

XC FLYING CONCEPTS

1. Thermaling

- a. patience - pick a thermal that is only a kt or two of lift, work it patiently to the top
- b. turns - find a narrow thermal, practice a (DJ) high bank turn in 15 seconds
- c. centering - review Wander's book "THE ART OF THERMALING" - <http://www.bobwander.com/> - practice
- d. wing - which wing lifts more as you encounter thermals, wait a few seconds then turn in lift direction - repeat
- e. cloud - pay attention to which cloud edge is working - try a new cloud with the same edge/location - evaluate
- f. band - pay attention to the working band for thermals - go high stay high?
- g. time - five hour badge? comfort and food/hydration? patience?

2. Cruising

- a. working band and porpoise flying - thermal to about 80% of thermal height, set a goal for time/distance/altitude, then execute it - for example, leave a thermal and purposely cruise (porpoise fly) until you are at 30% of thermal height - do NOT be tempted to work a thermal, no matter how good - fly slowly through thermals and allow glider to be lifted while cruising
- b. clouds/streets - figure out where the clouds are from the air or looking at the ground, then work them - repeat

3. Home Airport

- a. land out - go to an encampment to fly from a different airport, or simply fly to Gardner or Jaffrey and land - free first time retrieve, this will get you over the fear of landing out at a "strange" airport (make arrangements!)
- b. looking back - DON'T, look forward but keep a safety airport in your plans

4. XC

- a. goal setting - xc is a process, set day/month/year XC goals, examples:
 - i. poor soaring day - learn patience and efficient thermally, set a 1 hour minimum goal, don't give up
 - ii. good soaring day - set a 3 hour minimum, fly XC triangle several times, try to minimize thermaling
 - iii. year 1 - fly to Gardner every single time you fly if, try different paths - north and S of the mountain, along rt 2 from FIT, etc.
 - iv. year 2 - become comfortable flying to Orange or Jaffrey from Gardner or FIT
 - v. year 3 - ibid to Jaffrey or Keane NH and back to Southbridge, etc.
- b. radio - you won't be alone, there are other pilots talking about conditions, and if you get into trouble someone may be able to recommend a reliable thermal location, or notify the tow plane to go get you.

Bottom Line XC Rules:

SET A GOAL EVERY TIME YOU FLY (DJ, ROY, RR)

Advance at your own pace, BUT ADVANCE

Look FORWARD, Not Backwards!

... but fly safely with a backup plan/airport!