

Georgia O-Fest 2019 Quick Guide

Contacts

Meet Director – Charlie Bleau: 404-276-6558

Registrar -- Rick Shane: 770-820-5361

Search and Rescue (SAR) -- Fred Zendt: 678-640-5828

Host Hotel for Friday Packet Pickup 7:30-8:00 pm

Home2 Suites by Hilton Atlanta Newnan, 4051 McIntosh Parkway, Newnan, GA 30263, 770-400-8830

Host Hotel for Saturday Mapping Workshop II 8:00-10:00 pm

Hampton Inn Atlanta/Newnan, 50 Hampton Way, Newnan, GA 30265, 770-253-9922

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 approximately 20 miles/30 minutes drive from each park:

Piedmont Newnan, 745 Poplar Road, Newnan, GA 30265, 770-400-1000

Dates: Friday, January 18th – Monday, January 21st, 2019

Friday Middle - McIntosh Reserve Park

Park info: 1046 W McIntosh Cir, Whitesburg, GA 30185, 770-830-5879, GPS: 33.452656, -84.954032

Meet HQ is in picnic shelter #2. Registration and Practice course open 11 am-3 pm.

Saturday Classic, Sunday Classic, Monday Extreme-O - Chattahoochee Bend State Park

Park info: 425 Bobwhite Way, Newnan, GA 30263, 770-254-7271, GPS: 33.422827, -84.982367

Saturday Meet HQ is trailhead 600m from park entrance, Sunday Meet HQ at Boat Ramp Parking Lot

Registration open 9-11 am Saturday, 8-10 am Sunday at Meet HQ

Practice Course open 3 pm Friday – 12 noon Sunday

Call up

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

Friday January 18th, 2019

- 11 am: McIntosh Reserve practice course opens
- 11 am - 3 pm: Packet Pick-Up at Meet HQ McIntosh Reserve
- 12 noon: First Start
- 3 pm: Last Start
- 3 pm: Chattahoochee Bend State Park practice course opens
- 5 pm: McIntosh Reserve Courses Close / Control pick-up
- 7:30 pm - 8:00 pm: Packet Pick-Up at Home2 Suites

Saturday January 19th, 2019

- 9 - 11 am: Packet Pick-Up at Meet HQ Chattahoochee Bend SP
- 10 am: First Start
- 10 am - 1 pm - Recreational Map Hike available (beginner level)
- 1 pm: Last Start
- 1 - 5 pm: Mapping Workshop I - Field Checking Maps Using LIDAR. Chattahoochee Bend SP
- 3 pm: Map Hike Course Closes
- 4 pm: Courses Close / Control pick-up
- 8 - 10 pm: Mapping Workshop II - "How to Get and Use LIDAR" an Introduction. Hampton Inn Atlanta/Newnan

Sunday January 20th, 2019

- 8 - 10 am: Packet Pick-Up at Meet HQ at the Park
- 9 am: First Start
- 10:30 am - noon: Recreational Map Hike available (beginner level)
- 12 noon: Chattahoochee Bend State Park practice course closes
- 12 noon: Last Start
- 2 pm: Map Hike Course Closes
- 2 pm: Awards Ceremony for GNC and SEIS -- time is approximate
- 2:30 pm: Mandatory Extreme-O Briefing at Meet HQ right after awards ceremony
- 3 pm: Courses Close / Control pick-up

Monday January 21st, 2019

- 8:30 am: Check-in Extreme-O
- 9:00 am: First Start Extreme-O
- 12:00 noon: Course Closes Extreme-O

Middle Course Notes at McIntosh Reserve Park

McIntosh Reserve is a 527-acre park that is adjacent to the Chattahoochee river and is the former plantation of Chief William McIntosh. The woods are relatively open although can be thick in a few areas so watching the map is a good idea. The park has less elevation changes than Chattahoochee Bend overall but the 2.5 meter contours do show a variety of reentrants throughout the park. Some complex gully and stream systems will make some legs and controls interesting. Most courses will have to cross a creek at some point which may get the feet wet. In addition, recent rains have caused the mapped intermittent marsh to be slightly wet as well. Picnic tables in the area of the race are unmapped.

Middle Map Notes at McIntosh Reserve Park

McIntosh Reserve, bordering the north side of the Chattahoochee River, is mostly ridge and reentrant terrain, with a few large flat fields thrown in. The map uses symbols set forth in ISOM 2017. Scale for all Middle courses is 1:10,000, with 2.5m contours. North lines are spaced at 300m.

Rootstocks are mapped with the green X symbol. Rectangular concrete picnic tables are mapped with the black O symbol, but you are unlikely to see any on the Middle courses. Other picnic tables, which you will see on your courses, are too small to be mapped. Other man-made objects are mapped with the black X symbol. Large trees are mapped with the green O symbol, and medium sized trees with the green filled circle symbol.

A park maintenance area is mapped as an olive green "Area that shall not be entered". The maintenance area is largely surrounded by a poorly maintained barbed wire fence. The fence has flagging tape on it, but it can still be very difficult to see. Crossing this area is forbidden.

Be mindful of the park boundaries. The area outside the map is private property. There are numerous private property signs, but not enough that it's impossible to mistakenly cross the park boundary. Stay on the map!

Classic Course Notes at Chattahoochee Bend State Park

Saturday's Classic competition takes runners over the remnant granite outcrop complex that runs northeast across Georgia and includes Stone Mountain and Panola Mountain and continues into Elberton, famous for its granite monuments. Runners will notice bare rock, small boulders, and ledges, as features used as control points, but may be less than a 1 meter high. Boulders that are visible from 50 meters are mapped regardless their size. There is a wide range of boulder size but to limit the mapped ones to over one meter would reduce the technical interest of orienteering maps covering this granite complex and its characteristic as one of the most ancient terrains in North America, untouched by glaciation.

With a contour interval of 2.5 meters, a quick glance at the map and climb may seem daunting, but one should pay attention to the contour shape, as it will be critical navigation information. Holding your line while navigating the rocky detail and greenbrier will be the skill the course setter tests.

The Sunday Classic competition is mostly in the flood plain of the Chattahoochee River. Recent rains have flooded most of the bottomland, and the river, in retreat, has left a slippery film of mud on trails and stream banks. Be careful one doesn't slide into the "Hooch" or one of its many sloughs. Many areas marked as intermittent marsh are bona fide marshes now and that should inform your route choice.

Route choices on the intermediate through advanced courses for both days include stream and marsh crossings, so dress accordingly and expect wet feet.

Classic Map Notes at Chattahoochee Bend State Park

Chattahoochee Bend State Park covers an area of low hills that nestle into a big bend of the Chattahoochee River. Starting from the river and moving inward, there is first a steep, muddy bank that climbs to low sand dunes next to the river. Between the sand dunes and the hills is a flood plain that is frequently flooded. Low areas are marshy and muddy and do not drain well or quickly after a flood. The most recent flood was just a few weeks ago. The flood plain drains where small streams and creeks pass through the dunes into the river.

Further inland from the river is a rocky area (the Flat Rock). The rock is in bands - when you are in a band, there is rock everywhere, and when you are not, there is no rock. On one side of the hills the rocky areas are large boulders and cliffs, but on the other side of the same hill, there will be relatively flat areas of bare rock. These vary in area from the size of a small pond to a lake. The vegetation in the bare rock areas is stunted and green.

On the edges of the bare rock there are ankle high prickly pear cactus - the paddles detach and embed in your shoes, and the thorns work their way deeper as you run - ouch!

Frequently there will be light green on the edge of the gray bare rock - don't confuse the gray and green colors! The rest of the park is relatively open, except in the pine areas that were "thinned" back in 2011.

Reserve Punch Boxes

In the rare event that one or more electronic punch units fail, 3 Reserve Punch boxes are provided on the map. Use the pin punch to record your presence at the control.

White and Yellow Course flagging

White (on Friday, Saturday and Sunday) and Yellow Courses (Saturday and Sunday) have some legs which are flagged with White vetting tape.