

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



## **2<sup>nd</sup> Competitor Newsletter**

Hello Endorphin Fix Competitors,

We hope your training has been going well and you are in your final stages of your preparation for the “Toughest 2 Day AR in the Country”! The weather outlook is looking good for the areas in which we'll be traveling in a few weeks. Half of the course has a few inches of snow and the other half is still covered in 20”+. The warmer temps in the forecast should help get the snow OUT OF HERE! The snowshoes on the gear list are still optional. I hope to know more by next Monday. One thing we have learned about the weather in West Virginia is that things can change very quickly... so they could still get hammered with more snow. One way or another it will be slick with snow or mud or mostly likely both. Come prepared!

The team list for this year's E fix looks like a competitive one. We have 35 teams -7 Solo, 10 2-Persons, 18 4-Persons.....from California, Connecticut, Washington, DC, Georgia, Idaho, Illinois, Indiana, Massachusetts, Maryland, Minnesota, North Carolina, New Hampshire, New York, Ohio, Pennsylvania, Rhode Island, South Carolina, Virginia, Washington state and Ontario, Canada.

We have a few tasks for you to knock out ASAP:

1. **C.P.T. PROFILES:** Go to Checkpoint Tracker(CPT) <http://www.checkpointtracker.com/> and create racer and team profiles for all members of your team. (Simply go to the "Sign Up" link and follow prompts from there.) This will allow your friends and family to follow you on Checkpoint Tracker on race day and this will also allow you to be eligible for the Checkpoint Tracker National Series points. There are many different divisions in the point series race!

2. **CABIN RESERVATIONS:** If your team registered *before* Feb. 4th, we'll need to know your head count reservation for cabins Sunday night. Contact Susanna at [Competitor@oarevents.com](mailto:Competitor@oarevents.com) and give her a heads up of how many so we can make arrangements. If there are enough of us we will request to have breakfast prepared and available Monday morning. \*Please bring cash or check to race-day registration for Sunday night cabin payments. Sorry no credit cards.
  
3. **REQUIRED FORMS:** 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: click on "forms" tab) [http://www.oarevents.com/events/2010/Endorphin\\_Fix\\_2010.shtml](http://www.oarevents.com/events/2010/Endorphin_Fix_2010.shtml)

**Media:** You may receive an e-mail from our documentary photographers, Chris Radcliffe and Colin Reusch, or a race volunteer in the coming weeks. Please do take the time to respond as they are eager to share your stories with the rest of our community and world at large. Thank you!

**Carpooling:** We have a few racers and volunteers interested in carpooling to WV from various locations. If interested, contact Susanna via [competitor@oarevents.com](mailto:competitor@oarevents.com) to see if you can connect w/someone between home and the venue.

**Volunteers:** We can never have too many volunteers. If you've got any friends, family or unwitting neighbors that might like to come out and cheer you on firsthand, bring them along! Volunteers may help for ANY length of time. They may gift their volunteer credit to you OR earn credit towards an event of their own. The current "exchange rate" is 4 days of volunteering for a free day of racing contact Susanna [volunteer@OAREvents.com](mailto:volunteer@OAREvents.com).

We will need volunteers to help with:

- Setup Headquarters Thursday afternoon-evening
- Check Teams in on Friday morning

Hand out:

- Maps
- T-shirts
- Race Bibs

- During the race:

Work a Checkpoint: (This is like car camping)

- Get times and team number as they check in
- Relay info back to HQ
- Gather any exciting news that happened out on the course to be used to paint a picture to the friends and family following us on CPT

- Take photos
- Tweet directly to CPT to give live updates from the field
- Toward the end and end of race
  - Gather Check Points
    - § Some drive to
    - § Some off trail- orienteering points- bring map case and compass
  - Break down HQ
  - Load trailer

**Not the outdoor type? No problem!**

We will need volunteer back at HQ to help:

- Entry data in the results excel spreadsheet
- Update Checkpoint Tracker
- Update our Facebook page
- Send out Tweets
- Post photos on Flickr
- Lots more fun stuff!

\*Teams with friends and family coming to the event - we could use them as volunteers also. Please keep in mind that if they are out on the course volunteering or just watching, they will not be able to give *any* assistance to you or your teammates. If so, your team could be disqualified. If they give you a hug and kiss (or vice versa), they must render the same treatment to all other teams no matter how stinky they are!

**GEAR STORAGE/SHIPPING:** Teams have asked where they can leave their gear during the race. Each team will be assigned a cabin. There will be 8-10 people to a cabin. Teams will be able to leave their gear in the cabins the entire race.

Some teams have asked about leaving their bike boxes and gear bins at the venue after the event and have it picked up. This is will be possible. We ask that you use UPS because they deliver to the location and know how to find it. We will have the pick up tickets available.

**GEAR:** Worried about the cold and snow at the Endorphin Fix? Mark Lattanzi, of Team ImONPoint.org-Odyssey Adventure Racing and the iRule USA rep, will have some great gear for sale.

iRule (wool-based) clothing is just what you're looking for! Their Whistler tights can't be beat for warm and quick-drying capabilities.

And the Torpedo kayaking shorts are perfect for a base layer during cold weather paddles.

iRule's line also includes base layer tops, vests, and a host of shorts all geared towards adventure racing and other outdoor activities.

iRule USA is coming to the event and is offering 10% off (iruleUSA website pricing) to anyone who pre-orders some clothing.

So, a nice pair of Whistler tights is only \$90

You can see what else is available at <http://www.iruleusa.com>.

If I have it IN STOCK, just send me an email ([info@iruleusa.com](mailto:info@iruleusa.com)) saying what you want and I'll bring it to the race.

You can pay for it at the race. Cash or check is preferred. I cannot take credit cards yet.

If it's NOT IN STOCK, I can order it from New Zealand and bring it to the race and you'll still get the 10% off.

But, I'd need these orders ASAP so I can get everything shipped here in time to bring it to the race.

See everyone at the race!

Mark Lattanzi, iRule USA

**VENUE!** The news you have all been waiting for: the venue location. We are glad to announce Bluestone Camp and Retreat <http://www.bluestonecamp.com/> as the host venue for this 19th edition of the EFIX. This is just 10 miles south of Hinton but requires 30 mins of drive time in daylight. Lodging, Race check in and the Finish will take place here. The Start location will be announced at Check in.

The next newsletter will be the final one. We will address:

- Course details
- Maps
- Cabin Assignments
- Final Gear list
- FAQ

Thank you all for supporting Odyssey Adventure Racing and the great sport of adventure racing!

Ronny Angell and the Odyssey Staff