

**New York Adventure Racing Association
The Longest Day
12-Hour Adventure Race
Saturday May 17, 2008**

Come suffer with your favorite NYARA members during the longest day of your life on **Saturday May 17th, 2008**.

We were out testing parts of the race course this past weekend and are really excited about the way it is shaping up. You will be treated to brand new terrain at this year's Longest Day and rewarded with some amazing views along the way. The course is designed for novice racers to enjoy, while at the same time it will be very challenging for experienced teams, as they will have the ability to go for difficult points during the Score-O sections of the course.

Notes:

- Teams will be paddling in canoes (3-person teams are recommended to bring a 3rd canoe seat)
- Check Updated Gear List as of 3/23/08
Additions: 3rd Canoe Seat for 3-person teams only (recommended)
Removed: ATC Type Rappel Device and Prussic (Minimum 5mm diameter cord – 16 inches long, measured tip to tip while laid flat)
- We are working on a potential Climbing/Ropes section (this section will not require any special skills or certification)
- We have added Host Hotel locations to the site
- Details on the bike drop and start location will be given out to all competitors 1 week prior to the event.

Please check back for future announcements on www.nyara.org