

**Packet Pick Up:**

Packet Pick-up is outside of the American Civil War Center at Historic Tredegar near 5<sup>th</sup> St. during the following times:

Sunday, May 20 from 7:30am – 9:30am

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

**Registration:**

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:**

The course is set for all of you on race day. We had a good racer test the course last week and he enjoyed it. He said the navigation was fairly easy so it should be great for people new to the sport.

The distances are as follows:

Paddle: 3 miles

Bike: 12 miles

Trek: 8 miles

**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.

Following on the mandatory gear: 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.

More details about the course: you'll be riding on roads, gravel roads and single track trails so think about what tires you should mount on your bike. Paddling will be on flat water, with a little of upstream paddling, so come ready to paddle hard for a little bit.

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:

[2asrardominionr@gmail.com](mailto:2asrardominionr@gmail.com)