

EXTREME-O is a tough course, one of the toughest anywhere, combining elements of orienteering, military skills, adventure racing, and goofy tricks. Any competitor willing to enter and start this course deserves a shout-out for having an above average sense of adventure and fun. Some finished the course earlier than others for one reason or another - YOU ARE ALL OUR HEROS and BRAVER and TOUGHER than most people you will meet. Kudos to all 24 Short Course and 9 Long Course teams!

See you next year!

The X-O Crew

### SHORT COURSE

6k/15points

<b>Michael Hendricks Team</b>	<b>2:34:26</b>
<b>Shelly Pennington/Joanna Williamson</b>	<b>3:28:55</b>
<b>Dylan Poe/Brennan Hertel/Alex Yancey</b>	<b>3:43:14</b>
Tremayne Knox/Reginald Bagsby/Matthew Floody	4:11:00
Iona & Bobby Lindsey	4:11:54
Guido Nordmann/Catherine Deegan/Emma Dawe	4:17:00
Michael Rodgers/Destiney Browder/Anthony Mitchell	4:20:44
James Ammons/Dustin Branham/Aminah Tall	4:21:28
Quran Coleman/Brittany Robinson/Ortez Battle	4:22:00
Anne Ledbetter/Steve Houghton	4:27:31
Isaac Clinton/Herbert Green/Jaylinn Thomas	4:30:54
Alexander McKenzie/Terrance Gibson/Denisha Freeny	4:40:30
Eric Shears/Alisi Rios/Anant Dabas	4:43:00
Alex Vazhaylnal/Ben Hamilton	4:52:52
Kachiuna Hughes/Derrick Drisker/Daniel Wiltshire	4:57:24

### OTHER SHORT COURSE TEAMS

Rick Green  
 Kathy Banister/Dennis Cryor  
 Amy Williams/Jolie Mayo/Amanda Mayo  
 Donna Fluegel/Peter Goodwin  
 Joshua Castro/Elexia Hudgeons/Korry King  
 Andrew Salier/Chesea Glover/Warren Smith  
 Ashleigh Riddle/James Riddle/John Dukes III  
 Sholonda Sell/Andrew Scott/Alexia Andreade  
 Rylee Frisbey/ Sam Messer/Anna Mayo/Grace George

### LONG COURSE

13k/27 points

<b>USMC Patton's Tanks: Patrick Richardson/Nicholas Ives</b>	<b>3:23:22</b>
<b>USMC Team Bowling (really?): Teddy Fong/Zach Schroeder</b>	<b>3:43:00</b>
<b>USMC High Jynx: Jeff Diplalma/Donald LeBlanc</b>	<b>3:47:21</b>
USMC Lawmakers: Charles Whitaker/Thomas Eisiminger	3:53:22
USMC Team Navatar: John Rabalais/Matt Hager	4:02:46
OUA JR: Izzy Bryant/Edwin Villatoro/Matt Stout/ Austin Fowler/Addison Bosley	4:16:21
CASCADE: Tori Borish/Rick Breseman/Eileen Breseman	4:38:51
THE WRIGHT STUFF: Doug Wright/Brian Wright	5:09:20

### OTHER LONG COURSE TEAM

COK: Jim Hall/Pete Dady/ Walter Siegenthaler

X-O thanks Sweetwater Creek St. Park and *a huge thank you to:* David Farrier, Clai Gardner, Joey Ciza, Rick Shane, Bill Farrell, Andrea Berger, Shelly Pennington, Joanna Williamson, Sam Smith, Chris Cassone, Steve Shannonhouse, and Charlie & Chun Bleu. We appreciate your staying to help with X-O after months of A-meet prep and two intense days of GNC! We don't need to win the lottery with friends like you!