

From: 24 Hours + of Brake the Habit noreply@email.onrsu.com
Subject: Brake the Habit 2026 Final Racer Email
Date: May 23, 2026 at 11:17 AM
To: Test Recipient liznotter@mac.com



24+ Hours of Brake the Habit

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Greetings Brake the Habit racers!

It is almost race weekend and we can't wait to show you what we have up our sleeves for up to 30 hours of fun in the wilds of West Virginia! We know there are a lot of races to choose from this time of year—with packrafts tough to come by if you don't own one—and the no solo option a challenge for some. We appreciate you racing with us and are confident you will have a great time on this course!

It is going to be a great weekend of trekking, paddling, biking, navigating, getting lost, getting un-lost, laughing, crying, and teamwork. Hopefully you are all tired, hungry, happy, still speaking to each other, and fulfilled when you cross the finish line!

Please read this email in it's entirety as it contains a great deal of important info to help you prepare for the race. It's long, so grab some coffee...

Registration for the race is now closed. If you know that your team makeup is going to change between now and Wednesday May 27, please let us know ASAP. All of our race documents will go to print by Wednesday; we want to make sure everything is up to date and accurate.

Below is the race roster. A small, but mighty and adventurous field!

TEAMS				
Bib	Race Group	Team Name	First Name	Last Name
201	2C	Adventure Enablers/Enabled Tracking	Alejandro	Escobar
			Jennifer	Werner
202	2C	Where Are The Kids?	Tom	Kniezewski
			Stefanie	Kniezewski
203	2M	Adventure Enablers	Joseph	McCardell
			Brent	Russell
204	2M	Brian & Jesse	Jesse	Spangler
			Brian	Mayer
205	2M	Consistently Tardy & Mr. Timely	Matt	Knight
			Howie	Weinstein
206	2M	DFAR	Erik	Bell
			Ben	Sampson

207	2M	O'Ganians	Will	O'Ganian
			Max	O'Ganian
209	2M	Opportunity Project	Dominick	Kroupa
			Harold	Vass
210	2M	Thunder Road	Ken	Lohiser
			Brad	Lohiser
211	2M	Wanderlust	Anthony	Marino
			Mike	Studeman
301	3M	Hunter Gatherer	Phillip	Baker
			Andrew	Hershberger
			Nathan	Mishler
302	3M	Spaceballs the Adventure Racing Team	Jeffrey	Lohmeyer
			Tom	Welham
			Ben	Welham
401	4C	Full Steam Ahead	Jossalyn	Henry
			Jeremy	Johnson
			Logan	Kisselbach
			Mark	Lattanzi
402	4C	Team thisABILITY	Andrea	Anderson
			Philip	Dodd
			David	Grabiner
			Kevin	Keck
403	4F	Women of AR	Susan	Alderman
			Karyn	Dulaney
			Michele	Hobson
			Britt	Mason

Don't forget the pre-race brief on Tuesday, May 26 at 8pm on our Facebook page, Adventure Addicts Racing. It will be recorded so you can go back and view it later in the week, if needed. In this meeting, we will go over the details in this email, the course, gear, schedule, and answer any questions that you may have.

We are once again excited to be working with the state of West Virginia for this race. From the mighty Monongahela National Forest to the WVA state park system, town of Marlinton, and the Snowshoe Highlands Ride Center, who help build and maintain all the trails in this area of the Monongahela, we are grateful for their support.

This race is both a USARA- and ARWS- sanctioned event. You will earn points for both series towards the 2026 USARA National Championship and the ARWS North American Championships.

Race weekend weather

The weather for race weekend in the area is looking pretty good! Highs in the 70's and low's in the 50's overnight. A reminder that you are in the mountains! On average, Marlinton and the high ridge lines at 3000+ are 10-15 degrees cooler than

most other places at lower elevation. The overnight hours may be chilly but you will be moving, working hard and staying warm....:)

All pre- and post-race activities will take place at Stillwell Park located right outside of Marlinton.

See below map for the park and details on parking, race HQ, camping, bathrooms, etc. Please note that there is another large group camping in the park that weekend! We have reserved the pavilion, labelled S/F.



Race schedule for the weekend

Friday night May 29th

5-8pm: Race check in begins at park pavilion. All teammates must be present to check in. Teams will receive race bibs, swag, paddle bag tags. NOTE: Teams will receive race shirts after the race at the finish line. Why? The course is on the shirts....

If you are planning to camp at Stillwell, we would like you to let us know ahead of time so we can help the park plan and prepare. [Please fill out the google poll here.](#)

Camping can mean tent, car, camper van or RV. Please respond per person NOT per team. There is no fee for you to camp.

If you can't make it on Friday night before 8pm, see the map on where to camp. There is plenty of space.

Saturday May 30th

5:30am: Race check in for those not able to on Friday night

5:30am: RACE CHECK IN FOR THOSE NOT ABLE TO GET HERE FRIDAY NIGHT

6am: Maps, rules of travel, Garmin tracking distribution, gear staging

8:15am: Course overview brief

9am: Race start

Sunday May 31st

12pm: Race Finish

11-12pm: Lunch

12pm: Awards or shortly after all teams off course

This race will have live tracking by our friends at Enabled Tracking. Due to the lack of cell service on the course, we will be using Garmin Messengers with a 10-minute interval ping. This tracker is mandatory to carry the entire race. We will provide more info on this when you receive the trackers.

The tracking link for dot watching is here.

<https://live.enabledtracking.com/bth2026/>

Note: The link will go live and update on race morning once the race starts.

Post race we will have great new medals at the finish line, as well as lunch. Burgers, potato salad, snacks, and milkshakes!!

Race gear

We will be moving both paddle bags and bikes on the course. Please make sure all your paddle gear is fully contained in your paddle bags for transport. 2-person teams get one paddle bag, 3-4 person teams 2 bags. You can use your paddle bags as a gear bin of sorts. You will see this bag several times on the course. Extra clothes, food, etc., are allowed. No water in the bags. We will have water in the TAs for you. We know it can be a challenge especially with wet gear, but please keep your paddle bag(s) weight at a reasonable amount so our volunteers don't need a fork lift to move them.

You will NOT have to carry your paddle bag(s) with you on the paddle leg.

All gear for your bikes must be attached for transport or in a bag attached to the bike. You can keep water and food on your bike.

There are no gas stations or stores on the course. You will go through several campsite areas where you may find water. If you source water from creeks, rivers, etc., you will want to treat it. Make sure you have all the food that you need for the entire race, as you won't find any on the course.

Please make sure that you have all the mandatory gear on you for the race, both

team and individual.

Now on to the stuff you really care about....

We have updated the course schematic with the order of the legs as well as time estimates.

As of today, the course will stay open for 27 hours with a 9am start and a 12noon finish.

Note: The time estimates are just that. Estimates. We can't assume to know how fast or slow every team will move. The estimates are based on our knowledge of the course, our scouting and vetting, the woods, the navigation, the climbing.... River levels—specifically the KCF's—and weather conditions will also likely play a factor in timing for each leg, specifically the paddle/trek leg.

As of today, the river level projections are looking great with all the rain that the area has receive over the holiday weekend and into early next week. In a racing season that has seen many if not all rivers at historic lows, we might get lucky!!

You will receive 12 maps on 11x17, Rite-n-Rain paper, printed double-sided, as well as one supplemental map.

10 of these maps are Caltopo maps printed on the NFS base map at a scale of 1:24000. Two of the maps are custom-made maps at a scale of 1:20000.

Many of you ordered two sets of maps. If you did not do so when registering, you will only receive one set.

The rules of travel will be printed on Rite-n-Rain paper and the passports will be on IGage.

All checkpoints are pre-plotted for you. All checkpoints will be optional and TA's mandatory

We highly recommend a good map case or two to keep your maps and race documents dry, especially on the river.

A few other course tidbits...

Most, if not all of you will be riding your bikes in the dark. Make sure your bike lights are in good working condition and your rear red blinky light is on at all times.

We do recommend long pants/tights for all the trekking legs, regardless of the temperature. Bug spray is a must, as the ticks are pretty bad. We have seen all the usual critters out on the course from snakes to bears. If the temperatures are just right, hopefully some river otters and beavers will make an appearance on the paddle.

We highly recommend trekking poles for leg 3 if you find that they are helpful. They

...highly recommend wearing your gear, and your gear can be stored in your paddle bags.

You may want to consider a dry bag to keep your gear dry unless you plan to store your gear inside your packraft. For the most part, we have stayed pretty dry while actually paddling. But you will get your feet wet early and often getting in and out of the boat.

When trekking with your paddle gear, make sure your paddles are snug and secure in your pack. There might be some areas of dense vegetation while trekking, and you don't want a paddle piece popping out of your pack, never to be seen again. True story!

The mountain biking will consist of any and everything...single track, fire roads, backcountry trail riding, gravel roads and some paved roads. And yes, there is a pretty good chance you will be riding on a rail trail.....

That is all we have for now. Don't forget the live pre-race brief on Tuesday night the 26th at 8pm on our Facebook page.

See you soon!

Michelle, Liz and the team of Adventure Addicts



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