



**RAID THE NORTH
SUN PEAKS RESORT, BC
AUG 4-6, 2006**

COMPETITOR UPDATE #2

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RAID THE NORTH – SUN PEAKS RESORT, BC



COMPETITOR UPDATE #2

1 Note From The Organizers

The race is now less than two weeks away – I imagine you are just as anxious as we are to get out onto the course. I hope your team has been training and that you are well prepared for the superb terrain around Sun Peaks.

Course designer Pat Chan has been thoroughly enjoying his return to the backcountry of his youth, and together with Russ and Wendy Gardner of Valhalla Pure Outfitters, they have come up with a course full of variety, surprises and challenges. As in all Raid the North races, there will be decision-making and route choices in almost every discipline, a great variety of biking, good solid off-trail trekking, and some highlights you might not have expected in this area. All in 36 hours!

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 notify your team members when this information is posted. Please be sure to read through all material and if you have any questions, you can contact our office at 416.783.4464, or email rtn@raidthenorth.com.

1.1 Balance Payments

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.

1.3 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 28 at 12:00 midnight EST)**. Any Team Profiles submitted after this time cannot be included in the Team Bio Book.

If you have any questions about using this system, please contact us at 416.783.4464 or rtn@raidthenorth.com.

2 Race Information

2.1 Accommodations

[Hearthstone Lodge](#) at **Sun Peaks** will serve as our Athlete's Village, with race staff, volunteers, and media based here. Situated at the heart of the Ski Village, Hearthstone is offering excellent packages tailored for the unique needs of Raid the North Competitors.

Studios (2 twin beds, 2 pullouts): \$70

***Based on double occupancy**

These units include a kitchen to prepare meals and race food, and free internet so you can check the weather regularly. Teams with support crews or friends can book connecting units. And to stretch the long weekend out a bit, they are offering 4 nights for the price of 3, so you can leave everything in your rooms Saturday night and not pay extra. Their main floor banquet room will become a secure gear storage and sorting centre.

Contact [Hearthstone](#) at 1.888.659.2211. Make sure to ask for the **Raid the North** rates!

Bear Country Lodging at **Sun Peaks** is also offering great rates on condo homes on the hill for the unique needs of Raid the North Competitors. A 2 bedroom condo that will sleep 7, including a kitchen and garage, is available for \$160. They are also offering 4 nights for the price of 3 so you don't have to move out while you're racing.

Contact Melissa at 1(800)811-4588

www.sunpeakscondos.com

2.2 Directions

The Raid the North website (www.raidthenorth.com) offers a link for exact directions from your location to the race. It also includes maps and driving times.

2.3 Registration

Registration will take place on Friday, August 4 beginning at 10:00 in Sun Peaks Resort. It is advised that all teams check-in at registration before 12:00.

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 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.

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 16:00. 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 Travel to the Start Line

Teams are responsible for getting themselves to the start line for the start of the race. If your support vehicle is not large enough to hold all four team members (plus gear and support crew) you will be allowed to take a second vehicle to the start line. Parking will be available nearby, and the vehicle can be picked up after the race or during a waiting period by your support crew. Alternatively, shuttle service will be available to the start line at a cost of \$10 CDN per person.

If you wish to use the shuttle service to the start line, you will need to reserve your spot in advance by emailing rtn@raidthenorth.com indicating your name, the captain, how many teammates will be taking the shuttle and which race you are in. Payment for the shuttle service should be made in advance by PayPal, email money transfer, or by mail (cheque or money order) to Frontier Adventure Racing Inc.'s Toronto office.

2.5 Schedule of Events

Friday	1000 – 1530	Registration
	1600 – 1700	Race Briefing
	Midnight	Race Starts
Sunday	1200	Official Race Cut Off Time
	1600	Race Course Closes
	1700 – 1900	Awards Banquet

In an effort to give more teams a chance to see the finish line, the racecourse will remain open for an extra four hours. The official cutoff time for the race will remain at the 36-hour mark and teams must finish within 36-hours to be officially ranked. We hope the extra time will allow more teams a chance to improve their skills by seeing the course through to completion.

While only teams that actually cross the finish line will be recognized for prizing and points standing, all teams will receive a ranking rather than a DNF, no matter how far through the course they get. We hope this provides incentive to teams to push as hard and work as well together as possible to complete as much of the course as they can.

Sun Peaks Summer Music Festival

Raid the North isn't the only exciting thing happening at Sun Peaks on the August long weekend. The Annual Summer Village Music Festival runs all weekend, and we'll be tying in to existing shows where possible, but any friends and family may want to join you for the race and the entertainment over the weekend.

Saturday will feature a great line up bands from around BC. Local band Whiskey Tango will entertain with their acoustic versions of some of your favorite artists such as Led Zeppelin. Later that evening, Haley Sales will add a touch of blues, folk, and rock to her velvety smooth guitar styling.

On Sunday local musician Paul Filek brings his solo acoustic show to Sun Peaks for an afternoon of mellow tunes with some amazing song writing. In the evening Bang! will leave you chanting "encore" as they wrap up the weekend.

Saturday, August 5th
 3:30pm to 5:30pm, Whiskey Tango
 7:00pm to 9:00pm, Haley Sales

Sunday, August 6th
 3:30pm to 5:30pm, Paul Filek
 7:00pm to 9:00pm, Bang!

All concerts are complimentary and take place in the on the main stage in the Village square.

3 Raid the North Series Sponsors – 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.

Sponsored Prizing: Salomon adventure racing gear, including Salomon technical clothing, light & fast shoes, and race packs

Simon River Sports



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.

At the end of this season, Frontier Adventure Racing and Simon River Sports will be giving away a brand new **2006 Polaris X K1 Carbon Fiber kayak** to a lucky racer or volunteer. The more you race, volunteer, or party with Frontier, the more chances you'll have to win!

Early Registration - check each of our events to earn entries, whether you're racing or volunteering. Only 750 tickets will be available as incentives.

Buy tickets for charity - tickets will be available at each race for \$10, with all proceeds going to the Tuberous Sclerosis Canada Foundation, a close cause for Simon River Sports. 1250 Tickets will be available for purchase.

Sponsored Rental Program: All Raid the North and stand-alone Salomon Adventure Challenge events have a total of 36 Shark, Rebel and Kicker paddles for rent.



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.



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 new **eos** headlamp is perfect for a wide variety of activities due to its variable light settings and long burn time. This sport light is perfect for orienteering, trekking, adventure racing, long expeditions, weather experiences and survival situations.



SUPER WOOL

Superwool 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.

Sponsored Prizing: Super Wool socks



Never get lost again! FUGAWI represents the most comprehensive, convenient and affordable topographic map series ever developed for outdoor enthusiasts. Hunters, campers, hikers and other outdoor enthusiasts can now put bulky and expensive paper topographic maps behind them, and access the same maps conveniently on their own personal computers or PDAs. Provided on DVD, each of the 12 FUGAWI Canada Maps volumes contains every 1:50,000 and 1:250,000 topographic map produced by Natural Resources Canada for that region. Frontier Adventure Racing uses FUGAWI extensively, and we highly recommend FUGAWI for training for your next race!

Sponsored Prizing: FUGAWI software



EUREKA:

Eureka's camping tent history began in the late 50's and early 60's, and developed the tent used first by Sir Edmund Hillary and then by America's first Everest expedition in 1963. Since then, Eureka! tents have accompanied all the North American "first ascents" of Mt. Everest, including the first Canadian woman in 1986 and the first American woman in 1988. Eureka also makes some great gear, including sleeping bags and pads, as well as dry bags.

Sponsored Prizing: Eureka tents, sleeping bags and sleeping pads.



Mussio Ventures Ltd is the publisher of the Backroad Mapbooks, Canada's premier outdoor recreational guidebooks. We are a proud new sponsor of Frontier Adventure Racing and provide the official guidebooks for the Salomon Adventure Series and Raid the North and Raid the North Extreme. The Backroad Mapbooks feature the most detailed maps available with information on a myriad of outdoor

Real Wilderness. Real Navigation. Real Adventure.

activities including: hiking, paddling, trekking, and general exploration of Canada's great outdoors. Whether you are a hardcore adventure racer or looking to start your first trek, let the Backroad Mapbooks show you the way. Please check us out at www.backroadmapbooks.com

4 Discipline Update

The following is an overview of the challenges you will be facing in each of the disciplines for this 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 greatly affects the 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.

World famous for great trout fishing, the Kamloops / Sun Peaks area also features Alpine meadows, dense mountain forests and semi-desert conditions. You will see bears in the mountains and possibly a rattlesnake or two in the dry valleys. This is also cattle country. Expect lots of cattle and cattleguards.

Navigational challenges will be to pinpoint mountain features and to show flexibility with recent human impacts not marked on maps.

4.1 Trekking

The trekking sections will take you through stunning alpine terrain where you can test your balance and footwork on boulder fields, ridges and moraines. You will experience panoramic open alpine areas, providing quick movement and opportunity for scouting routes. But expect slower going and hard bushwacking in the off trail sections, as the bush can be thick in valleys. There will be more than obvious option for most trek sections and some 'trails' that are not on any maps.

Dry valley areas will be more open and travel will be easier but expect it to be hot and carry lots of water.

We recommend good ankle protection, and trekking poles will certainly provide advantage. Of course, there will be some mental challenges in the trekking section, but the scenery will help to keep you positive, including a summit view onto a glacier.

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

Alpine vistas, deep forest, single track, mining roads. We recommend front shocks for some of the downhill rides. While very aggressive tread tires are probably not necessary, this is also not a course for slicks

There will be several bike sections, and there is potential for hike-a-bike, depending on which route you take. You will have routes that vary from very good roads over longer distances, to more direct routes requiring more technical riding skills.

In terms of bike logistics there may be at least one bike drop along the course instead of a full TA. 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.

Paddling

When we think of the paddling section, all we can say is impressive views, wilderness and a hot cardio workout.

Two standard touring canoes will be provided per teams 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.

The Simon River Sports paddle rental program is not yet sold out, please sign up as soon as possible so we can have them shipped in time.

4.3 Ropes

This race will feature a rappel with a great view of the area.

For competitors or teams that are uncomfortable with their own ability on the ropes, assistance from our ropes staff is available with no penalty. There will also be an 'escape route' around the ropes, with a time penalty.

Please ensure you still bring all other posted mandatory ropes gear with you. You never know what may be added or not at the last minute for your racing enjoyment!!

4.4 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 2006 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, we have specifically designed, pre-packaged adventure racing first aid kits for Raid the North competitors. The competitor and support crew first aid kit are available for \$45 CDN each. 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.

6 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.



COMPETITOR MEDICAL FORM
(Please answer all questions)

THE FOLLOWING INFORMATION IS TO BE PROVIDED IN CASE A HEALTH EMERGENCY IS EXPERIENCED BY ONE OF OUR PARTICIPANTS. THIS INFORMATION WILL BE USED ONLY IN CASE OF AN EMERGENCY AND WILL BE DISCLOSED ONLY AS NECESSARY.

NAME OF PARTICIPANT: _____ TEAM NAME: _____

RACE NAME: Raid the North – Sun Peaks Resort DATE: August 4-6, 2006

- 1) Are you currently taking any medications (prescription and OTC)? If so, please specify the type and amount you take:

- 2) Are you allergic to any medications? If yes, please specify:

- 3) Please list any other allergies (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)	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? Circle one. YES NO

- 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 (if other than Provincial Health Care – eg. OHIP); please **attach copy of insurance card** (insurance carrier):

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)



WAIVER AND ASSUMPTION OF RISK

I, the undersigned, do understand and hereby acknowledge and agree that participation in a Frontier Adventure Racing Inc-organized adventure race (the "Event"), which may include but is not limited to activities such as trekking, paddling, mountain biking, orienteering 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 Racing 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 Racing Inc. 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 Event 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 Racing Inc., its employees, directors, volunteers, heirs, successors, sponsors, partners and all other individuals or organizations involved or associated in any way with Frontier Adventure Racing Inc. 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.

Please Print Clearly:

Event Name: Raid the North Sun Peaks

Date: August 4-6, 2006

Participant's Name: _____

Address: _____

Signature: _____

(Signature of parent if under 18)



IMAGE RELEASE FORM

TEAM NAME: _____

RACE: Raid The North - Sun Peaks Resort

DATE: Aug 4-6, 2006

THIS IMAGE RELEASE MUST BE READ, UNDERSTOOD
AND EXECUTED BY EACH INDIVIDUAL TEAM MEMBER:

The undersigned, in consideration of my participation in this Adventure Race Series, does hereby grant to FRONTIER ADVENTURE RACING INC. ("FAR Inc."), 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.

Name: _____	Witness: _____
Signature: _____	Signature: _____
Date: _____	Date: _____

Name: _____	Witness: _____
Signature: _____	Signature: _____
Date: _____	Date: _____

Name: _____	Witness: _____
Signature: _____	Signature: _____
Date: _____	Date: _____

Name: _____	Witness: _____
Signature: _____	Signature: _____
Date: _____	Date: _____

(Parent or Guardian of participants under 18 to sign)

**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 Racing Inc, 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 Racing Inc
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 Racing Inc, 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 Racing Inc, Sun Peaks Resort, 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 Racing Inc, 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 _____, 2006 at _____, _____, _____.

Signature of Participant

Printed name of Participant

Signature of Witness

Printed name of Witness
