

Hello Endorphin Fix Competitors,

Thank you all for supporting Odyssey Adventure Racing and our effort to keep longer adventure racing formats alive and well. Without your support of signing up early, as most of you have, these races would disappear. I hope your training is going well and you are ready for a challenging and demanding race with an expedition feel. The course will have long sections. There are multiple 50+ mile mountain bike legs, with one close to 80 miles and over 21,000 feet of gain/loss, and multiple 25+ mile hiking and paddling legs. There is a rappel of over 200'. We are very excited about this event and are doing our best to have this year's Fix be the best ever. Its epic proportions will likely be compared to that of past Beast of the East races.

The race course is going to be close to 300 miles long with 80,000 feet of total elevation gain and loss. If you haven't had the pleasure of racing with us before, just remember that if you are uncertain of which way to go, most of the time it is UP. In our events, great elevation gain usually translates into great views and this E-Fix is no exception. We wish we could offer Alaska's 24 hrs of daylight so you wouldn't miss a single one.

We have removed the river *swim* section of the event. (That is, of course, unless your paddling skills are not up to par.) The primary reason for this exclusion is that the river segments we considered have significant access problems in the case of an emergency. You will be paddling Class I-III rapids in a 16 ft canoe with your bikes. You will have the option of portaging all rapids. We do not recommend portage wheels. The sections will be short if you do portage and you would have to transport the portage wheels to the put-in and from the take-out. We will be providing the canoes, PFDs and single blade paddles. We recommend that you consider the use of personal kayak paddles. You will only have to carry your personal paddles and personal paddling gear to the put-in, *not* for the entire race as in most Odyssey races. There is over 50 miles of paddling on the course.

The listed gear box may be overkill, but will hold all you could possibly need. Teams/soloists will only see the gear box(es) once during the entire race. Expect to race 2 full days or more before seeing your gear box(es).

Be sure to check the web site for the updated gear list. The main changes are the removal of the swimming gear and addition of the climbing gear. (Fix gear list: [http://www.oarevents.com/events/2008/endorphin\\_fix.html](http://www.oarevents.com/events/2008/endorphin_fix.html) - click on "Gear" tab)

Please have all team members complete the online forms if you haven't already done so. You'll save precious time and a couple of trees. (Fix forms: [http://www.oarevents.com/events/2008/endorphin\\_fix.html](http://www.oarevents.com/events/2008/endorphin_fix.html) - click on "Forms" tab)

You will receive another newsletter after registration closes.

There are only a few weeks left to register. The deadline is Monday, March 30 so if you know of teams on the border line of signing up, nudge them over to come play with you in beautiful West Virginia!

We hope your training continues to go well and wish you luck in your search for the extra pair of legs you know you'll want to have on hand!

Thanks,

Ronny Angell and the Odyssey Staff