

Greetings DASH Racers, we have a few final items to communicate with you before the race on Sunday!

First off, while we don't have any traditional "gear list" for the race you will need to bring your own bike and bike helmet if you're going to be biking; to do the paddling you'll need your own paddle and PFD -- we are providing the kayaks.

The race is based from a central transition area meaning you will organize your gear at a single, central, location and return to this location between legs of the race. So, while you're paddling your bike gear can remain in the transition area . . . and while you're biking your paddling and trekking gear can also stay in the TA. It means you will not need to carry too much gear while you're racing.

Our final DASH race schedule is as follows:

- Race check-in runs from 7:30 to 8:15 AM on Sunday. The race takes place on private property so please do not arrive earlier than 7:30 AM as the gates will be locked.
- We'll have a mandatory team meeting at 8:15 AM.
- Race starts promptly at 8:30 AM.
- Race course closes for DASH teams at 12:30 PM.

Finally, we need to tell you where to go on Sunday morning! Refer to the following Google link and driving directions (taking you from downtown Richmond to the Goochland race location):
<http://maps.google.com/maps?f=d&saddr=37.537602,-77.442241&daddr=37.644073,+78.006921&hl=en&geocode=&mra=ls&sl=37.535287,-77.437005&ssp=0.01722,0.038624&ie=UTF8&ll=37.62674,-77.729645&spn=1.10069,2.471924&z=9>.

You should report to this location (the end of West View Rd in Goochland, VA) on Sunday morning. As an addendum to the driving directions, after you cross the railroad tracks on West View Rd, look for the Untamed banners on your left (East side of the road) and turn into the farm. Look for the Untamed Adventure staff to direct you further from there.

Have a good week and we'll see you on Thursday night or on Sunday morning,

Grant Killian & the Untamed Adventure Staff
www.UntamedAdventure.com