



Frontier Adventure Sports
&
Esprit Rafting
present



Frontier Adventure Sports & Training and **Esprit Rafting** team up this winter to bring you an intensive week of adventure race training in the coastal mountains near Veracruz, Mexico.

Our extensive adventure race training curriculum focuses on the skills and knowledge required to complete your first race and/or take you to the next level in competitiveness. The Jalcomulco AR Training Camp skills development week will feature workshops and certifications on navigation, ropes, wilderness first aid, flatwater and whitewater paddling techniques, swiftwater rescue, mountain biking and more! Our incredible instructors will share the tips, tricks and lessons learned from some of the biggest and most challenging events in the world:



Past instructors have included:

Lawrence Foster (Team Holofiber) and **Bob Miller** (Team Supplierpipeline), two of North America's top adventure racers and course designers

Trish Westman (Team Supplierpipeline), one of Canada's top female racers

Jim Coffey (Esprit Rafting), respected Canadian whitewater, first aid, paddling and ropes expert

Geoff Langford (Team Raid the North), owner of Frontier Adventure Sports

Plus Esprit's team of professional adventure guides!

Ready to sign up?

Register at www.camp-frontier.com, call 1.888.295.8181, or email adventure@camp-frontier.com

Day 1 - Arriving in Mexico

COURSE HIGHLIGHTS:

- ⌚ **Flatwater Paddling Skills & Technique (kayak & inflatable)**
- ⌚ **Whitewater Paddling Skills & Technique (raft & inflatable)**
- ⌚ **Navigation**
- ⌚ **Ropes (rappelling, ascending, knots)**
- ⌚ **First Aid for AR**
- ⌚ **Mountain Biking**

Welcome to Mexico!

Your port of entry into Mexico will be the International airport in Veracruz, Mexico. Upon arrival at the airport, you will be met by the Frontier and Esprit staff, and we'll begin our journey to the sleepy rural village of Jalcomulco. The 2 hour drive will take us through the foot hills of the Sierra Madres Orientals, past the coffee plantations of Coatepec and down through the Mango plantations of the Antigua River Valley... a spectacular visual introduction to the region. Arriving in town, we'll settle ourselves into the pace of village life where generations of families have lived harvesting sugar cane, mangos and trapping langostinos (the giant crawfish the village is justly famous for!). Our hosts for the week will be the Rodriguez Family whose hacienda will be our "home away from home" for the duration of the course. The comfortable bed and breakfast style accommodation is very traditional in style as a sprawling 1 story hacienda surrounding and inner tropical courtyard with access to hammocks, pool and hot showers.



Day 2- Whitewater Paddling

Inflatables and Whitewater Paddling Technique

Whitewater is a challenging element that more and more race designers are including as a major element to their adventure racing courses. This course is designed to give you a distinct race advantage and give you the training necessary to excel at one of the most overlook and often neglected racing skill. Using inflatable rafts, we'll work together in teams under the tutelage of Esprit's whitewater guides to develop the essential skills necessary to successfully navigate class II - III rapids. Emphasis will be placed on stroke technique, river reading/ navigation and essential rescue skills for boat wraps and capsizes.

Day 3- First Aid for AR & Swiftwater Rescue

Beyond Duck Tape and Moleskin...

Throughout the week of training, we will be participating in daily one hour sessions covering the essential knowledge of preparation and preparedness to patient assessment and treatment of common adventure racing injuries. This half day of training will concentrate on the practical application of these skills as well as refining your patient assessment and treatment in a wilderness environment. Training is provided by SOLO Wilderness EMT instructors who are experienced rescue personnel with extensive experience working and playing in the outdoors. Upon completion of this session, you will receive certification in First Aid for Adventure Racing.

Swiftwater Rescue

This half day course is designed to compliment your whitewater paddling skills and enhance your ability to race in moving water. Emphasizing both self and team rescue, we'll learn to use fast, field expedient techniques to protect yourself and your team on the water.

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Day 4 - Navigation

Miles and Miles of Ground to Cover...

Navigation for adventure racing and orienteering are NOT the same thing. Orienteering deals with finding precise markers using accurate, detailed maps. In adventure racing, navigation is about interpreting ambiguous and sometimes incomplete information to find distinct (and usually obvious) points. In adventure racing, the real challenge comes in route selection, strategy and interpretation of the information provided. This one day seminar will start with a quick review of the fundamentals - map and compass - before progressing to adventure racing specific exercises in plotting checkpoints, route selection, strategy and tactics. We'll then take our skills into the mountains for a hands-on field exercise. Lawrence and Bob will take you through a series of checkpoints and navigation exercises in off-trail conditions. Learn how to interpret features, estimate pace, set and follow a bearing and select the fastest route.



Day 5 - Ropes

All Tied Up... Rappelling, Ascending and Traversing

Under the tutelage of professional rescue instructors and adventure racers, gain confidence in your rope skills on this one day fixed ropes course. Practice belaying, rappelling and ascending using a variety of techniques and hardware to accomplish your goal. This course will also focus on mastering the essential family of knots necessary for competency with ropes in adventure racing. Put your skills to the test both rappelling and ascending the 300 ft. cliffs surrounding Jalcomulco, then challenge the Tyrolesa – a series of Zip Lines traversing from cliff to cliff high above the Antigua River.



In the late afternoon, take part in a panel discussion focusing on teamwork and strategy with your instructors.

Day 6 - Bikes & Paddles

Technical Skills: Mountain Biking & Flatwater Paddling

In the morning, you will take to the scenic back roads. Glean valuable tips on riding skills and techniques, towing and pushing, and field repair of your bike, all while enjoying the surrounding landscape of mango and coffee plantations of the Antigua River valley. In the afternoon, switch your pedals for a paddle and work on your kayaking stroke technique. We will refine our technique in kayaks and discuss how to adapt canoes to gain maximum race advantage using this same kayaking technique.



Day 7 - Jalcomulco Adventure Challenge

Putting Your Skills to the Test

This wouldn't be an adventure race training course if we didn't provide the opportunity for you to put your new skills to the test! This short 6-8 hour course will combine all the skills you've worked on over the week (except, we hope, the first aid!) and will culminate in a final farewell fiesta in town.

Day 8 - Departure From Mexico

Saying Goodbye...

Depart for Veracruz airport to say our farewells.



**Note: We do our very best to adhere to the itinerary outlined above. Activities specified above may be subject to change based on circumstances outside our control (eg: weather, water levels, road and safety conditions).*

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Instructor Profiles:



LAWRENCE FOSTER - Captain of **Team Holofiber**, Lawrence is a seasoned veteran of adventure racing with several wins and many races around the world under his belt. He has designed some of the most memorable adventure race courses in North America, including Raid the North Charlevoix 2005, the AR World Champs in Newfoundland 2004, and Raid the North Extreme - BC's North Coast 2007. A very strong and accomplished athlete (former elite level mountain biker), Lawrence was also the captain of Rope Rescue for Sault Ste. Marie Search and Rescue, the largest volunteer SAR Ops in North America, and a Reconnaissance Technician/Instructor with the Canadian Armed Forces Reserves. He ran a sea kayak and rock/ice climbing guiding company and is an accomplished mountaineer. His incredible wilderness savvy, mental toughness and competitive drive push his team to new heights.

BOB MILLER - Bob has excelled in multiple endurance sports including marathons, triathlons and mountain bike events. Since devoting himself full time to Adventure Racing in 1999, Bob has become one of the world's top competitors. He is Captain, Navigator and Chief Strategist of **Team Supplierpipeline**, Canada's top adventure racing squad. Since 2001, Bob has coached hundreds of athletes on the specific skills and techniques required to become successful, and regularly provides Adventure Race Training Programs throughout Ontario. Since 2003, Bob has designed and co-directed over 30 adventure races of all lengths for Frontier and others, and helped grow the sport of off-road triathlon in Canada by co-directing Ontario's first Xterra race, and the new Logs, Rocks & Steel event.



GEOFF LANGFORD - An avid adventure racer since 1999, co-creator and race director of the Inner Limits Urban Adventure Race in Calgary in 2001, and the owner and Race Director of Frontier Adventure Racing since 2002, Geoff has seen adventure racing from all sides. He has raced nearly everything in Canada, from sprints to expeditions, and international races including the Southern Traverse, Africa Quest, and Desafio de los Volcanes. Geoff has observed competitors in every high and low, seen the tricks and errors, gained an in-depth understanding of landscape and its affect on competitors, and watched teamwork (or lack of) both save the day and decimate teams.



JIM COFFEY - Since 1984, Jim has been leading expeditions, training guides and teaching canoeing, kayaking, first aid, swiftwater rescue and ecological awareness throughout Canada, the United States, Mexico, Costa Rica, India, Asia, Africa, Australia and New Zealand. He first introduced the SRT program to Eastern Canada in 1989 and became the first certified SRT1 and SRT2 instructor east of the Rockies. In 1992 he founded Esprit, an Ottawa Valley adventure travel company which specializes in whitewater tours and training. His accomplishments include being a Canadian Team member for C2 whitewater slalom racing, as well as the captain of four Canadian Rafting Championship teams at the World Rafting Championships. Jim is a registered Emergency Medical Technician (EMT) and an active Fellow of the Royal Geographical Society.



TRISHA WESTMAN - Having started racing at the age of 12, Trisha quickly developed as a natural athlete skiing, running and mountain biking in the boundless outdoor playground of Sault Ste. Marie, ON. While at University she raced as a pro/elite mountain biker where she was a top provincial rider and was a medalist at the University Games in Nordic Skiing. She began adventure racing in 1999 and quickly proved herself as one of Canada's best while racing with Team Supplierpipeline and Holofiber in major international races such as Eco-Challenge, the AR World Championships, and Raid the North Extreme. Now an active mom, she has a wide range of perspectives to provide female athletes.

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Details, Details, Details...



2011 Course Dates:

Saturday March 5 – Saturday March 12, 2011

TRIP PRICE: \$1795 CDN

Based on Shared Accommodation. If you are traveling alone, we will pair you up with an appropriate roommate on the same trip. If you prefer single accommodation, this can be arranged based on a "Single Supplement" of \$200.

THE "ALL INCLUSIVE":

"All inclusive" means that once you arrive in Veracruz (or Xalapa), everything from your private transportation to your freshly prepared meals, hacienda style accommodation, professional instruction and guide services are all taken care of. This insures that you once you arrive in Mexico, all your daily needs are taken care of for you so that you can concentrate on the purpose of your week in Mexico - and that is to train hard and have fun exploring Mexico!

Specifics Include:

- All accommodation (B&B, hacienda style)
- All meals, freshly prepared to international standards of safe food handling. Special dietary requests are welcome and easily accommodated.
- Private ground transportation
- Internationally certified professional guides and instructors are always available and on call.
- All paddling equipment (helmets, pfd's, paddles, kayaks, rafts)
- Some climbing gear (harnesses, helmets, 'biners)

Be Sure to Bring:

- Your bike and all biking gear (helmet, shoes, etc)
- Compass (with declination adjustment)
- Ascenders (eg jumars) and a descender (eg ATC)

WHAT'S NOT INCLUDED:

Airfare to Veracruz (Mexico), alcoholic beverages, telephone service, internet (a local internet cafe makes communication with home a breeze!), meals on arrival and departure days, travel insurance, optional instructor/guide gratuities and additional personal services (laundry, massage, etc.).

HOW TO JOIN THE COURSE:

Congratulations, you've just made the best decision of all – to join Camp Frontier's Jalcomulco AR Training Week in Mexico! The rest is easy! Just visit www.camp-frontier.com to book your winter training adventure in Mexico. A \$795 CDN deposit is required to confirm your participation.

QUESTIONS:

Please do not hesitate to contact us directly to help answer any questions you may have regarding Camp Frontier's AR Training Week in Jalcomulco, Mexico.

Phone: 1.888.295.8181 Email: adventure@camp-frontier.com

Top 5 Reasons

To Train in Mexico

1. **VARIETY:** Rafting, kayaking, ropes, mountain biking, swiftwater rescue, trekking, first aid... you get the point!
2. **IT'S HOT!:** Forget the down jackets– enjoy Mexico's tropical warmth!
3. **CULTURE:** Timeless villages, friendly people, fresh fruit, salsa dancing...
4. **THE FOOD:** Fajitas, langostinos, tacos, chicken wrapped in banana leaf... throw a little extra spicy green sauce on and you're all set!
5. **IT'S CHEAP!:** 25¢ tacos, \$1 coronas...!

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Personal Equipment Information

EVERYTHING YOU NEED TO BRING WITH YOU...

Every Day:

- 1 Pair of Shoes/Sandals
- 1-2 Light weight long pants
- 1-2 Long or quick dry pants
- 2-3 T-shirts.
- 1-2 Long Sleeve Shirts
- 2 Shorts
- 1 Swim suit
- 1 Towel
- 1-2 warm sweater(s)
- 1 waterproof shell/jacket
- 1 Sun hat
- 1 1L water bottle (Nalgene)

Accessories:

- * Personal toiletries
- * Book
- * Camera
- * Personal first aid kit (see medical supplies in background information)

For The River:

- 1 Pair of river shoes/sandals
- 1 Quick dry shorts
- 1 Quick dry pants or polypro/fleece tights
- 1 Long sleeve base layer (polypro, Merino Wool, fuzzy rubber, rash guard)
- *Esprit provides all paddling safety equipment.*

For Dry Land Sessions:

- 1 Mountain Bike
- 1 Bike Helmet
- 1 pair shoes for trekking
- 1 Bike Shoes
- 1 Compass
- 1 Map Case
- 1 set Ascenders (eg jumars)
- 1 Descender (eg ATC)
- 1 set leather gloves
- 1 set foot straps / slings
- 1 Day Pack (for racing)
- 1 Hydration system
- 1 Headlamp

PACKING TIPS:

To make the most of your week of adventure race training, it is important to pack the appropriate clothing, gear and accessories. Below, we've outlined a suggested gear list for your week of training.

CLIMATE CONSIDERATIONS:

Fortunately for us, the climate in Mexico is very agreeable! Veracruz is a mountainous coastal state. Generally, you can expect typical "mountain" weather of hot/sunny during the day and cool evenings. It is also typical for this region to experience a build up of humidity throughout the day, leading to a tropical rain shower in the evening as the temperature cools. We like to think that this is a good thing, as the light rain supports the region's rainforest and cloud forest vegetation as well as keeping the water levels consistent in the rivers we use for paddling. In the tropics we recommend wearing light, loose fitting, natural fiber clothing. It is very important to protect against the sun. A good +15 sunblock, as well as, a hat will help keep you from getting burned. Drinking lots of fluids will help fight off dehydration and bottled water is readily available. Small, "no see-um", mosquitoes are present during the day and light weight, long pants are recommended. In Jalcomulco, we will be in the hills of the Sierra Madre Oriental (mountains) and it can get cool enough in the evenings to require a jacket or warm sweater.

OFFICIAL DOCUMENTS:

- Valid Passport (Note: Canadian Travelers do not require a passport to enter Mexico. Two pieces of photo identification + your birth certificate will be adequate.)
- Airline Tickets

MONEY MATTERS:

Hard Currency - The Mexican unit of currency is the Peso (NP). It is then divided into 100 centavos. As of November 2010, one Canadian or US dollar equals approximately 12 pesos. www.xe.com is a great resource for current exchange rates. In general, exchanging US cash in Mexico is much easier than other currencies.

ATM - The easiest way that we have found to exchange money is to use your personal banking card. All major urban centers that we visit have access to automatic bank machines from which you can withdraw Mexican Pesos directly from your bank account. Jalcomulco does not have a bank or ATM machine and we recommend that you pull Pesos from your account prior to leaving Veracruz or Xalapa upon arrival. It is also recommended that, if you are using your bank card as your primary source of currency, you bring an extra \$100 US cash with you in case your card becomes lost or damaged.

Travelers Cheques – Banks and Casa de Cambio's are the only locations in which you can exchange Travelers Cheques in Mexico. They are not the easiest to travel with, as there are also only certain hours of the day in which you can exchange them. If you are going to travel with Travelers Cheques, we recommend that you carry them in US currency and have either cash or your ATM card as a back up.

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Background Information

THE COUNTRY AND ITS PEOPLE



Mexico is an extremely large country covering almost two million square km. The Adventure Race Training Week will concentrate on experiencing a small area in detail rather than trying to see everything in just one week.

The Veracruz region is famous for the rise and fall of many great indigenous civilizations from the Olmecs and the Toltecs, to the Totonacs and the Aztecs who eventually fell to the colonization of Spain under the leadership of Cortes in 1521. We will encounter many friendly people who are descendants of both ancient civilizations as well as “modern Mexico”.

Spanish is the official language of Mexico. You will have plenty of opportunities to practice your Spanish and many people (especially students) will want to practice their English with you. The language barrier can immediately be broken by trying to speak even just a little Spanish and by smiling a lot!

ACCOMMODATIONS



We will be staying at the Los Alcatraces hacienda – no similarity to the San Francisco landmark! It is very typical of the region and offers clean, comfortable accommodations with a central tropical courtyard, pool, and grassy gathering area. Rooms are provided on a twin share basis with air conditioning, private washrooms, and hot showers.

Accommodation Upgrade: For those who prefer private accommodation, an accommodation upgrade is possible also at Los Alcatraces. This upgrade can be arranged for an additional \$200/person.

MEALS IN MEXICO

One of the delights about traveling to Mexico is the incredible food. Mexicans eat three meals a day; breakfast (desayuno), lunch or dinner (comida) and supper (cena). Traditionally “comida” is the biggest meal and supper a lighter meal. Mexican food can be very spicy as hot chilies are often a main ingredient. Many meals, however, can be tempered for faint hearted “gringo” tastes. Most meals are served communally so you can sample many different dishes. We will dine on a wide variety of local specialties including, beef, chicken, seafood, river lobster (many vegetarian dishes are available as well)... washed down with fresh tropical fruit drinks or an icy cold cerveza (beer). Bottled water is readily available and is safe to drink. Tap water or previously opened bottles are somewhat suspect and may pose a health risk. Your instructors will make recommendations as to the “do’s and don’t” of eating, drinking and staying healthy at the beginning of the trip.



THE RIVERS OF VERACRUZ

Typically, the rivers of Veracruz will be narrow, steep and continuous. They carry a medium to low volume of water which makes maneuvering technical and challenging. The rivers are rated class II, III and IV which means fun, challenging but not “over the top” whitewater.

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Background Information



We urge everyone on our programs to thoughtfully dispose of any garbage. On all Frontier and Esprit programs we follow the principals of "Leave No Trace" (for more information on LNT, please give us a call or visit www.lnt.org). As visitors we need to be part of the environmental solution and not become part of the problem.

CONSERVATION

PHOTOGRAPHY

We get many inquiries about photography. It is difficult to advise you about photography without knowing your level of expertise. As a general rule, take a camera and lens that you are used to. If you are buying a new camera, get one well before departure so you can practice with it. For people with SLR cameras, we recommend you buy a Skylight filter to protect your lenses. A waterproof disposable camera is a wise investment for taking snap shots during the river trips. For digital camera users, we recommend that you bring a minimum of two memory cards with you. For those who do not want to drag a fancy camera around with you or find that you are never in your own photos - we take high resolution digital photos throughout the entire course which are available for purchase at the end of the

course. If you are interested, let your instructors know as early into the course as possible so they can get lots of shots with you in them! Photo compilation CD's are available for \$100 CAD. A trip highlight video/DVD is also available for \$100 CAD. If pre-purchased at the time of booking, combine both the photo CD and the video/DVD for only \$150 CAD!

THINGS TO BUY

Mexico has a wealth of artisans and handicrafts and a thriving cottage industry. Pottery, textiles, woven goods, hammocks and jewelry of gold, silver, copper and turquoise all make fantastic keepsakes. In many cases prices are not fixed so you may have to do some "bargaining" to get a reasonable price. Just remember not to let "haggling" get so out of hand that you pass up something that you really want over a matter of a few pesos. There are some products available for sale that may be from endangered animals. Please be reminded that the purchase of such endangered animal products not only lead the species towards extinction, it is also illegal to bring them back to your country of origin.



DOCUMENTATION

Canadian and U.S. citizens do not require a visa to visit Mexico. Although a valid passport is not a requirement for Canadian Citizens (US and all other countries must have a valid passport) to enter the country - it is strongly recommended for you to have one. All tourists also require a "Tourist Card" which will be issued to you on the plane. You will need to keep this card with you throughout your stay in Mexico and relinquish it upon departure from Mexico.

TRAVEL INSURANCE

We require that you take out a personal travel insurance policy to cover you against sickness, accident, rescue, loss of baggage, cancellations, etc. Please specify that you are planning to participate in an adventure sports program which includes ropes and whitewater rafting, and ensure your coverage includes remote extraction.

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Background Information

SAFETY

We do our utmost to provide high quality, fun, exciting, and secure programs. Adventure Racing and its various disciplines (paddling, mtn biking, trekking, rafting, ropes, etc.) do contain an element of risk and events can arise which are beyond reasonable control. All participants must complete a participation agreement and medical questionnaire prior to the start of the program. These documents will be emailed to you in advance of your course departure. Please fill them out and bring them with you to Mexico.



SECURITY

It is important to carefully look after your vital documents and money. Crime is generally not a problem in the areas we are in, however, it only takes one mishap to turn your experience sour. Therefore, please practice good "travel sense" and be wary of your belongings. As in any urban center, pick-pocketing can occur. We advise you to carry your valuables in a money belt or travel safe which are difficult for pick-pockets to reach.

MEDICAL CONSIDERATIONS

There are a series of vaccinations recommended for travel to rural Mexico. You will have to advise your doctor about your trip and he/she can recommend an international travel inoculation center. The State of Veracruz is currently a low risk Malaria area; however, you should consult your travel clinic for the most up to date information. Malaria is transmitted by mosquitoes (as are other diseases) and is best to be protected from. A good repellent, as well as, long pants and shirts at dusk drastically reduce your contact with mosquitoes.

No-See'm Mosquitoes can become a problem for visitors to Jalcomulco. They are at their worst within 15m of the river banks. Because this is a known trouble spot, we recommend that you wear a pair of tights or quick dry pants over your legs while paddling on the rivers. Locals swear by "green shampoo" as the best repellent for these pesky little critters, however, if they can't reach your skin – they can't bite!

MEDICAL SUPPLIES

It is your responsibility to bring sufficient quantities of any specific medications you require. Advise us of the possible side effects of any medication you are taking and of any related dietary requirements.

We encourage all guests bring for their own use a supply of:

- A general antibiotic treatment
- Anti-acid tablets (spicy food)
- Antidiarrhoeal tablets (immodium) for gastrointestinal problems
- Aspirin or equivalent headache remedy
- Antiseptic swabs
- Sunblock SPF 15+
- Lipbalm
- Electrolyte crystals (to combat dehydration)
- Feminine hygiene pads etc
- Mosquito repellent

WE CARRY A WELL SUPPLIED EXPEDITION FIRST AID KIT ON ALL TRIPS

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