

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



Newsletter #1(Final)

Hello Odyssey One Day and Sprint Competitors!!!!

I hope you are ready for a great time in the beautiful Blue Ridge Mountains! We feel like we have prepared a fun and challenging course for you. There are 41 teams in the Odyssey One Day, 103 competitors from 8 states and Canada (Connecticut, Washington DC, Illinois, Maryland, North Carolina, Ohio, Tennessee, Virginia and Ontario, Canada) and 34 teams as of now, with a few days still open for registration, for the Odyssey Sprint, 82 competitors from 9 states (West Virginia, New York, Maine, Washington DC, Maryland, North Carolina, Ohio, Tennessee, Virginia) that will experience paddling class I and II whitewater, mountain bike miles of sweet single track and fire road and bushwhack through groves of wild blue berries (Tasty!!!) (depending on route choice of course).

The race course is between 80-100 miles or longer depending on route choice and navigation skills. Extra miles are free of charge! The total elevation change is over 25,000ft. If you do all the optional points you will have 100+ miles and over 28,000 ft of elevation change.(OOUUCCHH!!!)There will be long bike and trekking sections and with there not being much rain in the area the course is dry. Be prepared with your water carrying capacity.

The break down for the event is:

Whitewater Canoeing/Kayaking- 13-15 miles

Mountain Biking- 45-60 miles- mostly dirt and gravel road, double track and single track trails

Trekking-20-25 miles- mostly double track and single track trails and off trail bushwhacking

Navigation with map and compass at all times!

We are excited about using [Wilderness Adventure at Eagles Landing](#) as our host venue for this event. They have offered great discounts on their adventure activities to our racers and volunteers. (Discount code and activities listed below)

We wish you safe travels and thank you for supporting Odyssey Adventure Racing and the sport of adventure racing.

Ronny Angell and the Odyssey Race Staff

- Sponsors
- C.P.T. Profiles
- Required Forms
- USARA
- Checkpoint Tracker National Points Series & LIVE Coverage
- Race Rules
- Map Scale & Plotting

- Gear List
- Gear Bins
- Lodging
- Food
- Schedule
- Special Offers
- Volunteers

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](#), and [Nuun](#):

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](#): 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 use Hammer and encourage you to support them!

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!

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](#).

Live coverage of the Odyssey One Day Adventure Race 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](#). 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](#)(Rules for One Day and Sprint are the same).

REQUIRED FORMS: Please have all team members complete the online forms if you haven't already done so. You'll save precious time and a couple of trees. (**Odyssey One Day** forms: click on "forms" tab) http://www.oarevents.com/events/2010/Odyssey_One_Day_2010.shtml

(**Odyssey Sprint** forms: click on "forms" tab)
http://www.oarevents.com/events/2010/Sprint_2010.shtml

USARA: 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. Credit cards NOT accepted. 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 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. More about membership [here](#).

Race Rules: All competitors must review and familiarize themselves with the [race rules](#)(Rules for One Day and Sprint are the same) (click on "Rules" tab) prior to the start of the event.

There will be many options to acquire most of the checkpoints. Teams ARE required to get **all** mandatory checkpoints in sequential order to remain official. Teams will be ranked by the total number of checkpoints acquired.

Map scale & Plotting: You will be given MyTopo.com waterproof 36" x 48" (tablecloth size) 1:24,000 scale gridded maps and a few trail maps. We will be giving each team/soloist a 1:24,000 scale map plotter with the maps. You will be issued maps after all paperwork and check-in is completed.

Gear list: The gear list that is posted on the website will be what is required for the event. [Odyssey One Day](#) and [Odyssey Sprint](#)

The Odyssey One Day competitors will NOT have to paddle with their bikes in the boats. The soloists will be paddling [Old Town Vapor](#) 10' Kayaks and the teams will be paddling [Old Town Discovery](#) 16'9 canoes.

The Odyssey Sprint competitors will have to transport their boats to the river put-in. The location will be given at check-in. Canoes and Kayaks are available to be rented at [Wilderness Adventure at Eagles Landing](#). (PFDs and paddles will be included in the rental)

Helmets(Bike is OK) will be required to be worn at all times during the water sections for **both** races. You may have to carry the helmet the entire race.

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

Gear Bins: Teams/Soloists for the **Sprint(only)** will be back at HQ/Check-in area at least once during the race. Teams/Soloists will be able to leave a gear bin(s)(55gal Rubbermaid or similar or smaller)with food, water, extra gear, at this location. The gear bin(s) will need to be dropped off before the race start.

Lodging: The following rates are for one night, and based on how many people there are per room:

1 person: \$40 (private room)
2 people: \$35/person
3 people: \$30/person
4 people: \$25/person
5 people: \$20/person
6 and up: \$15/person

The maximum amount of beds in one room is nine. All rooms will be reserved on a first come first serve basis.

Camping is also available for \$15 per person and will include the use of the bathhouse and Wi-Fi.

Contact Wilderness Adventure at Eagle Landing for lodging:
800-782-0779
P.O. Box 760
New Castle, Virginia 24127

Don't wait until the last minute. Hot showers will be available after the event.

Food: We will be providing dinner type food for the Sprint and Lunch type food for the One Day at the finish. Wilderness Adventure will be offer dinner Friday night for \$12 and breakfast Saturday morning for \$7.

Schedule:

Odyssey One Day

Saturday, July 24

Check In: 8:00am - 10:00am

Race Brief: 10:30am

Race Start: 12:00 Noon

Sunday, July 25

Race Finish: 12:00 Noon

Post Race Lunch: 10am – 1:00 pm

Odyssey Sprint

Saturday, July 24, 2010

Check In: 8:00am - 10:00am

Race Brief: 10:30am

Race Start: 12:00 Noon

Race Finish: 6:00pm

Post Race BBQ: 5:00-7:00pm

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. Free Camping will be available for the volunteers.

We will need volunteers to help with:

- **Setup** Headquarters Friday evening
- Check Teams in on Saturday morning

Hand out:

- Maps
- T-shirts
- Race Bibs

During the race:

Work a Checkpoint: (This is like car camping)

- Get times and team numbers 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

Breakdown at 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:

- Enter 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! All volunteer credits are transferable.

Special Offers: Racers and their families will also have access to several **free** activities.

- Sand volleyball
- Horseshoes
- Mountain biking trails
- Soccer
- Fishing (we recommend that you bring your own fishing tackle)
- Canoeing in the pond (lifejackets and parent supervision required).
- Swimming in the pond (lifejackets and parent supervision required).
- Miles of hiking trails.
- Cedar sauna

Wilderness Adventure is planning on having several activities running during the family expo that will be available, for an additional fee, on Saturday for anyone interested (These activities are subject to change depending on staffing availability):

- Mountain Bike Rental \$40/full day (Includes use of helmet, water bottle, & map)
- Mountain Bike Rental \$20/half day (Includes use of helmet, water bottle, & map)
- 900' Zip Line \$15/person
- 50' Climbing Wall \$15/person