

First Captains Communication:

With the race about three weeks away, I hope everyone is training hard and getting ready for May 9th.

The Race will be taking place in Hanging Rock State Park as well as the surrounding area. The start/finish will be at Moore's Spring Family Campground in Danbury NC.

Directions can be taken from the website,

<http://www.campsertoma.org/campground.shtml>.

If you need clarification, please let us know.

There is camping available there the night before the race and the night after. This has already been arranged by the campground and us. The area does have pit toilets, potable water and cold water showers. The cost per person is \$1, we will cover the racers, if you'd like to bring your family, that is fine, but we ask that you chip in the dollar for them. This park is family friendly, with many trails to hike around on (or adventure on), and is about 5 miles away.

You will be staging your bikes the morning of the race; you can leave your helmets as well as extra food, liquid, dry shoes, etc with them. Please limit your gear to the size of a tall kitchen bag. We will have someone at the bikes at 5:45 am. It is about a ten minute drive to the staging area.

If you need to rent a boat, Wake Forest has a few canoes to rent, you have to shuttle them to/from Winston-Salem.

Dan River Company (<http://www.danrivercompany.com>) will rent some pretty nice boats at 15% off for the race. They are about five miles from the start/finish. For full price, they will pick up your boat at the take out and take care of it for you

The third option is Get: Outdoors in Greensboro NC, who is renting kayaks at a large discount for the race.

You can use kayaks or canoes. Any other type of boat will need to be approved.

The water level can be fairly low, and the river is rocky on the bottom.

No paddle boats.

The race schedule is:

Check in: Friday night: 5pm-8pm

Saturday Morning: Check in, 5:30am-6:30am

Bike Staging, 5:45-6:30am

Pre-Race Talk: 6:45am

Map distribution: 6:50am

Race start: 7:00am

Race finish: between 6-8pm for most teams

Food and awards: 8pm

Check in, race start, race finish, food and awards will be at Moore's Spring Campground

You must carry enough food/water for yourself. There are two general stores you will pass during the course of the race where you will be able to pick up snacks and drinks. Keep in mind that there will not always be credit card available stores.

The gear list is available on the website. All of the gear is required.

There has been a disturbing trend this season of races being cancelled for lack of interest, or perceived lack of interest. We are not expecting this to be a problem for us, but we realize we are not immune to this problem. In order to run a successful race, we would like to field enough teams so that it is competitive for everyone involved. We ask that in order to make sure this doesn't happen to what promises to be a great race, spread the word to other racers you know that are interested and may be holding out to register.

If you have any questions, feel free to ask, either by email or the new forum up on the website : <http://www.wfu.edu/~fallt14/>

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