



**ARKANSAS DIVISION
PACIFIC CENTRAL REGION
UNITED STATES NAVAL SEA CADET CORPS**

Commanding Officer

CAPT Timothy Cogan, USN
(650) 728-3504

Executive Officer

ENS Matthew Truesdell, USNSCC
(510) 653-3028

Division Chief

CPO Caroline Truesdell, USNSCC

PLAN OF THE DAY

**16TH Annual Marion Carl Marine Mud Run
Naval Air Station Lemoore**

06 June 2009

UNIFORM OF THE DAY

Instructors/Officers:

Travel: Alternate Uniform
Mud Run: PT Gear

League Cadets/Sea Cadets:

Travel: wear NSCC/NLCC training shirt or cover
Mud Run: PT Gear

**COMMAND DUTY
OFFICER**

WO Guilherme Freitas,
USNSCC

OFFICER OF THE DECK

INST Karen Freitas,
USNSCC

**PETTY OFFICER OF
THE WATCH**

PO2 Davis Freitas, USNSCC

**MESSENGER OF THE
WATCH**

SA(T) Kaitlyne Freitas,
USNSCC

Schedule

0430	Depart Oakland, California
0430-0450	Travel to McDonald's Restaurant, 1620 Strobbridge Avenue, Castro Valley
0450-0455	Load van
0455-0515	Travel to McDonald's Restaurant, 6800 Santa Rita Road, Pleasanton (if necessary)
0515-0520	Load van
0520-0750	Transport to Naval Air Station Lemoore
0750-0830	Check-in
0830-0850	Safety Brief
0850-0900	Run preparation
0900-1200	Mud Run with MATSG-23
1200-1300	Wash off and change clothes
1300-1400	Lunch at Navy Exchange Food Court
1400-1700	Transport back to Oakland with drop off stops

Notes:

- 1. Complete online registration for individual, regular course, by 04JUN09**
- 2. Bring your USNSCC/USNLCC Identification Card**
- 3. Bring a strong large plastic bag for your wet and muddy clothes**
- 4. Wear a swimsuit under your PT Gear so you can strip and shower off**
- 5. Bring a change of clothes and shoes**
- 6. Bring chow money**
- 7. Warrant Officer Guilherme Freitas can be reached at (209) 277-9375.**

Captain Timothy Cogan, United States Navy
Commanding Officer, Arkansas Division