

Welcome home Odyssey Sprint Racers!

Thanks so much for coming out this past weekend to race in our backyard. We were thrilled to see so many people supporting Odyssey and the sport of adventure racing. We hope everyone had fun and enjoyed the VERY challenging race course we laid out for you. This was not a normal Odyssey event. We went “old school” on this one. We have spent the last five years trying to change our brand from being the hardest races in the country that no one finishes to races that were still challenging and beautiful but doable.

We (I) just had to get this one out of my system. This was my backyard and you some times forget how hard something can be once you do it a few times. During the pre run I knew the course was going to be hard and the navigation challenging. I still felt the course was doable for most of the teams but the 99° temperatures didn't help out. We want the races to be challenging and doable. If you don't get real lost or lost too often and make the best route choices possible, you should finish Odyssey's mandatory race course. We hope this didn't scare anyone off but made you more motivated to training harder for anything that might be thrown at you. For the first time racers and seasoned veterans you did a great job making it as far as you did.

The Fall Finale Sprint Adventure Race will not be so hard. It will still be challenging and beautiful! There will be water to paddle too!

Congratulations to all the teams that won their divisions and to the top 3 overall teams.

1st- **Trakkers**- Michael Spiller, Greg Volelkel, Timm Phillips, Veronica

2nd- **French Connection**- Paul Beliveau, Alfred Doucette

3rd- **The Missing Link**- Jon Brown

Of special note are teams KaPOW and Rigid Racing:

-Father/daughter team KaPOW finished 13th overall and 3rd in their division. Did I mention that Rebecca is 12 years old?!

-Brothers Timothy and Tyler of Rigid Racing finished their first AR and are competing in order to raise awareness about Ankylosing Spondylitis. Tim's race against AS will continue beyond the finish line. You may read about AS; his and his family's journey at <http://www.shouldabehereyesterday.org/> They are already training for the 24hr Fall Finale AR in October!

Overall & Division Results + CP timesheet are available at

<http://www.oarevents.com/results/index.shtml>

Special thanks to our 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](#): for the goodies in your race bags and door prizes. Thanks to the Wilderness Adventure at Eagle Landing staff and venue. It was a beautiful setting for another fantastic Odyssey event.

As always, we were blessed with a really great group of volunteers. I had several mention how many of you expressed your thanks at the CPs. Thank you for doing this! It means a lot to me to know that they are hearing your appreciation firsthand.

We would like to thank Chris Radcliffe and George Terrizzi of [MadRaceMedia](#). They were all over the race courses. They will be posting the photos on Chris's website by Friday and they will be available for purchase.

We have a few more events remaining this year.

Our [Trail Running Rampage](#) on September 18 at Douthat State Park, VA will have a Trail Ultra 40 miler, Trail Marathon, Half Marathon & 5 miler.

Our [Fall Finale 24 Hour](#) and [Fall Finale Sprint](#) Adventure Races on October 16 in Buchanan, VA will have teams and soloists paddling, trekking and mt. biking in the beautiful fall colors of the Blue Ridge Mountains.

Our [24 Hour and 8 Hour Adventure Racing Ogaine](#) on Nov. 6 at Douthat State Park, VA will have teams plotting UTM's and finding points off trail just like the orienteering courses you see in our adventure races.

If you had trouble or would like to brush up on your map and compass and route finding skills along with helpful adventure racing tips, we have a [Land Navigation Clinic](#) on August 7, September 11 and November 20. This will be a 10-12 hour clinic with 5-6 hours of classroom instruction and 5-6 hours of day and night land navigation in the woods. These clinics are only open to 12 people and fill up fast. I would like to offer you a discount of \$25 off the August 7 navigation clinic. Contact me for the discount. We also have an [Advanced Navigation Clinic](#) on October 2.

If your fitness or skills need improvement, Next Level Coaching and Fitness can help you and your team. Personalized training programs, one on one and group skills training and nutrition consulting are available. Contact Ronny Angell at nextlevelcoachingandfitness@gmail.com to see how he can put his 10 years of racing and training athletes to use to help take you to the next level.

We can never have too many volunteers. Come out to the fall races and earn volunteer credits usable towards any Odyssey event in the next 5 years. 4 days volunteering = a FREE day of racing for ANY Odyssey event. Credit is fully transferable so pass along the event schedule to your friends and relatives as well...they can earn you free races!

If you haven't already signed up for the [Odyssey e-Newsletter](#), you may do so via <http://www.oarevents.com>. You'll be the first to hear the latest news, stories & updates, and I'll send along reminders as deadlines approach.

Good Luck with the remainder of your race season!

All our best,
Ronny
& Your Odyssey Adventure Racing Team

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