

Hello Racers! I am super excited that race day is almost here. So, let's get right to it. Before we do that lets address the one big mistake I made, and everyone emailed me on it. Bike boxes with bike and everything loaded into cannot exceed 40LBS. Yes, I completely messed that one up.

IMPORTANT GEAR LIST CHANGES!!!!

1. All Teams need to have a working charged digital Camera.
 - a. If you do not have a digital camera do not go buy one, we have a plan that you can use cell phone camera.
2. Rappel Gear
 - a. We were out on the course this week and you really do not need it. The ropes will be set up, but they are just aid ropes and we did not need it.
 - b. If you really think you need it toss your rappel gear in your Gear Bag for TA 5
3. Bug Spray: Bring 2x what you think you will need. The mosquitoes are out in full force!!

Ok now that we got that out of the way the rest is easy!

1. List of Things to Do
 - a. Read Race Update 1
 - b. Sign Your Waiver
 - c. Get your Team Number
 - d. Figure out the best way to attach your team number.
 - e. I will NOT have copies of the cutsheet or race schematics at the race start but you are allowed to print them and bring them on the course if you wish.

Ok that covers your "I have to do this" list now to some PRE RACE Items

Pre-Race

1. 17 July Race HQ will be open at 16:00 for Racers.
 - a. Gear Checks
 - b. Bike Bag Check
 - c. Gear Bag Check
 - d. Paddle Bag Check
2. At approx. 18:00 Food will be served
3. At Approx 19:00 we will have our race meeting

**** AFTER YOU CHECK IN YOUR GEAR/PADDLE/BIKE BAGS YOU WILL NOT SEE THEM AGAIN UNTIL AFTER THE RACE STARTS****

Race day

1. HQ Will issue Maps at 05:30 18 July 7, 2025
 - a. Maps Issued
 - b. AR Watches Checked
 - c. GPS Units Issued
 - d. Cell Phones Sealed in Bags
2. 08:00 RACE STARTS!!!!

Course Details: I covered a lot of course details in race update 1 so I just have a few things to go over here.

1. You will see your one and only gear bag in TA 5. It will NOT follow you! So, anything you take out or put in will be left in TA 5. (See Race Cut Sheet)
2. Your Bike and Paddle bags will follow you for parts of the race. Please see the race cutsheet in detail what bag(s) will be at what TA.
3. Please Bring Cash. There are places to stop for water and food so bring some cash or a credit card if you would like.
4. You may sleep anywhere on the course but after being on the course all week I would highly recommend you do not sleep at TA 4. The mosquitoes there are awful!
5. TA 6 When you come out of TA 6 to do that paddle section you will have about 1.6K portage. It will be your decision on where you choose to inflate your pack rafts but please use great caution and make sure you are well lit if portaging at night. You will cross one road that could be potentially dangerous at night. So please light yourself up while walking that short section. (Hint most of you will be paddling at night or returning at night)
6. I am not handing out Race Bibs this year so please know your race number.
7. This course will challenge your water navigation abilities like no other. If you find yourself getting frustrated remember look at the skyline, the shoreline, take a second, take a deep breath and relax.
8. There are so many different routes on this course I have no idea where most of you will go. Some roads have more traffic than others. Ride in single file when you can and make sure you are well lit, especially at night.

Closing thoughts: I know I am the Race Director but after being on this course for a weekend now I am so excited to see all of you at the start line. This will be your final update. I will see you on the high ground.

John Harris