

YMCA Adventure Race. Race morning instructions.

Summary:

- go to bike transition shown on course map.
- Check in, leave bike (make sure number is on bike) and transition equipment.
- go to park. Drop off kayak at ramp.
- be at race start at 8:10 for pre-race announcements.
- 8:30 race starts in waves
- race, have fun
- finish, be happy you are done
- eat pizza and win raffle prizes.
- get awards.

Check in and Bike Transition.

Race morning check in will be at the bike transition area. Your race packet will have a number for your bike in it along with 2 tie wraps. This number will go across the front of your handle bars so that it can be easily read by anyone you approach. Once you have put your number on your bike. Place it on the bike rack. To rack an mtb, back the bike under the rack and hang it by the nose of the saddle. Leave any of your transition gear in the transition area. It will be best to label any gear that you leave there and keep it in a bag. All gear that has not been retrieved by 1pm will be brought back to the park.

Please try to minimize space used in transition. If you spread out too much, we may have to re-organizer your stuff in order to fit everyone in.

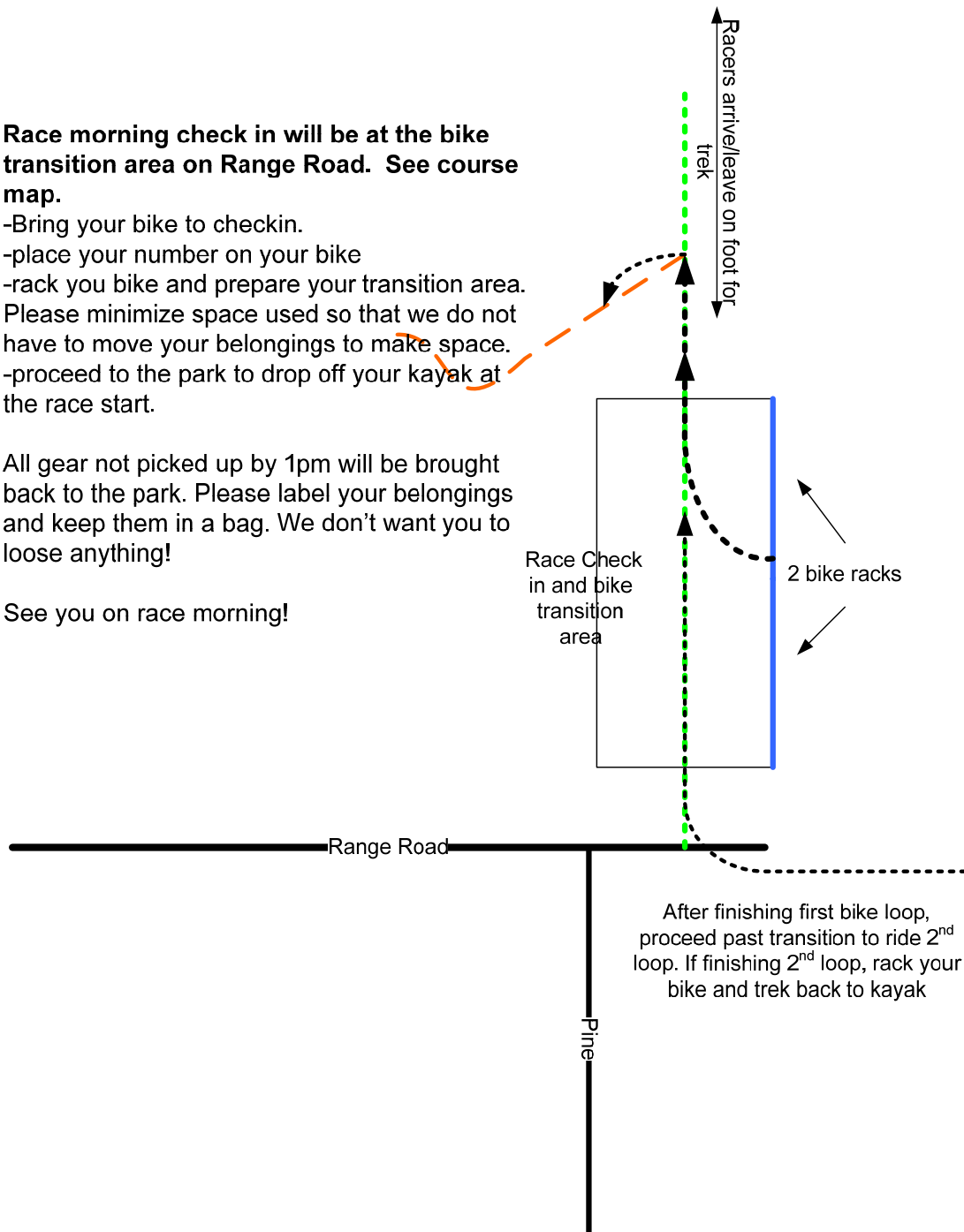
A transition area map is shown below. As you approach the transition area, watch for bikes leaving. You will be better off staying to your left as you approach. Bikes leaving transition should also stay to their left and watch for folks coming in and leaving from the trek.

Race morning check in will be at the bike transition area on Range Road. See course map.

- Bring your bike to checkin.
- place your number on your bike
- rack you bike and prepare your transition area. Please minimize space used so that we do not have to move your belongings to make space.
- proceed to the park to drop off your kayak at the race start.

All gear not picked up by 1pm will be brought back to the park. Please label your belongings and keep them in a bag. We don't want you to loose anything!

See you on race morning!



Pre-race announcements

We will have a pre-race announcement at the boat ramp where the race will start at 8:10am. Everyone will need to hear the announcement.

Race Start

After check in, take your boat to the boat ramp area and drop it off. If you are renting a kayak, it will be at the boat ramp area already. The rentals will have duct tape with your

race number on them. It will be best if you label your paddles and kayak with your race number using duct tape. We will try to have tape and a marker available at the start.

The race will start in waves. 3 boats will start every 2 minutes. The start order will be announced on race morning. Boats will be lined up 3 across in start order.

Race Finish, Award etc...

We will have pizza after the finish. We will start putting pizza out at 10:45. We will save some of it for the later finishers.

We plan to have our awards at approximately 11:30 for those that have finished.

Notes:

-label your equipment! There are a lot of transitions in this race and it is easy to misplace things when you are hurrying through transition. I will post race numbers on the site on Thursday night. I use duct tape and a permanent marker to put labels with my race number on my shoes, my yak, my paddle, my camel pack etc....

-whistles Don't forget that they are mandatory! We need for you to be able to signal us if you need help. They are also required by the Coast Guard when you are paddling.

-Approved PFD vest. You must wear a life vest on the boat.

-drinks Remember that this is a self supported race. Make sure you leave a drink and some solid food or gel in the bike transition area, a means of hydrating on your bike, and a drink in your kayak.

Looking forward to seeing everyone race morning! Hope you all have a great time.

The cell phone for the course organizer (Lori) is 850 259-3952. If you have any questions before 9:30 pm.