



Up North Orienteers invites you to  
**BOULDER DASH**  
 September 29-30, 2007  
 Nottingcook Forest  
 Bow, NH



**LOCATION** From Route 93 just north of Manchester, NH, take Route 89 north to Exit 1 (Bow/Logging Hill Road). Turn right (south) on Logging Hill Road towards Bow and go 1.9 mi. to Bow Bog Road. Take a left and go 2.0 mi. to Allen Road. Turn right and follow O signs.

**MAP AND TERRAIN** The new map of Nottingcook Forest will be 1:10,000 with 5 meter contours. Original fieldwork by Bob Lux 2007. The terrain is challenging: technical with flat areas and rolling hills that are moderately steep in places. There is a good path system throughout much of the forest, but previously logged areas have reduced visibility.

**MEET OFFICIALS**

Event Director..... Faye Doria *fayedoria@yahoo.com*  
 Michael Commons *commons@tiac.net*  
 Course Setter..... Bob Lux  
 Course Vetter..... Jim Arsenault  
 Registrars ..... Lex and Pete Bundschuh *unofam@aol.com*

**REGISTRATION** Use standard USOF entry form. Make checks payable to Up North Orienteers in US dollars. Mail to Up North Orienteers c/o Bundschuh, 15 Fox Den Road, Hollis, NH 03049. Foreigners may pay at the event. Indicate whether you are including payment for dinner, child care, and t-shirts.

**COURSES AND AWARDS** All USOF courses offered (WYOBGRB) including M-10A/F-10A where shadowing of children is permitted. Awards to the top three in each A-meet class and first place in Open classes.

**RECREATIONAL COURSES** Recreational courses WYO will be available each day with on-site registration. The courses will have separate start and finish, but will be generally the same as the A-meet courses. Fee is \$6 each day per adult/group with adult, \$3 each day for youth.

**LODGING** Hampton Inn, 515 South Street/Logging Hill Road, Concord, NH, 603-224-5322 - special orienteering rate \$109 per room plus tax includes full breakfast. Make your reservations early since this is the beginning of "leaf-peeping" season when the world comes to view New Hampshire's leaves. Mention orienteering for this special rate. Turn north on Logging Hill Road (which becomes South Street) off Exit 1, Route 89, immediate right into Hampton Inn. 4.5 miles from meet site.

Comfort Inn, 71 Hall Street, Concord, NH 603-226-4100. 6.3 miles from meet site.  
 Best Western, 97 Hall Street, Concord, NH 603-228-4300. 6.2 miles from meet site.

**CAMPING** Primitive camping is available at the meet site with portable toilets but no water.

**LIMITED EDITION T-SHIRTS** should be preordered to eliminate risk of not getting one. Dri fit wicking short sleeve shirts in adult sizes (SMLXL) \$15.

**CHILD CARE** will be available on site during the time parents are competing. Pre-registration is required with a \$12 deposit which covers up to two hours of care for one child. Additional fees will be charged on site at a rate of \$6 per hour after two hours, \$4 per hour for each additional sibling. Use Special Events line on entry form to pay deposit.

**SHOWERS** at Concord Family YMCA, 15 North State Street, Concord, NH, \$3 per person. Saturday 7 am to 6 pm. Sunday 9 am to 6 pm.

**SATURDAY DINNER** at St. Paul's Episcopal Church, 21 Centre Street, Concord, NH (next to State Capitol Building). \$15 for adults, \$7 for children 5-12, under 5 free. All you can eat with vegetarian option.

**COURSE CRITIQUE** will be held starting at 7:00 pm at St. Paul's and is open to everyone.

**SCHEDULE**

September 15	Postmark on registration to avoid late fees
September 25	Start times posted on UNO website at <a href="http://geocities.com/upnoor/">http://geocities.com/upnoor/</a>
September 28	Packet pickup at Hampton Inn, Bow, NH from 6-10 pm
September 29	9 am to 12:30 pm.....Check in at Nottingcook Forest
	10:15 am .....Bus to start begins running
	11 am to 1:30 pm A-meet starts 10 min. ride and 10 min. walk
	11 am to 2 pm .....Recreational starts
	5:30 to 7:00 pm.....Dinner at St. Paul's Church
	7:00 pm.....Course critique at St. Paul's Church
September 30	8 to 10 am .....Check in at Nottingcook Forest
	9 to 11:30 am ..... A-meet starts 20 min. walk
	9 to 12:00 pm..... Recreational starts
	2:00 pm..... Awards ceremony

**FEES**

19 and older..... \$25 per day  
 Under 19..... \$20 per day  
 USOF/COF/IOF discount ..... deduct \$3 per day  
*You must supply membership number to take discount*  
 Late fee after September 15 .... add \$10 per meet day  
 Dinner ..... \$15 adults/\$7 ages 5-12  
 T-Shirts..... \$15 (please indicate size)  
 Child Care ..... \$12 deposit (indicate age and number of children)