



AUGUST 1-8 2004

**WESTERN NEWFOUNDLAND
CANADA**

COMPETITOR UPDATE #2

**HOSTED BY:
FRONTIER ADVENTURE RACING INC'S**



The **Pinnacle**
of Adventure Racing in Canada

2004 ADVENTURE RACING WORLD CHAMPIONSHIP Western Newfoundland Canada

COMPETITOR UPDATE #2

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Western Newfoundland

Competitor Update #2

AR World Championship competitors;

The journey to the start line in Western Newfoundland is rapidly approaching! The race course has been finalized and tested, the communications plan is in place, the shirts are on their way, the medic team has their strategy laid out, and the people of Western Newfoundland are eagerly awaiting your arrival.

This is the final update you will receive, designed to address most of the last minute logistical questions you may have regarding your preparations for the 2004 AR World Championship. This is only being sent to team captains so please ensure you to forward it to your team. If there are still some details that you need to know right away please let us know and we will do our best to provide answers.

1.1 Balance Payment Deadline

This is a reminder that your final payment was due Monday, June 1, 2004. The balance payment amount for most teams was \$3250US. Most teams have fully paid by this point, thank you for your promptness. A few teams have a portion of their final payment owing, and a few others still owe their entire final payment. Full and final payment must be made asap either by PayPal or by cheque.

To pay by PayPal: Payment can be made quickly and easily from anywhere in the world by Visa, Mastercard, American Express, or Discover:

- visit www.PayPal.com - sign in or set up an account
 - 12) select 'send money'
 - 13) enter our recipient address (paypal@far.on.ca)
 - 14) enter the amount in US funds
 - 15) enter your team name in the 'note' area

If paying by cheque: Please indicate the team name on all cheques.

1.2 Media Coverage

Media coverage for this event, as would be expected, will be extensive. A global television contract has been secured, resulting in the AR World Championship being covered in four 30 minute episodes, broadcast in 13 countries around the globe. This includes most of the countries represented on the race roster, such as Canada, France, the UK, Argentina, Brazil, India, Sweden, Croatia, Finland, Pakistan, Australia and New Zealand. This does not include coverage in the US.

As well, we will have the best AR photographers in the world on site, including Martin Paquette and Rahoul Ghose. Susan McKenzie will be providing content to our media partners including sleepmonsters.com and Adventure Sports Magazine. high.tv will be providing daily web coverage on the event. Many other media from around the world will be joining us in Western Newfoundland for the AR event of the year.

Full details are contained in the media summary at the end of this document.

2.0 LOGISTICS

2.1 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
8:00 a.m. Race Starts

Saturday, August 7

8:00 a.m. Official Race Cut Off Time
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

2.2 Registration

Registration will take place Thursday evening, all day Friday, and Saturday morning before the race (see specific times above). It will take approximately 2 hours for each team to complete the registration process, although it is possible to complete registration in less time if you are organized and prepared.

All team members must attend race registration. There will be a number of stations set up that teams must successfully pass through before competing in the race (paperwork, bike inspection, certifications check, gear check, first aid check, navigation test for one team member, ropes test, media interview, GPS tracking unit pickup, and competitor kit pickup).

Due to the number of teams at this event, **we will be scheduling registration times.** Please forward three preferred times for your team, on any hour, within the timeframes above, and we will confirm a registration time for you. We encourage teams to register as early as possible to avoid congestion on Saturday. For registration to run smoothly we ask that all paperwork be filled out ahead of time. Waiver forms, medical forms, and image release forms are included at the end of this update.

2.3 Skills and Certifications

In an effort to simplify the registration process, any team that has previously completed a recognized expedition-length competition in the last two years that required the same skill level required for Raid the North Extreme will be exempt from that skill test in the registration process. For example, a team that has successfully completed any of the races within the AR World Series will not be required to do the navigation test. Acceptable events include:

16) any World Series event (Appalachian Extreme, Adrenaline Rush, EcoMotion/Pro, Beast of the East, Expedicao Mata Atlantica, Africa Quest, Southern Traverse)

- 17) Eco-Challenge
- 18) Primal Quest
- 19) Raid Gauloises

Navigation Test:

One member of each team will be required to demonstrate familiarity with:

- 20) UTM grid coordinates
- 21) Map reading
- 22) Interpreting contour lines
- 23) Triangulation
- 24) Route selection in wilderness terrain

Please note, however, that Raid the North Extreme typically has significantly more wilderness navigation (off-trail with no man-made features) than other races. It may be to your benefit to complete the navigation test to review route selection in wilderness terrain with us.

Ropes Test:

All members of each team must demonstrate the following skills:

- 25) proper setup for rappelling
- 26) proper setup for ascending
- 27) tying on and using a prussic
- 28) self-rescue from a jammed prussic

First Aid Certification:

Each team will be required to produce proof of current first aid certification of at least one team member.

Depending on how organized and prepared your team is for registration, the entire process should take between 2 and 4 hours. We will have multiple gear checkers available throughout the day on Friday to minimize wait times and will provide detailed instructions for the skills testing stations in advance so you can complete these stations as quickly as possible.

2.4 Accommodations

The athletes' village will be on the campus of Grenfell College overlooking Corner Brook. Each condo apartment features four bedrooms, a full kitchen and living area, laundry and 1.5 bathrooms, gear storage, as well as a telephone and internet connection. Your registration fee includes one unit per team, for two nights before and two nights following the race:

- Friday July 30
- Saturday July 31
- Friday August 6
- Saturday August 7

Additional nights in these same units are available at a discounted rate of \$100 / night for up to six people.

The campus also has residence rooms available. These are private bedrooms, with every two bedrooms sharing a bathroom and fridge. These are \$25 / room (single).

To book any additional accommodation options, or for more details, please contact:

Frontier Adventure Racing Inc
Real Wilderness. Real Navigation. Real Adventure.

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

2.5 Travel Arrangements

There are two airports serving Corner Brook. Deer Lake, thirty minutes north of town, will be the destination for most teams. Some teams may fly into Stephenville, forty-five minutes south of Corner Brook, a former military airport featuring the longest runway in North America.

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

Flights have begun to fill up, and prices are rising quickly, so if you haven't already, we encourage you to contact our travel agent partner in Corner Brook very soon.

Cecilia Thistle
Carlson-Wagonlit Travel
Corner Brook, Newfoundland
1.800.563.8686 (North America)
1.709.634.3984
cthistle@carlsonwagonlit.ca

Once you arrive at either Deer Lake or Stephenville, a courtesy race shuttle will pick you up from the airport and transport you to your condo at Grenfell College. Be sure to send your flight itinerary to us at least two 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 any race 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 available for you when you arrive for the race.

2.6 Unsupported Format Logistics

Raid the North Extreme operates as an unsupported race. In place of a support crew, race staff will transport your transition gear and mountain bike gear to the various transition areas on the racecourse. We feature this format to decrease the costs and logistics for teams flying to the race and given the limited vehicle access to the racecourse. For safe and easy transport of your gear on the racecourse **it is necessary that all teams be able to pack all of their gear (including food) that they wish to have on the racecourse at transition areas in no more than 5 gear boxes or bags and 4 bike boxes.** It is not necessary for the gear or bike boxes to be hard shell, although it is strongly recommended. Although we will always handle your gear with reasonable care, we cannot guarantee that fragile items will not be damaged in duffel bags or bike bags.

Given the gear requirements for this event and the length of the event, the above container allowance should be more than enough. Please be respectful of the logistics required to manage your team equipment when packing your gear and choosing your gear and bike containers. Wooden frames with no side panels do not make acceptable bike boxes. We have seen these used in some races as a way to leave the bike fully assembled to shorten transition time. For ease of transport we will only accept standard, fully enclosed bike boxes (approximate maximum dimensions: Length = 48", Width =15", Height =30").

3.0 DISCIPLINES AND RACE CONDITIONS

The following is a preliminary description of the challenges you will be faced within the different disciplines for this year's race.

3.1 Navigation

Navigation is a very important element of all Raid the North Extreme races. Our goal is to provide teams with a unique and natural wilderness experience. We also have a strong commitment to a "leave no lasting trace" philosophy. We put no markings on the racecourse (so nothing can be left behind) and we make no new trails or obstacles. Teams are challenged by the natural landscape and wilderness. This means navigation skills are a must and teams must be familiar with routefinding and feature reading in natural wilderness environments. Although trails exist in some of the areas you will be travelling through, few of them are marked on the maps.

In the course instructions provided just prior to the race, we include descriptions of any known trails that are not shown on the map and could have a significant impact on the speed of teams through that section. We do this to eliminate the "luck" factor in navigation. We do not want some teams to have a significant advantage because they accidentally found an unmarked trail that took them a significant distance in the right direction. Indirect trails, trails shown on the maps provided or wildlife trails are NOT described in the competitor directions, however. As with most 1:50,000 scale maps of wilderness areas, it is not expected that the maps provided will be a complete representation of all features your team will encounter. Interpreting the accuracy of maps is one of the fundamental challenges of wilderness navigation.

The navigation in this race will be challenging, but it will be very achievable with solid navigation skills. We expect that all teams competing in Raid the North Extreme take this seriously and arrive with the necessary wilderness navigation skills and experience.

3.2 Paddling

This year's race will feature two types of vessels for paddling: sea kayaks and Dorys.

The kayak sections in this year's race will be unsurpassed in beauty and intensity by any previous Raid the North Extreme. With over 17,000 kms of coastline, Newfoundland and Labrador offer some of the most breathtakingly scenic paddles in the world. Its' rugged coastline consists of sheer basalt cliffs up to 300 metres, seemingly endless rock and sand beaches, and fjords that penetrate the heart of the island.

For this race we will be using a combination of one double and two single kayaks per team. We encourage you to begin training now to discover the right combination of teammates, and the use of sails or any other aids you choose to use.

You will also be paddling a Dory, a wide-hulled wooden rowboat used historically for fishing in this regions. These boats have fixed oars, and are extremely stable but heavy boats. You will have one boat per team, which presents teams with options for creative use of additional paddles, sails, etc.

All watercraft, standard paddles, sprayskirts and one bilge pump are included in your registration fee. There is no need to rent or transport your own canoes or kayaks. As outlined in the gear list, you will only need to supply your pfd and one throwbag per boat.

AR World Championship Special Edition Sea Knife Kayaks

The sea kayaks that will be used for this race are specially built "AR World Championship Special Edition" numbered series kayaks. Made in Newfoundland by Sea Knife Kayaks (www.seaknife.com), these boats are a very rugged and seaworthy craft designed for the North Atlantic. Race Director Geoff Langford took one of the solo boats for a spin with some locals, and found it to be surprisingly fast *and* stable.

Kayak Trials

We would like to provide each team the opportunity to experience the Sea Knife kayaks before the race, not only to get a feel for the boats before race conditions, but also to finalize your team's paddling configuration (doubles and solos).

For teams arriving early, the boats will be available at Humber Valley Resort just northeast of Corner Brook. The boats could be paddled on the Humber River right at the resort, or taken out to the bay. We will also have boats available for on-water trials nearby registration on Thursday, Friday, and Saturday before the race. You can book a time either in advance, or during registration.

Kayak Purchase Special Offer

Both the solo and double boats are available to competitors at great package prices to take home after the race! If you'd like to purchase a boat package, contact Mark Sexton at mail@marksexton.com

Solo boat package - Seaknife SK-17 Pro

CDN\$1,999

- 5.0 "AR World Championship Special Edition" fibreglass kayak (made in Newfoundland)
- 6.0 2 pc. wood paddle
- 7.0 Newfoundland made custom neoprene skirt (with logos)
- 8.0 Bilge pump

SK-17 Specs:

- Hull Configuration- Keel straight, raised at front (W)
- Length- 16-6
- Width- 23 inches
- Depth- 13 inches
- Weight 56 lbs

Ideal for smaller paddlers and those requiring a snug fit for advanced bracing and maneuvering. The two large square hatches with gasket seals and water tight fiberglass bulk heads allows large bulky items to be stored with ease.

Double package - Seaknife SK 19-2

CDN \$2,799

1. "AR World Championship Special Edition" fibreglass kayak (made in Newfoundland)
2. wood paddles
3. Newfoundland made custom neoprene skirts (with logos)
4. Bilge pump

SK 19-2 Specs:

- Hull Configuration- Keel straight, raised at ends (W)
- Length- 19-0
- Width- 29 inches
- Depth- 15 inches
- Weight 91 lbs

The Sea Knife 19-2 is an inexpensive expedition tandem having the same proportionate design and construction from the same family as the SK-17 kayak with a very stable and very fast hull that "cuts the sea". Its fiberglass construction is very strong with little energy wasting flex. It's extra width and sharp chines give it excellent stability.

There are 3 watertight bulkheads for additional safety. The two large square hatches with gasket seals and water tight fiberglass bulk heads allows large bulky items to be stored with ease.

Visit www.seaknife.com for more details. For boat purchase, contact Mark Sexton at mail@marksexton.com.

Paddles

[Simon River Sports](http://www.simonriversports.com), a Canadian performance paddle manufacturer, are offering a limited number of 5 piece, carbon-fibre and fibreglass, wing- and spoon-blade kayak paddles available to rent. Rental rates are extremely competitive:

Rebel – flat blade plastic paddle	\$30 each
Hammer – spoon blade composite paddle	\$40 each
Shark – wing blade carbonfibre paddle	\$50 each

Rental booking is available immediately, simply email us at arwc2004@raidthenorth.com to book.

Safety

August is typically a good time to paddle the coastline of Western Newfoundland but there is still the possibility of severe winds and large waves. In times past, pirates would light fires along the shore to lure boats to false safety. The unfortunate crews were drawn to this beacon, and to their deaths, when their ships would smash to pieces on the submerged reefs. While we are doing everything possible to choose the safest route for the racecourses it is very important that competitors do not underestimate the skills and ability required to paddle in the Atlantic Ocean. It is critical that teams stay very close to their team-mates and choose appropriate "escape routes" in case of bad weather. Paddling sections will be shut down in case of high winds and alternate routes or disciplines will be substituted in case of unsafe paddling conditions. Safety boats will be on the water at all times but can not be shadowing all boats at all times. Teams that are already on the water when the weather picks up must rely on their own skills and judgment to make safety decisions. **Teams that pull off the water must call race headquarters (using your provided satellite phone) to let safety crews know your status.**

Whales and Icebergs

There are several species of marine life in Newfoundland and Labrador, including whales, dolphins, porpoises, seals, sea lions, and walrus. Whales will be the most likely encountered of any of the sea life during the race. A good indication that whales are feeding are the many sea birds that gather, particularly gulls. If teams do encounter whales it is important that they let the whales control the interaction. Maintain a respectful distance – at least 50 metres – and always make sure that the whale knows where you are by tapping your kayak. Whales are curious animals and will come in for a closer look once they have become familiar to your presence.

Although most icebergs will be farther north, some do drift far enough south along the coastline to be encountered during the race. Caution must be used when kayaking around icebergs as they are very

unpredictable. A good rule is to never go closer than a distance equal to the length of an iceberg. Underwater rams or spurs can capsize a kayak easily if the iceberg rolls. Large waves and rolling can also be caused when the iceberg calves.

3.3 Mountain Biking

Western Newfoundland does not have a complex network of roads and trails, however there are good ATV tracks in many areas. With higher elevations consisting of rocky outcroppings and barren fields there has been no need for logging roads and with it being common to have 10 metres of snow covering the ground in winter months there is little need to cut and maintain snow machine trails. You can expect a significant portion of the mountain biking to be on paved or hard packed gravel roads and abandoned rail beds. The elevation changes are not numerous but do start at sea level and can go up to 500 metres.

3.4 Trekking

The terrain in Newfoundland is seemingly straight forward due to the barren and flat landscape, however fluctuating water levels and lack of obvious features to navigate from will make orienteering very difficult. To date we have only met one person who has even come close to trekking in the areas we are considering. Do not expect much trekking on roads or man-made trails; they just do not exist.

Vegetation in the upper elevations can range from barren rock to smaller trees, and you can expect a small quantity of tuckamore. Those that visited Newfoundland in Raid the North Extreme in 2001 will remember that tuckamore is a seemingly impenetrable tangle of stout unbending branches. Shin pads and patience are a necessity when this thick growth cannot be avoided.

In the lower lands you can expect smaller coniferous trees and forested areas with the possibility of old unmapped logging roads. We will provide you with all available information regarding roads and trails but because route choice is so open we cannot possibly describe everything.

As mentioned, packrafts may be a consideration for portions of the treks depending on wind conditions. There are few fast flowing streams and creeks but there are endless small lakes and ponds that may be easier crossed with a boat rather than circumnavigated on foot.

3.5 Ropes

The course has evolved to contain several rope sections, each of which will be quite scenic and enjoyable. Each of these rope sections is more than 100m in length, and you can expect at least one very large and very scenic 100 metre rappel as well as at least one ascent of similar distance.

3.6 Weather

August is a good time to be in Newfoundland. The high winds that frequent the coast are not as common but can still be very intense during a Gail. The days are usually warm and sunny, however nights are cool and proper clothing or a sleeping bag will be necessary if you plan to sleep out on the course. Keep in mind this is a maritime environment, which can often feature thick fogs rolling in with very little warning.

A nice feature of the timing of this course will be a full moon beginning on August 1.

3.7 Flora and Fauna

There are not many animals that may be cause for concern in August. Due to the evolution of this isolated island region, there are no skunks, snakes, porcupines or raccoons. Moose and black bears can be encountered but are rarely aggressive unless spooked or in fear for their young. If moose or bears are encountered it is important to make noise and give them an escape route. There is also no Poison Ivy or Oak here.

3.8 Water

We will be providing water at all transition areas during the race. We will ensure that there is enough water for teams as they pass through the transition area. There will also be water at the finish line and at base camp prior to the race. We will NOT provide water at any other point on the racecourse. It is the responsibility of each team to look after their water supply between transition areas. Frequent natural water sources should be easy to find on this racecourse, however, so water supply should not be an issue.

4.0 EQUIPMENT

4.1 GPS Tracking

As a safety feature, and to encourage a more 'spectator-friendly' event, we will be providing all teams with a GPS tracking unit to carry throughout the race. Each team's unit will transmit a precise location in realtime back to our basecamp and directly onto the race website, allowing anyone with internet access the ability to see the progression of all teams on the course. In many ways, anyone watching will know the exact location and ranking of teams, better than the teams themselves.

The units, operated by Montreal-based Competitio, have been used by Frontier Adventure Racing for several years. **The GPS tracking unit will replace the safety radio** normally provided for Raid the North Extreme. Each unit not only contains a GPS transmitting unit, but a working satellite phone with spare battery. This allows us a much more reliable means of team communications from the course than a standard UHF or VHF radio unit.

Each team will receive instruction on the placement and use of the GPS units at registration. The units will be given to teams at the start line, and Competitio staff will be present to ensure the units are set up correctly for each team. As the satellite phones will be replacing the safety radios for this event, any Rules and Regulations applicable to safety radios will apply to the satellite phones. Use of the sat phones will result in disqualification if a team requires direction or extraction. However, your team's safety is our first priority, therefore, if your team's safety is in question, please use the radio. You will not be disqualified for simply contacting race management to make us aware of your situation.

As stated in the Rules and Regulations, we will be collecting a credit card from one member of your team before we issue the GPS unit. This will be returned, when the unit is returned in the same condition as it was issued, at the end of the race. These units are tough and designed to be waterproof, however we ask that you treat it with caution and respect.

4.2 Updated Gear List

The following is a list of the mandatory equipment for participation in this race. Each team is required to show all items on this gear list at registration on Friday or Saturday morning before the race. If you do not have all of the items as described here you will not be allowed to race. **No exceptions.**

This list has been created for safety reasons and every item on the list is considered required for safe travel. If you have any questions about any items on the list please ask them ASAP. **We will not be flexible at registration and none of these items are open for interpretation.** If it doesn't fit our requirements we will not accept it at registration.

Please note, the mandatory gear 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 is subject to change. As we move closer to the time of the event and the expected conditions for the event become more evident it may be necessary to adjust what is required for safe travel. In the event of any changes to the gear list we will inform all team captains via email.

Note: There are two significant changes to be aware of:

1. **Ascending gear.** Following course designer Lawrence Foster's final route test with AR World Series Director Geoff Hunt in March, we confirmed at least one ascent in this race, and we have added ascenders, slings, and a foot loop as the minimum required gear.
2. **Wetsuit.** We've revised the required wetsuit thickness to 3mm. The wetsuit is mandatory gear, but will only be used at the discretion of race organizers, based on conditions during the race. If the wetsuit is not deemed necessary, you will not have to carry it with you.

Full Time Mandatory Equipment (to be carried at all times during the race)

Personal (per person)

ITEM	QUANTITY
race jersey to be worn at all times (provided)	1
flashlight or headlamp	1
emergency blanket	1
whistle (attached to exterior of pack or pfd)	1
knife with fixed or locking blade	1
hat for warmth (not baseball cap)	1
pair of gloves for warmth	1
minimum 2L of water capacity	1
long sleeve synthetic shirt	1
long pants (or tights)	1
windproof and waterproof jacket	1

Team (per team)

ITEM	QUANTITY
maps 1:50,000 topos (provided)	1 set
compass	2
red distress flares (launching)*	2
survival mirror	1
first aid kit (as described below)	1
100mL of sunscreen	1
shovel for burying human waste	1
lighter or waterproof matches	1

* Due to air travel restrictions, teams must purchase or rent flares upon arrival. Frontier Adventure Racing will have flares available for rent at registration, which must be pre-booked. A deposit of \$20 CDN is required per flare, and \$15 CDN will be refunded for each unused flare returned. Local shops will also have flares for sale.

Padding (to be carried at all times during any water sections)

Personal (per person)

ITEM	QUANTITY
Coast Guard approved life jacket* (Type III or better)	1
Wetsuit minimum 3mm** (Farmer John style)	1

Team (per team)

ITEM	QUANTITY
kayaks (provided)	3
kayak paddles	4
waterproof flashlight or headlamp	2
Buoyant heaving line / throwbag*** (min 15 m/50 ft)	3
Bilge Pump (provided)	1
dry bag for maps	1
glowsticks	10

* Life jacket must have a legible certification sticker from the Canadian Coast Guard, U.S. Coast Guard, Department of Transport Canada (DOT), or similar from another country with a minimum buoyancy of 15.5 lbs.

**Wetsuits may be necessary for all competitors during kayak sections. Wetsuits must have full-length legs (Farmer John style), but sleeves are not necessary. 'Shortys' will not be accepted.

*** This item is a safety requirement by the Canadian Coast Guard. Although many of you will be using throw bags, it is ok to use any type of rope, floating or not, so long as it has a floating end (e.g. a bobble attached to the end of the rope)

Mountain Biking (to be carried at all times during mountain biking sections)

Personal (per person)

ITEM	QUANTITY
approved mountain bike*	1
front mounted light or headlight	1
rear mounted flashing light (red)	1
certified safety helmet	1
spare tube (unless using tubeless tires)	1
bike case (to be left at transitions)**	1

* All bikes will be inspected at registration to ensure they are in good repair and recently tuned with reasonably new brake pads. All bikes must be approved by a race official to be used during the race.

** It is not necessary for all bike cases to be hard shell although it is strongly recommended. Competitors using soft bike cases may be asked to sign a damage waiver prior to competing in the race. All bike cases must be completely enclosed and have maximum approximate dimensions of Length = 48", Width = 15", Height = 30".

Team (per team)

ITEM	QUANTITY
tire pump	1
tire levers	1
allen key set	1
chain repair tool	1

Mountaineering (to be carried at all times during mountaineering sections)**Personal (per person)**

ITEM	QUANTITY
Approved climbing harness	1
Helmet (mountain bike or multipurpose helmet)	1
Leather gloves (full finger, all leather)	1
Locking carabiners (twist gate or screw gate)	3
Descending device*	1
6 – 8 mm prusik**	1
Ascending devices (eg Ascensions, Tiblocs, Gibbs, Rescucenders, Jumars)	2
foot loop for ascending	1
Sewn sling or daisy chain	3

* Acceptable descending devices include: ATC, Bug, Variable Controller, Air Brake, Stitch Plate and other devices similar to these designs. Figure Eights, Petzl stops or any other rope twisting devices are not acceptable.

** Prusik is made of 6 - 8mm cord tied in a loop with a double barrel knot (double fisherman), to be used either above or below rappel device with the tails being a minimum of 4cm long. Please ensure that the cord used is designed for climbing.

Mandatory Transition Equipment (to be kept in Gear Boxes for use in Transitions)

ITEM	QUANTITY
Gear box or bag*	maximum 5
Waterproof bag suitable to hold team's paddling gear**	1
Waterproof tent suitable for 4 people	1
First aid kit (described below)	1

* Each team is allowed a maximum of five boxes or bags to pack all transition gear and food. It is not necessary for the box or bag to be hard shell although it is strongly recommended. Race staff cannot guarantee the condition of fragile items transported in soft shell gear bags.

** There will likely be remote transition(s) on the paddling section(s). Teams must be able to pack enough food, clothing, and equipment in this bag for the paddling section(s).

First Aid**Team (per team)**

ITEM	QUANTITY
Water purification system/tablets	for 50L of water
Closure (butterfly) bandages	6
Adhesive tape	1 roll
5" x 5" moleskin	1
Tweezers	1
Antibiotic ointment	1 tube
Antibacterial towelettes	5
Scissors	1
2" x 5' gauze roll	1
Antihistamine tablets	12
Anti-inflammatory tablets	20
Electrolyte replacements* (e.g. Gastrolyte or e-Load)	4
(3" x 5') tensor/ace bandage	2

Transition (per team)

ITEM	QUANTITY
5" x 5" moleskin or blister pads (eg Second Skin)	2
Antihistamine tablets	6
Anti-inflammatory tablets	20
Electrolyte replacements* (e.g. Gastrolyte)	4
(3" x 5') tensor/ace bandage	2
Chemical ice pack	2
Chemical heat pack	2

The Transition First Aid kit is to be used to resupply team kits and contains additional items for use in transition.

* The electrolyte replacements required are emergency use oral rehydration salts. Although any electrolyte replacement powder will suffice each dose must contain at least 95mg of sodium and 60mg of potassium (equivalent to one packet of Gastrolyte).

4.3 First Aid Kits

Odyssey Medical Supplies are assembling specialized adventure racing first aid kits for AR World Championship competitors. The competitor first aid kit is available for \$45 CDN and comes in a waterproof bag. 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 race-specific first aid kit, please contact us at arwc2004@raidthenorth.com. Please note that all medical kits orders must be received in our office at least two weeks before the race. Kits will be distributed at registration.



4.4 Simon River Sports Paddle Rental Program

[Simon River Sports](http://www.simonriver.com), a Canadian performance paddle manufacturer, are offering a limited number of 5 piece, carbon-fibre and fibreglass, wing- and spoon-blade kayak paddles available to rent. Rental rates are extremely competitive:

Rebel – flat blade plastic paddle	\$30 each
Hammer – spoon blade composite paddle	\$40 each
Shark – wing blade carbonfibre paddle	\$50 each

Our rental pool is about 75% booked, so you should act fast if you'd like to try these fantastic paddles. Simply email us at arwc2004@raidthenorth.com to book.

4.5 Shipping

Many teams are planning to avoid the risk of air travel with all their excess gear and baggage. Shipping some gear ahead of time is a great idea, and we have a secure warehouse space in Corner Brook for this purpose. This office is staffed regular hours, so your shipment will be received in a timely fashion.

AR World Championship
28 Brook Street
Corner Brook, NL
Canada
A2H 2T7

You can call Steve or Kevin at this office to confirm your shipment is coming, or to check if it has arrived, at 709.634.1069.

5.0 PAPERWORK

Attached is a medical form that you will need to fill out and bring with you to registration. **Please make sure that you bring your health card or insurance card** to be left in your gear box in an accessible location. In the event of an emergency your teammates must be able to direct us to where we can find your card. International teams must have proof of medical coverage. **All** team members are required to fill out the medical form. We ask all team members to completely and clearly fill out this form before arriving at registration.

5.1 Checklist

To simplify things for your team and for race organizers, we have prepared this checklist for your team to address to make your arrival in Corner Brook as smooth as possible. Please complete and submit all forms in advance so that registration can run smoothly, leaving you more time to relax and prepare as a team.

- Full payment submitted
- Travel itinerary submitted (flight numbers and times for all team members) to ensure we have a shuttle to meet you. If you have booked through Carlson-Wagonlit in Corner Brook, we will have your information.
- Time requests for registration appointment
- Proof of first aid certification for at least one team member
- Book flares, first aid kits, or paddles
- Complete waiver, medical form, and image release form and fax or email

FRONTIER ADVENTURE RACING WAIVER AND ASSUMPTION OF RISK

I, the undersigned, do understand and hereby acknowledge and agree that participation in an adventure race including sea kayaking, Dory rowing, trekking, mountain biking and fixed rope ascending and descending, 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., Southern Traverse Ltd, the AR World Championship, its' staff, volunteers, and contractors, Salomon Sports Canada, and all other event sponsors, organizations or individuals involved or associated with this Frontier Adventure Racing Inc event, liable for personal injury, death and/or property loss.

I further agree and acknowledge:

- 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;
- I acknowledge and confirm that I can swim;
- 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;
- I am familiar with and understand the dangers associated with sea kayaking, Dory rowing, trekking, mountain biking, ascending and descending fixed ropes, and other associated activities, and will take every foreseeable precaution to ensure the safety of myself and my team through the course of participating in this event;
- I agree to immediately notify a Frontier Adventure Racing staff member of all accidents within my knowledge;
- 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., Southern Traverse Ltd, the AR World Championship, its' staff, volunteers, and contractors, Salomon Sports Canada, 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., Southern Traverse Ltd, the AR World Championship, its' staff, volunteers, contractors, Salomon Sports Canada, and all other event sponsors, organizations or individuals involved or associated with this Frontier Adventure Racing event.

Please Print Clearly:

Race: 2004 AR World Championship
 Date: July 29 – Aug 8, 2004
 Participant's Name: _____
 Address: _____
 Signature: _____

FRONTIER ADVENTURE RACING COMPETITOR MEDICAL FORM

(please answer all questions)

3 Are you currently taking any medications (prescription and OTC)? If so, please specify the types and amounts you take:

4 Are you allergic to any medications? If yes, please specify:

5.0 Please list any other allergies you have (food, hay fever, dust) and if you are currently being treated for them:

1) Have you been treated for any serious illnesses within the last three years? If yes, please describe:

2) 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)

3) Have you had any surgeries or surgical procedures within the last three years? If yes, please describe:

4) Do you wear eyeglasses or contact lenses? _____

5) Is there anything else pertaining to your health that we should know about? If so please explain.

6) a) Name of current Health Care Provider; please **attach copy of insurance card** (insurance carrier): (If you do not currently have insurance, please acknowledge)

6) Subscriber Identification Number:

7) Please provide the name, address and telephone number of your doctor:

Name: _____ Address: _____

Phone #: _____

b) 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: _____

FRONTIER ADVENTURE RACING IMAGE RELEASE FORM

We, the undersigned, TEAM _____ do hereby release to FRONTIER ADVENTURE RACING INC. AND SOUTHERN TRAVERSE LTD the exclusive right to reproduce for advertising, trade, exhibition, or training purposes, the videotape and/or slides, photographs and film or reproduction thereof shall remain vested with FRONTIER ADVENTURE RACING INC. AND SOUTHERN TRAVERSE LTD.

Race: 2004 AR WORLD CHAMPIONSHIP

Name (printed): _____

Signature: _____

Telephone #: _____

Name (printed): _____

Signature: _____

Telephone #: _____

Name (printed): _____

Signature: _____

Telephone #: _____

Name (printed): _____

Signature: _____

Telephone #: _____

WITNESS: _____

Date: _____

The 2004 Adventure Racing World Championship

Media Exposure Summary

As one of the world's premiere expedition races, Raid the North Extreme (RTNX) has consistently been afforded significant media exposure. Serving as the Adventure Racing World Championship (ARWC) in 2004, the event has the potential to receive global attention many times our usual. The level of exposure available to the event, and to the host region of Western Newfoundland, is highly dependant on the local tourism funding commitment to the media program.

Broadcast

Global (Canada): One of Canada's leading networks, Global will be covering this race with a series of 4 – 30 min productions. With prime time slots, and the capacity to build an audience over four weeks, this is an exceptional opportunity for both the event and the region to gain strong Canadian exposure.

OLN (North America): 1 hour program shown a minimum of 3 times. Frontier Adventure Racing (FAR Inc) is the executive producer of the production, allowing control over content and exposure.

High.tv (UK, global exposure): our official online sports broadcaster will be featuring past FAR Inc events in the lead up to the 2004 event. For 2004, they will be producing daily live coverage, streamed to the world. They will also produce a post-event documentary to show through the year, and provide daily clips for international media.

International Distribution: Through an international sports distribution company, we have time slots for 4 – 30 min productions to air in the UK, Sweden, Finland, New Zealand, Australia, South Africa, Brazil, Argentina, India and more. They can cover every country that has a competitor represented in this event, plus others that may be of interest to us or to Newfoundland.

Additionally, producers from Japan, South Africa, Brazil and the UK are eager to shoot episodes of existing adventure and travel series, following teams from their countries, pending funding availability.

Magazine

Explore (Canada) – Canada's premiere outdoor adventure magazine, has confirmed one leadup article and one post-event article. As our Canadian magazine partner, we will be running two full colour ads.

Adventure Sports (North America) – our magazine partner, ASM is the most widely-read publication in the adventure sports community. We will have significant advertising and editorial space in 2004.

EnRoute (Canada) – Named the best in-flight magazine in the world, Air Canada's publication is widely read and regarded. We have a story in the July 2004 issue, and will have a follow up story later in the year

Hooked on the Outdoors (US) – A major US outdoor adventure magazine with a sponsored team in the event, this publication will feature extensive coverage both in print and on its website.

Additionally, we have either stories or photo essays offered from the following and others:

Sports Illustrated (US & Intl)

Extreme (Canada)

National Geographic Adventure (North America)

Parfum d'extrêmes (France)

Vivre l'aventure (France)

Outdoor Magazine (Holland)

Outdoor (Belgium)

Frontier Adventure Racing Inc
Real Wilderness. Real Navigation. Real Adventure.

Voyager (Holland)

Adventure (Asia)

OutThere (South Africa)

Xtreme-adventure.com (Holland)

Newspaper

most major Canadian newspapers will cover the event including the Globe & Mail, Toronto Star, Vancouver Sun, Vancouver Courier, Edmonton Journal, Calgary Sun, Calgary Herald, and local Atlantic Canadian press.

Internet

RaidTheNorth.com (Canada) – our site will have a dedicated webmaster, photographer and journalist providing non-stop up-to-the-minute content. We will be featuring GPS tracking, allowing visitors to watch teams' progress live on a digital map. Interactive messaging will allow teams to receive messages at transitions via the site. Host site vignettes will be featured leading up to and during the event.

ARWorldChampionship.com, ARWorldSeries.com, and SouthernTraverse.com (NZ) – will coordinate resources with raidthenorth.com to increase interactivity, reporting, and exposure.

Sleepmonsters.com (UK) – the global leader in multisports, sleepmonsters.com is our official web partner. They will be covering the event daily with a leaderboard, images, race reports and a link to high.tv, plus email reports to their extensive global membership.

Checkpointzero.com (US) – will provide homepage coverage of the race, with links to the official race sites, and daily updates and images.

WorldAR.com (Canada) – will be covering the race with daily updates and images.

ARExtreme.com (US) – will be covering the race with daily updates and images.

Eventrate.com (US) – will be covering the race with daily updates and images.

Mountainzone.com (US) – will be covering the race with daily updates and images.

AdventureRacingNZ.com (New Zealand) – will be covering the race with daily updates and images.

and many, many more around the world

Photography

Several of the world's leading adventure photographers will be joining us to capture the beauty of the landscape and the struggles of the world's best teams.

Martin Paquette (Canada) – Martin been capturing the world's best races and competitors since the sport began. His work appears around the world in media, and in most of the races and competitors marketing materials. He will be providing the images for our site, filing images to his stable of print media around the world (primarily Europe, Australasia and North America), and providing images to all accredited journalists covering the event.

Rahoul Ghose (Canada) – Rahoul has also been shooting the world's best races and racers for many years, and is able to capture the emotion of competitors like few others. He will be shooting for our website as well as a number of international print and web media.

Thierry LaForest (France) – Thierry has been shooting our events for years, and has an international slate of sports and travel magazines that are thirsty for his photojournalism, primarily in Europe and Africa.

Chris Owen-Halper (Canada) – Chris covers adventure racing in Canada like no other photographer. From short urban races to expedition events, Chris is there capturing the action in stills and on video.

FREQUENTLY ASKED QUESTIONS

Are packrafts worthwhile for this race?

While last year's race was won with packraft strategy, the terrain this year does not feature nearly as much water along the course. Keep in mind, however, that the philosophy behind Raid the North Extreme is to design expeditions for the strategist. We try to craft a journey that depends on your creativity and decision-making to complete.

Do we have to book an appointment for registration?

We want each team to have a quick and pleasant registration experience. Due to the number of teams attending this race, we are booking time slots for all teams to ensure things run smoothly. Registration is open Thursday from 4 to 9, Friday from 10 to 7, and again Saturday morning 8 to 12. Please email us with three times you would prefer, on the hour, any hour, during those times. We will reply with confirmation of your time slot.

Will the planes be too full for all of our gear?

When flying into a small airport with a small plane carrying excess baggage for most passengers, there is a very real chance of your baggage being delayed. While we have been working with the airlines and our travel agent partner in Corner Brook since November to ensure this is addressed, the possibility remains.

If you have not booked through our agent, please contact your agent or the airline as soon as possible, and ensure they know the quantity and size of your excess baggage so they can plan for it.

Do we have to bring our own paddles? Sprayskirt? Throwbag? Bilge Pump?

Each kayak will come with one sprayskirt for each competitor, one wooden double blade kayak paddle, and one bilge pump per team. These items will be provided to you at the beginning of any paddling leg, and can be left with the boats when you takeout. You will not have to carry these with you.

If you prefer, you are welcome to bring your own paddle, sprayskirt, or bilge pump, and you will not have to use or carry the provided item. However, you will have to be prepared to carry your own items (including rented Simon River Sports paddles) if there is a remote paddle put in or take out.

You'll notice sprayskirts are not on the mandatory gear list; these are available and are highly recommended, but are not mandatory.

Can we use sails or make other modifications to the kayaks?

As we mentioned, our race philosophy at Frontier Adventure Racing has always been to ensure your race experience is that of a journey, an expedition, requiring thoughtful decisions and creativity. As such, we encourage you to make use of opportunities that appear within each discipline, and within the conditions and terrain that you encounter.

So, yes, sails are certainly allowed, as would be any other additional gear in other disciplines such as tow systems. Any additional equipment or modifications have to be part of the gear in your bins, and you will have to be prepared for the possibility of packing those items due to remote discipline starts or finishes.

HOWEVER, we cannot allow any physical modification to the kayaks, Dorys, or other provided gear. If it will result in any level of damage or permanent alteration, it will not be allowed.

Do the paddle bags have to be waterproof? And do our paddles have to fit inside the gear bin or paddle bag?

The paddle bags are specifically for a remote start or finish to a paddling section, and may be outside, without protection from the weather, for a substantial length of time. We want to be sure that your gear in the bag is safe and dry; keep in mind you may pack it in garbage bags, zip locks, dry bags or other waterproof packaging inside a non-waterproof bag.

Purely for the security of your own gear, your paddles must fit completely inside your gear bin or paddle bag.

Are drysuits – one piece or tops and wetsuit bottoms – acceptable alternatives to the 3mm neoprene wetsuit?

Drysuits are certainly an acceptable alternative to the 3mm wetsuit, in any combination as long as it provides the same or better coverage. Our rationale for the 3mm wetsuit or better is that you will be paddling at night in water that will be as cold as 5C. You will want to be properly prepared.