



Racer Update # 1
6/27/2006

Final preparations are being completed for the event on July 7th and 8th. Be prepared for day time temps in the 90's. Dehydration and heat-stroke are very serious conditions. Please take some time now to learn how to prevent, recognize, and treat these conditions.

We highly encourage all racers to visit www.cpadventures.com/ultra/forms.htm to download Team Waivers and Medical Forms. Having these forms filled out before you check-in will help speed up the check in process for everyone. Of course, we will have extra forms available at check in for anyone that needs them.

UOG is a no-frills event. Other than a port-o-let, there will be no facilities at the Hash House. Friends and family are more than welcome to hang out at the HH, but they should expect it to be almost as exciting as watching paint dry. Only racers and event staff will be allowed on the course.

Eye protection and gaiters/long pants are highly recommended! We guarantee you will encounter plenty of thick brush and briars.

As of this writing there are 41 teams from 9 different states registered; with a few last minute entries trickling in via snail mail. That's incredible! Thanks for making this event a successful one.

We will not have exclusive use of the area. Pine Log WMA is a popular area for horseback riding. Please be respectful and courteous to others enjoying the area.

Please make sure you have the mandatory items on the gear list page. Everything is mandatory except for the items at the bottom clearly labeled as "Recommended"; but you would be wise to bring those as well.

We've had several inquiries regarding lodging. Camping is not allowed in PLWMA. This includes the Hash House area. It shouldn't be a problem for teams to pitch a tent at the HH to get out of the elements, or rest for a short time, but building a fire or overnight camping at the Hash House after the event is not permitted. Here is a list of the nearest accommodations (nearest to HH listed first; the first 3 are very close together):

Scottish Inn
2385 Hwy 411 NE
White, GA 30184
(770) 382-7011

Courtesy Inn
2335 Highway 411 NE
White, GA 30184
(770) 382-1122

Holiday Inn
I-75 & US 411, EXIT 293
Cartersville, GA 30120
(770) 386-0830

Sweetwater Campground
www.reserveusa.com/jsp/commonpage.jsp?goto=/nrns/ga/swee/newindex.html
(678) 721-6700

Red Top Mountain State Park Camping/Cabins
<http://gastateparks.org/info/redtop/>
(770) 975-0055

Please send Kevin your shirt size for the race swag. Sizes run S-XL and the shirts are a cotton/polyester blend. Those registering in the last week or two will likely not get a shirt since we had a much larger than expected registration after the shirts were already ordered (June 7th deadline was to guarantee a shirt). We did order some extras however so those first few teams who registered after the deadline will more than likely receive one. Please go ahead and EVERYONE send in their size though. Sizes are first come first serve.

We are still in need of a few more volunteers. If you know of anyone who might be interested, please have them contact Kevin.

We will be having a BBQ Pork and Chicken dinner after the event. Please email Kevin with your preference of Pork or Chicken. If you don't want either, please let us know and we'll work to get you something acceptable.

Last but not least, we felt it was necessary to give you all a little sneak peek at the course, so here's a little "teaser" to whet your appetites for what's to come. ☺
<http://cpadventures.com/images/uog-teaser.gif>

We look forward to seeing you in less than two weeks!

Patrick and Kevin