

2024 EO Racer Newsletter #1



Welcome to America's Toughest Race!

Well - you're not quite there yet - there is still some time to prepare. And we suggest you prepare well. We'll be here to help you all the way. So below is a bunch of information that will help with your training, logistics, planning, etc. Read it, share it with your teammates. We'll be asking you for some info and some settling up too. So let's get to it.

- Travel logistics

The host city is Hood River Oregon. The nearest international Airport is Portland (PDX). Teams should plan to arrive at the latest on the 6th of September. Teams should plan on leaving on the night of the 15th (preferred) or on the 16th (or later). If you are arriving or departing by air, we will arrange transport to/from PDX if you arrive on the 15th or 16th (before evening), and on the 14th (evening) and 15th (preferred). We'll be asking for all flight itineraries in a future newsletter to plan all the pickups.

- Lodging

Hood River is a smallish town nestled in the Columbia River Gorge. It has many hotels, airbnb, restaurants, gear shops and amenities, but no hotel that has enough available rooms to act as a “host hotel”. We’ll be organizing gear storage during the event if your lodging choice will not allow it. Hood River is a very beautiful and popular area in the summer and fall, so we suggest you start looking at lodging sooner rather than later. Ideally you book from your arrival until Sept 8 (checkout), and then again for at least the night of the 14th (or earlier if you are going fast). We expect winning teams to finish on the morning of the 13th. Below is a list of hotels that are looking forward to welcoming you!

- Best Western Hood River
- Hood River Hotel
- Riverview Lodge
- Adventure Lodge

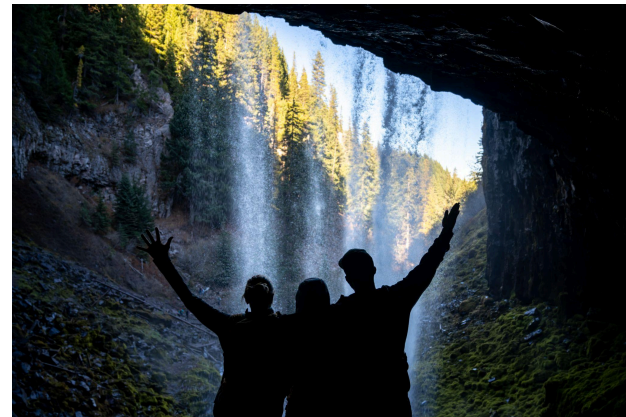
You can also find a lot of accommodation choices on VRBO and Airbnb. Teams with their transportation can also consider the nearby town of White Salmon. Lodging on this side of the Columbia river can be more affordable, but you’ll have to cross a toll bridge to get to Hood River, and bikes or walking is not allowed on the bridge.

- Cumulative distances and elevation estimates

- 3 Trekking stages: 100km/+4000m (mix of trail, off trail, lava, caves)
- 6 MTB stages: 300km/+7000m (mix of paved, forest road and purpose built singletrack as well as multi-use singletrack)
- 3 Paddling stages: 80km (all moving water, class I thru III- packrafting, class IV guided)
- 2 to 3 ropes elements: Top rope/fixed rope/rappel

If you’re looking for training tips and course updates tune into the Bend Racing Podcast. Race Directors Jason and Darren have been discussing the State of AR in general as well as diving deep into some of our own events.

<https://open.spotify.com/show/3pp43AHEsQETiB8NMIErR1>



- Payment details

Teams that still owe a balance (if you have only paid the deposit) will need to pay the remainder of their entry fee by the end of March in order to receive the Early Bird or other special rates. Regardless of payment method, please reference “EO 2024” and your team name. Final payments can be made via the following:

- Check to Jason Magness/Bend Racing mailed to 61445 Barleycorn Ln, Bend OR 97702
- Paypal to bendracingor@gmail.com
- Venmo to chelsey-magness (note it is “chelsey” with a “y” not chelsea).
- Domestic or International Bank Transfer (contact us for bank details)

- Race schedule outline

Thurs	Fri	Sat	Sun	Wed	Sat	Sun
9/5	9/6	9/7	9/8	9/11	9/14	9/15
Course Information Released	Last Teams Arrive	Gear Check-In Captains Meeting	Gear Load Orchard Party Race Start	First Teams Finish	Last Teams Finish	Brunch Awards Farewells



- Volunteers needed

We are still looking for a few volunteers, so if you know of anyone that would enjoy being part of the event - please have them reach out to us.

- Family events

Hood River is an amazing place for families to explore the Columbia River Gorge. With easy hikes, majestic waterfalls, renowned “self picking” fruit

orchards, fabulous wineries, world famous “wind” sport lessons (kiting, windsurfing, etc) and a great waterfront with parks, restaurants, coffee shops and playgrounds. The course will also have several great places to spectate without difficult drives - so this is an ideal location to bring the whole family! We’ll be providing greater details, recommendations, and incentives as we near the event dates.

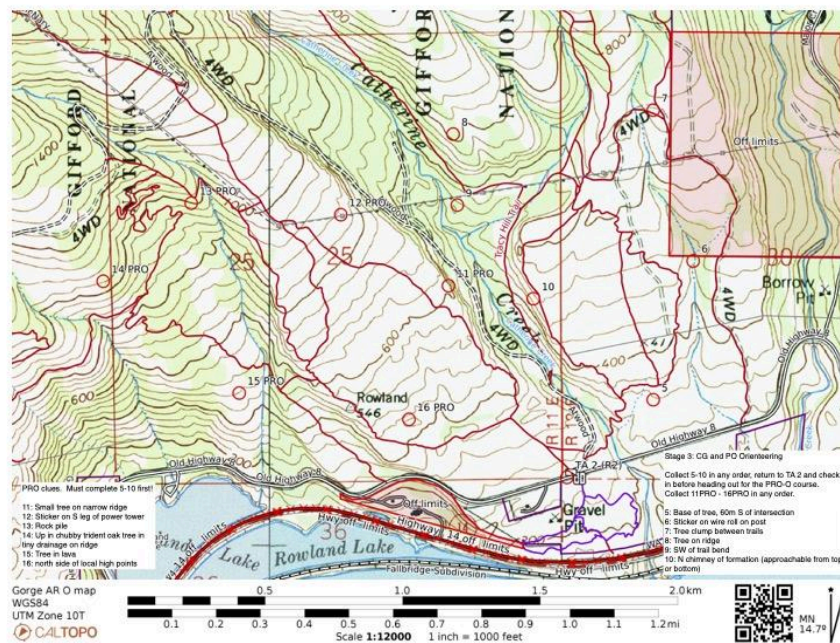
- Recovery

After the race there are plenty of places to relax and recover. Be sure to book early, many places around the Gorge are booked solid and don't have room for walk-ins. I know team Supernova already has their reservations. Some of our favorites spots are:

- Rebound Physical Therapy
 - <https://www.reboundmd.com/locations/rebound-physical-therapy-hood-river>
- Society Spa
 - <https://thesocietyhotel.com/bingen/spa-bathhouse/>
- Origins Embodied Therapeutics
 - <https://www.originsembodied.com/>
- Wilwood Chiropractic
 - <https://www.reboundmd.com/locations/rebound-physical-therapy-hood-river>
- Spa Remadease
 - <https://sparemadease.com/>

- Map Style

Maps will be waterproof, and various scales. To get an idea of the area as well as our map styles, here are maps from last year's USARA regional championship which was held in the Gorge. EO 2024 maps may have different layers or structure but you get the idea here. And maps are cool to look at.

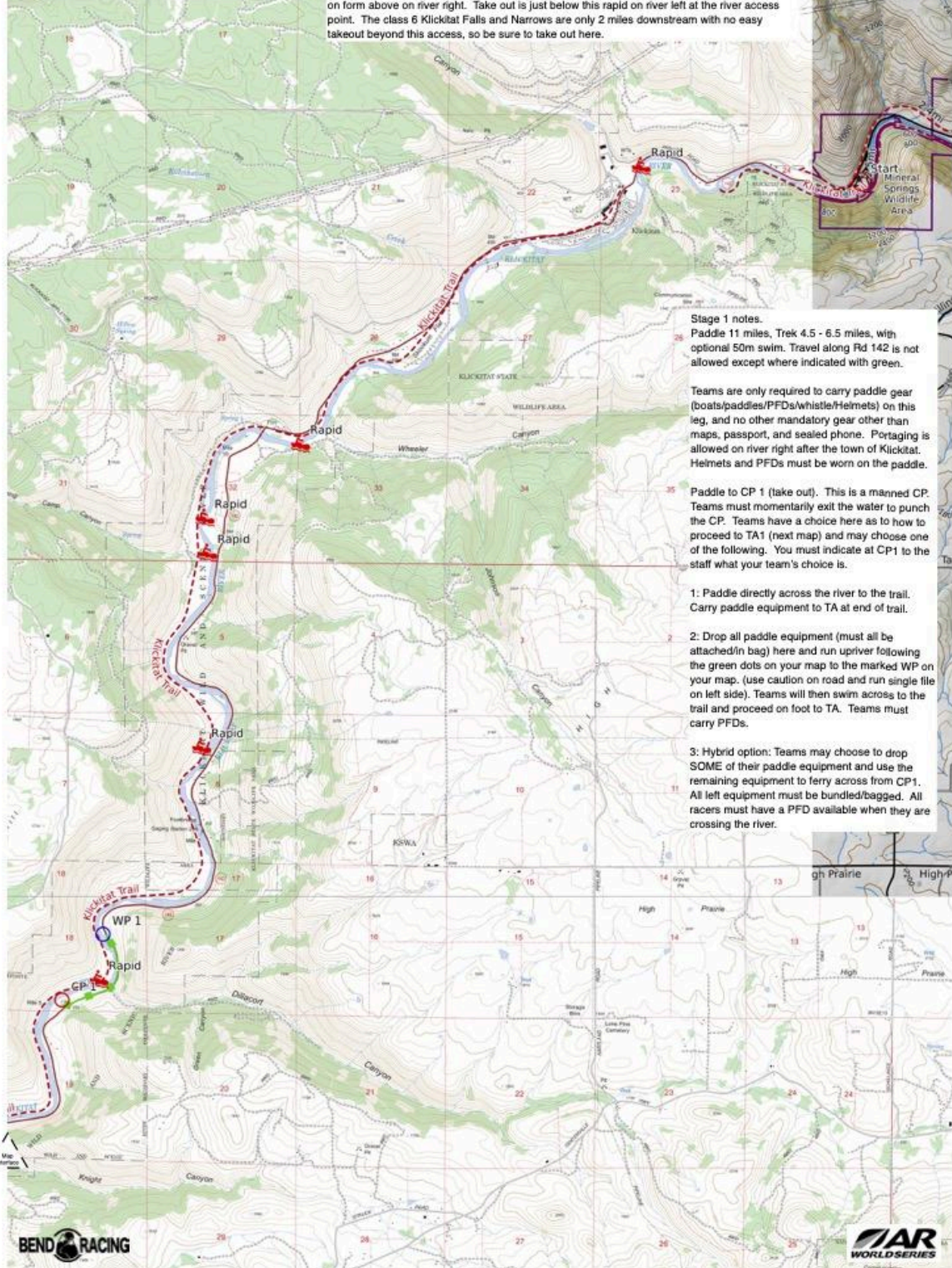




River Info (from Soggy Sneakers)
Icehouse to Turkey Hole

Fun rapids with good surfing waves are found on this run. The river is pool drop with some long rock gardens. The last 5.5 miles of the run are in the Columbia River Gorge wild and scenic area. Some of the land on either side of the river is private and posted as such.

The run begins with some easy class 1 and 2 paddling. Soon one passes the town or Klickitat. About halfway through the run is a fun set of rapids located about a mile below Pitt Bridge. The most difficult rapid of the run (class 2+) is located .3 miles above the takeout. It can be scouted on foot above on river right. Take out is just below this rapid on river left at the river access point. The class 6 Klickitat Falls and Narrows are only 2 miles downstream with no easy takeout beyond this access, so be sure to take out here.



Stage 1 notes.
Paddle 11 miles, Trek 4.5 - 6.5 miles, with optional 50m swim. Travel along Rd 142 is not allowed except where indicated with green.

Teams are only required to carry paddle gear (boats/paddles/PFDs/whistle/Helmets) on this leg, and no other mandatory gear other than maps, passport, and sealed phone. Portaging is allowed on river right after the town of Klickitat. Helmets and PFDs must be worn on the paddle.

Paddle to CP 1 (take out). This is a manned CP. Teams must momentarily exit the water to punch the CP. Teams have a choice here as to how to proceed to TA1 (next map) and may choose one of the following. You must indicate at CP1 to the staff what your team's choice is.

- 1: Paddle directly across the river to the trail. Carry paddle equipment to TA at end of trail.
- 2: Drop all paddle equipment (must all be attached/in bag) here and run upriver following the green dots on your map to the marked WP on your map. (use caution on road and run single file on left side). Teams will then swim across to the trail and proceed on foot to TA. Teams must carry PFDs.
- 3: Hybrid option: Teams may choose to drop SOME of their paddle equipment and use the remaining equipment to ferry across from CP1. All left equipment must be bundled/bagged. All racers must have a PFD available when they are crossing the river.



Map 1
WGS84
UTM Zone 10T
CALTOPO

