

\*\*\* Captains forward newsletter to all team members \*\*\*



## Wild, Wonderful 24

Greetings Wild, Wonderful Competitors!

We are excited to be just a week away from what is sure to become one of your favorite 24hr ARs! The course is beautiful, the rhododendrons are blooming and waterfalls are flowing. This year's event will have 15-20 miles on your feet of bushwhacking, single track and dirt/hard surface roads and about 45-50 miles on your bike. The biking will be on single track, hard surface and dirt roads. The paddling will be 12 miles of class III-V wild whitewater. We have a couple challenging orienteering courses laid out also. The course is doable if you don't get too lost or lost too often.

You'll be racing along with over 50 soloists and teams, coming in from over 24 states.

The WWAR is the third Odyssey AR in the national [Checkpoint Tracker AR Series](#). The fourth, the classic [Odyssey One Day AR](#), will be held in Roanoke, VA July 26<sup>th</sup>. Premier teams will be able to earn valuable points towards the \$30,000 prize purse. Friends, family and sponsors track your progress live throughout the event via [Checkpointtracker.com](#). They can post shout outs as many times as they like and we'll read them to you at the CPs!

CAPTAINS: PLEASE ENSURE ALL TEAM MEMBERS READ THIS IMPORTANT INFORMATION

**The mandatory gear list is below- please bring EVERYTHING as listed**

### Required Forms:

Racers: Please complete #s 1-3 online by Monday, May 18, 2009; print, complete #4 & BRING to registration

1) Medical Form [www.raceit.com/register/?formid=73&event=245](http://www.raceit.com/register/?formid=73&event=245)

2) USARA Waiver (adults & minors) [www.raceit.com/register/?formid=71&event=245](http://www.raceit.com/register/?formid=71&event=245)

3) Adult Waiver & Image Release Form [www.raceit.com/register/?formid=72&event=245](http://www.raceit.com/register/?formid=72&event=245)

OR

3a) (If under 18) Under Age Waiver & Image Release Form

[www.raceit.com/register/?formid=69&event=245](http://www.raceit.com/register/?formid=69&event=245)

4) Class VI River Runners Waiver (Print, complete & bring to registration)

<http://www.class-vi.com/downloads/Whitewater-Release-form.PDF>

You must have your USARA card (or printout from USARA website) with a valid membership number with you when you register at the race. Otherwise, you will need to purchase a new membership. No card...no race. A one-event USARA membership is \$8.00 or a yearly membership is \$35.00. Cash or checks made payable to USARA will be accepted. Sorry no credit cards. For more information on the benefits of USARA membership, visit

[www.USARA.com](http://www.USARA.com). If you sign up for an annual membership online, be sure to print out your temporary card and bring it with you!

The gear list that is posted on the website is the gear you will need to have. Nothing has changed. Be sure to bring what is on the list. All this gear is for your safety. There is no gear check before the race start. The gear will be checked on the course. We are racing in Wild West Virginia; it could be snowing by Sunday.

The schedule has been updated on the website. Registration and Headquarters will be at Camp Washington Carver- main lodge. You will get your maps and rules of travel after check in, so get there early. You will have 20+ checkpoints to plot.

The main map you will be using is a 1:53,000 scale map with supplemental 1:24,000 maps. Be sure to bring a long straight edge for gridding your map and markers for UTM plotting. No other maps will be allowed on the race course. There will be a free Nav 101 course, including UTM plotting, immediately following race brief.

Nearby Fayetteville ([www.visitfayettevillewv.com](http://www.visitfayettevillewv.com)) has many great places to eat, a grocery store, and three gear stores from which to purchase any last minute items. Area accommodations can be found on the website. Camping will be available at Camp Washington Carver on Friday & Saturday for \$20 per tent (cash or check only). Pay at race check-in to receive camping pass. Post race food will be provided on Sunday morning. Showers will be available also.

All racers, families, friends & volunteers can take advantage of a special Class VI whitewater rafting discounted rate! If you would like to stay to raft and relax, Class VI has offered a special discount rate of \$80.00 per person (normally \$110.00), to racers and their family and friends. Call **1800-classvi** to make your reservation and be sure to give them the special Odyssey code. This discount can be used for a trip on the Lower New River or the milder Upper New River which is great for kids and parents alike (**even better--children raft for half this price!**). This discount is only for booking via the telephone, not online. The discount code is "**Odyssey Raft**".

We are offering DOUBLE VOLUNTEER CREDIT. This means 2 days of volunteering will equal one day of FREE racing in any Odyssey event. The New River Gorge is a great place to spend Memorial Day Weekend – for all ages – so please spread the word and help us drum up volunteers.

Drive Safely & We'll See You Soon!  
Ronny & Your Odyssey Adventure Racing Team

**Directions to Camp Washington Carver**  
CWC is located in south central West Virginia near Beckley (I-77 and I-64)

From the North:  
I-77S or I-95S to Charleston, WV  
Take I-77/I-64 about 50 miles to North Beckley/Exit 48.  
See North Beckley directions below

From the South:

I-77 to Beckley, WV  
Take North Beckley/Exit 48  
See North Beckley directions below

From the East:  
I-64W or I-66W to I-81S  
Back to I-64W at Lexington, VA  
Follow I-64W to I-77N  
Follow I-77N to North Beckley/Exit 48.  
See North Beckley directions below

From the West:  
I-275 to 32E to Jackson Ohio  
US 35S to WV 34S (Winfield, WV)  
Take I-64E to Charleston, WV  
Take I-77S/I-64E about 50 miles to North Beckley/Exit 48.  
See North Beckley directions below

From the North - Beckley/Exit 48:  
Follow RT19 about 25 miles to RT60E (note brown state park signs)  
Stay on RT 60E for approximately 10 miles to RT 41S  
Continue on RT 41S 1.6 miles and look for the Clifftop Loop road sign (note brown state park signs)  
Turn Right and follow the signs to Babcock State Park Campground  
Continue 1/4 mile passed the campground to Camp Washington Carver. Note brown state road sign on the top of the hill.  
Turn Left. Proceed 1 mile to the camp  
--end directions--

### **Schedule**

Friday, May 22, 2009:  
Registration 5:00 PM – 8:00 PM at Camp Washington Carver  
Race Brief 8:30 PM

Saturday, May 23, 2009:  
Load Buses for transport to race start- 7:45 AM  
RACE START 9:00 AM

Sunday, May 24, 2009:  
Official RACE FINISH 11:00 AM

### **PRIZES:**

*Sponsor product giveaways at Race Brief.  
Prizes go to ALL Finishers.*

### **TOP 3 OVERALL finishing 4 person Co-ed teams in the WW24 PRO Premier Division:**

1st Overall - \$900 Odyssey race vouchers Plus [Inov-8 packs](#)  
2nd Overall- \$800 Odyssey race vouchers Plus [Inov-8 shoes](#)

## **Gear List**

### **PERSONAL - To be carried by each competitor during the entire event.**

- \* Competitors are responsible for their own food, drinks, and electrolyte replacement.
- \* Lighter
- \* Compass (1 per every 2 competitors on a team)
- \* Knife, within easy reach, minimum blade of 2.5", folding OK
- \* Whistle
- \* Cell Phone (1 per every 2 competitors on a team) - Fully Charged
- \* Synthetic, moisture-wicking top (i.e. Underarmour, Capeliene)
- \* Waterproof shell/jacket MUST have taped or sealed seams
- \* Fleece or wool top
- \* Fleece or wool hat
- \* Space blanket
- \* Head lamp with extra batteries for minimum of 8 hrs
- \* Money for emergencies

### **Each TEAM/soloist competitor must possess permanently throughout the event:**

- \* Trowel (For burying human waste in catholes 6-8 inches deep at least 200 ft from water, camp, or trails)
- \* (1) First aid kit as indicated below
- \* (1) Small dry bag (or more than one is even better) for the safe-keeping of your cell phone. These bags MUST BE WATERPROOF. It is to your benefit to make sure you have the best waterproofing system you can find.
- \* passport, which must be carried and signed at each CP (given pre-race)
- \* list of the rules
- \* complete set of legible maps (given pre-race)

### **Emergency First Aid Kit (to be carried by each team/soloist at all times)**

- \* 4 doses of pain/fever medication (Ibuprofen/Tylenol)
- \* (4) Betadine, iodine or alcohol swabs
- \* (4) standard Band-aids
- \* Iodine tablets for water purification
- \* (1) 3" ACE Bandage
- \* (4) 4"x4" gauze pads
- \* Medical tape or duct tape
- \* Antibiotic Cream: i.e. Neosporin
- \* (1) pair of latex surgical gloves
- \* Epi pens are strongly recommended for individuals with allergies to insect stings, etc.

***The brand names are cited as references and may be replaced by an equivalent product.*** This mandatory emergency first aid kit will be checked at certain points in the competition. This is a minimal treatment list. We recommend you carry the amounts of medical supplies able to treat/remedy illness or injury for 24 hours.

### **Specific equipment for the whitewater paddling section:**

*Class VI will provide guides, boats, paddles, helmets AND LIFEJACKETS for the paddling section. (No personal paddles, pfd's, or helmets allowed.)*

\* Wetsuit strongly recommended but not required. (You may rent from Class VI. Call 1.800.252.7784 to reserve and arrange p/u on Friday.)

**The river company is recommending that packs not be taken on whitewater section. Packs will be transported to the end of the river section by Odyssey and will NOT be taken on whitewater section.**

\* Bag, marked with team number, large enough to hold optional wetsuit and water shoes for transport by Odyssey after river segment. This bag will be transported with your pack to the end of the river section by Odyssey. No garbage bags.

**Specific equipment for the mountain bike section:**

\*Mountain bike marked with team number (do at check in)

\* ANSI/Snell or CPSC-approved bike helmet

\* Reflective tape (1" x 6" for helmet) to be cut and placed on side and back of helmet

\* Front and rear lights; white light mounted to handlebars and red blinking light for rear

\* Extra batteries for front & rear lights with minimum battery life of 8 hours

\* Bike tire repair kit and bike tool-PER TEAM; spare tubes, pump (or other tire inflation device)

\* All Bikes to be tagged at check in w/team # (bring duck tape and marker)

**With each bike you may stage: 2 full water bottles, bike lights, bike repair kit & pump, spare bike batteries, bike shoes & helmet. NO FOOD may be left with bikes.**