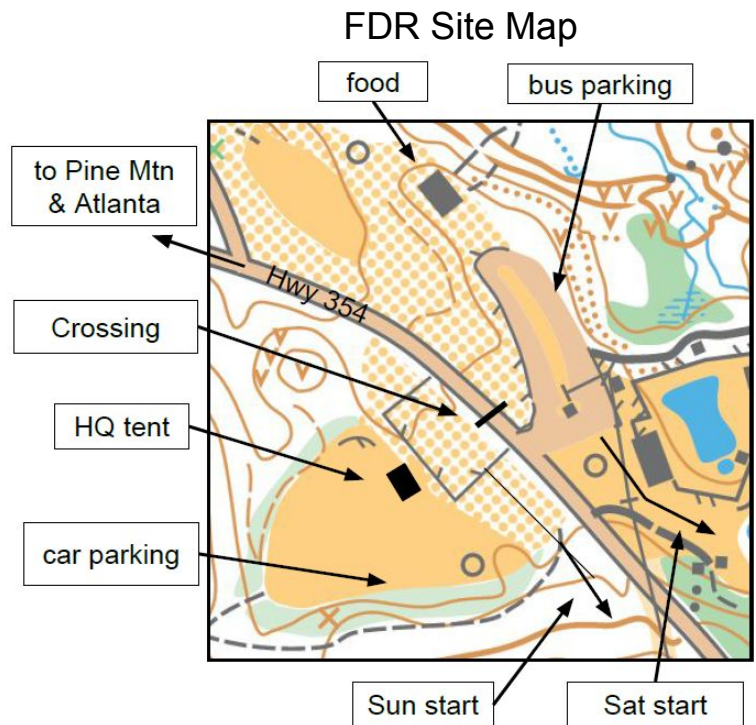


FDR Course Notes:

Point features are relatively rare in certain areas of the park so features as small as one half meter may be used for control locations. All point feature control descriptions include the height of the feature. Most mapped boulders are fairly small and are mapped with a small boulder symbol; the few larger boulders are mapped with a larger boulder symbol. Boulder clusters are mapped with a scalene triangle symbol as depicted on the map legend. Root stocks are common and mapped as a brown 'x'; only those more than one half meter tall and with dirt on the root ball have been mapped as consistently as possible. Those that no longer have a significant tree trunk or roots but still have at least a half meter of dirt are mapped as a dirt pile/small knoll.



Saturday courses begin about a 5 minute walk from Meet HQ, have climb early in the course, and end on the flatter area of the map. Route choices may include a few small creek crossings, but should not require getting wet. Handrails for the White and Yellow courses will include small streams and ditches in addition to trails. The Yellow course will have blue flagging tape to follow on a few legs. No courses cross any roads; however, if you choose to run along any road, please pay attention to cars traveling on the road and give them right of way. Some of the trails on the Saturday map are open to horse riders; the courses have been designed so that these trails are not optimal route choices. If you do encounter any horse riders on the trails, please give them right of way. Safety Bearings for Day 1: Head South until you reach Highway 190 or Southwest until you reach Highway 354.

The Sunday start will require an uphill walk of approximately 25 minutes from Meet HQ. Sunday's map has several abandoned road beds that are mapped as "rides". The White course uses one of these "rides" as a handrail, along with trails, small streams, and ditches; several legs will have blue flagging tape to follow. Orange and Advanced courses require crossing the road that runs between the park office and Lake Delano. Please use caution when crossing this road and give any cars traveling on the road right of way. Campgrounds and park cabin sites are out of bounds and must be avoided. Safety Bearings for Day 2: Head South until you reach Highway 190 or the road between the park office and Lake Delano or head East until you reach Highway 354.

FDR Road Crossing: Please cross Hwy 354 only at the marked crossing.

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

First aid kits and assistance will be located at Meet HQ.

Should you require additional medical aid,

Nearest urgent care facilities:

McIntosh

Peachtree Immediate Care
371 Newnan Crossing Bypass #103,
Newnan, GA 30265
Phone: 770-400-8410

FDR

Peachtree Immediate Care
1495 Lafayette Pkwy, LaGrange GA 30241
Phone: 706-884-7822

Nearest hospital emergency room to McIntosh Reserve and FDR is:

Piedmont Hospital
1741 Newnan Crossing Blvd, Newnan, GA 30265
Phone: 678-633-3500