



UP DATE #1 – 3/14/17

*Excitement is building for the 11th annual High Profile Adventure Camp and Lightning Strikes Adventure Race. Please review closely the following very important up dates. As of this up-date, winter is still upon us with over 6" of snow on the ground at the camp. Watch the weather as we approach the start of the camp and plan your clothing accordingly. As I have always advocated, "expect the unexpected." With only 4 weeks until the start of camp, and still in the throes of winter, I have decided that the air and water temperatures will be too low for safe, comfortable paddling along with the fact that there is very little water in the area rivers, there will be **NO CANOEING** this year during the camp and race.*

- *Plenty of spaces remain for the camp. Two additional cabins have been built, bringing the total to 14! Along with the cabins, the YMCA has taken on a very aggressive capital improvement plan. The 4 Points Lodge has been nearly doubled in size, the Crafts building has been completely renovated, and there is a new parking lot. These changes have allowed the High Profile Adventure Camp to expand our educational offerings.*
- *You will be staying in cabins. The cabins are new and quite nice. There are bunks with a vinyl mattress. There is heat in each cabin. The cabins are scattered in the woods throughout the camp. The Sterling Rock Falls YMCA is committed to making this the premier adventure camp by up grading its facilities on an annual basis.*
- *Please send me at highprofileadventures@gmail.com your cabin mate(s) preference if you are attending as a team or with friends.*
- *The shower/bathroom facilities are scattered throughout the camp. They are a couple of years old and are heated and very modern with plenty of hot water. There will be dedicated men's and women's specific facilities.*
- *When arriving at the camp, park in the main lot. Check in at the 4 Points Lodge, the large dining and meeting facility located west of Sinnissippi Lodge.*
- *Please plan on arriving as early Friday afternoon as possible to help spread out the check-in process. If you arrive after 6:15 you can check-in during the evening presentation breaks.*
- *As a reminder, all camp participants must purchase a United States Adventure Racing Association membership. The cost is \$8.00 for the weekend (single event). The purchase of the membership is required to participate in the camp and in the race per insurance company requirements.*

- **Bring note taking materials and a camera. There will be a tremendous amount of information presented in a very short time frame plus the pictures of the camp, friends, ropes and the fun you are having are priceless.**
- **Active Endeavors will be at the camp with gear for sale at a discount. There will be headlamps, rappelling devices, carabiners, harnesses, climbing helmets, slings, Clif Bars, GU, etc. The gear they are bringing has been hand selected by me as gear I recommend and use.**
- **Check in time for the Race Only Participants in from 4:00 p.m. – 6:30 p.m. on Saturday, April 8th. Dinner will begin at 6:30 p.m.**
- **The Lightning Strikes Adventure Race will be an 8 hour sprint race. The 8 hour race is going to be challenging. It is geared for the experienced teams. It will involve mountain biking, orienteering, rappelling, rock climbing, and ascending. It will be approximately 55 miles in length. A four (4) hour sprint non-competitive adventure race will also be held. This race is geared towards beginning teams and racers. It will involve approximately 12 miles of biking and 3 miles of orienteering. Scattered throughout the race will be fixed ropes. I would recommend that you bring snacks for the race and electrolyte tablets to offset cramping due to the hilly terrain. Many of the top teams in the country are racing the 8 hour race as this is an excellent opportunity to qualify early in the season.**
- **The Lightning Strikes Adventure Race is a qualifier for the USARA National Championships. The camp is the only USARA sanctioned camp in the United States!**
- **For the teams competing in the 8 hour Lightning Strikes Adventure Race, please e-mail me with your team name and team mates.**
- **There has been a tremendous response from our sponsors. Each participant will receive a very valuable gift bag at check in. Corporate sponsors include ZANFEL, MERRELL, FIT Socks, the Right Stuff, Osprey, Adventure Medical Kits, Clif, Black Diamond and Petzl. Local sponsors include ENViROMARK and Active Endeavors. Thank you to all and please use their products and services.**
- **Plan on an EPIC! Tyrolean traverse. If all works out, it will be over 300' long and 100' high above the ground. Oh ya!**
- **NOTE: Due to a possible scheduling conflict, Robyn's attendance in person at the camp is still pending. I will advise as I am made aware of the status! I am so excited to once again welcome Robyn Benincasa to the camp. Due to the generosity of Steve Sisler and ZANFEL, Robyn is able to attend. Robyn is a World Champion Adventure Racer, San Diego City Firefighter, Founder of World Class Teams, Project Athena Foundation, 3 time paddling World Record Holder and is a National Top 5 Motivation/Leadership/Teamwork Speaker. In her 15-year career as a professional adventure racer, Ms. Benincasa has competed in close to 40 expedition-length events racking up multiple world championship titles along the way. She will be instructing and participating while offering advice and support.**
- **New for 2017 will be a small group workshop on "advanced ropes". This workshop will focus on top rope anchor building and use of cams and nuts on trad climbing routes.**

- ***The gear list for the teams in the 4 and 8 hour race is as follows: pack, water bladder, harness, bike helmet, bike, gloves, 2 locking carabineers, rappel device, compass, emergency blanket, headlamp, lighter, spare tube, spare polypro top per person, one bike repair kit per team, one cell phone per team and each person an Adventure Medical Kit .3. 8 hour racers must have a pen or pencil. You should have all of the gear with you the entire race.***
- **A common question I receive often is concerning handed ascenders. They will be provided at no cost during the practice sessions and during the race.**
- **The Camp is an ‘official Primal Quest’ expedition adventure race skills certifying venue. More information will be forthcoming!**
- **Please invite your friends and family to the camp! It is more than an adventure! It is an experience!**

For the items noted in red, please act on as soon as possible.

Everyone should plan on learning a lot, having a great time and meeting a lot of like minded adventurers. I look forward to seeing old friends and meeting new ones. See you soon!

Gerry