



Racer Update, August 10, 2011

First, we'd like to thank you for registering for this race! We have over 50 teams currently signed up for our events with just a few short hours of registration left! Kevin and I will be leaving for the Ocoee tomorrow, so please ask any questions you have NOW! We have very little, if any, access to the internet out there. We encourage you to post questions on our [Facebook Page](#), as it is likely someone else may be wondering the same thing you are.

We can always use a few last minute volunteers. If you have any friends or family members coming up that would like to volunteer, please let us know! Email [Cathi Cannon](#) for more information.

Thanks and see you this Saturday!
Cathi Cannon, Race Director
Kevin Manning, Course Designer

Race Day Itinerary

7:00am	Registration opens for all events at the Dining Hall. We encourage 8hr racers that aren't participating in the youth race to arrive after 9am, so we can get our youth teams checked in first.
7:00am	Gear Drop Opens for 8hr Racers. The campground will be manned starting at this time, so it is safe to drop your gear. The only things allowed: Bike, Bike Helmet, Canoe/Kayak, paddles, pdfs, and 1 gallon of water per person.
8:45am	Mandatory race meeting for youth. Come to the meeting "ready to race" – That means, in your race clothing and with your hydration pack & other supplies. Bikes can be left at the Transition Area.
9:00am	Youth race begins!
11:00am	Youth race ends. All racers must check in by now in order to be considered official finishers.
12:30pm	All 8hr racers must be checked in by now. Late arriving teams will be assessed time penalties for every minute they are late.
12:45pm	Mandatory race meeting for 8hr racers. Come to the meeting ready to race! This means be in your race clothing with all of your mandatory gear that is not already at the Transition Area.
1:00pm	Load Buses. Only racers will be allowed on the buses. No paddles or PFDs will be allowed so PLEASE remember to drop them off at the TA
1:30pm	Race Starts. We will do our best to adhere to this start time. Once buses are unloaded, racers will stand in a designated area until everyone is off and the race official starts the race. Do not go to your transition area until AFTER the race begins.
2:30pm	Canoes arrive at TA. Racers that have rented boats, or those that used their boats in the youth race and were unable to drop at the TA, will have their boats transported there.
9:00pm	Race Ends. Yes, technically this will be about 30 minutes early due to the transport time. If there is an overwhelming response to race <i>exactly</i> 8 hrs, race officials will take this into consideration :)
9:20pm	Unofficial results posted. There will be a 10 minutes protest period.
9:30pm	Awards!

Cut-offs and Mandatory Points:

The only mandatory point we will have is the finish line. If a team member needs to withdraw before the end of the race, they can report to the TA and be transported back to the finish line. The remaining members of the team may continue on to finish unofficially. While there are no cut-off times on the course, at the pre-race meeting we will let you know a recommended time to leave the TA and head towards the finish. This estimate will be for average paddlers, so please adjust accordingly.

Whoa, there's a Gear Drop?!!

Yes! After being here for 4 years, we are switching things up and having a **point to point race**. Racers will board buses directly after the pre-race meeting and be transported to the Greasy Creek Campground. This will be the site of the Transition Area. The final leg of the race will be paddling back to Camp Ocoee, where the finish line awaits.

This manned TA will open at 7am and close once the last racer leaves. Racers are encouraged to drop their gear off before registration. It is approx. 23 minutes from camp; however, it is rafting season, so please be aware there may be slow moving traffic. **ONLY** the following items are allowed in the TA: Bike, Helmet, Canoe/Kayak (with middle seat), Paddles, PFDs, and 1 gallon of water per racer. (We will have water available but do not guarantee how long it will last). **NO** food, shoes, clothing, packs, etc may be left.

Before leaving on the final paddle to the finish line, you must load your bike onto the bike transport system. All trash, helmet & shoes must be taken with you on the paddle to the finish line. Teams that leave any trash in the TA will be penalized 1 hour per infraction.

Wait! I'm racing the Youth Race in the morning and need my gear!!

We have a plan for you too! Please let us know at registration and we'll put your name on a list to watch out for. Once you're finished with the youth race, please load your canoe and bike on the trailers, along with your paddle, pfd, bike gear and extra water. While we will have dedicated volunteers to keep your stuff together, please label your gear with your last name. The bike trailer will be at the TA when buses arrive. All boats (personal and ones rented from the Camp) will arrive at the TA approximately 1 hr after the start (2:30pm)

MAPS!

In order to help you plan a bit more with our new format, ***we will post a digital version of the map online for you to download Friday evening, between 6 & 8pm.*** This link will be posted on Facebook; I will try to get it posted elsewhere, but PLEASE look on FB first! **Printed maps will be issued when your first teammate checks in.**

No Scouting!

The course will be set up starting on Thursday. If you are seen in Greasy Creek Campground, Camp Ocoee, or the neighboring Cherokee National Forest, **you will be DQ'd**. If you just need to get your trail fix, head on down to Tanasi, just 30 minutes east.

Final Rankings

We will try our hardest to post results of the top 10 teams within 20 minutes of the finish of the event. There will be a 10min protest period, after which results will become official. Awards will be presented at 9:30pm, barring any unusual circumstances.

Cash awards and will be given to the top 3 coed teams and soloists in the 8hr event. Gear & Product prizes will be given to all other divisions.

Youth race:

All finishers will receive medals. While final rankings will be shown, no other awards are given.

We will aim to have final results for all events posted online the Wednesday after the race.

*While we are a part of the Checkpoint Tracker National Points Series, due to the brevity of our race & the lack of internet connectivity, we will not be able to utilize their online tracking system. My cell phone also gets no service, so unless I'm dashing to the Dam Deli, I won't be able to tweet any updates. If anyone has a phone that does work out there (or a handy get-online-anywhere computer+wifi dongle), I'd be happy to take care of it and post updates.

Check-in, Forms & Insurance

We have tried to streamline our registration/check-in process make life easier. Our required medical form and YMCA Waiver are online for you to fill out in advance. Please do this to make things run more smoothly! Our event insurance is through the YMCA, so your USARA card is not necessary.

Note on Gear Required

The latest gear list is included on the last pages. We tried our best to keep the gear list to a minimum. That being said, you are responsible for making smart decisions on other items you may need, including food, waterproof gear, hats/gloves, waterproof

clothing, etc. Also, please don't forget any personal medications you may need (bee stings, allergies, asthma, etc). **We will not be checking mandatory gear at check-in**, but expect gear checks on course. The penalties are stiff, so don't take a chance!

Canoes

For those of you that have reserved a boat/paddle/pfd with us: there will be both double-bladed kayak paddles and single-bladed canoe paddles available. These are available only on a first-come, first-serve basis. Provided boats do not have a third/middle seat installed, so it is up to you to be creative with your seating arrangements. I've found that an egg crate with a cushion on top works well.

Weather

The weather is looking better than it has in awhile! Saturday is a high of 89, low of 68, with a 40% chance of scattered thunderstorms. Remember your sunscreen, hat & sunglasses! Having a waterproof or long sleeved polypro top may be a good idea too – especially if you happen to climb in elevation...

Water on course

We will have water at the Transition Area. Remember, this is simply a bonus and you should not expect nor rely on it still being there when you come to it. You are **still required** to carry a water purification method. It's August in the south. It's going to be hot. There is a big lake out there; use it if you need it!

Lights

The sun sets at 8:32, so many of you will be finishing in the dark. If there is thick cloud cover, it will get dark earlier. What will tell you is that the last leg of the race will be paddling. Light sticks are mandatory! 1 per person, attached to your PFD, and 1 each on the front/back of the boat. Please use them once visibility is reduced. We also recommend 1 headlamp per boat for added visibility. Bike lights will not be needed. If you come to the finish line in obviously low visibility conditions without any activated lightsticks, you will be penalized 1 hour for each infraction.

Food on Race Day

All participants and volunteers will receive a free post-race meal. For the Youth events, this will be between 10:30am and 12:30pm. For the 8hr race, it will be between 7:30pm and 9:30pm. Vegetarian options will be available. Coca-Cola will also be generously donating beverages. Family and friends may purchase wristbands for \$5 if they wish to eat. Racers may also purchase a wristband if they'd like to eat a meal for the opposite race (ie, youth staying for dinner). Please note that alcohol is not allowed on camp property.

Also, the Ocoee Dam Deli & Grill is located just 4 miles from camp.

Dam Deli hours:

Friday: 11am-8pm

Saturday: 8am-8pm *breakfast is served until 11am on weekends

Sunday: 8am-5pm

Overnight Accommodations

On-site lodging is still available at Camp Ocoee. Tent camping is \$5/person and bunkhouse beds are \$10/person. Contact Neil at 423-338-5588 for reservations.

****If you are willing to help us pick up course markers on Sunday**, I may be able to set you up with sleeping space in our luxurious, air-conditioned Lodge on Saturday night. Please contact me directly if you are interested.

Spectators

are welcome! Parts of each event will be spectator-friendly. We can also tell you where some of the more remote areas are to see racers. While you are encouraged to cheer your friends and family on, please don't help them during the race as they may risk disqualification.

Sponsors

Please remember to thank our sponsors if you see them and support them when you can!

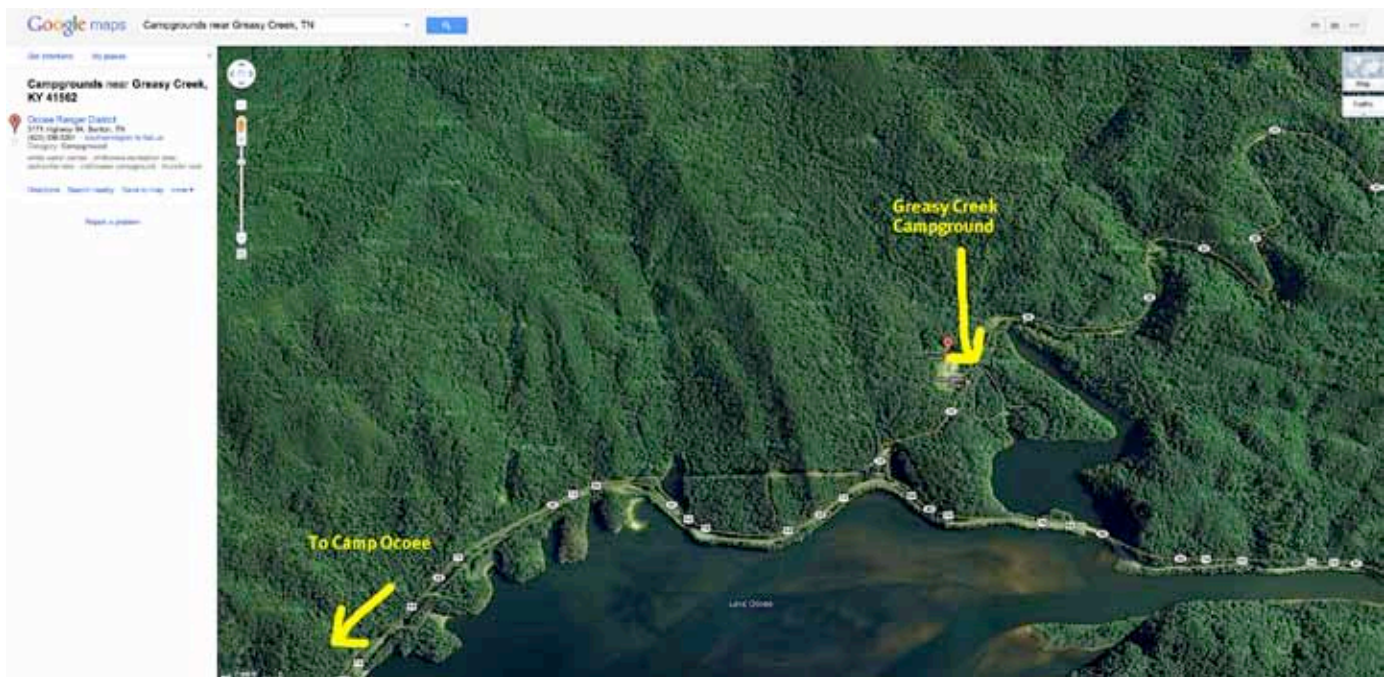
Toyota of Cleveland	YMCA Camp Ocoee	Chaco	Eyeprojector	My Topo	Zanfel
Manning Insurance	Eagle's Nest Outfitters	The Crash Pad	Rite in the Rain	Emergen-C	
Clif Bar	Active.com	Urban Rocks Gym	Road ID	Wasson Cabins	

Directions & Parking

Directions to YMCA Camp Ocoee can be found here: <http://campocoe.com/generalinfo/directions.asp>

Please enter at the Main Camp Entrance and follow instructions from our parking officials. Registration and pre-race meetings will be just a short walk the Dining Hall. The youth race starts at 9am, so there will be lots of people racing while adults are trying to check in.

Greasy Creek Campground – Head East on Hwy 64, turn North on Hwy 30. The entrance will be across from the Ocoee Ranger District. See map!



Updated Gear List, Youth Event:

Mandatory Individual Gear

Entire Race (TO BE CARRIED AT ALL TIMES!)
 Container(s) in which to carry at least 20 ounces of water

Padding Section Only

*All boats, pdfs and paddles will be provided for the youth race

- Paddle (Canoe or Kayak)
- PFD - minimum of Coast Guard approved Type 3

Mountain Biking Section Only

- Bike helmet
- Bike suitable for off-road use
- Spare tube (or tubeless tire patch kit if you ride tubeless)


Mandatory Team Gear

Entire Race (TO BE CARRIED AT ALL TIMES!)
 - Compass

Mountain Biking Section Only

- Bike tools
- Tire pump or CO2 inflator with enough CO2 to inflate 2 tires

Recommended Gear

- Waterproof map case (a Ziploc baggie works great)
- Waterproof camera 
 - Dry bag
 - Sunscreen
 - First aid kit, including band-aids, polysporin, anti-inflammatories, personal medications

Updated Gear List, 8hr Event:

Mandatory Individual Gear

Entire Race (TO BE CARRIED AT ALL TIMES!)

- Container(s) in which to carry at least 1 liter of water
- Water purification method

Paddling & Swim Sections

- PFD - minimum of Coast Guard approved Type 3
- 1 lightstick, attached to PFD in a visible location

Mountain Biking Section Only

- Bike helmet
- Mountain bike
- Spare tube (or tubeless tire patch kit if you ride tubeless)

Mandatory Team Gear

Entire Race (TO BE CARRIED AT ALL TIMES!)

- Compass

Mountain Biking Section Only

- Bike tools
- Tire pump or CO2 inflator with enough CO2 to inflate 3 tires

Paddling Section Only

- 1 Canoe per team (any type can be used)
- 2 light sticks (attach to front/rear of boat)

Recommended Gear

- Dry bag
- Waterproof map case
- Pens/Highlighter
- Sunscreen
- First aid kit, including band-aids, polysporin, anti-inflammatories
- Cell phone and method of waterproofing
- Waterproof Jacket or polypro long sleeve
- Swimming aid devices
- Headlamp

* We are not making headlamps mandatory but suggest you carry them if you are going to be cutting it close. The Farmers Almanac says sun sets at 8:32pm – shortly before our cut off time. IF it is a cloudy day, it will get dark earlier. IF you come to the race finish and it is dark enough to warrant lights (yes, this is the prerogative of the race officials), you will be penalized 1 hr for each infraction. We will be fair, but ask you to be smart with your decision and not force us to give out penalties. IF you come after 9:00pm (which is after the race cutoff anyways), you will be DQ'd.

**** A Sharpie would be great to have to write your name on your passport, and tape to put your number on your boat.**