

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

Race Newsletter #4

We are very excited about the number of teams that have registered (29 registered so far and a few more still to come) and are very much looking forward to next week's race. So here it is, the update you've all been waiting for...

BIKE DROP INFORMATION

Location: Intersection of Camp Orange Rd and Prospect Rd (in Middletown, NY 10941)

Expedia Map Link:

[http://www.expedia.com/pub/agent.dll?tpid=1&eapi=0&qscr=mmvw&msds=EX01D91704615\\$40\\$D5\\$B24\\$40\\$D5\\$B294!E0!4\\$FF!50!2\\$FF\\$1C0Wsgfwpxy.Su.\\$26.Xmkw.Gsmobp.Su!6\\$FF\\$0A0Kjuunpygzo20OA50\\$31\\$30\\$39\\$34\\$31\\$0D0Vojypu.Fymypf!8\\$FF0!E\\$FF\\$D8\\$0D\\$DB\\$16p\\$BEU\\$40\\$3C\\$BDS\\$96\\$21\\$94\\$C0\\$0C0001000!8\\$FF000!2\\$FF000!2\\$FF!6!\\$EE\\$3F\\$14000!6\\$FF\\$16\\$A5\\$84\\$60VV\\$25\\$40!8020&rfrr=-6600](http://www.expedia.com/pub/agent.dll?tpid=1&eapi=0&qscr=mmvw&msds=EX01D91704615$40$D5$B24$40$D5$B294!E0!4$FF!50!2$FF$1C0Wsgfwpxy.Su.$26.Xmkw.Gsmobp.Su!6FF0A0Kjuunpygzo20OA50$31$30$39$34$31$0D0Vojypu.Fymypf!8$FF0!E$FF$D8$0DDB16pBEU40$3C$BDS$96$21$94$C0$0C0001000!8$FF000!2$FF000!2$FF!6!EE3F$14000!6$FF16A5$84$60VV$25$40!8020&rfrr=-6600)

Time: 4:00 – 4:30 am (Don't be late; the schedule in the morning is very tight.)

Given the time, please be very quiet when dropping your bike. There is a house on the corner very close by.

Directions:

From Newburgh (Route 87, Exit 17):

- Go west on Route 17K until you hit the town of Montgomery (approx. 9 miles)
- Turn left (going southwest) on Union St./Route 211
- In approximately 4.75 miles, turn right (northwest) on Camp Orange Rd.
- The bike drop is approx. 0.8 miles just beyond the gate at the intersection with Prospect Rd.

Approx. 20 minutes

From Middletown (Route 84, Exit 4W):

- Go West on Route 17 towards Binghamton (approx. 1.2 miles)
- At exit 120, turn right onto ramp Route 211
- Turn right (northeast) on SR-211 (approx. 4.1 miles)
- Turn left (northwest) onto Camp Orange Rd.
- The bike drop is approx. 0.8 miles just beyond the gate at the intersection with Prospect Rd.

Approx. 10 minutes

Bike Drop: All mandatory mountain biking equipment, bike shoes, helmet, food, liquids

- Label your bikes with your team number (see below) on a piece of duct tape, taped to the head tube
- Everything must be taken when departing from this location on bike. There will not be any trash receptacles.



RACE REGISTRATION/PADDLE GEAR BAG DROP/PARKING AREA

Location: Lower parking lot, Minnewaska State Park, Route 44/55 near New Paltz, NY

Expedia Map Link:

[http://www.expedia.com/pub/agent.dll?tpid=1&eapi=0&qscr=mmvw&msds=EX01804951DD5\\$40\\$D5\\$B24\\$40\\$D5\\$B294!A01000!4\\$FF!50!Q\\$FF0!8\\$FF\\$3B0Kjoopzmfpm.Fymyp.Wmst.\\$28fymyp.wmst\\$29\\$2C.Opz.Agst\\$2C.Vojypu.Fymypf!2\\$FF\\$150Kjoopzmfpm.Fymyp.Wmst\\$CD\\$12\\$B9\\$C7\\$24\\$DDU\\$40\\$E1\\$F5\\$CD\\$37w\\$91S\\$C0\\$190001000!4\\$FF\\$C2\\$25\\$9A0000!2\\$FF0000!2\\$FF!6i\\$EE\\$3F\\$14000!6\\$FF!G020&rfr=-6600](http://www.expedia.com/pub/agent.dll?tpid=1&eapi=0&qscr=mmvw&msds=EX01804951DD5$40$D5$B24$40$D5$B294!A01000!4$FF!50!Q$FF0!8FF3B0Kjoopzmfpm.Fymyp.Wmst.$28fymyp.wmst$29$2C.Opz.Agst$2C.Vojypu.Fymypf!2FF150Kjoopzmfpm.Fymyp.WmstCD12$B9$C7$24$DDU40E1$F5$CD$37w$91S$C0$190001000!4FFC2$25$9A0000!2$FF0000!2$FF!6iEE3F$14000!6$FF!G020&rfr=-6600)

Registration/Paddle Gear Bag Drop: 4:30 – 5:15 am

Directions from Bike Drop to Registration/Paddle Gear Bag Drop and Parking Area:

- Drive southeast on Camp Orange Rd. (0.8 miles)
- Turn left onto SR-211 (4.75 miles)
- Turn left onto Route 17K (the road will then make a right over the bridge followed by a left, 0.3 miles)
- Bear right onto Albany Post Road (CR-14/CR-9, 11.8 miles)
- Turn left onto Route 44/55
- Park entrance will be on the left in approx. 10.4 miles – go to 2nd park entrance on left (lower parking lot)

Approx. 40 minutes

Registration: NYARA waiver, Kittatinny Canoe waiver, Mohonk waiver, USARA forms (attached in a second email and available on www.nyara.org)

- Please fill these out *prior* to arriving to the Race Start location. We will collect forms and any USARA fees (\$8 for one day registration, \$35 for annual membership) at Registration.

Paddle Gear Bag Drop: All mandatory paddling gear, food and liquids in gear bag; note that paddles and 3rd canoe seat do not have to fit in gear bag

- Paddle gear bag must be labeled with team name and number (see below).
- Paddles must be bundled together and labeled with team number (see below).
- Third canoe seat does not have to fit in gear bag, but must be labeled with team number (see below).
- Everything must be taken with you on the paddle. There will not be any trash receptacles.
- After the paddle, paddle gear bag, paddles and seat will be transported to the race finish.

Bus Departure Time (to start location): 5:30 am sharp!

RACE INFORMATION

Racers should come to Registration race ready to start on foot. Following are some key time estimates* to help you with food/fueling preparation:

	<u>Approximate Time Estimates</u>
Bus Time to Start Location	45 minutes
Race Start to Bike Pick-up	2 - 3.5 hours
Bike pick-up to Paddle Gear Bag Pick-up	3 - 4.5 hours
Paddle Gear Bag Pick-up to Finish	5-6 hours

*Please note that the above times are estimates only. Any estimates included herein constitute our judgment as of the date hereof and are subject to change without notice. These indications are provided solely for your information and consideration. Prior to entering any race, you should determine, without reliance upon us or our affiliates, the risks and merits (and independently determine that you are able to assume these risks) as well as the consequences of any such race. In other words, don't blame us if you get hungry when you're lost in the woods.

ADDITIONAL COURSE NOTES

After some final course testing this weekend, we highly recommend **bug spray and a second pair of socks.**

TEAM LIST AND NUMBER ASSIGNMENTS

Team Number	Team Name	Captain	Team Member # 2	Team Member # 3	Division
3-Person Teams					
25	Adirondack Adventure Racing	Becky Sutter	Jeremiah Reiner	Bernard Breton	Co-Ed
26	GOALS 2	Brent Freedland	Abby Perkiss	Chris Bartges	Co-Ed
27	Where R we now	Michael Adamchuk	Liam Dwyer	Christine Kawozcka	Co-Ed
28	Travelin' Hee Haw Revival	Peter Bilton	Hugh Walker	Janice Cahalane	Co-Ed
29	Team NYARA 1	Bruce Swanson	Chris Edmunson	Suzie Snyder	Co-Ed
30	Team EMS	Jennifer Shultis	Jeff Woods	Joe Brautigam	Co-Ed
31	Team EMS		Nic		
31	NAK Adventures	Alta Wood	Caputo Sara	Kris Geis Matt	Co-Ed
32	Team NYARA 2	Jim Kerlin	Percy	Dougherty	Co-Ed
33	Paramount Adventure	Dan Brannen	Murray Resinski	Dorinda Hamilton	Co-Ed
34	Team GOALS	Jonathan Neely	Bruce Wong	Tracey Robertson	Co-Ed

Team Number	Team Name	Captain	Team Member # 2	Team Member # 3	Division
40	Little Lebowski Achievers	Matthew Pelak	Mark Koenig Dwight	Adam Mosciki	All Male
41	acidoticRACING/Redhook	Chris Dunn	Hartman	Jay J. Dunn	All Male
42	Team NYARA Male 1	Steve Fleisig	Ed Harrington	Larry Settembini	All Male
43	Colors that End in Urple"" Not the 3-Some I've Been	Alex Fichtel	Jacob Hay	Patrick Lavelle	All Male
44	Dreaming About	Robert Antrobus	Giardina	Rich Wright	All Male
45	Vapor Trail	Gregory Entringer	Duffy Smith	Terry Coull	All Male
46	paraPALIGIACS	Roman Gelperin	Mike Dubrovsky	Anton Yeleskevich	All Male
2-Person Teams					
10	Johnny Mapquest and Miss Polly	Cathy Cosentino	Scot Rosenthal	Jodi	Co-Ed
11	There's More	Dean Orfas	Sardanis	Matt	Co-Ed
12	Pain Syndicate	Pandolfo	Ciaglo	Tom	Co-Ed
13	Wiseguys	David Wise	Rispoli	Adam	All Male
14	Team Cheesburger the 2jew Crew	David Roth	Shapiro		All Male
15	Gung Ho	Doug Hershey	Jay Zech	Ken	All Male
16	Penski File	Nicholas Day	Kaplan		All Male
17	ConQuin	Noah Hitt	Jay Curtis	Greg	All Male
18	Sic Ubu Sic	Peter Miller	Schmidt	Chris	All Male
19	Team NYARA Male 2	Sam Scaturro	O'Bara	Wes	All Male
20	Bad Monkey	Scott Seals	Hummer		All Male
21	Slackers	Tsakiris Charles	Matt Mokracek		All Male

Please let us know if you have any questions via email to Rodney.villella@ubs.com

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