



FINAL INSTRUCTIONS!

Race day is a few days away and we have some very important updates for you!

VENUE CHANGE - Due to an unforeseen spontaneous carnival, we've had to change our race headquarters to another location in Cold Spring. **We are no longer going to be located at Julia Butterfield Hospital. The new location is Dockside Park located on the shore of the Hudson River.** Registration, the pre-race meeting and the start of the race will all take place at Dockside Park. Directions to Dockside Park are as follows:

Follow Main Street (aka Rte 301) in Cold Spring until it dead ends at the railroad tracks. Make a left onto Lunn Terrace. Turn right onto Market Street. Turn left on North Street. Turn right on West Street. Dockside Park is straight through the gate. **Only racers and race personnel are authorized to park in Dockside Park.** Family members and spectators may park at the Metro North station located a few blocks away (follow instructions above except turn LEFT on Market Street).

CABINS - For everyone that is staying at a cabin, **you'll need a sleeping bag and a pillow** as the beds only have mattresses with no sheets. You'll also need a towel if you plan on showering. We will give you your cabin assignments at the pre-race meeting on Friday night. We still have some space available if your team needs a place to stay. The rate is \$20 per head.

UPDATED GEAR LIST - Note **change of sponge to an actual bailer and inclusion of spare tubes in the mountain bike gear** and movement of some items from mandatory full time to biking an paddling sections only. If you need a bailer, you can purchase one at Hudson Valley Outfitters (www.hudsonvalleyoutfitters.com) in Cold Spring.

Personal Mandatory Equipment

Each team member must supply the following and must carry these items at all times during competition

1- Whistle attached to equipment accessible while wearing a PFD

1- Fixed or folding knife with 1 1/2" blade minimum

Water bottles or water bladder capacity (minimum) 60 oz. or greater

Food for the duration of the event

1- NYARA provided racing bib or jersey to be worn and visible over other clothing without exception, at all times on the race course

1- Compass

1- Survival mirror, at least 2" X 3"

1- Personal first aid kit (See Individual First Aid Kit below for detailed list of mandatory supplies)

1- Lighter or waterproof matches

Means of replacing electrolytes (pills or powder)

Working headlamp with spare batteries

Mandatory Team Equipment

Each team must possess and carry permanently throughout the competition the following.

1- Team first aid kit (See First Aid Kit below for detailed list of mandatory supplies)

6- Feet of usable standard duct tape

1- Dry bag, waterproof and suitable to keep clothing and mandatory equipment dry during the entire race

Minimum of 50-water purification tablets or means to filter water

1 - Cell phone for emergency communications (double bag and seal with duct tape to ensure waterproofing)

Mandatory Biking Equipment

A mountain bike

An approved mountain biking helmet with chin strap

1- Bike pump or CO2 inflation device (per team)

1- Mini repair/wrench kits, suitable to tighten all major bike components (ex. Topeak Alien) (per team)

1 - Spare tube (per racer)

1 - patch kit (per team)

Mandatory Paddling Equipment

1- Bailer (per team) min 64 oz capacity. (hint: slice the bottom off an empty milk jug)

1- Life jacket (that does not require inflation) suitable for canoeing / kayaking which allows uninhibited movement and with the minimal flotation requirement by the U.S. Coast

Guard for Type III P.F.D's

1 - Throw bag 50' minimum rope length.

1 - Paddle suitable for kayaking. Our kayak supplier has a limited number of paddles available for rent, but you must notify race management in advance to reserve one.

Mandatory Individual First Aid Kit (carried at all times)

1- Needle/safety pin minimum 1"

1- Space blanket

1- 6 feet of duct tape

6- tablets of anti inflammatory pills

Mandatory Team First Aid Kit (carried at all times)

6- Band-Aids

3- Rolls of Gauze

20- Feet of a first aid tape

2- 3"x3" moleskin pads

1- First aid tweezers

1- Tube antibiotic ointment

1- Bottle of Iodine

1- Ace bandage

As usual, any questions, please contact Denise at denise@nyara.org or 917-669-4935 or Jonathan at jonneely@att.com or 973-722-4356.