



UPDATE!

The Longest Day race is only a few weeks away and we have some important information for those who are participating.

DIRECTIONS TO PRE-RACE MEETING AND STARTING LINE – DOCKSIDE PARK - 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 interested in staying at a cabin the night before the race, you'll need to contact Denise at denise@nyara.org to reserve a space if you haven't done so already. Also, 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.

VOLUNTEERS – We are in need of a few good people for pre-race set up on June 9th as well as helpers on June 10th to make sure the race runs smoothly. If you are interested in volunteering, we offer free meals on June 10th, a race t-shirt, NYARA Bucks to be used toward a future NYARA event or membership and a fun-filled day at a great race. Contact Denise at denise@nyara.org if you can help out.

We've received a lot of inquiries and have added put together a list of FAQ's below:

Q: Will the mountain biking be very technical?

A: Mostly the biking is road travel (paved and dirt). Trails in Fahnestock State Park that are open to riding are very limited. But we will take advantage of what is available.

Q: Will we have to plot CP's from UTM coordinates?

A: You will not have to plot from UTM's. Map boards will be available that teams can use to transfer the course on to their copies of the maps.

Q: Will all maps and instructions be given out at the Friday evening meeting?

A: Yes

Q: Is it mandatory for ALL team members to attend the Friday evening meeting?

A: No.

Q: Will it be an option to skip CP's along the way, or will all CP's be mandatory?

A: The first "half" of the course is mandatory in nature. The second "half" is a ROGAINE format where all CPs are optional. The more CPs you visit in the second half the more points you will score and the higher your final standing. It was a good format last year b/c it allowed everybody to self-select a course length based on fitness and ability. We had a 100% finish rate with a range of novice to expert teams. The cutoff for the ROGAINE will be at 6pm. After that you start losing the points you've accumulated. Ideally, everybody will have a slice of hot pizza in their hands and we'll start handing out awards by 7pm.

Q: Will there be a TA to which we will return after each segment (or after most segments), or do you have to start the race with all gear (including life jacket, helmet, etc.) and assume you won't see the START again until you finish?

A: The order of events is Paddle, Bike, Orienteer, Bike. Your vehicle will be your TA for the paddle transition and there is a bike drop where you switch to the foot orienteering/ROGAINE. You'll have to carry running shoes on the bike if you use bike shoes and want running shoes for foot O. You will not have to drag a PFD around all day.

As usual, if you have any other questions, please contact Jonathan Neely at jonneely@att.com or Denise Mast at denise@nyara.org