



**New York Adventure  
Racing Association  
The Longest Day & Night  
27-Hour Adventure Race  
June 6 & 7, 2009**

Come suffer with your favorite NYARA members during the longest day & night of your life:

**June 6<sup>th</sup> & 7<sup>th</sup>, 2009**

We are now just 4 short weeks out from this year's NYARA Longest Day and Night. We are very excited about the way the course has turned out and think we have outdone last year's TLD, but you'll just have to come out and decide for yourself!

We have spent the past few weeks pre-running the course and have the following updates:

**Biking** – Be prepared to ride on a variety of surfaces including paved roads, dirt roads, rough double track and really fun single track.

**Hiking** – There will be extensive off trail travel that will challenge your navigation skills as well as test your fitness.

**Paddling** – You will find yourself paddling on both flat water and whitewater. Once again, the boats being provided will be the Genesis sit-on-top double kayaks.

**Ropes Course** – We have finalized the ropes section of the course and are happy to announce that our climbing guides will be supplying all the necessary equipment for this section. This means that there will be no need to bring any climbing gear or carry it during the race.

**Optional Points** – It is unlikely that any team will clear the entire course; therefore, teams will need to plan their optional checkpoint strategy appropriately.

**Outside Maps** – Outside maps will NOT be allowed during this year's TLDN. The official race maps being provided will be more than adequate for the race and this rule should level the playing field a bit.

**Addition to the Gear List:**

Team Gear Bag (large enough to fit the team's hiking shoes and clothing) – This is in addition to the Team Paddle Gear Bag and Team Gear Bin.

Expect a final newsletter on the Sunday evening, one week prior to the event. This newsletter will notify you of the exact location and directions to the parking & registration area. Expect an early start to the day as you should plan to arrive at this location by 5:00 am on Saturday June 6<sup>th</sup>. Once again, if you are interested in staying overnight; consider the New Paltz, NY area. Additional lodging details can be found on the NYARA.org website.

- Please check [www.nyara.org](http://www.nyara.org) for more information