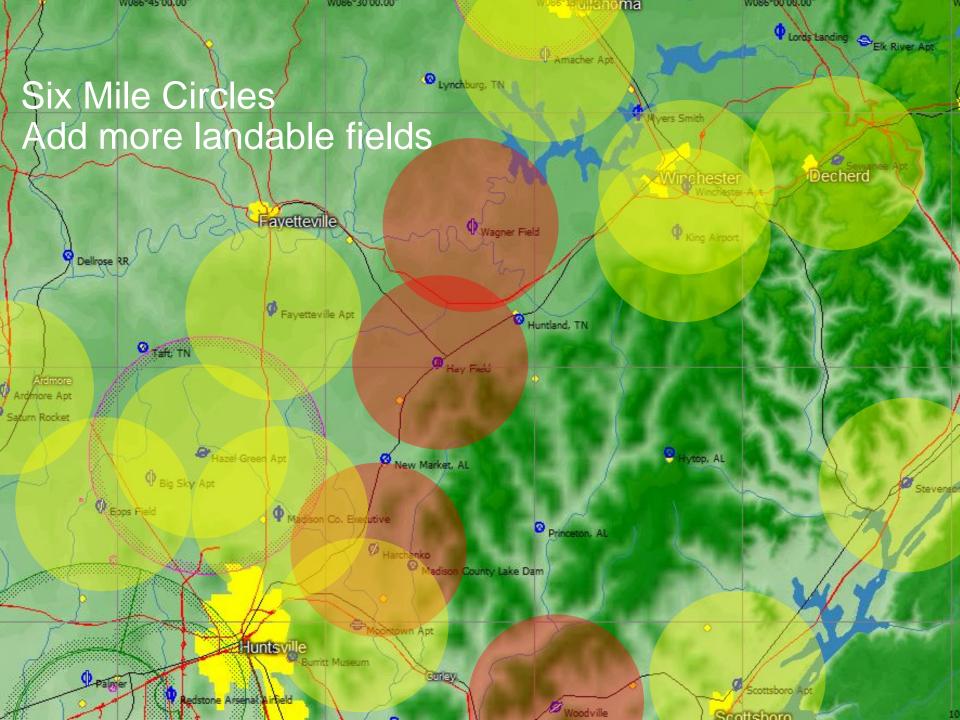


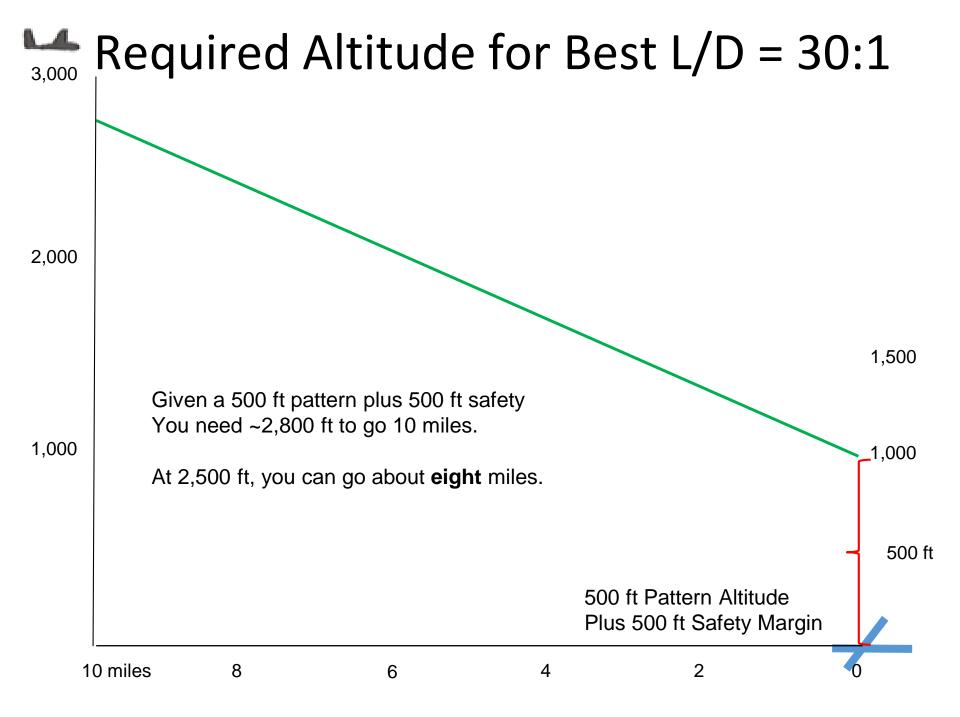
3,000

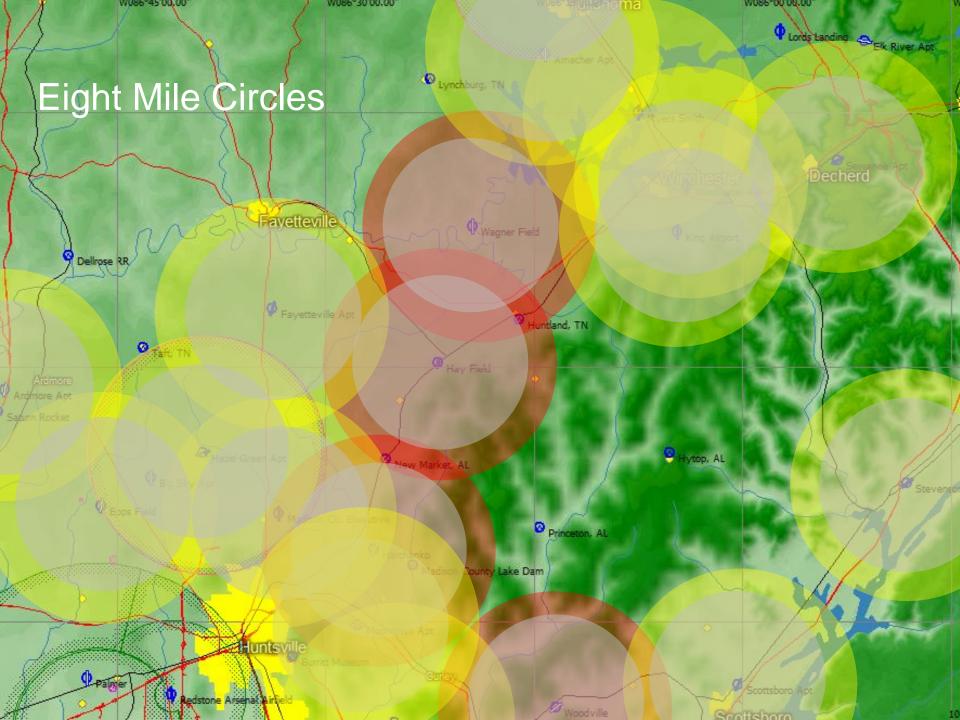
Required Altitude for Best L/D = 30:1

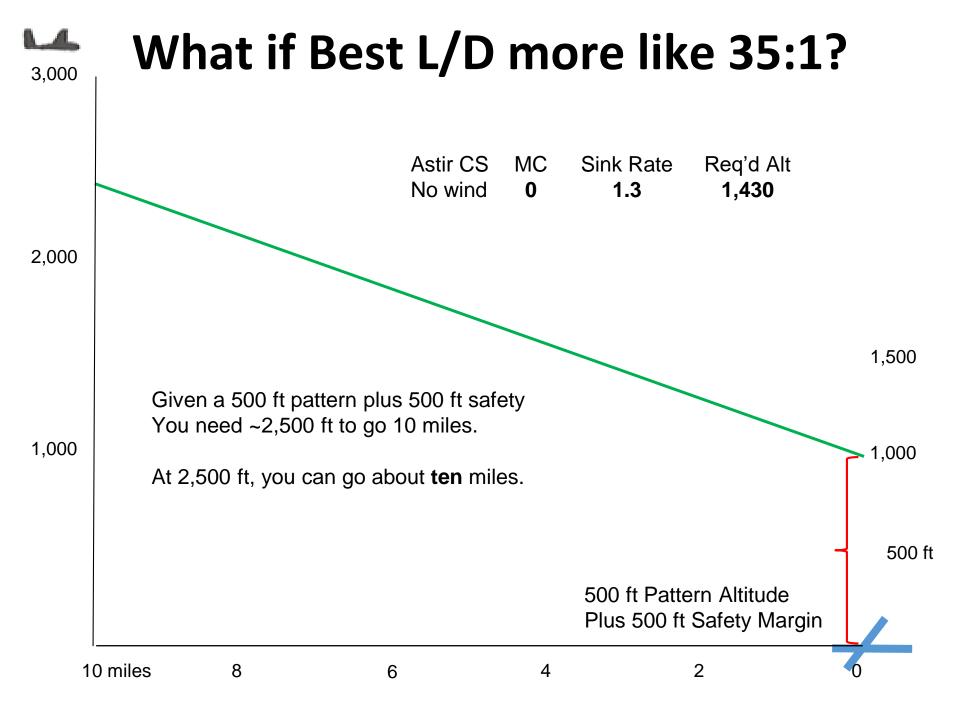
2,000

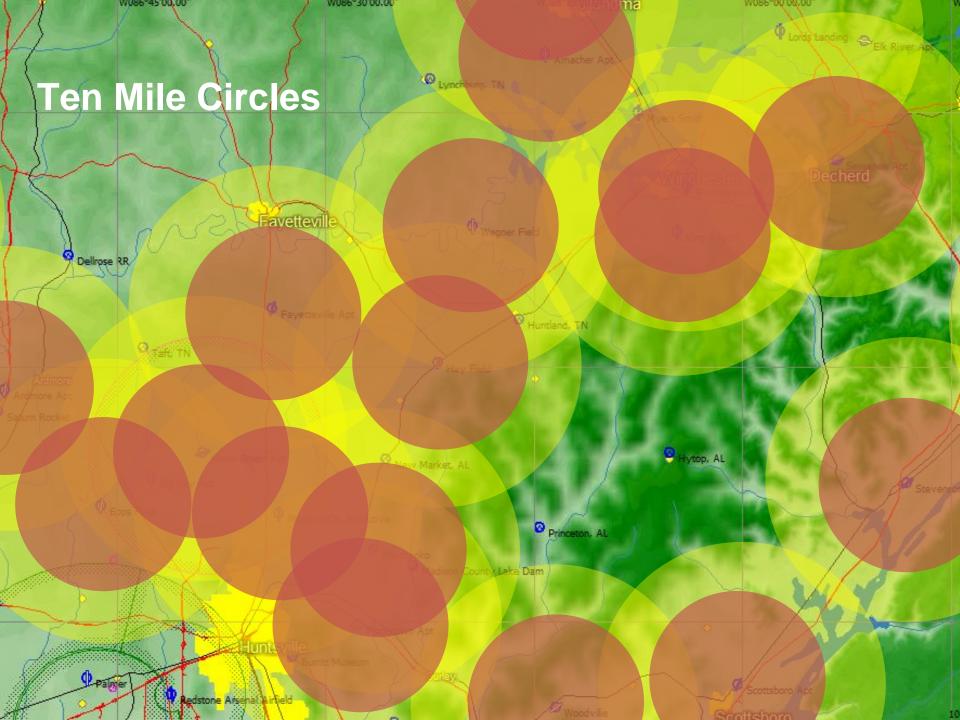
30 / 5.28 = 5.68 miles per 1000 ft or 176 ft per mile, therefore 1,500 1,760 per 10 miles. Given a 1,000 ft pattern plus 500 ft safety 1,000 1,000 You need ~3,300 ft to go 10 miles. At 2,500 ft, you can go about **six** miles. 500 ft 1,000 ft Pattern Altitude Plus 500 ft Safety Margin 10 miles 8 6 4 2





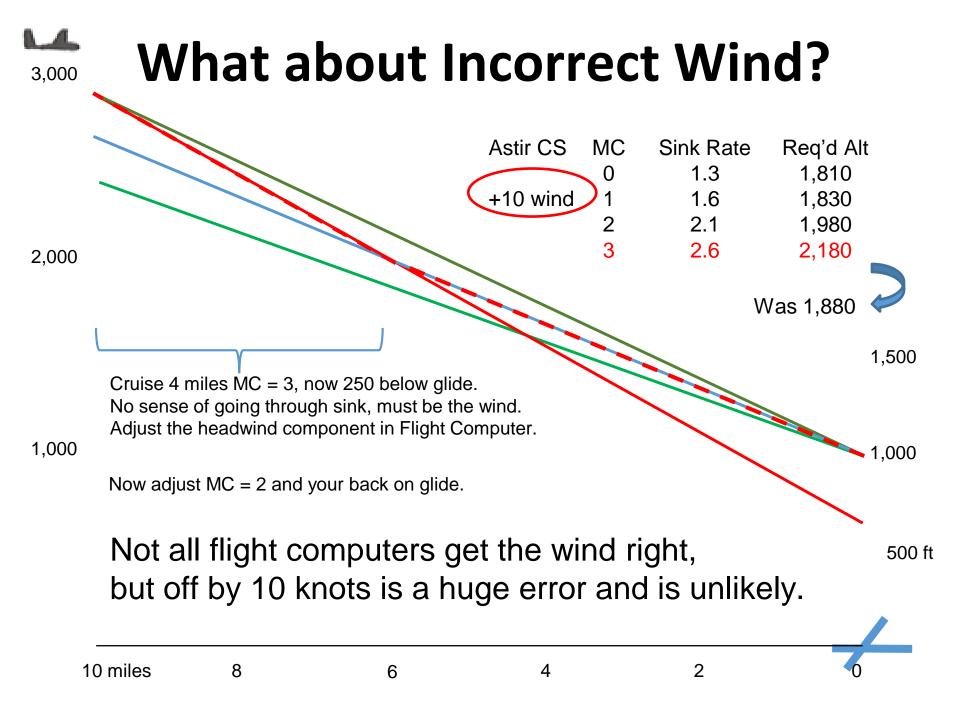






What's the point?

- Oh my god ... so many circles!
- We have been trained to think along these terms:
 - What is my glide ratio?
 - How far can I go?
 - Can I get to an airport or a landable field?
 - What if the wind quits?
- All of this thinking, figuring, analyzing, *paralyzes us*.
- We can do better



Now what's the point?

- Oh my god ... so many glide slope lines ... and sink ... and wind errors!
- Now how do we do all that figuring for:
 - What is my glide ratio?
 - How far can I go?
 - Can I get to an airport or a landable field?
 - What if the wind quits?
- You don't, that's the point:

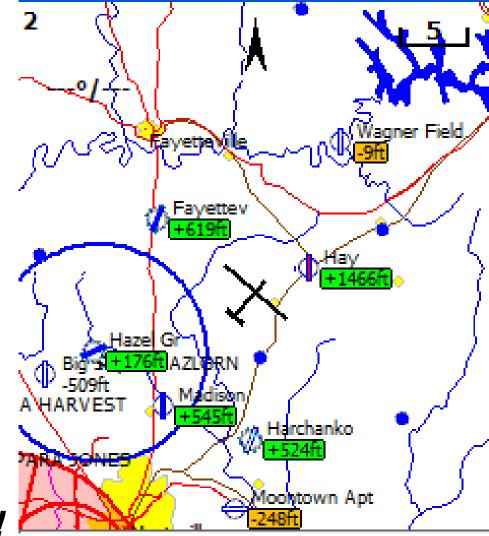
you get a flight computer.

• And ... you learn to use & learn to believe it!

What if you had a Flight Computer

- You're in the Astir
- You're at 2,600 ft
- Location is known
- Performance known
- Wind known
- Airports known
- Landable fields known

Wow! You know a lot! Sense of paralysis is gone!



Let's talk Flight Computers

- •You need one, period.
- •What kind you get is up to you & your budget.
- •Let's go over some Pro's and Con's for:
 - Low Cost Systems
 - •High End Systems

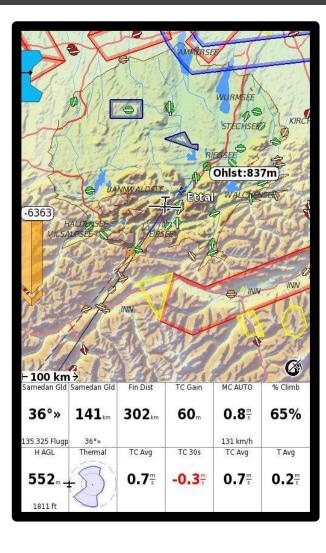


Navigation

•A moving map is massively helpful – to understand Alternate landings, Start, Finish, Turnpoints, & staying out of Airspace.

•Which system is not as important as knowing how to use it well. Practice on the ground in Simulator mode.





Example High End Systems

\$3,000 - \$7000+



What High End Systems Can Do

- •Large daylight readable screens
- Vario with Audio & Averager
- Speed-to-fly director
- •Wind speed & direction calculated using airspeed & GPS data while circling or cruising
- •Use GPS Position & Pressure Altitude
- •Moving Map with Waypoints and Airspaces shown
- •Final Glide Calculations
- •Robust installation in panel
- •Stick controllers so you don't let go of stick.

- •Reachable Airports Highlighted
- •Record IGC Approved flight logs
- •OK for all contests, badges, and records
- •Tasks
- •Flight Statistics
- •Improved safety through quick access to final glide data
- •MacCready only entered once on vario or PDA and data shared between devices
- •Artificial Horizon on some

What High End Systems Can't Do

- •But Not Much ...
- But, they are expensive! No Portable Simulator mode
 And you can't just plunk them into club gliders

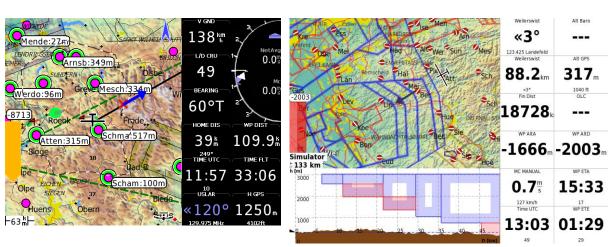


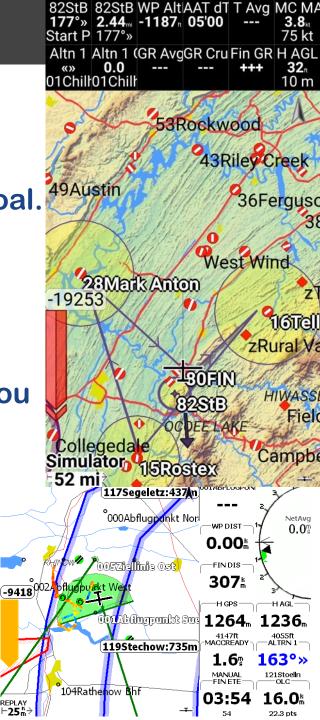


Flight Computer: XCSoar



- Glide Range altitude needed to reach goal.
- Above or below glideslope.
- Where are alternates?
- Wind
- Airspace
- Flight recorder > Regionals, OLC & SeeYou
- Xcsoar.org

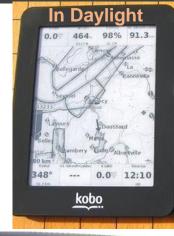




XCSoar Hardware

XCsoar runs on a wide variety of hardware:

- Android phones Samsung Galaxy 4 Note is large, daylight readable. Build in GPS, Pressure sensor, Bluetooth Connections.
- Bluetooth built into LXNav S100, vario, several flight recorder like Nano's and can be added to others with a K6 Bluetooth module.
- Dell Streak Android smartphone, transflective 5" screen
- PDA(becoming obsolete) wired Serial connections
- Naviter "Oudie Lite" wired Serial connections
- IOIO wired serial adaptors
- Kobo high contrast B&W e-book readers





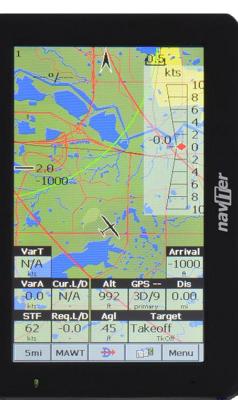
Connect to ClearNav or C302 varios





Flight Computer: Oudie / SeeYou Mobile nav Ter

- OUDIE IGC naviter.com/oudie2/ [OUDIE 2 alternate]
- Hardware & Software package, ~all the same moving map features as XCsoar.
- Aviation Quality GPS
- IGC Approved Logger Highest Level
- ENL Engine Noise Level Detector
- Battery Life 12 hours autonomy at full back light
- Built in Vario (Not TE Compensated) Acts as a good back up vario
- Bright 5" Screen 900/950 nits Sunlight Readable
- SeeYou Mobile Installed Turn it on & Fly
- Prepackaged kit and ready for quick installs
- wired serial port & Bluetooth
- Closely integrated with SeeYou flight planning & analysis

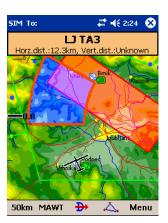




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Oudie Hardware

nav∏er

OUDIE IGC naviter.com/oudie2/ [OUDIE 2 alternate] Prepackaged kit - ready for quick installs



- 1. Oudie
- 2. USB Cable
- 3. Oudie Power and Data Cable
- 4. Car charger
- 5. Universal wall charger with 4 different plugs
- 6. Suction cup mount
- 7. Cradle
- 8. Universal RJ45 to DB9 Female converter
- 9. Universal RJ45 to DB9 Male converter
- **10. RJ45 Female/Female Gender Changer**
- 11. RJ12 Cable extension
- **12. CD ROM**
- 13. Getting started manual
- **14. Protection/Gift Box**



Flight Computer Advice

- use 12V external power when possible, or backup battery
- use canopy or panel mount Not loose in cockpit
- use WGS84 datum
- Worldwide Turnpoint Exchange has waypoint files
- use 1,2,4 seconds track log interval
- use track up orientation for map
- Simple setup so...

you don't get stuck with heads down time!

• Remember the goal is to make your life easier by it doing calculations for you, *Not to become a Distraction*.

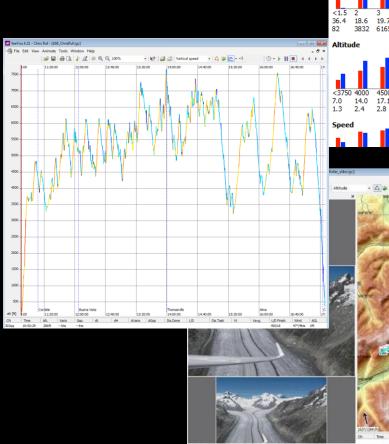




Flight Analysis

If you can't measure it, you can't improve it. Peter Drucker





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	Finish: 17:23									I
	Duration: 06:1	10:45								ļ
	Speed: 44.73	kts, XC Speed: 43.	71kts							ļ
	Circling:	Time	Vario		Alt.Loss	Thermal	s			ļ
	Total	02:10:28 (35%)	3.2kts	46207ft	-4344ft	54 27				
	Left Right	01:14:08 (57%) 00:45:44 (35%)	3.1kts 3.4kts	25417ft 17428ft	-1991ft -1870ft	27 23				I
	Mixed	00:10:36 (8%)	2.7kts	3363ft	-482ft	4				I
	Tries (<45s)	00:04:36 (1%)	1.7kts	1339ft	-538ft	13				I
	Straight:	Time	Dis.Done		Netto	Avg.GS	IAS			Mean L/D
	Total	04:00:16 (65%)	552.8km 117.7km	-44495ft	0.5kts	74kts 64kts	69kts 60kts	55	10.1km	41
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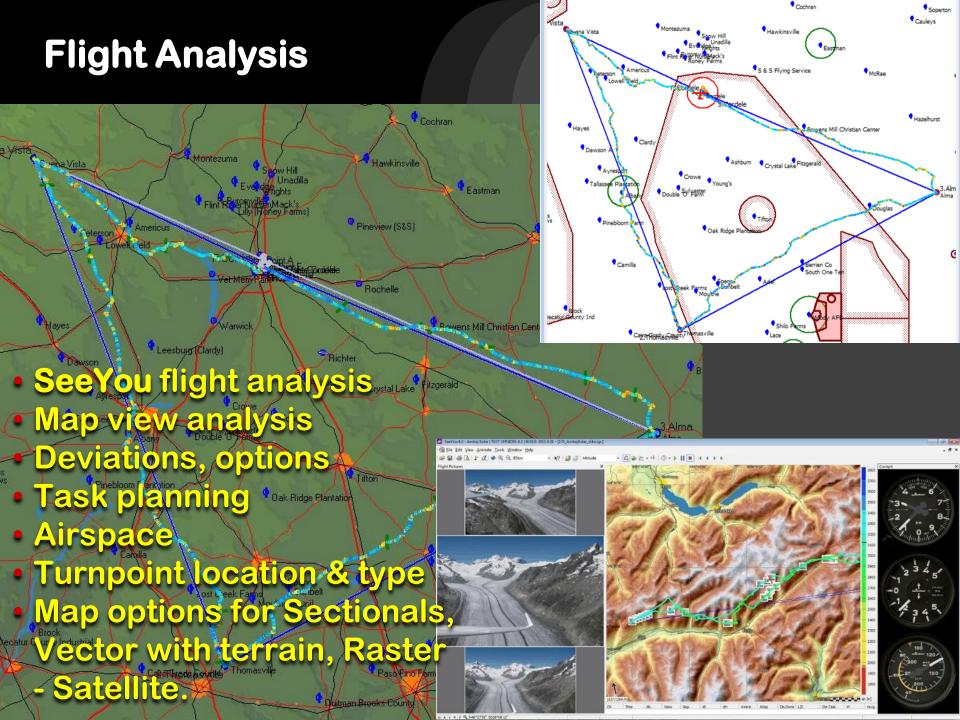
Flight Analysis

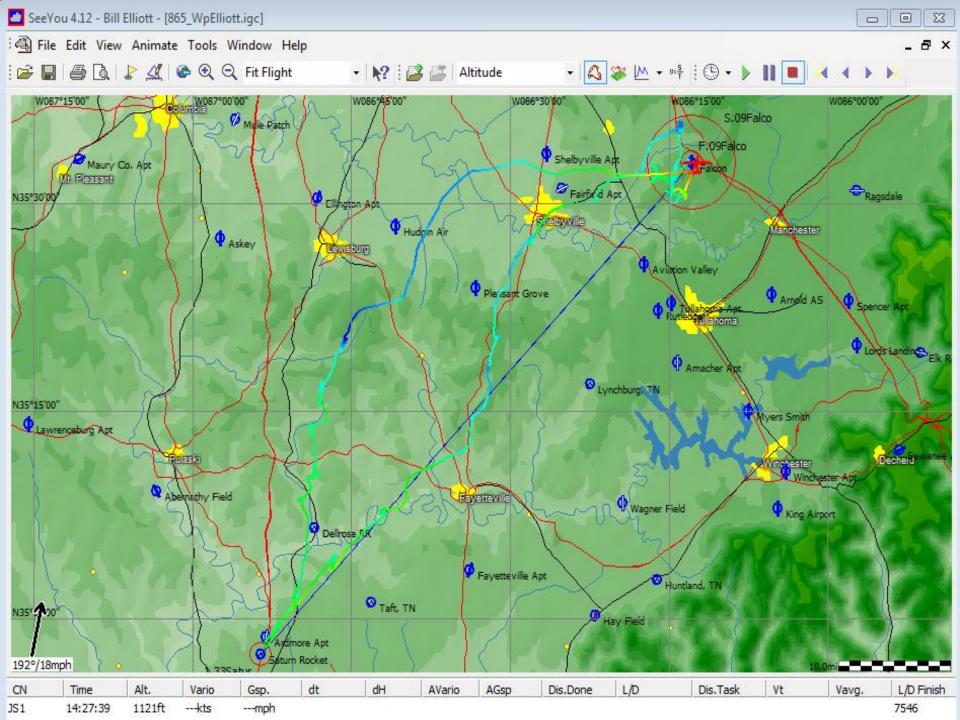
- Buy SeeYou ... everyone uses it so you can get help & it integrates with SYM
- Analyze your flights, every flight.
- look carefully at your climbs & glides
- Then, look closely at the barogram
 - What do the climbs look like?
 - Climb should be steady, no rollover to the right.
 - Look at how you exit, no rounded tops
 - Look at you use of the height band
 - What does the cruise look like?

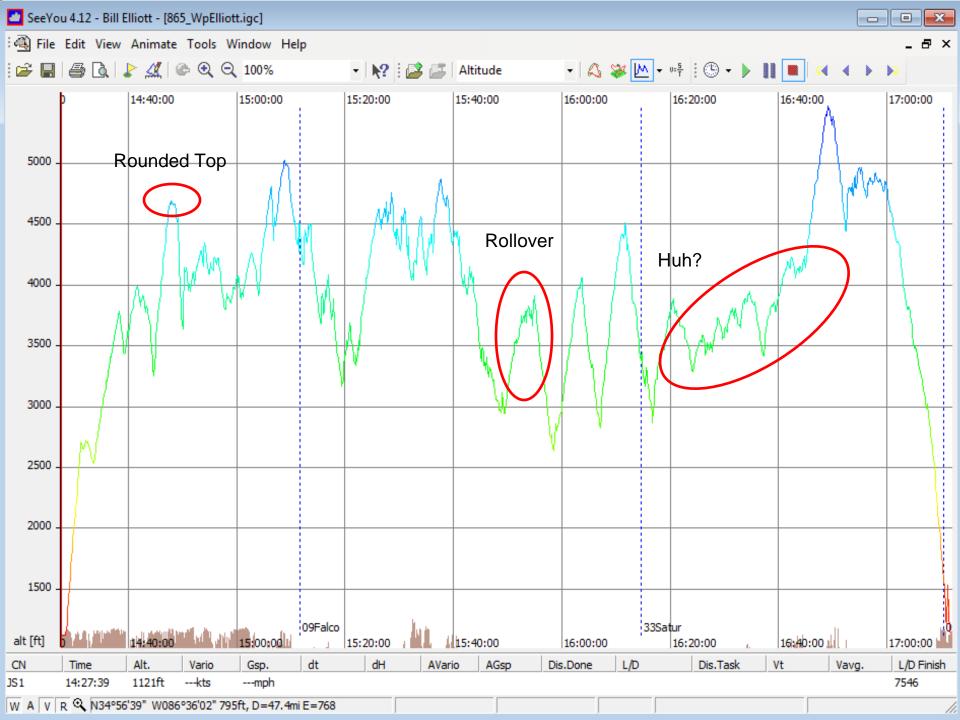


- Finally, look closely at the stats.
 - Achieved climb rates & percent time climbing
 - Number of tries
 - Average cruise length & avg IAS
 - Time in rising vs sinking air
 - % climb
 - Achieved L/D
 - Distance achieved





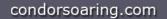




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"Prediction is very difficult, especially if it's about the future." --Nils Bohr, Nobel laureate in I How to Use this Page and its Purpose

data that you know about as well as information on how to interpret it. I update this

when the frames get in the way.) Right Click on the link and use the "Open In New Wir ving you can then close those new windows and return to the

You may need to "reload" this page in order to get the images to update

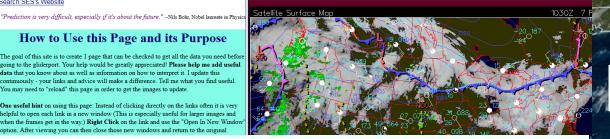
Plan your own Record & Badge Tasks to be flown at SES

Search SES's Website

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Weather

Overview Graphics Page



Other WX Links

Lift & Instability

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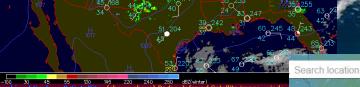
High Resolution Color GOES (16) East Satellite images

- Login

Educational Resources for Soaring Weather

suggest that you read anything you can get your hands on. Look over the data and make a prediction of the day before you fly, then compare this to what really happens. Most of the inked resources are not explained in too much depth by me because a lot of in-depth instructions and details are available from most of those sites. A good example is Unisys Weather which has a lot of details on how to read their graphics. Also explore the University web sites which have tutorials. I have added a ranking system of asterisks next to the titles of the links I have found most useful up to 4 "*"

For thermal forecasting the Thermal Index, RAOB Soundings and other Upper Air Soundings are the most useful tools, start with these. Many links have become a bit obsolete since the and XC Skies have appeared. Many of the other instability indexes are listed by





meteoblue.com



Soaring Forecast sites drjack.info Hcrit, free

BLIPMAP UniViewer

Created by John Whitney, E. Mancini, Jack Glendening

BLIPMAP[™] = Boundary Layer Information Prediction MAP created by Dr. John W. (Jack) Glendening, Meteorologist This UniViewer requires: Javascript, <u>Registration</u> (free), a valid registration cookie, browser acceptance of "www.drjack.info" cookies, and basic BlipMap knowledge. Registered users can view all BLIPMAPs. Registered users can <u>Logon (get a new cookie) here)</u> or <u>check their registration cookie status here</u>. <u>UniViewer Notes</u> give usage information. <u>BlipMap News</u> and <u>helpful BlipMap links</u> are below the viewer. If this new overlay-capable UniViewer does not function properly with your browser, please post a report to the <u>BLIPMAP Forum</u> and

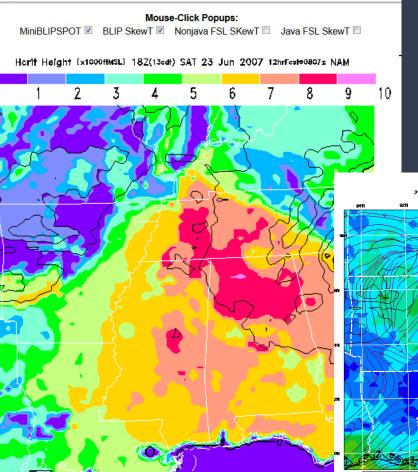
instead use the old non-overlay UniViewer.



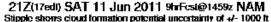
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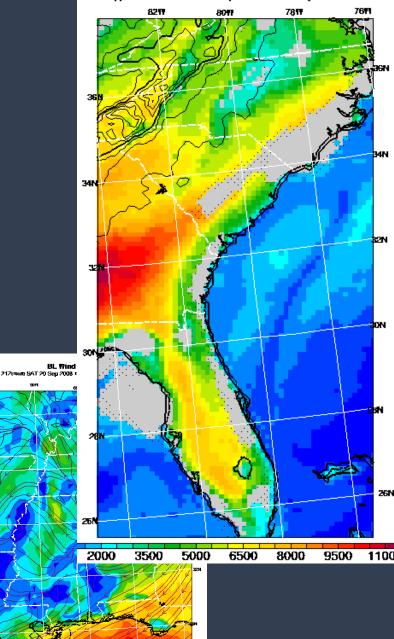
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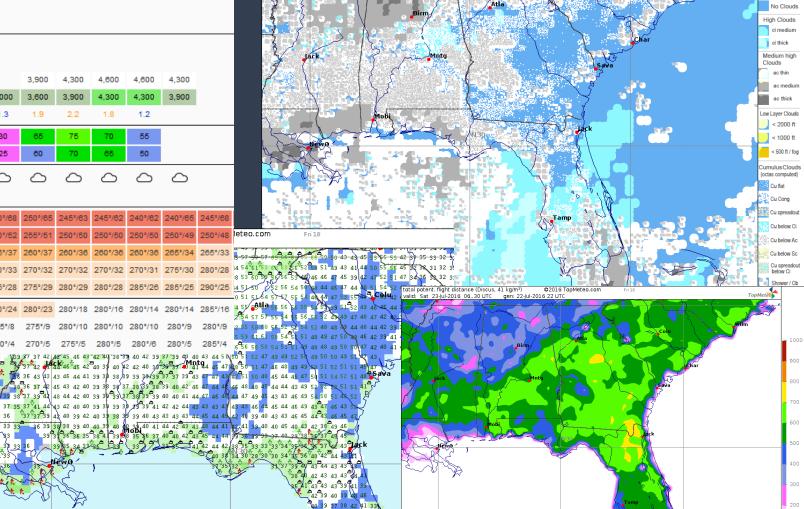


Soaring Forecast sites

topmeteo.com paid. Integrates into SeeYou, site forecasts

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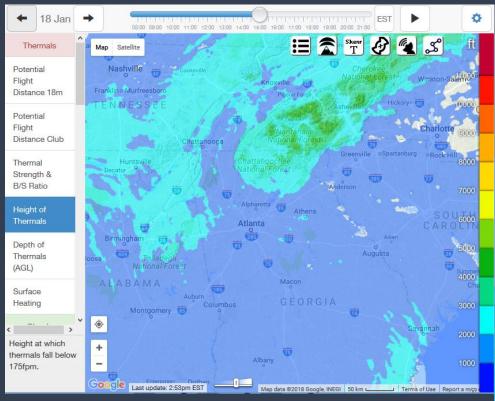
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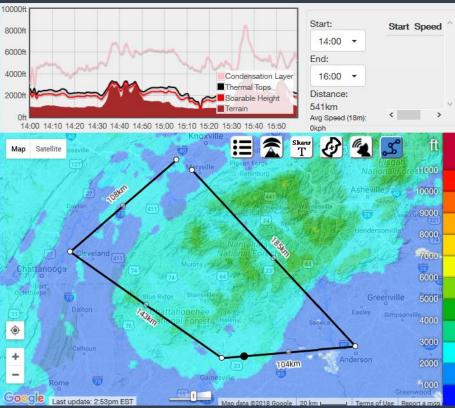
TopMeteo

Soaring Forecast sites

skysight.io

paid after trial. Integrates into SeeYou, Most Modern plot course and see forecast along course





landing out

224

Don't forget that the trailer can bridge a ditch if needed.

Found on the web, story unknown

landing out

Chris Ruf, Sequatchie Valley.

Ridge lift can disappear and you have to transition from Happy High speed cruise to OMG I am below pattern height and need somewhere to land in about 4 seconds. This wide angle photo is taken from the fence, It was a small field, the powerful dive brakes on the Mosquito helped get into the short field.



landing-out

High crops result in a ground loop & damage much of the time. Sequatchie Valley. Ridge lift can disappear and you have to transition from Happy High speed cruise to OMG I am below pattern height and need somewhere to land in about 4 seconds.

landing out

Doing this will result in a ground loop & damage most of the time, and maybe this time too! (Not sure if there is a left wing still attached).

Found on the web, story unknown

landing out

stand the

You won't get hurt landing in soft dirt

1

Conrad Suechting in PW-5 FP2, Fall 2000 NE of Chilhowee, TN John took these photos with a zoom lens from high altitude in his Junior photo credit: John McClary

Landing Out

Chris Ruf, Mosquito, SE of Perry, SC

Decide early: stop soaring start landing. HELP message:Please send help Soon. Chris Ruf needs to be retrieved from my adventure.

Sub-

You won't get hurt landing in soft dirt. Avoid crops on wingtip, landed right wing low – got lucky on this aspect. Wires Wind Slope Surface

You should already be comfortable with landouts. Steep approach & pattern at home like landout every time.

Crew

Crews help a lot, and crewing is a good way to learn - try it.

Now common to create a *Crew-for-Each-Other-Group* as secondary plan at contests and common for daily XC tasks at the home gliderport.

Nobody has been left in a field forever *as far as we know.*



Outlanding Preparations, Landing Out, reporting in, tracking systems & ELTs

Get a tracking system & register it on SSA's "Sailplane locator". FYI there are 2 tracking systems on SSA, the "locater" is better for friends & family to find you.



SPOT Gen3 Satellite Messenger





DeLorme inReach Explorer 2-way Satellite Communicator, GPS & Navigation



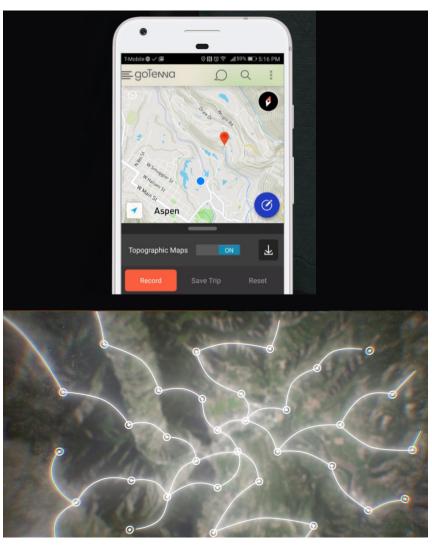


Interesting New tracking system

Mesh networking promises basic communication where cell phones don't work.







Contest Radio Usage – similar in cross country



- •123.3 Contest, CD, Pilot to Pilot Safety - Where you find XC pilots most days
- •123.5 Pilot to Crew (pilot must initiate - cannot start with crew calling pilot.)
- Unicom at public airports

SES Landing Out Practice day

If there is interest we can ask Joy to let us fly at Windrift for a day of grass runway practice – great to simulate off-field landing.



Equipment



- A good audio vario and a moving map navigation system are essential for XC & contest flying.
 - Need not be state of the art or expensive!







Equipment

Your trailer & tow vehicle should function well

- Adequate tow vehicle!
- •WITH gas & keys!!!!
- Instructions for anything weird

•Lights working

- Proper hitch and ball
- •Spares and tools
- •Keep a rope in the glider so tractor or 4x4 can tow you to edge of field.





Staying comfortable, and Safe:

Drinking Water

•Snacks keep your blood sugar in the right range, and backup food for a landout. Pilot Relief

•Oxygen in Western US

Checklists

Suggested checklists:

- Equipment to take to the airport (it's discouraging to find that you left your battery charger at home)
- A thorough assembly checklist
- A pre-flight checklist
- A pre-landing checklist
- A trailering checklist (showing how to hook up your trailer & start your tow vehicle)
- Cell phone belongs on checklist.

Your pre-flight checklist should include several task-specific items, such as the need to ensure that a task sheet are in your cockpit, and that the keys to your tow vehicle are not in your pocket. Your landing checklist is one you may wish to commit to memory, since outlandings & contest landings can get busy

When & Where are the XC events & contests?

The SSA website has a schedule for nearly every race in North America AND many other fun meets, camps and other events.

About Soaring The SSA Member Resources Soaring Safety Sailplane Racing Soaring Achieve	SOARING SOC		ership Number:	Password:	Remi	
	About Soaring 🔻	The SSA 🔻	Member Resources 👻	Soaring Safety 💎	Sailplane Racing 👻	Soaring Achieve

Contest Calendar

Select Type of Event

Events

SSA Contests (Click here for contest results) ✓ Fun Meets, Camps, & Other Flying Events ICAL Conventions, Seminars, & Meetings ICAL

Check these 2 boxes for more events!

Visit the graphical calendar

Click on an event for additional details

Date(s)	Event	Location
2/27/2018 - 2/28/2018	FIRC	Reno, NV
3/1/2018 - 3/3/2018	2018 SSA Convention	Reno, NV
3/1/2018 - 3/3/2018	Soaring Society of America Convention	Reno, NV
3/2/2018	Annual SSA Membership Meeting	Reno, NV
3/9/2018 - 3/11/2018	AGCSC Winch Clinic	San Diego County, CA
3/10/2018 - 3/16/2018	Senior Soaring Championship	Groveland, FL
3/20/2018 - 3/29/2018	Sequatchie Badge & Record Camp	Jasper, TN
4/6/2018 - 4/8/2018	AGCSC Winch Clinic	San Diego County, CA
4/16/2018 - 4/21/2018	Region 5 North	Perry, SC
5/1/2018 - 5/10/2018	18-Meter National Championships	Groveland, FL
5/4/2018 - 5/6/2018	Eastern Vintage/Classic Regatta	Benton, TN
5/14/2018 - 5/22/2018	20m Multi-Seat Nationals	Reedsville, PA
5/21/2018 - 5/26/2018	Region 7 Soaring Contest	Albert Lea, MN

5/23/2018 - 5/30/2018 5/25/2018 - 5/28/2018 5/28/2018 - 6/1/2018 6/3/2018 - 6/8/2018 6/4/2018 - 6/9/2018 6/11/2018 - 6/16/2018 6/14/2018 - 6/17/2018 6/14/2018 - 6/17/2018 6/19/2018 - 6/28/2018 6/19/2018 - 6/24/2018 6/25/2018 - 6/30/2018 7/2/2018 - 7/7/2018 7/2/2018 - 7/7/2018 7/2/2018 - 7/7/2018 7/2/2018 - 7/7/2018 7/8/2018 - 7/14/2018 7/9/2018 - 7/14/2018 7/16/2018 - 7/21/2018 7/22/2018 - 7/28/2018 7/23/2018 - 8/5/2018 7/23/2018 - 7/27/2018 7/31/2018 - 8/8/2018 8/4/2018 - 8/12/2018 8/5/2018 - 8/11/2018 8/5/2018 - 8/11/2018 8/11/2018 - 8/19/2018 9/1/2018 - 9/3/2018

9/20/2018 - 9/23/2018 10/13/2018 - 10/14/2018 1-26 National Champtionships Western Vintage/Classic Regatta 24th Annual Thermal Camp 32nd Annual Cross Country Camp Region 5 South Region 10 North Midwest Vintage/Classic Regatta Midwest Vintage/Classic Regatta 2018 Sports Class Nationals 2018 Nephi Region 9 Sports Class 2018 Region 10 Championship 2018 Region 8 Championships U.S. Junior Camp Contest New England Region 1 Contest Region 6 North Sugarbush Soaring Youth Soaring Camps Air Sailing Sports Class Region 11 FAI Class Sugarbush Soaring Youth Soaring Camps 2018 Mackay ID Annual Regatta Women Soaring Pilots Annual Seminar Standard Class Nationals 2018 Club Class Nationals Region 3 Sports Class Sugarbush Soaring Youth Soaring Camps 15-Meter and Open Class Nationals Experimental Soaring Association Wester Workshop/Vintage Sailplane Regatta

Great Plains Vintage/Classic Regatta

Hood River Glider Weekend

Tehachapi, CA Wichita, KS Hood River, OR

Waynesville, OH

Air Sailing Gliderport, Reno,

Air Sailing Gliderport, Reno,

Tehachapi, CA

Cordele, GA

Lawrenceville, IL

Lawrenceville, IL

Yoder, KS

Nephi, UT

Nephi, UT

Waller, TX

Ephrata, WA

Springfield, VT

Adrian, MI

Adrian, MI

Warren, VT

Truckee, CA

Warren, VT

Mackay, ID

Truckee, CA

Midlothian, TX

Dansville, NY

Dansville, NY

Warren, VT

Uvalde, TX

Reno, NV

To have your event listed in the calendar send an email to webmaster@ssa.org

When & Where to Race Your First Contest?

GTA is a local race series that provides a perfect way to begin racing.

<u>gta-raci</u>	ng.info/
GTA Race Series	Georgia-Tennessee-Alabama Sports Class Sailplane Race Series Where real soaring fun in the South begins!
overview	Search
The GTA Race Series is an informal competition; a group of friends that get 10-15 weekends a year & fly cross-country. We crew for one another, fly at experiences and learn from one another (including several that have flown and International competitions), enjoy great camaraderie, and have a blast Newcomers and Visitors are always Welcome.	several <u>sites</u> , share GTA FACEBOOK FEED in Regional, National
The letters GTA stand for Georgia Tennessee & Alabama . This is where <i>m</i> from as well as where we hold our races. Everyone is always welcome to joi where they may be from. Many participants come from other nearby states olina, North Carolina, & Mississippi. If you are willing to make the trip, we are	n us regardless Racing shared Cub Ar Flight's Piper J-3 : Florida, South Car- e glad to have you. Here's a little gem you may all enjoy from
Interested in your first race, but feel a little intimidated? DON'T BE! Click here to find out about how to get started with us.	1943. Cub Air Flight ■ Video View on Facebook - Share
	GTA Race Series, Sports Class Saliplane Racing Zweets ago GTA Race Series, Sports Class Saliplane

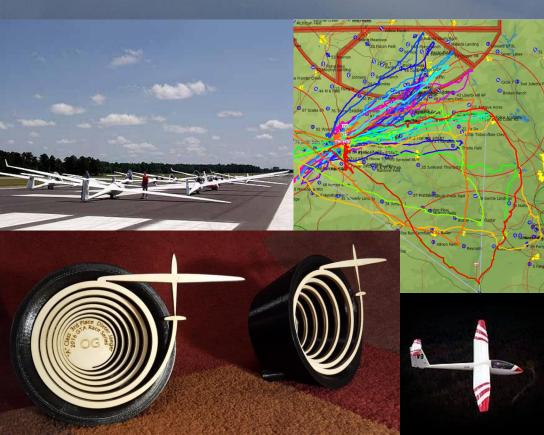


- GTA is ideal. Usually only 4-8 gliders
- Regional with 6-12 in sports class is another good option.
- Smaller regional is good but not a "Super Regional" contest or National. (NOT Perry with 65 gliders!)



GTA Race Series

\$22 for 28 race days.

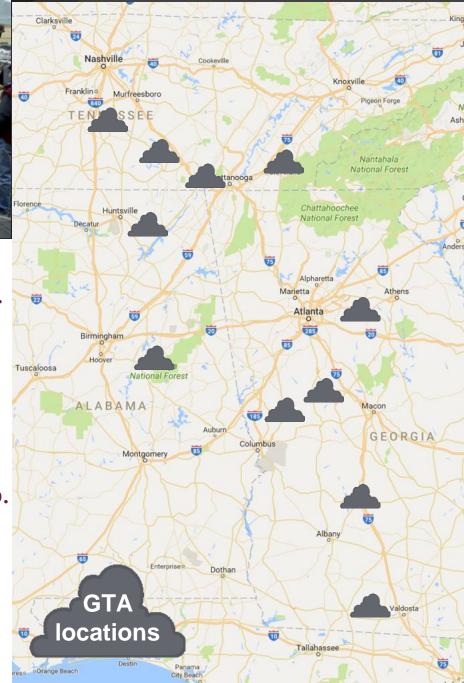


GTA 2018 Schedule draft

#	Area	Location	Dates	Days
		Seniors FL	March 10-16	
		Sequatchie, TN	March 20-29	
1	S	Warm Springs	March 24-25	2
		Easter	April 1	
2	SW	Sylacauga	April 7-8	2
		Perry Region V N	April 14-21	
3	Ν	Chilhowee	April 28-29	2
4	NW	Moontown	May 5-6	2
		Mother's Day	May 13	
5	NW	Eagleville	May 19-20	2
6	S	Cordele	<u>May 26,27,28</u>	3
		Skip/rain make up	June 2-3	
м		Cordele R5S	June 9-10	
			June 16-17	
~ 7	S	Warm Springs	June 23-24	2
8	Ν	Chilhowee Canada Day	June 30 - July 1	2
9		Eagleville	(July 7-8 backup) July 14-15	2
3 ?		Rain make up	July 21-22	2
		Rain make up	July 28-Aug 19	
		Nam make up	August 25-26	
10	N	Chilhowee	Sept 1,2,3	3
i <i>ē</i> i y+			000001,2,0	Ŭ
ro			Sept 9-10	
11	Е	Monroe	Sept 15-16 / TBD	2
	w	Sylacauga	Sept 22-23	2
	S	Windrift/ Chilhowee as backup	Sept 30-Oct 1	2
			October TBD	
			October TBD	
		Chilhowee Oktoberfest	October TBD	
			total race days	28

Why racing?

- Racers & XC record and badge pilots stay in soaring longer and enjoy it more.
- Explore different soaring sites = many learning opportunities.
- You will learn more, faster, flying with other pilots.
- Amazing to see what other pilots can do.
- Camaraderie with fellow racers.
- Great memories & Stories



The Unwritten Rules

For any sport, the rules that aren't written can be as important as those that are. A brief list of the things you should be trying to achieve in soaring competition, in decreasing order of importance. The first four should be considered mandatory on every flight.

- Don't endanger people on the ground
- Don't endanger other pilots
- Don't endanger yourself
- Don't endanger your glider
- Learn from the flight
- Enjoy the flight
- Go Far, Fast, Score well

Faster, Further, Higher, Funner



This Year... What is YOUR Goal?

> I want more days like this: 42.5mi final glide to Sylacauga

SES Cross Country 101 Seminar

Beginners learn how to comfortably fly their first distance flight.

Date: Saturday January 27, 2018

Time: 9:15am -2:45pm EST

Location: Southern Eagles Soaring, <u>Warm Springs Roosevelt Airport</u> southerneaglessoaring.com

What: A seminar (and lunch!) to prepare pilots to fly their first cross country.

Who: Any glider pilots interested in learning how leave glide range of the pattern - now or in the future.

Why: Pilots who learn to fly XC & Racing tend to get more out of soaring, stay in the sport longer, and enjoy years of camaraderie with fellow pilots. Cross country soaring skills will take your flying to the next level. *Cost:* Attendees are asked to contribute \$15 for lunch and expenses.

Preliminary program - subject to adjustment:

9:30-11:40

•Silver planning: How to plan & execute that first x-country/Silver C 50 km/31 mile Flight. Planning, nav, decision heights, landing out, flight documentation. (Wally, & Chris)

- •Prerequisite skills before trying this, basic skills. (Wally)
- •Thermalling better (Eric)
- •badge ladder. (Chris)
- •Courses that make sense from Warm Springs. (Chris)
- •Dual practice you can do with an instructor or experienced pilot. (Chris)
- •Posting to OLC. (Chris)
- •Good reference books. (Wally & Chris)

11:45-11:55

•Touch on flight computers like XCSoar and flight analysis in SeeYou. (Chris)

12:00-12:30

- •Landing out, better. Having never landed out is a barrier to feeling comfortable leaving the nest. (Wally)
- •Learn some best practices and some stories. (Wally)
- •Hear about are upcoming outlanding practice day with instructor and club 2 seater. (Chris)

12:30-1:30 Lunch

1:40-2:45

How to communicate you location, contact crew, help your crew with a checklist (Chris)
Glider assembly/disassembly and trailering - until you have done it - it seems like a big scary barrier. Learn how to retrieve yourself or your buddy (and occasionally both). (Wally & Chris)

Depending on the weather we can also fly afterwards.

RSVP by January 20th to reserve your spot and so we know how many burgers to make. <u>rufchris@gmail.com</u> 404-312-6377. Space is limited so RSVP now. Plan to bring a chair.

please forward this invite anyone interested in flying cross country some day...

Presentation by Chris Ruf, Eric Carden & Wally Berry

Chris has flown state records in GA & TX, and hopes to fly more than the 500km. He helps organize the GTA - Georgia Tennessee & Alabama race series and often serves as Competition Director. He has flown many GTA, as well as SSA Regional and National Competitions.

Wally has flown many long flights in GA - looking for any excuse to head for Cordele or Alabama. He has been a Regional Soaring Champion multiple times. He served as Competition Director at the 2017 Cordele 15m, Standard & Open Class National Races, and has flown several National Competitions.

Eric Carden - soaring coach, will be speaking on the art of thermalling.

Agenda