

PARTICIPANT PREPARATION INFORMATION



In order to ensure that participants are prepared for the race day, please provide each team member with a copy of this page.

General Reminder: Hey this is Eugene, Oregon in May. If you don't like the weather now – just wait a few minutes! The majority of this race is outside, so please prepare for the wettest conditions – make all webfoots proud of your preparation. Bring a small day pack to provide flexibility in what you need to be wearing throughout the day.

Clothing

1. Wear old comfortable clothing that you won't mind getting dirty or artistically affected.
2. Wear layers to keep you comfortable throughout the day (there will be alternating times of high and low physical activity). Hats, gloves and rain gear are strongly recommended. Cotton clothing is discouraged.
3. Wear solid walking shoes. Slip-ons or open toed sandals are discouraged. You'll be on your feet most of the race.
4. It would be appropriate to keep a set of fresh clothing at the race start and finish site so you can change into some fresh clothes if needed at the end of the day.
5. Costumes are encouraged and appreciated.

Food & Beverage

1. Bring your own water bottle to meet your individual hydration needs. You will have opportunities to fill it up during the race.
2. Eat a hearty breakfast on the morning of the race. You are responsible for providing your own food and beverages during the race. Bring a small amount of cash if you wish to support local food-service businesses. To keep your energy level steady throughout the day we recommend bringing some quick snacks (granola bars, fruit) that you can eat between events. We will provide a BBQ dinner for all participants at the post race celebration.
3. Please be responsible for all of your team garbage. We're a green city.

Personal Preparedness

1. Bring your bike and helmet (REQUIRED), or let us know by May 1st that you need to borrow one.
2. Each team must have a GPS unit, or let us know by May 1st if you need to borrow one.
3. Each team must have a camera. A cell phone camera is acceptable. Bring extra batteries!
4. Please bring any personal medications that you require. *If you are allergic to insect bites or bee stings, bring your Bee Sting Kit.*
5. We strongly recommend you leave items of value at home.
6. Sun screen is a good idea.
7. You are welcome to bring a day-pack to carry your items throughout the day.
8. *Before you can participate in the activities of the day - you must turn in a completed and signed copy of the Assumption of Risk & Liability Release Agreement and Health Form.*

**If you have any questions about preparing for the day, call the
River House Outdoor Program M-F 12:00 - 4:00 @ 682-5329**