

The SPAR is going to be a great day full of adventure! We are really looking forward to meeting the new teams and seeing returning friends! This is the first of two captain's communications. You will also receive one the week prior to the SPAR with race location and additional details. Here are the details that we will be covering today:

1. Required Gear
2. Rental Boats
3. UTM plotting/navigation
4. HRA Introduction to Adventure Racing Clinic
5. Photo Op!

1. Required Gear

There is a required gear list for the SPAR. It is posted on the SPAR webpage (Race HQ/SPAR) http://www.hradventure.com/Race_HQ/2008SPAR.htm

2. Rental Boats

Mandatory for all teams: you must provide your own watercraft for this race. Any teams who do not have access to canoes or kayaks may call Paul with Liquid Lessons to rent a watercraft for the SPAR. Paul will provide the boat, PFD's, and paddles, as well as transporting to and from the race venue. However, all arrangements MUST be made at least 2 weeks in advance of the SPAR. If your team needs a boat and has not already made arrangements, please call Paul ASAP. (757)617-1106 or email Liquidlessons1@aol.com

NOTE: There will be a 30 minute penalty for all teams racing with kayaks only for the SPAR. This is to assist with creating a fair racing field to those teams racing canoes.

3. UTM Plotting and Basic Navigation

As with all HR Adventure races, the SPAR will depend of land navigation. It is required that at least one member of the team be familiar with UTM plotting and the basics of navigation. For those needing a tune-up, we'd recommend our Intro to Adventure Racing Clinic.

4. Introduction to Adventure Racing Clinic

HRAventure will be hosting its annual Introduction to Adventure Racing Clinic on March 15th at First Landing State Park in Virginia Beach. If you and your team need to familiarize yourselves with UTM plotting and the basics of navigation, hone in on your skills, or if you would just like a good training day on the Adventure Racing Diet Course, the clinic is a great opportunity. For more details and registration http://www.hradventure.com/Race_HQ/2008Clinic.htm

NOTE: If your team is new to the sport of adventure racing, we HIGHLY recommend attending this clinic!

5. Photo Op!

For the 2008 SPAR, Will Ramos and Brian Knight (the two official photographers for the 2008 Primal Quest Adventure Race) will be out capturing all of the action. These two really do take some incredible shots. You can check out their past work at www.waramos.com and expect some great shots to come out of the race for your memoirs.