



## ADVENTURE RACE NEWSLETTER #1

### **Packet Pick Up:**

Packet Pick-up is in the American Civil War Center at Historic Tredegar courtyard ONLY on Sunday, May 21 from 7:30 a.m. to 9:30 a.m.

A photo ID is required for adults to pick up your packet (not required for minors without an ID)

### **Registration:**

This year we don't have a limit for registration but, because of logistics, we would like to encourage everybody to register ASAP so we can have everything prepared.

### **Course:**

We have finalized the details about the course and we will have people testing the race course twice in the next few weeks but the course is already set for race day. In the final communication (a few days before the race) we might have more details. The distances are as follows: Paddle: 3 miles, Bike: 5 miles, Trek: 10 miles. Also, note you'll be riding on roads, gravel roads and single track trails so think about what tires you should mount on your bike.

### **Mandatory Gear:**

We will not go through your mandatory gear before the race start; but along the course our race staff will be checking some items. So, before you leave your house/hotel, go through the list of gear and make sure you have everything. Teams/individuals will be penalized for any mandatory equipment missing, and in the case of some safety gear (like helmets) you'll not be allowed to continue without it. We need to look out for your safety.

At this point all the mandatory gear is still mandatory. Depending on the weather forecast for race day, race directors will decide if any of the gear will not be mandatory anymore (i.e. rain jacket if rain is not expected). Teams will be informed at race packet pick up. In any case, we will not be adding anything else, only eliminating items, so do not worry about that.

### **Food and Water:**

At some of the TAs along the course we'll have water/sports drinks so, you'll be able to fill up your water bottles/camelbacks. Also, you'll find some stores along the way. However, plan on being self-sufficient (fluid-wise) for the first 2 hours of the race.

**Paddling:**

As you know by now we are providing boats, paddles and PFDs. No outside equipment (boat, paddle or PFD) will be allowed for the paddle section.

**Sunday Morning:**

On Sunday at check-in you'll be given more details about your bikes, but you'll need to bring all your trekking gear to the start.

If you have any questions do not hesitate to e-mail us at:

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