



SALOMON

ADVENTURE CHALLENGE



Mansfield Outdoor Centre

January 20, 2007

Competitor Newsletter

Thank you for voting the Salomon Adventure Challenge
your **FAVORITE adventure racing series!**

(Get Out There Magazine, 2005)

Frontier Adventure Racing's commitment to our racers is to fully prepare you for your team's upcoming adventure. We want to leave you with as few surprises as possible so that your team can concentrate on having a great time on race day. All of your questions should be answered in this Newsletter. If not, please contact us through your team captain with ANY concerns or issues.

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Additional standard key information can be found at www.far.on.ca on the Mansfield Outdoor Centre winter race page within the Salomon Adventure Challenge section. Please familiarize yourself with this information to get the most out of the event.

1. Rules and Regulations
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1. HOW THE RACE WILL WORK

This Salomon Adventure Challenge Series event features four disciplines: Cross-Country Skiing, Snowshoeing, Mountain Biking, and Sledding. Your coed, male or female team of three will have up to 8 hours to complete the 35km racecourse. The exact length of each discipline and the order your team will undertake each remain a secret until race day.

On the day of the event, teams must submit all completed paperwork and pass a gear check in advance of the Race Briefing. Topographic maps and a course description featuring coordinates will be distributed before the Race Briefing, when the racecourse is reviewed. You will have until the start of the race to plot the CP's on your maps and strategize your team's game plan.

At the word 'GO', teams will set off to reach each checkpoint in the order specified at the Competitor Briefing and within the 8 hour time limit. Following the race, there will be a post-race meal with sponsored prizes and awards, then we'll be capping off the day with a full, licensed party. This is a great time to mix with other teams, volunteers, and race staff, and share your team's race experience.

2. SCHEDULE OF EVENTS

Friday	18:00-21:00	On-Site Registration <i>Main Lodge, Mansfield Outdoor Centre</i>
	19:00-21:00	Pre-Race Pasta Dinner (\$12 advance bookings only) <i>Main Lodge, Mansfield Outdoor Centre</i>
	19:00-23:00	Pre-Race Social <i>Main Lodge, Mansfield Outdoor Centre</i>
	20:30	Volunteer Briefing <i>Log Cabin, Mansfield Outdoor Centre</i>
Saturday	07:00-08:00	On-Site Registration <i>Main Lodge, Mansfield Outdoor Centre</i>
	07:00	Map Distribution <i>Main Lodge, Mansfield Outdoor Centre</i>
	08:00-08:30	Race Briefing <i>Main Lodge, Mansfield Outdoor Centre</i>
	09:00	Race Start <i>Main Lodge, Mansfield Outdoor Centre</i>
	17:00	Salomon AC Racecourse Closes <i>Mansfield Outdoor Centre</i>
	18:00-20:00	Dinner Served <i>Main Lodge, Mansfield Outdoor Centre</i>
	18:00	Awards Ceremony <i>Main Lodge, Mansfield Outdoor Centre</i>
	20:00	Post-race party <i>Main Lodge, Mansfield Outdoor Centre</i>

Important Note: Sunrise is projected for 07:48, and sunset for 17:11 on race day. Twilight is anticipated at 17:46, and it will not be pitch black out until shortly thereafter, so all teams should be in by then. The race will start one hour earlier than usual, at 09:00, to ensure we maximize the light. Nonetheless, it is wise for each team member to carry a headlamp or flashlight if you feel that your team may need the entire 8 hours to complete the racecourse. (The Gear List only requires one per team).

Friday, January 19th

Join us at Mansfield Friday night for early registration, a pasta dinner, and social. The pasta dinner can be booked via the race web page for only \$12. We'll have the fire going, some race videos playing, music and maybe some other entertainment in the main lodge – everyone is welcome to join in and meet your competition!

Registration opens at 18:00 Friday night in the main lodge at Mansfield. Upon registration, teams will receive a Competitor Kit which includes: 3 race jerseys; 3 bike plates (with zip ties); the team passport; 3 dinner tickets; 2 numbered bag tags; and swag and promotional material. Race jerseys must be worn at all times to ensure we can identify your team – make sure the color side is forward!

Arriving Friday and registering early is highly encouraged as there will be less for you to worry about on race day.

Raceday – Saturday, January 20th

Competitor Registration: All remaining teams must check in with race officials at the Main Lodge, to complete all paperwork and receive the Competitor Kit.

NEW! There will be NO official Gear Check for this event. The official Mandatory Gear List has been posted on the race web page, and we trust your team will download this list and prepare adequately. Instead, there will be gear checks throughout the course for critical safety items and other gear. If you are without mandatory gear on the course, you WILL be given time penalties.

Map Distribution & Competitor Briefing: Starting at 07:00, any one team member may pick up your team package in Main Lodge, including the race maps and directions, provided your team has completed the registration process.

At 08:00, all teams must meet for the Competitor Briefing in the Main Lodge. This is when any unanswered questions are addressed, and the racecourse is reviewed. This will end at approximately 08:30, leaving each team until 09:00 to finish plotting the checkpoints, review the maps and instructions, and complete any final preparations. **DO NOT WORRY** as this is more than enough time and race staff will be available to answer your questions!

Race Start: Teams will gather at the designated start area outside the Main Lodge for a 09:00 mass start. At the word 'GO', your adventure begins. You must reach each checkpoint (proof is a punched passport at each CP) in the order specified at the Competitor Briefing and within the 8 hour time limit to complete the racecourse. Your team's pace is up to you – push for the win or just enjoy the authentic wilderness race experience.

Race Officially Ends: Teams have until 17:00 (or 8 hours from race start) to complete the entire racecourse. Teams finishing within the 8-hour time limit and who have reached each checkpoint in order will be recorded in the final standings as a ranked team. If your team does not finish before the cut-off time or if you miss a checkpoint, your team will still be ranked as unofficial, following teams completing the entire course within the time limit.

Dinner and Awards: Dinner will be served at 18:00 and the awards presentation will begin shortly thereafter.

Prizing: Race prizing will include free or discounted entries to the Salomon Adventure Challenge Autumn Classic and Championship, adventure racing gear from Salomon and other sponsors (see “Sponsors” below). Prizing is awarded to top teams in each of the three divisions (male, female and coed), to strong performances in specific disciplines, to participants with great post-race stories to tell, and to other random teams, competitors and volunteers.

Some special prizing we have for this race only – follow the links for more details:

- [Trail Runner Magazine](#) subscription
- [Mad Trapper](#) snowshoe race entry
- [Raid Pulse](#) entry
- [Giant's Rib Raid](#) entry
- [WeGo Tow Systems](#)

3. THE WEEKEND – *Accommodations, Meals, and the Party*

With the huge success of the accommodations and meal packages, and the great social atmosphere last year, we're offering the same packages again this year.

Mansfield is the perfect athlete's village, with heated cabins only steps away from the main lodge. And the lodge, with its' flexible space, great food service, and cozy fireplace, is a fantastic social venue.

Friday night will feature a pre-race pasta dinner at Mansfield, with a casual social atmosphere; the fire will be going, tunes will be playing, and we'll screen some race videos.

Following the official program, we're building on last years' "Best Post-Race Party" (Get Out There Magazine). We have a licensed event, with random prizing and games, and great tunes all night long. A great pub-like atmosphere to relax, socialize with other teams and volunteers, and celebrate your achievement.

Accommodation packages are nearly half-sold already, and space is limited, so don't delay. It's shaping up to be another memorable winter weekend!

Accommodations: These aren't four-star resort accommodations, but at \$75 for 2 nights, including Friday night dinner, and two breakfasts, it's hard to beat!

We have the entire area booked out for the weekend, so we'll be the only ones there. There are 15 cabins, most of which have 2 rooms with 3 beds in each. The cabins are heated, and have mattresses but no bedding, so bring your own, or a sleeping bag. There are large heated bathroom/shower buildings centrally located, as well as in the main lodge.

We will be doing our best to ensure your team is bunking together, and to accommodate any requests to share cabins with other teams. Cabins will be coed for teams, but individual bookings will be grouped into male and female cabins.

Pre-Race Pasta Dinner: A great opportunity to relax, meet your competition, and store up those very important carbs! Dinner must be booked in advance via our website for \$12, and will

be a pasta (likely lasagna), salad, garlic bread, drink and dessert. Dinner will be served between 19:00 and 21:00 in the main lodge.

Everyone is encouraged to hang out in the main lodge Friday night starting at 19:00. We'll have some tunes playing, the fire will be going, and we'll show some race videos.

Post-Race Party: The Frontier Party Planners have been hard at work cooking up the post-race winter party. They've got some games and prizing lined up, the bar is all organized, and the mood will be ideal for a rockin' good time.

Breakfast: Breakfast will be served in the main lodge on Saturday from 06:00 to 08:00, and on Sunday from 08:00 to 10:00. Breakfast is included with each night's accommodation, or can be purchased individually at \$9 per person, gst included (by email to sac@far.on.ca). Breakfast will be pancakes or french toast, sausage, coffee, tea, and orange slices.

If you've booked: There will be a station at registration to check in and get your wristbands for cabin assignments and meals for the Friday night pasta dinner, and/or breakfasts (which are included with every overnight). Teams may check in as a group or individually. All bookings are coordinated through Frontier, so please do not contact Mansfield staff with inquiries.

4. SALOMON ADVENTURE CHALLENGE SERIES SPONSORS:



SALOMON CANADA

SALOMON has been instrumental in growing the sport of adventure racing throughout the world. They have invested heavily in adventure racing by engineering high quality products for the light and fast category while supporting top teams and premiere event management companies like FAR Inc. **Salomon is the Title sponsor** of the **Salomon Adventure Challenge Series** and an **Official Partner** of the **Raid the North Adventure Race Series**. Buying SALOMON products guarantees that you and your team are benefiting from field-tested knowledge and expertise.

Prizing: *Top three teams in Coed, Male and Female category receive Salomon adventure racing gear*

Simon River Sports



SIMON RIVER SPORTS

Top teams have experienced the incredible advantage when using high quality kayak paddles for canoeing sections. Simon River Sports is the leading producer of lightweight, portable paddles for adventure racing!



PRINCETON TEC

Using the finest materials available, **PRINCETON TEC** sport lights are built to provide maximum performance in any weather condition, offering waterproof integrity up to 2,000 feet. The Matrix headlamp is perfect for a wide variety of activities due to its long burn time. This sport light is perfect for orienteering, trekking, adventure racing, long expeditions, weather experiences and survival situations.

Prizing: *Princeton Tec Headlamps*



PRISTINE

All water for FAR Inc. TAs and remote CPs is taken from nearby streams and lakes and treated with **PRISTINE** Water Purification Systems. No garbage is created and harmful agents are eliminated. **PRISTINE** provides safe drinking water anywhere in 15 minutes.

Contribution: *Water treatment for all remote CPs and TAs*

Prizing: *Pristine Water Treatment kits*



SUPER WOOL SOCKS

What are the three most important words in adventure racing? SOCKS SOCKS SOCKS! **The Great Canadian Sox Company** is proud to be the official sock of Raid the North, Raid the North Extreme and the Salomon Adventure Challenge. These Superwool® socks are bound to get you from the start to the finish line with your skin intact! Smart Compression technology ® will keep your blood circulating in even the toughest conditions.

Prizing: *Super Wool socks*



GET OUT THERE MAGAZINE

Get Out There magazine is the ultimate information resource for sports and outdoor enthusiasts across the Greater Toronto Area. Distributed free-of-charge at health and fitness clubs, sporting goods and outdoor retail stores, sports medicine facilities and amateur sporting events, each issue of Get Out There features a comprehensive sports and outdoor event calendar, gear and new product reviews, and sports-related articles with a local focus. Look for your free copy of Get Out There at all Frontier Adventure Races or visit www.getouttheremag.com to find Get Out There at a location near you!

Contribution: *Free magazines to all competitors and volunteers.*



OTTAWA OUTDOORS MAGAZINE

Ottawa and surrounding area's only outdoor adventure magazine whose readers participate in the vast number of outdoor activities in and within driving distance of Ottawa. In each issue, readers get the latest on everything from outdoor gear, clothing and equipment, to concise articles on the countless clubs, courses, trails and weekend excursions nearby.

Contribution: *Free magazines to all competitors and volunteers.*

5. MANDATORY GEAR LIST

The Mandatory Gear List must be downloaded at www.far.on.ca.

The Gear List contains additional information about gear checks, and suggested additional gear for the race.

6. RACECOURSE DESCRIPTION – NOTES FROM THE FIELD

Mansfield Outdoor Centre is truly an outdoor adventure destination. With great terrain and trail systems, together with thousands of acres of recreational forest surrounding the centre, we've found an ideal winter location. Not only is it barely an hour from the GTA, it's a great atmosphere for an athlete's village with a fantastic lodge and heated cabins only footsteps away.

We've been lucky every year to have great snow cover by race day – last year it arrived in great quantity just the night before! The weather on race day, however, will determine much of your clothing choice. As mentioned in the Gear List, we will send your team an email update in the week before the race date, describing the weather forecasts and whether or not the waterproof/breathable jacket is mandatory. This is for your team's safety.

Based on your feedback, this year's design will reward good strategic decision making, and a team that is aware of their strengths and weaknesses will make solid choices. Every route choice will have trade offs and teams may be able to invest more time in a discipline they prefer and less on an area where they are weak.

Gear Notes

Although the mandatory gear requires only one headlamp/flashlight, it is recommended that if you believe you will take close to the full 8 hrs to complete the course, that you each carry a light. We anticipate it will be completely dark before 18:00 (the course closes at 17:00).

You may be required to carry your snowshoes during one of the bike sections. Ensure that you have either a pack large enough to accommodate your snowshoes, or a method for carrying them on you.

Cross-Country Skiing

The cross-country ski sections will feature plenty of route choices, and will highlight some of the great trails in the area. Most of the trails are groomed and trackset for classic skiing, but there are some skating-only groomed trails as well. There are also mountain bike trails, old snowmobile trails and old forestry access roads which are not groomed and will require you to break trail. The choice of classic or skate skis remains up to you. We have endeavoured to craft a course that allows both types of skiers to be equally competitive.

Snowshoeing

Through the snowshoeing sections, we will let you see some of the great outdoor areas of the Mansfield and Dufferin areas. Much of the snowshoeing will be on private property, so enjoy the access for this event only! You'll definitely have options in this race. In response to feedback we have endeavoured to make this section much more strategic and less about following the leader.

Mountain Biking

The mountain biking this year will provide a variety of options from possibly short but difficult routes to longer, easier routes. Biking will be very strategic and again teams that plan according to their strengths will have an advantage. The biking could be short and straightforward, designed simply to connect two sections, or much longer giving teams alternative access points to other CPs. Knobby tires are definitely recommended, but spiked tires are likely not necessary. Warm booties and mitts would be wise as it is quite open in some areas and the wind can really pick up. Teams that are prepared with flat and clipless peddles will have more options as they plan their route.

Tobogganing

The Mandatory Gear List states "1 toboggan" for a team. However, if you wish to use individual "crazy carpets" or multiple toboggans, you may do so. Teams may toboggan in any combination of people and vehicles, as long as they remain within 100m of one another. You will not be responsible for carrying your toboggan in the race for more than a couple of hundred metres.

FORMS TO COMPLETE

Team Roster: When your team signed up for the event, this race was added to your team profile's **REGISTERED RACES** summary. It asks you to '***Update your Team Roster***' by clicking on the race. Please do so as your team will otherwise have to fill out additional information on race day – time consuming for your team and extra work for us. To do this:

- At www.far.on.ca, select "create/update your profile"
- Log into your profile using your email and password
- This page allows you to add new team members, change your team name, or select the roster for this race from your list of team members (by selecting the race at the bottom of the page).

Completed Forms for Race day: Please complete the following forms for EACH team member and bring them with you to the host site on race day. This will speed up the on-site registration process for your team, giving you more time to prepare for the start of the race. For even more efficiency, we encourage teams to fax their forms to us in advance at 1.866.876.8470 (please fax as a complete set for your team).

- Medical Form
- Waiver of Liability
- CARA Waiver of Liability
- Image Release Form

SALOMON ADVENTURE CHALLENGE SERIES
COMPETITOR MEDICAL FORM
(Please answer all questions)

- 1) Are you currently taking any medications (prescription and OTC)? If so, please specify the types and amounts you take:
- 2) Are you allergic to any medications? If yes, please specify:
- 3) Please list any other allergies you have (food, hay fever, dust) and if you are currently being treated for them:
- 4) Have you been treated for any serious illnesses within the last three years? If yes, please describe:
- 5) Have you recently experienced or been diagnosed with any of the following? (Circle those that apply)

shortness of breath
dizziness
numbness in limbs
nausea/vomiting
blood in urine
hypo-thyroid
hepatitis (which type)

heart racing
high blood pressure
low blood pressure
blurred vision
blood in stool
hyper-thyroid

headaches
heart palpitations
chest pains
loss of hearing
mononucleosis
tuberculosis

- 6) Have you had any surgeries or surgical procedures within the last three years? If yes, please describe:
- 7) Do you wear eyeglasses or contact lenses? _____
- 8) Is there anything else pertaining to your health that we should know about? If so please explain.
- 9) a) Name of current Health Care Provider; please **attach copy of insurance card** (insurance carrier):
(If you do not currently have insurance, please acknowledge)
- b) Subscriber Identification Number:

- 12) Please provide the name, address and telephone number of your doctor:

Name: _____ Address: _____

Phone #: _____

- 13) Who should we contact in case of an emergency?

Name: _____ Telephone #: _____

Address: _____ Relationship: _____

I hereby certify that the information provided on this form is complete and accurate to the best of my knowledge.

Print Name: _____ Authorized Signature: _____
(Parent's Signature if Under 18 years of age)

FRONTIER ADVENTURE RACING
RELEASE WAIVER AND ASSUMPTION OF RISK

I, the undersigned, do understand and hereby acknowledge and agree that participation in the Salomon Adventure Challenge (the "**Event**"), which may include but is not limited to activities such as trekking, paddling, mountain biking, orienteering, snowshoeing, cross-country skiing and tobogganing, involves risk and danger which include, but are not limited to, factors related to terrain, water and weather conditions. I understand and acknowledge the risk and danger inherent in the Event and that the Event is physically and mentally demanding. I specifically acknowledge that I may be exposed to danger in remote wilderness areas and that my participation in the Event involves an absence of usual levels of rest, food and water. I am participating with the knowledge that I am responsible for my own physical and mental well-being in all respects during my participation in the Event.

In consideration of the organizers of the Event accepting my registration and permitting my participation in the Event, I agree that neither I nor my heirs or successors will hold Frontier Adventure Racing Inc. or any of its employees, directors, volunteers, heirs, successors, sponsors, partners or any other individuals or organizations involved or associated in any way with Frontier Adventure Racing Inc. and the Salomon Adventure Challenge, liable for any personal injury, death or damage to any property and/or equipment that may occur during my participation in the Event or in any way associated with my participation in the Event.

I further agree and acknowledge that:

- 1) I have read the Event rules and regulations and will abide by these rules at all times during my participation in the Event.
- 2) I acknowledge and confirm that I can swim to a safe standard reasonable for an event of this nature.
- 3) I acknowledge and confirm that I am in good physical condition and that I will be able to complete the required activities of this Event. If at any time during the Event my continued participation risks causing any form of physical or mental harm to myself, I will inform an Event staff or volunteer of my condition and discontinue my participation immediately. I acknowledge and confirm that I will observe the condition of my team mates and, if the physical health of any such team mates appears compromised, I will inform an Event staff or volunteer of such condition and my team will immediately discontinue participation in the Event.
- 4) I am familiar with and understand the dangers associated with Event activities and I will take all reasonable precautions to ensure the safety of myself and my team mates during the Event.
- 5) I agree to promptly notify an Event staff or volunteer of all incidents or accidents of which I become aware during my participation during the Event where injury or damage to property or equipment does or may occur.

I hereby release and forever discharge Frontier Adventure Racing Inc., its employees, directors, volunteers, heirs, successors, sponsors, partners and all other individuals or organizations involved or associated in any way with Frontier Adventure Racing Inc. and the Salomon Adventure Challenge (the "**Organizers**"), on my own behalf and on behalf of my heirs and successors, from any liability arising from personal injury, death, or loss or damage to property however caused arising out of or in connection with my participation in the Event, except for liability arising out of the gross negligence of the Organizers.

Race: _____

Name (please print): _____

Date: _____

Address: _____

Signature: _____

(Signature of parent if under 18)

RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT
BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.
PLEASE READ CAREFULLY!

In consideration for allowing me to participate in any or all events and related activities of The Canadian Adventure Racing Association and Frontier Adventure Racing Inc, I hereby warrant and agree that:

1. I am familiar with and accept that there is always the risk of serious injury and death resulting from participation in any organized recreational activity particularly those involving paddling, trekking, mountain biking, swimming, navigation and like activities offered as part of the programme of The Canadian Adventure Racing Association and Frontier Adventure Racing Inc
2. I have satisfied myself, and believe, that I am physically, emotionally and mentally able to participate in this programme, and that my equipment, if applicable, is appropriate for use in this programme; and
3. I understand that all applicable rules for participation must be followed and that at all times the sole responsibility for personal safety remains with me; and
4. I will immediately remove myself from participation, and notify the nearest official, if at any time I sense or observe any unusual hazard or unsafe condition or if I feel that I have experienced any deterioration in my physical, emotional or mental fitness, or that of my equipment, or exceeded my comfort level, for continued participation in any event or related activity.

I UNDERSTAND AND AGREE, ON BEHALF OF MYSELF, MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN THAT MY EXECUTION OF THIS DOCUMENT CONSTITUTES:

1. AN UNQUALIFIED ASSUMPTION BY ME OF ALL RISKS associated with my participation in the any or all of the events and activities of _The Canadian Adventure Racing Association and Frontier Adventure Racing Inc, even if arising from the negligence or gross negligence, including any compounding or aggravation of injuries caused by negligent rescue operations or procedures, of the Canadian Adventure Racing Association, Frontier Adventure Racing Inc, any event organizer, event venue and any and all persons associated therewith or participating therein in any capacity; or in transportation to and from such events and activities, and
2. A FULL AND FINAL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS that I have, or may in the future have, against the Canadian Adventure Racing Association and Frontier Adventure Racing Inc, all associated sponsors and partners, and their respective directors, officers, employees, coaches, leaders, contractors, agents and representatives, advertisers, volunteers, others participating in any capacity, (all of whom are collectively referred to as "the Releasees") from any and all liability for any loss, damage, injury or expense that I may suffer as a result of my use of or my presence at event facilities, or my participation in any part of, or presence at, any or all of the events and related activities of the Releasees due to any cause whatsoever, INCLUDING NEGLIGENCE, GROSS NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE RELEVANT *OCCUPIERS LIABILITY ACT* ON THE PART OF THE RELEASEES.
3. AN AGREEMENT NOT TO SUE THE RELEASEES for any loss, injury, costs or damages of any form or type, howsoever caused or arising, and whether directly or indirectly, from my participation in any aspect of the said events and related activities; and
4. AN AGREEMENT TO INDEMNIFY, and to SAVE and HOLD HARMLESS the RELEASEES, and each of them, from any litigation expense, legal fees, liability, damage, award or cost, of any form or type whatsoever, they may incur due to any claim made against them or any one of them whether the claim is based on the negligence or the gross negligence of the Releasees or otherwise.
5. AN AGREEMENT that this document be governed by the laws, and in the courts of the Province of Ontario.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN SUBSTANTIAL LEGAL RIGHTS WHICH I AND MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND ASSIGNS MAY HAVE AGAINST THE RELEASEES.

I SIGN THIS DOCUMENT VOLUNTARILY AND WITHOUT INDUCEMENT this ____ day of _____, 200__ at _____, _____, Canada.

Signature of Participant

Printed name of Participant

Signature of Witness

Printed name of Witness



IMAGE RELEASE FORM

TEAM NAME: _____

RACE: _____

DATE: _____

THIS IMAGE RELEASE MUST BE READ, UNDERSTOOD
AND EXECUTED BY EACH INDIVIDUAL TEAM MEMBER:

The undersigned, in consideration of my participation in this Adventure Race Series, does hereby grant to FRONTIER ADVENTURE RACING INC. ("FAR Inc."), its heirs, successors and permitted assigns, and all of its sponsors and partners whatsoever, all right, title and interest in and to any videotape, slides, photographs, film or other reproduction of my image in any format whatsoever, captured in connection with my participation in this Adventure Race Series, for use in connection with broadcasting, advertising, trade shows, exhibitions, websites, promotions, training materials or otherwise.

Name: _____	Witness: _____
Signature: _____	Signature: _____
Date: _____	Date: _____

Name: _____	Witness: _____
Signature: _____	Signature: _____
Date: _____	Date: _____

Name: _____	Witness: _____
Signature: _____	Signature: _____
Date: _____	Date: _____

(Parent or Guardian of participants under 18 to sign)