

Good morning!

I wanted to give you an update on how things are looking weather wise and the impact on biking during VentureQuest this Saturday. If you haven't read my previous logistics email, you can find it on the [race website](#).

The latest forecast runs have rain entering our area sometime Friday evening or Saturday morning. I was hoping that the rain would hold off until Saturday afternoon, and perhaps it still will, but it's not looking that way. As I said in my previous email, we are not in the business of destroying trails by biking on them when it's really wet.

I'm going to continue to watch the forecast and the timing of the rain, but **IF we do have to use our rain courses** this is what they will look like. I will make a final decision on the courses as early as possible, but most likely no earlier than Friday as the timing of things can absolutely change this far out.

### **6-hour rain course**

- All biking is removed and the course basically changes to a big trek, paddle, big trek flow. There are several options for route choice on the treks, and there is much more nuance to the course design than what I describe, but that's the basic flow.
- The minimum distance on foot is about 10 miles to complete the basic flow of the race. This will definitely not get you all the checkpoints though and the full course is much longer.

### **10-hour rain course**

- Biking course is modified to be an all pavement route and the overall amount of biking is reduced (and trekking is increased). The flow of the race changes to a trek, bike, trek, bike, trek, paddle, trek.

### **Gear Selection**

- As I mentioned in my last email, I added a rain jacket and long sleeve synthetic (not cotton) top to the mandatory gear list for each person. A wool top is the best option if you have one. I also want you to have a space blanket (at least one per team, but better if everyone has one). I will have 100 at the race, but that's not enough for everyone so please bring one if you have it. You can find them on Amazon, REI, Walmart, etc.
- It's going to rain on Saturday at some point and be chilly, so staying warm is going to be your challenge and you need to actively stay on top of it. Keeping

moving and using your base layer(s) and a rain jacket to trap your body heat is 100% the best way to stay warm. I would recommend you carry an extra layer or two with you...and rain pants if you have them would be a good idea particularly on the paddle. Again, keeping moving is your best defense of getting cold, but don't come in shorts and a t-shirt.

I will keep you posted on the final course determination. We call it "adventure" racing for a reason!

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