



Competitor Newsletter #1

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NOTE FROM THE ORGANIZERS

Firstly, welcome, and congratulations on accepting the challenge of Atmosphere Raid the North Extreme. With some of Canada's most amazing wilderness in and around BC's West Kootenay, we hope to provide you with an event that will be a lifetime highlight.

The purpose of this first newsletter is to set the groundwork for the race. It will provide all of the basic logistical and background information you will need to familiarize yourself with how we operate and what to expect from Atmosphere Raid the North Extreme. We have also included some details about the racecourse and challenges you will be faced with while on it. Subsequent newsletters will contain further information and race course details.

Should you feel there are some pressing questions you need answers to that were not addressed in this Newsletter, do not hesitate to contact our office. Meanwhile, good luck with your training!

About BC's West Kootenay

The West Kootenay region is an outdoor paradise. Rivers, lakes, alpine meadows and snow-capped mountains surround the cities and towns. National Parks, Provincial Parks and wilderness areas are everywhere.

Alpine meadows, beaches and mountain ranges (the Selkirk, Purcell, and Monashee ranges) provide some of the best camping, biking, hiking and skiing opportunities in the world. Outdoor activities are an integral lifestyle choice for people who live in the West Kootenay.

With close to 150,000 residents, the Kootenay region is one of the province's least populated areas, accounting for just over three per cent of British Columbia's population.

Living up to its philosophy, Atmosphere Raid the North Extreme will provide you with Real Wilderness. Real Navigation. Real Adventure. The West Kootenay will take that to an entirely new level.

RACE OPERATIONS

Schedule of Events

Thursday, July 21

1700 - 2100

Community Welcome and Reception

Friday, July 22

1000 - 1800

Race Registration

1900 - 2100

Opening Ceremonies, Race Course Overview & Map Distribution

Saturday, July 23

0800 - 1200

Race Registration

1200 - 1400

Pre-Race Pasta Dinner

1400 - 1600

Race Briefing, Safety & Medical Protocol

1800 - 2300

Gear Truck Loading

Sunday, July 24

0500

Buses leave for Start Line (may change)

0800

Race Starts (may change)

Saturday, July 30

0800

Official Race Cut off Time (may change)

1600 - 1900

Social and Banquet

1800 - 1930

Official Awards Celebration

1930 - ????

After Party

Registration

Registration will take place on the Friday and Saturday before the race (see specific times above). It will take approximately 3 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 that teams must successfully pass through before competing in the race: paperwork, bike inspection, gear check, first aid check, navigation test for one team member, ropes test, radio/gps/tracker station, team photos and media interviews and competitor kit pick up. We encourage teams to register on Friday to avoid congestion on Saturday. For registration to run smoothly we ask that all paperwork be filled out ahead of time, and preferably faxed to us in advance at 1.866.876.8470. The waiver and image release form is at the end of this Competitor Newsletter; the medical form will be in the second Competitor Newsletter.

In an effort to simplify the registration process, any team that has previously completed a recognized expedition-length competition that required the same skill level required for Atmosphere 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.

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 basic race information such as the general route and order of disciplines roughly one week before the race. We'll also provide the race maps and directions during the opening ceremonies on Friday, giving teams Friday night and all day Saturday to plot and strategize.

A full race briefing will occur early on Saturday afternoon. Race Director Geoff Langford will present a detailed explanation of the race course, specific rules and issues to be aware of, as well as a thorough overview of the challenges, highlights, and history of the land you will be exploring. This is the time for teams to ask any & all questions that arise from the maps and directions.

We want you to start this race as prepared as possible.

The Racecourse

The entire course will cover roughly 450 km on foot, on bike, on rope, and in canoes, a slightly shorter distance than normal given the aggressive mountain terrain featured in this area. The course will be given to each team as a series of checkpoints that you must reach in the order specified. The checkpoints represent the only points on the course you must visit. The actual route between checkpoints will NOT be marked and, in many cases, there is more than one route possible. There are definitely a few areas where the best route is not at all obvious – nor is there clearly a 'best route'. It is the responsibility of each team to make their own decisions and find their way from checkpoint to checkpoint and teams are encouraged to think creatively about how best to do that. We try to limit the number of checkpoints in the race so that we maximize your freedom in choosing routes to get between two points. (Note: For safety reasons, some areas such as highways or roads will be off-limits. Any team found in an off-limits area will be immediately disqualified from the race.)

The start line of the race may be at a remote location that is only disclosed on the Friday prior to the race. All competitors are required to travel together in transportation provided by race management, at the same time, in a convoy to the start line. Currently, the race is scheduled to start at 0800 Sunday, which may require teams to load onto buses as early as 0500.

Once the clock starts at the start line it remains running for all teams until they reach the finish line. The final rankings will be determined by the order that teams cross the finish line. If a team receives a time penalty for a rule infraction (see Rules and Regulations) that team will be required to serve that time penalty at a designated area before the finish line. It is our intention that teams will cross the finish line in the correct official ranking order for the race.

Although we will do everything we can to prepare you in advance for the types of challenges you will be facing in this year's race, the actual course and the start line will not be revealed to any competitors until the Friday before the start. At that time, each team will be given one set of 1:50,000 maps for the entire course, and directions containing checkpoint coordinates and route descriptions. The checkpoint coordinates will be given using 6 digit UTM grid

numbers along with the map number that they are on. Nothing will be marked on the maps you receive. It will be the responsibility of each team to accurately plot the checkpoints on the maps themselves as well as choose the best route to get from one checkpoint to the next. All checkpoints on the course are staffed and well marked (at night they will be marked with glow sticks). Teams are required to check in with checkpoint staff where their time of arrival will be recorded and passport signed.

For details on Canadian National Topographic System maps, visit http://maps.nrcan.gc.ca/topo_e.php. We will be using **MyTopo** custom topo maps for this race, which are based on the Canadian NTS data.

Checkpoints are almost always located near distinguishable features and are reasonably obvious once you are within the general vicinity. The course description accompanying the checkpoint coordinates will often describe the location of the checkpoint. It is our philosophy that navigational challenges on an adventure-racing course come from the journey between checkpoints, not from trying to find a needle in a haystack.

In many ways the race is designed to test you just as much mentally as it does physically. You must be thinking every step of the way and take nothing for granted. We feel the ongoing mental challenges are the most important element of adventure racing. This is why we will tell you in advance only the information you need to know to show up to the race properly prepared. Wherever possible we work to maintain the unpredictability of racing in the wilderness and give you every opportunity to succeed or fail based on your ability to handle each situation on the spot. **No matter how much you prepare there will be surprises in the race course – count on it.**

Insurance

All teams must ensure they have at least two forms of travel/medical insurance:

1. Medical: especially important for out-of-country competitors to have comprehensive coverage that does not exclude adventure sports.
2. Extraction: often available as part of your medical coverage, but you may need to acquire additional coverage. Extraction in remote parts of the course will only be available by helicopter, and this will be at the individual's cost. Typical mountain rescue service can be up to \$1300/hr without coverage. BC residents are exempt and covered by their provincial health policy, with a small user fee (~\$100) for longer rescues.

We will require proof of both coverages (unless you are a BC resident).

In the second Newsletter, we will distribute a medical form for all team members to complete. **Be sure to 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.

GPS Tracking

All teams will carry SPOT GPS trackers supplied by the race organization for safety and online tracking. Teams will be issued trackers at registration, and will have a brief orientation and setup with race staff. Trackers must be worn on the top shoulder of one team member's pack, exposed to the sky.

Batteries will be supplied by the race organization, and will be changed at key locations and times on the race course.

Teams may use their own SPOT trackers if they choose, but they must contact race IT coordinator Bill Young (bill@raidthenorth.com) in advance to coordinate alignment of their tracker into the race infrastructure.

SPOT GPS trackers allow race staff to monitor the location of all teams with satellite uploaded location data every ten minutes. They also provide racers with buttons to confirm everything is ok, to request help from race staff, or to call in a rescue.

Unsupported Format Logistics

Atmosphere Raid the North Extreme operates as an unsupported race. In place of a support crew, race staff will transport your transition gear and mountain bikes 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 of a true wilderness 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.** It is not necessary for the gear 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 duffle 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 containers. Wooden or homemade bins will not be accepted. Maximum size of any one bin is 190L.

For this race, we will not require teams to assemble and dismantle their bikes, and use a bike box, for transitions. This is a popular mountain biking destination, and as such we have contracted professional bike shuttle companies to move bikes on the race course using purpose-built trailers and racks.

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. More specific details will follow in Competitor Newsletter #2, scheduled for distribution June 3, 2011, as the snowpack clears and we're able to confirm the condition of the racecourse.

Navigation

Navigation is a very important element of all Atmosphere 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 route finding 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 Atmosphere Raid the North Extreme take this seriously and arrive with the necessary wilderness navigation skills and experience.

Paddling

Paddling in the West Kootenay is a contrast between aggressive creekboating and open flatwater paddling. In a race like Atmosphere RTNX, creekboating is beyond the realistic skill level and safety threshold. As such, you can expect the paddling to vary from calm paddling on large, long open lakes in broad mountain valleys, to higher-energy paddling on class 1 – 1.5 swifts and rapids down wide shimmering rivers.

Basic canoe paddling techniques are all that are required to be safe on these waters. Depending on water levels in July, we may have the opportunity for a short whitewater rafting section. Team will be accompanied by river guides in this case, who will only assist to keep you away from any danger.

All watercraft, paddles, and pfd's are included in your registration fee. There is no need to rent or transport your own canoes or kayaks. You may choose to bring your own paddles and/or pfd, but you must be able to pack them in one of your five team gear bins. Refer to the gear list to be sure you have all other necessary paddling gear.

Boats

Competitors will be paddling traditional Canadian canoes for all of the paddling sections. Boats may differ in make and model, and will not be available to teams prior to the race. Atmosphere RTNX has a tradition of allowing creativity with watercraft, so teams are not restricted from using sails, umbrellas, rudders or other modifications, as long as they do not create damage to the boat, or introduce any kind of mechanical or motorized assistance. We encourage you to begin training now to discover the right combination of teammates, sails, etc.

Safety

July is typically a good time to paddle in Interior BC, in terms of both water levels and weather. Keep in mind all bodies of water in the West Kootenay are fed by snowpack melt and glacier run-off, so even in late July, it will not be warm. Wetsuits are not mandatory for this race, as there is little risk of hypothermia, but we do strongly suggest all racers wear paddling tops, neoprene shirts, or similarly sensible paddling clothing.

While we will do everything we can to keep the paddle sections safe it is critical that teams stay very close to their team-mates and choose appropriate "escape routes" in case of bad weather. Atmosphere RTNX rules state teams must stay within 100 metres of shore at all times when possible. 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 but cannot 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 radio race headquarters (see radio protocol) to let safety crews know your status.

Mountain Biking

There is a reason this region is one of the top mountain biking destinations in North America. With communities laying claim to the 'mountain biking capital of Canada', and the International Mountain Biking Association naming one of our trails to their "Epic" list, you would be right to hope for some great singletrack on this racecourse.

This is extremely rare in expedition racing, but this race will be won or lost as much by mountain biking as by trekking/navigation. If there is one skill we encourage teams to focus on, it would be your mountain biking skills.

You'll be riding high, open, cruisy singletrack on ridgetops with views to the horizon. There will be big rocky uphill, and rooty technical downhill. There's an immensely fun undulating section (most of a day!) of doubletrack/ATV trail high on the side of a ridge, through a pass, and down some crazy downhill. You'll ride through historic ghost towns, past abandoned mines, along reclaimed rail trails and over trestles, through tunnels, and near remote mountain huts. At one high point, you will be able to see much of the high ground you've covered in the race to that point.

If your anxiety levels have spiked, let's confirm: there will be no "North Shore" riding, no bridges, no ramps, no drops, and no stunts. You won't be in danger of breaking your frame, and you won't need a full-suspension bike (although they are recommended!). If you're up for a solid day of cross-country singletrack in hilly terrain, you'll be ok. But this will be some of the best mountain biking ever seen in an expedition race.

Anyone who participated in our 2005 Raid the North in Nelson can attest to the quality, variety, interest and challenge of mountain bike trails in the area.

Trekking

This year's Atmosphere Raid the North Extreme will feature classic remote and wild trekking sections. As in every past RTNX, there will be a crux trek that will extend more than 50kms, and will take lead teams 24-36 hours to complete, and other teams 2-3 days. You will be up at, and well over, 2000m for much of the trekking.

Harsh mountainous terrain with significant elevation gain and few roads and trails means that ridge walking would be your best mode of travel in most cases. However, ridges and peaks of the mountains in the area are often snow covered into August, so you may elect for other options. You will very likely encounter patches of sheltered snow, or wet alpine meadows, in many high-elevation areas.

The vegetation in this area is typical of BC with thick dense bush in the valleys with infrequent patches of thorny plants such as devil's club. Expect travel to be slow and cumbersome in lower elevations. Where roads once were but have now been overgrown you can expect newer growth to be tough to travel through. Many roads are shown on the maps but are difficult to find when on the ground. Much of the higher elevation terrain is fairly open, dotted with small rocks, boulders and ponds, and a mix of deciduous and evergreen that allows for relatively quick travel.

Ropes

The current ropes sections in the race include one large (125 – 150 metres) rappel, and one exciting and breathtaking zip line. As the course is re-tested and confirmed in the spring, there is the potential for the addition of another zip line or additional rope sections.

Our ropes sites will be confirmed, tested and installed by Nelson Search & Rescue in partnership with other regional SAR teams. Racers will prepare their own harness and gear, but will be checked for safety by the SAR teams. Each ropes feature will have redundancy, meaning racers will have a top-belay line on rappel, and a secondary line for traverses.

Weather

The climate of the West Kootenay is varied and perfect for year round outdoor adventure. Sports and recreation are a way of life here.

The Kootenay Region has three mountain ranges (Columbia, Selkirk and Purcell) and is bordered by two others (Monashee and Rocky), making it a land of peaks and valleys connected by rivers and lakes. Climate conditions vary according to each community's altitude and nearness to water. The geography creates rain shadows, where one side of a mountain may get a lot of rain or snowfall and the other side gets little or none. It also creates microclimates, where temperatures may be warmer in valleys than at higher elevations.

Summer in the West Kootenay is warm and dry, with an average temperature in July of 19C, climbing to highs of over 30C. Days will, of course, be long – 16 hours of daylight with sunset around 2100 and sunrise around 0530 for race week. And due to excellent planning, race week will end with no moon on July 30.

We also chose this week as it is historically a week of beautiful weather, but the Rocky Mountains are legendary for weather surprises. We encourage you to continue to check the weather forecasts in the area via the link on www.raidthenorthextreme.com, or at www.theweathernetwork.com, and to come prepared for ANYTHING!

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 with the right water treatment plan.

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 July, the following is an overview of how we operate Atmosphere Raid the North Extreme.

Travel Arrangements

The host region for the 2011 Atmosphere Raid the North Extreme is the West Kootenay, and the primary arrival community will be Castlegar. For a wild, mountainous part of Canada, Castlegar is relatively accessible, with an airport that will be the destination for most Competitors and Volunteers.

Competitors traveling from the US will likely prefer to fly to Spokane and take a shuttle to Race HQ – a roughly 3 hour scenic drive.

Please refer to the Travel Brief posted on the website for details about travel options, and contact information of our travel agent partner in Castlegar.

Airport Shuttles

We will be running complimentary shuttles from flights arriving at Castlegar airport. Most racers are likely flying in to Spokane, Kelowna or Cranbrook, and we will be running shuttles at cost from these airports.

We have partnered with a local shuttle company for this service, and while we will try to keep trips to a minimum for efficiency and cost-control, they are able to meet and provide shuttles for any arrivals and departures, so there is no concern for long waits at airports or overnights in other centres.

Once your team has booked flights, please confirm your travel plans with us so we can coordinate shuttles and accommodations.

Accommodations

Athletes will be staying together in one location before the race, and in another location at the end of the race.

Your registration fee includes accommodations for each team, for one night before and one night following the race. Rooms will be booked for all teams for Sat, July 23 and Sat July 30, but teams may choose to change the date of the latter of these included nights.

Most teams will want to arrive early, and enjoy additional nights after the race as well. Our accommodation partners will ensure you will be in the same rooms as on your included nights.

At this point (April 18), we have been making significant changes to our pre and post race location plans, due to the unanticipated numbers of racers. We will release the new accommodation and location information as soon as everything is finalized.

Shipping

We highly encourage teams to ship any additional, overweight, bulky gear well in advance. Flights coming into Castlegar are small Dash 8 prop planes and do not have the baggage capacity of larger jets. This space will obviously be at a premium during the days before and after the race. We will have secure storage for all shipments. Don't risk your gear not arriving – pack in advance and ship by any recognized courier or shipping company.

A full list of shipping options and an address will be distributed in the second Competitor Newsletter in June.

Friends and Family

We recognize that for many of you this trip is a holiday, as well as a race. We hope that you will consider bringing friends and family with you to enjoy the rugged beauty of this part of Canada. To that end, we are working with local outfitters and businesses to assemble special travel packages for friends and family as well. There will be points on the racecourse that are accessible to the public and regular updates in local media, and at pub nights in several local towns, so anyone interested can keep track of your progress and cheer you on at specific points on the course. Competitor Newsletter #2 will contain more information on the types of packages and activities available for friends and family.

This area is known for the beauty of the mountains and valleys, major rivers and lakes. The West Kootenay features some of Canada's most amazing Provincial Parks for overnight camping, exploration or hiking trails. There are many options for mountain biking, hiking, fishing, sailing and kayaking. Beaches and waterfalls and cliffs will keep you busy, and wanting to return.

There will be several ways for interested 'spectators' to find out how the race is progressing. For instance, we will be holding Pub nights each night during the race. The pub nights will feature a current leader board, 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.

Rules and Regulations

Posted on our Web site (www.raidthenorthextreme.com) is a copy of the official Rules and Regulations for the Raid the North Series. Please read them over carefully. It is your responsibility to ensure you and your teammates are familiar with all of the Rules and Regulations. Failure to comply may result in disqualification from the race. Please note that the Rules and Regulations are subject to change from time to time. Should any changes be made, race management will inform each team captain.

Payment and Withdrawal Policy

With an event of this magnitude, your team's timely payment of race fees is critical for race organizers to pull all logistics and suppliers together in a smooth fashion. Please help us make the event as great as possible by meeting all payment deadlines. We appreciate your support in this.

Payment schedule is as follows:

Friday, April 22 Balance payment of \$2505 (plus hst) due

Registration fees are refundable, less a \$100 admin fee, up to six weeks before the race (June 10). After this time, the payment becomes non-refundable. However, the balance can be transferred to another Frontier Adventure Sports event in the next year (must be applied before June 10, 2012). Please review the payment section of the rules & regulations posted on the website.

Media Coverage and Sponsorship

We recognize that many teams are working to secure sponsorship to aid in covering the cost of the race and understand that this can be a very challenging task. In an effort to make this task easier, we are producing a summary of confirmed media coverage which will be distributed to team contacts and available for download at www.raidthenorthextreme.com. This document will be updated regularly as additional media comes on board. We have a Media Relations Coordinator, Chantal Tranchemontagne, working in tandem with our Tourism partners at the provincial, regional and local level. She is working to develop media coverage in every region where we have teams registered, so if you have any media interest or would like us to pitch media from your region, let us know and we'll be happy to pursue those opportunities. At the same time, please keep us posted of any media you receive, as it is all of value to us, our host site and sponsors.

We have also developed an Atmosphere Raid the North Extreme Team Sponsorship Kit. This kit provides an overview of the adventure racing industry, Atmosphere Raid the North Extreme, competitor demographics, media coverage and potential benefits for team sponsors. To request a copy of the Team Sponsorship Kit please email us at adventure@raidthenorth.com.

Race jerseys will be designed with clear areas for the addition of team sponsor logos or country flags. The second Competitor Newsletter will contain a description and diagram of the race jersey so your team can prepare your additions properly.

FREQUENTLY ASKED QUESTIONS

1. Will a Swiss Army knife be acceptable as the "knife with a locking blade?"

Many multi-function knives do not have a locking blade and are therefore not acceptable. At the gear check, we will be checking that each person has a knife designed to not close accidentally. It must have the ability to lock firmly in the open position. A fixed-blade knife in a sheath is also acceptable.

2. Survival mirror - will the mirror in the compass be accepted?

Yes, the mirror on your compass is acceptable.

3. Is it possible to have the approximate distance of each event?

No, we do not give any information about the length of each discipline. In the week before the race, we do release a very general outline of the order of disciplines and any significant issues that will affect how teams pack and prepare. Course details are revealed to all competitors at the same time, during the pre-race briefing. We keep it unknown for a few reasons: locals or people scouting the area will have a very low probability of figuring out the course and gaining an unfair advantage; it forces teams to prepare for the worst in each discipline (safer from our standpoint); and it's fun to keep secrets.

4. Will some big equipment (bike, paddles...) need to be carried as part of the race?

It is definitely possible that you will have to carry some of your bigger equipment items for parts of the race. If you want to use your own personal paddles and the start of the canoe leg is not a transition area then you will need to carry your paddles from the last transition. There may also be sections of mountain biking legs that do not have a trail. Teams may have to push their bikes through the bush in search of the start of the next trail. Anything is possible in a race, but we try not to make any section difficult simply for the sake of making it harder. Our emphasis is definitely on giving you terrain that lets you use the equipment you brought and the skills you have developed, but it is an unpredictable wilderness racecourse.

5. Does the race include mystery events?

No. We feel adventure racing should be a test of your abilities, perseverance and teamwork in a wilderness setting. It is you and your team against whatever nature has to challenge you with. We do not add to the challenge with contrived events. There is plenty of challenge in the wilderness.

6. Are watches with combined compass/altimeter functions allowed?

Yes, they are acceptable as your compass, although it is more difficult to take accurate readings with than a traditional compass. They are great for quick referencing your bearing but it is difficult to triangulate with.

7. Are watches, pedometers or similar GPS-enabled devices allowed?

GPS-enabled devices are proliferating, and it would be impossible to disallow them all. Our rules & regulations have been updated to allow any GSP-enabled device that has no provision of location data. Trackers, monitors, watches, and even any device that provides distance traveled (much the same as a bike computer) are allowed.

8. Will ordinary leather gloves suffice for rappelling gloves?

The gloves must have a leather surface, covering the palm area and lowest parts of your fingers. They must be thick enough to shield your hand from rope burn. Mountain bike gloves are not acceptable. Check out official ropers gloves to get an idea for what we mean by thick enough to protect against rope burn. Our ropes crew will have the final word on whether your gloves are acceptable.

9. Will this be an awesome race?

We are working hard to develop an event that will be one of your best AR experiences to date. After years of hosting Atmosphere Raid the North Extreme, one of the world's most respected expedition-length events, we hope your experience will make you want to return year after year to race in Canada's stunning and expansive wilderness.



**PARTICIPANT WAIVER,
ASSUMPTION OF RISK
AND IMAGE RELEASE**

I, the undersigned, do understand and hereby acknowledge and agree that participation in a Frontier Adventure Sports organized adventure race (the "Event"), which may include but is not limited to activities such as trekking, paddling, mountain biking, swimming, orienteering, navigation and climbing, involves risk and danger, including risk of serious injury and death, that may be caused by, but are not limited to, factors such as the terrain, water and weather conditions. I understand and acknowledge the risk and danger inherent in the Event and that the Event is physically and mentally demanding. I specifically acknowledge that I may be exposed to danger in remote wilderness areas and that my participation in the Event involves an absence of usual levels of rest, food and water. I am participating with the knowledge that I am responsible for my own physical and mental well-being during my participation in the Event.

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

I further agree and acknowledge that:

- 1) I have read the rules and regulations and will abide by these rules at all times during my participation in the Event.
- 2) I acknowledge and confirm that I can swim to a safe standard reasonable for an event of this nature.
- 3) I acknowledge and confirm that I am in good physical condition and that I will be able to complete the required activities of this Event. If at any time during the Event my continued participation risks causing any form of physical or mental harm to myself, I will inform an Event staff or volunteer of my condition and discontinue my participation immediately. I acknowledge and confirm that I will observe the condition of my team mates and, if the physical health of any such team mates appears compromised, I will inform an Event staff or volunteer of such condition and my team will immediately discontinue participation in the Event.
- 4) I am familiar with and understand the dangers associated with Event activities and I will take all reasonable precautions to ensure the safety of myself and my team mates during the Event.
- 5) I agree to promptly notify an Event staff or volunteer of all incidents or accidents of which I become aware during my participation during the Event where injury or damage to property or equipment does or may occur.

I hereby release and forever discharge Frontier Adventure Sports, its employees, directors, volunteers, successors, sponsors, partners and all other individuals or organizations involved or associated in any way with Frontier Adventure Sports and their adventure race series (the "Organizers"), on my own behalf and on behalf of my heirs and successors, from any and all claims, demands or actions of any form or type whatsoever arising from personal injury, death, or loss or damage to property however caused arising out of or in connection with my participation in the Event. I agree to indemnify and to hold harmless the Organizers from any liability, damage, award, legal fees or costs whatsoever they may incur due to any claim made against them relating to my participation in the Event, whether the claim is based on the negligence, gross negligence or misconduct of the Organizers.

IMAGE RELEASE

The undersigned, in consideration of my participation in this Adventure Race Series, does hereby grant to FRONTIER ADVENTURE SPORTS, its heirs, successors and permitted assigns, and all of its sponsors and partners whatsoever, all right, title and interest in and to any videotape, slides, photographs, film or other reproduction of my image in any format whatsoever, captured in connection with my participation in this Adventure Race Series, for use in connection with broadcasting, advertising, trade shows, exhibitions, websites, promotions, training materials or otherwise.

I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTOOD THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT UNDUE INFLUENCE OR DURESS AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

SIGNED this _____ day of _____, 20__ at _____.

Event Name & Date: Atmosphere Raid the North Extreme July 23-31, 2011

Participant's Name: _____

Signature: _____
(Signature of parent if under 18)