



Esprit Rafting Fort Coulonge, QC

July 28, 2007

Competitor Newsletter

Welcome to the all-new Frontier Adventure Challenge!

We're excited to have you join us as we start our seventh season of the 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. But don't forget the celebration after you've crossed the finish line!

Frontier Adventure Racing'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.far.on.ca on the Esprit Rafting 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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1. WHAT MAKES THIS RACE GREAT

ATMOSPHERE!

Started in 1992, Esprit Rafting is situated right along the magnificent Ottawa River. "The Pointe", Esprit's exclusive riverside lodge is located on a private 5 acre peninsula virtually surrounded by the Upper Ottawa River, nestled between Eastern Canada's most dramatic sunrise and awe-inspiring sunset. Esprit Rafting's intimate location creates the ideal atmosphere for an enjoyable weekend event.

The surrounding landscape is characteristic of the Ottawa River Valley. The beautiful river highlights the course of plentiful deciduous forests and a vast network of lakes. Racers will once again be treated to gorgeous views as they trek, hike, bike and paddle through the valley.

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, there will be an Awards Celebration with a banquet and sponsored prizes and awards. At all Frontier AC events, we celebrate your achievement with a licensed party featuring a DJ or live music, and more random prizing! This is a great time to mix with other teams, volunteers, and race staff, and share your team's race experience.

3. SCHEDULE OF EVENTS

Friday	17:00-21:00	On-Site Registration
	19:00-23:00	Pre-Race Social
Saturday	07:00-08:30	On-Site Registration
	07:00	Map Distribution
	08:30-09:00	Race Briefing
	10:00	Race Start – <i>Undisclosed location</i>
	17:00	Frontier AC Racecourse Closes
	18:00-20:00	Dinner Served
	19:00	Awards Ceremony
	20:00	Post-race party

Friday, July 27 – When Adventure Begins!

Competitor Registration: (17:00 – 21:00)

To ensure that your team moves through Competitor Registration as efficiently as possible, please ensure that you have the following items ready to present to our staff:

- 3 signed 'Waiver of Liability' forms (one per team member);
- 3 signed 'CARA Waiver' forms (one per team member);
- 3 completed 'Competitor Medical' forms (one per team member);
- 1 completed 'Image Release' form (one per team); and
- ALL Competitor Registration Gear Check Items (as listed on PAGE 2 of the Gear List).

To complete Competitor Registration, your team will follow these steps:

1. Paperwork Check – All of your team's paperwork will be collected and filed by our staff. Upon completion of this step, your team will receive a Competitor Kit containing the following items:

- 3 Frontier AC Race Jerseys;
- 3 Bike Plates (with zip-ties);
- 2 bag tags for your gear (with zip-ties);
- 3 Post-Race Meal wristbands; and,
- Your team passport
- Swag from our generous sponsors

2. Gear Check – In a separate area, our staff will check the condition and presence of the items specified on PAGE 2 of the Frontier AC Gear List. Specific instruction as to which gear bags are for which disciplines during the race will be provided on the Competitor Directions.

3. T-shirt Pick-up – Upon successful completion of your team's Gear Check, you can return to the main table to receive 3 shirts...a functional and fashionable addition to your wardrobe.

As soon as you receive your Frontier AC Race Jerseys, please put them on (color side to the front!). This helps our staff to quickly identify you if need be and allows for small amounts of friendly trash talk to begin amongst teams (just checking that you're reading this!). In addition, you must attach your bike plates to the FRONT of each bike and follow the Race Staff's instruction as to what location of Base Camp the bikes and gear bags are to be left. Lastly, PLEASE put your team's Passport in a safe spot as you must have this with you at all times whilst on the racecourse.

Saturday, July 28--Raceday

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

The Mandatory Gear List is available for download on the race page at www.far.on.ca.

Map Distribution & Competitor Briefing: Starting at 07:00, any one team member may pick up your team package, 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. 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: 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 as a ranked team. Remember, your team of three **MUST** remain within 100m of one another throughout the entire race or risk a penalty or disqualification – work together and you will move faster! Your team's pace is up to you – push for the win or just enjoy the authentic wilderness race experience.

Race Officially Ends: Teams will have until 18:00 (or 8 hours from race start) to complete the entire racecourse. Teams that finish 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, you will still receive a ranking, but will follow all teams that finish complete and intime.

Dinner: In an effort to offer hot food to all teams, we will serve the Post-Race meal from 17:00 – 19:00. This way, teams finishing the racecourse quickly will not have to wait too long for their food while later finishing teams will be welcomed back to Base Camp by a delicious, hot meal.

Awards & Prizes: To cap off a great day, we will be holding an Awards & Prizing ceremony beginning at around 18:30. Along with a bevy of prizing to the top teams in each category, we create a number of special awards and will give away a few draw prizes. We also cheer in the last few finishing teams. In what is becoming a comical Frontier AC post-race tradition, prizing will also be given out to teams who tell the most harrowing stories of their racing experience.

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!

Post-Race Party: Stay for the "Best Post-Race Party" (Get Out There Magazine) at 20:00 featuring live music and a cozy bar and patio, with comical race stories, cheesy games, and unique stunts worth cool prizes.

4. **THE WEEKEND**

Directions to Esprit Rafting: Registration is at Esprit Rafting located just outside Fort Coulonge, QC. For detailed driving directions, please visit the Esprit rafting wesite at: <http://www.espritrafting.com/directions.html>

Weekend Accommodations and Meals:

Make a weekend of it - Esprit is a classic rafting hangout, with great accommodations, a huge deck overlooking the Ottawa River, and a wood-fired oven in the pub! Talk about atmosphere, this is an Athlete's Village!

Accommodations:

- Hostel: \$25 + tax = \$28.75/night/person
- Local Hotels:
 - The Red Bridge Motel – 819-683-2153
 - Motel Ben – 819-683-2830
 - Cabin de la Chute – 819-683-3469

Meals:

- Friday Pre-Race Dinner Options:
 - #1 – Ultimate Bar-B-Que Dinner
 - \$25/person + tax
 - Served at 7:00pm
 - Choice of Bourbon Peppercorn steak, Thai sweet chile marinated chicken breast, Carolina BBQ ribs, Cajun Blackened salmon, orange-ginger sesame shrimp or a vegetarian option... with salad, baked potato, bread and dessert.
 - #2 – “All you can eat” Wood Fired Pizza
 - \$15/person + tax
 - Served from 7:00 - 10:00pm
 - This option gives racers the flexibility of arrival times on Friday night. Pizza is served continuously throughout the evening and comes with garlic bread, Caesar salad and dessert pizza.
- Saturday Breakfast - \$8/person + tax
- Sunday Breakfast - \$8/person + tax

Sunday July 29th and Monday July 30th Rafting or Riverboarding Special: Adventure Racer's special for only \$75/person - two channels in one day, an incredible deal not to be missed! (Regular price \$125/person) Limited space remaining - sign up soon!

**CALL ESPRIT RAFTING AT 1.800.596.7238
TO BOOK YOUR MEALS AND ACCOMMODATIONS**

New and Expanded – Race Stuff Recycling Program: Are race jerseys, bike plates, bag tags and race shirts beginning to take up your valuable gear space? No room left on the wall for more? Help us to help the environment and to lower the cost of staging races by recycling any or all of these items. We would love your entire team's 'stuff' returned together, but singles are appreciated as well. Each jersey costs just over \$10, bike plates almost \$4, and race t's – well, they're priceless!

With your help, you can imagine the savings we will be able to invest back into the races in other ways. At each race this season, we'll make a draw from all the current season items returned at the wrap-up for special prizes from one of our sponsors. In 2006, we put more than 400 jerseys back into use!

5. FRONTIER ADVENTURE CHALLENGE SERIES SPONSORS:

SIMON RIVER SPORTS

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*

INTREPID TRAVEL



For travelers with a yearning to get off the beaten track, Intrepid opens up a whole new world. With a huge variety of travel styles available, Intrepid travelers explore the world's most amazing places – discovering real people, real cultures and having incredible real life experiences along the way. www.intrepidtravel.com

Prizing: All this season, enter to win a trip for two to Morocco! Immerse yourself in Morocco's exotic culture, while cycling and hiking around inspiring mountain scenery. The contest kicks off May 5th. For complete details and to enter online visit www.far.on.ca

AMBLER MOUNTAIN WORKS



Ambler Mountain Works is a cool little Canmore, AB company that is making a big splash in headwear. Funky and functional toques and performance headwear have been showing up on the noggins of many of Canada's top outdoor adventure athletes.

Prizing: *Ambler Headgear* for teams and volunteers all season

RYDERS EYEWEAR



categories.

Ryders Eyewear, based in adrenaline sport mecca North Vancouver, British Columbia, puts their backyard to good use testing the endurance and performance attributes of their eyewear products. Ryders is the leader in the price point eyewear category, providing quality performance eyewear at an amazing value in the biking, wintersports, motorsports and lifestyle

Prizing: *Ryders Eyewear*

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 minutes.

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

Prizing: *Pristine Water Treatment kits*

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*

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.*

6. MANDATORY GEAR LIST

The Mandatory Gear List must be downloaded on the [website](http://www.far.on.ca) (www.far.on.ca).

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

7. RACECOURSE DESCRIPTION – NOTES FROM THE FIELD

You should always expect to get mucky out there during the trek(s), and possibly during the bike section(s). Please keep a close eye on the weather forecast for race weekend as this time of year can be unpredictable. No matter what, packing extra clothes is a strongly recommended strategy in case the temperature drops over the course of race day.

Trekking

No matter what time of year, you should expect to get wet and mucky. Make sure to wear light, comfortable shoes and socks to prevent blisters from the inevitable combination of wet feet, moisture, and heat. In keeping with the Frontier AC tradition of thrilling trekking sections, select your navigation strategy carefully here. For first timers, keep it simple - set your bearing, follow it in the field, and trust it until you hit your target.

If you employ this strategy, you will move quickly from CP to CP and may surprise yourself with how well you do. Typically, declination will not affect your navigation as your target will be well-defined, and you will not be traveling an extended distance.

Remember, no team has EVER become hopelessly lost in a Frontier AC event, so don't worry!

Paddling

The Fort Coulonge area is well-known for paddling options. This year the paddle will be down-river through varied terrain: sandy beaches, cliffs, and marshes. You may encounter up to class 2 rapids and swifts, but don't worry – you'll be paddling inflatable kayaks made for stability and fun in moving water. Make sure you keep your map and compass handy during the paddle. Total paddling distance will be around 10-12 km for this race.

Mountain Biking

The mountain biking will be a mix of paved and gravel roads, a rail trail, and hilly ATV trails. Make sure your granny gear is in working order as you'll be using it lots, but you will be rewarded for your work with a spectacular view. Knobbies are certainly recommended.

Advanced vs. Regular Course

At a clearly identified transition area or checkpoint, the racecourse will split – regular course and advanced course. The deciding factor as to which course your team will do is the time that your team reaches this point. If you arrive before the cut-off time for the advanced course, you are welcome to take on either course (NOTE: You are NOT forced to take the advanced course if you arrive before the cut-off time). If you do arrive after the cutoff time your team must take the regular course to get to the finish line. Teams completing the advanced course automatically rank ahead of the regular course finishers.

The advanced course is a set of additional CP's your team must reach. By adding this element to the event, we aim to cater to the increasingly competitive spirit of the Series while still offering the regular course to the majority of teams.

8. **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 Profile'
- Log into your Team Profile by having the team captain enter his/her email address and password as entered at the time of registration (if you've forgotten, the database can send you a reminder)
- Type the last name of the team members you wish to add if they are not already listed on your TEAM PROFILE (this assumes that each team member already has created a profile on the FAR website)
- Click through to this Frontier AC race at the bottom section of this page
- Select the team members you are racing with at this event from the drop down menus

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. For even more efficiency, we encourage teams to fax their forms to us in advance at 1.866.876.8470 (please fax as a complete set for your team).

- Medical Form
- Waiver of Liability (one for Frontier, one for CARA)
- Image Release Form

**FRONTIER ADVENTURE RACING
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 Racing Inc-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 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.
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: FAR Esprit Rafting

Date: Sat, July 28/07

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 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, 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 _____, 200__ at _____, _____ (city, prov/state, country).

Signature of Participant

Printed name of Participant

Signature of Witness

Printed name of Witness



IMAGE RELEASE FORM

TEAM NAME: _____

RACE: FAC Esprit Rafting

DATE: Sat, July 28/07

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., 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)