



**Deerhurst Resort
Huntsville, ON
May 1, 2010**

Volunteer Newsletter

Welcome to the Frontier Adventure Challenge!

Most importantly, thank you for volunteering your time and energy to help make this event a success for everyone!

As a volunteer, 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, what you will need to bring, and what Frontier needs of you on race day.

1. What is the Frontier Adventure Challenge?
2. Schedule
3. The Weekend - Accommodations, Meals, and the Party
4. Notes From the Field – weather and preparation
5. What is my role?
6. What do I need to bring?
7. Frequently Asked Questions

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

Thank you so much for your time on race day!



DEERHURST
Resort

1. WHAT IS THE FRONTIER ADVENTURE CHALLENGE?

Recognizing that the allure of adventure racing extends beyond those with the commitment to try a 24-36 hour race, Frontier introduced the Salomon Adventure Challenge Series in 2001. These 8-hour races treated participants to a fun introduction to authentic, wilderness adventure racing and left people with a thirst for more.

Now called the Frontier Adventure Challenge, the event still features three disciplines: Mountain Biking, Trekking, and Paddling. Coed or open teams of three have up to 8 hours to complete the roughly 40km racecourse. The exact length of each discipline and the order teams undertake each remain a secret until race day.

On the Friday night and Saturday morning before the event, teams submit all completed paperwork and pass a gear check in advance of the Race Briefing. Once teams have completed registration, in advance of the Race Briefing they 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 any teams or volunteers may have.

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 the achievement of teams and volunteers with a licensed party featuring music and more random prizing! This is a great time to mix with other teams, volunteers, and race staff, and share your race experience.

2. SCHEDULE OF EVENTS

Friday	16:00-21:00	On-Site Registration – Volunteers & Competitors <i>Tennis Courts, Pavilion Building</i>
	19:00-23:00	Pre-Race Social <i>Tennis Courts, Pavilion Building</i>
	21:00	Volunteer Briefing <i>Arthur Lismar Room, Pavilion Building</i>
Saturday	07:00-08:30	On-Site Registration – Volunteers & Competitors <i>Tennis Courts, Pavilion Building</i>
	07:00	Map Distribution <i>Tennis Courts, Pavilion Building</i>
	08:30–09:00	Race Briefing <i>Tennis Courts, Pavilion Building</i>
	10:00	Race Start <i>Undisclosed location</i>
	18:00	Frontier AC Racecourse Closes <i>Deerhurst Resort</i>
	17:00–19:00	Dinner Served <i>Waterhouse Ballroom, Pavilion Building</i>
	18:00	Awards Ceremony <i>Waterhouse Ballroom, Pavilion Building</i>
	19:00	Post-race party <i>Waterhouse Ballroom, Pavilion Building</i>

Friday, April 30

Volunteer check-in begins at 14:00 Friday afternoon. If you're available, we can use lots of help at Deerhurst Resort on Friday night for early registration, then you can enjoy some social time. We'll have the tunes going and some race videos playing – everyone is welcome to join in and meet your fellow volunteers and the teams!

Teams will begin to arrive mid-afternoon for Competitor Registration which opens at 16:00 in the Tennis Courts, in the main Pavilion building at Deerhurst.

Upon registration, teams will receive a Competitor Kit which includes: 3 race jerseys; 3 bike plates (with zip ties); the Team Passport; 3 Dinner tickets; and some swag and other goodies. Race jerseys must be worn at all times to ensure we can identify each team – don't hesitate to remind teams that the big Frontier logo is on the front! Teams will spend most of their time getting their gear sorted out.

Raceday – Saturday, May 1

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

Some key things to help racers with:

- Race jerseys must be worn at all times during the event (beginning at registration)
- Bike plates must be attached to the front of each bike
- Teams must have their passport with them for the duration of the race. If a team arrives at your checkpoint without one, make a note, and notify race staff immediately, but do not hold the team up. Race staff will address the situation.
- Jerseys have a race logo side and a sponsor side – please ensure all competitors have the race logo side forward!
- Gear Check will be done at registration, and can be completed before checking in with race officials. Teams **MUST** demonstrate they have all requested items before receiving a stamp in the Gear Check box of their passport. Please review the mandatory gear list for the items that will be checked at Gear Check. There will be gear checks throughout the course for critical safety items. If a team is without mandatory gear on the course, it must be reported to race staff, and they WILL be given time penalties, or stopped until critical safety gear can be replaced.

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

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

At 08:30, all teams must meet for the Competitor Briefing in the Tennis Courts. 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. We suggest all volunteers attend the briefing to more fully understand the racecourse, and hear answers to any racer questions. and preparing 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.

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', the adventure begins. Teams 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. Teams will choose different paces – they may push for the win or just enjoy the authentic wilderness race experience.

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.

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

Dinner and Awards: Upon the completion of the race, there is an awards and dinner which are complimentary for volunteers, followed by a social event to give everyone a chance to celebrate their achievement, whether racing or volunteering.

The wrap up dinner is served at 17:00 until 19:00, and the awards presentation begins shortly after 18:00 (once the racecourse is closed and all competitors are off the course).

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

3. THE WEEKEND

There are actually two races happening in one weekend. The Frontier Adventure Challenge on Saturday follows our usual schedule. And on Sunday, the fourth annual **High School Adventure Challenge** returns. A real adventure race, for high school students! There will likely be around 60 teams of students from across the province. All day Saturday, they'll be participating in workshops with high profile athletes to prepare for their race.

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

Accommodations: **Deerhurst Resort** is offering incredible rates for racers, volunteers and their friends and families. An incredible facility with unbelievable amenities, Deerhurst offers everything from standard hotel rooms to condos with kitchens, balconies and fireplaces for only \$149. Join us for the athlete's village environment! Just let them know you are with the **Frontier Adventure Challenge**.

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

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

Pre-Race Social: Everyone is encouraged to hang out in the registration area Friday night starting at 19:00. We'll be showing videos from our Camp Frontier Mexico Training Camps, and we'll show some other race videos, have some tunes playing, and give you a chance to meet racers and other volunteers!

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

4. NOTES FROM THE FIELD

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

Early May can be unpredictable in Muskoka, but the snow has cleared out, the ice is gone, the ground isn't as muddy as it might be, and the water is actually quite warm.

The weather on race day, however, will determine much of your clothing choice. Check the race website for a direct link to weather in Huntsville, and prepare accordingly, as you may be hanging around outdoors without shelter for a few hours at a checkpoint.

5. 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:

- Collecting race paperwork
- Gear Check
- Distribution of competitor bags
- Miscellaneous set up tasks.

When you signed up to volunteer, you chose a few positions you would be interested in. Here is some further insight as to what each position entails. You can let us know your preference(s) in advance, or we will discuss the options with you at registration when you arrive.

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.

Base Camp Staff: Base Camp is at the finish line and serves as the command centre for the whole race. All team progress reports are relayed back to Base Camp 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. Race bibs and bike plates need to be collected, and finish line snacks and drinks kept stocked. Base Camp has plenty of action and is a good choice for those not as keen on being somewhere remote outdoors for a few hours.

Race Staff Assistants: Frontier's team of key race staff is comprised of experienced volunteers and Frontier 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: Frontier 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.

We also have a variety of additional interesting roles to fill, such as:

- videographer
- party coordinator (Fri night social and Saturday night party)
- finish line coordinator (food, music, and people!)
- new media coordinator (posting to Facebook and Twitter, updating the website, etc).

6. WHAT DO I NEED TO BRING?

Food: As you will likely be at a checkpoint or transition area at some point in the race, it is a good idea to bring 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 DIGITAL 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)

Because this event starts at 1000, we may need some volunteers to set up their CPs early in the morning, or even the night before, which will require camping at remote locations. We encourage anyone interested in a little adventure to come prepared with camping equipment!

Forms: These forms can be found at the end of this update and should be completed and faxed to Frontier in advance at 1.866.876.8470, or brought to the event: Frontier waiver, CARA waiver, medical form, volunteer information form.

7. 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 Frontier 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. Frontier 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, dinner, and party are a fun time and a chance for the competitors and Frontier to properly thank you. We would love for you to stay!

**VOLUNTEER INFORMATION
FRONTIER ADVENTURE CHALLENGE
MAY 1, 2010 - HUNTSVILLE, ON**

Name: _____

1. When will you arrive at the race site?

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

Other _____

2. When will you need to leave?

Saturday Afternoon () Night ()
Sunday Morning () Afternoon ()

Other _____

3. Will you be attending the Awards Banquet on Saturday?

Yes () No ()

4. Would you like to reserve a campsite? If yes, please indicate for which nights:

Friday ()
Saturday ()

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:

VOLUNTEER RELEASE WAIVER AND ASSUMPTION OF RISK

I, the undersigned, do understand and hereby acknowledge and agree that participation as a volunteer at an adventure race (the "Event"), that 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 I may not receive normal levels of rest, food and water during the Event. I am volunteering to assist with the Event with the knowledge that I am responsible for my own physical and mental well-being in all respects during my participation as a volunteer in the Event.

In consideration of the organizers of the Event permitting me to volunteer with the Event, I agree that neither I nor my heirs or successors will hold Frontier Adventure Sports or any of its employees, directors, volunteers, heirs, successors, sponsors, partners or any other individuals or organizations involved or associated in any way with Frontier Adventure Sports and the Event, liable for any personal injury, death or damage to any property and/or equipment that may occur during my participation in the Event as a volunteer or in any way associated with my participation in the Event as a volunteer.

I further agree and acknowledge that:

- 1) I have read all materials provided to me containing instructions and details concerning my role as a volunteer with the Event and I understand the demands that will be placed upon me in this role as a volunteer.
- 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 as a volunteer 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 fellow volunteers and, if the physical health of any such volunteers appears compromised, I will inform an Event staff or volunteer of such condition immediately.
- 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 as a volunteer, where injury or damage to property or equipment does or may occur.

I hereby release and forever discharge Frontier Adventure Sports, its employees, directors, volunteers, heirs, successors, sponsors, partners and all other individuals or organizations involved or associated in any way with Frontier Adventure Sports and the Event (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 as a volunteer, except for liability arising out of the gross negligence of the Organizers.

IMAGE RELEASE

The undersigned, in consideration of my participation as a Volunteer with Frontier Adventure Sports, does hereby grant to FRONTIER ADVENTURE SPORTS ("Frontier"), 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 as a Volunteer with Frontier, for use in connection with broadcasting, advertising, trade shows, exhibitions, websites, promotions, training materials or otherwise.

Event Name: _____ Frontier Adventure Challenge – Deerhurst Resort _____

Date: _____ May 1, 2010 _____

Volunteer Name (please print): _____

Signature: _____

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

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

In consideration for allowing me to participate in any or all events and related activities of The Canadian Adventure Racing Association and Frontier Adventure Sports, I hereby warrant and agree that:

1. I am familiar with and accept that there is always the risk of serious injury and death resulting from participation in any organized recreational activity particularly those involving paddling, trekking, mountain biking, swimming, navigation and like activities offered as part of the programme of The Canadian Adventure Racing Association and Frontier Adventure Sports
2. I have satisfied myself, and believe, that I am physically, emotionally and mentally able to participate in this programme, and that my equipment, if applicable, is appropriate for use in this programme; and
3. I understand that all applicable rules for participation must be followed and that at all times the sole responsibility for personal safety remains with me; and
4. I will immediately remove myself from participation, and notify the nearest official, if at any time I sense or observe any unusual hazard or unsafe condition or if I feel that I have experienced any deterioration in my physical, emotional or mental fitness, or that of my equipment, or exceeded my comfort level, for continued participation in any event or related activity.

I UNDERSTAND AND AGREE, ON BEHALF OF MYSELF, MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN THAT MY EXECUTION OF THIS DOCUMENT CONSTITUTES:

1. AN UNQUALIFIED ASSUMPTION BY ME OF ALL RISKS associated with my participation in the any or all of the events and activities of The Canadian Adventure Racing Association and Frontier Adventure Sports, even if arising from the negligence or gross negligence, including any compounding or aggravation of injuries caused by negligent rescue operations or procedures, of the Canadian Adventure Racing Association, Frontier Adventure Sports, any event organizer, event venue and any and all persons associated therewith or participating therein in any capacity; or in transportation to and from such events and activities, and
2. A FULL AND FINAL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS that I have, or may in the future have, against the Canadian Adventure Racing Association and Frontier Adventure Sports, all associated sponsors and partners, and their respective directors, officers, employees, coaches, leaders, contractors, agents and representatives, advertisers, volunteers, others participating in any capacity, (all of whom are collectively referred to as "the Releasees") from any and all liability for any loss, damage, injury or expense that I may suffer as a result of my use of or my presence at event facilities, or my participation in any part of, or presence at, any or all of the events and related activities of the Releasees due to any cause whatsoever, INCLUDING NEGLIGENCE, GROSS NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE RELEVANT *OCCUPIERS LIABILITY ACT* ON THE PART OF THE RELEASEES.
3. AN AGREEMENT NOT TO SUE THE RELEASEES for any loss, injury, costs or damages of any form or type, howsoever caused or arising, and whether directly or indirectly, from my participation in any aspect of the said events and related activities; and
4. AN AGREEMENT TO INDEMNIFY, and to SAVE and HOLD HARMLESS the RELEASEES, and each of them, from any litigation expense, legal fees, liability, damage, award or cost, of any form or type whatsoever, they may incur due to any claim made against them or any one of them whether the claim is based on the negligence or the gross negligence of the Releasees or otherwise.
5. AN AGREEMENT that this document be governed by the laws, and in the courts of the Province of Ontario.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN SUBSTANTIAL LEGAL RIGHTS WHICH I AND MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND ASSIGNS MAY HAVE AGAINST THE RELEASEES.

I SIGN THIS DOCUMENT VOLUNTARILY AND WITHOUT INDUCEMENT this ____ day of _____, 20__ at _____, _____, _____ (city, prov/state, country).

Signature of Participant

Printed name of Participant

Signature of Witness

Printed name of Witness

**FRONTIER ADVENTURE SPORTS
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: _____