

Georgia Navigator Cup 2023 Quick Guide

Contacts

Meet Director – Fred Zendt: 678-640-5828
Registrar -- Rick Shane: 770-820-5361
Search and Rescue (SAR) – 404-276-6558



Dates: Friday, January 13th – Monday, January 16th, 2022

First Aid Assistance

In the case of a life-threatening emergency, call 911.

First aid kits, an AED and first aid assistance will be located at Meet HQ. Should you require additional medical aid, the nearest hospital emergency room is:

Wellstar West Georgia Emergency Department
1514 Vernon Rd, LaGrange, GA 30240 (706) 882-1411
22 miles (30 minutes) NW of F.D.R. State Park

Friday Middle Distance NRE Event – FDR State Park, Lake Delano Dam

FDR Park Address: 2970 Georgia Highway 190, Pine Mountain, GA 31822

Meet HQ is in the Lake Delano Dam Group Shelter. Clean shoes only, please. Registration open 11:00am-4:30 pm.

Saturday and Sunday NRE races – FDR State Park, Lake Franklin Event Center

FDR Park Address: 2970 Georgia Highway 190, Pine Mountain, GA 31822

Meet HQ is in the Lake Franklin Event Center. Clean shoes only, please. Registration open 8:00am-12:30 pm.

Monday Extreme-O – FDR State Park, Lake Delano Dam

FDR Park Address: 2970 Georgia Highway 190, Pine Mountain, GA 31822

Meet HQ is in the Lake Delano Dam Group Shelter. Clean shoes only, please. Check-in 8:30am

Meet Procedures

Walk to Start - Routes will be clearly marked with signs.

Friday - about 500m southeast (uphill) along Lake Delano Rd.

Saturday and Sunday - Both days the walk to Start will be ~700m back out along the road you drove in on.

Porta-potties both days are at the Meet HQ (Event Center) and ~200m before the Start area.

Start / Call up

Be at the call up 5 minutes before your start time!

After Call-up there will be two one-minute stages and then the Map lines. Control descriptions will NOT be available, except on your map.

At the Map line you will receive your map. Manually punch the Start Control when told to start. SI Air is enabled on all other controls.

Reserve Punch Boxes

In the event of electronic punch unit failure, use the pin punch in the Reserve Punch boxes provided on the map.

Friday Safety

If you have been out for 2 hours **or** it is clear that you cannot finish in 2 hours, you must return immediately and report to the Finish.

A couple large, distinct trails are on the map. Go north to a large trail, then follow the trail east to a road. Meet personnel will patrol the roads for competitors in need. If unsure, STAY on any road you come across.

Saturday and Sunday Safety:

If you have been out for 3 hours **or** it is clear that you cannot finish in 3 hours, you must stop immediately and report to the Finish.

Go north to find a paved road. Either Group Camp Rd that you came in on or GA-190 on the top of the ridge. **Then stay on the road.** Meet personnel will patrol the roads for competitors in need. **If unsure, STAY on any road you come across.**

Install the [what3words](#) app on your phone. "what3words" has divided the world into 3m squares and given each square a unique combination of three words. The words for the Saturday and Sunday finish area are: **guess.chant.fall** These words are also printed on the map. If you feel you are lost or need directions back to the Meet HQ, enter these three words into the what3words app. The app will then provide directions back to the finish control. Be aware that using this app, or any use of your cell phone while on the course, will result in disqualification. This app is only for emergency use when you are ready to retire from the course and competition.

Finish Line

When arriving at the finish line, be sure you punch the "Finish" control at the Finish banner.

Proceed immediately to the Download Station to have your e-stick read. Take the printout of your results and split times.

Course Setter Notes

Friday:

There is an area in the center of the map that was private property until recently. The park acquired it and has built a short trail around it, known as the "easy" trail. The private property signs and boundary markers are still visible, and all courses except white and yellow may see them. **You can ignore those signs.**

Saturday / Sunday:

All courses on both days cross small creeks. (Advanced courses cross multiple small creeks). Your shoes and feet will get wet.

Fallen leaves are abundant and cover the trails and rocks, making many of the trails (especially trails mapped as indistinct) difficult to see and the unseen rocks possible ankle twisters.

Man-made rock piles are abundant in the formerly farmed areas and are mapped with the boulder cluster triangle. When used as a control location, they are described with the boulder cluster symbol.

Mapped rides are usually old road beds that were abandoned long ago and are often indistinct.

Many of the trails in the area are horse trails, some actively used, some no longer used. If you encounter horses on the trails, please give the horses and their riders the right of way.

Saturday's courses cross the park's "Group Camp Road" which goes to the Event Center. Runners, please use caution when crossing the road. Drivers, please drive slowly and attentively on Group Camp Road.

In case you get lost, **a safety bearing, SAR phone number, and what3words locator are printed on each map.**

To use the what3words locator, you will need to have the what3words app installed on your phone and cell service on your phone. Please ensure you have the what3words app installed!

Blue Course

Multiple legs on **Sunday's Blue course** cross each other. To reduce confusion where the legs cross, **Sunday's Blue map is printed on two pages**, with approximately half the course on each page. Both pages will be in the Blue course map bag at the start.

Map Notes

F.D. Roosevelt State Park terrain is like many of our maps, ridge and reentrant systems. It is generally open, but there are many large rootstocks, mapped with a green X.

The non-standard symbols:

- Green 'X' used for rootstocks.
- Black 'O' used for "junk pile".
- Black 'X' used for man-made object that is not trash/junk.

Rootstocks, the upturned root ball of a fallen tree, are numerous. Only those exceeding one meter in height warrant a green "X" symbol.

These notes, with explanatory pictures, are available to download [here](#).
(http://gaorienteing.org/Special_Events/GNC/files/FDR Mapper Notes.pdf)

The competition maps have an abbreviated legend with just the most commonly used and relevant map symbols. A more extensive, complete map legend (as shown in the Mapper's Notes) is available to download [here](#).
(http://gaorienteing.org/Special_Events/GNC/files/FDR Map Legend.pdf)

Model Area

A model area will be available starting Friday morning, Jan 13 through Sunday. The area is on the eastern end of the Lake Delano map and was used for the Start and Finish of last year's event. Parking lot is off of GA-354, across from the Liberty Bell Pool parking area. There will be a bag will course maps on the fence next to the parking area. Please return the map for others to use after you are done.

Map and course are available to download [here](#).

http://gaorienteing.org/Special_Events/GNC/images/GNC2023-Model-Course.pdf