

Dominion Energy Riverrock Adventure Race Letter #1

Sent 4.30.2021

REGISTRATION

Due to logistics we would like to encourage everybody to register ASAP so we can have everything prepared.

PACKET PICK-UP

Packets must be picked up Sunday, May 16 from 7:30 a.m. to 8:30 a.m. at Dorey Park. **You MUST wear your mask** during check-in/number pick-up, but you do not have to wear them during the race, although we strongly encourage to wear them at the TAs.

At check-in you'll be given a first set of maps so you can figure out where you are going and the flow of the race. Additional maps will be also provided during the race. Start and finish will be at the same location.

COURSE

We have finalized the course details 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. We have set the race limit at 5 hours and distances are (if you complete the whole course) as follows:

Paddle: 3 miles

Bike: 15-18 miles

Trek: 9-10 miles

You will be riding mostly on roads and gravel roads, and a short ride on single track trail if you decide, so think about what tires you should mount on your bike.

For the paddling section you'll be on flat water (no rapids). As you know by now we are providing boats, paddles and PFDs. Solo racers get a kayak with a double blade paddle, 2 and 3 person teams get a canoe and single blade paddles and 4 person teams get 2 canoes and single blade paddles. If you want to bring your own paddles and/or PFDs you can, but you'll have to ride with them as we will NOT transport them to the paddle section. For 3 person teams, the canoes do not have a middle seat, so we are offering the option for those teams to bring a middle seat to check in and we'll transport it for you to the paddle section and then back to the finish line.

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. Mountain bikes are mandatory (no road or cyclocross bikes allowed).

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 check in-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 1 store along the way. However, plan on being self-sufficient (fluid-wise) for the at least 1 hour at a time.

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

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