

6Hr PGM Race Update 1

General: Hello Pocket Gopher racers. First, I want to thank each one of you for signing up. I hope you have as much fun on the course as I did planning it. Sticking with our theme this year the 6hr PGM is a beginner friendly race. While it's not technically an Adventure Racing World Series (ARWS) race, they have been incredibly supportive of this race. This race is still a sanctioned USARA race, but we will be bending the rules slightly and offering help to any teams and racers who have questions at the beginning of the race. So please if you have questions ask. The Howling Adventurer staff and volunteers are standing by and want to help. Once the race starts there will be limited staff available on course but if you see someone and have a question, we will do our best to answer.

Accommodation: If you need a place to stay before the race there are hotels in both Northfield MN and Faribault MN. Both are great small cities and equal distance, about 20 min, from the start line. If you are looking to camp the Big Woods Park MN has limited camping available and is about 5 min from the Start line

Race Start: The official Race start will be located at the Nerstrand AG Center in Nerstrand MN. Our Races follow the ARWS format in that we believe racers should be given every opportunity to finish the course without being penalized. Our 6hr race means the course is designed as a 6-hour race and most teams will finish within 6 hours. However, we are giving you an additional 2 hours to finish the race and still be an official finisher! After 8 hours our course closes and we will come looking for and you will be considered unofficial at the that time, but I do not see that happening.

Race Time line:

06:00 Race HQ Opens

10:00 Race Starts

16:00 Lead Racers will come in

18:00 Race Course Closes

Note: We are opening the Race HQ for 6Hrs at the same time it's open for the races. This is different from our webpage. We wanted to give plenty of time to beginning racers to ask questions. You do not have to show up at 6am but if you want you are welcome to. You need to be checked in NLT than 09:30

The Course: The course is a beginner course with over 50% of the course on either gravel or blacktop roads. The hiking section is mostly on well-established trails. The most difficult section is the single-track section. Racers have the option to drop their bikes and hike this section if you choose. Another option is to ride the single track to the bridge that crosses the creek. It's very easy single-track to that point and then lock up your bikes and hike past the bridge. That section of single-track is more challenging but is possible for beginners with caution

Gear List Adds: There is only one add on to the gear list and that is each team needs to have enough bike locks/bike loops to be able to lock all their bikes. You will be leaving your bikes at an unmanned TA and while theft is low here you need to be able to lock your bikes

What Do I Do Next: Here is what you need to do before the next update

1. Get a USARA membership. (This is a requirement and will not be available the day of the race, please bring your USARA number to the race)
2. Sign the USARA Waiver and print it. I cannot let you race without a waiver and waivers will not be available at the race so please make sure you print and sign your waiver
3. Review the 6hr Race Schematics. You won't see these at all AR races, but they are always at expedition races, and they will help you
4. Review the 6hr Race Cutsheet. Vital information is available on the cutsheet
5. I will not be printing the race schematics or the race cutsheet, but you are welcome to print them and bring them on the course. I highly recommend it

Closing: Again, thank you for selecting my race and again do not hesitate to ask questions. This race is not designed to trick you or frustrate you, that's not our goal. This race is designed to challenge you and I hope it does. As a beginner racer you make think about quitting at some point, my last piece of advice is DO NOT. Sit down, take a deep breath, take it one step at a time. You can do this, whether its one kilometer at a time, one meter at a time or one centimeter at a time keep moving forward, I promise you will not forget it. Challenge yourself. "When is the last time you did something for the first time" Until race day train hard and I will see you on the high ground!!

John Harris

Race Director Pocket Gopher Challenges

Director@howlingadventurer.com

Rdscout3@gmail.com

+01.703.939.0670