

Betreff: Episode 98- Mastering Cross Country with Alex Robe

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Greetings Alexander,

This is the most information-dense podcast than possibly any previous show we've ever done. Alex Robé and one of his main flying partners Primoz Susa are nearly always the two guys right at the top of XContest on the big days. Alex won the XContest in 2015 **and** 2017 and is [currently in 3rd this season](#) (his lowest value flight is over a 260KM FAI, and the two pilots ahead of him both went to Brazil last fall!). But

Alex is extremely limited with his time and how much he can fly. In a typical year he'll only fly 10-15 times! So for those of you who are restricted with time, prepare to be inspired! In this episode we cover a huge range of topics from a true master of flying huge distance. We discuss risk management; performance vs passive safety when it comes to wing choice; the keys to flying fast; how to identify the big days (and more importantly- choosing the right launch and the right route); ability, attitude and approach; 2 liners vs 3 liners and misconceptions; weather resources and forecasting; how to become a great pilot by flying huge hours on the big days rather than battling fear on the dicey days; how to build endurance for long flights; the recipe for flying big; the importance of post-flight analysis and a LOT, lot more. Get your pen and paper out folks, this one is packed!

[Listen here.](#)

And we've got more X-Alps fun for those of you who love the race. I've just put up a [blog post](#) on more behind-the-scenes from Team USA 1 which includes a whole bunch of statistics beyond just the mammoth physical effort we all had to do on the ground; our best and worst day; the nutrition changes we made this year and a lot more. AND, a fun [10 minute highlight video](#) of how it all went down. Enjoy!



Thank you,

Gavin McClurg

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