

(NOTE: While this notice is posted on the GAOC website under packet picket, only those who pre-registered for the Extreme-O may attend. LCS)

EXTREME-O 2003

Yep, it's that time of year when folks from the East Coast (VA) and West Coast (OR) gang up on the rest of you with the blessing of GAOC. This year it's at Sweetwater...we return to the scene of the crime! And, what a crowd! (You know, some of you are *serious* masochists!) Mal is at the park scheming as I write, and has almost total recall for the icky things we dreamt up for you there last time. Chuck and I will join him on Thursday.

WARNING: Make sure you bring a complete change of clothes and hypothermia prevention for the end of the course. We *can not* guarantee nice weather but we *do* guarantee that you will be wet and muddy and cold and icky.

Here is the skinny on EXTREME-O 2003. Print this and bring it with you and if you know someone signed up but not on my e-mail list, please send this on.

TRAINING SESSION:

WHEN: Follows the awards ceremony.

WHERE: It will be in the heated group shelter.

WHO: EVERYONE MUST ATTEND UNLESS GIVEN SPECIAL DISPENSATION BY MOI! Veterans, this means you!

LONG COURSE/SHORT COURSE SIGN UP: A start sheet will be passed toward the end of the meeting. You will sign up for your own start time and course choice...one reason you must be present.

TEAMS? NOVICE? If you are new to X-O, please consider pairing up with another novice or someone experienced. You will have a lot more fun and two heads are definitely better than one. Family groups are encouraged.

TRAINING: This is where you will learn the technical and military navigational skills necessary to navigate this course. Without them, you will be truly lost in the woods. This is also where you must decide on taking the short course or the long course.

TRAINERS: The CIOR Team members and veterans

DURATION: Approximately 60-90 minutes (If you need extra help, we'll stay after).

EXTREME EVENT:

COURSES:

Short: Usually the first part of the course; it has most of the bells and whistles, but shorter and friendlier. Beginner? Tired and sore from the A-meet? Want to just walk? This is the course for you. (Usually averages 6-8 km)

Long: Physically demanding in length and climb; it is designed as a midwinter training session to help keep the CIOR athletes in shape for their summer event. (10-13 km)

Time Limit: Three (3) hours!

START TIMES: Sign up on the start time list at the training session...first out @ 8 AM.
Again, you are encouraged to go as a team with a friend or another beginner.

WHERE: Assemble at the GNC event Headquarters, unless told otherwise at the training session.

EQUIPMENT:

Orienteering clothes...up to you
Good, sturdy shoes, boots, or O-shoes (make sure they are broken-in and won't cause blisters when they are wet...you will get wet
Zip lock bag for map, punch card...you will get wet
Safety pins
Bib number
Waterproof pen...you will get wet
Paper
Change of clothes and shoes...you will get wet
Emergency whistle
Change of clothes and shoes...you will get wet

HELP: We can use your help with bag pickup and if your companions would like to help while you are out on the course, we have a place for them. Please let me know (CIOR@aol.com).

CHANGING YOUR MIND: Just too tired and sore from the A-meet? Have to leave early? It is important to let us know as soon as possible so we can shift someone from the waiting list into the event. Notify the registrar or the Fergusons. We're staying with Steve and Robin Shannonhouse, or use my (LINDA) cell phone for this purpose: 571-236-7577.

We're looking forward to seeing you on Monday!

Cheers!
Linda and Chuck Ferguson
Malevolent Harding