



## Shenandoah Epic Adventure Race

This is it. We are just under one week out from race day. We hope all your preparations are going well. Below is all the information you need for race day along with what was previously published in the Racer Guide. In conjunction with our scheduled Facebook live event on Sunday, April 17 at 19:00, consider this a pre-race brief.

If you have not already reviewed the Racer Guide, please do so [here](#). It covers all the information you need to know prior to race day. Any additional information in this email supersedes the Racer Guide.

### Schedule

#### **Sunday, April 17, 2022**

##### ***Online***

19:00 - Pre-Race Brief – Facebook live. Browse to <https://www.facebook.com/AdventureEnablers>

#### **Friday, April 22, 2022**

##### ***Downriver Canoe Company***

16:00 - 20:00 - Packet pickup & paddle gear drop

##### ***Hazard Mill Farm***

16:00 - Camping opens. Must check in at Downriver Canoe Company first.

#### **Saturday, April 23, 2022**

##### ***Downriver Canoe Company***

07:00 - 08:00 - Paddle gear drop (late arrivals)

##### ***Hazard Mill Farm***

06:00 - 08:45 - Transition area set up and race day parking

07:00 - 08:45 - Maps, tracker and ePunch distribution

09:00 - Race start

#### **Sunday, April 24, 2022**

##### ***Hazard Mill Farm***

08:00 - 10:00 - Post-race breakfast

09:00 - Race finish

09:30 - Awards

## Locations

***Downriver Canoe Company, 884 Indian Hollow Rd, Bentonville, VA 22610***

***Hazard Mill Farm, 1481 Hazard Mill Rd, Bentonville, VA 22610.***

## Tracking and Timing

- We will be using GPS tracking devices for team tracking during the event and posting regular updates to our social media sites.
- Your fans will be able to follow your progress at <http://live.enabledtracking.com/epic2022>. Spread the word!
- Watch this brief video on how to best attach the tracker for the best results. [https://youtu.be/XJe\\_yD42kts](https://youtu.be/XJe_yD42kts)
- You will get your tracker on race morning along with an ePunch. During the pre-race brief, we will demonstrate how to use the ePunch to record your checkpoint visits during the race. You can also see a demonstration of ePunching here: [https://youtube.com/shorts/dVzto\\_8zeV8?feature=share](https://youtube.com/shorts/dVzto_8zeV8?feature=share)
- You are not permitted to use any GPS device during the race. Post-race we will provide you with a GPX track. If you have a GPS device you would like to carry, please let us know when you pick up your tracker and we will place it in a sealed bag and you can carry it during the event. If the bag is unsealed during the event, you may incur penalties. Your mandatory phone will also be sealed in a bag and should only be used in the event of an emergency. If you want to take pictures along the course, please use a regular camera. We will ask you to supply the phone number for the phone you are carrying at tracker pickup. You may use Garmin devices in AR Mode.

## Pre-race brief

The virtual pre-race brief will be held on Sunday, April 17 at 19:00 EST. This is a change from what was published in the Racer Guide. Just browse over to our Facebook page and we will broadcast the meeting live. You can ask questions in the comments section.

<https://www.facebook.com/AdventureEnablers>

We will review the race-day schedule and logistics and answer any questions. We highly recommend attending this briefing.

## Packet pickup & map distribution

### **Downriver packet pickup and paddle gear drop off (Friday 16:00 – 20:00)**

- At Downriver Canoe Company, you will pick up your race packet that contains your swag, bib numbers, and meal tickets. We will also be checking you have USARA membership and signed all waivers. Please affix paddle labels before dropping off your paddle bags. Paddle bags are optional. Make sure you drop them off in the large green cage trailer. You may only leave paddle gear in the trailer.
- If you are camping at Hazard Mill, you must check-in at Downriver first.
- We will also be taking team pictures for the tracking portal at packet pickup so make sure all team members come and you wear your team gear. Represent!
- Your team number has been assigned. Check out the tracking page link to find yours to help speed up packet pickup. <http://live.enabledtracking.com/epic2022>

### **Hazard Mill packet pickup (Race Morning 7:00 – 08:45)**

- During raceday packet pickup, you will receive your maps, rules of travel, GPS tracker, and an ePunch. Please only have one team member come to packet pickup at Hazard Mill on race morning.
- When you pick up your packet, also bring your team phone so we can seal it in a bag.
- The entrance in and out of the Hazard Mill is tight. It is about half a mile of gravel road that is pretty much one car wide. Once you arrive at Hazard Mill, plan to stay there for the duration of the event so we don't have a massive jam on the entrance road.

- For some legs of the race, you will be transitioning out of your vehicle. Feel free to set up your transition area close to your car/van. There will also be an area close to the start and finish line where you can stage any equipment.

### Camp Life

### Cell Service

- Downriver Canoe Company and Hazard Mill Farm have AT&T and Sprint cell service. Verizon does not work past Front Royal.

### Camping

- If you reserved a camping spot, you can pitch your tent next to the river in the designated area. We will park vehicles of participants who are camping close to the camping area
- There is no running water at the camping area or start and finish line. Make sure you bring your own water.
- There will be portable toilets.

### Food

- After the race, the Apple House will be serving breakfast bowls from 08:00 – 10:00 at the finish line. You will need the meal ticket you were given in your packet to pick up breakfast. They can custom make your bowl to account for any food allergies.

### Weather and Conditions

It looks like the weather will be perfect for an adventure race, but make sure you come prepared for any conditions. If anything, it may be a little too warm. Highs of 80F and lows of 55F.

The river is at almost a perfect paddle height and flowing at around 3.2' at the Luray gauge <https://water.weather.gov/ahps2/hydrograph.php?gage=sfsv2&wfo=lx>. We are looking at a little kicker at the beginning of the week raising the water level, but it should settle back down in time for race weekend. Water temperatures are at around 60F. Current river conditions can be found here. <https://www.downriver.com/about-the-river/current-conditions/>

### Media & Team Photos

- We will be taking team pictures Friday at packet pickup. We will provide more information on when and where that will be during packet pickup.
- Vlad Bukalo will be out on the course capturing your highs and lows. Make sure you smile or at least grimace when you see him.

### Volunteers

- We're super excited and proud to have an extremely able team helping us out over the weekend—Adventure Enablers team members (experienced adventure racers), our two kids (who've been at these events since they were tiny and are now earning college degrees), and a fabulous EMT and 2 Wilderness First Responders. You will have all the information you need in your race packet, and in any prior communication you have received to complete the event. Any course changes or updates will be announced at manned aid stations. **While we love our volunteers, please do not ask them for any specific race information.** If you have questions or need assistance with the course, ask a volunteer to contact the race director, or trust your instinct, read the rules thoroughly, and you will be good to go.

### Missing CPs

- If you think you are in the right location and you cannot find the checkpoint, spend no more than 15 minutes looking for it. All the checkpoints are located off trail and should not have been interfered with, but there is always that chance. We have had some heavy wind events since some of them were set. Trees fall and things can get blown away. If a checkpoint has been taken or is missing, we will credit you if you were in the right location by looking at your GPS tracks. If other teams find the checkpoint after you attempted to find it, however, you will not receive any credit.

### Safety

You and your teammates are your first line of defense against injury and mishap. Look after each other and other teams around you. All TAs are manned. If you feel you do not want to continue racing, you will need to get yourself to one of these locations. A lot of the course is remote and picking you up from “the middle of nowhere” is not an option. In the event of a serious emergency, please call 911. Cell service throughout the course is pretty good for AT&T and Sprint, but not so good for Verizon. If possible, please make sure your mandatory phone has the best carrier for the area. We will also be following your progress with the GPS tracker and can respond to your location if necessary.

Top things to consider to keep yourself safe and healthy:

- Eat and drink. Stay hydrated and nourished.
- Stay warm. If you get wet, you will get cold. Make sure your clothes wick well (no cotton) and carry a change. Use your space blanket if you need to.
- Ride/Run/Paddle within your limits.
- Make sure you have enough batteries for your lights and they are adequate to illuminate the terrain.
- Have all your mandatory gear. In addition to us checking it at random spots on the course, this gear could save your life in an emergency situation.
- Look after your teammates.
- Take in the experience—the good, the bad, and the ugly!

Make sure you tune into the pre-race brief. It will be recorded and remain in our Facebook feed for later viewing. We will see you all in just under 1 week!

Thanks,

Mark and Margo

Adventure Enablers



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Thanks,  
Margo Harris

*Adventure Enablers*

