



**RAID THE NORTH
KIMBERLEY ALPINE RESORT – JULY 26-27, 2003
COMPETITOR UPDATE #2**

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RAID THE NORTH – STONEHAM MOUNTAIN RESORT, QC COMPETITOR UPDATE #2

1. Note From The Organizers

Less than two weeks until Raid the North Kimberley Alpine Resort – for the first time ever, the second Raid the North of the year in Western Canada. We're encouraged to see over 30 teams registered, from as far away as Ontario and Washington.

For those of you that competed in Hope, you can be assured the snow cover will be almost non-existent, the bikewhacking will be next to nothing, and the rain...well, no guarantees. However, don't anticipate that this will be an easy race. Scouting for the course has involved altitudes up to 8500 ft, very rocky scrambling, marshy bogs, more wildlife than I can recall seeing in one area, and some breathtaking landscapes.

This second competitor update serves as the last information newsletter before the race and will provide you with more detailed information about the host site, the course, gear list requirements and last minute race reminders.

Please note, both Competitor Updates are posted on our Web site and it is the team captain's responsibility to ensure all team members have read these documents thoroughly. If you have any questions, you can contact our office in Calgary at 403.670.0466, in Toronto at 416.783.4464, or email info@far.on.ca.

1.1 Balance Payments

Please note the balance payment of \$1,000 CDN or \$650 US was due on Friday, June 13. If you have not yet sent in your payment, please do so immediately. For details on the withdrawal policy please see the Rules and Regulations available online at www.RAIDTHENORTH.com.

1.2 Raid the North Web Site

Many of you familiar with our site, www.RAIDTHENORTH.com, know it is a wealth of information and resources, including the Raid the North Competitor Site, AR Resource Centre and Online Database System for registering and updating Team Profiles.

The Competitor Site section contains the latest race news and information, including links to specific race information, including host site details, team lists, competitor updates and gear lists. Also in this section you can create/update your profile, find teammates, review the race rules & regulations and check the latest national points standings.

Team Profile Update Instructions

As mentioned in Competitor Update #1, we require all teams to update their Team Profiles using our online database system.

To update your Team Profile online, simply click on [Create/Update Your Profile](#) located on the Home Page or Competitor Site section of our Web site www.RAIDTHENORTH.com. If you are not recognized, you will be asked to enter in your email address and password. When your Team Profile appears on the screen, simply follow the instructions.

To add a team member to your Team List, simply type in the team member's last name into the designated box and press add. The system will search our database for that person's name and if found will prompt you to accept. An email will be sent to that Team Member asking them permission to add them to your team list. Once granted you will be sent a confirmation email and their name will appear in your team list. If that person does not appear in our database, you will be prompted to create a User Profile on their behalf. The Team Member will be sent their User Profile log in information by email.

*To qualify for our National Points Standings, you must designate at least 3 core team members. Your team can have up to 5 core members, not including the Team Captain. Please note that you cannot change core members once you have selected them.

To create or update your team roster for each race, simply click on a race name under Registered Races. You will then be prompted to select the team members who will be participating in that race from your Team List. Please designate who is a Team Member and who is Support Crew. This information will appear on the Registered Teams page for each race and in the race Team Bio book at each race.

Please be aware that all Team Profiles on our Web site also serve as our team database. It is our sole source of contact information for each of your team members. For this reason, it is MANDATORY that you complete at least the contact information for all teammates and support crew. **All Team Profiles MUST be updated one week prior to each race (Friday, July 18 at 12:00 midnight EST).** Any Team Profiles submitted after this time cannot be included in the Team Bio Book. Because it is critical that we have contact information for all competitors, if you do not have all four team members and their contact information listed by this date, **your team will NOT be ranked in the race.** We will still let you race, but you will start the race as an unranked team.

If you have any questions about using this system, please contact us at 403.670.0466 or info@far.on.ca.

2. Race Information

2.1 Host Site

Resorts of the Canadian Rockies' [Kimberley Alpine Resort](#) is nestled among the Purcell and Rocky Mountains of southeast British Columbia. World-renowned for their winter adventure activities including cross-country and downhill skiing, snowboarding and snowshoeing, Kimberley is becoming a summer playground as well.

A newly extended train takes passengers up the Mark Creek Valley from the town of Kimberley right up to the base of the ski hill. With trail rides, mini golf, extensive cross-country hiking and biking trails, and spectacular downhill mountain biking trails, there's no shortage of activities. A new high-speed quad will run all summer, opening up the entire mountain to recreational pursuits. Just below the summit of North Star Mountain (the ski hill), is one of the best patios around – the Kootenay Haus Mountain Top Bistro. And, you can't miss out on the year round pub crawls in Kimberley!

The town of Kimberley, known as the 'Bavarian City of the Rockies', is one of Canada's highest cities (elevation of 1,113 metres above sea level), and has a population of just over 6,700. The town is located in the southeast corner of British Columbia and is only a 20 minute drive from the Cranbrook Airport, 4 hours southwest from Calgary, and 3.5 hours north from Spokane. When people aren't off playing in the mountains, they'll be enjoying Julyfest, Winterfest, the Alpine Folk Dancing Festival, the Kimberley International Old Time Accordion Championship, or strolling along the newly-renovated Platzl.

For more information about the year-round facilities, activities, and accommodation options at Kimberley Alpine Resort, visit www.SKIKIMBERLEY.com.

2.2 Accommodations

The Resort offers a great variety of quality accommodation options. We would like to encourage all competitors to stay at the resort, as we would like to create an 'athlete village' effect. Meeting others you are racing against is one of the more enjoyable parts of adventure racing. 2, 3, and 4 bedroom condos make great options for competitors, support, family & friends to all stay together, or share a larger condo with another team to create a real AR community.

The Trickle Creek Residence Inn is the closest to the action, and included with your room is a breakfast designed for adventure racers – fresh made waffles, fruit, toast, eggs & bacon, cereal, just to get started!

Be sure to request these special Raid the North competitor rates – a 20% discount from regular rates.

Prices listed per night, in Canadian, not including 15% tax, and subject to availability

Marriott Hotel

Studio Suite	\$126.00	double occupancy
One Bedroom Suite	\$139.00	double occupancy
Two Bedroom Suite	\$198.00	quad occupancy

Polaris Lodge

Lock - off	\$76.00	double occupancy
One Bedroom	\$122.00	double occupancy
One Bedroom Master	\$132.00	double occupancy
Two Bedroom	\$190.00	quad occupancy
Three Bedroom	\$248.00	based on 6 people

Copper Springs

Two Bedroom	\$200.00	quad occupancy
Two Bedroom with Loft	\$260.00	based on 6 people
Entire Chalet	\$428.00	based on 10 people

For more information about accommodations at Kimberley Alpine Resort, visit www.skikimberley.com or call **1-877-754-5462**. Be sure to request the special Raid the North package pricing.

2.3 Registration

Registration will take place on Friday, July 25 on the plaza between the Trickle Creek Marriot and the Polaris Lodge beginning at 8:00 am. It is advised that all teams check-in at registration before 11:00 am. Either road into Kimberley Alpine Resort will lead to parking within steps of the plaza, and most on-hill accommodations are very close by.

The Team Captain should first check-in at the Main Registration table, where you will be asked to hand in all your team's registration forms (waivers, medical forms, image release forms). Remember, you need to have all forms completed by **all team members and support crew**. Once your paperwork is in order, your team will be issued their race jerseys and registration checklist. **Race jerseys must be worn throughout the registration process.**

At this point your team will move through the various stations (bike inspection, gear check, medical and first aid check, navigational testing, emergency protocol briefing and ropes). Once your entire team has completed a station, race staff will initial your registration sheet. When you have completed the entire

process your team captain should return to the Main Registration area where your team will turn in your complete registration checklist, and be issued your race package.

We have eliminated team passports this year in an effort to simplify race logistics for competitors. More thorough checkpoint procedures, including collecting a signature from the team captain on tracking sheets at each checkpoint to verify times, will replace the requirement that all teams carry their mandatory passport at all times.

All teams must complete registration in the time allotted. Any team that fails to complete registration will not be allowed to race. Teams should expect to take approximately two hours to complete the registration process, although it can be done faster if you arrive early. If many teams arrive late in the day, there is a possibility of congestion occurring at one or more of the check stations. Please allow plenty of time for your team to complete registration.

Also, to give you as much time with the race maps as possible we will be starting the race briefing at 4:00 pm. The race briefing will not be delayed if some teams are not in attendance. Attendance is mandatory, and it is certainly to your advantage to attend. The race briefing will consist of an introduction of all teams competing in the race, distribution of the course package, description of some of the obstacles and challenges on the course and a question and answer period.

2.4 Directions

Kimberley is easily accessible by both air and ground transportation. Regular flights from Calgary into Cranbrook are available with Air Canada.

There are two driving options from Calgary, both taking approximately 4 hours. Follow Highway #1 west through Banff to Highway #95 south through the Columbia Valley to Highway 95a onto Kimberley. Alternatively, follow Highway #22 southwest to Highway #3/93 through Crowsnest Pass and Fernie, to Highway #95A north onto Kimberley.

From Vancouver, BC, the drive time is a bit longer at 11 hours. The two suggested routes are taking Highway #3 east to Highway #95A north onto Kimberley, or following Highway #1 north to Highway #95 south to Highway #95A onto Kimberley.

From Spokane Washington (4 hours) – take Highway #90 east to Highway #95 north to Highway #95A north onto Kimberley.

From Kalispell, Montana (2.5 hours) – follow Highway #93 north to Highway #3/93 west to Highway 95A North onto Kimberley.

Detailed directions and maps are available at <http://www.skikimberley.com/themountain/gettinghere/index.asp>.

2.5 Travel to the Start Line

Although we do encourage all teams to use their own vehicle to reach the start line, we will be offering a shuttle at \$8.00 per person. To reserve a seat, please email info@far.on.ca with race name, team name, and # of spots. Shuttle fee due at race registration.

2.6 Schedule of Events

Friday, July 25	8:00 a.m. - 3:30 p.m.	Registration (Polaris Lodge Plaza)*
	4:00 p.m. - 5:00 p.m.	Race Briefing (North Star Centre)
	Midnight	Race Start (undisclosed location)
Saturday, July 26	7:00 a.m. – 8:30 a.m	Salomon Adventure Challenge Registration (Polaris Lodge Plaza)*
	10:00 am - 6:00 pm	Salomon Adventure Challenge (finish at Kimberley Alpine Resort)
	4:00 p.m - 7:00 p.m.	Salomon Adventure Challenge Banquet (North Star Centre)
Sunday, July 27	Noon	Raid the North Race ends/ Official cutoff (finish line Polaris Lodge Plaza)*
	4:00 p.m.	RtN racecourse closes
	5:00 p.m. - 7:00 p.m.	Awards Banquet (North Star Centre)

**In the event of inclement weather all events scheduled for the Polaris Lodge Plaza will be held in the Ski Club Room on the lower level of the Polaris Lodge*

3. Raid the North Series Sponsors Prizing, Special Offers and Contests



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. Look for knowledgeable Salomon representatives – either on-site at registration, or competing - at most of our events this year with their leading-edge adventure racing gear for 2003.

Sponsored Prizing: Salomon adventure racing gear, including XA Series shoes, Azimuth, NRG Saver, and Raid Race packs



LAND ROVER CANADA

For more than half a century, Land Rover vehicles have been known for their "go anywhere, do anything" capability. Land Rover's proud to extend this credo to the adventure racing world by becoming the **Official Vehicle** of the **Salomon Adventure Challenge** and **Raid the North Series**'.

SUPER STRENGTH **Motrin^{*} IB**

SUPER STRENGTH MOTRIN^{*} IB

SUPER STRENGTH MOTRIN^{*} IB has partnered with FAR Inc. once again as the **Official Pain Reliever** of both the **Raid the North** and **Salomon Adventure Challenge Series**. As pain is inevitable in adventure racing, **SUPER STRENGTH MOTRIN^{*} IB** can become a racer's best friend. **SUPER STRENGTH MOTRIN^{*} IB**: Your Strains & Sprains Specialist.



SIMON RIVER SPORTS

SIMON RIVER SPORTS has taken paddling in adventure racing to a new level. Canadian-made, featuring both 3 and 5 piece, universally adjustable carbon fibre wing paddles, there's simply no comparison in the marketplace.

The Simon River Sports Western Canadian rep will be joining us at Kimberley to discuss and demonstrate their adventure racing product. She will also be bringing an additional three sets of 2 and 3 piece paddles for teams to use in this race. Draws for these paddles will be held at the competitor briefing.

Sponsored Rental Program: All Raid the North and stand-alone Salomon Adventure Challenge events have 16 paddles for rent. At Raid the North events, rental cost is only \$48 per team for four paddles.



FAST FUEL

FAST FUEL'S 'Organic', 'Natural', and 'Fun Fuel' are the **Official Endurance Bars** of the **Raid the North** and **Salomon Adventure Challenge Series**. A quick glance at the all-natural ingredient deck and nutritional information on each package will highlight why FAR Inc. has aligned with this producer of true adventure racing fuel. More importantly, **FAST FUEL'S** taste is what sealed the deal!

Sponsored Prizing: Fast Fuel Bars



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.

Sponsored 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 the world in 15 minutes.



KOMEX

KOMEX is a water resources and environmental consulting firm based in Calgary, providing solutions to any environmental problem, with a can-do attitude for solving environmental challenges.

Komex employees tend to work and play hard. If you're looking for after-work cycling, running, adventure racing, climbing partners, you'll likely not have to look further than a few doors down. Komex - making a difference.

FAR Contribution: Komex is custom designing all topographic maps for Salomon Adventure Challenge, Raid the North, and Raid the North Extreme in 2003.



ADVENTURE SPORTS MAGAZINE

ADVENTURE SPORTS MAGAZINE is North America's premiere adventure racing magazine. With 10 issues per year, you're treated to race features, interesting personalities, training techniques, destinations, and the latest and greatest gear.

SPECIAL FAR Inc OFFER! 10 issues for \$29.70 USD - 40% off of the cover price. See www.asmagazine.com for more details.



Visit www.explore-mag.com

EXPLORE

EXPLORE - Canada's Outdoor Magazine - is a proud new partner of Frontier Adventure Racing in 2003. 6 issues per year packed full of the best of Canada's outdoors, including coverage of the adventure racing community. Travel, Adventure, Gear...find it all in explore.

Sample magazines at preselected races for competitors and/or volunteers.

Sponsored Prizing: explore annual subscriptions



SUUNTO

Navigation separates the good teams from the elite in adventure racing. **SUUNTO** Wrist top computers and compasses are used by many of the top racers in the world.

Sponsored Prizing: Suunto Survival Award (3 Compasses) – Team most in need of Suunto Compasses



SEALSKINZ

SEALSKINZ are the world's only range of waterproof, breathable, close-fitting socks and gloves. FAR Inc owners Stuart Torr and Geoff Langford used **SEALSKINZ** through a very wet Southern Traverse course last year and finished the race completely amazed at their dry, healthy, blister-less feet. We highly recommend them for every leg of Raid the North.

Sponsored Prizing: SealSkinz socks and gloves

4. Discipline Update

The following is an overview of the challenges you will be facing in each of the disciplines for this year's race. It is meant to provide you a little further insight into the type of preparation you should be doing for this race. Keep in mind that the type of weather we have can in this area greatly affects the types of challenges you will face during the race. Review this information about the course conditions thoroughly prior to the event so you can make any necessary adjustments to the equipment and clothing you bring.

4.1 Trekking

The trek sections in Kimberley will be scenic and varied, at elevations both above and below treeline. Most of the trekking will be off-trail, in forests of mixed pine and spruce. There are many animal trails to follow if your team is comfortable using a loose bearing. Some sections have been logged, and have grown back in young and thick. There are a couple sections of old, unused trails or open meadows that will make for quick progress. There will be more than one obvious option for most trek sections.

As with all Raid the North races, the course is completely unmarked and there is no set route between checkpoints - you can expect navigation decisions and route finding to play a significant part of the race. Potential routes have been tested for safety and these details will be given in the competitor instructions. It is up to you to choose your own route and follow your map to avoid cliffs and other obstacles.

4.2 Mountain Biking

The majority of the mountain biking will take place on 4x4 tracks and gravel roads ranging in conditions from newer maintained forestry roads to overgrown decommissioned roads. While some are still a little wet, aggressive tires are not necessary due to the firm ground underneath.

There will be more than one bike section, and there is potential for at least one small hike-a-bike of less than 1km, on a connector of two decommissioned forestry roads.

In terms of bike logistics you may see some bike drops or pick ups along the course instead of TAs. While we try to limit large loads being carried on your bikes and back, it is sometimes impossible to have your support crew meet you at the beginning or end of a section, especially if they are traveling on the same roads as you.

4.3 Paddling

Straight forward! The paddling will be in canoes on flat water, and all teams should complete the paddling early in the day, during daylight hours. Wetsuits will not be mandatory, as the water is not excessively cold. However, for those sensitive to cooler water or heat loss, wetsuits are certainly recommended.

As always, **teams must stay within 100m from shore on all water sections.** We will be actively enforcing this rule, as this is a significant safety issue for us. Of course, the 100m distance, and the definition of 'shore', are only guidelines. Use your common sense to stay within a safe swimming distance from land. We will have safety boats on the water, which will be issuing warnings to teams that stretch the rule, as well as issuing time penalties to those that blatantly disregard it.

Two standard touring canoes will be provided per team at the start of the canoe section along with four standard canoe paddles. Teams are welcome to use their own paddles, but must be prepared to carry them before or after the paddling sections in the case of a remote start or end.

While our Simon River Sports paddle rental program is sold out for this race, a rep from SRS will be at this race with three additional sets of 2 and 3 piece rental paddles which we will draw for at the briefing.

4.4 Ropes

The ropes section in Kimberley will be a rappel that should give most teams vertigo. All teams will have the chance to complete the rappel, as it is not a part of the advanced course.

Teams will scramble up one of the area's classic peaks to a 400+ foot rappel on a cirque cliff face into an alpine meadow. Your feet will be touching for most of the way down. Although there will be multiple ropes at the site, each team will use only one rope, to limit the chance of a backlog at the ropes. It also means your team's speed through the ropes section is dependent on your ability, and that other teams have the opportunity to pass a team that is struggling.

For competitors or teams that are uncomfortable with their own ability on the rappel, assistance from our ropes staff is available with no penalty. An escape route around the rappel will be available if someone does not want to attempt it. There will be no penalty for taking the escape route although your team may be held at the ropes checkpoint to ensure no time advantage comes from taking the escape route.

4.5 Advanced Section

The Advanced Section will be a series of extra checkpoints near the end of the race involving one or more disciplines. You can expect the advanced section to be an area where teams will get to put their navigation, orientation, and route finding skills to the test. One or more disciplines may be used, and teams will have a number of choices in terms of routes. The decision to continue on the advanced section will be made at a Transition Area (TA) so that teams can let their support crew know while they are there with them.

Teams reaching the checkpoint from which the Advanced Section starts before a pre-determined cut-off time are able to continue onto the Advanced Section. However, teams may choose to defer the Advanced Section and continue on the regular course. Teams reaching the checkpoint from which the Advanced Section starts after the pre-determined cut-off time for the Advanced Section but before the pre-determined cut-off time for the race (this second cut-off time is set to the point where teams not passing the checkpoint before will not have enough time to complete the entire race) will proceed on the regular racecourse. Teams continuing on the regular racecourse are still fully ranked teams in the race.

All teams completing the Advanced Section and the entire race as a ranked team will be ranked ahead of all teams completing the regular course. Teams that take the Advanced Section but do not finish the race will not be ranked and, therefore, not accumulate any points toward their national standings. Final standings for the race will be posted with only one category. No distinctions in rankings will be made between the Advanced Section finishers and the regular course finishers, other than as described above.

5. Gear List

The Updated Gear List for the 2003 Raid the North Series is located on our Web site in the Competitor Site section. Remember that this gear list is MANDATORY and any team that fails to pass our gear check WILL NOT be allowed to race. Please note, the mandatory equipment list includes the minimum requirements for safe travel. Teams are free to bring any additional items they feel necessary provided they are not on the list of forbidden equipment.

The gear list shown on the Web site is identical to the list sent with the first competitor update. In fact, we have standardized our gear list for all Raid the North races to make things easier for those competing in multiple races. There are only three exceptions to this standardized gear list: for early season and late season events, a weatherproof jacket has been added to the Personal Mandatory gear requirements; for mountain races, one altimeter has been added to the Team Mandatory gear list, and; the exact climbing equipment required depends on whether the race includes a rappel or a Tyrolean traverse.

5.1 First Aid Kits

As mentioned in Competitor Update #1, Odyssey Medical Supplies are assembling specialized, conveniently small, packaged adventure racing first aid kits for Raid the North competitors. The competitor and support crew first aid kit are available for \$35 CDN. Please note, these kits do not include water purification system, anti-inflammatory or antihistamine medication. The last two items are only available through a pharmacy.

If you would like to purchase a first aid kit from Odyssey, please contact our office **by Monday, July 21, 2003**. Kits will be distributed at registration.

6. Unsupported Option

As mentioned in the first update, for those that have difficulty finding a support crew, we are offering an Unsupported Option. For an additional fee of \$250 CDN or \$170 US per team, we will transport your gear between transition areas throughout the race, as well as provide some basic hot food (soup, pasta, mashed potatoes). Although this will not replace all of the benefits a team would receive from an individual support crew it does give you the option to race without one and avoid the additional expense of travel, food and support vehicle. It also has the additional benefit of reducing the number of vehicles we take into these remote and sometimes sensitive areas. We believe that support crews play an important role on a team in adventure racing and bring great energy and camaraderie to the experience but we don't want them to be a limiting factor for people getting into the sport. **Teams interested in racing under the Unsupported Option must register at least one week prior to the race (by Friday, July 18)**. The Unsupported Option registration form is included at the end of this Update.

7. Registration Forms

Just a reminder that all team members (including support crew) must fill out and bring a medical form and insurance waiver to registration. **Please make sure that you bring your health card as well,** as your support crew will need to carry it for you throughout the race. When you arrive at registration, please have all your team members available to sign whatever additional forms may be necessary, since you won't be able to start moving through the stations until we have **ALL** your completed forms.



**RAID THE NORTH SERIES
Unsupported Option
Registration Form**

Team Name: _____ Team Captain: _____

Please check the race you wish to register for the "Unsupported Option":

- Raid the North – Hope, BC (\$250 CDN, \$170 US)
- Raid the North – Parry Sound, ON (\$250 CDN, \$170 US)
- Raid the North – Stoneham, QC (\$250 CDN, \$170 US)
- Raid the North – Kimberley, BC (\$250 CDN, \$170 US)
- Raid the North Series Championship – Mattawa, ON (\$300 CDN, \$200 US)

Unsupported Option Details:

- Frontier Adventure Racing Inc. will provide BASIC hot food.
- Basic hot food can include, but is not limited to: soups, pasta, potatoes, and hot cereal.
- Frontier Adventure Racing Inc. will provide transportation of gear to and from all transition areas, and transportation of the team to the start line.
- All gear to be transported must be stored in no more than two gearboxes per team that are clearly labeled with the team name and number. Bikes are considered separate.
- Gear must be loaded by the team into the assigned vehicles before going to sleep before the race.
- Teams must "look after" themselves at transitions without relying on the staff transporting their gear.
- All gear must be packed up before a team is allowed to leave the transition area.

In granting my request to be provided with an unsupported crew during this adventure race, whether using equipment provided by me or by the unsupported crew staff and consuming food and/or liquids provided to me or by the unsupported crew staff I agree that I will not hold Frontier Adventure Racing Inc., or the unsupported crew staff, liable for equipment damage, personal injury, death and/or property loss.

Signature: _____ Date: _____

Please **MAIL** this completed form along with your payment for the Unsupported Option to the address below. All cheques or money orders must be made payable to:

Frontier Adventure Racing Inc.
2122 Broadview Rd NW
Calgary, AB
T2N 3H9



RAID THE NORTH 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 | heart racing | headaches |
| dizziness | high blood pressure | heart palpitations |
| numbness in limbs | low blood pressure | chest pains |
| nausea/vomiting | blurred vision | loss of hearing |
| blood in urine | blood in stool | mononucleosis |
| hypo-thyroid | hyper-thyroid | tuberculosis |
| hepatitis (which type) | | |

- 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** (If you do not have insurance, please acknowledge)
- b) Subscriber Identification Number:

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

Name: _____ Address: _____

Phone #: _____

11) 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: _____



RAID THE NORTH SERIES WAIVER AND ASSUMPTION OF RISK

I, the undersigned, do understand and hereby acknowledge and agree that participation in an adventure race including canoeing, trekking, mountain biking and ropes section, among other things, involves certain risks and dangers which include, but are not limited to water and weather conditions. I recognize that this event is physically

demanding involving distances and activities that are in excess of what is considered a typical level of difficulty and I am participating with the knowledge that I am responsible for my own physical and mental condition and well being.

In consideration of the granting of my request to participate in this adventure race during the actual time of the event or at any time while attending this event, whether using equipment of my own or provided to me by the event staff and/or volunteers, I agree that neither I, nor my heirs, executors, administrators or assigns will hold Frontier Adventure Racing Inc., its' staff, volunteers, Salomon Sports Canada, McNeil Consumer Healthcare, Natural Emphasis, Suunto Canada, Land Rover Canada, Aqualung Canada, Starchoice Communications Inc, Komex International Ltd., Danalco Inc, Resorts of the Canadian Rockies, Kimberley Alpine Resort or any and all other event sponsors, organizations or individuals involved or associated with the Raid the North event, liable for personal injury, death and/or property loss.

I further agree and acknowledge:

- 1) I have read the event rules and regulations enclosed and assume the responsibility to abide by these rules as well as to examine such list for any changes or additions;
- 2) I acknowledge and confirm that I can swim;
- 3) I acknowledge and confirm that I am in good physical health and feel I will be able to complete the required activities of this event. If at any time during the event I feel that continued participation will result in any form of physical or mental harm to myself I will inform a Frontier Adventure Racing staff member of my condition and discontinue my participation immediately. I acknowledge and confirm that I will monitor the condition of the other participants on my team and, if the physical health of any of the members of my team appears to be in danger, I will inform a Frontier Adventure Racing staff member of the situation and immediately discontinue my teams participation in the event;
- 4) I am familiar with and understand the dangers associated with paddling, trekking, mountain biking, ropes section and will take every foreseeable precaution to ensure the safety of myself and my team through the course of participating in this event;
- 5) I agree to immediately notify a Frontier Adventure Racing staff member of all accidents within my knowledge;
- 6) I agree to keep updated regarding all rules, special activities and programs established for the event.

I, on my own behalf and on behalf of members, executors, administrators and assigns, hereby release and forever discharge Frontier Adventure Racing Inc., its' staff, volunteers, Salomon Sports Canada, McNeil Consumer Healthcare, Natural Emphasis, Suunto Canada, Land Rover Canada, Aqualung Canada, Starchoice Communications Inc, Komex International Ltd., Danalco Inc, Resorts of the Canadian Rockies, Kimberley Alpine Resort or any and all other event sponsors, organizations or individuals involved or associated with the Raid the North event liable for any personal injury, death, or loss or damage to my person or property however caused arising out of or in connection with my participation in this adventure race, on water or land, notwithstanding that such injury, death, loss or damage to my person or property may have been contributed or occasioned by negligence of Frontier Adventure Racing Inc., its' staff, volunteers, Salomon Sports Canada, McNeil Consumer Healthcare, Natural Emphasis, Suunto Canada, Land Rover Canada, Aqualung Canada, Starchoice Communications Inc, Komex International Ltd., Danalco Inc, Resorts of the Canadian Rockies, Kimberley Alpine Resort or any and all other event sponsors, organizations or individuals involved or associated with the Raid the North event.

Please Print Clearly:

Date: _____

Participant's Name: _____

Address: _____

Signature: _____