



Dear racers,

We just finished the last details of the course and we hope you will enjoy what we have prepared for you. In preparation for race day we would like to reinforce some points and bring to your attention some new ones. So, read closely.

- 1) Packet pick-up is ONLY on Sunday, May 20 from 7 to 9:30 AM at the American Civil War Center at Historic Tredegar Brick Courtyard, near the corner of 5th and Tredegar. We need at least one team member per team to be to check your team in.
- 2) There is no gear drop-off when you come to registration. When you check-in at registration we'll give you directions to drop off your bikes and bike gear. It should take you 30 minutes to go to the drop-off point, leave your gear there and come back to the registration area. At the drop-off area follow the directions of the volunteers.
- 3) For those teams with 3 members, with your bike drop you can also leave a center seat for the canoe, as canoes only have 2 seats and teams of three get a canoe. This is optional, as the paddle section is not too long and you can always sit at the bottom of the canoe or kneel to paddle.
- 4) We will start giving maps and race booklets out at 10:15 AM with a pre-race meeting beginning at 10:40 AM. So plan to be at the check-in area after you drop your bikes by 10:15 AM to get your maps and race booklet.
- 5) During the race, once you get on the bikes you'll not be getting back to that Transition Area ("TA"), so whatever you drop-off with your bike you'll have to carry it with you for the rest of the race.
- 6) Please, read again the participant letter that was sent on early May. You can find it [HERE](#).
- 7) When you get your maps and race booklet on Sunday morning, READ THE RACE BOOKLET!!! READ THE CLUES OF EACH CHECKPOINT ("CP")!!! These are probably two of the most important things during the adventure race. Spend a few minutes going through the race booklet and description of CPs. All you need to know is there, along with some very important details.
- 8) Remember to stage all your team's equipment together at the TAs.

- 9) Boats and paddle gear are provided. Do NOT bring your own gear for the paddle section (other than a center seat if you want for those three-member teams).
- 10) When you get to a CP with a flag, please use the punch to mark your passport. You do not have to take the flag with you.
- 11) The forecast, so far, calls for temperatures in the upper-70s to a high of 80F, and mostly cloudy. The weather is unpredictable so please be prepared!
- 12) 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 at least 2 hours at a time.
- 13) We can guarantee you that bugs and poison ivy (lots of it) are out there, so prepare accordingly.

If you have any questions send us an e-mail at: 2asrardominionR@gmail.com

Finally, if you have any issue on Sunday (cannot make it to registration on time) or questions please call me (Daniel): 804 212 4251. I'm not sure if I will be able to see e-mails on Sunday morning as I will be out there. This phone is also good for race day, so write it down on the phone that you'll bring while racing.