



Dear racers,

We are working on finishing up some details on the course and we hope that you are looking forward to what the race has in store for this year. In preparation for race day, we have just a few things to note, so please read closely.

1. 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.
2. On race day morning, before packet pick-up at the American Civil War Center at Historic Tredegar, you will drop bikes and bike gear at a location that will be disclosed in the final communication 3-4 days before the race. Directions to this location will be provided at the time. At this time all we can tell you is that is not more than a 15 min drive from the Dominion Energy Riverrock festival location.
3. Course: we have finalized the details about the course and we will have people testing the race course 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: 1-2 miles

Bike: 10 miles

Trek: 6 miles

4. Mandatory gear: every team must have a smartphone or phone that is able to take and send pictures, you'll be using it at some CPs. 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.

5. 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.
6. 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 1.5 hours of the race.
7. You'll be riding on roads, gravel roads and single track trails so think about what tires you should mount on your bike.
8. We will be providing boats, paddles and PFDs. No outside equipment (paddle or PFD) will be allowed for the paddle section.

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

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