



# **2003 RAID THE NORTH CANADIAN CHAMPIONSHIP**



**The Canadian Ecology Centre**  
**Centre écologique du Canada**

**CANADIAN ECOLOGY CENTRE  
MATTAWA, ON**

**SEPT 19-21, 2003**

**COMPETITOR UPDATE #2**

# 2003 RAID THE NORTH CANADIAN CHAMPIONSHIP

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MATTAWA, ON**

## COMPETITOR UPDATE #2

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## 1. Note From The Organizers

As the start line draws closer, it's great to see over thirty of Canada's most competitive teams signed up to compete for the title of 2003 Raid the North Canadian Champions.

The excitement is building in the Mattawa region. On a recent speaking tour of schools in the area, Race Director Geoff Langford discovered an enthusiasm and pride in the wilderness and recreation opportunities that exist in the area. Based on our course design work, we concur!

The course has come in right around the 200km mark. This region of Ontario features an incredibly mixed forest, typical marshy regions with rocky outcroppings, incredible mazes of ATV and snowmobile trails, and paddling in the traditional territory of the Voyageurs. For those that missed out on the incredible paddling in Raid the North Extreme in Atikokan this year, you'll be treated to a similar experience, although shorter.

With the very exciting news that **Frontier Adventure Racing will be hosting the World Championships of Adventure Racing in Canada in 2004**, we have been able to substantially increase the prize pool at the Raid the North Canadian Championships. To ensure the opportunity for more Raid the North teams to compete at an international level next year, **we will be offering a guaranteed place into the World Championships to the top five teams at the RTN Champs race.**

**A reminder to all teams that placed in the top three at any Raid the North this year to bring your yellow, red, or blue jerseys.** Those jerseys represent your hard-earned placing at RTN this year, and will mark you as a pace-setting team at the Championships. Your team "number" will be derived from the color of your jersey and the code for the race location you earned the jersey at. For instance, if you won RTN Hope, your team number for the Championships will be "HP 1". Your team name remains the same as you registered it.

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 ensure all team members have read these documents thoroughly. If you have any questions, you can contact our office in Toronto at 416.783.4464, or email [info@far.on.ca](mailto:info@far.on.ca).

### 1.1 Balance Payments

**Please note the balance payment of \$1,400 CDN or \$1,000 US was due on Friday, Aug 8. If you have not yet sent in your payment, please call immediately to make arrangements.** For details on the withdrawal policy please see the Rules and Regulations available online at [www.RAIDTHENORTH.com](http://www.RAIDTHENORTH.com).

### 1.2 Raid the North Web Site

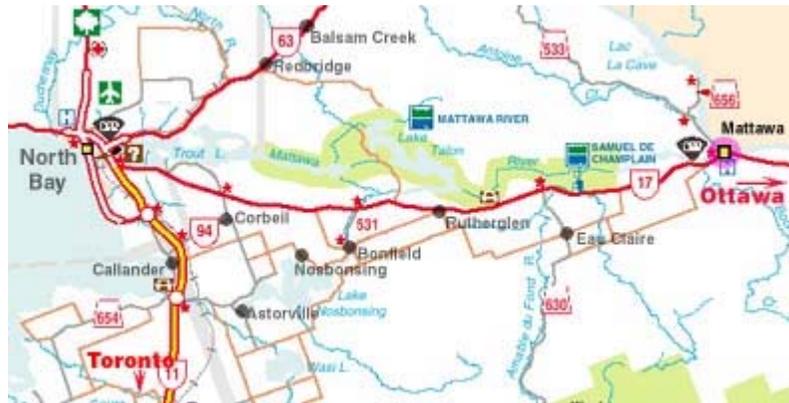
Many of you familiar with our site, [www.RAIDTHENORTH.com](http://www.RAIDTHENORTH.com), know it is a wealth of information and resources, including the Raid the North Competitor Site, AR Resource Centre and Online Database System for registering and updating Team Profiles.

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.

## 2. Race Information

### 2.1 Host Site

Mattawa is a name given by the First Nation's people meaning 'The Meeting of the Waters'. Early Voyageurs, taking the shortest east-west route canoed up the Ottawa River branching off at Mattawa, which became known as a resting place. With the Mattawa and Ottawa Rivers surrounding and dissecting much of the town, Mattawa has come to be defined by and celebrated for these beautiful waterways. Samuel de Champlain and Etienne Brule were among the more famous Voyageurs to rest along the Mattawa River.



Mattawa is bordered by the Province of Quebec to the northeast. The closest major centre to Mattawa is the city of North Bay, which is 62 kilometres to the West going along the Trans Canada Highway.

The Town of Mattawa acts as a service centre and a focal point for the residents of the town and the surrounding areas. It is also a year round tourist destination with almost endless recreational activities. Both Samuel de Champlain and Mattawa River Provincial Parks are just minutes outside of town,

### 2.2 Accommodations

Between the town of Mattawa, Samuel de Champlain Provincial Park, and the Canadian Ecology Centre, there are a large variety of accommodation options. The town of Mattawa is about ten minutes drive from the Ecology Centre, and race events will be taking place in both locations.

#### Canadian Ecology Centre

The Canadian Ecology Centre features modern accommodations with all the luxuries in a rustic wilderness setting. Most of the 32 cabins are equipped with two double beds and a single bunk and can sleep up to five people. There are a few bunk cabins which can sleep either four or six people. Each one has a refrigerator, coffee maker, computer with internet access, bed linens and towels. There are chairs, a picnic table and a propane barbecue at each building.

Special Raid the North Championship pricing of \$99 per night per cabin. 1.888.747.7577.

#### Mattawa District Chamber of Commerce

The Chamber has assembled a comprehensive listing of accommodation providers and other resources in the Mattawa area. Visit [www.mdcoc.com](http://www.mdcoc.com).

#### Camping

The campground in Samuel de Champlain Provincial Park is only minutes walk from the Canadian Ecology Centre. Self-registration is now in effect, meaning campsites are available on a first come, first served basis. Sites are \$18.75 per night, and there should be plenty of sites available.

## 2.3 Registration

Registration will take place on Thursday, Sept 18 outside the main building of the Canadian Ecology Centre beginning at 8:00 am. It is advised that all teams check-in at registration before 11:00 am. The Canadian Ecology Centre is 10 minutes drive west of Mattawa on Hwy 17, in Samuel de Champlain Provincial Park. The road to the Centre is very well signed coming from either direction.

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 check, medical 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.

**We have eliminated team passports this year** in an effort to simplify race logistics for competitors. More thorough checkpoint procedures, including collecting a signature from the team captain on tracking sheets at each checkpoint to verify times, will replace the requirement that all teams carry their mandatory passport at all times.

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 4:00 pm. The race briefing will be taking place in the town of Mattawa, and 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 a welcome from the town of Mattawa, 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

Although we do encourage all teams to use their own vehicle to reach the start line, we will be offering a shuttle at \$10.00 per person. To reserve a seat, please email [info@far.on.ca](mailto:info@far.on.ca) with race name, team name, and # of spots. Shuttle fee due at race registration.

## 2.5 Schedule of Events

<b>Thursday, Sept 18</b>	8:00 a.m. - 3:00 p.m.	Registration (Canadian Ecology Centre)
	4:00 p.m. - 6:00 p.m.	Race Briefing (Explorer's Point, Mattawa)
<b>Friday, Sept 19</b>	8:00 a.m.	Race Start (undisclosed location)
<b>Sunday, Sept 21</b>	Noon	Raid the North Race ends/ Official cutoff (finish line at Canadian Ecology Centre)
	4:00 p.m.	RtN racecourse closes
	5:00 p.m. - 7:00 p.m.	Awards Banquet (Canadian Ecology Centre)

### 3. Raid the North Series Sponsors Prizing, 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. Look for knowledgeable Salomon representatives – either on-site at registration, or competing - at most of our events this year with their leading-edge adventure racing gear for 2003.

**Sponsored Prizing:** Salomon adventure racing gear, including XA Series shoes, and the Azimuth, NRG Saver, and Raid Race packs



#### LAND ROVER CANADA

For more than half a century, Land Rover vehicles have been known for their "go anywhere, do anything" capability. Land Rover's proud to extend this credo to the adventure racing world by becoming the **Official Vehicle** of the **Salomon Adventure Challenge** and **Raid the North Series**.

**SUPER STRENGTH**  
**Motrin\* IB**

#### SUPER STRENGTH MOTRIN\* IB

**SUPER STRENGTH MOTRIN\* IB** has partnered with FAR Inc. once again as the **Official Pain Reliever** of both the **Raid the North** and **Salomon Adventure Challenge Series**. As pain is inevitable in adventure racing, **SUPER STRENGTH MOTRIN\* IB** can become a racer's best friend. **SUPER STRENGTH MOTRIN\* IB: Your Strains & Sprains Specialist.**

## 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.

**Sponsored Rental Program:** All Raid the North and stand-alone Salomon Adventure Challenge events have 16 paddles for rent. At Raid the North events, rental cost is only \$48 per team for four paddles.



### FAST FUEL

**FAST FUEL'S** 'Organic', 'Natural', and 'Fun Fuel' are the **Official Endurance Bars** of the **Raid the North** and **Salomon Adventure Challenge Series**. A quick glance at the all-natural ingredient deck and nutritional information on each package will highlight why FAR Inc. has aligned with this producer of true adventure racing fuel. More importantly, **FAST FUEL'S** taste is what sealed the deal!

**Sponsored Prizing:** Fast Fuel Bars



### 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.

**Sponsored 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 the world in 15 minutes.



### **KOMEX**

**KOMEX** is a water resources and environmental consulting firm based in Calgary, providing solutions to any environmental problem, with a can-do attitude for solving environmental challenges.

Komex employees tend to work and play hard. If you're looking for after-work cycling, running, adventure racing, climbing partners, you'll likely not have to look further than a few doors down. Komex - making a difference.

**FAR Contribution:** Komex is custom designing all topographic maps for Salomon Adventure Challenge, Raid the North, and Raid the North Extreme in 2003.



### **ADVENTURE SPORTS MAGAZINE**

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

**SPECIAL FAR Inc OFFER!** 10 issues for \$29.70 USD - 40% off of the cover price. See [www.asmagazine.com](http://www.asmagazine.com) for more details.



Visit [www.explore-mag.com](http://www.explore-mag.com)

### **EXPLORE**

**EXPLORE** - Canada's Outdoor Magazine - is a proud new partner of Frontier Adventure Racing in 2003. 6 issues per year packed full of the best of Canada's outdoors, including coverage of the adventure racing community. Travel, Adventure, Gear...find it all in explore.

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

**Sponsored Prizing:** explore annual subscriptions



### **SUUNTO**

Navigation separates the good teams from the elite in adventure racing. **SUUNTO** Wrist top computers and compasses are used by many of the top racers in the world.

**Sponsored Prizing:** Suunto Survival Award (3 Compasses) – Team most in need of Suunto Compasses



### **SEALSKINZ**

**SEALSKINZ** are the world's only range of waterproof, breathable, close-fitting socks and gloves. FAR Inc owners Stuart Torr and Geoff Langford used **SEALSKINZ** through a very wet Southern Traverse course last year and finished the race completely amazed at their dry, healthy, blister-less feet. We highly recommend them for every leg of Raid the North.

**Sponsored Prizing:** SealSkinz socks and gloves

## **4. Discipline Update**

The following is an overview of the challenges you will be facing in each of the disciplines for this year's Raid the North Canadian Championship. 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 unpredictable late-season weather can greatly affect the types of 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.

As should be expected, the nights are getting longer and cooler. This also means that the bug population is rapidly decreasing. During recent course testing, we ran into a few secluded pockets of mosquitos, but overall the bugs are gone.

### **4.1 Trekking**

The trekking in this race will be scenic and varied. The forests are prime examples of Northern Ontario's mixed forests – coniferous and deciduous, thick in some areas, quite thin and easy to move through in others.

Much of the trekking will be off-trail, although there are extensive networks of animal tracks and new and old ATV tracks that will create a great deal of choice. You will come across areas that were logged and replanted at least 25 years ago, so the new growth is beginning to thin. There is also a very good chance that you'll run into at least one marshy area, so be prepared for wet, mucky feet.

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. There will be more than one obvious option for most trek sections. 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, marshes and other obstacles.

### **4.2 Mountain Biking**

The majority of the mountain biking will take place on ATV tracks and gravel roads ranging in conditions from newer access roads to overgrown little-used ATV trails. Nearly all tracks and trails we've tested have been quite firm and dry. There are very infrequent sandy sections, and a few large pools of waters on low spots on the trail, often in marshy areas below beaver dams.

In terms of bike logistics you may see a bike drop or pick up along the course instead of a 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.

### **4.3 Paddling**

There will be more than one paddling section, and you will be paddling on both flatwater and moving water. Most of the paddling will occur during daylight hours, and the water will be warm, so wetsuits are not necessary.

However, the paddling will be far from straightforward. Teams should be comfortable navigating a Northern Ontario lake network. There will be several route choices available, depending on your team's comfort with open water, portaging, and water navigation. We will have safety boats on portions of the paddling sections, but it will not be possible to access all of the paddle sections, so be sure that your team is prepared for any eventuality.

As always, **teams must stay within 100m from shore on all water sections.** We will be actively enforcing this rule, as this is a significant safety issue for us. Of course, the 100m distance, and the definition of 'shore', are only guidelines. Use your common sense to stay within a safe swimming distance from land. Where we are able to have safety boats on the water, they will be issuing warnings to teams that stretch the rule, as well as issuing time penalties to those that blatantly disregard it.

Two standard touring canoes will be provided per team 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.

Unfortunately, our Simon River Sports paddle rental program is sold out for this race. If you would like to rent Simon River Sports paddles, please contact Running Free in Markham at [\(905\) 477-7871](tel:905-477-7871).

#### **4.4 Ropes**

The ropes section will feature both a zip line and a rappel. Although there will be multiple ropes at the site, each team will use only one rope, to limit the chance of a backlog at the ropes. It also means your team's speed through the ropes section is dependent on your ability, and that other teams have the opportunity to pass a team that is struggling.

For competitors or teams that are uncomfortable with their own ability on the rappel, assistance from our ropes staff is available with no penalty. An escape route around the rappel will be available if someone does not want to attempt it. There will be no penalty for taking the escape route although your team may be held at the ropes checkpoint to ensure no time advantage comes from taking the escape route.

#### **4.5 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 2003 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, Odyssey Medical Supplies are assembling specialized, conveniently small, packaged adventure racing first aid kits for Raid the North competitors. The competitor and support crew first aid kit are available for \$35 CDN. 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.

If you would like to purchase a first aid kit from Odyssey, please contact our office **by Monday, July 21, 2003**. Kits will be distributed at registration.

## 6. Unsupported Option

As mentioned in the first update, for those that have difficulty finding a support crew, we are offering an Unsupported Option. For an additional fee of \$300 CDN or \$200 US per team, we will transport your gear between transition areas throughout the race, as well as provide some basic hot food (soup, pasta, mashed potatoes). Although this will not replace all of the benefits a team would receive from an individual support crew it does give you the option to race without one and avoid the additional expense of travel, food and support vehicle. It also has the additional benefit of reducing the number of vehicles we take into these remote and sometimes sensitive areas. We believe that support crews play an important role on a team in adventure racing and bring great energy and camaraderie to the experience but we don't want them to be a limiting factor for people getting into the sport. **Teams interested in racing under the Unsupported Option must register at least one week prior to the race (by Friday, July 18).** The Unsupported Option registration form is included at the end of this Update.

## 7. 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.



## RAID THE NORTH SERIES Unsupported Option Registration Form

Team Name: \_\_\_\_\_ Team Captain: \_\_\_\_\_

**Please check the race you wish to register for the "Unsupported Option":**

- Raid the North – Hope, BC (\$250 CDN, \$170 US)
- Raid the North – Parry Sound, ON (\$250 CDN, \$170 US)
- Raid the North – Stoneham, QC (\$250 CDN, \$170 US)
- Raid the North – Kimberley, BC (\$250 CDN, \$170 US)
- Raid the North Series Championship – Mattawa, ON (\$300 CDN, \$200 US)

**Unsupported Option Details:**

- Frontier Adventure Racing Inc. will provide BASIC hot food.
- Basic hot food can include, but is not limited to: soups, pasta, potatoes, and hot cereal.
- Frontier Adventure Racing Inc. will provide transportation of gear to and from all transition areas, and transportation of the team to the start line.
- All gear to be transported must be stored in no more than two gearboxes per team that are clearly labeled with the team name and number. Bikes are considered separate.
- Gear must be loaded by the team into the assigned vehicles before going to sleep before the race.
- Teams must "look after" themselves at transitions without relying on the staff transporting their gear.
- All gear must be packed up before a team is allowed to leave the transition area.

**In granting my request to be provided with an unsupported crew during this adventure race, whether using equipment provided by me or by the unsupported crew staff and consuming food and/or liquids provided to me or by the unsupported crew staff I agree that I will not hold Frontier Adventure Racing Inc., or the unsupported crew staff, liable for equipment damage, personal injury, death and/or property loss.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please **MAIL** this completed form along with your payment for the Unsupported Option to the address below. All cheques or money orders must be made payable to:

Frontier Adventure Racing Inc.  
2122 Broadview Rd NW  
Calgary, AB  
T2N 3H9



**RAID THE NORTH SERIES**  
**COMPETITOR MEDICAL FORM**  
*(Please answer all questions)*

- 1) Are you currently taking any medications (prescription and OTC)? If so, please specify the types and amounts you take:
- 2) Are you allergic to any medications? If yes, please specify:
- 3) Please list any other allergies you have (food, hay fever, dust) and if you are currently being treated for them:
- 4) Have you been treated for any serious illnesses within the last three years? If yes, please describe:
- 5) Have you recently experienced or been diagnosed with any of the following? (Circle those that apply)

- |                        |                     |                    |
|------------------------|---------------------|--------------------|
| shortness of breath    | 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) |                     |                    |

- 6) Have you had any surgeries or surgical procedures within the last three years? If yes, please describe:
- 7) Do you wear eyeglasses or contact lenses? \_\_\_\_\_
- 8) Is there anything else pertaining to your health that we should know about? If so please explain.
- 9) a) Name of current Health Care Provider:  
 \* please **attach copy of insurance card** (If you do not have insurance, please acknowledge)
- b) 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: \_\_\_\_\_



## RAID THE NORTH SERIES WAIVER AND ASSUMPTION OF RISK

I, the undersigned, do understand and hereby acknowledge and agree that participation in an adventure race including canoeing, trekking, mountain biking and ropes section, among other things, involves certain risks and dangers which include, but are not limited to water and weather conditions. I recognize that this event is physically

demanding involving distances and activities that are in excess of what is considered a typical level of difficulty and I am participating with the knowledge that I am responsible for my own physical and mental condition and well being.

In consideration of the granting of my request to participate in this adventure race during the actual time of the event or at any time while attending this event, whether using equipment of my own or provided to me by the event staff and/or volunteers, I agree that neither I, nor my heirs, executors, administrators or assigns will hold Frontier Adventure Racing Inc., its' staff, volunteers, Salomon Sports Canada, McNeil Consumer Healthcare, Natural Emphasis, Suunto Canada, Land Rover Canada, Aqualung Canada, Starchoice Communications Inc, Komex International Ltd., Danalco Inc, the Canadian Ecology Centre, the township of Mattawa, or any and all other event sponsors, organizations or individuals involved or associated with the Raid the North event, liable for personal injury, death and/or property loss.

I further agree and acknowledge:

- 1) I have read the event rules and regulations enclosed and assume the responsibility to abide by these rules as well as to examine such list for any changes or additions;
- 2) I acknowledge and confirm that I can swim;
- 3) I acknowledge and confirm that I am in good physical health and feel I will be able to complete the required activities of this event. If at any time during the event I feel that continued participation will result in any form of physical or mental harm to myself I will inform a Frontier Adventure Racing staff member of my condition and discontinue my participation immediately. I acknowledge and confirm that I will monitor the condition of the other participants on my team and, if the physical health of any of the members of my team appears to be in danger, I will inform a Frontier Adventure Racing staff member of the situation and immediately discontinue my teams participation in the event;
- 4) I am familiar with and understand the dangers associated with paddling, trekking, mountain biking, ropes section and will take every foreseeable precaution to ensure the safety of myself and my team through the course of participating in this event;
- 5) I agree to immediately notify a Frontier Adventure Racing staff member of all accidents within my knowledge;
- 6) I agree to keep updated regarding all rules, special activities and programs established for the event.

I, on my own behalf and on behalf of members, executors, administrators and assigns, hereby release and forever discharge Frontier Adventure Racing Inc., its' staff, volunteers, Salomon Sports Canada, McNeil Consumer Healthcare, Natural Emphasis, Suunto Canada, Land Rover Canada, Aqualung Canada, Starchoice Communications Inc, Komex International Ltd., Danalco Inc, Resorts of the Canadian Rockies, Kimberley Alpine Resort or any and all other event sponsors, organizations or individuals involved or associated with the Raid the North event liable for any personal injury, death, or loss or damage to my person or property however caused arising out of or in connection with my participation in this adventure race, on water or land, notwithstanding that such injury, death, loss or damage to my person or property may have been contributed or occasioned by negligence of Frontier Adventure Racing Inc., its' staff, volunteers, Salomon Sports Canada, McNeil Consumer Healthcare, Natural Emphasis, Suunto Canada, Land Rover Canada, Aqualung Canada, Starchoice Communications Inc, Komex International Ltd., Danalco Inc, the Canadian Ecology Centre, the township of Mattawa, or any and all other event sponsors, organizations or individuals involved or associated with the Raid the North event.

***Please Print Clearly:***

Date: \_\_\_\_\_

Participant's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Signature: \_\_\_\_\_