



## 2010 Racer Update #2 – August 1<sup>st</sup>

### **Five More Sleeps!**

We hope you are getting excited, your training has gone well and you are all prepared for a tough and fun race this weekend! This update will provide some more information about the race and will provide a couple of updates and reminders as you make your final preparations for the race this weekend. As always, if there's any info that I've missed, don't hesitate to drop me an email at [info@angryseagullrace.com](mailto:info@angryseagullrace.com).

### **Maps & Race Directions**

We have decided that not all team members need to be checked in for teams to receive their race maps and directions. Race check-in will open at 8:30am. When one team member has arrived and completed their check-in, we will give them the maps and directions. All team members **MUST** complete their full check-in (forms signed, gear check, navigation test) before noon.

### **Directions to Race Check-in**

- From the 401, head North on Highway 400 towards Barrie.
- Just north of Barrie, follow exit to Highway 400 toward Highway 69 – Parry Sound/Sudbury.
- Take exit 207 to merge onto Airport Rd / Highway 141 toward Rosseau/Huntsville.
- Turn **RIGHT** to stay on Highway 141 toward Rosseau.
- In Rosseau, turn **RIGHT** onto Highway 632.
- Rosseau Fieldhouse and Fairgrounds is on the corner of the first intersection (Ash St).

### **Pre-Race Meeting**

The pre-race meeting will take place at 12:15pm. Attendance at this meeting is **MANDATORY** for **ALL** racers.

### **Support Crew**

Unless you are one of the teams who has registered to race unsupported, then your team **MUST** have a support crew and support vehicle to transport your bikes and gear from TA to TA, and to transport your team to the starting line. Support crew will **NOT** be transporting canoes.

If you have not found it yet, we have a Support Crew Information Pack available on the website for download. It can be found under the REGISTRATION tab. It is not specific to this year's race so will not provide you with any clues about this year's race course, but it will help your support crew to prepare for the race. Your support crew can end up playing a huge role in your team's success in an adventure race. . Remember that your support crew is responsible for transporting ALL of your team's gear (with the exception of canoes).

Water and bathroom facilities will **NOT** be available at transition areas, so be sure your support crew comes prepared.

### **Avoid Bringing Extra Vehicles**

There is availability to park cars overnight at the Rosseau Fairgrounds but Angry Seagull Adventures Inc and our race staff will not be held responsible for them. We recommend carpooling (ideally with your whole team in one vehicle) to the race. We also ask that teams use just **ONE** support vehicle for the race if at all possible, since some of our transition areas have limited space.

### **Water Availability**

Drinking water will **NOT** be available at transition areas, so be sure your support crew comes prepared. Hydration will play a huge role in the race and in your safety, so we strongly suggest packing a water jug (or two) or some bottles of water into your support vehicle for refilling of team water bladders throughout the race.

For the unsupported teams, race staff will have some water available at TA's.

### **Mandatory Gear Updates and Answers**

Please double and triple check that your team has all of the gear on the mandatory gear list. In the case that a team is not permitted to race due to missing mandatory safety gear, registration fees will NOT be refunded.

Reminder: your safety flares must be aerial or launching flares.

### **RACE RULES & SAFETY**

Race safety is of the utmost importance to us (and should be to you, as well). The Angry Seagull Adventure Race Rules are posted on our website (under the registration tab). They have been created to ensure that all teams are racing safely and fairly. Please be sure that you and your teammates are familiar with the rules. Teams who choose to (or who unwittingly) not follow race rules will be penalized with time penalties, disqualification and/or removal from the race course.

### **Post-Race Dinner and Awards**

The post-race dinner will be held at the race finish location. If your team will be bringing more than two support crew/guests to dinner, the extra cost will be \$10 per person. Please let us know well in advance if you expect to require additional meal tickets. Our hope is to serve lunch by 2:30pm so that everyone can be on the road home by 3:30 on Sunday.

### **The 2010 Angry Seagull Race Course**

To help you and your team start preparing your gear, food, minds and bodies before arriving Saturday morning, here is the order of race disciplines with rough time and distance estimates. There will be a transition area at the end of each section.

Section 1	Bike	~ 15 km	~ 1 to 2 hours
Section 2	Canoe	~ 40 km	~ 5 to 7 hours
Section 3	Trek	~ 12 km	~ 3 to 6 hours
Section 4	Trek or Bike	~ 16 to 30 km	~ 6 to 8 hours
Section 5	Bike	~ 40 km	~ 2 to 4 hours

### **LIVE RACE COVERAGE!!!**

We are VERY excited to provide live web coverage of your progress through this year's Angry Seagull Adventure Race. Race staff and volunteers will be providing updates and pictures throughout the race via twitter. The live coverage will go live Saturday morning and will be accessible from the front page of our website – [www.AngrySeagullRace.com](http://www.AngrySeagullRace.com). Be sure to let your family and friends know!

### **Get your Support Crew to join in on the live coverage**

Your support crew can join in on the fun and provide extra coverage of your team's progress by sending their own tweets to our live feed. All they need is a twitter account and a texting cellphone connected to that account... That's all. Get them set-up and prepared before race day!

**See you all soon!**

**Until then, train hard and have fun!**