



T CX PALOS

Presented by TransCon Expeditions

September 14, 2019

Location: Pulaski Woods (Wolf Rd, Willow Springs, IL 60480)

Start Time: 9:00AM CDT

Duration: 6-hours

Finish Time: 3:00PM CDT

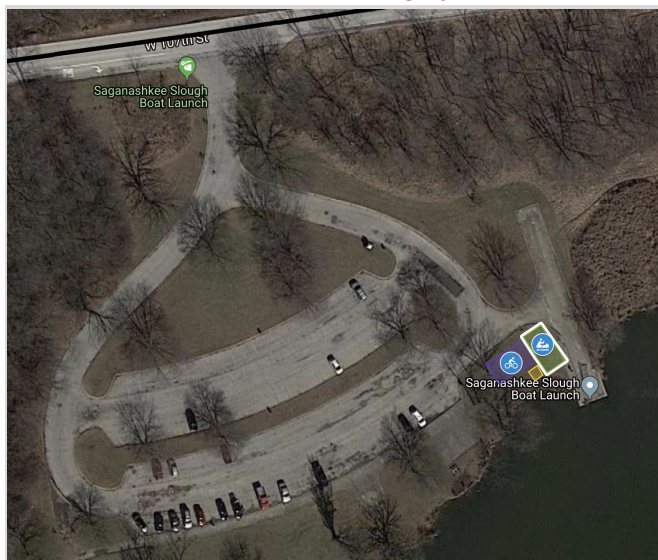
PRE RACE UPDATE #2 (9/9/19)

STEPS FOR RACE DAY (9/14/19)

1. **07:00 am - 8:30 am: BOAT DROP OFF:** If you have a personal boat please drop off at Saganashkee Slough (location below) before 8:30 am.
 - a. If you are renting a boat, please head directly to Basecamp. TCX will take care of getting the REI boat ready for you!
2. **07:00 am - 8:30 am: CHECK IN @ Basecamp**
3. **08:30 am: COURSE BRIEFING**
4. **09:00 am: RACE START**

BOAT DROP LOCATION

107th St, Willow Springs, IL 60480 (GPS: Type in Saganashkee Slough Boat Launch). The tent will be located next to the REI Boathouse and will be a grey colored tent.

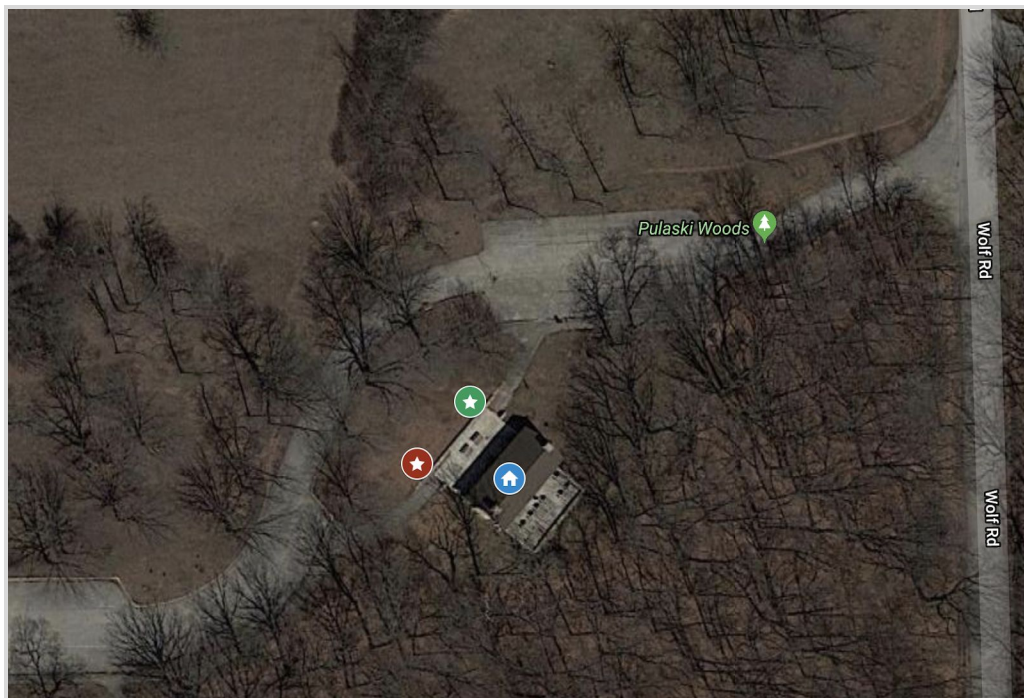


Lead Race Director: Josh Mohr 773-614-2470 / Race Director: Kara Lapso 440-537-4849
EMERGENCIES: 911 / NON EMERGENCIES: Call TCX Staff



BASECAMP LOCATION

On your GPS just type in Pulaski Woods or Pulaski Woods East and it will get you there. Follow signage to the parking lots, park, and head to the pavilion to Check In.



WEATHER UPDATE

Well, despite our best efforts it appears we may be getting some crappy weather throughout the week. While I love and appreciate how hearty endurance athletes can be, I want to make sure everyone stays safe while still having fun. We are going to continue monitoring the weather for the rest of the week and will update everyone as more information comes in. The race is a rain or shine event so come ready to race, we may just have to adjust the course slightly to ensure the safety of our participants and our trails.

In the event of lighting or high winds, depending on the storms path and proximity of the lightning strikes, we may have to hold the course or have racers find cover (car, building, pavilion, place of business, etc.) until the all clear. During the race, I will be texting out updates to your team phones on file so you should be informed in a timely manner.

TCX PALOS GEAR LIST REMINDER

- **Mandatory Team Gear:** *1 per team - Must be carried at all times*
 - Smartphone (for emergency use only) - Please ensure TCX Palos staff have this number on file
 - Compass
 - First aid kit
 - Watch
 - Pen (felt-tip sharpie will work best)
 - **Biking Gear** (Only needed on biking course)

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- Mini bike pump or CO2 inflator
- Tool kit for repairs (for repairing flats)
- **Mandatory Individual Gear:** *Each team member must have the following at all times*
 - Backpack or way to store all mandatory / recommended gear
 - Whistle
 - Hydration system/reservoir (enough to sustain activity for up to 3 hours between TA's)
 - Nutrition to last duration of race (TCX will have Clif products available at Basecamp)
 - Proper footwear for travel on multiple surfaces (pavement, gravel, dirt, etc.)
 - **Biking Gear** (Only needed on biking course)
 - Bike - Road/Cyclocross/MTB
 - No E-Bikes allowed at TCX Palos
 - Flashing red tail light
 - Bike helmet
 - Spare bike tube
 - **Paddling Gear** (Only needed on paddling course)
 - Canoe/Kayak - If rental is needed, please contact TCX or REI Boathouse for rental options. All rentals provided by TCX will include PFD and paddle (per person)
 - Per FPCC rules, Stand Up Paddle Boards (SUP) are prohibited
 - Type I-II-III PFD or higher (Per racer)
 - Paddle (Single or Double Blade Acceptable)
- **Recommended Gear**
 - Extra writing utensils
 - Waterproof map case or means to keep TCX maps/instructions dry
 - Waterproof jacket
 - Long pants or leggings
 - Long sleeve technical shirt
 - Extra change of clothes
 - Dry bag
 - Sunscreen
 - Bug spray
 - Sunglasses
 - Cable Lock for personal bikes and boats. All TA's will be staffed to watch over bikes, however, it is recommended to have a lock to secure your equipment.
- **Prohibited Equipment**
 - Motorized equipment
 - GPS
 - Firearms
 - Alcohol/drugs

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