



Racer Update # 1
5/30/2007

-Final preparations are being completed for the event on June 8-9th. Be prepared for day time temps between 85-95. Dehydration and heat-stroke are very serious conditions. Please take some time now to learn how to prevent, recognize, and treat these conditions. Due to the recent lack of rain in the region, many of the small ponds and streams are dry or at very low levels. Be prepared to carry lots of water and know how to use your water purification/filtration properly.

-We highly encourage all racers to visit <http://cpadventures.com/ultra/forms.php> 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.

-On the same forms page above you'll find two additional documents. The first is a general map of Prentice Cooper. If you downloaded this map prior to today, you should download it again because it has been updated. You can use this map to locate the camping areas as described in the below note. The second document is the IOF Control Descriptions file. You should download and print out the IOF document and become familiar with it. We'll be using the control descriptions described in this document for the UOG.

-We've had several inquiries regarding lodging. Camping is allowed in PCSF at three locations. The first location is just across the road from the check-in station. This site has a primitive "outhouse" and water can be pump from the well next to the check-in station. The second is called Davis Pond, which is much smaller, yet nicer than the area by the check-in station. The Davis Pond site has a primitive "outhouse", but no water. The third is an overflow camping area ½ mile west of Davis Pond (on Pot Point Rd between Tower Dr and Davis Pond Rd). The overflow site has no water or outhouse. None of the campsites have showers. You are more than welcome to camp at any of these locations before or after the event. Downtown Chattanooga is about a 30-minute drive from the Hash House (HH). There are numerous hotels in downtown Chattanooga.

-UOG is a no-frills event. 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. While at the HH, racers and guests must park completely off the road on the west side of Tower Drive. You are more than welcome to set up an EZ-Up tent, chairs, table, etc at the HH, however camping is only permitted in the designated areas mentioned above.

-The event map will be handed out at 8PM (or 8AM if you are doing the Half Ultra). This will give you a little time prior to the start of the event (9PM for the Ultra or 9AM for the Half Ultra) to go over the map, formulate your strategy, and prepare your questions for the pre-race meeting. The map is BIG (32"x35"). Keep that in mind when packing your map case and table.

-The rules page has been updated to reflect a few changes in the event scoring.

-Eye protection and gaiters/long pants are recommended.

-As of this writing there are 48 teams from 8 different states registered. That's incredible! Thank you for making this event a successful one for the second year in a row.

-We will not have exclusive use of the area. Prentice Cooper State Forest is a popular area for ATV riding and some 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. UTM plotting tools are no longer required and have been (or will be) removed from the mandatory gear list.

-We will be having a BBQ Pork and Chicken dinner after the event. Please email Kevin ASAP 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.

- Each team will receive bonus points for simply posting a message in the UOG forum on the Checkpoint Adventures web site before 11:59pm on June 5, 2007. :) One bonus point (per team, not per team member) will be awarded for each of the following items included in your post: Your team name, the course your team is registered for (i.e. Ultra or Half Ultra), and three unique reasons why your team deserves bonus points. Make 'em good...answers are subject to RD approval to receive bonus points.

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

Patrick and Kevin

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