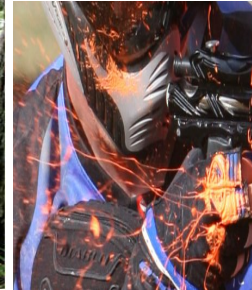




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Day Trip: Paintball

What is paintball? Well, combine the game of capture the flag with chess, mix in hide 'n' seek and add a large dose of adrenaline. . Showing up to a paintball field for the first time is accompanied by uncertainty. Expect to leave wanting more. Your adrenaline will be flowing, your heart racing and believe it or not your instincts will kick in and you will probably feel like you are in a scene right out of Full Metal Jacket. Come join Oregon Active for a crazy day of fun, comraderie, and the opportunity to light up the opposing team.

- **When** - Sunday, May 6, 2007. We will meet at the Oregon Zoo at 9:00 am near the old OMSI parking lot. Transportation to and from the field will be provided by Oregon Active.
- **Cost** – \$75.00 per person. This includes transportation to and from the field, BBQ lunch, a semi-auto paintball gun, full-face goggles, a waist pack to carry extra paint for reloading, 100 paintballs and a camo shirt. As always, a portion of the proceeds will go to a local non-profit.
- **What to Bring**- The most important thing to bring is a good attitude and the desire to have an awesome time. A detailed list of what you need will be provided in the FAQ section attached.
- **RSVP - Space will fill quickly!** Sign up online at www.oregonactive.com. Click on the Adventures tab and go to the paintball thumbnail. You may purchase your spot online and reservations will be on a first come first serve basis.

Good People...Good Times



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FAQ's

Q: What do I wear ?

A: Long pants and long-sleeved shirts provide protection against the impact of paintballs. The right clothes let you run, slide, crouch and do other maneuvers more safely, as well. Playing woodsball (Paintball in the woods) you should wear muted colors, no yellows, reds, oranges etc. Shorts are not a good idea as a paintball can break exposed skin.). Good shoes with traction and maybe a change of clothes for the way home. Many people wear a bandana or beanie to protect their heads as well.

Q: Is paintball safe?

A: Paintball is a very safe sport as long as safety rules are followed. For safety, paintball players always must wear goggles specifically designed for paintball to protect their eyes. Goggles must be worn during a game and at all times when a person is in an area where shooting is permitted. Referees on the field enforce safety and game rules.

Q: Ok, so paintball's "safe." But doesn't it hurt?

A: Honestly, sometimes. It depends on how fast the ball is traveling, where it hits, whether it breaks or not (balls that just bounce off tend to be more painful), and what kind of clothing you are wearing. Sometimes you won't even feel a hit. But even when a shot does hurt, it's usually just a quick sting – the kind of thing you say "Ow!" about and then forget about a few seconds later. Some hits come back to haunt you hours, or even a day, later – as bruises. They might feel a little sore or tender to the touch. If you bruise more heavily than other people, make sure to wear layers or invest in a vest.

Q: Does the paint stain?

A: Only under extreme circumstances. If you leave your paintball-splattered shirt in the laundry for a week, the paint can stain light-colored garments. But since it's a non-toxic, biodegradable, slightly oily paint, you can remove most of it simply by wiping it off with your hand or a rag (usually provided by the field). Incidentally, wiping a hit off during a game to avoid being called out is considered cheating. So if you head onto the field with a roll of paper towels, be prepared to fall under close scrutiny.

Q: What do I need to bring?

A: As with most Oregon Active trips just show up and we provide the rest. We highly recommend bringing a change of clothes for the ride home. Paintball tends to get dirty. We will supply you with 100 paintballs but you will likely run out. The number of paintballs you will need varies by the amount of time you play and the type of "shooter" you are (sniper vs. accuracy by volume). The average player shoots about 500 paintballs p/four hours of play. The price is \$65 p/case for 2,000 and can be divided up amongst players.

Q: What type of games do we play and how long do they last?

A: There are a variety of different games we will be playing ranging from capture the flag, speedball, to hamburger hill. The referees will go over all the rules and information prior to starting. Games typically last 20 – 45 minutes so if you go out early you won't have to wait long to play again.

Q: When will we get back?

A: We hope to arrive back in Portland around 6:00 pm. (We typically grab some pizza and refreshments afterwards, so leave time in case we are having too much fun and you don't get back right at 6:00)

Q: How do I confirm my spot?

A: Your spot will not be confirmed until your payment has been made online. Space will fill quickly and will be distributed on a first come first serve basis. To make your reservation, log onto www.oregonactive.com.

Q: Is this a "guy" thing?

A: No way, we plan on having an equal number of girls and guys. In fact, they say women often times are better paintballers than men. Ladies let's not get carried away, truth will be told on the field come game day...it's on!

