

# The Shag

USARA National Qualifier

September 26, 2009



**Come get the greatest SHAG of your life!**

## **COURSE UPDATE!!!**

**The course is complete and we know you will love it! About 90% of this year's terrain will be unfamiliar to most racers. The river paddle will not only be fun but hopefully challenge racers navigationally in canals and coves, and leave you to decide whether upstream or downriver is the place for you!**

**This years mountain bike section is my favorite with some of the most technical single track in Northern NJ available to you, if you so choose. If tough single track isn't your thing, we will have plenty of points accessible from double track and dirt**

roads to cater to the masses. It's left up to you to decide how technical to make it. With terrain never explored in a race before, we hope to have you guessing from start to finish. If you are questioning what bike to bring, there is a total of 2/10ths of a mile on flat paved road...use your best judgment!

Our foot section will have you begin in a familiar gem, then travel to the unknown! You will be traversing rocky ridgelines, and then dropping into lowland swamps then back up for more! As you may guess, most of the technical OP's (optional points) will be off trail, but for you beginners, well marked trails can take you from the start of the race to the finish within every time cutoff we've set.

We are so excited for this year's race, and can't wait for you all to give it a go! Hurry and sign up your friends, because this years race is as easy or hard as you want to make it!

Expect to receive a final update on the start location & details one week prior to the race. But for those of you who can't wait, here's a taste...

1. We suggest you bring a copy of the 2009 edition of NY/NJ trail conference map of the North Jersey Trails. This is available online at [www.nynjtc.org/catalog/maps](http://www.nynjtc.org/catalog/maps) or retail locations such as [www.campmor.com](http://www.campmor.com). As usual, we will provide the best pre-plotted detailed course maps available for your race, but some of the trails have recently been rerouted and are well detailed by the NY/NJ Trail conference, only in the 2009 edition.

2. Be prepared to race when you arrive to the start! Have all your waivers signed and ready to turn in. Have exact change for your USARA license. Have 1 team paddle bag/bin packed for the start of the race as well as 1 team bike bin. Plan to bring your bikes to the start line, we will handle any transportation of bikes and gear throughout the race. Remember, it is going to be dark at the start of the

race...please pre-pack for at least 4 to 7 hours of racing before you will transition!

3. We will post an update this week on the NYARA - Shag website at [http://www.nyara.org/nyara\\_races/2009/mn\\_race\\_shag.php](http://www.nyara.org/nyara_races/2009/mn_race_shag.php) with local hotel accommodations information as well as a copy of this race update.

**See you all on course!!!**

**Course Highlights:**

- Linear/Point to Point Format
- No Friday evening check-in
- Rogaine Style Course (equally challenging to beginners and top navigators)
- River Paddling
- Single Track Mountain Biking
- Strategic route planning
- Includes new terrain

**If you haven't yet registered, go to [www.nyara.org](http://www.nyara.org)**