

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 have a few reminders, so please read closely:

- Every team needs at least one smartphone. We would highly recommend to bring two smartphones just in case you run out of battery. You'll be using the smartphone during the race for directions and to take a few pictures.
- 2) BEFORE YOU COME TO DOMINION ENERGY RIVERROCK TO CHECK-IN, YOU NEED TO GO TO SHELTER #1 AT BRYAN PARK (SEE ATTACHED MAP AT THE BOTTOM, RED CIRCLE). Volunteers will be there to give you directions as to where leave your bike and bike gear. Drop-off is from 8:30 AM until 9:30 AM. TO ACCESS BRYAN PARK USE THE ENTRANCE INDICATED WITH THE RED ARROW (ON HERMITAGE RD.). Do not use the Bellevue bridge or Bryan Park ave. entrances (red crosses on the map) as they will be locked. After the gear drop at Bryan park, you will drive 15-20 minutes to the festival, please make sure you allow yourself enough time to park, walk to packet pick up and make it to the start line before the start of the race.
- Race registration/check-in starts at 8:45 AM and closes at 9:55 AM at the packet pick up tent near the corner of 5th St and Tredegar St in the Dominion Energy Riverrock festival.
- 4) We will start giving race booklets at 10 AM and pre-race meeting will be at 10:40 AM
- 5) During the race, once you get on your bike at Bryan Park, you will not be returning to the Bryan Park TA. So whatever you drop-off with your bike you'll have to carry with you for the rest of the race.
- 6) Please, read again the participant letter that was sent in early May. You can also find it on the website at https://www.riverrockrva.com/events/adventure-race/.
- 7) We need at least one member per team to check-in on Sunday at packet pick up at the corner of 5th and Tredegar in the Dominion Energy Riverrock festival.
- 8) When you get your race booklet on Sunday morning, READ THE RACE BOOKLET!!! READ THE CLUES OF EACH 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.

- 9) Remember to stage all your team's equipment together in the transition areas.
- 10) Boats and paddle gear are provided. Do NOT bring your own gear for the paddle section.
- 11) Some definitions:

TA: transition area CP: checkpoint

- 12) 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
- 13) The forecast, so far, calls for temperatures in the upper-70s to a high of 80F, and mostly cloudy. But, that's the forecast from today and all we can guarantee is that WEATHER will happen.
- 14) 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.
- 15) We can guarantee you that bugs and poison ivy are out there, so prepare accordingly.

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

Finally, if you have any issue on Sunday (cannot make it to registration on time) or questions please call me (Phil): 804 350 7268. I'm not sure if I will be able to see e-mails on Sunday morning as I will be out there ⁽ⁱ⁾ This phone is also good for race day, so write it down on the phone that you'll bring while racing.

