



**ADVENTURE
CHALLENGE**
WHERE ADVENTURE BEGINS!



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!*

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!*

For the volunteers, each race offers an opportunity to see first-hand what this sport is all about. In fact, this intimate experience often spurs people like you to enter a team in later races or come back again and again as a volunteer. You are an integral part of this event's success and we will strive to make your experience a memorable one!

This newsletter serves as an information source to give you an idea of what the event will look like, a timeline for the event, what you will need to bring, and what FAR Inc. needs of you on race day.

We welcome your feedback on the content of this update, particularly topics you would be interested in receiving more information on. Please contact me with any questions or concerns.

Thank you so much for your time on raceday!

Sincerely,

Heather Korol
Salomon Adventure Challenge Series manager
"Where Adventure Begins!"

1. THE SALOMON ADVENTURE CHALLENGE SERIES

Recognizing that the allure of adventure racing extends beyond those with the commitment to try a 24-36 hour race, FAR Inc introduced the Salomon Adventure Challenge Series in 2001. Each 8-hour race treats participants to a fun introduction to authentic, wilderness adventure racing and leaves people with a thirst for more. After a 200% participation growth in 2003, FAR Inc is pumped for 2004!

2. WHAT WILL HAPPEN AT THE SALOMON ADVENTURE CHALLENGE ALBION HILLS?

JANUARY 23RD, 2004

Early Registration; To ease the rush of race-day for the teams, we have organized an on-site registration from 4pm-10pm on Friday January 23, 2004. If you can assist us with this, it is greatly appreciated. Meet us at the registration tables to help take care of all teams' paperwork and pre-race gear checking. Pre race registration will be held at the Caledon Hills Cycle store, located at 15640 McLaughlin Road in Inglewood ON, at McLaughlin and Old Base Line Rd. Visit www.caledonhillscycling.com/location for a map and directions.

JANUARY 24TH, 2004

Teams will begin to arrive at the Chalet at Albion Hills Conservation Area (map and directions are available at www.trca.on.ca/parks_and_attractions/places_to_visit/albion_hills/) between 07:00 – 08:30 in order to register, get their gear sorted out, and prepare for the unveiling of the racecourse at the Race Briefing (it is kept secret until this point!). Once teams have their maps and racecourse instructions, they will plot the checkpoints and plan their strategy for the race.

TIME	ACTIVITY
<i>Fri Jan 23</i>	
15:00 – 17:00	Volunteer Check-In
16:00 – 22:00	Competitor Early Registration
<i>Sat Jan 24</i>	
06:30 - 07:00	Volunteer Check-In
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

At the word 'GO!', teams of three (coed and open) will make their way across an unmarked, 40km racecourse by Trekking, Paddling, and Mountain Biking. The winner will be the first team who reaches all required checkpoints in the specified order and crosses the finish line.

During the race, the checkpoint staff record when each team reaches their area, race headquarters keeps a master tracking sheet to monitor the progress of each team in the race, and the medical crew are on standby in the unlikely case of an injury. Upon the completion of the race, there is an awards and dinner party to cap off the day. Sound like a good time?

3. WHAT IS MY ROLE?

First and foremost, it is important to communicate that you will be **FULLY** prepared for your role when you set out into the field. All volunteers will be briefed before heading out so that you are very clear as to what is expected of you. You will also receive a few documents to read over to give you an even better idea of how to do the job effectively and efficiently.

To begin with, **ALL AVAILABLE VOLUNTEERS** will assist with Competitor Registration to ensure that the teams are ready to go once the Race Briefing begins. This includes:

- Race paperwork coordination;
- Gear Checking;
- Distribution of competitor toques; and,
- Miscellaneous set up tasks.

At various times around the beginning of the race, volunteers will be transported to their respective positions.

When you signed up to volunteer, you chose a few positions you would be interested in. The following will provide you with further insight as to what each position entails. I will be contacting you in advance of the event to go over your role choices and let you know of any specific things you need to prepare for.

Checkpoint Staff: Checkpoints are specific locations on the course that all teams must pass through. The role consists of setting up the Checkpoint, recording each team arrival and departure times as well as their general condition and then radioing the information to headquarters. You will also be responsible for ensuring the Checkpoint site is left clean.

Transition Area Staff: TA's are major checkpoints where teams will change from one discipline to another (eg. trekking section to biking section) but otherwise act as normal check points. The TA staff will have to assist in loading mountain bikes or other gear onto transport vehicles, and often will need to perform specific gear checks with each team.

Basecamp Staff: Basecamp is at the finish line and serves as the command centre for the whole race. All team progress reports are relayed back to basecamp and entered into the master time spreadsheet and the spectator leader board. Teams must be tended to as they cross the finish line and equipment needs to be managed. Basecamp has plenty of action and is a good choice for those who are not as keen on being in the snow for a few hours.

Race Staff Assistants: FAR Inc's team of key race staff is comprised of experienced volunteers and FAR staff that work year-round to make these events happen. During the event, they move all over the course and often have many different roles and functions. Race Staff Assistants are paired with one of these people for the duration of the event to help with driving, communications, tracking data, TA and CP setup and takedown, moving gear, signage, or people...they go everywhere and are involved in everything the race staff are doing.

Medical Team: FAR Inc. has a great professional medical team. The AR Medics have years of experience and know what adventure racing is all about. Some medical staff assist in search and rescue situations while the majority monitor and assist teams as they pass through transition areas. Medical teams are positioned according to qualifications. If you have the minimal requirements of 1st Aid, CPR, or Wilderness 1st aid you can assist any of the qualified medics. If you are a qualified medic or above you will be in charge of caring for the competitors and assessing their condition as they come into transition areas.

Gear Truck: All competitor gear is transported around the racecourse by cube trucks. This is the most important job in terms of making the race seamless for each racer – their bike mysteriously shows up later in the race for them! Timing and organization is critical in this role, as are good driving skills and good care with competitor's gear. It is a fun and exciting role, and one of the benefits of being a gear truck driver is that you get to see many different sections of the course.

4. WHAT DO I NEED TO BRING?

Food: For those at the checkpoints or transition areas, it is a good idea to bring some food with you.

Gear List: The following is a **suggested** list of items to bring.

- Layered clothing for all weather conditions (cold/wet)
- Toque, Mittens/Gloves, Neck Warmer
- Comfortable and suitable hiking shoes
- Waterproof attire
- An accurate watch or timepiece of some sort
- Extra clothes to change into once the event is complete
- Plastic bags for keeping things dry and for garbage
- Drink and/or water
- Matches
- A small first aid kit
- Toilet paper
- Football, frisbees, folding chair, etc. (optional)

FORMS: These forms can be found at the end of this update and should be completed in advance and faxed to the FAR office (416.783.4035) or brought to the event:

- Volunteer Information
- Image Release Form
- Medical Form
- Waiver

5. FREQUENTLY ASKED QUESTIONS

The following is a list of frequently asked questions we have received from volunteers, followed by the answers. If you still have questions after reading through this list, do not hesitate to contact the office.

Q. What happens if I forget or do not completely fill out any of my forms?

A. You will not be able to participate. All forms MUST be completed in order to participate in any FAR Inc. event. Also, please make sure that you have filled out your health insurance provider and number (eg. OHIP or private insurer).

Q. Will I be out there alone, or with someone else?

A. Everyone will be working in teams of at least two people, sometimes up to 3 or 4, depending on how many volunteers we have. If you have requested to be with someone else, or with a group of people, we will do our best to put you together.

Q. Are all of the Checkpoints accessible by car?

A. No. Some of the checkpoints may have to be accessed by foot or other means. If any volunteers would be interested in being stationed at one of these checkpoints please email or phone me, so I can assign you and your partner to one of the locations.

Q. Should I bring food?

A. Yes. Pack any food and drink you will need for your time at the race. FAR Inc. only provides food at the awards.

Q. What are the conditions of the roads we will be driving on?

A. All of the roads are accessible by any 'standard' car. You do not require 4WD or any other feature to reach any point on the racecourse that volunteers are expected to travel to.

Q. Do I have to stick around after the race?

A. By no means – however, the awards and dinner party is a fun time and is chance for the competitors and FAR Inc. to properly thank you. We would love for you to stay!

VOLUNTEER INFORMATION

Name: _____ Race: Salomon Adventure Challenge Albion Hills

1. When will you arrive at the race site?

Friday Morning() Afternoon() Night()
Saturday Morning() Afternoon()

Other _____

2. Will you be attending the Awards Banquet on Saturday night? Yes () No ()

3. Do you have any specific requests for assignments or partners for the event?

4. Are there any special skills or experience you have that you would like to use at this event?
(ie wilderness first aid, large truck driving, photography)

5. Are you willing to use your car during the race? Yes () No ()

If yes, what type of vehicle will you be driving? _____

6. Other Comments:



**Salomon Adventure Challenge
IMAGE RELEASE FORM
Volunteer**

I, _____ do hereby release to FRONTIER ADVENTURE RACING INC. (FAR Inc) the exclusive right to reproduce for advertising, trade, exhibition, or training purposes, and for sponsors and partners of FAR Inc. for the same purposes the videotape and/or slides, photographs and film or reproduction thereof, which shall remain vested with FRONTIER ADVENTURE RACING.

Race: _____
Salomon Adventure Challenge – Albion Hills, Jan 24, 2004

Name (printed): _____

Parent/Guardian: _____

(If under 18)

Signature: _____

Telephone #: _____

Date: _____

Witness: _____

Date: _____

Salomon Adventure Challenge

VOLUNTEER MEDICAL FORM

	Yes	No
1) Are you currently taking any medications or prescriptions? If yes, please specify: _____	___	___
2) Are you allergic to any medications? If yes, please specify: _____	___	___
3) Please list any other allergies you have (food, hay fever, dust, etc) and if you are currently being treated for them: _____ _____ _____		
4) Have you been treated for any other serious illnesses within the last three years? If yes, please describe: _____ _____ _____	___	___
5) Do you wear eyeglasses or contact lenses?	___	___
6) Is there anything else pertaining to your health that we should know about? Please specify: _____ _____	___	___
7) A) Name of current Health Care Provider: _____ B) Health Insurance Number: _____ C) Note: Health card must be brought to race site.		
8) Please provide the contact information of your doctor. Name: _____ Address: _____ Telephone Number: _____		
9) Who should we contact in case of an emergency Name _____ Phone Number _____ Address _____ Relationship _____		

I hereby certify that the above information provided on this form has been complete to the best of my knowledge.

Name (Please Print) _____

Signature _____ Date _____

VOLUNTEER RELEASE WAIVER AND ASSUMPTION OF RISK

I, the undersigned, do understand and hereby acknowledge and agree that participation as a volunteer in an adventure race that includes trekking, paddling, mountain biking, among other things, involves certain risks and dangers which include, but are not limited to water and weather conditions. I recognize that certain activities of volunteers in this event can be physically demanding involving traveling to remote wilderness areas, being awake and alert for very long hours resulting in sleep deprivation and/or assisting competitors 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 as a volunteer during the actual time of the event or at any time while attending this event, whether using equipment provided to me by the event staff and/or volunteers or using my own equipment, I agree that neither I, nor my heirs, executors, administrators or assigns will hold Frontier Adventure Racing Inc., its staff and 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 all material provided to me about my role as a volunteer and understand what is required to participate in this event;
- 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 designated event representative of my condition and discontinue my participation immediately. I acknowledge and confirm that I will monitor the condition of the other volunteers and, if the physical health of any other volunteer appears to be in danger, I will inform a designated event representative of the situation immediately;
- 4) I agree to immediately notify a designated event representative of all accidents or accidents within my knowledge and to notify the designated event coordinator at the earliest possible time;
- 5) 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 and volunteers, all organizations, companies or individuals associated with Salomon Adventure Challenge for any 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 and volunteers, all organizations, companies or individuals associated with Salomon Adventure Challenge.

Date: _____ Race: _____

Volunteer Name (please print): _____

Volunteers Signature: _____

If under 18, Parent's / Guardian's Signature: _____