

## Captain Communication #1

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Untamed New England

2018

**Abenaki Pursuit**

edition

#1 - February 2018



## From our Race Director

One year ago this race was a whisper. We discussed the idea of another Untamed New England expedition race with a few close friends, and word started getting out. It's not the way a business plans for publicity or conducts market research before launching new ventures, but it's how this itch of an idea grew into what it is today: **another sold-out, point-to-point expedition through New England's wild reaches.**

This may be North America's biggest race of the year, but it's not because anyone shaped the event in response to market demand. Untamed New England is true to our own vision of what an awesome week in the wilderness should be. For the record:

We like challenging cross-country navigation.

There's euphoria in overcoming staggering challenges.

We don't combine smaller events into our race plan because it's a distraction from the main event.

Life is short. Do some awesome things! This expedition race is an expression of creativity, fun, and audacious human ingenuity.

We also imagined this race could be a vehicle for even better things in the world, so we've partnered with ShelterBox, a disaster-relief agency working internationally. I hope you find inspiration in ShelterBox the way I did – many in the world don't trek 5 miles through the mountains for *fun*: they do it to find *clean water* or *economic opportunity*. I'll have lots more to say about ShelterBox on the next page.

You may not finish the full Untamed New England course. This race is going to be hard. You did, however, find this race despite our lack of marketing budget. Something wants you to compete. Something inspired you and, trust me: We "get it," because we've got the same itch. What's 200 miles between friends, right? (It's actually more like 300. Okay, okay: 317 miles, to be exact).

Finally, we're fond of pointing this out: you may not be ready for us, but we're ready for you. This first Captain Communication gets us started in earnest!



Grant Killian – Director, Untamed Adventure Racing

### CAPTAIN COMMUNICATION SCHEDULE

Feb. 2018: Captain Communication #1.

Early June, 2018: Captain Communication #2.

Mid-July, 2018: Captain Communication #3.

### ONLINE COMMUNICATION FORUM

We've created a Facebook Group to facilitate informal collaboration between racing teams and staff, and help with Q&A about the race..

Any significant communications on behalf of the race organization, like Captain Communications, will go out via email to registered team captains and be posted to the official race website at (<http://www.UntamedNE.com>). This Facebook Group is an optional method for additional dialogue related to the race. Participation is optional.

Find the group at this URL:

<https://www.facebook.com/pg/UntamedNE/groups>

This is a closed Facebook Group: only racers and those involved with the event can access it. Please request access and specify which team you're affiliated with.

# The ShelterBox-Untamed Connection

85 million people worldwide are displaced by natural disaster and conflict. By the year 2050, we may see 200 million people displaced. **Untamed New England is partnering with ShelterBox, an international disaster-relief agency, to make a difference.**

ShelterBox's emergency shelter and tools turn despair into hope. Their teams are nearly always on the ground, responding to disasters both natural and conflict-driven. Right now, ShelterBox is responding to disasters from the Philippines to Syria to the Caribbean. They do it with the help of highly trained ShelterBox Response Teams, who provide the link between the people who donate to ShelterBox and the families that receive ShelterBox support.

Like adventure racers, these volunteers climb mountains, cross rivers and navigate their way through complicated procedures. Their journey is like the one you're on now, from rigorous training to the actual race itself. Untamed NE will test your team's ability to communicate, plan and work through challenges, just like a ShelterBox deployment taxes every team we send out.

And, at your lowest point in the race, you will find a way to push on. ShelterBox's teams do it for the sake of reaching families who need help.

This year, we are challenging you to do the same.

You can help ShelterBox provide emergency shelter to families displaced around the world by engaging in this special Untamed New England-ShelterBox fundraiser. Teams who raise the most money for ShelterBox's mission will be honored at this year's race. Do you have what it takes to go the extra mile and deliver to those in need?

Untamed New England and ShelterBox will support you throughout your fundraising efforts and make sure you are getting the most out of the experience. In the meantime, start your fundraising now! We've built a dedicated online platform for you as an easy and secure way to raise money. Create your team's page at <http://untamed-new-england.everydayhero.do> and start making a difference today!

We're really excited to see how much good we can do with this!

Grant Killian

**"Adventure racers are great representatives for endurance, teamwork, and getting the job done, all things we value at ShelterBox. We can't wait to meet you."**

-- Yi Shun Lai

*ShelterBox Response Team Member & former adventure racer*

## MORE ABOUT SHELTERBOX

Visit ShelterBox USA online at [www.ShelterBoxUSA.org](http://www.ShelterBoxUSA.org)

## SHELTERBOX LEADERBOARD

Untamed New England and ShelterBox have joined forces to establish prizes for the top fundraising teams. This is not the complete list of prizes, but a sampling of prizes related to fund-raising:

- Top 4 fund-raising teams by July 1 win their choice of the VIP Moose or Bear Packages (see below for package summaries).
- First team to reach \$1,000 in fundraising wins a set of ShelterBox bike jerseys.



## VIP Packages

"Moose Package" is lodging for your team Monday night (July 23<sup>rd</sup>), and dinner with Untamed race and ShelterBox leadership (strictly social, no course details to be discussed). This is available to two teams.

"Bear Package" is luxury transportation pre-race (Tuesday, July 24<sup>th</sup>). Details will be revealed on the 24<sup>th</sup>. This is available to two teams.

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The official Untamed New England race website will be updated in February with further details. Prizes may be added up until the race in July, so this information will expand as particulars are finalized.

To be clear: these fundraising prizes are independent of the race results and will not provide material advantage on the expedition race course.



## The Untamed New England 2018 Host:

### *University of New Hampshire in Durham, NH*

In previous editions of the race, we've worked with a great host venue so we could be central to the race. This limited our options, however, to resorts with specific capacities or access, and it usually made the event less accessible to racers.

We changed this for 2018.

This year, we'll will use a more convenient location to the major population centers of New England. We selected the UNH Campus in Durham, New Hampshire as our race check-in location for Tuesday morning, July 24<sup>th</sup>.

Refer to the following draft of our UNH campus area map for reference: [www.UntamedNE.com/media/draft-unh-map.pdf](http://www.UntamedNE.com/media/draft-unh-map.pdf)

Racers will check-in for the race at the Memorial Union Building at the center of the UNH campus; we've reserved theater and meeting spaces for all our activities in that building. Racers may want to drop off larger pieces of equipment at the short-term parking lot. The long-term parking lot, where you'll leave your cars for the duration of race week, is about a 15-minute walk from the check-in venue. (See the sidebar for more information.)

We'll update you with a more detailed race check-in plan as we get closer to the event, but we hope this draft information will assist you in preparing for Tuesday the 24<sup>th</sup>.

**Note: the race course itself is a long way from UNH in Durham, NH.** Racers will only visit UNH for a few hours on Tuesday July 24<sup>th</sup>. We'll transport racers to and from the race course – you just need to get to UNH campus.

A nice advantage of basing race check-in from UNH is that there is a full grocery store within walking distance of campus, and several restaurants. This is a vibrant community, and not a remote wilderness outpost.

Rest assured: you'll experience plenty of remote wilderness for the race, just not during these check-in formalities in Durham, NH.



### LODGING AHEAD OF THE RACE

With the race check-in set for the morning of Tuesday, July 24<sup>th</sup>, teams may be looking for lodging on Monday night. We are talking to a few viable facilities in the area and will have more options for you in the coming months.

In the meantime, if you'd prefer to book something and not worry about it, the Durham Holiday Inn Express is a 15-minute walk from the race check-in location on the UNH campus.

Their website is <https://www.ihg.com/holidayinnexpress/hotels/us/en/durham/durnh/hotel/detail> or call them directly at +1 603-868-1234.

Durham, New Hampshire



### LEAVING EXTRA CARS AT UNH

There is a fee for leaving cars at the UNH campus lot (where it's lighted and patrolled by security). A UNH parking pass is required. The race is providing one pass per team to park one car; additional parking passes can be purchased for \$50 per additional car.

## Online Team Center

The Untamed New England race roster is managed through the online Team Center at [www.UntamedNE.com/ExpeditionRoster.aspx](http://www.UntamedNE.com/ExpeditionRoster.aspx). Log in using the email you used to register for the race, and use the <Reset Password> function if you don't yet have a password.

In the Team Center, you can complete electronic waivers (save time at race check-in!), update your team record and profiles for the race, and more.

## Race Team Coverage

Each race team has their own bio section on the Untamed New England website. This folds into live race coverage, which will include GPS tracking, race leaderboard, media, and other news from on the course in July.



The above example shows the Rootstock Racing team page (<http://www.untamedne.com/TeamDetailInfo.aspx?id=1128>). If you haven't already, you'll soon be hearing from Clay ([Clay@UntamedNE.com](mailto:Clay@UntamedNE.com)) who will work with you to complete the details for your team page.

These team bios help us connect with media and get a lot of traffic before – and particularly – during the race. It's also a way to showcase your sponsors and your team's accomplishments. We've heard from the general public how much they love getting to know the teams and the sport of racing this way, so do fill these out.

Please complete your bios and team pages by July 1.



## RACE SCHEDULE

(Subject to change )

- The Untamed New England official race check-in takes place on Tuesday, July 24<sup>th</sup> from 9 AM – 12 Noon at UNH's Durham campus in Durham, NH.
- At 12 PM on Tuesday, July 24<sup>th</sup>, we have the official race welcome, all-racer meeting, collection of gear bins, and start transportation to the race venue.
- At 4:30 AM on Wednesday, July 25<sup>th</sup>, we have the final Race Captain's Meeting for final Q & A. This is in a remote and undisclosed location.
- At 5:30 AM on Wednesday, July 25<sup>th</sup>, we have the sunrise race start.
- Around mid-morning on Saturday, July 28<sup>th</sup>, we expect the first teams to cross the race finish line.
- At 10 AM on Sunday, July 29<sup>th</sup>, the race course officially closes. We expect all teams to be off the course by that time.
- The awards ceremony and post-race party is set for 11:30 AM on Sunday, July 29<sup>th</sup>.



## The SUP Scoop

We've had questions about the stand-up paddle boarding (SUP) component of the race. This will be 1 to 2 sections of SUP for 5-10 miles in total. Untamed NE will provide one SUP board and one SUP paddle per competitor. Racers are required to wear a PFD for any SUP section, and glowsticks for illumination for any SUP if it's dark out. The PFD and glowsticks must be provided by the racer (PFD must meet the requirements on the official race gear list).

## Ropes Discipline Removed

Due to logistical reasons, the ropes sections of the race have been removed. (As our race course came into focus, we made the difficult decision to exclude ropes in 2018.)

## Race Prizes

1<sup>st</sup> coed 4-person team wins \$5,000.

2<sup>nd</sup> place is a set of steak knives (kidding – but we've always wanted to say that).

We're finalizing the other prizes, so stay tuned!



## Official Race Numbers

We will share the officially assigned team numbers in the next Captain Communication (June 2018). 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 race numbers based on a careful review of each team's 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."

## REQUIRED GEAR & BINS

The race mandatory gear requirements are posted online at:

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

The Untamed New England race course will include mandatory gear checks at most staffed checkpoints.

The requirements for your gear containers for staging your gear:

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

Summary: the race stages gear bins for your team. One bin per racer is permitted with a maximum weight allowance of 50 lbs (23 kilos).

Each team may also stage 1 team bin for paddling gear, with a maximum weight allowance of 50 lbs (23 kilos).

All bins will be weighed prior to loading onto the race trucks –no weight rules apply after the initial loading of the bins (when your paddling gear is soaking wet and exceeds 50 lbs, you can still stage it all with race staff).

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

## Adventure Racing On-Ramp

Expedition adventure races don't come around often, especially those like Untamed New England. We want to help bridge the familiarity gap for newer racers who've signed up for this 4+ day challenge.

Through mentoring and basic Q&A, we feel we can help racers be more successful and get the most of the experience. We've partnered with a professional training company, ActionFirst (<http://www.actionfirst.net>), for those looking for more structure, guidance, or motivation. We call this effort the *Adventure Racing On-Ramp* and it consists of two tracks:

- **The Untamed New England "Buddy Program"** is a free service where experienced competitors from multiple editions of Untamed New England and members of the race leadership team work with those new to the sport to provide basic mentorship pre-race.
- **The Untamed New England "Coaching Program"** is a service in concert with Action First Coaching that provides one-on-one coaching in areas of performance, mindset, and putting it all together to make the most of the race opportunity.

You can read more about both these programs at <http://www.untamedne.com/AROnRamp.aspx>.

### Buddy Program

To get started with the "Buddy Program," just email us at [info@UntamedAdventure.com](mailto:info@UntamedAdventure.com), and we'll get the ball rolling.

### Coaching Program

Reach out to Action First's Sarah ([sarah@actionfirst.net](mailto:sarah@actionfirst.net)) for details on the Coaching Program.

### Facebook Group Collaboration

We will be active on the Facebook Group mentioned on the sidebar on page 2 of this Communication (<https://www.facebook.com/pg/UntamedNE/groups>). Our hope is that this page will be a lively forum for discussion about race prep or any topic related to the race, so even if you're not taking advantage of AR On-Ramp, you don't have to go it 100% alone.





# Untamed New England

Expedition Adventure Race



**JULY 24-29,  
2018**

VISIT: [www.UntamedNE.com](http://www.UntamedNE.com)

ABENAKI



PURSUIT

**MORE AN ADVENTURE THAN A RACE**





## Concluding Remarks

This concludes our first Captain Communication for the 2018 Untamed New England expedition adventure race. Your race leadership has raced in lots of events and helped to organize events all over the world, so we're really familiar with this territory. Teams often go one of two ways from this point: some will file this communication away and start thinking in earnest about the race maybe in June. But others will print a copy, make notes and to-do lists from this material, and engage with teammates on how they can make the most of the next 5 months before the real racing starts. These teams will probably also pop onto our Facebook group and interact there. History is pretty clear which approach sets the stage for success, regardless of how you define it, so I encourage you to share this material with your race team and seize the opportunities you have right now.

Sign up for that bike maintenance class; try out lots of options when it comes to food; carry a topo map with you on *every* long run. You get the idea? **Odds are, you overtrain the activities you're already good at, so use these months to get more comfortable with some of the stuff outside of your normal skillset.**

With that basic training advice out of the way, I want to remind you to create your team's ShelterBox fundraising page (covered on page 3) and start pursuing the great prizes we have lined up around this philanthropic challenge. If you need inspiration, we'll be adding ShelterBox materials in a number of places, so be on the lookout!

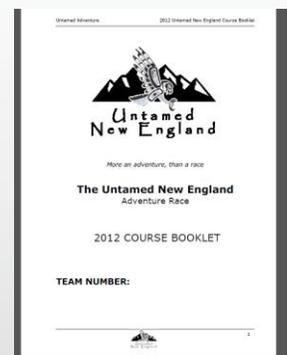
Also, we'd be grateful if you'd engage with [Clay@UntamedNE.com](mailto:Clay@UntamedNE.com) on your team's bio page. It will help build out that aspect of the race website and make for more vibrant race coverage in July.

In your next Captain Communication, keep an eye out for some race course details; information about race protocols; team numbers; news about the live race website; provisions for spectators, some updates from ShelterBox leadership, and more. We're already looking forward to it! Are you?

Grant Killian and the staff of Untamed Adventure

## RACE INSTRUCTION BOOK

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



This provides valuable insight into how a race like this is structured, and can give you an idea of what to expect in July.

