



2014 Captain Communication

#1 - January 2014

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From our Race Director

It may seem early to circulate this first Captain Communication; it's January and the race is several months away in June. Experienced adventure racers know, however, that the planning and preparation for an expedition race starts long beforehand. In most cases, athletes have been building fitness and skills for years before reaching the Untamed New England starting line . . . so I feel it's only appropriate for our race organization to match your commitment and intensity

One of the taglines we like is you may not be ready for us, but we're ready for you. This January communication is our first concerted effort to get you ready in terms of logistics and race details. We'll follow this Communication with another in April, and then a final Captain Communication in early June. Review this newsletter carefully and circulate it with your entire team – only team captains are on the email distribution list receiving this Communication.

Our 2014 race is in partnership with the Appalachian Mountain Club (AMC) and will showcase the highlands of Maine. This rugged mountainous region includes the 100 Mile Wilderness, a territory that is some of the most remote in the country. Unprecedented cooperation between private and public entities makes this race possible, combined with several years of relationship building and surveying on the part of us at Untamed Adventure Racing. The culmination is a breathtaking 200+ mile race course that will deliver more an adventure than a race in June 2014

Best of luck to you in preparing for the race!



Grant Killian – Director, Untamed Adventure Racing



CAPTAIN COMMUNICATION SCHEDULE

Captain Communication #1 goes out in January 2014.

Captain Communication #2 goes out in April 2014.

Captain Communication #3 goes out in early June 2014.



HOST VENUE

The Maine resort, Northern Outdoors (<http://www.NorthernOutdoors.com>), serves as host to the 2014 Untamed New England Adventure Race. Be sure to reserve your lodging early, as space is limited and there aren't many alternatives in that part of the Maine mountains! Learn more about our host venue on the next page of this Captain Communication.

DID YOU KNOW: STAFFING

A race staff of over 50 people will be making this 2014 Untamed New England Adventure Race a reality. That's a ratio of 1 staff person per team!

We have personnel coming from as far away as Portugal and Switzerland to help make this North America's biggest and best race for 2014.



The Untamed New England 2014 Host Venue:

Northern Outdoors Adventure Resort

What you need to know about our hosts for June 2014

Northern Outdoors **gets** adventure racing. In 1995, Mark Burnett called on them for support and course management at the only Eco-Challenge on the east coast of the USA. Some Northern Outdoors staff continued with Eco-Challenge for years after, including assignments in Morocco, Borneo, and elsewhere.

Fast forward to 2012, and Northern Outdoors exceeded expectations for an Untamed New England host venue. In identifying host locations for our 2014 race, even though the race course would be totally different than 2012, we were ecstatic to return to The Forks, Maine and Northern Outdoors for another year.

Northern Outdoors is passionate about Untamed New England and is extending a **25% discount** for all race-related reservations in June 2014; reservations must be made by May 1st, and you should mention that you're a team with the Untamed New England race when making your reservation. Call [1-800-765-7238](tel:1-800-765-7238) to make your reservations with Northern Outdoors.

Visit www.NorthernOutdoors.com to review all the resort lodging options.

Getting to Northern Outdoors

Northern Outdoors is located at The Forks, Maine which is near the US/Canadian border. It's a 2 ½ hour drive from the Portland, Maine airport (or 3 hours from Quebec, 4 ½ hours from Boston).

From the South, take Exit 133 off I-95. Take Route 201 north, through Skowhegan and Bingham. Northern Outdoors Forks Resort Center is 18 miles north of Bingham on Route 201.

From the North, take Exit 157 off I-95. Take Route 2 west to Skowhegan, then Route 201 north through Bingham. Northern Outdoors Forks Resort Center is 18 miles north of Bingham on Route 201.

Note that the nearest major grocery store or location to buy supplies (Walmart) is 1 hour south of The Forks in Skowhegan, Maine. Northern Outdoors is deep in the Maine wilderness, along The Old Canada Road National Scenic Byway linking Canada and the USA, and there aren't many facilities near to the host venue

Once you arrive at Northern Outdoors, there is no such thing as a "quick trip" to buy last-minute supplies.

SHIPPING GEAR TO NORTHERN OUTDOORS

Some racers prefer to ship equipment to the race host location – it can reduce travel headaches. For those looking to ship gear like mountain bikes or other equipment in advance of the race, the receiving address for Northern Outdoors is:

Untamed New England Racer
For [Racer Name] & Team # [#]
Northern Outdoors
1771 US Route 201
The Forks, ME 04985

Please do not schedule any deliveries prior to June 1st, 2014.



BOOKING LODGING AT NORTHERN OUTDOORS

Northern Outdoors resort has a wide spectrum of lodging options, from luxury cabins to tent sites and everything in between. What they don't have, though, is unlimited capacity so we encourage you to reserve early to make sure you get what you need.

The resort sold out in 2012 about a month before the race, so you're encouraged to plan ahead.

Call [1-800-765-7238](tel:1-800-765-7238) to make your reservations with Northern Outdoors.

Visit www.NorthernOutdoors.com to review all the resort lodging options.

Online Team Center

The Untamed New England race roster is managed through the online Team Center at www.UntamedNE.com/ExpeditionRoster.aspx. For your login, use the email you registered for the race with to access the system (and there is a <Reset Password> function you can use to gain access if you don't yet have a password).

Use this online tool to:

- Update your team record for the race (change team name or set the names of your teammates).
- Complete the majority of your race waivers (media waivers, medical forms, and other documents) to save valuable time during your pre-race check-in on June 17th.
- Select sizes for your commemorative race shirt and other gear such as the custom arm warmers each racer may receive before the race.

Required Gear & Bins

The race mandatory gear requirements are posted online at:

<http://www.UntamedNE.com/ExpeditionGear.aspx>

and are based on the Adventure Racing World Series standard gear list. The Untamed New England race course will feature mandatory gear checks at most staffed checkpoint locations.

The requirements for your gear containers for staging your gear:

<http://www.UntamedNE.com/GearBins.aspx>

To summarize: the race will stage gear bins for your team and one bin per racer is permitted with a max weight allowed of 35 lbs (15.8 kilos).

Each team may also stage a single team bin for paddling equipment with a max weight allowed of 40 lbs (18 kilos).

All bins will be weighed prior to loading them onto the race trucks – but no weight rules apply after the initial loading of the bins (so when your paddling gear is soaking wet and exceeding 40 lbs after Leg #1, you can still stage it all with race staff).

Note that you will **not** need to break-down and rebuild your bikes during the race, so no bike-box is necessary. We tie the fully assembled bikes into our moving trucks and transport them without requiring you to pack them into boxes.



Online Race Resources

Besides the basic race website at www.UntamedNE.com, we have other avenues available for more about the race:

- Race HQ Blog
 - www.UntamedNE.com/HQ
 - Insights into training and other ramblings from our race management
- Race Message Board
 - www.UntamedNE.com/Board.aspx
 - Post questions and interact with race management, or other racers, via this open forum
- Race Facebook Page
 - www.FaceBook.com/UntamedNE
 - The main race social media connection



RACE SCHEDULE

(Subject to change – tentative)

- The Untamed Expo and Adventure Symposium runs all day Tuesday June 17th at Northern Outdoors Lodge
- Official race check-in takes place on Tuesday June 17th from 3-6 PM at the Northern Outdoors main lodge.
- At 7 PM that evening, June 17th, we have the official race welcome, course overview presentation, and your race maps and booklets will be distributed.
- On Wednesday June 18th at 7 AM, we have the race Captain's Meeting for any final questions teams have prior to the race start.
- At 8:30 AM on Wednesday, all team gear bins and equipment must be turned in to race staff and at 9 AM we board busses for transport to the official Untamed New England 2014 race start
- Around mid-day on Saturday, June 21st, we expect the winning teams to cross the race finish line.
- At 10 AM on Sunday, June 22nd, the race course officially closes and we expect all teams to be off the course by that time.
- The awards ceremony and post-race party is set for 12 noon on Sunday June 22nd at the Northern Outdoors main lodge.



The Packrafting Scoop

The most common question we get is “what kind of packraft is best for this race?” Our answer: **we’re not saying.**

It’s not because we want to be sneaky, it’s because the best solution for your team depends a lot on what your strategy is for packrafting. What we’ll provide here is an overview of what you can expect in terms of packrafting, and then you can make an informed decision all your own.

There are sections of the race that you absolutely *must* use packrafts to cross water. It’s either that or you swim, or you travel 20 or 30 extra miles around to avoid the water. These sections are limited, however, to about 1 mile in total. The water isn’t aggressive for these sections – think remote mountain lakes or gently moving rivers.

There are sections of the race that you may choose to use packrafts because of strategic choice – where you feel you’ll move faster over water than land. If you are slow in packrafts you may opt to stay on foot, or if the water is too aggressive for your packrafting comfort level you might avoid the water. Other factors surely apply, such as weather and if it’s day or night. There’s about 10 miles of various whitewater routes that fall into this “strategic choice” category, and about 10 miles of flat water where this situation applies.

Finally, teams should be prepared to trek over land with packrafting gear for a combined 20 to 25 miles. Sometimes on trails, sometimes through areas with no trails. Imagine a linear race section combining lots of trekking and packrafting options, one where you’re in deep wilderness for 24 hours or longer, and that’s a situation you’ll encounter at Untamed New England 2014.

So . . . one boat per racer or tandem packrafts? Which brand and model of packraft? 4-piece paddle or something else? These are up to you, but this summary gives you everything you need to know to make an informed decision.

Our suggestion is to examine your race goals, consider this information we’ve just provided, and when in doubt make the decision that will give you the most options on the race course as possible. Ideally, a packraft that is versatile and one that is light and packs/unpacks quickly is tough to beat.

The consensus “Cadillac” manufacturer of packrafts has to be Colorado’s AlpackaRaft, and they’re extending a discount for Untamed New England race teams. Reach them at <http://alpackaraft.com> or call them at (970) 533-7119 for details. AlpackaRaft is a race sponsor and a leading participant in our Untamed Expo on race check-in day, Tuesday June 17th.

MEDIA REACHING OUT TO YOU

Breathe Magazine, one of our race media partners, will be reaching out to each team via an email to team captains.

BREATHE
ADVENTURE | ENDURANCE | LIFESTYLE MAGAZINE

The Breathe team will be building out pre-race biographies on each team and this will help build media exposure for your race team, the Untamed New England event, and the sport of adventure racing as a whole.

They may ask for photos or racer histories – Breathe is a creative bunch!

Please give Breathe your full cooperation in this effort to maximize the visibility of your team and the race!

RACE WITH IDENTIFICATION

For identification purposes, all racers must carry a photocopy of their passport in a ziplock bag or other dry, protected container for the duration of the race. If you don’t have a passport, carry a copy of your birth certificate and drivers license.

The Canadian border is close, and in a previous race a team from Ecuador accidentally crossed the border during the race and they didn’t have proper documentation. It took some hours for us to secure their release from US Border Patrol so they could continue racing.

Untamed Expo & Symposium 2014!

Race check-in is Tuesday afternoon June 17th, but we've worked with a variety of sponsors to make our 2014 Untamed Expo the biggest yet with exhibitor booths from MadAthlete.com, Spiz, Light & Motion, and others and on-water demos from our friends at AlpackaRaft.

We'll also have sample canoes available for teams to practice with, consistent with the style you'll paddle in the race

The highlight of the Untamed Expo, however, will be the Adventure Symposium set from 1 PM to 3 PM on June 17th. We'll have a panel of elite international adventure racers responding as an expert panel on a number of adventurous topics such as race preparation, strategy, the future of expedition racing, and other subjects. The Symposium will also include an open question/answer session and a chance to mingle in a more social setting. Best of all, the Symposium is **free** to all registered racers!

Breathe Magazine will broadcast the event **live** over the internet, for the benefit of those not lucky enough to be in Maine for the race.



Pinnacle Tracking Devices



Previous editions of Untamed New England have required each team carry a satellite phone for safety purposes; there is no reliable mobile phone coverage in this wild region, and the satellite phone was our only avenue for emergency communications.

For 2014 this changes, however, as the race will provide each team with a 2-way satellite communicator from Pinnacle Tracking (www.PinnacleTracking.com). Running on the Iridium satellite network, these devices serve as GPS tracking devices (which link in to our live race coverage website) and usher in a new era in remote wilderness communications and tracking. These devices are the same ones used in December 2013 at the AR World Championships in Costa Rica, but with significant software upgrades based on the lessons learned in the Central American jungle.

Pinnacle Tracking rents these devices for a variety of activities and races, and are the official tactical tracking and website sponsor of the 2014 Untamed New England.

OFFICIAL RACE NUMBERS

We will share the assigned team numbers in the next Captain Communication (April 2014). We require teams to label all their official gear bins with their team number, and we will provide race bibs and bike plates with your race numbers. We suggest you label items like PFDs, paddles, and other equipment with your team number to guard against confusion during the race.

We assign teams their race number based on a careful review of their race roster and track record at previous Untamed New England events. Teams with racers who have finished on the podium will earn the lowest numbers, with the most accomplished team earning the coveted team number "1".

For 2014, we'll spare you the suspense of who will earn the #1 race bib . . . the defending Untamed New England Expedition champions from 2012 and reigning World Champions of adventure racing are returning to defend their title: look for Thule Adventure Team to wear the #1 race bib come this June.

TRYADVENTURERACING.COM

We've collected a number of teams together to track their progress leading up to the race; the website www.TryAdventureRacing.com is a showcase of how some teams prepare to race North America's biggest race.

Some teams are doing great videos, others are posting photos and other commentary. We even have a category for material posted from inside our race staff – so really behind-the-scenes of how we pull this kind of race off.

www.TryAdventureRacing.com is our latest experiment in showing adventure racing from the inside out.

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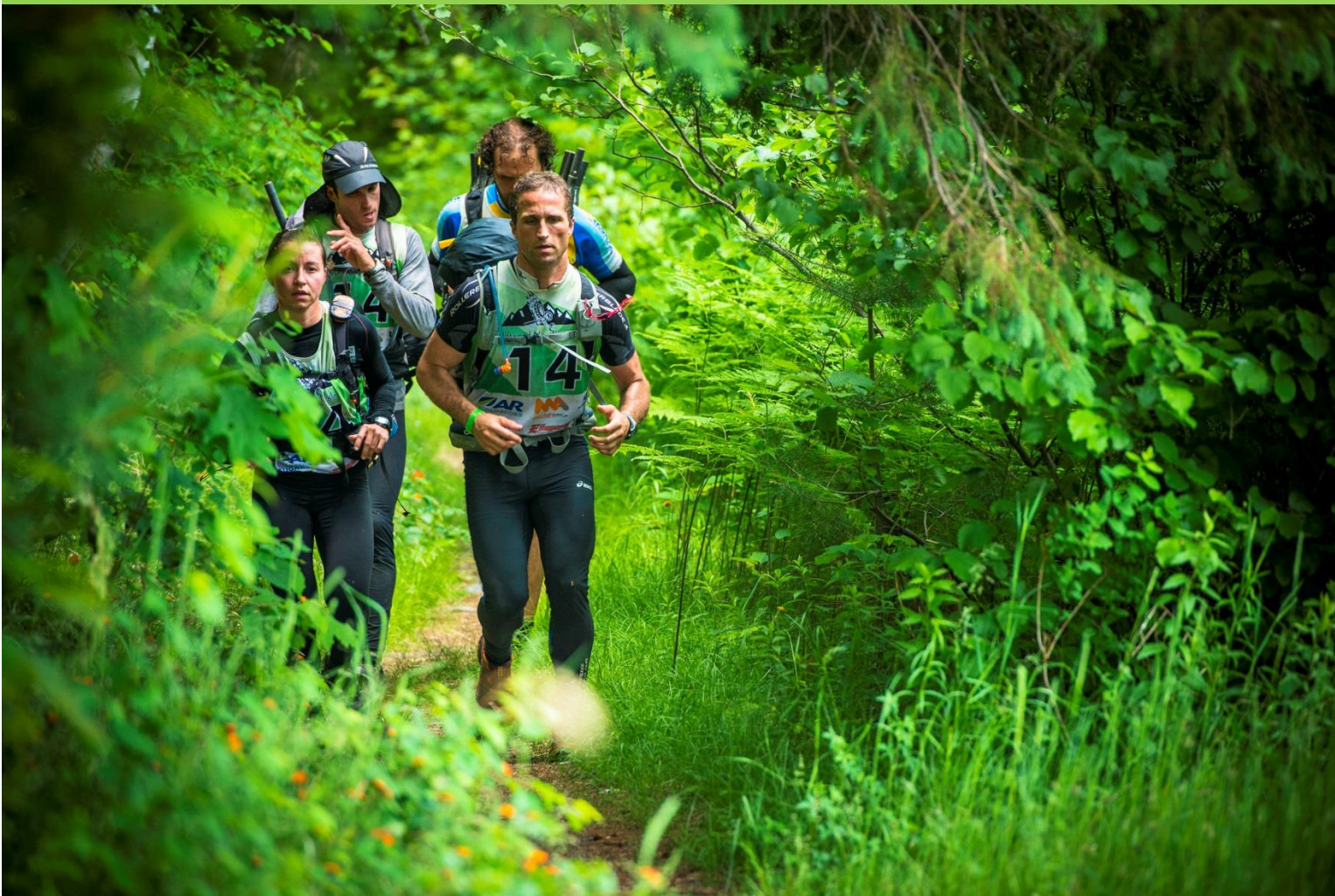
Maine Highlands
4-day expedition race
June 17-22, 2014



In the shadow of Mount Katahdin, the region boasts an unparalleled network of reserves and protected wilderness that makes for a spectacular setting for the Untamed New England Expedition Race.

Wabanaki Indians called this territory the 'Dawn Lands' and it served as their ancestral home. In June 2014, adventure racers will tackle a remote course of mountains, rivers and forests through the 'Dawn Lands' and experience an expedition of a lifetime.





Concluding Remarks

This concludes our first Captain Communication for the 2014 Untamed New England Adventure Race. We have lots of additional information to share with you in April like more course details, information about race protocols, team numbers, news about the live race website and provisions for spectators, and more.

Remember our Competitor Relations Manager, Chris (Rumohr) Webster, is at your disposal. Email her at Chris@UntamedNE.com with any questions or concerns and she's tenacious like a bulldog at getting you answers!

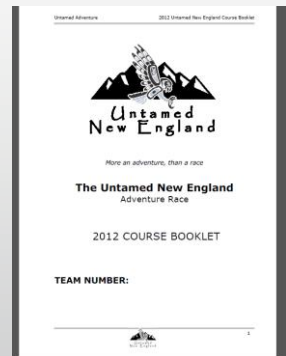
Until April, then, enjoy these Winter months and know that all your training will really pay off in June as our race course is a beauty to behold!

Grant Killian and the staff of Untamed Adventure



RACE INSTRUCTION BOOK

View our full race instruction booklet from the 2012 edition of the expedition at <http://bit.ly/1ebZigb>



This provides valuable insight into how a race like this is structured and can give you an idea for what to expect this June.