



You still have a few days left to register for The SHAG-the deadline is October 6<sup>th</sup>. So check out the website: <http://www.nyara.org> or contact Denise at [denise@nyara.org](mailto:denise@nyara.org). Looking for a teammate or to join a team? Contact Jim at [jmkerlin@comcast.net](mailto:jmkerlin@comcast.net)

Here are the latest updates!

### **GEAR LIST**

The gear list has been updated on the website - we've added as mandatory items: rain jacket, long sleeved shirt, spare tube, tire patch kit, bike mini-tool; water filter or purification tablets, pens - .nothing that you shouldn't already have. We added filter/purification tablets because you should plan on supplying your own water throughout the race from natural sources (lakes, ponds, streams, etc) – food and water will not be provided by the staff....there may be some opportunities to buy food/water from convenience stores but only in the first part of the race and you may have to go a bit out of your way to do this.

You won't have to carry your paddle stuff

You will have to carry your bike stuff...sorry...you win some, you lose some.

### **WHAT TO EXPECT AT RACE CHECK IN**

Friday night we will have racers sign waivers and USARA forms – don't forget that this is a USARA Sanctioned event and there is an \$8 day license fee). We will also have a pre-race meeting where you will receive a handout of the course description showing order of events, mileage, CP point values, etc – the course will be discussed in detail - this will be your chance to ask last minute questions (not Saturday morning).

### **RACE MORN**

Saturday morning we will hand out maps to each team starting at 6am providing that each team member has signed the waivers/paperwork (this mean you should arrive early to take care of your paperwork). Your team will not get the map until all forms are signed. We're bastards about it. Teams will assemble at 6:45am for a short, but sweet, prologue loop. You will pick up your punch cards during this prologue and top teams will win fabulous prizes from Salomon. As an extra incentive to bust your hump during the

prologue, teams will start the race dependent upon their finish time in the prologue-think Balance Bar 2004 without the Intrepid!

**NEED A PLACE TO STAY NEARBY?**

There are plenty of hotels around the International Trade Center in Stanhope. The Extended Stay Hotel seems to be the cheapest in the area (except for the Days Inn in Ledgewood, NJ, but I wouldn't recommend it unless you like hookers and drugs), and it's about a 10 minute drive from the starting line. They have a \$10 off coupon on their website that you can use. <http://www.extendedstayhotels.com/>

**Extended Stay America Mt. Olive - Budd Lake**

71 International Dr. S.

Budd Lake, NJ 07828

Telephone: (973) 347-5522

There are some camping sites about 15 minutes away at a place called Jenny Jump  
<http://www.state.nj.us/dep/parksandforests/parks/jennyjump.html>