

Georgia O-Fest 2022

Georgia Navigator Cup – NRE and WRE

Southeast Interscholastic Championships

Mal Harding Extreme-O

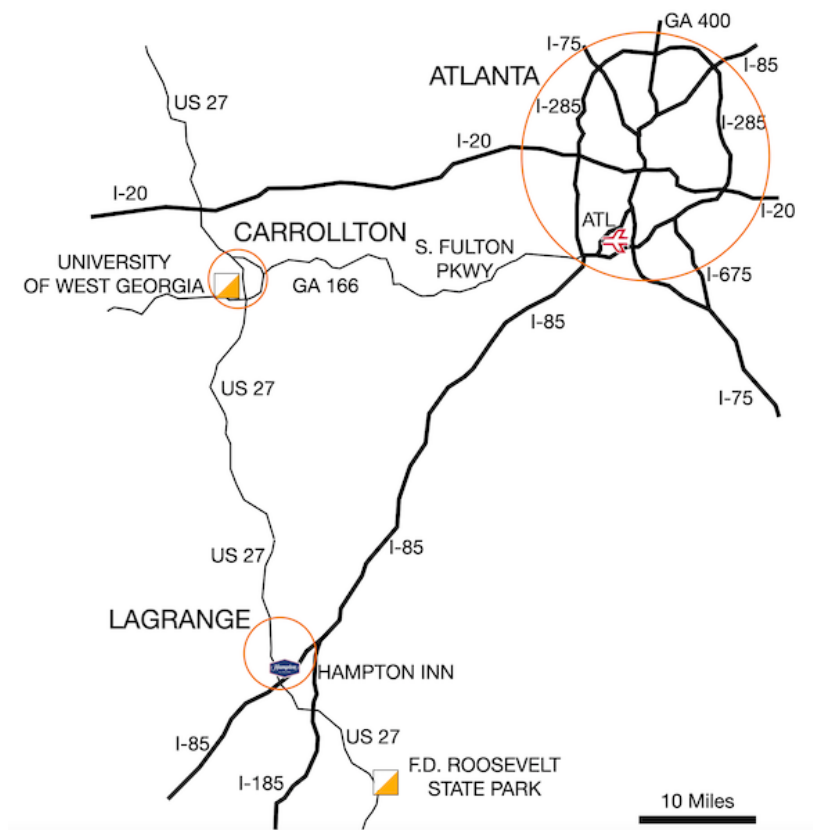
January 14th – 17th



Overview

Georgia Orienteering Club is hosting a series of orienteering races over the Martin Luther King Jr holiday weekend. On offer are 3 World Ranking Events (WREs): a Sprint, a Middle and a Long; concurrent with 3 National Ranking Events (NREs): a Sprint and two Classic distance races; and the unsanctioned Mal Harding Extreme-O. The Sprint races are at the University of West Georgia (UWG) in Carrollton, Georgia. The Middle race, Long race, Classic races and Extreme-O are at F.D. Roosevelt State Park in Pine Mountain, Georgia. Georgia Navigator Cup awards will be based on total points for best two of the three races in any class. The Southeast Interscholastic Championships will be awarded under OUSA scoring guidelines for interscholastic classes in the two Classic distance races. The competitive races are open to all ages and abilities.

Locator Map



Schedule -- Jan 14-17

Friday Jan 14

- 8:00 am: F.D. Roosevelt State Park practice course opens
- 1:00 pm - 4:00 pm: Packet Pick-Up at Meet HQ University of West Georgia
- 2:00 pm: First WRE Start – Spectating from front of Campus Center before NRE starts
- 3:00 pm: First NRE Start
- 4:30 pm: Last Start
- 5:30 pm: University of West Georgia Courses Close / Control pick-up

Saturday Jan 15

- 8:30 - 12:30 am: Packet Pick-Up at Meet HQ F.D. Roosevelt State Park
- 9:00 am: First WRE Start – Spectating in Ballfield before NRE starts
- 10:00 am: First NRE Start
- 1:00 pm: Last Start
- 4:00 pm: Courses Close / Control pick-up

Sunday Jan 16

- 9:00 - 12:30 am: Packet Pick-Up at Meet HQ F.D. Roosevelt State Park
- 9:30 am: First WRE Start
- 10:00 am: First NRE Start
- 1:00 pm: Last Start
- 4:00 pm: Courses Close / Control pick-up

Due to COVID there will be no Awards Ceremony. Awards will be sent to the winners at a later date.

Monday Jan 17

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

General Information

Contacts

Meet Director – Charlie Bleau: 404-276-6558

Registrar -- Rick Shane: 770-820-5361

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

Meet Guide Printing

This guide is only available online. If you need a hardcopy, please print it and bring it with you.

Time Limits

Sprint distance course time limit is 1 hour. Middle distance course time limit is 2 hours. Classic and Long distance course time limits are 3 hours. You must return to the Finish and punch the Finish Control within the time limit, whether you complete your course or not. You must download your ePunch before leaving the finish area.

Cell Phones

Competitors are encouraged to take their cell phones on the courses with them for safety; however, they may not use the phone as a navigational aid for competition. See the race notes for coverage.

Weather and Daylight

Average highs in January are 54 F (12 C) and average lows 31 F (-1 C). Records for the date range from highs of 72F (22 C) to lows of 9F (-13 C). Sunrise is 7:44 am and sunset is 5:55 pm.

Safety

All competitors are encouraged to carry a whistle and to dress appropriately for the weather conditions. You are also encouraged to carry a cell phone to be able to call in an emergency. If your calls do not go through, try text messages. Before starting your course, make a contingency plan. Share your start time, expected finish time and contact details with someone who can raise the alarm. Whistles should only be used in the event of an emergency or serious injury (three short blasts). Blowing the whistle otherwise will result in disqualification. **If you are lost after the courses close, you are already disqualified, and it is an emergency. Please blow your whistle so that we can locate you before it gets dark.** Although conditions in Georgia are often mild in January, you should be prepared for chilly and wet conditions. If you see a competitor that is hurt, you should help to the best of your ability or go to summon help. Report the injured competitor's bib number and exact location to officials at the Finish or Start line and the SAR coordinator. In the case of a life-threatening emergency, call 911.

Put the Search and Rescue (SAR) Coordinator number in your cell phone now:

Fred Zendt 678-640-5828

You **MUST** coordinate the search and rescue of all missing or injured persons through the SAR coordinator. **DO NOT INITIATE SEARCH AND RESCUE OPERATIONS ON YOUR OWN.**

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 rooms are:

Sprints

Tanner Medical Center/Carrollton
705 Dixie St, Carrollton, GA 30117
(770) 836-9666

2 miles E of University of West Georgia

Middle/Long/Classics/Extreme-O

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

Navigator Cup scoring method

Race winner receives 1,000 points

Everyone else receives points based on this formula: 1,000 times winner's time divided by their time
e.g. someone taking double the winner's time receives 500 points. Total points based on best two scores in the same class.

Awards

Georgia Navigator Cup awards will be given for 1st, 2nd, and 3rd for all OUSA classes and M/W21 WRE classes based on total points for the best two of three National meets. An awards ceremony will not be held due to COVID pandemic concerns. Awards will be mailed later.

SEIS awards based on total scores from both days

Medals for 1st, 2nd, 3rd in Interscholastic classes

Trophies 1st place in 4 SEIS team competitions

Medals for individuals on 1st place SEIS teams

Special SEIS Awards

Big Peach Running Company is awarding a \$30 Gift Card to the first-place female runner and the first-place male runner in Varsity, Junior Varsity and Intermediate Classes. This gift card can be redeemed in any Big Peach Running Company store.

Call up

You must wear a mask to approach the Call-up. Be at the Call-up 5 minutes before your Start time. Call up is 3 minutes before your start time. There will be three one-minute stages at the Call-up, Mid and Map lines. Control descriptions will be available at the Call-up. You must punch the Check box at the Mid line. **You may remove your mask at the Mid line.** At the Map line you will receive your map. Your bib number will be written on the back of the map. If you finish before the last start, we will collect your map at the finish. You may retrieve your map once all competitors have started. There are only sufficient maps for each person to have one each day, so please do not take anyone else's.

Finish Line

When arriving at the finish line, be sure you punch the "Finish" control at the Finish banner. **You must put on your mask before approaching the Download Station.** Proceed immediately to the Download Station to have your EPunch read. Take the printout of your results and split times. If not all competitors have started, you will be asked to turn in your map and pick it up later. Once you have finished, you may not re-enter the competition area without permission of the Meet Director.

Rental EPunches must be turned in on the last day of your competition at the Download Station.

Mixed Punching

Contactless punching using SIAC cards is relatively new in North America. GAOC has been using contactless punching at local meets for many years and it has been well received by competitors. We will be offering mixed punching in the **non-interscholastic classes** this year. Competitors can use traditional contact ePunches, or contactless SIAC ePunches as they wish. The controls will be programmed in beacon mode which will allow operation with either type of ePunch. **Only traditional contact ePunches will be allowed in the interscholastic classes.** EPunches are

available for rent for \$10 per race. Interscholastic runners will be given traditional ePunches and competitors in the other classes will be given contactless SIAC punches by default. Those not wanting to use contactless SIAC ePunches can request traditional contact epunches instead. Traditional contact ePunches leave a record on the control when it is punched. This can be useful when there is a protest. **Be aware that contactless SIAC ePunches leave NO record on the control.**

Protests & Jury

Complaints shall be made in writing to the organizers, within one hour of the previously announced time of closure of the finish, or of the actual closure of the finish, whichever is later. Complaints received after this time limit shall only be considered if there are valid exceptional circumstances, which must be explained in the complaint. The Jury is comprised of Joseph Huberman, Glen Tryson and Walter Siegenthaler.

Childcare

While we do not offer childcare, we will be as accommodating as possible for couples who requested split start times during their registrations. If you are interested in cooperating with other entrants who are in need of childcare, please indicate on your entry that you give the Registrar permission to share your email address with other entrants who also have given permission for the purposes of arranging cooperative childcare.

Lunches

Lunches on Saturday and Sunday are provided by the McDonough (formerly Henry County) High School in the Stone Shelter (Sunday Meet HQ) on Saturday and Sunday. Pre-ordered lunch tickets are printed on your bib. **You must present your bib on each day to get your lunches.** Additional snacks and beverages will be for sale. Please support this school!

Georgia O-Fest Participant Discount

Big Peach Running Company in Decatur is offering a 15% discount to all Georgia O-Fest competitors. Take your race bib into Big Peach Decatur for a one time 15% discount off regular purchase price items including shoes, watches, apparel, accessories, etc. This offer expires at the close of business Friday, January 31, 2020. 10% off is available at any other Big Peach Running Company store.

Big Peach Running Company, Decatur

(<https://www.bigpeachrunningco.com/locations/decaturn/>)

COVID Rules -- Please read carefully

GAOC is implementing special rules for event participants to maintain the health and safety of all participants and volunteers and to comply with state and local laws and park regulations. **By entering in and attending the event you are agreeing to abide by these rules.**

Registration, Payment, and Waivers

- Preregistration online is required. There will be NO on-site registration.

- Prepayment online is required. NO payments will be accepted on-site.
- Start times will be assigned or selected as part of preregistration.
- Waivers must be completed online PRIOR to the event.
- No paper forms or payments will be accepted on-site.

Masks and Safety

- Participants **MUST** wear masks when they are not on the course and not able to social distance.
- Participants **MUST** bring their own water.
- Participants are strongly encouraged to carry water. There will be NO water on the course except for the Long WRE courses.
- Participants are encouraged to bring personal sanitizer.
- Participants **MUST** finish within the stated time limits.
- Participants **MUST** report to the finish and download.

Social Distancing

- **Participants should NOT attend if they feel unwell, have a fever, have recently been exposed to COVID-19 or should be in quarantine for any reason.**
- Participants should NOT approach within 2m of any other person who is not in their household.
- Participants should avoid touching common surfaces.
- Participants should avoid touching the control with anything but the fingerstick.
- Participants should immediately move away from the control after punching to allow others safe access.

Start

- Participants **MUST NOT** approach the Start Call-up until 5 minutes before their start time.
- Participants **MUST** wear a mask until they reach the Mid line.
- Participants **MUST** maintain a separation of at least 2m from other participants.

Finish

- Participants **MUST** wear a mask once they have finished if they cannot social distance.
- Participants **MUST** download at the finish.
- Participants **MUST** maintain a safe distance of at least 2m from others. More if they are breathing heavily.
- Participants **MUST** clear the finish area as soon as they have downloaded and taken their splits printout.

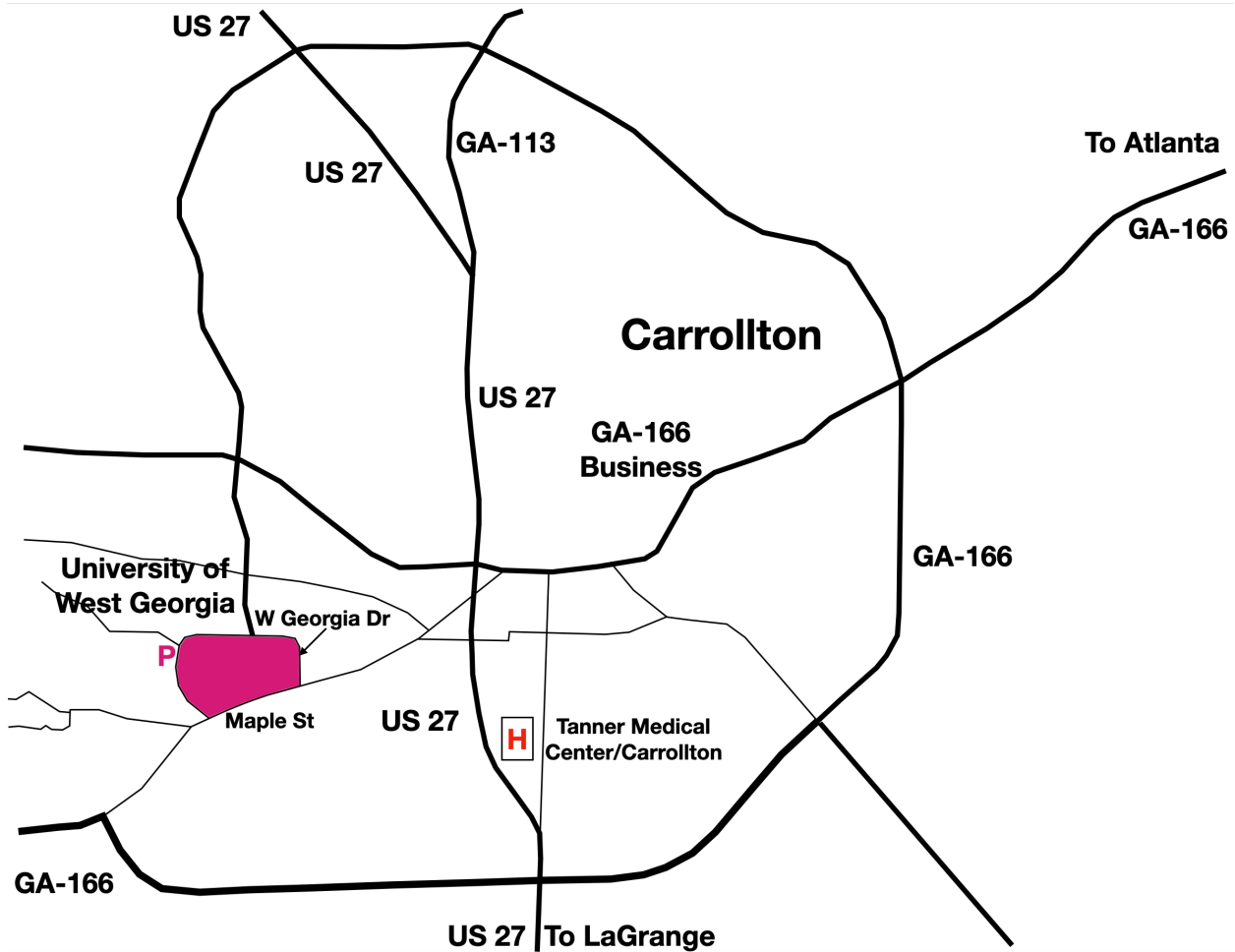
Results

- There will be NO results monitor at the event.
- Results will be available by Wi-Fi at the event.
- Results will be posted at **Live Results** (<http://www.gaorienteeing.org/live>) during the event.

Sprints -- Jan 14

Friday Jan 14 – University of West Georgia

Location Map



Directions and Parking

Address: Intersection of Stadium Dr and West Georgia Dr, Carrollton, GA 30118

Event Parking is in Lot 17 off Stadium Dr:

Coordinates are [33.574834259564255, -85.10531641650947/33°34'29.4"N 85°06'19.1"W](https://www.google.com/maps/place/33.574834259564255,-85.10531641650947/33°34'29.4)

Typically 55 mins - 1 hr 30 mins drive from Atlanta International Airport Rental Car Center on Friday mornings

[University of West Georgia Maps and Directions website](https://www.westga.edu/visit/maps-and-directions.php)

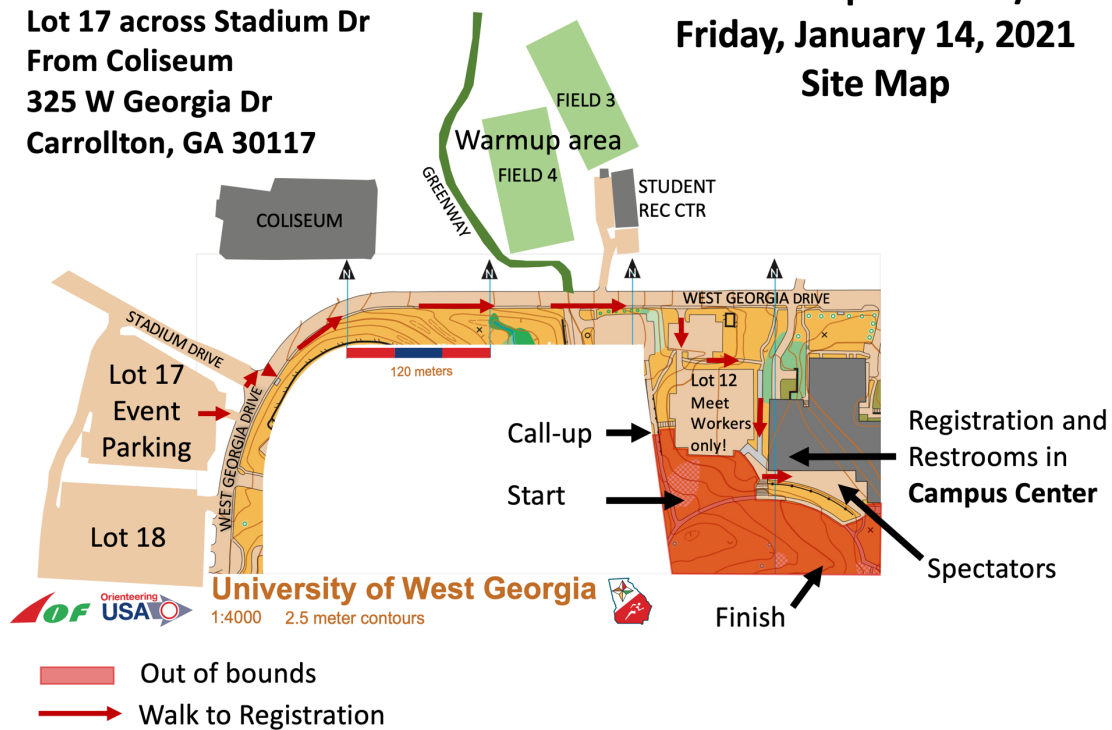
<https://www.westga.edu/visit/maps-and-directions.php>

***** Please obey the campus speed limits at all times *****

Site Map

Sprint Event Parking
Lot 17 across Stadium Dr
From Coliseum
325 W Georgia Dr
Carrollton, GA 30117

GA O-Fest Sprint WRE/NRE
Friday, January 14, 2021
Site Map



Download it [here](http://gaorienteing.org/Special_Events/GNC/images/SprintSiteMapUWG.png): http://gaorienteing.org/Special_Events/GNC/images/SprintSiteMapUWG.png
If you print it, remember to turn off Fit to Page so that it prints to scale.

Meet HQ

Meet HQ is in the Campus Center. Clean shoes only, please. No cleats, studs or spikes of any kind permitted. Walk NE then E from Lot 17. Turn through Lot 12 to the far corner at front of the Campus Center.

Registration & Check in

Packet pick up will be available from 1:00 am - 4:00 pm at Meet HQ

Starts

Starts will be from 2:00 pm - 4:30 pm. Maximum Time is 1 hour and courses close at 5:30 pm. The first WRE start will be at 2:00 pm. The first NRE start will be at 3:00 pm.

Map

Map is 1:4,000 scale with 2.5 meter contours, [ISSprOM 2019 standard](#)

Embargo

UWG Campus is embargoed from June 1, 2021

The University of West Georgia ISSOM map from the 2016 meet is available [here](http://gaorienteering.org/Special_Events/GNC/images/UWGMaps/UWG2016.pdf):
http://gaorienteering.org/Special_Events/GNC/images/UWGMaps/UWG2016.pdf

Courses

Course	OUSA Classes	Dist. km / Climb m / Cntrl's
White	F-10, F-12, M-10, M-12, M/F White, Grp White	1.3 km / 45 m / 12
Yellow	F-14, M-14, F Yellow, M Yellow, Grp Yellow	1.5 km / 50 m / 13
Orange	F-16, M-16, F Orange, M Orange	2.0 km / 70 m / 17
Brown X	F-18, F55+, F60+, F65+, M65+, M70+, M75+	2.3 km / 75 m / 18
Brown Y	F70+, F75+, F80+, F85+, F90+ M80+, M85+, M90+, F Brown, M Brown	1.6 km / 45 m / 13
Green X	M-18, M50+, M55+, M60+, M Green	2.6 km / 90 m / 20
Green Y	F-20, F35+, F40+, F45+, F50+, F Green	2.4 km / 80 m / 16
Red	M-20, M35+, M40+, M45+, M Red	2.9 km / 90 m / 18
Blue	M-21+	3.4 km / 100 m / 22
W21E	W21	3.3 km / 90 m / 20
M21E	M21	4.0 km / 115 m / 22

WRE Runner Instructions

Start times

All WRE runners will be assigned start times approved by the IOF Advisor according to IOF guidance. **Start times MAY NOT be requested and MUST be adhered to.** There will NOT be a punching start for WRE runners. Their time will start at their assigned start time. WRE runners that arrive late will be started as soon as is practical according to IOF guidelines. Their start time will only be modified in the case that there is a valid and verifiable reason for arriving late.

W21 control descriptions are 144mm x 46mm and the M21 control descriptions are 155mm x 46mm.

Men's start times will be every minute from 2:00 pm until 2:17 pm.

Women's start times will be every minute from 2:22 pm until 2:33 pm.

Restrooms

Warm comfortable restrooms are available inside the Campus Center. Clean shoes only, please! No cleats, studs or spikes of any kind permitted.

Cell Phone Service

Cell phone coverage is generally good for all carriers.

Practice map

There is no practice map. However, the site map can be downloaded and is snipped from the competition map. The white area and the area marked out of bounds are both out of bounds. Features and mapping style can be seen on the walk from Parking Lot 17.

Emergency Information

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 Tanner Medical Center/Carrollton approximately 2 miles east of the university. The contact information is:

**Tanner Medical Center/Carrollton
705 Dixie St, Carrollton, GA 30117, (770) 836-9666**

Search and Rescue (SAR)

The SAR coordinator is Fred Zendt and his cell phone number is (678)640-5828. Put this number in your cell phone now.

He can be found through Meet HQ. Please coordinate the search and rescue of all missing or injured persons through him. **Do not attempt search and rescue operations of your own.**

Time Limits

Time limit is 1 hour on all courses. You must return to the Finish, punch the Finish control and Download your ePunch within 1 hour after you start, whether you complete your course or not. Do not go out on a course if you do not have the means to tell the time and how long you have been out. This generally means a watch or a cellphone.

Safety

The campus is bounded by Maple Street along the southern boundary and encircled by West Georgia Drive. **Nobody should cross either of these during their race.**

The university is going back to in person instruction on Monday, January 10. The sidewalks and stairs in particular may be busy. Please be careful around other campus users and give them a wide berth. There are also a few streets within the campus that can be used by cars and buses. Please be aware and careful around campus traffic. If the ground is wet, walkways and bridges will be extremely slippery. Please be careful not to slip on them.

If you have been out for 1 hour or it is clear that you cannot finish in 1 hour, you must stop and immediately report to the Finish. Ask for directions to the Campus Center. The courses close at 5:30 pm. Sunset is at 5:55 pm and last light is at 6:15 pm.

Clothing Return

No clothing return is provided because start is close to Meet HQ. You may leave your belongings inside the Campus Center at your own risk.

Warm up

There are two playing fields and a greenway across West Georgia Drive from Lot 12, shown as the warmup area on the Site Map.

Walk to Start

The Start Call-up will be on the western edge of Lot 12 at the stairs.

Control Descriptions

Will be available at the Call-up line and are also printed on the map.

W21 control descriptions are 144mm x 46mm and the M21 control descriptions are 155mm x 46mm.

Course Setter Notes – Fred Zendt

Map symbol, green "X" (map symbol 419 Prominent vegetation feature) is used to denote the location of a prominent rootstock or tree stump.

Control code description: Vegetation symbol 4.10, ☼, "Root stock, tree stump".

Map symbol, black "X" (map symbol 531 Prominent man-made feature - X) is used to denote the location of a sculpture piece greater than 1m in height.

Control code description: Man-made feature 5.20, Δ, Monument or Statue.

Examples:



Map symbol, black "O" (map symbol 530 Prominent man-made feature - ring) is used to denote the location of an electrical box or AC unit greater than 1m in height.

Control code description: Prominent features / Special items 6.2, O

Examples:



Large magnolia tree(s) with branches to the ground are mapped as a medium green area, not as individual trees or copses.

Control code descriptions are thus "thicket" rather than "individual tree" or "copse".

Examples:



Outdoor stone fireplaces, greater than 1m in height, are mapped as a cairn (map symbol 526 Cairn, memorial, small monument or boundary stone)

Control code description is: 5.17 Boundary stone, Cairn

Example:



Map feature 512.1 Bridge with 522.3 Canopy, fill (i.e., a grey deck)

The bridge symbol denotes a structure spanning and permitting passage over a river, chasm, road or the like. Adding the canopy symbol indicates passage under the bridge is possible.

Examples:



Map feature 5.22 Canopy

Used to denote building construction (with a roof), normally supported by pillars, poles or walls, such as passages, gangways, courts, bus stops, gas stations or garages.

Examples:



Map feature 512.1 Bridge with 501.2 Paved area in multilevel structures (i.e. a brown, striped deck)

Used to denote part of a multilevel structure which can be passed at two levels, i.e. passage is possible on the upper deck and underneath the deck.

For example:



Mapper Notes

UWG Sprint map: 1:4000, 2.5 meter contour interval.

A typical college campus, with a variety of buildings, open areas, sidewalks and stairs. If you have never seen a sprint map of such a dense area before, it might be a little surprising. Buildings are dark grey, canopies are light grey, and the contour lines show beneath the buildings. Some canopies allow access from one side of a building to the other without going inside (if your route involves opening a door, then you are wrong!). New this year is the multilevel structure, which is a diagonal stripe in alternating tan and white. This is used for walkways that are above other walkways, not just crossing, but sometimes running in the same direction. A stairway that is also mapped with the multilevel structure color goes between levels of the elevated walkways.

Large magnolia trees are mapped as large green blobs, the shape of the tree where it touches the ground. They have large evergreen leaves, so are obvious even in the winter. Sculptures (outdoor art installations) are black Xs, large electrical boxes are black Os.

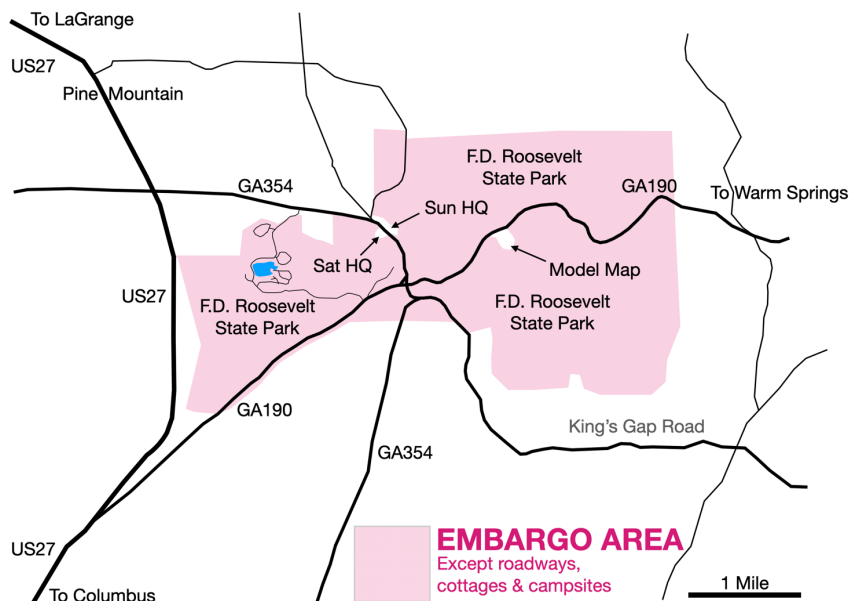
Reserve Punch Boxes

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.

2-Day Classic/SEIS/WRE Middle/WRE Long -- Jan 15 and 16

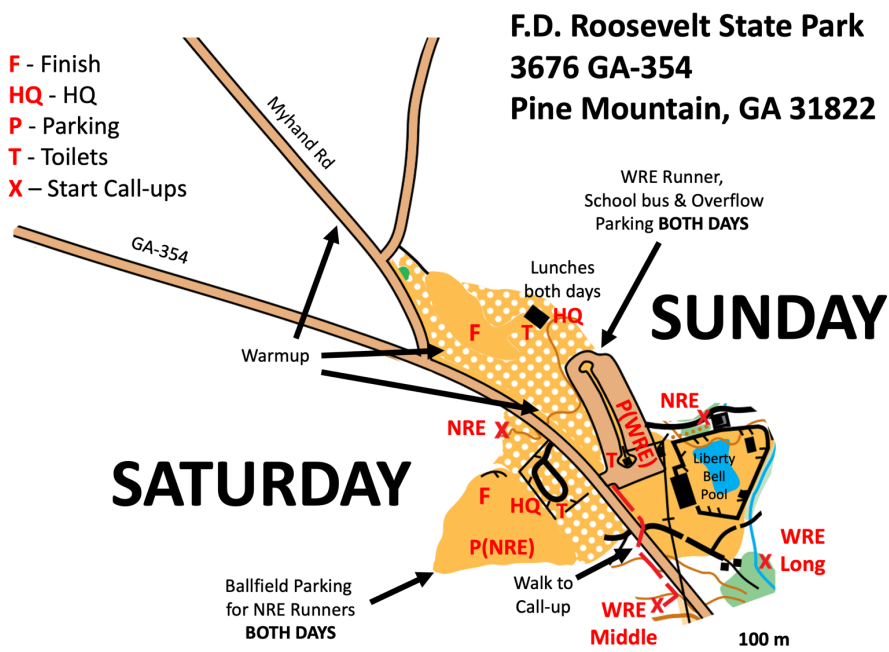
Sat Jan 15 & Sun Jan 16 – F.D. Roosevelt State Park

Location



Meet HQ will be located near the Liberty Bell Pool: 3676 GA-354, Pine Mountain, GA 31822
Park office address and phone: 2970 GA-190, Pine Mountain, GA 31822, (678)450-7726

Site Map



PLEASE TAKE SPECIAL CARE CROSSING GA-354. THROUGH-TRAFFIC IS FAST AND CAN BE HEAVY. ONLY CROSS AT THE MARKED CROSSINGS.

Meet HQ - see Site and Location Maps above

Saturday

Meet HQ is at the edge of the Ballfield NRE parking. Registration/packet pickup and First Aid will be in the larger white tent.

WRE runners are not permitted to visit the Meet HQ before finishing their race. If they do not pick up their bib on Friday, they must make other arrangements.

Sunday

Meet HQ is at the Stone Shelter at the end of the WRE/School bus parking lot.

Registration & Check in

Friday -- Packet pick up 1:00 pm - 4:00 pm at Meet HQ, University of West Georgia.

Saturday -- Packet pick up 8:30 am - 12:30 pm at Saturday Meet HQ.

Sunday -- Packet pick up from 9:00 am - 12:30 pm at Sunday Meet HQ.

Maps

New LIDAR-based map is at 1:10,000 scale with 5 m contours, except M/F-21+ and WRE classes M/W21E Long courses which will be 1:15,000.

Embargo

F.D. Roosevelt Map is embargoed June 1, 2021

WRE Runner Instructions

Start times

All WRE runners will be assigned start times approved by the IOF Advisor according to IOF guidance. Start times MAY NOT be requested and MUST be adhered to. There will NOT be a punching start for WRE runners. Their time will start at their assigned start time. WRE runners that arrive late will be started as soon as is practical according to IOF guidelines. Their start time will only be modified in the case that there is a valid and verifiable reason for arriving late. The walks to the WRE Starts are flagged with pink vetting tape

Saturday

Please take note of these mandatory quarantine instructions:

- **On Saturday, all WRE runners MUST park in the Liberty Bell Pool parking lot north of GA-354.**
- **They are NOT permitted to cross the road EXCEPT at the signposted crossing point to the Call-up area.**

- They are NOT permitted to cross the road at any point northwest of the signposted crossing.
- They are NOT permitted to visit the Meet HQ or the Finish prior to starting their course.

They are permitted to warm up among the scattered trees and open area on the northeast side of GA-354 as well as along Myhand Rd to the northwest, but they are not permitted to enter the woods. After crossing the road AT THE SIGNPOSTED CROSSING POINT, they MUST proceed south east, no farther than the power line, between the road and the edge of the woods to await call up. They may NOT enter the scattered trees or open field to the west or northwest or the woods to the south. Except for buses, other runners will not be permitted to park in that lot until after the first WRE start at 9:00 am.

W21 control descriptions are 142mm x 54mm and the M21 control descriptions are 148mm x 54mm

Sunday

On Sunday, it is recommended that WRE runners park in the Liberty Bell Pool parking lot. Except for buses, other runners will not be permitted to park in that lot until after the first WRE start at 9:30 am.

W21 control descriptions are 148mm x 54mm and the M21 control descriptions are 178mm x 54mm

Courses

Course	SEIS Classes	OUSA Classes	Sat dist km / climb m / Cntrl	Sun dist km / climb m / Cntrl
White	ISPF, ISPM	F-10, F-12 M-10, M-12 M/F White, Grp White	1.8 km / 60 m / 9	1.9 km / 35 m / 10
Yellow	ISIF, ISIM	F-14, M-14 F Yellow, M Yellow, Grp Yellow	2.8 km / 110 m / 12	3.6 km / 100 m / 12
Orange	ISJVF, ISJVM	F-16, M-16 F Orange, M Orange, Grp Orange	4.0 km / 130 m / 11	4.6 km / 125 m / 13
Brown X	ISVF	F-18, F55+, F60+, F65+ M65+, M70+, M75+	4.4 km / 155 m / 10	4.7 km / 165 m / 10
Brown Y		F70+, F75+, F80+, F85+, F90+ M80+, M85+, M90+, F Brown, M Brown	4.1 km / 150 m / 11	4.2 km / 130 m / 10
Green X	ISVM	M-18, M50+, M55+, M60+ M Green	5.6 km / 220 m / 13	5.8 km / 210 m / 11
Green Y		F-20, F35+, F40+, F45+, F50+ F Green	5.2 km / 180 m / 11	5.0 km / 150 m / 10
Red		F-21+, M-20 M35+, M40+, M45+ M Red	7.0 km / 195 m / 14	7.4 km / 260 m / 13
Blue		M-21+	9.7 km / 360 m / 22	10.2 km / 390 m / 17
W21E		W21	5.1 km / 200 m / 15	11.5 km / 445 m / 17
M21E		M21	5.8 km / 220 m / 18	14.4 km / 720 m / 22

Restrooms

Two portapotties (one of them ADA-compliant) and a handwash station will be located on each side of GA-354. Additional flushing toilets are available at the Stone Picnic Shelter at the Sunday MeetHQ.

Cell Phone Service

Cell phone coverage is not OK everywhere for all carriers. It is much better for Verizon than for AT&T, which is better than T-Mobile. Data coverage can be non-existent in low spots which includes much of Sunday's map. See the FCC's new 4G LTE mobile broadband [map](https://fcc.maps.arcgis.com/apps/webappviewer/index.html?id=6c1b2e73d9d749cdb7bc88a0d1bdd25b).

<https://fcc.maps.arcgis.com/apps/webappviewer/index.html?id=6c1b2e73d9d749cdb7bc88a0d1bdd25b>

Parking

The Liberty Bell Pool parking lot on the northeastern side of GA-354 is reserved on both days for WRE runners, school buses, the lunch crew and critical meet workers. Handicapped spaces are in this lot as well, requiring the appropriate government-approved hang tag. This lot may be used for some overflow parking after these critical needs are met.

The Ballfield on the southwest side of GA-354 is primarily for NRE runners on both days. As you approach from Pine Mountain, turn right into and through the small parking lot into the Ballfield. The entire site is very compact, and it is little hardship to walk from the Ballfield to both NRE starts and both finishes.

All passenger vehicles must have a state park parking pass. Rates are charged based on vehicle capacity, not the number of actual passengers. Cars and vans with 1-12 passenger capacity are \$5/day. You will need a pass for **each day** you are in the park. Georgia Yellow School buses are state vehicles, are exempt from parking charges and do not require a parking pass. Buses, other school buses and 13+ passenger vehicles **MUST** display a Park Pass each day.

If you are bringing a bus, please contact the Meet Director in advance.

You risk a ticket without a parking pass!

You can pull an envelope from the green boxes in the parking areas and follow the instructions if you use cash. **You can buy your Daily Park Pass [online](#).** You can print your pass and place it on your dashboard or simply pull an envelope and write your pass number on it before placing it on your dashboard.

Emergency Information

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 approximately 22 miles (30 minutes) northwest of F.D. Roosevelt State Park

Babysitting

Babysitting will not be provided. Please do not plan on just leaving your young child at the Meet HQ. Please let the Registrar know if you have special start time requests that would help your own childcare arrangements.

Practice Course and Map Legend

The Model Event is 2.2km east of the park office on GA-190 and will be open Friday 8 am to Sunday Noon. See the Location Map above. The maps are free to use from a box at the parking lot. Please return usable maps to the box when you leave. It features the full FDR map legend and the course is shown at both 1:10000 and 1:15000 scale. **The controls will be placed by Wednesday and the course will be available to those who print their own maps.** The scale bar shown is for the 1:10,000 scale. If you print it, remember to turn off "Fit to page".

Search and Rescue (SAR)

The SAR coordinator is Fred Zendt and his cell phone number is (678) 640-5828. Put this number in your cell phone now. He can be found through Meet HQ. Please coordinate the search and rescue of all missing or injured persons through him.

Do not attempt search and rescue operations of your own.

Time Limits

Time limit is 2 hours on the WRE Middle courses and 3 hours on all other courses. You must return to the Finish, punch the Finish control and Download your ePunch within the time limit after you start, whether you complete your course or not. Do not go out on a course if you do not have the means to tell the time and how long you have been out. This generally means a watch or a cellphone.

Safety

If you have been out for the time limit or it is clear that you cannot finish within the time limit, you must stop and immediately report to the Finish. The courses close at 4 pm. Sunset is at 5:56 pm and last light is at 6:23 pm.

Warm Up Area

NRE and WRE runners may warm up among the scattered trees and open area on the northeast side of GA-354 as well as along Myhand Rd to the northwest, but are not permitted to enter the woods. NRE runners may also warm up in the Ballfield, paying special attention to parking cars.

Clothing Return

No clothing return is provided because of the COVID pandemic. The starts are very close to the parking areas.

Walk to Start

Saturday

The NRE start is about 100 m north of MeethQ and the call up can be seen from HQ. From MeethQ, follow signs and blue flagging tape north to the Call-up.

The WRE start is accessed from the Liberty Bell Pool parking lot across GA-354 from the Ballfield.

WRE runners must park in the Liberty Bell Pool parking lot and may not enter the Ballfield or approach the Finish or MeethQ before they finish. From the entrance to the parking lot, follow signs and pink flagging tape 150 meters southeast to the call up. **Be very careful crossing the road!**

Sunday

NRE runners parked in the Ballfield must cross GA-354. **Be very careful crossing the road!** The NRE start is about 150 meters southeast of MeethQ. Follow signs and blue flagging tape from the Liberty Bell Pool parking lot to the Call-up.

The WRE start is about 250 meters southeast of MeethQ. Follow signs and pink flagging tape the Liberty Bell Pool parking lot to the Call-up.

Control Descriptions

Will be available at the Call-up line and also printed on the map.

W21 control descriptions are 142mm x 54mm on Saturday and 148mm x 54mm on Sunday.

M21 control descriptions are 148mm x 54mm on Saturday and 178mm x 54mm on Sunday.

Course Notes - Andi Berger

Some busy controls will have two flags and two punches. You can punch either one.

Saturday

The NRE start is a little over 100 meters northwest of Saturday HQ and the call up can be seen from HQ. From Saturday HQ, follow signs and blue flagging tape northwest to the call up

The WRE start is accessed from the Liberty Bell Pool parking lot across GA-354 from the Ballfield.

WRE runners may not enter the Ballfield or approach the Saturday HQ before their course. From the entrance to the parking lot, follow signs and pink flagging tape 150 meters southeast to the call up

Advanced courses cross a road used by campers and other park visitors. Although most drivers drive slowly on this road, please use caution when crossing.

Safety bearing: Go east to find a road, then navigate to the finish.

Sunday

The NRE start is about 150 meters southeast of Sunday HQ. From Sunday HQ, follow signs and blue flagging tape southeast to the call up.

The WRE start is about 250 meters southeast of Sunday HQ. Follow signs and pink flagging tape

southeast to the call up.

A few controls and legs on the Blue and M21E courses are near the park boundary. The park boundary is drawn as a dashed purple line on the map and marked in the woods with yellow painted stripes on trees. Do not cross the park boundary.

The White and Yellow courses have a few flagged legs. Flagged legs on the White course will use white tape while flagged legs on the Yellow course will use yellow tape.

The last few legs of all courses are near the park's "Pioneer" camping area. This is a primitive camping area with 4 group campsites. Three of the 4 campsites are reserved by groups not associated with our event. These 3 campsites are mapped as out-of- bounds. **Do not run through these 3 campsites so that any campers there are not disturbed.** We have reserved one campsite, which is not marked out-of-bounds on the map. The campsite we have reserved (not mapped as out-of-bounds) is okay to run through.

Safety bearings:

White, Yellow, Orange, Brown Y, Green Y courses - Go west to find a paved road, then navigate to the finish. Be careful of traffic.

Brown X, Green X, Red, Blue, W21E, M21E courses - Go west or south to the nearest paved road, then navigate to the finish. Be careful of traffic.

Map Notes - Bill Cheatum

The FD Roosevelt State Park map of Pine Mountain is an updated version of the map used for the 2017 Georgia Navigator Cup. The map will be rendered at 1:10,000 and 1:15,000 scales, as appropriate to age class, with a 5m contour interval. The forests of Pine Mountain are generally open and runnable. The following symbols are defined on each map. A complete map legend can be found on the Model Event maps.

Many rootstocks, the most prominent and temporary point features on the map, have been eliminated as they have deteriorated to less than 1 meter in height. However, many 1m+ have remained, and are depicted with a green "X".

The vertical green lines depict fallen tree tops that are dense enough to require a detour. There are many fallen trees that are not mapped but don't present a significant navigation obstacle.

The irregular triangle (boulder field) is used to depict a rock pile, most often manmade and common on piedmont forests.

The brown dot (knoll) is a distinct dirt pile, also manmade but often a remnant of a large rootstock. A black "X" denotes a standing man made structure (signs, benches) and a black "o" are low structures or junk piles.

The ruined earth wall symbol is used here to depict the terraces formed when earth walls were constructed to stop erosion in cotton fields. They often run parallel to contours, but not always, and several may occur within one 5m contour interval.

Many streams at the base of the mountain have eroded steep banks and are difficult to cross. These sections have been marked with the earth bank symbol (without tags).

Many of these features can be seen at the Model Event, 2.2km east of the park office on GA-190.

The Model Event will be open Friday Noon to Sunday Noon. The maps are free to use from a box at the parking lot. Please return usable maps to the box when you leave.

Reserve Punch Boxes

In the rare event that one or more electronic punch units fail, 5 Reserve Punch boxes are provided on the map. Use the pin punch to record your presence at the control

Monday January 20th - Mal Harding Extreme-O

Extreme-O is patterned after a three-day military competition held in a member NATO country each year. Typically, competitors navigate from several different types of maps, including aerial photographs, quads, and topographical maps. All participants must attend a briefing on Sunday.

Actual start times and location will be announced at the briefing.

Tourism

Area Links:

Where to Stay?

Host Hotel

[Hampton Inn LaGrange near Callaway Gardens](#)

100 Willis Cir, LaGrange, GA 30240, USA

(706) 845-1115

<https://www.hilton.com/en/hotels/laggahx-hampton-lagrange-near-callaway-gardens/>

Other places to stay:

- Callaway Gardens, located very close to the park has lodge rooms, cottages and villas
- Hilton Home2 Suites, located near downtown LaGrange and about 25 minutes from the park, also with MVP Program OUSA hotel room rates
- Great Wolf Lodge, located near downtown LaGrange and about 25 minutes from the park, has an indoor waterpark and suites
- Courtyard Marriott, located in downtown LaGrange and about 25 minutes from the park has hotel rooms
- Mountain Top Inn and Resort, located about 12 minutes from the park, has cabins and lodge rooms

Cottages/Camping

[F.D. Roosevelt State Park](#)

<https://gastateparks.reserveamerica.com/campsiteCalendar.do?page=matrix&calarvdate=01/09/2022&contractCode=GA&parkId=530153>

If the cabins and campsites are full, you could check with the Park Office for cancellations.

Where to Eat?

If you are in LaGrange for dinner, check out Mare Sole for Mediterranean American, Venucci's for classic Italian, C'sons for steak and such, Karvelas for pizza!, Charlie Joseph's, since 1920! for

traditional hot dogs, Main Street Pub gastro pub, Yama for Korean BBQ

If you just need a coffee and pastry, check out Sweet Roast Cafe. For delicious cookies of all sorts, try Crave Cookies. If you are thinking of ice cream and milkshakes, nothing better than Medicine Cabinet Soda Shoppe and Ice Queen!

For craft beer check out Beacon Brewery or Wild Leap. For the wine lovers visit nearby Nutwood Winery

Callaway Gardens has several restaurants on site - sample eclectic southern fare at the Piedmont, modern southern cuisine at Cason's and down-home southern dishes at Country Kitchen

What to Do?

[Visit LaGrange](https://www.visitlagrange.com/) (<https://www.visitlagrange.com/>)

[Callaway Gardens](https://www.callawaygardens.com/) (<https://www.callawaygardens.com/>)

Other things to do:

Wild Animal Safari, Pine Mountain - experience hundreds of exotic animals roaming freely from around the world

The Legacy Museum, downtown LaGrange - home to a permanent exhibit gallery which features the history and development of West Georgia

Lafayette Square, downtown LaGrange - the square and fountain named after American Revolutionary War hero and French aristocrat and military officer, Marquis de Lafayette, the statue of Lafayette is an exact copy of the original by Ernest-Eugene Hiole (1834-1886) that stands in Le Puy, Auvergne, France.

Sweetland on Ice, LaGrange - beginning Friday, November 19 and lasting through February 14, 2022, the Great Lawn at Sweetland Amphitheatre will host a covered 5,500 square foot open-air ice-skating rink and concessions

Little White House, Warm Spring - now a National Historic Landmark, Franklin Delano Roosevelt built the Little White House in Warm Springs in 1932 while governor of New York, prior to being inaugurated as president in 1933. He first came to Warm Springs in 1924 hoping to find a cure for the infantile paralysis (polio) that had struck him in 1921

Cecil B. Day Butterfly Center, Callaway Gardens, Pine Mountain - typically 1,000 or more butterflies flutter freely about in one of North America's largest tropical butterfly conservatories

Where to get your 15% Big Peach Running Company Decatur Discount?

Big Peach Running Company, Decatur (www.bigpeachrunningco.com/locations/decaturn/) is offering a 15% discount to all Georgia O-Fest competitors. Take your race bib into Big Peach Decatur for a one time 15% discount off regular purchase price items including shoes, watches, apparel, accessories, etc. This offer expires at the close of business Friday, January 31, 2020. 10% discount offered at any other Big Peach Running Company store.

With Thanks to...

University of West Georgia
1601 Maple St, Carrollton, GA 30118

F.D. Roosevelt State Park
Georgia State Parks
Georgia Department of Natural Resources
Desmond Timmons (F.D. Roosevelt State Park)
Mallory Barfield (GA State Parks Contract Compliance Specialist)

And to our Lead Volunteers and the many others who helped...

	Lead Volunteers
Meet Director	Charlie Bleau
Sprint course setter	Fred Zendt
Sprint course vetter	Geoff Work
Saturday/Sunday course setter	Andi Berger
Saturday/Sunday course vetter	Sam Smith
Sprint Mapper	Sam Smith
Saturday/Sunday Mapper	Bill Cheatum
Registrar	Rick Shane
Treasurer	Rick Shane
Social Media	Lisa Frost
Start crew Sprints	Martha Carr, Bill Farrell
Start crew NRE Saturday/Sunday	Martha Carr, Bill Farrell
Start crew WRE Saturday/Sunday	Fred Zendt
Sprint Set-up	Fred Zendt
Saturday/Sunday Set-up	Les Hollingsworth
E-punch system, timing and results	Vinton Wolfe
Interscholastics results	Bob Frost, Lisa Frost
Equipment	Les Hollingsworth
First Aid	Bill Farrell, Frank Alena, Anna Bringle
Search and Rescue	Fred Zendt
Extreme-O	Joey Ciza, Anne Mathews
Jury	Joseph Huberman(BOK), Glen Tryson(DVOA), Walter Siegenthaler(COK)
IOF Event Advisor	Mike Minium(OCIN)
Sprint Course Consultant	Linda Kohn(ROC)
Classic Course Consultant	David Cady(BFLO)

And event Sponsor...

Big Peach Running Company, Decatur