

The logo for the Salomon Adventure Challenge. At the top, the word "SALOMON" is written in white on a blue and red background, followed by the Salomon logo (a stylized 'S' in a yellow circle). Below this, the word "ADVENTURE" is written in large, bold, orange letters, and "CHALLENGE" is written in large, bold, white letters with a black outline.

ALBION HILLS, ON
SATURDAY JANUARY 24TH, 2004

Thank you for making the Salomon Adventure Challenge the
LARGEST ADVENTURE RACING SERIES IN CANADA!

The coming year brings great excitement to Frontier Adventure Racing (FAR Inc.). While Raid the North maintains its status as the North American standard for multi-sport, multi-day wilderness-based adventure racing, the Salomon Adventure Challenge Series is now the *largest series in Canada!*

The 2003 season feedback from FAR Inc.'s hottest Series was incredible and had three main themes:

1. Exceptionally organized events;
2. Exciting and fun racecourses; and,
3. The overall experience is addictive!

Our goal is to build upon this strong foundation and continue the growth of the sport we love in Canada. We have added a winter race that is closer to the GTA in 2004! This year there will be 10 Salomon AC Series events this summer. The longer racecourse format (14 hours) will grow to two races, one of which will wrap up the season as the *Salomon Adventure Challenge National Championship!*

This Newsletter

The purpose of the Competitor Newsletter is to fully prepare your team for the event. We understand that participating in an adventure race for the first time can be a little daunting. **DON'T WORRY**, as part of our mandate is to make each event we stage as straight-forward as possible! If you have **ANY** questions or concerns, please contact us right away (team captains only please).

The Competitor Newsletter has been modified to make it shorter for the repeat racer, yet equally informative for the first time racer. Many sections have been posted at www.far.on.ca to allow teams to download the information they require (*see below*).

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All other information can be found at www.far.on.ca on the Albion Hills Conservation Area page within the Salomon Adventure Challenge section. Please familiarize yourself with this information to get the most out of the event.

1. Rules and Regulations
2. Navigation for the Salomon Adventure Challenge
3. Mandatory Gear List

1. HOW THE RACE WILL WORK

This Salomon Adventure Challenge Series event features four disciplines: Cross-Country Skiing, Snowshoeing, Mountain Biking, and Tobogganing. Your coed or open team of three will have up to 8 hours to complete the 30+ kms racecourse. The exact length of each discipline and the order your team will be faced with each remain a secret until race day.

On the day of the event, teams must complete all paperwork and a gear check in advance of the Race Briefing. This is where the topographic maps are distributed and the racecourse is revealed. There will be a series of checkpoints to plot on the maps and you will have until the start of the race to plot the CP's 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. Upon the completion of the event, there will be a post-race meal with sponsored prizes and awards. This is a great time to mix with other teams, volunteers, and race staff to tell your team's story of the race.

2. SCHEDULE OF EVENTS

Important Note: We are expecting a sunset at 17:40 on raceday. It will not be pitch black out until shortly thereafter but this may affect a few teams. The racecourse is set up to take this into consideration so that ½hour of darkness will not be an issue. That said, you should consider each team member carry a headlamp or flashlight if you feel that your team may need the entire 8 hours to complete the racecourse. (the Gear List only requires one per team)

Friday, January 23th, 2004

We have arranged an early on-site registration session the night before the race. **Please meet us at Caledon Hills Cycle between 16:00 – 22:00.** This is highly encouraged if you are arriving the night before the race as it means there is less for you to worry about on race day (hint hint!).

Raceday – Saturday, January 25th, 2004

Competitor Registration: All remaining teams must check in with race officials at the Chalet to complete all paperwork – there is plenty of parking within the conservation area. Teams will then receive a Competitor Kit which includes: 3 race jerseys; 3 bike plates (with zip ties); the Team Passport; 3 Dinner tickets; and, promotional material. The **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). Gear Check will be done in the Chalet and can be completed before checking in with race officials. Your team **MUST** prove that you have all requested items before receiving your Gear Check ticket – brought back to registration to exchange for your team's Salomon Adventure Challenge event toques. There will be gear checks throughout the course for critical safety items.

TIME	ACTIVITY
07:00 – 08:45	Competitor Registration
08:30 – 09:00	Competitor Briefing and Map Distribution
10:00	Race Start
18:00	Race Officially Ends
17:00	Dinner Begins
17:30	Awards and Prizes

Competitor Briefing & Map Distribution: At 08:30, all teams must meet for the Competitor Briefing in the Chalet. This is when the teams are introduced, any unanswered questions are addressed, and the racecourse is revealed (eg. distribution of maps and course instructions). This will end at 09:00, leaving each team until 10:00 to plot the Checkpoints, review the maps and instructions, complete any final preparations, and get to the start line. **DO NOT WORRY** as this is more than enough time and race staff will be available to answer your questions!

Race Start: If the race features a remote start, teams will be notified during registration, and again during race briefing, of the time to meet the buses. Teams will gather at the designated start area 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. Finishing teams within the 8-hour time limit and who have reached each checkpoint 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, you will be recorded as 'Unranked' or 'DNF'.

Dinner and Awards Party: The participant dinner is served at 17:00 and the prizes and special awards presentation begins shortly thereafter.

The top 3 teams in both categories (open & coed) will receive adventure racing gear from Salomon and other sponsors, and some 'special prizes' will be awarded to other teams. As well, the top ten officially finishing teams earn a Salomon Adventure Challenge Series medal.

3. RECOMMENDED GEAR LIST

The following is a list of items that are **NOT** mandatory for the race but are recommended for your comfort and performance. The Mandatory Gear List must be downloaded at www.far.on.ca.

- Long pants/tights
- Extra Headlamps
- Windproof/Waterproof breathable jacket (this may become mandatory as mentioned)
- Extra Clothes for Warmth
- Sturdy shoes
- Energy Food
- Gloves
- Hi-lighter, pens, and pencils (to mark course on map)
- Chain Repair Tool, Inner Tube Patch Kit, Tire Levers
- Survival Mirror

4. SALOMON ADVENTURE CHALLENGE SERIES SPONSORS



SALOMON CANADA (Adidas-Salomon AG)

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.

Contribution: *Every competitor receives a stylish performance Salomon toque*

Prizing: *Top three teams in Coed & Open category receive Salomon adventure racing gear*



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 partnering with Frontier Adventure Racing.



MOTRIN* IB (McNeil Consumer Healthcare)

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, **MOTRIN* IB** can become a racer's best friend. **MOTRIN* IB: Your Strains & Sprains Specialist.**

Contribution: *Every competitor receives a sample package of Motrin IB*



FAST FUEL (Natural Emphasis)

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 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!

Prizing: *Fast Fuel Trailburner Award (Fast Fuel Prize Pack)– Fast Snowshoeing Team*



ADVENTURE SPORTS MAGAZINE

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

Contribution: *Sample magazines for all competitors and volunteers*

SPECIAL OFFER! 10 issues for \$29.70 USD - 40% off of the cover price. www.ASMAGAZINE.com



Visit www.explore-mag.com

EXPLORE

EXPLORE - Canada's Outdoor Magazine. 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.

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

Sponsored Prizing: *explore annual subscriptions, tshirts, and sample magazines*



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.

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 15 minutes.

Contribution: *Water treatment for all remote CPs and Tas*

Prizing: *Pristine Water Treatment kits*



SEALSKINZ

SEALSKINZ are the world's only range of waterproof, breathable, close-fitting socks and gloves. FAR Inc owners Stuart Torr and Geoff Langford use **SEALSKINZ** regularly in adventure races, and are always amazed at their dry, healthy, blister-less feet. We highly recommend them for every leg of the Salomon Adventure Challenge.

Prizing: *SealSkinz socks and gloves*



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 - making a difference.

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.

Contribution: *Komex custom designs the topographic maps for the Salomon Adventure Challenge*



CALEDON HILLS CYCLING

Caledon Hills Cycling is nestled at the base of the Niagara Escarpment in the small town of Inglewood, and is surrounded by great trails and great roads. They specialize in providing men, women, and children of all ages with products and service for their ultimate mountain biking, road cycling or trail running experience. Bicycles, Accessories, Clothing, Footwear & Parts in stock - For ALL seasons! They also have a

full Bicycle Service Shop. Mountain Bike & SnowShoe Rentals are available. Winter hours are Wed-Sat or by appointment. www.caledonhillscycling.com



J.B. FIELDS

What are the three most important words in adventure racing? SOCKS SOCKS SOCKS! **J.B. Fields** is proud to be the official sock of Raid the North, Raid the North Extreme and the Salomon 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: *JB Fields SuperWool socks*



YAKTRAX

The idea for **Yaktrax** was born on an expedition to Tibet and Mt. Everest. For generations, Tibetans have favoured their traditional footwear to modern devices for walking on snow and ice. Yaktrax technology embodies these principles behind this ancient and time tested form of winter walking. When you walk, work or run in a pair of Yaktrax, you will feel the same solid predictable grip you are accustomed to feeling on dry surfaces. There is nothing new to learn -- just walk as you normally would and experience stability on ice and snow like you have never felt before. Yaktrax are simple to put on and take off. They are spikeless and light enough to fit into your coat pocket.

Prizing: *Yaktrax Walkers*

5. RACECOURSE DESCRIPTION – NOTES FROM THE FIELD

Our winter Salomon Adventure Challenge for 2004 is close to the GTA and will definitely be a battle of strategy! As this is a winter race, the more snow, the better. There has been some good snowfall which has covered the ground, and by late January, we're anticipating a great base for the race.

Feedback from our 2003 season survey indicated that you wanted more navigational choices and challenges. We've managed to build a course that will provide your team with the opportunity for many navigational and strategy decisions.

Gear Notes

Navigation will not be your only critical decision. The weather on race day will also impact your clothing choice. As mentioned in the Gear List, FAR Inc will send your team an email update closer to race date, describing the weather forecasts and whether or not the waterproof/breathable jacket is mandatory. This is for your team's safety. A waterproof/breathable jacket is defined by a treated fabric of some sort (eg GoreTex) and taped seams (you can easily identify taped seams by looking for an obvious tape or glue strip on the inside of the jacket).

Although the mandatory gear list requires only one headlamp/flashlight per team, it is recommended that you each carry a light if you believe you will take more than 7 hrs to complete the course. We anticipate it will be completely dark shortly after 5pm (the course is open till 6pm).

You will be required to carry your snowshoes during one of the bike sections. Ensure that either you have a pack large enough to accommodate your snowshoes, or have a method for carrying them.

Cross-Country Skiing

The cross-country ski portion will highlight some of the great trails in the area. Some of the trails are groomed, while others may require you to break trail. There will be plenty of route choices. Albion Hills offers lots of classic groomed trails as well as open track areas. The choice of classic or skate skis remains up to you.

Snowshoeing

While snowshoeing, you will experience some of the great outdoor areas which are just a short drive from the GTA. Your navigational abilities will be put to work in this section. Keep your eye on the trail markers or set your bearing and head right to the CP – it will be up to your team to decide.

Mountain Biking

The mountain biking will involve riding on hard packed snow on roads and trails. Knobby tires are recommended. Warm booties may be wise as it is quite open in some areas and the wind can really whip.

Tobogganing

What qualifies as a toboggan? For the purpose of this event, **we will accept anything that will slide on snow and can carry all three teammates**. That definition includes, but is not limited to, the classic curled-front wooden toboggan, crazy carpets, inner tubes, snow sliders, and cafeteria trays. The mandatory gear list requires just one toboggan, but your team may choose to bring three individual vehicles. While deciding what to use, keep in mind that we anticipate having a transition before and after the toboggan, but in adventure racing, you should always consider the possibility of having to pack your gear with you.

6. 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 – time consuming for your team and extra work for us. To do this:

- At www.far.on.ca, 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 bring them with you to the host site on race day. 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
- Image Release Form

SALOMON ADVENTURE CHALLENGE 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
dizziness
numbness in limbs
nausea/vomiting
blood in urine
hypo-thyroid
hepatitis (which type)

heart racing
high blood pressure
low blood pressure
blurred vision
blood in stool
hyper-thyroid

headaches
heart palpitations
chest pains
loss of hearing
mononucleosis
tuberculosis

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

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

Name: _____ Address: _____

Phone #: _____

- 13) 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)

SALOMON ADVENTURE CHALLENGE
RELEASE WAIVER AND ASSUMPTION OF RISK

I, the undersigned, do understand and hereby acknowledge and agree that participation in the Salomon Adventure Challenge including cross-country skiing, snowshoeing, mountain biking, tobogganing 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 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 Salomon Adventure Challenge 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, Land Rover, Great Canadian Sox Company, Komex International, Simon River Sports, Aqualung Canada, Danalco Inc, Interex Industries Ltd, explore magazine, Adventure Sports Magazine, McNeil Consumer Healthcare, Natural Emphasis, Albion Hills Conservation Area, Palgrave Conservation Area, Glen Haffy Conservation Area, the Bruce Trail, and Caledon Hills Cycle or any and all other event sponsors, organizations or individuals involved or associated with the Salomon Adventure Challenge 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 Inc. 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 Inc. 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 cross-country skiing, snowshoeing, mountain biking, tobogganing, 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 Inc. 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, Land Rover, Great Canadian Sox Company, Komex International, Simon River Sports, Aqualung Canada, Danalco Inc, Interex Industries Ltd, explore magazine, Adventure Sports Magazine, McNeil Consumer Healthcare, Natural Emphasis, Albion Hills Conservation Area, Palgrave Conservation Area, Glen Haffy Conservation Area, the Bruce Trail, and Caledon Hills Cycle or any and all other event sponsors, organizations or individuals involved or associated with the Salomon Adventure Challenge 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, not withstanding 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, Land Rover, Great Canadian Sox Company, Komex International, Simon River Sports, Aqualung Canada, Danalco Inc, Interex Industries Ltd., explore magazine, Adventure Sports Magazine, McNeil Consumer Healthcare, Natural Emphasis, Albion Hills Conservation Area, Palgrave Conservation Area, Glen Haffy Conservation Area, the Bruce Trail, and Caledon Hills Cycle or any and all other event sponsors, organizations or individuals involved or associated with the Salomon Adventure Challenge event.

(Please Print)

Date: _____

Participants Name: _____

Address: _____

Signature: _____

Parents Signature if under 18 _____