



Racer Update # 1
4/29/2008

-Final preparations are being completed for the event on May 16-17th. Be prepared for daytime temps between 75-85. Dehydration and heat stroke are very serious conditions. Please take some time now to learn how to prevent, recognize, and treat these conditions.

-Last year we experienced a very serious drought leading up to the event. Ponds and streams that were flowing in May were nearly non-existent during the event. While that has not been the case this year, you should be aware that it's a possibility. 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. 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 two locations. The first location is just across the road from the Ranger Check station. This site has a primitive "outhouse" and water can be pumped from the well next to the check 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. 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 Tower Drive. You are more than welcome to set up an EZ-Up tent, chairs, table, etc at the HH. Camping is only permitted in the designated areas mentioned above though.

-Teams will receive their maps during check-in. Check-in is currently scheduled to begin at 6pm and 6am for the Ultra and Half Ultra courses, respectively. This will give you some time prior to the start of the event (8PM for the Ultra or 8AM for the Half Ultra) to go over the map, formulate your strategy, and prepare your questions for the pre-race meeting. After you receive your maps any course scouting is forbidden and grounds for disqualification. The map is BIG (32"x35"). Keep that in mind when packing your map case and table.

-Eye protection and gaiters/long pants are recommended.

-As of this writing there are 38 teams from 9 different states registered. That's incredible! Thank you for making this event a successful one for the third 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. Our co-existence with other forest users is paramount for future use of PCFS for all those involved with special events like ours (mtn bike races, trail runs, etc).

-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 will be having a BBQ Pork and Chicken dinner after the event. Please email Kevin ASAP with your preference of Pork or Chicken. For the vegetarians (or those with food allergies), please let us know and we'll work to get 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 May 12th, 2008. :) One bonus point (per team, not per team member) will be awarded for each of the following items included in your post:

1. Your team name
2. The course your team is registered for (i.e. Ultra or Half Ultra)
3. Where you heard about the event
4. Why you chose to participate in the UOG.
5. Why your team will need these bonus points.

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

Patrick and Kevin