

IsoSeries Yuki Joy, Second Captains' Communication:

With the race only one week away, I hope that everyone is prepared for the race! Some of this may be repeated from Captains Communication 1, but just to make sure everyone is on the same page:

The Race will be taking place around Hanging Rock State Park in Danbury NC. The start/finish will be at Moore's Spring Campground at Camp Sertoma. Directions can be taken from their website, <http://www.campsertoma.org/campground.shtml>.

If you google map the address given, it will not come out correctly.

[Here is a map to the campground from Danbury Courthouse.](#)

The Check in, race start, race finish, food and awards will be at the Moore's Spring Camping Area, this is also where we will be camping.

There is camping available there the night before the race and the night after. This has already been arranged by the park and us. There is currently water there, but you still may want to bring your own water. The area does have pit toilets and cold water outdoor 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 area is family friendly, with many trails to hike around on (or adventure on). There is no alcohol allowed at the campground.

Please let us know soon, if you haven't already, if you are camping out, and estimated time of arrival.

Please let us know the number of boats you are bringing.

There will be a pre-race bike staging. This bike stage is about 5.5 miles away from the campground. You are still welcome to stage extra food and water with your bikes. You can't drop your bikes till 5:45 am, as that is when we will have race staff there.

If you need to rent a boat, Wake Forest has a few canoes left 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 (\$10) 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. Seriously.

The race schedule is (**changed since last time!**)

Check in: Friday night: 5pm-9pm

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: 7:15am

Race finish: between 7-8pm for most teams

Food and awards: 8:30pm

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 and a pharmacy 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 official cut-off is 8:15pm, if you come in late there will be a penalty, which will be addressed in the race rules.

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

Please familiarize yourself with the following race rules:

Race Rules!

All team members must stay within one hundred meters of all other team members. Period.

Everyone must wear the appropriate gear at all times. For biking, this includes a helmet. For paddling, this includes a pfd. If you are caught without a helmet or a pfd, we will remove you from the course and all race expenses will be forfeit.

You must obey all traffic laws while riding on public roads.

Leave no trace.

Checkpoints are only counted if they are marked properly on your passport.

If you pull out of the race, you must do so to a race official.

All teams are required to render aid to any other team that needs it. There will be a time bonus to those teams that render aid.

In the event of an injury, immediately report it to the race officials. If it is life threatening, call 911 first, then us. Call one of the phone numbers provided. Text messaging may work better in some areas.

All required gear is required. There will be a time penalty of one half hour for each required gear item that is missing.

All checkpoints will be marked by either a 12" orienteering flag, or human.

We will endeavor to put all the checkpoints in the exact location that is given by the UTM coordinates. To that end we have taken every checkpoint using GPS and will be placing them using the same GPS. If the checkpoint flag is missing due to theft it will be thrown out. If the checkpoint flag is mis-placed, within 50 meters it will be counted.

All mandatory checkpoints must be obtained in their respective disciplines (you can't go bike to a mandatory river checkpoint). All mandatory checkpoints are mandatory to be ranked.

All optional checkpoints are optional, and are weighted equally.

There will be time cutoff's given in the race for various disciplines, these must be abided by.

The penalty for coming in after 8:15pm to the race finish is one checkpoint per fifteen minutes late.

There is absolutely no mountain biking in Hanging State Park other than on roads and right-of-ways. There is no biking on the trails of Hanging Rock State Park. You may not hike-a-bike on the trails.

You must be out of all areas of Hanging Rock State Park by 8:00pm. The park closes at this hour.

The penalty of getting out of Hanging Rock after 8:00pm is one checkpoint per 10 minutes, and the wrath of the North Carolina State Parks.

Racers must heed the instructions of race directors and volunteers.

Racers must abide by these rules, and any additional rules given to them on race day