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

OK, so we're nearly a week away from race day and we have some important updates for you.

Gear list updates:

Addition to the Mandatory Team Paddle Gear: **Commercial Throw Bag**

Deletions from the Individual Climbing Gear: **All items (Harness, Slings & Biners)**

[Despite all of our efforts to have a ropes section, we just could not make it work with the State Park. Sorry to all that were looking forward to this element, but we have some great ideas in the works for next year!!]

Bike drop/registration area info:

Details on and directions to the bike drop and registration area will be e-mailed and posted on www.nyara.org on Sunday evening. Also included in this communication will be information regarding food/fueling preparation and gear bag drop.

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