Dear East Coast Watercross Athletes, Spectators, Friends & Family,  
  
3 weeks ago The World was a different place and I never would have imagined I'd be doing anything other than preparing for my 5th year leading the Region. The situation has rapidly evolved and changed all of our lives dramatically.  
  
While it's easy to be frustrated, scared, and even lost; I'd like to remind everyone to support each other, now more than ever. Especially those who are still putting themselves in the line of fire to keep our Country functioning. The list of these professions is long, and is well represented in our Region alone: nurses, law enforcement, pilots, military personnel, truck drivers, bankers, mechanics, etc. These people need you as much as we need them, a call, or text message with a simple 'Thank You' will go a long way in showing your appreciation for them and help carry them through another day risking their own health for someone else's.   
  
My priority is and always has been to provide the best and safest environment for you to compete or spectate at. While I do not know what the future holds, the current precautions being put into place Worldwide will make holding these events nearly impossible. While this is hard to accept, it is for the best for all of us.   
  
I am committed to be your promoter this year and provide you the type of events you have all come to expect. My intention is to run “business as usual” provided the laws and common sense allow it. One thing is for certain this year, and that is this will evolve and we all need to stay flexible and healthy.   
  
As information becomes available, it will be shared here on social media and our website (as always, social media is the fastest line of communication). Keep building those skis, finding and supporting your sponsors (they actually need YOU more than ever with businesses being shuttered) and most importantly stay healthy.   
  
A few words to remember during times like these:  
  
- **Do not allow fear to drive the decisions you make**. Take a minute to breathe and dissect the information you're receiving. Sift through the fake news, and ad-space selling headlines to find the **truth**.   
  
- **Keep focused on the big picture**. It's very easy to get lost in the unknown, because it's completely out of your control. What is in your control, is your **Plan**. This situation may cause you to need to adjust slightly, but ultimately you can continue making decisions that will get you to your original goal. Keeping this **focus** will help you eliminate much of the stress people are experiencing.   
  
- **Remember, like seasons, this too will come and go**. This is not the new normal, it's just a season in our lives, one that we will look back at someday.   
  
I appreciate all of you, and I sincerely hope this virus will not physically affect any of your or your loved ones. Please make sound decisions and protect yourself. With all of us doing this, we will have this and many more "seasons" together.   
  
Thank you for trusting in me,  
  
  
Christopher Yates, President  
East Coast Watercross LLC