

UPDATE # 1
05/11/2005



The Longest Day registrations are coming along nicely and we're really looking forward to seeing everyone in Cold Spring, NY on June 18th for one helluva race!

This year's Grand Prize is a **4-person team slot to Odyssey's Mega-Dose race** on August 19-21! To be eligible for the Grand Prize, you must have at least 1 female teammate.

If you're doing the race, register soon as we want to ensure that we have the best kayak fleet for y'all and it's very helpful to know how many we will need.

Cold Spring and the surrounding towns are great for families as well so bring them along to sightsee, browse antique stores or take in some of the great restaurants while you're out on the course. For more info about the Village of Cold Spring go to: <http://www.hvgateway.com/CS00.HTM>

Here are the latest updates:

1. Gear Check-In and the mandatory team meeting will take place on Friday, June 17th at the Julia Butterfield Memorial Hospital field adjacent to the parking lot (65 Paulding Ave, Cold Spring NY 10516). Gear check in will be between 2:00 pm - 7:00 pm. The mandatory team meeting will take place at 7:30 pm at the same location.
2. Each team will be given 1 set of NY/NJ trail conference maps the night before the race for the Hudson Highlands and Clarence Fahnestock Memorial Parks.
3. Lodging - For those of you that want to camp, you can stay at nearby Fahnestock Memorial State Park campground. For more information, go to <http://www.reserveamerica.com/jsp/commonpage.jsp?goto=/usa/ny/fahn/newindex.html>

Your best bet for discount hotels would be to search in Newburgh, NY which is about 20 minutes away from the starting line.

4. The course: Competitors of all levels can expect a challenging course. Along with trail running, kayaking and mountain biking this year's edition features a special Score Orienteering section. The ultimate winner of TLD in 2005 will be the team with the most points in the Score-O section with ties broken by fastest time to reach the finish line. Top teams will be racing to reach this section early and visit all the controls. Slower teams will work to visit as many controls as they can without finishing after the cutoff time. Finishing this section late is penalized by points being subtracted. So, you might actually move up in the standings by returning a little early! It's up to each team to think out their best strategy. As an added bonus we hope this section will produce a high finish rate by giving competitors the option to customize the course to match their abilities and performance.

That's all for now. Any questions, please contact denise@nyara.org or jonneely@att.com.