

FRONTIER

adventure challenge

where adventure begins

Deerhurst Resort Huntsville, ON May 2, 2009

Competitor Newsletter

Welcome to the Frontier Adventure Challenge!

Thanks for joining the ranks of more than 5000 competitors who have experienced the fun, the competition, and the challenge of this addictive event over eight seasons of the Adventure Challenge.

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

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Additional important information can be found at www.fastadventures.com on the Huntsville race page within the Frontier Adventure Challenge section. Please familiarize yourself with this information to get the most out of the event.

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DEERHURST
Resort

1. WHAT MAKES THIS RACE GREAT

ATMOSPHERE!

We're excited to bring the Frontier AC experience back to Deerhurst Resort, and this incredible region of Muskoka. The area seems to be made for adventure racing, and has provided us with years of great wilderness and memorable experiences. Combined with the High School Adventure Challenge happening on Sunday, it's a great weekend away to start your spring.

Deerhurst Resort is an island of luxury in the heart of Muskoka - an ideal base for the event, with everything necessary for a high-energy athlete's village: a scenic base area, unbeatable meeting and dining facilities, fantastic condo accommodations right at the start/finish line, and diverse terrain in all directions just waiting for you to bike, trek and paddle through.

2. HOW THE RACE WILL WORK

This Frontier Adventure Challenge Series event features three disciplines: Mountain Biking, Trekking, and Paddling. Your coed or open team of three will have up to 8 hours to complete the roughly 40km racecourse. The exact length of each discipline and the order your team will undertake each remain a secret until race day.

On the Friday night and Saturday morning before the event, teams must submit all completed paperwork and pass a gear check in advance of the Race Briefing. If your team has completed registration in advance of the Race Briefing, you will receive topographic maps and a course description featuring coordinates and course descriptions. At the Race Briefing, the course designer and race director will review the course, discuss any important logistics, and answer any questions you may have. You will have until the start of the race to plot the CP's on your maps and strategize your team's game plan.

At the word 'GO', teams will set off to reach each checkpoint in the order specified at the Competitor Briefing and within the 8 hour time limit. Following the race, we celebrate your achievement with an Awards Celebration including a banquet, sponsored prizes and awards, and a party! This is a great time to mix with other teams, volunteers, and race staff, and share your team's race experience.

All events will take place at Deerhurst Resort, either in the Pavilion Lodge (the large main building), or outside at the Muskoka Marquee (flat open area between the main entrance and the pool area).

Visit this page for a map of Deerhurst: <http://deerhurstresort.com/resortmap.html>

3. SCHEDULE OF EVENTS

Friday	16:00-21:00	On-Site Registration <i>Waterhouse Ballroom, Pavilion Lodge</i>
	19:00-23:00	Pre-Race Social <i>Waterhouse Ballroom, Pavilion Lodge</i>
Saturday	07:00-08:30	On-Site Registration <i>Waterhouse Ballroom, Pavilion Lodge</i>
	07:00	Map Distribution <i>Waterhouse Ballroom, Pavilion Lodge</i>
	08:30–09:00	Race Briefing <i>Waterhouse Ballroom, Pavilion Lodge</i>
	10:00	Race Start <i>Muskoka Marquee</i>
	17:00–19:00	Dinner Served <i>Waterhouse Ballroom, Pavilion Lodge</i>
	18:00	Frontier AC Racecourse Closes <i>Muskoka Marquee</i>
	18:00	Awards Ceremony & Post-race party <i>Waterhouse Ballroom, Main Building</i>

Friday, May 1

Join us at Deerhurst Resort Friday night for early registration and some social time. We'll have the tunes going and some race videos playing – everyone is welcome to join in and meet your competition!

Registration opens at 16:00 Friday afternoon in the Waterhouse Ballroom in the main Pavilion building at Deerhurst. Upon registration, teams will receive a Competitor Kit which includes: 3 race jerseys; 3 bike plates (with zip ties); the Team Passport; 3 Dinner tickets; and some swag and other goodies. Race jerseys must be worn at all times to ensure we can identify your team – make sure the big Frontier logo is on the front!

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

Raceday – Saturday, May 3rd

Competitor Registration: All remaining teams must check in with race officials in the Waterhouse Ballroom to complete all paperwork and receive the Competitor Kit.

Race jerseys must be worn at all times during the event (beginning at registration), the bike plates must be attached to the front of each bike, and please ensure that you have your passport with you for the duration of the race (otherwise your team will incur a time penalty). Jerseys have a race logo side and a sponsor side – please ensure the race logo side is forward! Gear Check will be done at registration, and can be completed before checking in with race officials. Your team **MUST** demonstrate that you have all requested items before receiving your Gear Check stamp on your passport. Please review the mandatory gear list for the items that will

be checked at Gear Check. There will be gear checks throughout the course for critical safety items. If you are without mandatory gear on the course, you WILL be given time penalties.

The Mandatory Gear List is available for download on the race page at www.fastadventures.com.

Map Distribution & Competitor Briefing: Starting at 07:00, any one team member may pick up your team package in the Waterhouse Ballroom, including the race maps and directions – but only if your team has completed all aspects of registration.

At 08:30, all teams must meet for the Competitor Briefing in the Waterhouse Ballroom. This is when any unanswered questions are addressed, and the racecourse is reviewed. This will end at approximately 09:00, leaving each team until 10:00 to finish plotting the checkpoints, review the maps and instructions, and complete any final preparations. **DO NOT WORRY** as this is more than enough time and race staff will be available to answer your questions!

Race Start: The race will begin on the green space in front of Deerhurst. Teams will gather at the Start Line for a 10:00 mass start. At the word 'GO', your adventure begins. You must reach each checkpoint (proof is a punched passport at each CP) in the order specified at the Competitor Briefing and within the 8 hour time limit to complete the racecourse. Your team's pace is up to you – push for the win or just enjoy the authentic wilderness race experience.

Race Officially Ends: Teams have until 18:00 (or 8 hours from race start) to complete the entire racecourse. Teams finishing within the 8-hour time limit and who have reached each checkpoint in order will be recorded in the final standings as a ranked team. If your team does not finish before the cut-off time or if you miss a checkpoint, we will still rank your team, but after those that have finished in time, or completed all checkpoints.

Dinner and Awards: The participant dinner is served starting at 17:00 until 19:00, and the prizes and special awards presentation begins shortly after 18:00 (once the racecourse is closed and all competitors are off the course).

The top team in each category wins a **50% discounted entry** to the Frontier Adventure Challenge Fall Classic and Champs in September. Plus, prizes for performance on the course, participation in post-race activities and storytelling, and random prizing just for the heck of it!

PLUS! For those teams that registered and paid by Feb 27, one of you will walk away with a **FREE TEAM ENTRY TO THE FALL CLASSIC & CHAMPS** September 26. We'll make the draw at the wrap-up party, so make sure you stick around, and keep that weekend free!

4. THE WEEKEND

There are actually two races happening in one weekend. The Frontier Adventure Challenge on Saturday follows our usual schedule. On Sunday, it's the third year of the highly successful **High School Adventure Challenge**. A real adventure race, for high school students! In partnership with Algoma University, Milk, Blackberry, Deerhurst, Paddlefoot, CTV, and other sponsors, this event is worth staying for. Last year it attracted almost 70 teams of students from across the province. All day Saturday, they'll be participating in workshops with high profile athletes to prepare for their race, and students from Algoma U will be helping with the Frontier AC.

Make a weekend of it, and show your support for the next generation of Adventure Racers on Sunday!

Accommodations: Deerhurst Resort is offering incredible rates for racers, volunteers and their friends and families - almost 50% off!

An incredible facility with unbelievable amenities, Deerhurst offers everything from standard hotel rooms to condos with kitchens, balconies and fireplaces. Join us for the athlete's village environment! Just let them know you are with the **Frontier Adventure Challenge**.

For bookings or info on Deerhurst, click [here](#), or call 1.800.461.4393.

Pre-Race Social: Everyone is encouraged to hang out in the registration area Friday night starting at 19:00. We'll be showing our recent Camp Frontier: Mexico 2009 video and some other race videos, have some tunes playing, and give you a chance to scope out the competition!

Post-Race Party: Everyone involved in both races will be together Saturday night for dinner and the party, so it's bound to be a classic. We're expecting well over 300 people with everyone combined, so plan to stay! Deerhurst is providing professional bar services, and we'll have great music pumping for those with energy still to burn.

FRONTIER ADVENTURE CHALLENGE SERIES SPONSORS:

SUPER WOOL SOCKS

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

Prizing: *Super Wool socks*

SIMON RIVER SPORTS



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

Contribution: *Simon River Sports Paddle Rental Program*

GET OUT THERE MAGAZINE



Get Out There magazine is the ultimate information resource for sports and outdoor enthusiasts across the Greater Toronto Area.

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

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

OTTAWA OUTDOORS MAGAZINE



Ottawa Outdoors is the Ottawa region's outdoor adventure sports magazine, now in its seventh year of publication. Covering everything about the outdoors, adventure, fitness, racing, and more. Stop in to your neighbourhood outdoor store to pick up a FREE copy, or check out the new virtual magazine online!

www.ottawaoutdoors.com

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

5. MANDATORY GEAR LIST

The Mandatory Gear List must be downloaded at www.fastadventures.com.

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

6. RACECOURSE DESCRIPTION – NOTES FROM THE FIELD

Huntsville is truly an outdoor adventure destination. The historic Town Centre is surrounded by large rural areas of forest, lakes (the municipality boasts 144 lakes!) and wetlands. With Arrowhead Provincial Park and world-famous Algonquin Provincial Park close by, Huntsville is well known as a nature, recreation and resort destination.

Early May can be unpredictable in Muskoka, but based on the last few years, the first weekend in May has been very pleasant, and the water has been actually quite temperate.

The weather on race day will determine much of your clothing choice. Check the race website for the direct link to weather in Huntsville, and prepare accordingly.

In this section you will find information specific to the disciplines of the race and conditions you can expect. Remember these events can be in any order and may be repeated depending on the course; which remains secret until the day of the event.

Racecourse Style

To keep the race fresh and interesting, and to ensure a challenge for competitors of all abilities from complete newcomer to world-class racer, we've made some great new changes this year, making the race as short as 30km, or longer than 50km, but completely manageable within 8 hours for everyone. The multiple course options allow you to make the race as challenging as you want it to be!

In keeping with Adventure Racing tradition, full details will be rolled out during the Race Briefing.

A more detailed discipline update will be released by email to team captains 8-10 days before the race, once the snow clears and we've been able to re-test the course.

Mountain Biking

There are many cottage and dirt roads in Huntsville which bring you back to beautiful lakes and secluded spots. Expect the Mountain Biking to be slightly more technical – and certainly more

muddy – than you might expect in an adventure race. It will be between 15-20 kms consisting of dirt roads and muddy ATV, 4x4 and snowmobile trails. The ground is quite soft in early May and your wheels may sink slightly in the mud. Wider, knobby tires may help float your bike.

Trekking

Expect a combination of on- and off-trail trekking / running covering approximately 5 - 8 kms. There are many trails and roads that are not shown on the standard topo maps given to you at registration. You will be given a supplemental trail map for a portion of the trekking section. We will always do our best to ensure an even playing field and eliminate the local advantage by giving you all the information we have that is not shown on the map.

Paddling

Paddling is always a classic part of any Muskoka experience. Depending on water levels, we will either paddle the meandering rivers of the area, or explore some of the very cool and interesting lakes in the region. As always in early spring, the water will be cool – prepare your clothing appropriately, and ensure your whistle is working well and fastened to your pfd. But don't fear, we will have lots of skilled safety staff from [Esprit Whitewater](#) and [Paddlefoot](#) on the water keeping a close eye on everyone.

7. FORMS TO COMPLETE

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

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

Completed Forms for Race day: Please complete the following forms for EACH team member and SUBMIT to Frontier in ADVANCE either by fax to 1.866.876.8470 or by email to adventure@fastadventures.com. You may also bring them with you to the host site on race day. By any method, please submit as a complete set for your team. This will speed up the on-site registration process for your team, giving you more time to prepare for the start of the race.

- Medical Form
- Waiver of Liability (CARA)
- Waiver of Liability & Image Release Form (Frontier)

**FRONTIER ADVENTURE SPORTS
COMPETITOR MEDICAL FORM**
(Please answer all questions)

1. Are you currently taking any medications (prescription/OTC)? Please specify types/amounts:
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 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)	epilepsy or seizures	

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? (please circle which)
8. Is there anything else pertaining to your health that we should know about? If so please explain.
9. Name of current Health Care Provider; please **attach copy of insurance card** (insurance carrier):
(If you do not currently have insurance, please acknowledge)

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

Team Name: _____ Date: _____



WAIVER AND ASSUMPTION OF RISK

I, the undersigned, do understand and hereby acknowledge and agree that participation in a Frontier Adventure Sports organized adventure race (the "Event"), which may include but is not limited to activities such as trekking, paddling, mountain biking, swimming, orienteering, navigation 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 my participation in the Event involves an absence of usual levels of rest, food and water. I am participating with the knowledge that I am responsible for my own physical and mental well-being in all respects during my participation in the Event.

In consideration of the organizers of the Event accepting my registration and permitting my participation in the Event, I agree that neither I nor my heirs or successors will hold Frontier Adventure Sports, 1279342 Ontario Limited, Deerhurst Resort, 3925404 Canada 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 Sports and the adventure race in which I am participating, liable for any personal injury, death or damage to any property and/or equipment that may occur during my participation in the Event or in any way associated with my participation in the Event.

I further agree and acknowledge that:

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

I hereby release and forever discharge Frontier Adventure Sports, 1279342 Ontario Limited, Deerhurst Resort, 3925404 Canada Inc., its employees, directors, volunteers, heirs, successors, sponsors, partners and all other individuals or organizations involved or associated in any way with Frontier Adventure Sports and their adventure race series (the "Organizers"), on my own behalf and on behalf of my heirs and successors, from any liability arising from personal injury, death, or loss or damage to property however caused arising out of or in connection with my participation in the Event, except for liability arising out of the gross negligence of the Organizers.

IMAGE RELEASE

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

Event Name: Frontier Adventure Challenge – Deerhurst

Date: May 2, 2009

Participant's Name: _____

Address: _____

Signature: _____

(Signature of parent if under 18)

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

In consideration for allowing me to participate in any or all events and related activities of The Canadian Adventure Racing Association and Frontier Adventure Sports, 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 Sports
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 Sports, 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 Sports, 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 Sports, 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 _____, _____, _____ (city, prov/state, country).

Signature of Participant

Signature of Witness

Printed name of Participant

Printed name of Witness