

2010 Odyssey Endorphin FIX 2 Day Adventure Race

19th Edition

Competitor Newsletter # 3(Final)

Greetings Endorphin Fix Competitors!

We hope your final preparations for the EFIX are going well. We are just one week out! All of your hard work and training is about to pay off. We are excited to get our 2010 race season officially under way. I've got good news and bad news but both depend on how you view them. There is no longer snow that we have to work with - so no need for the snowshoes. If the area has a snowstorm, it most likely will not stay on the ground too long with the warmer temperatures. The snow melt and trenchant rain have devastated the area with flood waters. Trails, roads, and bridges that were part of the course are no longer there. For the teams that have raced the E Fix the last few years, the Bluestone lake that you paddled is now under nearly 50 feet of water. The islands you paddled around now only have 5 feet of the tree tops sticking up out of the water. It is quite a sight. It will be next week before we can totally assess the damage. The new route changes have you biking more hills. This is the bad news unless you love to climb. We like the new changes to the course. It will offer more stunning views of this beautiful terrain.

Upon arrival, you may check in at the Main Lodge at Bluestone. Competitors, friends & family are welcome to hang out and socialize here Thursday night. Please RSVP to registration@oarevents.com by Saturday March 20 if you will be able to make it to dinner Thursday night (7-9pm). We will be offering meat and vegetarian lasagna with a salad and drink for \$8 (cash or check). We need a head count to know how much to prepare. Race brief will also be held at the Main Lodge.

Please read this newsletter in its entirety. There is a great deal of valuable information here. Captains - please ensure that all of your team members receive this newsletter. Thank you.

Everyone travel safely and we'll see you next week!

All our best,

Ronny Angell & Your Odyssey Adventure Racing Team

Covered below:

- *Sponsors & Special Offers*
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Sponsors- We would like to thank our sponsors for supporting Odyssey Adventure Racing and the sport of adventure racing at large. [ImONPoint.org](#), [Mad Athlete](#), [Zanfel](#), [Hammer Nutrition](#), [Sierra Summits](#), [Nuun](#) and a new sponsor that just came on today: [Hi-Tec](#). Hi-Tec is trying to get back into the sport of AR, which they were very instrumental in helping to grow in the 1990's. We are glad to have them on board. Thanks to Paul and [Checkpoint Tracker](#) for lining this up.

ImONPoint.org:

The mission of the On Point Foundation is to help service members regain control of their lives through education, rehabilitation, services and equipment. Read more [here](#). You may make a donation at any of our events towards this worthy cause. Many thanks to those of you that already have.

Nuun Special Offer for E-Fix competitors:

Nuun is pleased to offer you a 40% discount off of [Nuun](#) and [SportMulti](#). You'll be able to redeem this offer via www.feedthemachine.com We'll have the code/instructions available for you soon.

Hammer Nutrition:

You may receive 15% off of your first online order from Hammer Nutrition by first navigating [here](#) and utilizing the referral #29019. Many local running and biking shops offer their products at a rate competitive to that of online pricing + shipping. We and Hammer encourage you to support them!

Darryl of iRule NZ Special Offer for E-Fix competitors:

Any team that buys 4 pairs of WHISTLERS (tights) gets 4 free iRule BEANIES.

Any team that buys 4 pairs of WHISTLERS (tights) and 4 BLIZZARDS (long sleeve tops) gets 4 free INVESTS.

Any team that buys 4 pairs of MOTUS (shorts) and 4 TOROS/PRIMOS (tops) gets 4 free INVESTS or TAUPOS.

The pricing would be what's on the WWW>IRULEUSA>COM website, but with the extra items, it's about 30% off.

USARA-

We recently added USARA as the insuring agent for the EFix. More about membership [here](#).

ALL competitors must have your USARA card (or printout from USARA website) with a valid membership number with you when you register at the race. **OR** Otherwise, **you will need to purchase a new membership. No card/membership...no race. A single -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. If you sign up for an annual membership online, be sure to print out your temporary card and bring it with you! If your USARA racing license is lost, a replacement license can be purchased by sending \$5.00 along with your name, address, and phone number (include license number if possible) to the USARA. If you forget to bring your license to a race, purchase a single event license so you are able to register. Send a copy of the single event license along with a note to the USARA and \$3.00 will be refunded.

Checkpoint Tracker National Points Series & LIVE Coverage-

We're excited to be a part of the CPT Series again this season. New this year: multiple divisions included in the rankings and competition. Read more [here](#).

ALL competitors are required to create/complete CPT Racer & Team Profiles, even if you or your team have no intention of proactively competing in the CPT series. If you have not completed yours, please do so immediately! CPT offers instructions along the way. Thank you.

Live coverage of the EFix will be offered via CPT. We believe your friends and family will be pleased by the evolution of its coverage from past seasons. **Race coverage may be found [here](#)**. (EFIX CPT is still being set up.) NEW this season: In the interest of growing the sport, expanding its exposure and that of teams' sponsors, Odyssey AR is going to allow you to **tweet from the course***. *You may only tweet

from manned CPs in front of staff or volunteers. Any non-emergency use of cell phones beyond this exception will fall under the strict enforcement of the [race rules](#).

Race Rules- All competitors must review and familiarize themselves with the [race rules](#) (click on "Rules" tab) prior to the start of the event.

Map scale & Plotting- You will be given MyTopo.com waterproof 36" x 48" (tablecloth size) 1:24,000 scale gridded maps and some small 8"x11.5" trail maps. We will be giving each team/soloist a 1:24,000 scale map plotter with the maps. You will be plotting points out on the race course. We will have tables set up for map study before race start. If you want to plot in your cabins you will need to bring something to plot on. There are no tables in the cabins. You will be issued maps after all paperwork and check-in is completed.

Lodging-Lodging will be provided Thursday Night for all competitors and Sunday Night lodging is available at the low price of \$15/person. Contact Susanna competitor@oarevents.com if you will be staying with us Sunday night. The lodging will be bunk style cabins with 12 beds w/pillow and mattress, 2 showers and 2 toilets. You will need to bring your own bedding and toiletries. There will be a shower house w/ hot water available. You may leave gear in cabins the entire weekend. You will be able to park just off the road in the grass in front of your assigned cabins. DO NOT park in the grass at the cabins. The ground is very soft.

Bluestone camp and retreat **map** on web site and here:
<http://www.oarevents.com/events/2010/documents/FacilityMap.pdf>

Cabin & Bib/Team # assignments are listed below. Cabins were assigned by a *blind lottery* for fairness. Each premier team will share a cabin with another premier team OR a 2 person team and a soloist. Assignments were the luck of the draw. There were no other options with the facilities available. No changes may be made.

Food – RSVP to registration@oarevents.com by Saturday March 20 if you will be able to make it to dinner Thursday night. We will be offering meat and vegetarian lasagna with a salad and drink for \$8 (cash or check). We need a head count to know how much to prepare.

Thursday dinner- 7-9pm (meat and vegetarian lasagna with a salad and drink)

Friday Breakfast- 7-9am (Pancakes, eggs, bacon, toast, fruit, oatmeal)

Friday lunch 11-1pm (finger food)

Sunday dinner- 3-5pm

Gear list Changes- No snowshoes will be needed and we added a fine point sharpie and other backup pen. (Sharpies don't write well once wet) You will be answering many questions on the race course and will need to write your answers in the passport.

Most last minute gear items may be found at www.MadAthlete.com.

Competitor Roster - see below for most current roster.

4P Coed/Premier: #100-120

4P Male: #121

Soloists: #10-18

2P Coed: 90

2P Male: #50-73

FAQ

1) **Q:** We know it states you can leave paddle gear at boat, but will we be carrying paddles, pfd, wetsuit, wheels, etc any long distance prior to getting to boat?

A: No. You will be able to load your boats with all your gear before starting the portage. You will see how long the portage is once you get your maps.

2) **Q:** Will we be driving a long distance to drop off boats before the race?

A: No. That is why you have your portage wheels.

You will need to be able to transport your boats IF you drop out of the race. We will not be responsible for transporting boats back to the finish.

3) **Q:** Will UPS p/u from the same shipping address at Bluestone?

A: Yes. Both shipping to and from Bluestone via UPS may be done at this address:
BLUESTONE CAMP & RETREAT HC 77 BOX 40 HINTON, WV 25951

4) **Q:** How do I get my bike(s) into my canoe? How do I paddle with them in there?

A: Hopefully you've all been practicing this! You'll see a lot of variation in methods and strategy. You may view a few pics from FIX09 [here](#). Mark Lattanzi, of Team ImONPoint.org - Odyssey Adventure Racing, was kind enough to share some ideas here:

I've been asking to reflect upon my experiences with putting mountain bikes into canoes in an adventure race.

There are three major things to keep in mind when do this:

1) Make sure all the pieces parts are tied in with runners, ropes, or whatever. Don't leave anything loose! With Odyssey race courses, you will most likely regret it.

2) Keep the center of mass of the bikes as low as possible. Canoes are tippy. When going through rapids, it is common to kneel in the bottom of the bottom to reduce the tippiness of the canoe. The same applies to the bikes. You want them as low as possible. This means getting the frames under the cross bars. You're going to have to remove both tires to achieve this and sometimes even that is not enough.

3) Make sure you leave enough space for you and your teammates to comfortably paddle. Try to leave spaces for the back person to slide their feet into so they can make a full paddle stroke. For the front person, make sure that none of the bikes are poking into their butt/back (or can slide forward and do so).

Specifically, I ride a 29er. So I pair my larger frame up with the smallest frame on the team. I put the large frame in first (under the crossbars). Next I try to get the second frame underneath as well. I use a three or four 2-3ft runners (it's good to have a variety of lengths) and cheap biners (8-10 of them!) to secure the frames. For larger bikes, I sometimes have to lower the seats or even take the seat posts completely off. If I do that, I make sure to have a spare bag (dry bag) to put the seats into so they won't get lost in the event of a capsize. Next, I stick the wheels in the various spaces around and on top of the frames trying to keep them as low as possible. I use a couple more runners to hold the wheels in. Make sure that the skewers on the wheels aren't so loose that they will come off. Losing them in the water is a catastrophe. If I'm really worried, I'll take them out of the wheels and put them into a dry bag as well.

It's well worth figuring out how the bikes will fit into your boat before the actual race. It's very frustrating to have to put them in and out several times during the race to get them situated adequately.

That's about it. See everyone at the race!

Mark

Cabin* & Bib #Assignments - *determined by blind lottery

Cabin / Bluestone Facility Map here: <http://www.oarevents.com/events/2010/documents/FacilityMap.pdf>

Bib #	Division	Cabin #	Team Name	Team State(s)	Team Member
10	Solo	14	Adventure-Us	NC	Matthew Getz
11	Solo	12	Calleva-SOLO	MD	Dmitri Kagano
12	Solo	1	Chronicles of Roderick	OH	Rod Sparks
13	Solo	10	CrossFit Zombie	OH	Matthew Swar
14	Solo	15	Eagle Claw	VA	Frank Longak
15	Solo	8	El Possum	SC	Terry James
16	Solo	13	iHateYourBike-SOLO	PA	Marko Choma
17	Solo	9	John Harris	MN	John Harris
18	Solo	11	MOA Flying Solo	MA	Eric Matta
50	2 Person Male	11	ATP	NY	peter spagnol
51	2 Person Male	13	Only MOSTLY Lost	0	Owen Steele
56	2 Person Male	12	Pain Train	IL	Brian Case
60	2 Person Male	9	Pro-Pain	NC	Andrew Kratz
66	2 Person Male	15	Raging Burrito	VA	Philip Dawson
68	2 Person Male	10	Salamander	OH	John Hohenbe
69	2 Person Male	14	Spare Tires	IN	John Baumgar
73	2 Person Male	1	team GLR	SC	jeff papenfus
90	2 Person - Co-ed	8	Muddogs	DC	Ellen Kurland
100	4 Person - Co-ed	11	ARMD	MD	Kathy Hoverm
101	4 Person - Co-ed	10	Berlin Bike	CT	Ben Moore
103	4 Person - Co-ed	4	Checkpoint Zero	GA	Peter Jolles
104	4 Person - Co-ed	2	Eastern Mountain Sports	NH	Jennifer Shult
107	4 Person - Co-ed	7	ImONPoint.org - Odyssey Adventure Racing	VA	Shane Hagerm
108	4 Person - Co-ed	8	Michigan Racing Addicts	MI	Hilary Witbroo
110	4 Person - Co-ed	3	NavyAR	MD	Austin Rivers
111	4 Person - Co-ed	15	nuun - Sport Multi	WA	Ryan VanGoro
112	4 Person - Co-ed	4	OTOF/TeamSOG	VA	Adam Pietrzak
113	4 Person - Co-ed	14	Racing w/ Giants/Adventureheads	VA	Mark Montagu

114	4 Person - Co-ed	2	Raiders	NC	Christopher Clement
116	4 Person - Co-ed	9	rottenCheeseburgers/Halfwaythere.com	VA	bryce Read
117	4 Person - Co-ed	13	Team Bones	ID	Jason Quinn
118	4 Person - Co-ed	12	TeamHalfwayThere.com	MD	Lukas Eklund
119	4 Person - Co-ed	3	TeamSOG	MD	JD Eskelson
120	4 Person - Co-ed	7	Tecnu Extreme/StaphAseptic	CA	Earring Doug Judson
121	4 Person Male	1	nine mile clube	RI	bruce foster