



Volunteer Newsletter #1

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NOTES FROM THE RACE ORGANIZER

WELCOME everyone to the preparation for volunteering at Raid the North Extreme. Over the years, Raid the North Extreme has been to Canada's central province (Ontario), the furthest west province (British Columbia) and furthest east province (Newfoundland and Labrador). We've traveled to the sparsely populated Yukon Territory, and taken competitors on a journey through the remote and rugged beauty of Atikokan, Ontario and the surrounding areas including Quetico Provincial Park. Now in its eight edition, the race visits an area with some of Canada's most amazing wilderness in the West Kootenay of BC.

A big thank you to all of you - we couldn't put on an event like this without the help of volunteers. You are an integral part of this event and we will work hard to make it a great experience for everyone. This newsletter is the first of two that will be available to you prior to the race, to help you prepare for volunteering at Raid the North Extreme. This newsletter includes information about the host site, volunteer roles, preparation for the race, a schedule of activities and volunteer information forms.

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

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

We welcome your feedback on the content of this newsletter, particularly the topics you would be interested in receiving more information on. Email suggestions to us at volunteers@raidthenorth.com. We will try to address all suggestions in the next newsletter. Should you feel there are some pressing questions you need answers to that were not addressed in this update, do not hesitate to contact our office. Meanwhile, good luck with your preparations!

HOST SITE

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 West 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, 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.

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 is a land of peaks and valleys connected by rivers and lakes. Climate conditions vary according to each community's altitude and proximity 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!

RACE LOGISTICS

Some of you may be 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 Raid the North Extreme.

The race is unsupported, which means in place of a support crew, volunteer crews will transport teams 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 gear on the racecourse, we request teams 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.

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

1600 - 1700

Volunteer Briefing

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

Course Description and Map Distribution

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

A full race briefing will occur on Saturday afternoon, once teams have been able to familiarize themselves with the terrain and the structure of the race course. Detailed course directions will be distributed, and a review of the course by Race Director Geoff Langford will give teams a thorough overview of the challenges, highlights, and history of the land we'll all be exploring.

Following the race briefing for competitors, a special volunteer briefing will occur. Volunteers will gather in a secure location to review key responsibilities such as placements, communications, our medical and search & rescue plan, and your role in the successful execution of this event for everyone.

Race Overview

Raid the North Extreme can be defined as a non-stop, multi-day, multi-sport, mixed gender team event. In many ways it can be likened to an expedition with a stopwatch. The goal of the competition is to be the first team to navigate all members across the finish line together, although most teams come with the goal of simply reaching the finish line within the maximum six days. The course is set up to cover roughly 450-500 kilometers of remote wilderness where teams must trek, mountain bike, paddle and negotiate fixed ropes such as a rappel or an ascent without outside assistance. With the exception of checkpoints, the course is completely unmarked and, often, there is no set route to follow. Teams must use strategy and wit to find the fastest way through the unpredictable challenges of the great outdoors.

Although certainly a formidable physical test, this unpredictability makes adventure racing as much of a mental challenge as it is physical. A critical element of staging a successful adventure race like Raid the North Extreme is a dedicated team of volunteers during the event. Volunteers are a much needed source of information for competitors out on the course, as well as the reassuring and welcoming faces that teams first encounter when they arrive at a checkpoint or cross the finish line. Simply stated, we couldn't do it without you. To help prepare you a little more for the race, we'd like to explain what you could expect during your time with us. Most volunteers will arrive on the Wednesday, Thursday or Friday prior to the race.

For volunteers coming from out of town, accommodations for one day prior and one day after the race will be provided. More details are below in the accommodations section.

During the day on Friday, volunteers will check-in at volunteer registration and either help with competitor registration or other race preparation roles. On Friday evening at 19:00 (7:00 pm), all volunteers are encouraged to attend the opening ceremonies and race course unveiling. As well, on Saturday at 12:00 noon, we hope you'll join us for the race briefing, which is mainly for the competitors, but is a great source of information about the course, and the race rules and regulations.

Immediately following the race briefing at 14:00, we will be holding a volunteer briefing at roughly 16:00. This is when we will provide you with an overview of the course operations, volunteer positions and processes. We will then break you off into smaller groups based on the position you have been assigned. In these smaller groups you will be briefed on the particulars of your position, given a schedule and directions, as well as any necessary equipment (radio, time tracking forms, etc.) Some volunteers may have to leave to head out to their checkpoints immediately after the meeting and will be notified at volunteer check-in of the arrangements. The race is currently scheduled to begin at 8:00 a.m. on Sunday and the start line may be located 1-2 hours drive from base camp. Only a few volunteers will be needed to help coordinate the start line. Most of our volunteers will be stationed at a Checkpoint (CP) or Transition Area (TA) and will start heading out right after the start of the race.

Most checkpoints are two-wheel-drive accessible, but a few checkpoints will require volunteers to paddle, trek, bike, ATV or helicopter in. Staff will accompany them to ensure that they find the exact location of the checkpoints. We never station people at a checkpoint by themselves and we do our best to pair you with either someone you ask to work with, or somebody we feel has similar interests, and you will often have a rotating medical person or team with you. Race staff and media may also drop in. At your station you will be our eyes and ears, and we will be depending on you to supply us with ongoing race information. This includes radioing in when teams pass through your checkpoint and updating us on their condition (did they look dehydrated or was one member limping? etc). You will also be able to listen to your radio to keep tabs on how the race is progressing. Once all teams have passed through your checkpoint, you will be asked to remain at your checkpoint until the teams have been accounted for at the next checkpoint. This is a critical safety process, in case a team decides to turn around and return to their last known location – your checkpoint.

Once your checkpoint has been cleared, you will report to your Race Leg Manager to turn in your radio and time tracking form. If you are needed elsewhere on the course, you might be asked to help out at another checkpoint. If not, you are free to return to base camp. The race officially ends at 08:00 am on Saturday. At 16:00 (4:00 p.m.) on Saturday you are invited to the dinner and awards ceremony. This is a great opportunity to talk to some of the teams you met out on the course, or to share stories with some fellow volunteers.

Volunteering at an adventure race is hard work. It can also be a very rewarding and a memorable experience. We will do everything we can to get you ready for your role and help you maximize your experience, but we will still be expecting a lot of you. As important as it is that we all have a good time, it is

most important that the competitors are safe and well looked after. Closer to the race we will follow up with each of you by phone, to discuss your availability and which position would suit you the best.

Friends and Family

We recognize that for many of you this trip is a holiday, as well as a race and volunteer opportunity. 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 as, we hopes to be able to offer great flights, great accommodations prices and great activities for you. There will be points on the racecourse that are open to the public and regular updates will be available, so interested people can keep track of the progress. Volunteer Newsletter # 2 will contain information in the types of packages and activities available.

There will be several ways for interested 'spectators' to find out how the race is progressing. Our live online coverage will be the most informative and up-to-date, at www.raidthenorthextreme.com. As well, 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 capture that day, as well as an overview of the day's activities by one of the key race staff.

Volunteer Roles

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

Station: Base camp

If you are interested in a role that does not involve being on the course and camping out, but you still want to be active in monitoring and tracking teams, this is the role for you. Base camp is mobile, and will be located at registration, the course halfway point, and at the finish line, and serves as the command centre for the whole race. All team progress reports are relayed back to base camp to be entered into the master time spreadsheet and added to the spectator leader board. Volunteers at this station will be responsible for set up of the information booth, finish line, monitoring radio communication, time tracking and updating the leader board and spectators with progress reports. This position may require you to run a few errands and possibly go out on the course for updates. You should be prepared to spend anywhere from 8-12 hours a day assisting at base camp, but this is dependent on the number of volunteers present.

Station: Checkpoint

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

Station: Remote Checkpoint

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

Station: Transition Area

Transition Areas are checkpoints that are located between legs of the race – change over from one discipline to another. These checkpoints are the only areas on the course that teams will have access to

their gear boxes to re-supply. This area will be stationed with a minimum of four people. In addition to tracking competitors, you will also be responsible for tracking gear boxes and transport crews. It is a fun role, but one that definitely requires organizational and leadership skills. There is a lot of energy and commotion at transition areas as they are also the hot spot for media and spectators. They are entertaining places to be stationed, but also challenging because of the volume of people.

Station: Gear Transport

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

Station: Race Staff Buddy

There are 5-6 key Race Staff that go through the entire event without stopping, including the Race Director and "HQ". As such, these Race Staff need to grab naps and require support whenever possible. The role of Race Staff Buddy is one of the more interesting, as it provides volunteers with the most intense view behind the scenes of the race. The role involves being a Race Staffer's right hand for 8-12 hours, driving Race Staff vehicles, gathering information at CPs and TAs, being a sounding board and providing support, helping with communications and keeping on schedule. Essentially, it's an Executive/Personal Assistant to key Race Staff.

Travel Arrangements

The host region for the 2011 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 participants 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.

If you are flying in to the race, please confirm your travel plans with us so we can coordinate shuttles and accommodations.

Accommodations

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

For Out of Town Volunteers

Raid the North Extreme will provide out of town volunteers with accommodations one night prior to the race and one night after the race (as below).

Saturday June 23

Saturday June 30

More details on the locations of volunteer accommodations will be released in the second Volunteer Newsletter, as well as contact information if you'd like to book additional nights.

Food

Although we do provide our volunteers with a small care package to take out on the course with them, it is not enough food to last your entire stay. Please be prepared with a 3-4 day supply of packaged food that can be prepared with or without a camp stove. Also remember to pack plenty of fluids and refillable containers. Transition areas will be set up as re-supply points for staff and volunteers and will have water and simple hot food available. If you are working a remote checkpoint, however, you will not have access to a TA until after your checkpoint has been closed.

The key communities of the West Kootenay have a wide variety of grocery stores including Safeway, SaveOnFoods, Extra Foods and Walmart all close and within walking distance of the accommodations.

Gear List

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

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

VOLUNTEER FORMS

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

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

Please print clearly when completing the following forms and fax or email to 1.866.876.8470 or adventure@raidthenorth.com

VOLUNTEER INFORMATION

Name: _____

1. When will you arrive at the race site?

(If flying, please supply flight number and arrival time, or forward itinerary)

2. Will you be attending the Awards Banquet on Sat July 30? Yes () No ()

3. Do you require accommodations prior to or following the race? If yes, please indicate for which nights: (**PLEASE NOTE** costs for two nights are covered by Raid the North Extreme)

Fri July 22	Sat July 23	Fri July 29	Sat July 30

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

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

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

6. Other Comments:

MEDICAL QUESTIONNAIRE

(Please answer all questions)

- 1. Are you currently taking any medications (prescription/OTC)? Please specify types/amounts:
- 2. Are you allergic to any medications? If yes, please specify:
- 3. Please list any other allergies you have (food, hay fever, dust) and if you are 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
hyp o -thyroid	hyper-thyroid	tuberculosis
hepatitis (which type)	epilepsy or seizures	

- 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? (please circle which)
- 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; please **attach copy of insurance card** (insurance carrier):
(If you do not currently have insurance, please acknowledge)

Subscriber Identification Number:

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

Name: _____ Address: _____

Phone #: _____

- 11. Who should we contact in case of an emergency?

Name: _____ Telephone #: _____

Address: _____ Relationship: _____

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

Print Name: _____ Authorized Signature: _____
(Parent's Signature if Under 18 years of age)

Team Name: _____ Date: _____



**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: Raid the North Extreme July 23-31, 2011

Participant's Name: _____

Signature: _____

(Signature of parent if under 18)

FREQUENTLY ASKED QUESTIONS

Q. Will I be out in the woods alone, or with someone else?

A. Everyone will be working in teams of at least two people, sometimes up to 3 or 4, depending on your location. If you have requested to be with someone else, or with a group of people, we will do our best to put you together. Other than competitors, you will also often have visits from roaming medic teams, as well as race staff.

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

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

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

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

Q. Are all of the Checkpoints accessible by car?

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

If you have any other questions, please email us at volunteers@raidthenorth.com or call 1.888.295.8181.