



WWAR

Race Update 2

QUESTIONS EMAIL:

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WEBSITE:

<https://www.waddlingwarriors.com/waddling-warriors-ar>

SOCIAL:

<https://www.facebook.com/LadyPenguinMud>

Thank you for registering for the 1st ever Waddling Warriors Adventure Race! Race Day is now only 3 weeks away! If you have not already, Please read the details below carefully and look through all materials on the race website including the Race [14Hr Information](#)/ [7Hr Information](#), [Gear List](#), and [Scout Report](#) pages.

*Also, you should have reviewed [Race Report #1](#)

TEAM LIST: If you haven't already, please be sure to verify your team information on our website [HERE](#). I may need to tweak divisions yet; this is a part of directing that is still very new to me. Organizing subdivisions that still roll up to the USARA standards confuses me.

Area Lodging UPDATED:

- There was a room block at Mississippi Sand Bar Motel which may have rooms remaining. Their phone # is (608) 725-5300
- There may be a room or cabin available at The Eagle's Roost, but they could be booked solid again by now – there had been a cancellation.

BIKE DROP LOCATION. There is NO special bike drop location for this year's WWAR. Bring all gear to Riverside Park and you will get additional information in your race instructions.

WATER ON COURSE. Water will be available in all TAs. Racers will also pass many shops as they pass through Cassville which take card and cash.

This said, it is an unsupported race, so all teams are responsible for their hydration and nutrition.

INSECTS/ PESTS. Ticks have not been an issue, but mosquitos are a bit strong especially if we get rain on race week. I scouted after weather had been dry and it wasn't bad but all my course vetters have been chewed up after fresh rain.

Bug spray and Permethrin are strongly suggested for mosquito repellent. Long leg pants with legs tucked into socks, gaiters or tights are the best way to keep the ticks from getting under your clothes. ALL teams would also greatly benefit from long leg pants considering the vegetation on the course.

VEGETATION. I don't mean to be dramatic or scare new racers, but the stinging nettle specifically is crazy this year. It seems to be everywhere and in some places is chest high. I am cutting it down in some bad spots to make paths. I don't think tights alone will cut it for leg covering for any racers.

Thorns are an issue in the 14hr length but it's patchy and the animal trails wind through. You may need to alter your attack plan on site.

POST RACE. Food, beer, water, and soda will be provided at the finish line and in some cases, TAs may have goodies but that is volunteer discretion. If a TA is awesome, thank those people! I am feeding you a delicious custom menu in partnership with Moon's Town Pump. Please notify me if you have special dietary needs or allergies!

THANKS AND GRATITUDE. #1 – Thank the volunteers. When you see them remember they are taking time off work/ giving up a weekend just to support you and make sure you are having a great day. If you get mad, bring that to me – if you have questions, bring those to me. Volunteers are limited in the support they can provide and do so largely at their own discretion.

Please also keep an eye on our [Rookery Thanks Page](#) to keep up to date on the awesome sponsors and support we receive and consider those vendors for your needs!

RULES. Racers will receive formal rules and code of conduct hard copies in their race packet. Also, this will be posted on our website this week for immediate review.

GEAR TRANSPORT. There will be some gear transported by the race organization. More details will be provided in your race packet as well as the pre-race briefing video. Please plan to label your bikes and personal paddle gear.

MAP AND INSTRUCTIONS. At Check-in, in addition to goodie bag, all captains will receive maps and supplemental information in one of the following formats:

- Map Sizes will be 8.5 x 11, 8.5 x 14, and/ or 11x17
- Maps will be printed on water-resistant paper. It's high-quality stock, but we still recommend using a map case or large Ziplock bag
- Maps will be printed on varied scales, pay attention to this. All contours will be consistent.
- Supplemental documentation will be on standard paper and will NOT be waterproof. This may include
 - DNR maps of parks or state property
 - Instructions
 - Rules
 - Clue Sheet(s)
- Passport(s) will be on tear resistant paper, water resistant as well

Questions? If you still have other questions not covered here, feel free to reach out via our website – [Contact the RD](#)