



**Hosted by Frontier Adventure Racing's
premier expedition race**



Western Newfoundland, Canada

Volunteer Newsletter #2

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1.0 NOTES FROM THE RACE ORGANIZER

WELCOME everyone to the preparation for volunteering at Raid the North Extreme, serving in 2004 as the host of the Adventure Racing World Championship. Now in its sixth year, Raid the North Extreme has been to Canada's central province (Ontario), the furthest west province (British Columbia) and furthest east province (Newfoundland and Labrador). We've traveled to the sparsely populated Yukon Territory, and taken competitors on a journey through the remote and rugged beauty of Atikokan, Ontario and the surrounding areas including Quetico Provincial Park.

In 2004, Frontier Adventure Racing is honored to be hosting the AR World Championships back in one of our favorite places – Western Newfoundland. The friendly character of Newfoundlanders combines with the wild and harsh terrain to provide the perfect foundation for a true wilderness adventure. A big thank you to all of you--we couldn't put on an event like this without the help of volunteers. You are an integral part of this event and we will work hard to make it a great experience for everyone. This newsletter is the second of three that will be available to you prior to the race, to help you prepare for volunteering at Raid the North Extreme. This newsletter includes information about the host site, volunteer roles, preparation for the race, a schedule of activities and volunteer information forms.

In the coming weeks we will be attempting to contact everyone by phone, to discuss your availability and the positions you have requested. Your official position will be confirmed at the Volunteer Briefing the day before the race begins. We are looking forward to a memorable and exhilarating experience – with over 100 volunteers coming from all corners of the globe!

PLEASE READ THROUGH ALL OF THE MATERIAL AND COMPLETE ALL THE FORMS ENCLOSED.

We welcome your feedback on the content of this newsletter, particularly the topics you would be interested in receiving more information on. Email suggestions to us at arwc2004@raidthenorth.com. We will try to address all suggestions in the next newsletter.

2.0 HOST SITE

2.1 About Corner Brook and Western Newfoundland

For those of you who joined us for Raid the North Extreme in 2001, you know exactly why we're so keen to be returning to Corner Brook, Newfoundland. Nestled in the hills along an inlet on the Gulf of the St Lawrence, this beautiful little city has the biggest heart and the most welcoming citizens you could imagine. Corner Brook is blessed with incredible wilderness in all directions, and is less than an hour from world-renowned Gros Morne National Park.

Corner Brook provides us with the perfect gateway to the outdoor adventure paradise of Western Newfoundland. Competitors will be greeted with daunting fjords, wind-sculpted flora, curious terrain

formations, historic lighthouses, whales, colorful isolated fishing communities, coastlines of cliffs, rocks, and white sand, and expanses of remote untouched landscapes. In your role as a volunteer, you will experience many of the same features of this land, but from a slightly different perspective than most competitors.

Living up to its philosophy, Raid the North Extreme will host a memorable Adventure Racing World Championship. Real Wilderness. Real Navigation. Real Adventure. With Newfoundland in the mix, we can certainly add Real Hospitality.

2.2 Weather

Early August is a beautiful time of year in Western Newfoundland; daytime high temperatures average 22°C. It's the absolute best time of year for paddling conditions. The days are getting shorter, but it will be a full moon on Aug 1. Nighttime temperatures may fall to 9°C. The cooler overnight temperatures result in fewer bugs but please keep in mind that many volunteers will be located deep in the bush and still fall prey to all species of bugs, so come prepared! August is also the rainiest time of the year on the Western Coast, with an average of just over 100mm of rain during the month of August, although that is not much higher than other summer months.

We are anticipating beautiful weather for the whole week of the race but we encourage all of our volunteers to continue to check the weather forecasts in Corner Brook at www.theweathernetwork.com and to come prepared for ANYTHING!

3.0 RACE LOGISTICS

Most of you are likely familiar with the way an adventure race works in general, although each race is unique in approach. So that all of you know what to expect from your experience this August, the following is an overview of how we operate Raid the North Extreme.

3.1 Schedule of Events**Thursday, July 29**

4:00 p.m. - 9:00 p.m. Race Registration

Friday, July 30

10:00 a.m. - 7:00 p.m. Race Registration

7:00 p.m. - 9:00 p.m. Opening Ceremonies, Map Distribution and Race Overview

Saturday, July 31

8:00 a.m. – Noon Race Registration

12:00 p.m. - 2:00 p.m. Race Briefing

Sunday, August 1

4:00 a.m. Buses leave for Start Line (may change with final course design)

8:00 a.m. Race Starts (may change with final course design)

Saturday, August 7

8:00 a.m. Official Race Cut Off Time (may change with final course design)

2:00 p.m. - 6:00 p.m. Banquet

5:00 p.m. - 6:00 p.m. Official Awards Presentation

7:00 p.m. After Party

3.2 Map Distribution and Course Description

For a race of this magnitude, we believe strongly that teams should have adequate time to prepare themselves and their gear for the challenge that lies before them. As such, we will be providing all teams with their maps and basic race information such as the general route and order of disciplines on Friday night during the opening ceremonies.

A full race briefing will occur on Saturday afternoon, once teams have been able to familiarize themselves with the terrain and the structure of the race course. Detailed course directions will be distributed, and a review of the course by race director Geoff Langford and course designer Lawrence Foster will give teams a thorough overview of the challenges, highlights, and history of the land you will be exploring.

3.3 Race Overview

Raid the North Extreme can be defined as a non-stop, multi-day, multi-sport, mixed gender team event. In many ways it can be likened to an expedition with a stopwatch. The goal of the competition is to be the first team to navigate all members across the finish line together, although most teams come with the goal of simply reaching the finish line within the maximum six days. The course is set up to cover roughly 450-500

kilometers of remote wilderness where teams must trek, mountain bike, paddle and negotiate fixed ropes such as a rappel or an ascent without outside assistance. With the exception of checkpoints, the course is completely unmarked and, often, there is no set route to follow. Teams must use strategy and wit to find the fastest way through the unpredictable challenges of the great outdoors.

Although certainly a formidable physical test, this unpredictability makes adventure racing as much of a mental challenge as it is physical. A critical element of staging a successful adventure race like Raid the North Extreme is a dedicated team of volunteers during the event. Volunteers are a much needed source of information for support crews and competitors out on the course, as well as the reassuring and welcoming faces that teams first encounter when they arrive at a checkpoint or cross the finish line. Simply stated, we couldn't do it without you. To help prepare you a little more for the race, we'd like to explain what you could expect during your time with us. Most volunteers will arrive on the Wednesday, Thursday or Friday prior to the race; accommodations for 2 days prior to and 2 days after the race will be taken care of by Frontier Adventure Racing. During the day on Friday, volunteers will check-in at volunteer registration and either help with competitor registration or settle in at the college dorms. On Friday evening at 19:00 (7:00 pm), all volunteers are encouraged to attend the opening ceremonies and race course unveiling. As well, on Saturday at 12:00 noon, we hope you'll join us for the race briefing, which is mainly for the competitors, but is a great source of information about the course, and the race rules and regulations. Immediately following the race briefing at 3:00 p.m., we will be holding a volunteer briefing. This is when we will provide you with an overview of the course, volunteer positions and processes. We will then break you off into smaller groups based on the position you have been assigned. In these smaller groups you will be briefed on the particulars of your position, given a schedule and directions, as well as any necessary equipment (radio, time tracking forms, etc.) Some volunteers may have to leave to head out to their checkpoints immediately after the meeting and will be notified at volunteer check-in of the arrangements.

The race is currently scheduled to begin at 8:00 a.m. on Sunday and the start line may be located from 1-3 hours drive from basecamp. Only a few volunteers will be needed to help coordinate the start line. Most of our volunteers will be stationed at a Checkpoint (CP) or Transition Area (TA) and will start heading out right after the start of the race. Most checkpoints are two-wheel-drive accessible, but a few checkpoints will require volunteers to paddle, trek, ATV or helicopter in. Staff will accompany them to ensure that they find the exact location of the checkpoints. We never station people at a checkpoint by themselves and we do our best to pair you with either someone you ask to work with, or somebody we feel has similar interests.

At your station you will be our eyes and ears, and we will be depending on you to supply us with ongoing race information. This includes radioing in when teams pass through your checkpoint and updating us on their condition (did they look dehydrated or was one member limping? etc). You will also be able to listen to your radio to keep tabs on how the race is progressing. Once all teams have passed through your checkpoint, you will be asked to remain at your checkpoint until the teams have been accounted for at the next checkpoint. This is a critical safety process, in case a team decides to turn around and return to their last known location – your checkpoint.

Once your checkpoint has been cleared, you will report to your Race Leg Manager to turn in your radio and time tracking form. If you are needed elsewhere on the course, you might be asked to help out at another checkpoint. If not, you are free to return to basecamp. The race officially ends at 08:00 on Saturday. At

14:00 (2:00 p.m.) on Saturday you are invited to the dinner and awards ceremony. This is a great opportunity to talk to some of the teams you met out on the course, or to share stories with some fellow volunteers. Volunteering at an adventure race is hard work. It can also be a very rewarding and a memorable experience. We will do everything we can to get you ready for your role and help you maximize your experience, but we will still be expecting a lot of you. As important as it is that we all have a good time, it is most important that the competitors are safe and well looked after. Closer to the race we will follow up with each of you by phone, to discuss your availability and which position would suit you the best.

3.4 Friends and Family

We recognize that for many of you this trip is a holiday and we hope that you will consider bringing friends and family with you to enjoy the unique wilderness of Western Newfoundland. To that end, we encourage you to contact local outfitters and businesses who offer great activities you may wish to enjoy while on holidays either before or after the race. One of the best sources of local information, including adventures and activities, is www.cornerbrook.com. Our local hosts are assembling packages and discounts from local attractions and outfitters, and we will pass those on to you in the next few weeks.

One highlight of the area you should certainly make time to visit is Gros Morne National Park. A little more than an hour's drive north of Corner Brook, this UNESCO World Heritage Site is one of Canada's most renowned parks, with exceptional hiking, on and off trail, and spectacular paddling options.

Within one hour of Corner Brook, you will find a surprising range of options for golf, mountain biking, hiking, fishing, trail running, birdwatching, kayaking, sailing, windsurfing, ATVing, and even caving. Beaches, waterfalls, rivers, fjords, cliffs, gorges, and even an insectarium will keep you busy, and wanting to return!

There will be several ways for interested 'spectators' to find out how the race is progressing. Base Camp will be open to the public at any time, 24 hours a day, for the latest standings and updates. There will be points on the racecourse that are open to the public, so teams can be cheered on at specific points on the course. As well, we will be holding Pub Nights each night during the race at the Crown & Moose Pub, in the Holiday Inn, downtown Corner Brook. The pub nights will feature a current leaderboard, the best photos and videos captured that day, as well as an overview of the day's activities by one of the key race staff.

3.5 Volunteer Roles

When you registered to volunteer at Raid the North Extreme, you selected a few positions you would be interested in. The following will provide you with further insight into the most common volunteer roles at our event.

Station: Basecamp

If you are interested in a role that does not involve being on the course and camping out, but you still want to be active in monitoring and tracking teams, this is the role for you. Basecamp is located at the course halfway point, and at the finish line, and serves as the command centre for the whole race. All team

progress reports are relayed back to basecamp to be entered into the master time spreadsheet and added to the spectator leaderboard. Volunteers at this station will be responsible for set up of the information booth, finish line, monitoring radio communication, time tracking and updating the leaderboard and spectators with progress reports. This position may require you to run a few errands and possibly go out on the course for updates. You should be prepared to spend anywhere from 8-12 hours a day assisting at basecamp, but this is dependent on the number of volunteers present.

Station: Checkpoint

If you are interested in a role that will give you an inside perspective on adventure racing, then this is the role for you. Checkpoints are specific locations on the racecourse that each team must pass through and have their time in and out recorded in their passport. Most of these locations are road accessible and will be staffed with a minimum of two volunteers. As checkpoint staff you will be responsible for setting up the checkpoint, recording each team's arrival and departure times, as well as their general condition and radioing the information to your Race Leg Manager. Volunteers are to be expected to hold their position at a checkpoint for 1-3 days, although, depending on the status of teams you may be needed to stay longer. When all teams have passed through the checkpoint, the Race Leg Manager will contact you to shut down the checkpoint. At this time you will be responsible for ensuring that the site is left clean. Depending on the racecourse and number of checkpoints, we may ask you to head out to another checkpoint that requires assistance. Because Western Newfoundland is such a unique and wild place with so much to see and do, we have done our best to put checkpoints in interesting and beautiful places. We will also try to give you as much advance notice of your duties, so you can relax and explore when time permits.

Station: Remote Checkpoint

A remote checkpoint is similar to a regular checkpoint, but is usually located deep in the wilderness and will require basic wilderness skills and outdoor camping equipment/gear. All volunteers for remote checkpoints will be escorted to their checkpoint by the race staff, but must be able to navigate their way out. Volunteers here can expect to camp out over night and may have to make their own way out by canoe, bike, or hiking.

Station: Transition Area

Transition Areas are checkpoints that are located between legs of the race – change over from one discipline to another. These checkpoints are the only areas on the course that teams will have access to their gear boxes to re-supply. This area will be stationed with a minimum of four people. In addition to tracking competitors, you will also be responsible for tracking gear boxes and transport crews. It is a fun role, but one that definitely requires organizational and leadership skills. There is a lot of energy and commotion at transition areas as they are also the hot spot for media and spectators. They are entertaining places to be stationed, but also challenging because of the volume of people.

Station: Gear Transport

Raid the North Extreme is operated as an unsupported race. In place of a support crew, race staff will transport each team's transition gear and mountain bike gear to the various transition areas on the

racecourse. This format decreases the costs and logistics for teams flying to the race and on the racecourse given the limited vehicle access. Volunteers in this position will be responsible for loading and unloading gear onto trucks and transporting gear to specific areas on the course. You ARE NOT responsible for packing any teams' gearbox--the team is responsible for this. You will, however, have to make sure that each teams' gear is organized (all in one place) and once they have packed their gear and left the transition area, that it is put in a truck to be moved to the next area. This position is very involved and requires good logistical planning and organization. You will get the chance to travel the racecourse, and it is a great opportunity to learn the intricacies of adventure racing.

3.6 Travel Arrangements

The host community for the 2004 AR World Championship (Raid the North Extreme) is Corner Brook, Newfoundland. For such a remote part of Canada, Corner Brook is relatively accessible, with two nearby airports. Deer Lake, thirty minutes northeast of town, will be the destination for most teams. Some teams may fly into Stephenville, forty-five minutes southwest of Corner Brook, a former military airport featuring the longest runway in North America.

International flights will connect through Toronto, Montreal, Halifax or New York, and possibly St. John's, Newfoundland.

Our travel agent partner has extensive experience with athletic competitions, as they coordinate travel for the international triathlon held in Corner Brook each July. They have negotiated discounted fares and concessions for extra baggage. Fares are still quite reasonable, so if you haven't already, we encourage you to book your travel now.

Cecilia Thistle

Carlson-Wagonlit Travel

Corner Brook, Newfoundland

1.800.563.8686 (North America)

1.709.634.3984

csthistle@carlsonwagonlit.ca

Once you arrive at either Deer Lake or Stephenville, a courtesy shuttle will pick you up from the airport and transport you to the dorms at Grenfell College. Be sure to send your flight itinerary to us at least three weeks before the race to arwc2004@raidthenorth.com so we can ensure a shuttle is there to meet you.

Almost everything is in walking distance once you are in Corner Brook and shuttles will be available for event activities that are not in walking distance. Alternatively, \$10 CDN will take you just about anywhere in Corner Brook in a taxi. A map of Corner Brook, a list of services available and a schedule of race activities and locations will be provided during your shuttle ride.

3.7 Accommodations

During the race you will likely be required to camp on the racecourse, so it is important that you come prepared for this. Please remember that most volunteers will be camping for 2-4 days on the course with a possibility of a longer stay.

Frontier Adventure Racing Inc. will provide all volunteers with accommodations two nights prior to the race and two nights after the race (as below). The athletes' and volunteers' village will be on the campus of Grenfell College overlooking Corner Brook. Accommodations will be in the College residence rooms. These are private bedrooms, with every two bedrooms sharing a bathroom and fridge.

Friday July 30

Saturday July 31

Friday August 6

Saturday August 7

Additional nights in these units are available at \$25 per night per person. To book any additional accommodation options, or for more details, please contact:

Katherine Lockhart

Conference Services Coordinator

Sir Wilfred Grenfell College

Corner Brook, NL

1.709.637.6255

klockhart@swgc.mun.ca

Photos and more details are available online at:

www.swgc.mun.ca/conference/accommodations.html

3.8 Food

Although we do provide our volunteers with a small care package to take out on the course with them, it is not always enough food to last your entire stay. Please remember to bring with you a 2-4 day supply of packaged food that can be prepared with or without a camp stove. Also remember to pack plenty of fluids and refillable containers. Transition areas will be set up as re-supply points for staff and volunteers and will have simple hot food available. If you are working a remote checkpoint, however, you will not have access to a TA until after your checkpoint has been closed.

3.9 Gear List

The following is a suggested list of items to bring to the race. Please keep in mind that many of you will be camping out 2-4 nights and will be subject to all kinds of weather conditions.

- Clothing for all weather conditions (cold/wet), we suggest layers
- Comfortable and suitable hiking shoes and sandals
- Waterproof attire
- Bug hat
- Bug repellent, sunscreen
- Lip balm
- Hat and sunglasses
- Digital watch
- Tent and tarp
- Pillow
- Sleeping bag
- Plastic bags / ziplocks for keeping things dry and for garbage
- Food (2-4 day supply)
- Water (2-4 day supply), or water purification
- Flashlight and/or headlamp
- Matches
- A small first aid kit
- Stove, fuel and cooking utensils
- Toilet paper (and small shovel)
- Football, frisbees, a good book, etc.
- Camera

4.0 VOLUNTEER FORMS

- Volunteer Information
- Medical Form
- Waiver and Assumption of Risk

Please take some time to review and complete these forms thoroughly. Completing and submitting these forms before arriving in Corner Brook will significantly speed up the registration process, however please be sure to bring the forms with you just in case.

Please **print clearly** when completing the following forms and fax or mail them to

Frontier Adventure Racing Inc.
193 Bronte Road
Oakville, ON
L6L 3C4

FAX: 403.398.0509

VOLUNTEER INFORMATION

2004 Adventure Racing World Championship Hosted by Raid the North Extreme

Name: _____

1. When will you arrive at the race site?

(if flying, please enter flight number and arrival time, or forward itinerary)

	Morning	Afternoon	Evening
Wed July 28			
Thurs July 29			
Fri July 30			
Sat July 31			

Other: _____

2. Will you be attending the Awards Banquet on Sat Aug 7? Yes () No ()

3. Would you like to reserve accommodations? If yes, please indicate for which nights:

Fri July 30	Sat July 31	Fri Aug 6	Fri Aug 7

4. Are you willing to use your car during the race? Yes () No ()

If yes, what type of vehicle will you be driving? _____'

5. Do you have any specific skills or experience you'd like to contribute during this event?

6. Other Comments:

VOLUNTEER MEDICAL FORM

2004 Adventure Racing World Championship Hosted by Raid the North Extreme

- | | Yes | No |
|--|-----|-----|
| 1) Are you currently taking any medications or prescriptions?
If yes, please specify: _____ | ___ | ___ |
| 2) Are you allergic to any medications?
If yes, please specify: _____ | ___ | ___ |
| 3) Please list any other allergies you have (food, hay fever, dust, etc) and if
you are currently being treated for them: _____

_____ | ___ | ___ |
| 4) Have you been treated for any other serious illnesses within the last three
years? If yes, please describe: _____

_____ | ___ | ___ |
| 5) Do you wear eyeglasses or contact lenses? | ___ | ___ |
| 6) Is there anything else pertaining to your health that we should know about?
Please specify: _____
_____ | ___ | ___ |
| 7) A) Name of current Health Care Provider: _____
B) Health Insurance Number: _____ | | |

Note: Please bring your Health Card with you to the race and carry it with you at all times.

8) Please provide the contact information of your doctor.
 Name: _____
 Address: _____
 Telephone Number: _____

9) Who should we contact in case of an emergency
 Name: _____
 Phone #: _____
 Address: _____
 Relationship: _____

I hereby certify that the above information provided on this form has been complete to the best of my knowledge.

Name (Please Print): _____

Signature: _____ Date: _____

VOLUNTEER RELEASE WAIVER AND ASSUMPTION OF RISK

2004 Adventure Racing World Championship Hosted by Raid the North Extreme

I, the undersigned, do understand and hereby acknowledge and agree that participation as a volunteer in an adventure race that includes paddling, trekking, mountain biking, and rappelling, among other things, involves certain risks and dangers which include, but are not limited to water and weather conditions. I recognize that certain activities of volunteers in this event can be physically demanding involving traveling to remote wilderness areas, being awake and alert for very long hours resulting in sleep deprivation and/or assisting competitors 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 as a volunteer during the actual time of the event or at any time while attending this event, whether using equipment provided to me by the event staff and/or volunteers or using my own equipment, I agree that neither I, nor my heirs, executors, administrators or assigns will hold Frontier Adventure Racing Inc. or Southern Traverse Ltd, their staff and volunteers, or any other organization, company or individual involved with the 2004 AR World Championship / Raid the North Extreme event, liable for personal injury, death and/or property loss.

I further agree and acknowledge:

- 1) I have read all material provided to me about my role as a volunteer and understand what is required to participate in this event;
- 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 designated event representative of my condition and discontinue my participation immediately. I acknowledge and confirm that I will monitor the condition of the other volunteers and, if the physical health of any other volunteer appears to be in danger, I will inform a designated event representative of the situation immediately;
- 4) I agree to immediately notify a designated event representative of all accidents or accidents within my knowledge and to notify the designated event coordinator at the earliest possible time;
- 5) 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. and Southern Traverse Ltd, their staff and volunteers, all organizations, companies or individuals associated with the 2004 AR World Championship / Raid the North Extreme for any 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. or Southern Traverse Ltd, their staff and volunteers, all organizations, companies or individuals associated with the 2004 AR World Championship / Raid the North Extreme.

Date: _____

Volunteer Name (please print): _____

Signature: _____

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

5.0 FREQUENTLY ASKED QUESTIONS

Q. Will I be out in the woods 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 your location. If you have requested to be with someone else, or with a group of people, we will do our best to put you together. Other than competitors, you will also often have visits from roaming medic teams, as well as race staff.

Q. What will I be using my car for out on the course?

A. The primary use of your car on the course will be for you to transport yourself to your checkpoint then back to basecamp. Occasionally there are other circumstances that arise when we need someone with a car. For example, running an errand to basecamp to pick up supplies and deliver them back onto the course. If you are willing to use your car out on the course, we will reimburse you for gas.

Q. What are the conditions of the roads we will be driving on?

A. All of the roads are accessible by any 'standard' car. Some roads are rough however, and the extra clearance of a truck or van may provide extra peace of mind for you. We will not ask you to drive to any checkpoint on the racecourse that requires 4wd, unless you have 4wd and would like to drive.

Q. Are all of the Checkpoints accessible by car?

A. No, some of the checkpoints will require a trek, bike or paddle into them. If any volunteers would be interested in being stationed at one of these checkpoints, please email or phone our office, so we can assign you and your partner to one of the more remote locations.

If you have any other questions, please email us at arwc2004@raidthenorth.com or call 1.877.846.8889.