

checkpointtracker

NATIONAL CHAMPIONSHIP

Checkpoint Tracker National Championship – Race Update #1

Welcome to the 2010 Checkpoint Tracker National Championships! We are excited to be bringing this inaugural race to Moab Utah! The unique and spectacular terrain offered in and around the Moab area offers up a course like no other place in the world. The diverse desert and mountain terrain, large rivers, weather variation and temperature swings will all challenge the best adventure racers around the country as you meet for the Checkpoint Tracker National Championships!

Below is some general race information and logistics. Additional race updates will be posted as we get closer to the race, so keep checking the website. Feel free to contact Gravity Play Sports with any event specific questions at 2010@gravityplay.com. We are looking forward to seeing all of you in October!

Paul Angel – Checkpoint Tracker, Will Newcomer – Gravity Play Sports

Getting to Moab: Moab is approximately a 4 hour drive from Salt Lake City, 6 hour drive from Denver, 7 hour drive from Albuquerque and a 8 hour drive from Phoenix. If arriving by plane, you're best to arrive at the Salt Lake City Airport or the regional Grand Junction Colorado Airport . More Info: <http://discovermoab.com/airline.htm>

About Moab: Moab is the only Utah community located on the Colorado River and is nestled in a valley with scenic red rock cliffs on both sides. It is surrounded by an extremely rugged and beautiful desert terrain. The La Sal Mountains, just 18 miles to the east, reach elevations over 12,000 feet. The lush mountain valleys and alpine beauty provide striking contrast to the panoramic view of the deserts and canyons below. This varied topography offers excellent and practically unlimited recreational activities throughout the year.

When To Arrive: You will need to arrive in Moab for "check-in" anytime between 5pm and 9pm on Thursday October 28th. Check-in will be located at Red Cliffs Lodge, mile marker 14 hwy 128. www.redcliffslodge.com. All athletes are requested to arrive together at check-in. If any teammate can't make it to check-in their teammates must present waivers for all teammates to get their packet.

Nationals Itinerary:

Racer Check-In: Thursday October 28th, 5:00pm - 9:00pm

Where: Red Cliffs Lodge - Mile Post 14 Hwy 128, Moab, Utah 84532 – www.RedcliffsLodge.com

Ian Adamson Presentation: Thursday 8:00pm at Racer Check-in, Red Cliffs Lodge

Race Start: Friday October 29th - 8:00am

Where: To be announced at racer check-in

Finish Line BBQ: Saturday 11:30am – 2:00pm

Halloween Party & Awards Presentation: Saturday 7:30pm – Red Cliffs Lodge

General Course Outline: To give you an idea of the course without giving away too much, here is a breakdown of the disciplines and potential distances for your training purposes.

- Kayaking – Flatwater and Class I/II rapids – 15-25 miles
- Riverboarding – Flatwater and Class II rapids 2-3 miles (Update: teams can run this section, for a 2.5hr penalty)
- Trekking – 20-30 miles
- Mountain Biking – A mix of Jeep Roads, Paved Roads, Slick Rock and Single Track – 35-45 miles
- Ropes – Tyrolean Traverse, Rappel

Unsupported: The logistics for this event will allow all teams to do this race unsupported. You will not need a support crew and one will not be allowed. Teams will do one gear drop prior to the start of the race. All gear (with the exception of your bikes, paddles, riverboards) must fit in a gear bin or duffle bag. More information will be posted in future updates.

Accommodations: October is a busy time in Moab, be sure to reserve your accommodations early. Discounted lodging is available from our Host Hotels listed below. Race Headquarters and Racer Check-in will be at Red Cliffs Lodge. They are also our host lodging provider and the location of the post race awards and party. Call and mention you are with the Checkpoint Tracker Championships for the discounted rate of \$129.99 per night, double occupancy.

Other Lodging Discounts:

Big Horn Lodge 800-325-6171 \$79.95 www.MoabBigHorn.com

Red Stone Inn 800-772-1972 \$79.95 www.RedStoneInn.com

For more hotel options visit: <http://discovermoab.com/hotels.htm>

Camping: Camping along the Colorado River will provide the closest locations for the start of the race. You can also click on the link below for a large selection of camping options in the Moab area.

http://www.discovermoab.com/campgrounds_blm.htm

Shipping Your Gear:

Poison Spider Bicycles: They will receive UPS bike shipments and assemble bikes for \$45.00. Make arrangements by calling 1-800-635-1792.

Red Cliffs Lodge: The lodge will accept UPS shipments. The cost is \$10.00 per box. They ask that boxes arrive not more than 2-3 days prior to your stay. To arrange a delivery and shipping information call them at 1-435-259-2002.

Kayaking: The kayaking section of the race will consist mainly of flat water paddling, with a few small class I & II rapids. Gravity Play Sports will provide the Zoik Inflatable Kayaks for all racers. (Tandem for teams, Single for solo racers) In order to keep the paddling sections fair and equitable all teams will be required to use the boats provided. Alterations to the kayaks will not be permitted. Note: We do not provide life vests or paddles.

Note: You will **NOT** be required to carry your paddle or life vest on other sections of the racecourse; they will be staged at the transition areas.

Riverboarding: A 2-3 mile riverboarding section is included in this race. This stretch of river will consist of flatwater and up to class II+ rapids. Teams will be allowed to use a Riverboard, Bodyboard, Inner Tube, Kickboard or similar floatation device for this section. (Note: it must provide at least the same floatation as a standard bodyboard, if it is inflatable it must be inflated throughout the riverboarding section). Contact us if you have questions as to what we will allow. The water temperature is expected to be around 50 degrees. A Farmer John style wetsuit will be required (Full Legs/Sleeveless), and a full body wetsuit and or dry-top is strongly recommended. See the gear list for all mandatory and recommended gear. **(Update: teams can run this section, for a 2.5hr penalty)**

Note (Updated): We have changed the logistics for the riverboarding section. You will **NOT** have to transport your riverboard on the kayak leg of the race, or any other leg of the race.

Local Outfitters: For a list of local outdoor shops for bike, paddle or climbing gear rentals go to:

<http://discovermoab.com/tour.htm>

Navigation / Map Reading: You will navigate your way over a vast area of diverse terrain with the combination of map, compass, UTM coordinates, and detailed instructions. *** You will get race route maps at racer check-in.

Checkpoints and Passports: Each team and solo athlete will receive 1 Official Passport to be completed throughout the race. You will encounter numerous checkpoints at strategic locations along the race route. We use these checkpoints to monitor each racer's position along the race course. Each checkpoint will have a unique punch for your passport. Passports must be completed in full and presented for inspection at the finish line.