

RAID THE NORTH extreme

ATMOSPHERE



Real Wilderness. Real Navigation. Real Adventure.

The inspiring terrain of BC's West Kootenay will challenge four-person co-ed teams as they navigate by map & compass through an unmarked 500 km wilderness racecourse, biking, trekking, paddling, using ropes, and working with Mother Nature to reach the finish line in 6 days or less.

BRITISH COLUMBIA'S WEST KOOTENAY

JULY 23 - 31, 2011



EXPERIENCE THE ADVENTURE - VOLUNTEERS NEEDED!



SPONSORS



NO BOUNDARIES MEDIA



checkpointtracker ADVENTURE RACING

Explore your TRAIL



WWW.RAIDTHENORTHEXTREME.COM





Competitor Newsletter #2

Table of Contents

- 1. Announcements**
 - a) Atmosphere Raid the North Extreme
 - b) Host Communities

- 2. Logistics**
 - a) Schedule of Events
 - b) Registration
 - c) Skills and Testing
 - d) Accommodations
 - e) Travel Arrangements
 - f) Unsupported Format Logistics

- 3. Equipment**
 - a) Updated Gear List
 - b) Forbidden Gear
 - c) SPOT GPS Messengers
 - d) Bike Rentals
 - e) Shipping

- 4. Documentation**
 - a) Insurance
 - b) Checklist
 - c) Forms

1. ANNOUNCEMENTS

The journey to the start line in the West Kootenay is rapidly approaching! The race course is emerging from the winter snowpack and having some final tweaks, the communications and tracking plan is in place, the shirts are on their way, the safety team has their strategy laid out, and the communities of the West Kootenay are eagerly awaiting your arrival.

This is the final formal update you will receive, designed to address most of the last minute logistical questions you may have regarding your preparations for Atmosphere Raid the North Extreme. There will be frequent communications over the final weeks before the race with updates and news.

Since we may not have your entire team's email addresses, **please ensure you forward this newsletter 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.

Atmosphere Raid the North Extreme

We'd like to give a huge welcome to [Atmosphere](#) as our title sponsor for this year's event. Atmosphere is Canada's #1 retailer in the outdoor sports and recreation sector.

Atmosphere is the perfect destination for adventure racers to gear up. Their involvement offers enormous support in our pursuit to host a premiere event and goes a long way towards helping us strengthen the culture of adventure racing.



Atmosphere will provide prizes for racers and contests, thank you gifts for volunteers and will help promote the race at their retail locations.

The partnership between Atmosphere and Raid the North Extreme also marks the launch of a new, modernized logo for RTNX, while honouring the event's storied history and reputation.

Host Communities

We're happy to announce that you'll experience a variety of memorable Kootenay communities before and after Atmosphere Raid the North Extreme. The pre-race activities will take place in the historic and scenic Kootenay Lake communities of **Nelson** and **Kaslo**. The finish line and awards banquet will be hosted by BC's #1 Sports Town, **Trail**. And your post-race accommodation host will be **Red Mountain Resort** outside the mountain biking capital of Canada, **Rosland**.

Registration and the Opening Ceremonies will take place in Nelson, and all competitors are invited to spend their pre-race time in Nelson, with an incredible choice of cafes, restaurants and shops. On Saturday morning, anyone with their own vehicle can drive to the post-race accommodation host of Red Mountain Resort, where a shuttle coach will bring drivers back to Nelson. Following that, we will load bikes, bins, and all participants and move to our pre-race camp in Kaslo on the shores of Kootenay Lake. The community will welcome race participants with a pre-race dinner, Race Director Geoff Langford will hold a Race Briefing to review the course in detail and answer all questions, and teams will have their last hours to prepare and organize.

At the finish line in Trail, racers will have a personal shuttle up to their ski chalet at Red Mountain, which includes an attached garage – perfect for post-race gear drying and sorting. On Saturday night, shuttles will transport everyone to and from the Awards Banquet in Trail – every 30 minutes before, and every hour after the official dinner and ceremonies.

2. LOGISTICS

Schedule of Events

Thursday, July 21

1700 - 2100

Casual Reception for race participants
Mike's Pub, the Hume Hotel, Nelson

Friday, July 22

1000 - 1800

Race Registration
Lakeside Park, Nelson

1900 - 2100

Opening Ceremonies, Race Course Overview & Map Distribution
Nelson

Saturday, July 23

0800 - 1100

Vehicle shuttles to Red Mountain Resort

1300

Buses leave for Pre-Race Camp
Various hotels, Nelson

1400

late Race Registration
Kaslo

1600

Pre-Race Dinner
Kaslo

1700

Race Briefing, Safety & Medical Protocol
Kaslo

2000 - 2300

Gear Truck Loading

Sunday, July 24

0600

Buses leave for Start Line (may change)

0800

Race Starts (may change)

Saturday, July 30

0800

Official Race Cut off Time (may change)

1600

Social and Banquet
The RiverBelle, Trail

1800

Official Awards Celebration
The RiverBelle, Trail

1930 - ????

After Party
The RiverBelle, Trail

Registration

Registration will take place all day Friday, with limited late registration on Saturday by request and pre-arrangement (see specific times above). It will take approximately 4 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, gear check, first aid check, navigation test for one team member, ropes test, team photo, media and TV interview, radio and SPOT signout & training, and competitor kit pick up).

We encourage teams to register as early as possible to avoid high demand on Saturday. For registration to run smoothly we ask that all paperwork be filled out ahead of time. Waivers and medical forms are included at the end of this update, and should be emailed or faxed in advance to 1.866.876.8470.

Skills and Testing

NOTE: *No certifications are necessary for this race (ropes, first aid, paddling, etc)*

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 Atmosphere Raid the North Extreme will be exempt from that skill test in the registration process. **This confirmation must be communicated at least one week before race start.**

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:

- Any AR World Series event (AR World Champs, XPD, Untamed NE, APEX, etc)
- Primal Quest
- Other recognized international expedition races (Desafio de los Volcanes, Expedition Africa, etc)

Navigation Test:

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

- UTM grid coordinates
- Map reading
- Interpreting contour lines
- Triangulation
- Route selection in wilderness terrain

Please note, however, that Atmosphere Raid the North Extreme typically has 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:

- proper setup for rappelling
- tying on and using a prussic
- self-rescue from a jammed prussic

First Aid Check:

- Members of our Medical Team will dissect your first aid kit to ensure you have the required quantities and types of contents, and to ensure it is all current (not expired). Be sure to retain any packaging that confirms expiry dates.

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.

If for some reason one or more of your teammates will not be arriving before the end of registration, please let us know in advance and we will arrange a later process. To assist with logistics, the teammates that arrive earlier should bring key team gear such as first aid kit and any forms that haven't been faxed, and be prepared to complete as much of the process as possible without the later teammate(s).

Accommodations – Pre-Race

Athletes are invited to stay at one of three official accommodation providers in Nelson. Camping in Kaslo on Saturday night (and transportation from Nelson) is included in your race registration.

You will be responsible for the cost of any phone calls, room service, movies, or other hotel services.

The Hume Hotel This historic hotel overlooks Kootenay Lake, and is in the heart of Nelson's vibrant historic downtown district. The Hume features:

- close proximity to all shopping and restaurants
- restaurant, pub, lounge and nightclub in the hotel
- rooms equipped with phones, cable TV and wireless internet

Special RTNX rates of \$89.00 (double occupancy).

For details or to book call 1-877-568-0888 or visit www.humehotel.com.

The New Grand - Another historic hotel with views of Kootenay Lake, one block from lively and historic Baker St, featuring:

- Rooms equipped with phones, cable TV and wired internet
- Restaurant, coffee shop and pub in the hotel
- Restaurant, rental cars, and other services in the hotel lobby

Special RTNX rates of \$93.00 (double occupancy), as well as semi-private space at \$42 and \$57.

For details or to book call 1-888.722.2258 or visit www.newgrandhotel.ca.

Best Western Baker Street Inn – also on Baker Street in close proximity to all shopping and restaurants, but on the quiet end of the street, featuring:

- rooms equipped with phones, cable TV and wireless internet
- restaurant in the hotel
- fitness centre, laundry service and whirlpool

Special RTNX rates of \$157 (double occupancy).

For details or to book call 1-888-255-3525 or visit www.bwbakerstreetinn.com.

For other accommodation options in Nelson, visit the [Discover Nelson website](#).

Accommodations – Post-Race

Once your race has ended, you'll be able to relax in a luxurious ski chalet at Red Mountain Resort in Rossland, BC. While the finish line and the Awards Banquet are in Trail, we believe the chalets 10 minutes up the road at Red will be ideal post-race accommodations.

Red Mountain Resort

- a short walk outside of Rossland, and a ten minute drive from Trail
- Ski Chalets feature kitchens, phone, satellite tv, wireless internet, laundry, fireplace and more
- Each unit features a parkade or attached garage for drying and sorting your gear
- Each Chalet has at least 8 beds, and will be shared by two teams, creating a great social experience

Special RTNX rates per condo of \$291 or less means a per person cost of less than \$40/night. Teams are pre-booked into condos for the included night, so Red Reservations will ensure you are in the same condo for your additional nights. If you have teams you'd prefer to share a condo with, they can make those re-arrangements.

For more details or to book:

www.redreservations.com

1-877.969.7669

Travel Arrangements

If you haven't yet, be sure to send your travel itinerary ASAP to iris@raidthenorth.com so we can ensure a shuttle is there to meet you whenever you arrive.

Shuttles will be operated by [Queen City Shuttle Charters](#) based in Nelson. Please maintain all shuttle and travel related communications with Iris rather than contacting Queen City directly. Iris is working with them to ensure the smoothest and most cost-effective options for everyone.

Almost everything is in walking distance once you are in Nelson and public transit and taxis are easy and low-cost. A map of Nelson, a list of services available and a schedule of race activities and locations will be provided during your shuttle ride from the airport.

For those racers driving to the race, we will be shuttling vehicles to Red Mountain on Saturday morning, with a coach bus return service, complimentary. You can plan to transfer any non-race gear with your vehicle at that time, and it will be there at your chalet post-race.

For teams without vehicles, we will collect your non-race gear Saturday morning for the shuttle to Red, and it will be securely stored there until the end of your race.

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 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.** 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 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.

A reminder that bike boxes are not required on the course. Our friends at Adrenaline Adventures of Rossland will be professionally shuttling bikes between TAs on purpose-built bike trailers and racks.

3. EQUIPMENT

Updated Gear List - please download and review the [Updated Gear List](#) from the website.

Forbidden Gear

The following is a list of equipment that is forbidden during Atmosphere Raid the North Extreme. Any team possessing any of these items will be disqualified from the race.

- G.P.S. device (unless it does not provide any location data)
- night vision goggles
- weapons of any sort (with the exception of the mandatory knife)
- any mode of transportation not authorized by race management
- maps or other navigation information not provided by race management
- cell phones, two-way radios or any other communication device not provided by race management

This is not necessarily a complete list of forbidden equipment. Any device or item that offers an unfair advantage to the team possessing it, may also be deemed as forbidden. Please check with event organizers prior to start of race if you have any items that may be questionable. If it is decided that the item will not be forbidden, event organizers will keep the query confidential.

SPOT GPS Messengers

A reminder that all teams will carry SPOT GPS Messengers 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. These trackers must be worn on the top shoulder of one team member's pack, exposed to the sky.

Batteries for the Tracker have now been placed on the Mandatory Gear List. Please review this with your team.

Have your own SPOT GPS Messenger? Teams may use their own SPOT GPS Messengers, but they must contact race IT Coordinator Bill Young (bill@raidthenorth.com) by July 15 with a new GLID number (the URL to the shared map page) to coordinate their tracker with the race infrastructure.

Bike Rentals

Your best bet for mountain bike rentals is [Gericks](#) in Nelson. They have a great staff and great selection of bikes, and you'll be able to pre-purchase supplies to avoid a little weight on the plane.

Call them at 1.877.437.4251 and tell them you're racing RTNX!

Shipping

While we highly encourage teams to ship any additional, overweight, bulky gear in advance, we have been unable to arrange secure, staffed space in Nelson to receive shipments.

This leaves two options for shipping:

Greyhound Bus – you can ship by Greyhound, and have it held at the station for you to pickup when you arrive.

Hotel – when booking your additional night(s) with one of our official accommodation partners, ask if they will accept a shipment on your behalf. They have limited space available, so please be considerate.

Be sure to mark your team name clearly on all bins/boxes/etc.

5. DOCUMENTATION

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. The local rescue service is almost \$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).

Best Insurance Plans we've found - available to non-residents of BC and of Canada:

1. Emergency Hospital and Medical Plan: \$5 million coverage, costs ranging from \$1.81 to \$4.32 per day, depending on age. Family plan pricing also available.
2. Visitors to Canada Plan: a variety of coverage options, ranging from \$3.10 to \$10.13/day. Family pricing plan also available.

Contact Chris Collard, Certified Financial Planner in Vernon, BC:

250.545.5203

chris.collard@sunlife.com

Attached is a medical form that you will need to complete and fax or bring 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.

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 the West Kootenay 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.

Contact Iris@raidthenorth.com, or fax to 1.866.876.8470

- Submit Full Payment
- Complete your team's online profile information – for your team and all racers. Be sure that you've selected all four team members for the roster – if you're having any problems, please contact us. The media, our media coordinator, and the tv crews are using this information to select stories, teams to follow, etc, so make sure you sell your team's qualities, idiosyncrasies, challenges, objectives and anything else that makes you an interesting media story.
- Submit all forms by fax (1.866.876.8470):
 - Individual Waiver and Image Release Form
 - Individual Medical Information Form
- Submit travel itinerary: arrival and departure flight numbers and times for all team members.
- Book any additional room nights for your team, friends, or family directly with the accommodation providers
- Secure the correct type of insurance coverage - out-of-province or out-of-country medical, including remote (helicopter) extraction
- Confirm if your team would like to use its own SPOT GPS Messenger



**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)



COMPETITOR MEDICAL FORM
(Please answer all questions)

THE FOLLOWING INFORMATION IS TO BE PROVIDED IN CASE A HEALTH EMERGENCY IS EXPERIENCED BY ONE OF OUR PARTICIPANTS. THIS INFORMATION WILL BE USED ONLY IN CASE OF AN EMERGENCY AND WILL BE DISCLOSED ONLY AS NECESSARY.

1) Are you currently taking any medications (prescription and OTC)? If so, please specify type and amount:

Please specify what the Prescription medication is for:

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

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

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

5) Have you recently experienced or been diagnosed with any of the following? (Circle those that apply)

- | | | |
|------------------------|----------------------|--------------------|
| shortness of breath | heart racing | headaches |
| dizziness | high blood pressure | heart palpitations |
| numbness in limbs | low blood pressure | chest pains |
| nausea/vomiting | blurred vision | loss of hearing |
| blood in urine | blood in stool | mononucleosis |
| hypo-thyroid | hyper-thyroid | tuberculosis |
| hepatitis (which type) | epilepsy or seizures | diabetes |

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

7) Do you wear eyeglasses or contact lenses? Circle one. YES NO

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

9) Name of current Health Care Provider (if other than Provincial Health Care – eg. OHIP); please **attach copy of insurance card** (insurance carrier):

Subscriber Identification Number:

* If you are a resident of any country other than Canada, please **attach a copy of your Health Care Provider Card, or Medical Insurance Card, or Travel Medical Insurance Documents.**

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

Name: _____

Address: _____

Phone #: _____

11) Who should we contact in case of an emergency?

Name: _____

Telephone #: _____

Address: _____

Relationship: _____

I hereby certify that the information provided on this form is complete and accurate to the best of my knowledge.

Print Name: _____

Authorized Signature: _____

Date: _____