



MANSFIELD OUTDOOR CENTRE January 20, 2007

Volunteer Newsletter

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

(Get Out There Magazine, 2005)

For our volunteers, each race offers an opportunity to see first-hand what this sport is all about. In fact, this intimate experience often spurs newcomers to the sport to enter a team in later races or come back again and again as a volunteer. You are an integral part of this event's success and we will strive to make your experience a memorable one!

This newsletter serves as an information source to give you an idea of what the event will look like, a timeline for the event, what you will need to bring, and what Frontier needs of you on race day.

1. Salomon Adventure Challenge
2. What is the Schedule for the Weekend?
3. Accommodations, Meals, and the Party
4. What is my role?
5. What do I need to Bring?
6. Frequently Asked Questions

We welcome your feedback on the content of this update, particularly topics you would be interested in receiving more information on. Please contact me with any questions or concerns.

Thank you so much for your time on race day!

THE SALOMON ADVENTURE CHALLENGE SERIES

Recognizing that the allure of adventure racing extends beyond those with the commitment to try a 24-36 hour race, Frontier introduced the Salomon Adventure Challenge Series in 2001. Each 8-hour race treats participants to a fun introduction to authentic, wilderness adventure racing and leaves people with a thirst for more.

1. WHAT IS THE SCHEDULE FOR THE WEEKEND?

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>

JANUARY 19TH, 2007

Early Registration: To ease the rush of race-day for the teams, we have on-site registration from 6pm-9pm on Friday January 19. If you are able to assist us with this, it will be greatly appreciated. Meet us at the Mansfield Outdoor Centre Main Lodge as early as 2pm to help set up and take care of all teams' paperwork and preparation. Pre race registration for volunteers is also held at the same time. Visit www.mansfieldoutdoorcentre.ca for a map and directions.

JANUARY 20TH, 2007

Teams will begin to arrive at the Main Lodge at the Mansfield Outdoor Centre at 7am to register, receive their maps and directions, get their gear sorted out, and prepare for the review of the racecourse at the Race Briefing. Once teams have their maps and racecourse instructions, which will be available starting at 7am, they will plot the checkpoints and plan their strategy for the race.

At the word 'GO!', teams of three will make their way across an unmarked, 30km+ racecourse by Snowshoeing, Cross-Country Skiing, Mountain Biking and Sledding. The winner will be the first team to reach all required checkpoints in the specified order and crosses the finish line.

During the race, the checkpoint staff record when each team reaches their location, race headquarters keeps a master tracking sheet to monitor the progress of each team in the race, and the medical crew are on standby in the unlikely case of an injury. Upon the completion of the race, there is a dinner, awards ceremony and licensed party by the fire to cap off the day. Sound like a good time?

2. ACCOMMODATIONS, MEALS, AND THE PARTY

As part of our quest to continually improve your Salomon Adventure Challenge experience, we've added a few things to the winter race this year.

Mansfield is the perfect event village, with heated cabins only steps away from the main lodge. And the lodge, with its' flexible space, great food service, and cozy fireplace, will be 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. And following the awards and post-race dinner will be a party with music, a fire in the stone fireplace, a licensed bar and random prizing all night.

Nearly half of the accommodations available at Mansfield have been booked. Space is limited, so don't delay. It's shaping up to be a 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 do our best to accommodate any requests to share cabins with certain teams or other volunteers. Cabins will generally be coed for teams, but individual bookings will be in male and female cabins.

Pre-Race Pasta Dinner: A great opportunity to relax, meet race staff, competitors and other volunteers, and store up those very important carbs! Dinner must be booked in advance via our website

Salomon Adventure Challenge – *Where Adventure Begins!*

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 prizes 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 07:00 to 08:00, and on Sunday from 08:30 to 9:30. 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, juice and orange slices.

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

3. WHAT IS MY ROLE?

First and foremost, it is important to that you are fully prepared for your role when you set out into the field. All volunteers will be briefed before heading out so that you are very clear as to what is expected of you. You will also receive a few documents to refer to while on the racecourse to give you an even better idea of how to do the job effectively and efficiently.

To begin with, **ALL AVAILABLE VOLUNTEERS** are asked to assist with Competitor Registration to ensure that the teams are ready to go once the Race Briefing begins. This includes:

- Race paperwork coordination
- Distribution of maps/directions
- Distribution of competitor bags
- Various set up tasks

At various times before and during the race, volunteers will be transported to their respective positions.

When you signed up to volunteer, you chose a few positions you would be interested in. The following will provide you with further insight as to what each position entails. We will be contacting you in advance of the event to go over your role choices and let you know of any specific things you need to prepare for.

Checkpoint Staff: Checkpoints are specific locations on the course that all teams must pass through. The role consists of setting up the Checkpoint, recording each team arrival and departure times as well as their general condition and then radioing the information to headquarters. You will also be responsible for ensuring the Checkpoint site is left clean.

Transition Area Staff: TA's are major checkpoints where teams will change from one discipline to another (eg. snowshoe section to biking section) but otherwise act as normal check points. The TA staff will assist in loading mountain bikes or other gear onto transport vehicles, and often will need to perform specific gear checks with each team.

Basecamp Staff: Basecamp is at the finish line and serves as the command centre for the whole race. All team progress reports are relayed back to basecamp and entered into the master time spreadsheet

and the spectator leader board. Teams must be tended to as they cross the finish line and equipment needs to be managed. Basecamp has plenty of action and is a good choice for those who are not as keen on being in the snow for a few hours.

Race Staff Assistants: Frontier's team of key race staff is comprised of experienced volunteers and staff that work year-round to make these events happen. During the event, they move all over the course and often have many different roles and functions. Race Staff Assistants are paired with one of these people for the duration of the event to help with driving, communications, tracking data, TA and CP setup and takedown, moving gear, signage, or people...they go everywhere and are involved in everything the race staff are doing.

Medical Team: Frontier has a great professional medical team. The AR Medics have years of experience and know what adventure racing is all about. Some medical staff assist in search and rescue situations while the majority monitor and assist teams as they pass through transition areas. Medical teams are positioned according to qualifications. If you have the minimal requirements of First Aid, CPR, or Wilderness First Aid you can assist any of the qualified medics. If you are a qualified medic or above you will be in charge of caring for the competitors and assessing their condition as they come into transition areas.

Gear Truck: All competitor gear is transported around the racecourse by cube trucks. This is a critical job in terms of making the race seamless for each racer – their bike mysteriously shows up later in the race for them! Timing and organization is critical in this role, as are good driving skills and good care with competitor's gear. It is a fun and exciting role, and one of the benefits of being a gear truck driver is that you get to see many different sections of the course.

4. WHAT DO I NEED TO BRING?

Food: For those at the checkpoints or transition areas, it is a good idea to bring some food with you.

Gear List: The following is a *suggested* list of items to bring.

- Layered clothing for all weather conditions (cold/wet)
- Toque, Mittens/Gloves, Neck Warmer
- Comfortable and suitable hiking shoes
- Waterproof attire
- An accurate DIGITAL watch or timepiece of some sort
- Extra clothes to change into once the event is complete
- Plastic bags for keeping things dry and for garbage
- Drink and/or water
- Matches
- A small first aid kit
- Toilet paper
- Football, frisbees, folding chair, etc. (optional)

FORMS: These forms can be found at the end of this update and should be completed and faxed to Frontier in advance at 1.866.876.8470, or brought to the event:

- Volunteer Information
- Image Release Form
- Medical Form
- Waiver

5. FREQUENTLY ASKED QUESTIONS

The following is a list of frequently asked questions we have received from volunteers, followed by the answers. If you still have questions after reading through this list, do not hesitate to contact the office.

Q. What happens if I forget or do not completely fill out any of my forms?

A. You will not be able to participate. All forms MUST be completed in order to participate in any Frontier event. Also, please make sure that you have filled out your health insurance provider and number (eg. OHIP or private insurer).

Q. Will I be out there alone, or with someone else?

A. Everyone will be working in teams of at least two people, sometimes up to 3 or 4, depending on how many volunteers we have. If you have requested to be with someone else, or with a group of people, we will do our best to put you together.

Q. Are all of the Checkpoints accessible by car?

A. No. Some of the checkpoints may have to be accessed by foot or other means. If any volunteers would be interested in being stationed at one of these checkpoints please email or phone us, so we can assign you and your partner to one of the locations.

Q. Should I bring food?

A. Yes. Pack any food and drink you will need for your time at the race. Frontier is only able to provide a meal at the awards.

Q. What are the conditions of the roads we will be driving on?

A. All of the roads are accessible by any 'standard' car. You do not require 4WD or any other feature to reach any point on the racecourse that volunteers are expected to travel to.

Q. Do I have to stick around after the race?

A. By no means – however, the awards, dinner, and party is a fun time and is chance for the competitors and Frontier to properly thank you. We would love for you to stay!

VOLUNTEER INFORMATION

Name: _____ Race: Salomon Adventure Challenge Mansfield

1. When will you arrive at the race site?

Friday Morning() Afternoon() Night()
Saturday Morning() Afternoon()

Other _____

2. Will you be attending the Awards Banquet on Saturday night? Yes () No ()

3. Do you have any specific requests for assignments or partners for the event?

4. Are there any special skills or experience you have that you would like to use at this event?
(ie wilderness first aid, large truck driving, photography)

5. Are you willing to use your car during the race? Yes () No ()

If yes, what type of vehicle will you be driving? _____

6. Other Comments:



**IMAGE RELEASE FORM
Volunteer**

**THIS IMAGE RELEASE MUST BE READ, UNDERSTOOD AND EXECUTED
BY EACH VOLUNTEER**

The undersigned, in consideration of my participation as a Volunteer with Frontier Adventure Racing Inc, 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 as a Volunteer with FAR Inc, for use in connection with broadcasting, advertising, trade shows, exhibitions, websites, promotions, training materials or otherwise.

Event: _____

Name of Volunteer: _____

Signature: _____

Date: _____

Witness Name: _____

Signature: _____

Date: _____

Name of Parent/Guardian (if under 18): _____

Signature: _____

Date: _____

Salomon Adventure Challenge

VOLUNTEER MEDICAL FORM

	Yes	No
1) Are you currently taking any medications or prescriptions? If yes, please specify: _____	___	___
2) Are you allergic to any medications? If yes, please specify: _____	___	___
3) Please list any other allergies you have (food, hay fever, dust, etc) and if you are currently being treated for them: _____ _____ _____		
4) Have you been treated for any other serious illnesses within the last three years? If yes, please describe: _____ _____ _____	___	___
5) Do you wear eyeglasses or contact lenses?	___	___
6) Is there anything else pertaining to your health that we should know about? Please specify: _____ _____	___	___
7) A) Name of current Health Care Provider: _____ B) Health Insurance Number: _____ C) Note: Health card must be brought to race site.		
8) Please provide the contact information of your doctor. Name: _____ Address: _____ Telephone Number: _____		
9) Who should we contact in case of an emergency Name _____ Phone Number _____ Address _____ Relationship _____		

I hereby certify that the above information provided on this form has been complete to the best of my knowledge.

Name (Please Print) _____

Signature _____ Date _____

Frontier Adventure Racing Inc.

VOLUNTEER RELEASE WAIVER AND ASSUMPTION OF RISK

I, the undersigned, do understand and hereby acknowledge and agree that participation as a volunteer at an adventure race (the "Event"), that may include but is not limited to activities such as trekking, paddling, mountain biking, orienteering and climbing, 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 I may not receive normal levels of rest, food and water during the Event. I am volunteering to assist with the Event with the knowledge that I am responsible for my own physical and mental well-being in all respects during my participation as a volunteer in the Event.

In consideration of the organizers of the Event permitting me to volunteer with 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 Event, liable for any personal injury, death or damage to any property and/or equipment that may occur during my participation in the Event as a volunteer or in any way associated with my participation in the Event as a volunteer.

I further agree and acknowledge that:

- 1) I have read all materials provided to me containing instructions and details concerning my role as a volunteer with the Event and I understand the demands that will be placed upon me in this role as a volunteer.
- 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 as a volunteer 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 fellow volunteers and, if the physical health of any such volunteers appears compromised, I will inform an Event staff or volunteer of such condition immediately.
- 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 as a volunteer, 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 Event (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 as a volunteer, except for liability arising out of the gross negligence of the Organizers.

Event Name: Salomon Adventure Challenge – Mansfield Outdoor Centre, January 20, 2007

Date: _____

Volunteer Name (please print): _____

Signature: _____

If under 18, Parent's / Guardian's Signature: _____

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