



WHAT IS THE RAID THE NORTH SERIES?

- The Raid the North series are some of the top, non-stop 36-hour races in North America. Designed to be an entry point into the sport of adventure racing, these races give competitors a taste of true expedition-style racing. The significant off-trail trekking and challenging navigation through the dense Canadian wilderness is sure to push competitors to their physical limit.
- Competitors work in teams of four, as they trek, mountain bike, canoe, paddle, and rappel their way through 150 km of rugged terrain, while battling weather, steep slopes, fast water, and thick bush. The exact course is kept secret until the night before the race and even then, teams are given only a set of maps and a list of grid coordinates. They must then navigate their own path through the unmarked course.
- This year the Raid the North Series includes five, 36-hour races, which serve as qualifiers for the 2-½ day Series Championship race at the end of the season. The top five teams from the qualifier races will earn an automatic spot in the championship race. The creation of the Series Championship will help develop the sport and create a number of highly competitive teams that will represent Canada on the international circuit.

WHERE WILL THE RAID THE NORTH SERIES 2001 RACES TAKE PLACE?

- The Raid the North Series race schedule is as follows:

May 4-5	Raid the North - Bark Lake (Ontario)
June 1-2	Raid the North – Tremblant (Quebec)
June 15-16	Raid the North – Apex Mountain Resort (Penticton, BC)
July 20-21	Raid the North – Bay of Fundy (New Brunswick)
August 10-11	Raid the North – Tri-Town Area (New Liskeard, ON)
September 20-22	Raid the North Series Championship (Elliot Lake, ON)

WHAT MAKES THE RAID THE NORTH SERIES DIFFERENT FROM OTHER RACES?

- The Raid the North Series is notorious for its unforgiving off-trail trekking and bushwhacking. A trademark of the Canadian north, bushwhacking makes navigation incredibly difficult and takes adventure racing to a whole new level.
- All Raid the North Series races are designed and tested by internationally experienced adventure racers. This ensures that all races provide competitors with a level of difficulty designed to test the limits of a first-time competitor or those relatively new to the sport.

RAID THE NORTH SERIES - QUICK FACTS

- Every Raid the North race offers a variety of disciplines depending on the region and the terrain surrounding the host site. All races incorporate varying lengths of each of the following disciplines: canoeing, mountain biking, rappelling, whitewater paddling, and off trail trekking through the remote wilderness. Competitors must navigate their own path between checkpoints scattered across the 150 km unmarked course.
- Canada's abundance of crown land provides race organizers with the freedom to design a difficult course without the limitations on land use. The Raid the North Series is, and will continue to be, known for its ability to provide competitors with extremely difficult off-trail trekking and bushwhacking segments that are virtually unmatched in North America.
- The Raid the North races are designed to have minimal impact on the environment they encounter. It is our policy to not put any markings on the course, cut any vegetation or create new trails, and we always avoid sensitive areas. Teams are bound by a strict set of rules that forbid them from leaving anything out on the course. All waste must be packed up and brought back to a transition area.
- Updates of the race competition, including a leader-board, daily photos and video footage, and competitor comments will be available globally throughout each race on the Internet at www.RAIDTHENORTH.com and www.ARExtreme.com.

WHO MAKES UP A RAID THE NORTH TEAM?

- Each team consists of four athletes, with at least one member of the opposite sex. All competitors are 18 years of age or older.
- Each team also has a support crew of one or two people that provide assistance to the team during the race at predetermined transition areas.

HOW DOES FAR INC. HELP PREPARE TEAMS FOR THE RAID THE NORTH RACES?

- The majority of our competitors are athletes or outdoor enthusiasts who possess most of the skills required to complete the race and work to acquire or build on the ones they lack. Although Raid the North is an entry-level race, a great deal of commitment is required to be successful and eventually move to the next level. Each team must conduct their own training, which usually involves overnight and endurance sessions to prepare the mind and body for this demanding sport.
- Race management issues frequent FAR newsletters with information designed to assist competitors with pre-race training and preparation. The newsletters contain required gear lists, skill requirements, and training recommendations. However, no specific course information is given, as this remains secret until the race briefing held only hours before the start of the race.
- FAR newsletters also provide detailed information on local transportation, accommodations, and entertainment to make the racing experience as enjoyable as possible for team members and their friends, family, and spectators.

WHERE DO RAID THE NORTH SERIES COMPETITORS COME FROM?

- Our Raid the North series has drawn competitors from all across North America, including all ten Canadian provinces, Nunavut, as well as 27 states.
- Team biographical information is available by contacting Frontier Adventure Racing Inc. and will be made available on the Internet at www.RAIDTHENORTH.com as it is received.

HOW DO RACE ORGANIZERS DETERMINE THE HOST SITES FOR THESE RACES?

- Two main criteria influence race management when selecting a suitable host site:
 - An abundance of rugged terrain that allows course designers to incorporate the variety of disciplines that make up an adventure race.
 - A local community that has the ability to provide access to the essential support facilities a race of this magnitude requires.
- The support of local communities throughout the planning and implementation of a race allows organizers to quickly seek out local resources and maximize the success of the race. This often results in being able to expand the number of teams and improve the overall level of competition.
- Race management also considers the impact on the natural environment and the ability to provide and maintain a suitable safety net to all competitors from the start of the race through to the finish.

WHERE HAVE RAID THE NORTH SERIES RACES TAKEN PLACE?

- The Raid the North series has been held in:

1998

Fort Coulonge, QC

1999

Madawaska Highlands, ON
Shushawp Region, BC
Fort Coulonge, QC

2000

Mt. Sainte-Anne, QC
Ferne, BC
Elliot Lake, ON
Algonquin Park, ON

2001

Bark Lake, ON
Digby, NS
Tremblant, QC
Revelstoke, BC
New Liskeard, ON
Elliot Lake, ON

WHAT TEAMS HAVE WON RAID THE NORTH SERIES RACES IN THE PAST?

- 1998 Raid the North – Fort Coulonge, QC
Team Rip N Hammer Toronto, ON 25 hrs, 26 mins
- 1999 Raid the North – Madawaska Highlands, ON
Team Continuum Montreal, QC 29 hrs, 59 mins
- 1999 Raid the North – Shushawp Region, BC
Team Ravenwolf Vancouver, BC 30 hrs, 50 mins
- 1999 Raid the North - Fort Coulonge, QC
Team Hardwood Hills Barrie, ON 30 hrs, 16 mins
- 2000 Raid the North – Mt. Saint Anne, QC
Team Continuum Montreal, QC 28 hrs, 40 mins
- 2000 Raid the North – Fernie, BC
Team TD Evergreen Spirit London, ON 37 hrs, 35 mins
- 2000 Raid the North – Elliot Lake, ON
Team Beowulf Etobicoke, ON 23 hrs, 9 mins
- 2000 Raid the North – Algonquin, ON
Team TD Evergreen Spirit London, ON 26 hrs, 59 mins
- 2001 Raid the North – Bark Lake, ON
Team Screemin' Fury Hamilton, ON 29 hrs, 59 mins
- 2001 Raid the North – Digby, NS
Team EasternOutdoors.com St. Andrew's, NB 19 hrs, 13 mins
- 2001 Raid the North – Tremblant, QC
Team Continuum Montreal, QC 29 hrs, 7 mins
- 2001 Raid the North – Revelstoke, BC
Team Spirit Kamloops, BC 32 hrs, 29 mins
- 2001 Raid the North – Elliot Lake, ON
Team Beowulf Toronto, ON 26 hrs, 43 mins
- 2001 Raid the North Series Championship (Tri-Town Area, ON)
Team Spirit Vancouver, BC 47 hrs, 32 mins

WHAT OTHER EVENTS DOES FRONTIER ADVENTURE RACING INC. OFFER?

- **Raid the North Extreme** - The pinnacle of adventure racing in Canada, this 6-day, non-stop, expedition-style race, is the most challenging of its kind in North America. A regular stop on the international circuit, it is not designed for the first-timer or those without significant wilderness experience. The 2002 race is being held in Whitehorse, Yukon Territory, August 25-30.
- **Salomon Adventure Challenge Series** – A fun, yet challenging introduction to the sport of adventure racing, FAR has expanded the Salomon Adventure Challenge Series for 2002 to include six, 5-8 hour races at each RTN event, and three independent events, one of which will be held this winter. These introductory adventure races will take teams of three (open or co-ed) through a 40+ km course of trekking, mountain biking and paddling (the winter race will involve, snow-shoeing, cross-country skiing and mountain biking). Unlike last year, the racecourses will be completely unmarked and teams will have to rely on basic navigation skills to reach the finish line.
- **Adventure Racing Training Programs** - In 2002, FAR will be offering five new adventure racing training programs for all levels of athletes, including navigation and teamwork courses, an advanced AR training seminar, a women-only AR seminar and an advanced 3-day, hands-on training weekend. FAR will also continue to offer the one-day Pre-Race Training Program, which is held in conjunction with each Raid the North race. Taught by internationally experienced veterans of adventure racing, participants will be exposed to the tips, tricks and lessons learned from some of the biggest and most challenging events in the world, as well as ways to build upon their skills and improve their teams performance.