

RAID THE NORTH – PARRY SOUND 2003 COMPETITOR UPDATE #2

- 1.0 NOTES FROM THE ORGANIZERS
 - 1.1 Team Profile Update Instructions
 - 1.2 Raid the North Series Sponsors – Special Offers and Contests

- 2.0 RACE INFORMATION
 - 2.1 Accommodations
 - 2.2 Registration
 - 2.3 Travel to the Start Line
 - 2.4 Schedule of Events

- 3.0 DISCIPLINE UPDATE
 - 3.1 Trekking
 - 3.2 Mountain Biking
 - 3.3 Canoeing
 - 3.4 Ropes
 - 3.5 New Advanced Section
 - 3.6 Insects and the West Nile Virus

- 4.0 GEAR LIST
 - 4.1 First Aid Kits

- 5.0 UNSUPPORTED OPTION

- 6.0 PRE-RACE TRAINING PROGRAM

- 7.0 REGISTRATION FORMS
 - 7.1 Medical Form
 - 7.2 Unsupported Option Form

RAID THE NORTH – PARRY SOUND COMPETITOR UPDATE #2

1.0 NOTE FROM THE ORGANIZERS

The race is now just one month away! I hope your team has been training and that you are well prepared for the 2003 Raid the North Series. This is the second competitor update, providing you with more detailed information about the host site and racecourse.

Parry Sound is an excellent base for adventure racing. The town itself has all of the amenities you need and it is at the doorstep of some incredible wilderness. The community has been very cooperative in putting this event together and we think you will really enjoy the experience.

Please note, all Competitor Updates are posted on our website. It is the team captain's responsibility to notify your team members when this information is posted. Please be sure to read through all material and if you have any questions, you can contact our office 1.877.846.8889 or email info@far.on.ca.

1.1 Team Profile Update Instructions

As mentioned in Competitor Update #1, we require all teams to update their Team Profiles using our online database system.

To update your Team Profile online, simply click on [Create/Update Your Profile](#) located on the Home Page or Competitor Site section of our Web site www.RAIDTHENORTH.com. If not recognized, you will be asked to enter in your email address and password (should have been emailed to you upon registration). When your Team Profile appears on the screen, simply follow the instructions.

To add a team member to your Team List, simply type in the team member's last name into the designated box and press add. The system will search our database for that person's name and if found will prompt you to accept. An email will be sent to that Team Member asking them permission to add them to your team list. Once granted you will be sent a confirmation email and their name will appear in your team list. If that person, does not appear in our database, you will be prompted to create a User Profile on their behalf. The Team Member will be sent their User Profile log in information by email.

*To qualify for our [National Points Standings](#), you must designate at least 3 core team members. Your team can have up to 5 core members, including the Team Captain. Please note that you cannot change core members once you have selected them. You may list as many alternate Team Members as you wish.

To create or update your team roster for each race, simply click on a race name under Registered Races. You will then be prompted to select the team members who will be participating in that race from your Team List. Please designate who is a Team Member and who is Support Crew. This information will appear on the Registered Teams page for each race and in the Team Bio book handed out at each race.

Please be aware that all Team Profiles on our Web site also serve as our team database. It is our sole source of contact information for each of your team members. For this reason, it is MANDATORY that you complete at least the contact information for all teammates and support crew. All Team Profiles MUST be updated one week prior to each race (Friday, May 23 at 12:00 p.m. EST). Any Team Profiles submitted after this time will not be included in the Team Bio Book. If you do not have all four team members and their contact information listed by this date, **your team will NOT be ranked in the race.** We will still let you race, but you will start the race as an unranked team.

If you have any questions about using this system, please contact us at 1.877.846.8889, or email info@far.on.ca.

1.2 RAID THE NORTH SERIES SPONSORS – SPECIAL OFFERS AND CONTESTS

SALOMON CANADA

SALOMON has been instrumental in growing the sport of adventure racing throughout the world. They have invested heavily in adventure racing by engineering high quality products for the light and fast category while supporting top teams and premiere event management companies like FAR Inc. **Salomon is the Title Sponsor** of the **Salomon Adventure Challenge Series** and an **Official Partner** of the **Raid the North Adventure Race Series**. Buying **SALOMON** products guarantees that you and your team are benefiting from field-tested knowledge and expertise. 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: Top three teams receive Salomon adventure racing gear, including XA Series shoes, NRG Saver packs, and Raid Race packs. Each competitor will also receive a Buff featuring the Salomon swirl.

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**'.

Drive to Adventure Contest: Your team could win free entry to any Salomon Adventure Challenge, Raid the North...or Raid the North Extreme! Just test drive a Land Rover Discovery or Freelander between April 26 and June 30 and enter to win race entries or a pile of other prizes from our clan of sponsors.

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 has taken paddling in adventure racing to a new level. Canadian-made, featuring both 3 and 5 piece, universally adjustable wing paddles made of carbon fibre, there's simply no comparison in the marketplace.

Sponsored Rental Programme: All Raid the North and stand-alone Salomon Adventure Challenge events have 16 paddles for rent at \$12 per paddle. As well, one team at each race will win free use of a team set of paddles for the race.

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 for placing teams.

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.

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.

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 for more details.

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.

Sponsored Prizing: SealSkinz socks and gloves

2.0 RACE INFORMATION

2.1 Accommodations

There are a number of accommodation options in the Parry Sound area. The following is a list of recommended hotels to contact. **Be sure to tell them you are with Raid the North to receive discounted rates.**

Travelodge / Brunswick Hotel – 72 James Street, 705-746-1489

This is the race staff headquarters hotel and will be the host for our Thursday night social gathering (at the Brunny Bar & Grill). It is right downtown, minutes from the registration area and a very short walk from the Community Centre where we will be holding the Awards Banquet. They have about 20 rooms available.

Rates:

\$80/room (special discounted rate for Raid the North competitors)

Comfort Inn – 120 Bowes Street, 1-800-228-5150

Conveniently located just off Hwy 69 this is a large, modern facility with 30 rooms set aside (and a McDonald's across the parking lot). It is just on the edge of town.

Rates:

\$90/room flat rate

Traveller's Hotel – 36 Mary Street, 1-866-864-9821

Also located downtown and a short walk from the Community Centre.

Rates:

\$59/night for single room

\$69/night for one double and one single bed

\$75/night for two double beds

Best Western Georgian Inn – 48 Joseph Street, 705-746-5837

Just outside of town this is the largest facility in the area with roughly 50 rooms.

2.2 Registration

Registration will take place at Waubuno Beach in Parry Sound at the end of Prospect Street from 8:00 a.m. to 3:30 p.m. From Hwy 69, take Bowes Street exit and follow Bowes Street into Parry Sound. Bowes Street becomes Seguin Street as you cross a bridge over the Seguin River. A few blocks later (just after the Fire Hall) Seguin Street bends to the right to become Church Street. Turn left here onto Waubeek Street. Turn left on Prospect Street (4th left) and follow it to the end to the parking area for the beach. A street map for Parry Sound has been included in this update.

Upon arrival, please park vehicles in the designated parking areas. Each team will then have to bring their bikes and gear to the registration area (about 100 metres). The Team Captain should then check-in at the Main Registration table, where you will be asked to hand in all your team's registration forms (waivers, medical forms, image release forms). Remember, you need to have all forms completed by **all team members and support crew**. Once your paperwork is in order, your team will be issued their race jerseys and registration checklist. **Race jerseys must be worn throughout the registration process.**

At this point your team will move through the various stations (bike inspection, gear and first aid check, navigational testing, emergency protocol briefing and ropes). Once your entire team has completed a station, race staff will initial your registration sheet. When you have completed the entire process your team captain should return to the Main Registration area where your team will be issued its race package

and passport, in exchange for your complete registration checklist. **Teams cannot race without their passport.**

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. So 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 p.m. The race briefing will not be delayed if some teams are not in attendance. Attendance is mandatory, and it is certainly to your advantage to attend. The race briefing will consist of an introduction of all teams competing in the race, distribution of the race package, description of some of the obstacles and challenges on the course and a question and answer period.

2.3 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 \$8.00 per person. To reserve a seat, please email info@far.on.ca with race name, team name, and # of spots. Shuttle fee due at race registration. Typical drive time to the start line is less than 1.5 hours.

2.4 Schedule of Events

Thursday, May 29	9:00 a.m. – 5:00 p.m.	Pre-Race Training Program (Fire Hall)
Friday, May 30	8:00 a.m. - 3:30 p.m.	Registration (Waubuno Beach)
	4:00 p.m. - 5:00 p.m.	Race Briefing (Waubuno Beach or Bobby Orr Community Centre in case of inclement weather)
	Midnight	Race Starts (undisclosed location)
Saturday, May 31	10 a.m. – 6:00 p.m.	Salomon Adventure Challenge (5-8 hour race)
Sunday, June 1	12:00 p.m.	Official Race Cut Off Time (Finish Line at Waubuno Beach)
	4:00 p.m.	Race Course Closes
	5:00 p.m. - 7:00 p.m.	Awards Banquet (Bobby Orr Community Centre)

3.0 DISCIPLINE UPDATE

The Parry Sound area offers many great challenges for adventure racing. You can certainly expect some great paddling in this event as well as some memorable wilderness. You can expect conditions to be fairly wet and the bugs to be bad. Make sure to pack plenty of extra clothes to change into at the TA's and don't try to go too light through the night as the nights may still be quite cold. Carrying a little extra weight is much better than dropping out of the race because of hypothermia (a very common occurrence in early and late season races).

3.1 Trekking

As with all Raid the North events, most of the trekking is off trail through raw forest. You will experience a variety of terrain from thick bush to mature, open forest to open lowlands and swamps. Route

selection will determine how wet you get in the trek. There is no significant elevation change in the area and the terrain is often fairly non-descript so navigation will be challenging.

3.2 Mountain Biking

The mountain biking will be on a combination of old logging roads and ATV trails. Although conditions are quite wet and muddy in some places right now we are expecting that they will dry up somewhat before the race date. You can expect at least one long ride in this race although the hill climbing will be minimal.

3.3 Canoeing

There are many, many excellent paddling options the Parry Sound area and narrowing it down for this race was not easy. Expect a significant amount of paddling through some very scenic wilderness including some open lake paddling among islands. Portaging will not be a major part of this race.

3.4 Ropes

The rope section for Parry Sound will be a Zip Line. This is quite a simple set up where the competitor's only responsibility after getting clipped in by our rope's staff is sitting back and enjoying the ride and then possibly pulling themselves the last few meters along the rope. Ensure that your equipment is easy to use and up to date. You don't want to be fumbling around with a frayed harness in the dark with cold hands. Please note: this means the rappel device and prussick are not required gear.

3.5 Advanced Section

The Advanced Section will be a series of extra checkpoints near the end of the race involving one or more disciplines. Teams reaching the checkpoint from which the Advanced Section starts before a pre-determined cut-off time will proceed onto the Advanced Section. 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.

3.6 Insects and the West Nile Virus

Typically black flies and mosquitoes are in full swing by the end of May. They should be plentiful for this race. It is strongly advised that you bring reliable insect repellent. You may also consider bringing a bug hat or bug jacket if you are really bothered by them. This is particularly important given the growing concerns over the West Nile Virus which can be transferred by mosquitoes. **Although current research says that the virus is not present in mosquitoes that prey on humans until July or August this is a new virus and there is still much to learn.** You will not be able to avoid being bitten by mosquitoes during this race but you can certainly make some efforts to minimize the number of bites and, therefore, your chance for exposure. Please note: the number of reported cases of West Nile Virus in humans is still extremely low, particularly given the number of people that are bitten by mosquitoes every year. The probability of exposure is extremely marginal. Having said that, we are advising erring on the side of caution.

4.0 GEAR LIST

The Gear List for Raid the North – Parry Sound 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 (not required for this race); 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 (zip line).

4.1 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, May 12**. Kits will be distributed at registration.

5.0 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 \$250 CDN or \$170 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 two weeks prior to the race (by Friday, May 16). The Unsupported Option registration form is included at the end of this Competitor Update.

6.0 PRE-RACE TRAINING PROGRAM

Just a reminder that if you are interested in signing up for the Pre-Race Training Program, as described in Competitor Update #1, you need to register online (ART Registration Form) by Friday, May 16. If you have any questions, please feel free to contact us at info@far.on.ca.

7.0 REGISTRATION FORMS

Just a reminder that all team members (including support crew) must fill out and bring a medical form 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. At registration, **ALL** team members, including support crew, will be required to sign an Insurance Waiver and Image Release Form. When you arrive at registration, please have all your team members available to sign whatever additional forms may be necessary (e.g. waivers), 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 that are clearly labeled with the team name and number for the specific race they are entered in. 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:
- 3) Are you allergic to any medications? If yes, please specify:
- 4) Please list any other allergies you have (food, hay fever, dust) and if you are currently being treated for them:
- 5) Have you been treated for any serious illnesses within the last three years? If yes, please describe:
- 6) 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
hyp <u>o</u> -thyroid	hyper <u>thyroid</u>	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** (insurance carrier): (If you do not currently 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, Fraser Valley Regional District, The District of Hope 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, Fraser Valley Regional District, The District of Hope 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, Fraser Valley Regional District, The District of Hope 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: _____

Pack Lightly... Never Give Up... Go Like Hell!



Pack Lightly... Never Give Up... Go Like Hell!