



Pre-Race: What you need to know

- **Check-in Location: Shepherd's Lake Recreation Area – Ringwood State Park, Ringwood, NJ. For directions to Ringwood State Park, [click here](#) or copy and paste into your browser:**
<http://tinyurl.com/n8wdc7>
- **Check-in Time: Gate opens at 5:00am with a race start time of 6:00am**
- Check in with race staff to hand in ALL team member's signed NYARA waivers, and USARA license forms/money (please have exact change or a check so we can speed-up the check-in process).
- Pick-up your team's Racer Packet. Your team's racer packet will consist of everything you need for the race:
 - Number bibs for each team member - must be pinned to backpack.
 - Adhesive backed number bib - to be attached to each bike.
 - Race Rules and Instructions
 - Race Course Outline and Description
 - Two punchcards – one for mandatory points and one for optional points – you will exchange and get new punchcards at each Transition Area
 - Maps
- Hand in your team's paddle gear bin/bag and bundled paddles (if you have your own).
- Hand in your team's bike gear bin/bag and bring bikes over to large truck for loading/transporting. Adhesive backed number bib must be attached to each bike.
- Assemble at starting line by 5:55 for race start at 6:00am SHARP!