

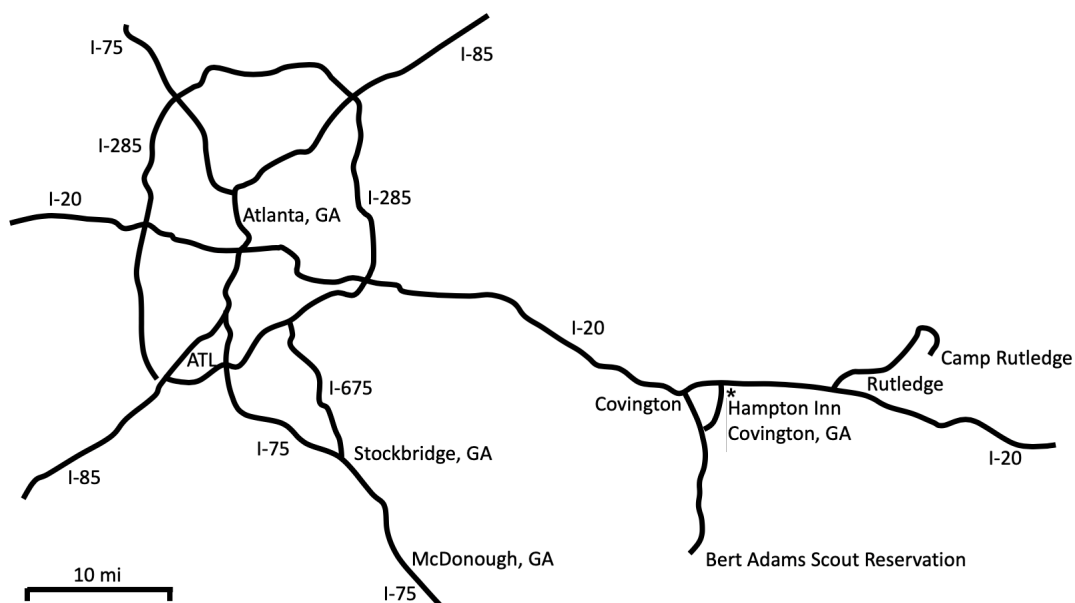
Georgia O-Fest 2020 Georgia Navigator Cup Southeast Interscholastic Championships Mal Harding Extreme-O January 17th – 20th



Overview

Georgia Orienteering Club is hosting 4 races, including a Middle distance National Ranking Event, two Classic distance National Ranking Events, and the Mal Harding Extreme-O. The Middle distance race is at Bert Adams Scout Reservation in Covington, Georgia. The Classic Distance races and Extreme-O are at Camp Rutledge in Hard Labor Creek State Park, Rutledge, Georgia. Georgia Navigator Cup awards will be based on total points for best two of the three National races. The Southeast Interscholastic Championships will be awarded under OUSA scoring guidelines for the two classic distance races. The competitive races are open to all ages and abilities. We will also offer a non-ranking beginner level “map hike” on Saturday and Sunday as well as fun Sprint courses in the Warm Up area.

Locator Map



Schedule -- Jan 17-20

Friday Jan 17

- 11 am: Bert Adams Scout Reservation practice course opens
- 11:00 am - 3:00 pm: Packet Pick-Up at Meet HQ Bert Adams Scout Reservation
- 12:00 pm: First Start
- 3:00 pm: Last Start
- 3:00 pm: Hard Labor Creek State Park practice course opens
- 5:00 pm: Bert Adams Scout Reservation Courses Close / Control pick-up
- 7:30 pm - 8:00 pm: Packet Pick-Up at Hampton Inn Covington, 14460 Paras Drive (formerly Lochridge Blvd), Covington, GA 30014 (678) 212-2500

Saturday Jan 18

- 9:00 - 11:00 am: Packet Pick-Up at Meet HQ Camp Rutledge, Hard Labor Creek State Park
- 10:00 am: First Start
- 10:00 am - 1:00 pm - Recreational Map Hike available (beginner level)
- 1:00 pm: Last Start
- 3:00 pm: Map Hike Course Closes
- 4:00 pm: Courses Close / Control pick-up
- 8:00 pm: OUSA meeting at Hampton Inn, Covington

Help the OUSA Board develop a Strategic Plan for OUSA.

Where: Hampton Inn - event hotel meeting room

When: 8:00 pm, Saturday, January 18, 2020

After Saturday's event, Tori Campbell will present the results of a survey we conducted last fall.

What! you didn't get the survey? Well this is your chance to participate. The meeting will be at the Hampton Inn. A discussion will follow the presentation. We want your input.

Sunday Jan 19

- 8:00 - 10:00 am: Packet Pick-Up at Meet HQ Camp Rutledge, Hard Labor Creek State Park
- 9:00 am: First Start
- 10:30 am - Noon: Recreational Map Hike available (beginner level)
- 12:00 noon: Last Start
- 2:00 pm: Map Hike Course Closes
- 2:00 pm: Awards Ceremony for GNC and SEIS -- time is approximate
- 2:30 pm: Mandatory Extreme-O Briefing at Meet HQ Camp Rutledge, Hard Labor Creek State Park right after awards ceremony
- 3:00 pm: Courses Close / Control pick-up

Monday Jan 20

- 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) – Bert Adams - Fred Zendt: 678-640-5828

Search and Rescue (SAR) – Camp Rutledge – Bill Cheatum: (706)247-5031

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

Hampton Inn, 14460 Paras Drive (formerly Lochridge Blvd), Covington, GA 30014 (678) 212-2500

Meet Guide Printing

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

Time Limits

Middle distance course time limit is 2 hours. Classic distance course time limit is 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

Normal highs in January are 52 F (11 C) and normal lows 31 F (-1 C). Records for the date range from highs of 72F (22 C) to lows of 9F (-13 C). Sunrise is 7:42 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 numbers in your cell phone now:

Bert Adams : Fred Zendt 678-640-5828

Camp Rutledge : Bill Cheatum: (706)247-5031

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 room is approximately 10 miles from Bert Adams Scout Reservation and 20 miles from Camp Rutledge:

Piedmont Newton Hospital

5126 Hospital Dr NE
Covington, GA 30014-2566
(770) 786-7053

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.

Awards

Georgia Navigator Cup awards will be given for 1st, 2nd, and 3rd for all OUSA classes based on total points for the best two of three National meets. Awards ceremony will be at meet HQ at 2 PM Sunday (time is approximate).

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

Be at the Call-up line at least 5 minutes before your Start time. See the race notes for important individual Call-up instructions. When you receive your map, write your bib number on the back of the map with the marker provided. 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. If all competitors have not started, you will be asked to turn in your map and pick it up later. Proceed immediately to the Download Station to have your ePunch read. You will receive a printout of your results and split times. Once you have finished, you may not re-enter the competition area without

permission of the Meet Director. Rental ePunch 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 almost two 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 ePunch. **Only traditional contact ePunches will be allowed in the interscholastic classes.** As usual, ePunches are available for rent for \$5 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

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.

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 and Stockbridge High School Navy JROTC Booster Club near Meet HQ on Saturday and Sunday. Pre-ordered lunch tickets are printed and provided with your bib. **You must present the printed ticket on each day to get your lunches.** Additional snacks and beverages will be for sale. Free hot chocolate and coffee for everyone. Please support these schools!

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. This offer is not available at any other Big Peach Running Company store.

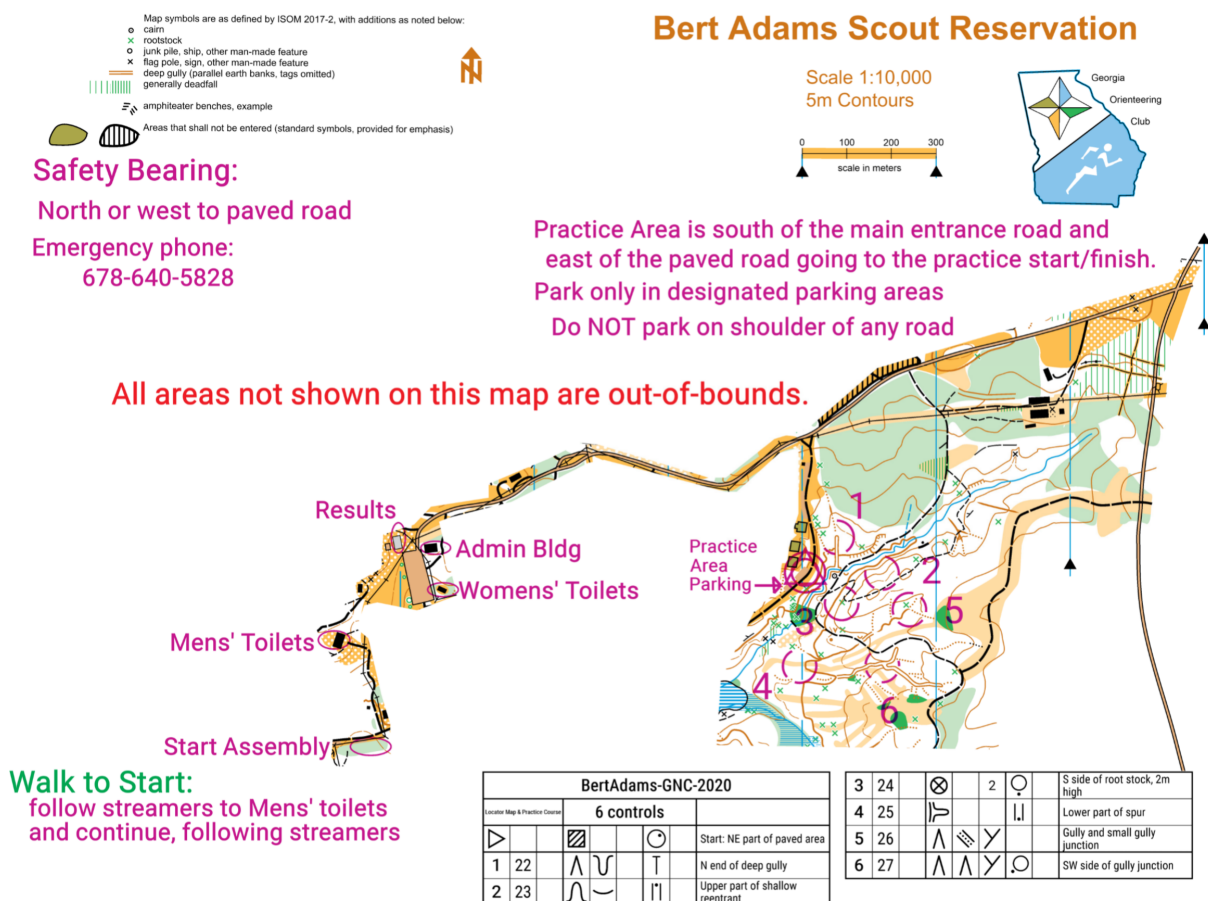
Big Peach Running Company, Decatur

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

Middle distance -- Jan 17

Friday Jan 17 -- Bert Adams Scout Reservation

Site Map



Directions

Address: 218 Scout Rd, Covington, GA 30016, (770) 784-2064

Watch your speed on the roads between I-20 and the venue. There is often more than one speed trap.

***** Please obey the speed limits within the camp at all times *****

Meet HQ

Meet HQ is in the Admin Building (Ashley Leaders Building) at Camp Gorman, Bert Adams Scout Reservation. Clean shoes only, please. No spikes.

Registration & Check in

Packet pick up will be available from 11:00 am - 3:00 pm at Meet HQ

Packet pick up will continue later from 7:30 pm - 8:00 pm at Host Hotel:

Hampton Inn, 14460 Paras Drive (formerly Lochridge Blvd), Covington, GA 30014, (678) 212-2500

Starts

Starts will be from 12:00 noon - 3:00 pm. Maximum Time is 2 hours. Courses close 5 pm.

Maps

Map is 1:10,000 scale with 5 meter contours, ISOM2017-2 standard.

Embargo

Park is embargoed June 1, 2019.

Courses

Course	OUSA Classes	Dist. km / Climb m
White	F-10, F-12	1.8 km / 35 m
	M-10, M-12	
	M/F White, Grp White	
Yellow	F-14, M-14	2.1 km / 45 m
	F Yellow, M Yellow, Grp Yellow	
Orange	F-16, M-16	2.7 km / 70 m
	F Orange, M Orange	
	F-18	
Brown	F55+, F60+, F65+	3.1 km / 95 m
	F70+, F75+, F80+	
	F85+, F90+	
	M65+, M70+, M75+	
	M80+, M85+, M90+	
	F Brown, M Brown	
Green	F-20, F35+	3.5 km / 100 m
	F40+, F45+, F50+	
	M50+, M55+, M60+	
	F Green, M Green	
Red	M-20	3.9 km / 135 m
	M35+, M40+, M45+	
	M Red	
RedF21	F-21+	4.5 km / 145 m
Blue	M-21+	4.8 km / 140 m

Parking

Parking is plentiful at Meet HQ. There is no charge for parking.

Restrooms

Comfortable restrooms are available at the park. They are segregated by gender, but also by age. Adults may only use adult restrooms and juniors may only use junior restrooms. Children under the age of 5 of any gender may accompany their caregiver adult into the adult restrooms. Adult restrooms may only be accessed by security code that will be provided on-site. The female restrooms are located next to the parking lot and assembly area. The male restrooms are located along the walk to the start.

Cell Phone Service

Cell phone coverage is generally good for all carriers.

Practice map

A small practice area is located south of the main entrance road between the entrance and the competition area. Please see the Practice Map for details.
Practice start and finish is at the roadside parking area.

Park only in designated parking areas. Do NOT park on the side of the road

Practice maps are available at Registration. Model course will be open 11 am-3 pm.

Practice map is also available for download on the website.

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:

Piedmont Newton Hospital in downtown Covington, GA, approximately 10 miles to the north of Bert Adams Scout Reservation. The contact information is:

Piedmont Newton Hospital

5126 Hospital Dr NE
Covington, GA 30014-2566
(770) 786-7053

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 all courses. You must return to the Finish, punch the Finish control and Download your ePunch within 2 hours 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 park is bounded by a power line on the west, a large creek (2-3 m wide) on the north and a county road on the east. **Nobody should cross any of these features.**

If you have been out for 2 hours or it is clear that you cannot finish in 2 hours, you must stop and immediately report to the Finish. The safety bearing is south (180 degrees). If lost, follow the emergency bearing to a trail or road and re-locate. If unsure, STAY on any road you come across.

Carry a whistle. One will be provided upon request. Three (3) short blasts from a whistle indicate an emergency. 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.** You are 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. The courses close at 5 pm. Sunset is at 5:55 pm and last light is at 6:15 pm.

Dress appropriately for the weather conditions. Although conditions in Georgia are often mild in January, you should be prepared for chilly and wet conditions. If the ground is wet, exposed red clay will be extremely slippery. Please be careful not to slip on it.

Some gullies are extremely deep with very steep sides. If the ground is wet, the sides will be very slippery. Cross them with extreme care. Make sure you can see a way out before you get in one.

Assist an injured competitor. If another competitor is hurt and in need of assistance, 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.

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

Clothing Return

No clothing return is provided because start is close to parking and Meet HQ.

Warm up

Warm up will be along the blue-flagged route to the Start Assembly area. All areas to each side are out of bounds. See **Walk to Start**.

Walk to Start

Route will be signposted and blue-flagged from Meet HQ 300m to the male restrooms, then 300m from the male restrooms to the Start Assembly area.

Control Descriptions

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

Call up

Be at the Call-up line at least 5 minutes before your Start time. Call up is 2 minutes before your start time. There will be two one-minute stages at the Call-up and Map lines. Control descriptions are available at the Call-up line. At the Map line you will receive your map. Write your bib number on the back of the map with the marker provided.

Course Setter and Mapper Notes

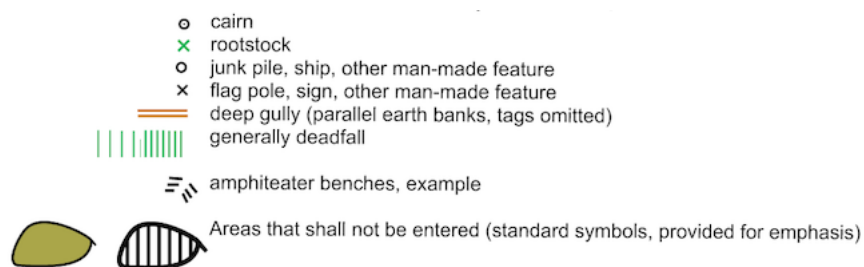
Safety bearing

Due south. That will bring you to: the paved road going east-west from the park entrance to the parking lot, the lake, or a well-defined major track (dirt road)

Mapping Standard

The map scale is 1:10,000 and the contour interval is 5m. Map symbols are as defined by ISOM 2017-2 (https://www.swiss-orienteeing.ch/files/ISOM_2017-2.pdf) unless otherwise noted

Special symbols



Index Contour

There is one index contour. The index contour is represented as a regular contour in areas with much detail, particularly in areas where the index contour could be mistaken as a gully.

Out-of-bounds

- The out-of-bounds field (black vertical lines) on the north side of the paved road is the ranger's residence. Please respect his privacy.
- There is a small out of bounds area (black vertical lines) on the west side of the map. This area is a small lake next to an uncrossable marsh, and is mapped as out of bounds for emphasis on the map since it is somewhat small.
- There are 11 camping areas on the SE corner of the map that are mapped as out of bounds (olive green). These camping areas each include a central pavilion and 6-8 surrounding tent platforms. The courses will probably not tempt you to go through this area, but if you find yourself there, please do not run through the individual camping areas. It is permitted to run between these areas.

Terrain

The terrain is ridge and reentrant systems typical of Georgia and much of the southeast USA. Hillsides and reentrants have lots of erosion ditches and gullies:

- Ditches - generally about knee deep (i.e. about 0.5m, sometimes deeper), leaves on sides and bottom. Not an impediment to running.
- Gullies - generally knee to waist deep (0.5 - 1m, sometimes deeper), often bare dirt on sides. Sometimes bare dirt on bottom, especially after heavy rain May require some care when crossing (for us older folks anyway).
- Deep gullies - mapped as parallel earth banks with tags omitted. Greater than 1m deep, usually 2-3m deep. Usually 2-3m wide. Steep sides, often of bare dirt. They are crossable, but usually require looking for a good place to climb down and back up. Usually not clean enough in the bottom for running in, but there are exceptions.

Vegetation

- Rootstocks are numerous. At least 1m high to be mapped. Most are 1.5 - 2m high.
- Green stripe - generally the tangled remains of downed trees and are usually easy to notice. It is possible to get through but usually slower than going around.
- Light green - generally younger, thicker forest. Quite passable for running, just not as much fun.
- Medium green - slow going. Fortunately, there is very little of it on the map.

Man-made features

- For a Boy Scout camp there are surprisingly few trails. This time of year, the trails are covered with leaves and can be very hard to see when running across them, especially in open wooded areas. Once on a trail, it seems pretty obvious. The major tracks (aka dirt roads, jeep trails) are very obvious.
- There are several outdoor amphitheaters made up of rows of low benches. These are represented by several close parallel black lines, usually in sets of 3 or 6.
- There are lots of camp sites, usually mapped as open or semi-open areas. Tent platforms are not mapped. In the campsites they are numerous and often close together. The platforms are about 2x3m in size and the tent frames extend ~2m above the platforms.
- Other structures such as latrines, three-sided buildings, and pavilions are mapped. Three-sided buildings are mapped as solid black rectangles. Canopies (pavilions) are open-sided structures with just a roof (e.g. a picnic shelter) and are mapped as a grey-filled black rectangle. Remember that a rectangle can be a square. Rule of thumb is, if it has a roof, it's mapped. No roof, not mapped.
- Ruined fences are very hard to find. Generally, they are on the ground, buried under leaves and deadfall. Do not count on using a ruined fence for a catching feature or navigating feature.
- Cairns are a pile of rocks usually ~1m high. Can be difficult to see as they are often covered with leaves.

Special Course Notes

- **White and Yellow** - you are allowed to look at your map for a full minute before starting. Make good use of this time. Look at your course. Ask questions if you are uncertain about anything.
- **Yellow** - there is one leg that follows a section of trail that is very indistinct. The trail has been marked with blue streamers for this section. Other sections of the same trail are very distinct and are not streamered.
- **Yellow** - controls 7, 8, 9, 10 are very close together and on the map the control circles touch. Make sure you see the four circles and understand the control descriptions before leaving the start. Ask the Start personnel for help if you have trouble understanding anything.
- **Red** - Note there is a separate Red course for F21+ runners. There will be separate map boxes at the start for Red and RedF21+. Ensure you pick up the correct map.

Practice Area Terrain

Map updates have not been as extensive and precise in the practice area as on the parts of the map used for the competition. Also, the Practice Area has been recently logged whereas there aren't any logged areas in the competition area. The terrain features (i.e. the ditches, gullies, earthbank gullies, rootstocks) in the practice area are similar to what you will see on the courses. Although earthbank gullies at control #27 are the largest on the map!

Speed Traps

The roads between I-20 and Bert Adams Scout Camp are popular speed traps for local law enforcement. It would be prudent to observe traffic laws, including the local speed limit. Although speed traps are less likely inside the Camp, please be courteous and obey posted speed limits. We would rather not jeopardize future access to the Camp.

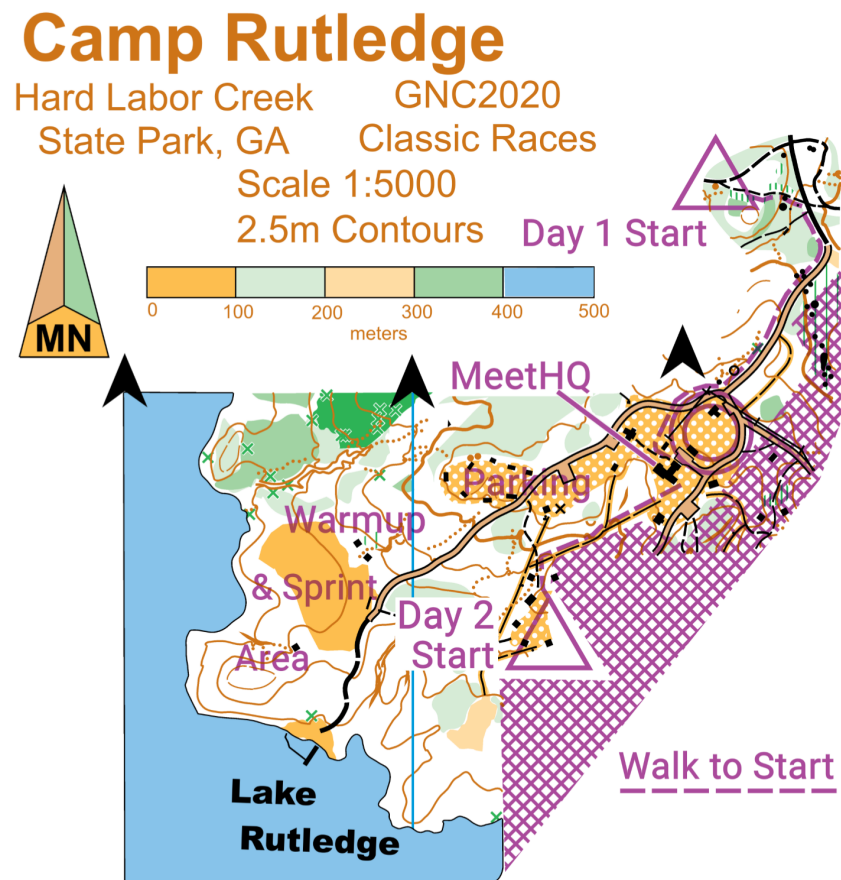
Reserve Punch Boxes

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 -- Jan 18 and 19

Sat Jan 18 & Sun Jan 19 -- Camp Rutledge, Hard Labor Creek State Park

Site Map



Location

Park office address and phone: 5 Hard Labor Creek Road, Rutledge, GA 30663, (706) 557-3001

Access to Camp Rutledge is from the intersection of Fairplay Rd and Camp Rutledge Rd

Meet HQ

Meet HQ is in the Dining Hall at Camp Rutledge.

Registration & Check in

Friday -- Packet pick up will be available from 7:30 pm - 8:00 pm at Host Hotel:

Hampton Inn, 14460 Paras Drive (formerly Lochridge Blvd), Covington, GA 30014, (678) 212-2500

Saturday -- Packet pick up will be available from 9:00 am - 11:00 am at Meet HQ
 Sunday -- Packet pick up will be available from 8:00 am - 10:00 am at Meet HQ

Maps

Map is at 1:10,000 scale with 2.5 meter contours, except F-21+ and M-21+ which will be 1:15,000.

Embargo

Camp Rutledge Map is embargoed Jun 1, 2019

Lake Rutledge Beach Map is embargoed Jun 1, 2019 (Blue and Red courses only)

Courses

Course	SEIS Classes	OUSA Classes	Sat dist km / climb m	Sun dist km / climb m
White	ISPF, ISPM	F-10, F-12 M-10, M-12 M/F White, Grp White	2.8 km / 55 m	3.1 km / 75 m
Yellow	ISIF, ISIM	F-14, M-14 F Yellow, M Yellow, Grp Yellow	3.7 km / 100 m	2.6 km / 70 m
Orange X	ISJVM	M-16 F-16	4.1 km / 105 m	4.5 km / 80 m
Orange Y	ISJVF	F Orange, M Orange, Grp Orange	4.0 km / 110 m	4.5 km / 80 m
Brown X	ISVF	F-18 F55+, F60+, F65+ M65+, M70+, M75+ F70+, F75+, F80+ F85+, F90+	4.1 km / 115 m	4.4 km / 100 m
Brown Y		M80+, M85+, M90+ F Brown, M Brown	3.1 km / 90 m	3.2 km / 85 m
Green X	ISVM	M-18 M50+, M55+, M60+ M Green	5.9 km / 160 m	5.3 km / 130 m
Green Y		F-20, F35+ F40+, F45+, F50+ F Green	5.2 km / 160 m	5.2 km / 130 m
Red		F-21+, M-20 M35+, M40+, M45+ M Red	7.5 km / 235 m	7.2 km / 170 m
Blue		M-21+	9.8 km / 335 m	10.1 km / 225 m

Parking

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. Passes will be available at the Middle and at packet pickup on Friday. Passes MAY be available at MeetHQ on Saturday. You will need a pass for **each day** you are in the park.

If you arrive at the park without a parking pass - you did not purchase one at the Middle or at the packet pickup - then you should buy at least one before driving to the Meet HQ. Camp Rutledge Road is a long, narrow gravel road and you will not enjoy driving against traffic to get a parking pass. You may purchase one with exact change from the green boxes at the Park Office. You may also purchase one from the Park Office, or from the guard shack at the park entrance by the Park Office, if it is staffed. They would be able to make change.

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 stop by the Park Office to pick up their Park Passes for the weekend. Office hours are 8:00am to 5:00pm. **If you are bringing a bus, please contact the Meet Director in advance.**

You risk a ticket without a parking pass!

Restrooms

All the toilet/shower blocks will be in service at Camp Rutledge this weekend! Hot showers will be available throughout the duration of the meet, including after the Extreme-O. The Central Shower House opposite the Meet HQ will be open at all times. There are 4 Camp Units in the park, each one with a Shower House. On Saturday, only the Unit 1 Shower House will also be available and will be signposted. It is in the Warm Up area, across the road from Unit 1, which is north of the road. On Sunday, the Unit 2 Shower House, which is at the Day 2 Start, will also be available. Units 3 and 4 are out of bounds until after the Sunday races.

The camp is vintage, and the plumbing can be finicky. If a toilet gets blocked, please report it immediately to meet personnel.

Cell Phone Service

Cell phone coverage is generally good for all carriers. AT&T has coverage throughout the park but 4G coverage generally does not extend down to the lake.

Practice Course

A practice course is located on the Lake Brantley Map adjacent to the Park Office. Start and finish will be at the trailhead across from the Park Office. Bagged and sealed maps will be available at the trail head and should be returned after use. The practice course opens 3 pm Friday Jan 17 and closes noon Sunday Jan 19. The Practice course may only be used during daylight hours. A parking pass is required.

Practice map is also available for download on the website.

Jan 18 and 19 -- Recreational Map Hikes

A limited number of non-competitive Orienteering spaces are available on a beginner's level course. Beginner instruction is available

The Map Hike is NOT the same as any competitive course. Register at the Meet HQ. Map Hike will

use manual punching. \$10 per map, \$3 per extra map
Saturday 10:00 am – 1:00 pm, must return by 3pm
Sunday 10:30 am - noon, must return by 2pm

Free Sprint Courses in Warm Up Area

Three Sprint courses in the Warm Up Area are available to registered GNC and Map Hike participants. The controls are programmed in beacon mode so that runners can test their SIAC skills. An SI Printer is available to print splits. Check in at the **Map Hike** table for details and to participate.

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.

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:
Piedmont Newton Hospital in downtown Covington, GA, approximately 18 miles to the west of Hard Labor Creek State Park along I-20 towards Atlanta. The contact information is:

Piedmont Newton Hospital
5126 Hospital Dr NE
Covington, GA 30014-2566
(770) 786-7053

Search and Rescue (SAR)

The SAR coordinator is Bill Cheatum and his cell phone number is (706)247-5031. 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 3 hours on all courses. You must return to the Finish, punch the Finish control and Download your ePunch within 3 hours 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

A Preview Map for Saturday and Sunday (at the scale of 1:6500) will be available at the start line with safety/emergency instructions.

If you have been out for 3 hours or it is clear that you cannot finish in 3 hours, you must stop and immediately report to the Finish. The safety bearing is west (270 degrees). If lost, follow the emergency bearing to a trail or road and re-locate. If unsure, STAY on any road you come across.

Carry a whistle. One will be provided upon request. Three (3) short blasts from a whistle indicate an emergency. 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.** You are 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. The courses close at 4 pm on Saturday and 3 pm on Sunday. Sunset is at 5:55 pm and last light is at 6:15 pm.

Dress appropriately for the weather conditions. Although conditions in Georgia are often mild in January, you should be prepared for chilly and wet conditions. If the ground is wet, exposed red clay will be extremely slippery. Please be careful not to slip on it.

Some gullies are extremely deep with very steep sides. If the ground is wet, the sides will be very slippery. Cross them with extreme care. Make sure you can see a way out before you get in one.

There are several active horse trails on the map. There is a good chance you will use or cross horse trails and possibly see horses while on your course. If you meet horses on the trail, please give them a wide berth. If you can't leave the trail and give them at least 20 or 30 meters clearance, slow down or stop if the horse seems skittish. Talking to the rider in conversational tones also helps calm the horse.

Assist an injured competitor. If another competitor is hurt and in need of assistance, 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.

The SAR coordinator is Bill Cheatum and his cell phone number is (706)247-5031. Put this number in your cell phone now.

Warm Up Area

A small warm up area is located near the Meet HQ. You may pick up a Warm Up map at Registration or the Map Hike. It is also available on the website.

Clothing Return

Clothing will be returned from the start line to Meet HQ regularly. Please ensure that you can identify your warm-ups and pick them up promptly after your run. Unclaimed warmups will be donated to the needy.

Walk to Start

Routes are marked with blue flagging tape
Saturday walk is 470 m from Meet HQ
Sunday walk is 300 m from Meet HQ

Control Descriptions

Will be available at the middle start line and are also printed on the map.

Call Up

Be at the Call-up line at least 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, Middle and Map lines. Control descriptions are available at the middle line. At the Map line you will receive your map. Write your bib number on the back of the map with the marker provided.

Map Notes

The Hard Labor Creek State Park maps have ~2.5m contours produced from LIDAR digital data, and point and linear features optimized for the commonly used scale of 1:10000. Standard IOF map symbols are used with these exceptions:

The minimum size of point features is ~.5 meter. An exception is a ~1 meter minimum for Rootstocks (root ball of fallen trees) and is now a green "X" symbol. Stumps are not mapped.

The small right triangle depicts rock piles. This symbol is normally used to show "boulder fields", a feature seldom seen in the South.

The minimum size rock wall symbol indicates a small rock dam, usually located in an erosion ditch, gully or reentrant. This feature may be less than .5 meters tall but is an important cultural aspect of the terrain.

Logs that can be used to safely cross streams, are shown as a short, dark green line. Use care in crossing streams on logs or rocks, as they are slippery.

Land form features:

Extensive use of the "dry ditch" symbol to depict small, narrow and easily crossed erosion ditches and their linear extent in the terrain. They are a distinct feature in the landscape and are not always associated with a reentrant. These are often used as control points on the GNC2020 courses.

The "gully" symbol (thick brown line, pointed at both ends) indicate a narrow gully deeper than 1 meter and more difficult to cross than a ditch. This, too, will be a common control point.

Streams and reentrants with steep sides, that are very difficult to cross, are indicated with thicker brown lines. These lines indicate the shape and extent of very deep gullies or stream bed edges. Very steep and high earth banks are marked as black cliff symbols to indicate they are dangerous and to be avoided.

Light green indicates slight resistance to running from many small understory trees but the visibility is usually good.

Medium green indicates more resistance to running, generally from a mix of young pine trees and small trees, as in light green. The visibility is significantly reduced.

Dark green is a fight to transit. It is a mix of dense planted pines and briers. Don't go there.

Welcome to the forests of Hard Labor Creek State Park and to the old CCC camp at Rutledge.

Bill Cheatum

Course Notes

Saturday

Saturday's walk to the start is 470 meters from Meet HQ and is flagged with blue tape.

Point features (boulders, rock dams, rock piles, knolls, etc.) as small as one half meter may be used for control locations; all point feature control descriptions include the height of the feature. Rock piles are mapped as boulder fields (small right triangle) and are described as boulder clusters (double triangle) in the control descriptions.

The White course and Yellow course have two flagged legs each. Flagged White course legs use white tape, and flagged Yellow course legs use yellow tape.

Route choices on the Intermediate through Advanced courses include areas with many small trees that will slightly slow down your run, mapped as light green.

All courses have at least one creek crossing where you will probably get your shoes wet. Rocks and boulders in the creeks are very slippery, especially when wet, so be careful when crossing.

Some controls are placed very close to the park boundary where a trail runs almost parallel to a barbed wire fence that is flagged with pink surveyor's tape or yellow Caution tape. You should not have to cross a barbed wire fence. If you are on White or Yellow, you should not even have to cross this trail. If you come to a barbed wire fence that is flagged with pink surveyor's tape or yellow Caution tape, do not cross it unless you know you are outside the park. The edge of the park is marked by a dashed purple line.

Safety Bearing: Head west until you reach the lake, then navigate to the finish.

Andi Berger, Saturday Course Setter/Sunday Vetter

Sunday

There is a 300 meter walk to the start on Sunday. Red and Blue courses will cross Hard Labor Creek on a gravel road bridge. There will be a control at the crossing, which you will punch twice, once on the way out, and once on the way back. This is indicated in the control descriptions.

Safety Bearing: Head west until you reach the lake, then navigate to the finish. If you are on Red or Blue and have already crossed the bridge once, then the safety bearing is east until you hit the lake or river, navigate to bridge.

Sam Smith, Sunday Course Setter/Saturday Vetter

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.

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, following the GNC Sunday Award ceremony. **Actual start times and location will be announced at the briefing.**

Tourism

Where to Stay?

Host hotel is Hampton Inn Covington (www.hilton.com/en/hotels/atlcvhx-hampton-covington/?SEO_id=GMB-HP-ATLCVHX), Hard Labor Creek State Park has cabins and campsites and Covington has many hotel options. The cabins and campsites are full, but you could check with the Park Office for cancellations.

Georgia State Parks GeoTour

Georgia State Parks GeoTour (www.geocaching.com/play/geotours/georgiastateparks) has 46 geocaches hidden in 43 spectacular state parks and one is at Hard Labor Creek State Park.

What to Do?

Besides having an adorable downtown filled with shops, Covington has ghost tours (www.covingtonghosttours.com/)! And self-guided film tours (www.mysticfallstours.com) - Covington and the surrounding area has been the location of 126 film and tv productions!

Where to Eat?

Covington Square has plenty of great choices - Mystic Grill - southern cuisine with a modern twist, R L's Off The Square - yummy Creole, Bread and Butter Bakery - bakery goods and sandwiches, City Pharmacy - housed in a former pharmacy of course! and Milazzo's Ristorante Covington - amazing Italian. Nearby in Rutledge is the Yesterday Cafe, famous for it's Buttermilk Pie. And just up the road in Social Circle is the Blue Willow Inn, famous for their fried green tomatoes.

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.

This offer is not available at any other Big Peach Running Company store.

With Thanks to...

Bert Adams Scout Reservation
Atlanta Area Council, Boy Scouts of America
Ranger Jeremy Whigham (Bert Adams Scout Reservation)
Veronica Bramlett (Admin. Assistant, Program and Camping)
Jeff Lybarger (GAOC Scout VP and AAC liaison)

Hard Labor Creek State Park
Georgia State Parks
Georgia Department of Natural Resources
Park Manager Carol Sanchez (Hard Labor Creek State Park)
Assistant Park Manager Stephen Davis (Hard Labor Creek 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
Middle course setter	Fred Zendt
Classic course setter - Saturday	Andi Berger
Classic course setter - Sunday	Sam Smith
Middle course vetter	Geoff Work
Classic course vetter - Saturday	Sam Smith
Classic course vetter - Sunday	Andi Berger
Middle Mapper	Rick Shane
Classic Mapper	Bill Cheatum
Registrars	Chun Bleau, Rick Shane
Treasurer	Robin Shannonhouse
Social Media	Lisa Frost
Start crew	Martha Carr and Bill Farrell
Bert Adams Set-up	Fred Zendt
Camp Rutledge Set-up	Les Hollingsworth
E-punch system, timing and results	Vinton Wolfe
Interscholastics results	Bob Frost, Lisa Frost
Truck and Equipment	Les Hollingsworth
First Aid	Jeff Lybarger
Search and Rescue	Bert Adams - Fred Zendt, Camp Rutledge - Bill Cheatum
Extreme-O	Joey Ciza

And event Sponsor...

Big Peach Running Company, Decatur