

# Fundamentals of Cross-Country Soaring

# Introduction

- Some basic considerations
- Getting 'ready'
- Getting 'gone' or cutting the apron strings.

# Topics of Discussion

- Getting the pilot ready
- Getting the equipment ready
- Getting ready for the flight
- Flying the flight

# Getting the pilot ready

- Basic health considerations
- Piloting skills
- A,B,C, and Bronze
- Before the above, you simply are not ready

# Practicing Cross-Country Skills

- Never fly slower than the wings-level minimum sink speed.
- All polars change gradually...within five knots of speed-to-fly is fine!
- Setting MaCready to zero is fine until you gain confidence
- Splitting the difference on your speed-to-fly will be conservative enough in short order.

# More on Practicing

- Learn to fly straight through weak lift
- Learn when to leave a thermal
- Leave a thermal efficiently
- Learn about height bands
  - ◆ high...aggressive macready
  - ◆ middle...conservative macready
  - ◆ Low...survival macready

# Getting the Equipment Ready

- Trailer, retrieve vehicle, keys, etc.
- Make your own retrieve checklist
- Really understand your instruments
- Have a xc checklist
- If using GPS only, do you have backup batteries?
- Consider a logger.



CN	Time	Alt.	Vario	Gsp.	dt	dH	AVario	AGsp	Dis.Done	L/D	Dis.Task	Vt	Vavg.	L/D Finish
86	12:10:42	514ft	0.0kts	0mph										
W A R V N35°02'22" W080°06'23" 245ft, D=35.6ml E=699														

# SeeYou + Logger = Understanding your flight

- The 'feedback' is invaluable
- You will discover your 'screw-ups'
- Your badge and record claims become simple
- You will become more confident
- You will have a better sex life

# Next Steps

- Fly a safe 'triangle' to Pageland
- Go to the OTHER end of the runway at Pageland
- Come back via another safe 'triangle'
- Do it again
- Do it with Kirk
- You are now flying cross-country!