

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



### 1<sup>st</sup> Competitor Newsletter

Greetings Endorphin Fix Competitors!

Thank all of you for supporting Odyssey Adventure Racing and the sport of adventure racing. Without your support of signing up early - as most of you have - these races will disappear. We are excited about the direction adventure racing is headed and of being part of the Checkpoint Tracker Adventure Racing Series. The Endorphin Fix will earn the 4 person coed team, that are part of the series, expedition points toward their national ranking. We have a couple different courses designed to accommodate the weather and hope your training is going well and you are ready for a challenging and demanding race which ever course we unleash on you.

The East has been getting hammered with unseasonably cold and snowy weather. We were on the course last week and most of it is covered in 24"-28" of snow and it was snowing when we left the area. This all translates to more time on your feet and more time in the canoes. With all the snow, we are adding snowshoes to the gear list as **highly recommended**, but **not** required. If the weather warms up, which we hope, teams will not have to bother carrying the snowshoes. Save your receipts!

As in EFIX races of the past, Teams will need to carry all their food, hydration and required mandatory gear for the entire race. With this being said, when teams are done with a paddling leg they will be able to leave their paddling gear (paddles, throw bags, portage wheels and PFDs) with the boats if a piece of that gear is not required for the next section of the race. Same thing with the biking gear (helmet, shoe, lights, bike tool kit)- if a piece of that gear is not needed during the next section of the race. As it looks now, if Teams carry snowshoes, they will be with you most of the race.

Tangent Outfitters will be offering rental canoes if you need a canoe for the event. They will bring the boats to check in and pick them up at the finish. Reservation, payment and responsibility of the canoe is between the teams and Tangent Outfitter. Contact them at

[www.tangentoutfitters.com](http://www.tangentoutfitters.com) or by calling 540-626-4567. They only have a limited number of canoes, be sure to contact them early.

Please have all team members complete your online forms if you haven't already done so. You'll save precious time and a couple of trees.

(FIX forms: [http://www.oarevents.com/events/2010/Endorphin\\_Fix\\_2010.shtml](http://www.oarevents.com/events/2010/Endorphin_Fix_2010.shtml)

- click on "forms" tab)

You will receive another newsletter after registration closes that will announce the host venue for the 2010 Endorphin Fix.

There are only a few weeks left to register. The deadline is Friday, March 5th so if you know of teams on the borderline of signing up, nudge them over to come play with you in beautiful West Virginia!

The next newsletter will come shortly after registration closes.

We hope your training continues to go well and wish you luck in your search for the extra pair legs you know you'll want to have on hand!

Thanks,

Ronny Angell and your Odyssey Staff.