



NEW YORK ADVENTURE RACING ASSOCIATION PRESENTS

THE 3RD ANNUAL “SHAG” 26 HOUR ADVENTURE RACE



SEPTEMBER 27TH - 28TH , 2008

Final Race Notes

- The rally point on Saturday morning is Sheppard's Lake Recreational Area at Ringwood State Park. The gates should be open by 5:45am. Park your cars in the back of the upper parking lot.
- Directions from Rt. 287 (north or south)... Take Exit 57 (Skyline Drive) North toward Ringwood. Go 4.8 miles to Greenwood Lake Turnpike (CR 511) and turn right. Continue 1.6 miles and bear right on to Sloatsburg Rd. Travel 2.1 miles to Morris Rd and turn right. Take Morris Rd 1.3 miles and turn left on Sheppard's Pond Rd. The parking area is approximately 0.6 miles ahead through the gates on the left.
- 3 and 4 person teams will be issued 1 tandem kayak along with the appropriate number of solo kayaks.
- Be prepared to start the race on foot.
- Since we have been asked this question a lot, no duct tape, bungee cords, straps, etc may be used to secure items to your bike for transportation – saddle or handlebar tool bags are allowed.
- Due to a dry summer, most streams are either running low or not running at all. There is water available on course, but it may be laden with sediment. We suggest you may want to bring a means to filter water in addition to your required water treatment methods. We suggest **STERIPEN Water Bottle Pre-Filter** available at EMS or **Sweetwater Silt Stopper II** available at Campmor (both under \$20).
- Gear checks will happen throughout the race...Make sure you have all mandatory gear, especially cell phone, waterproof map case and appropriate lighting.
- Have your paperwork signed and ready to go (NYARA waiver, paddle waiver, and USARA license) – see the SHAG page on our website for the on-line forms. Time will be limited so be ready to roll!!!



Pre-Race: What you need to do on Saturday morning

- Check in with race staff to hand in all team members signed NYARA waivers, paddle waivers, and USARA license forms/money.
- Pick-up your team's Racer Packet. Your team's racer packet should consist of the following:
 - Green wristbands for each team member to be worn throughout the race.
 - Number bibs for each team member - must be pinned to backpack.
 - Reflective tape to be attached to each team member's number bib.
 - Adhesive backed number bib - to be attached to each bike.
 - "Race Rules and Instructions"
 - "Race Course Outline and Description"
 - Five (5) Punch cards labeled M, A, B, C and D
- Hand in your team's paddle gear bag and bundled paddles (if you have your own).
- Bring bikes over to u-haul for loading/transporting. Adhesive backed number bib must be attached to each bike.
- Board buses at 6:30 and get your maps. Maps will be given out only when you board the bus, and you will not be allowed to leave the bus once your team has been issued the map packet. Teams will receive ten (10) different maps. The maps will be labeled Leg#1 thru #9.
- Buses leave at 6:45 – expect approximately a 45 to 60 minute ride.
- Be ready to roll shortly after arriving at starting location.

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