

FRONTIER ADVENTURE RACING



Frontier Adventure Racing
&
Esprit Rafting
present

Week of Adventure: Mexico

Adventure Race
Skill Development Camp
featuring
Lawrence Foster
and Trisha Westman



Frontier Adventure Racing and **Esprit Rafting** are teaming up this winter to bring you an intensive week of adventure race training in the costal mountains of Veracruz, Mexico.

An extensive adventure race training curriculum has been developed which focuses on the skills and knowledge required to complete your first race and/or take you to the next level in competitiveness. The "Week of Adventure" skills development week will feature workshops and certifications on navigation, ropes, wilderness first aid, flatwater and whitewater paddling techniques, swiftwater rescue, mountain biking and more! Taught by **Lawrence**

Foster (Team Holofiber), one of North America's top adventure racers, **Trisha Westman** (Team Supplierpipeline), respected Canadian multi-sport athlete, and **Geoff Langford** (Team Raid the North), owner of Frontier Adventure Racing, along with the paddling and ropes experts of Esprit, you will be exposed to the tips, tricks and lessons learned from some of the biggest and most challenging events in the world.



Ready to sign up?

Register online at www.far.on.ca, contact us at 416.783.4464 or at adventure@far.on.ca

Day 1 - Arriving in Mexico

COURSE HIGHLIGHTS:

- 🕒 **Paddling Technique Improvement (flatwater)**
- 🕒 **Whitewater Paddling Technique (rafts & inflatables)**
- 🕒 **Navigation**
- 🕒 **Ropes (rappelling, ascending, knots)**
- 🕒 **Swiftwater Rescue**
- 🕒 **Wilderness First Aid**
- 🕒 **Mountain Biking**

Welcome to Mexico!

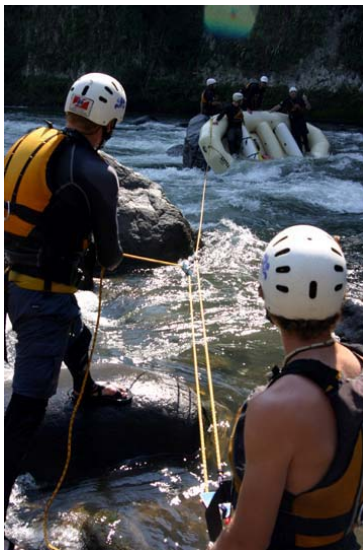
Your port of entry into Mexico will be the International airport in Veracruz, Mexico. Upon arrival at the airport, you will be met by the FAR and Esprit staff. Once all team members have arrived, we will begin our journey to the sleepy rural village of Jalcomulco. The 2 hour drive will take us through the foot hills of the Sierra Madres Orientales, past the coffee plantations of Coatepec and down through the Mango plantations of the Antigua River Valley... a spectacular visual introduction to the region. Arriving in town, we'll settle ourselves into the pace of village life where generations of families have lived harvesting sugar cane, mangos and trapping langostinos (the giant crawfish the village is justly famous for!). Our hosts for the week will be the Rodriguez Family whose hacienda will be our "home away from home" for the duration of the course. The comfortable bed and breakfast style accommodation is very traditional in style as a sprawling 1 story hacienda surrounding and inner tropical courtyard with access to hammocks, pool and hot showers.



Day 2- Whitewater Paddling

Inflatables and Whitewater Paddling Technique

Whitewater is a challenging element that more and more race designers are including as a major element to their adventure racing courses. This course is designed to give you a distinct race advantage and give you the training necessary to excel at one of the most overlooked and often neglected racing skill. Using inflatable rafts, we'll work together in teams under the tutelage of Esprit's whitewater guides to develop the essential skills necessary to successfully navigate class II- III rapids. Emphasis will be placed on stroke technique, river reading/ navigation and essential rescue skills for boat wraps and capsizes.



Day 3- Swiftwater Rescue

Swiftwater First Responder Certification

This one day course is designed to compliment your whitewater paddling skills and enhance your ability to race in moving water. Emphasizing both self and team rescue, we'll learn to use fast, field expedient techniques to protect yourself and your team on the water. Upon completion of this workshop, you will receive certification as a Swiftwater First Responder, accredited by Rescue 3 International.



Day 4 - Navigation

Miles and Miles of Ground to Cover...

Navigation for adventure racing and orienteering are NOT the same thing. Orienteering deals with finding precise markers using accurate, detailed maps. In adventure racing, navigation is about interpreting ambiguous and sometimes incomplete information to find distinct (and usually obvious) points. In adventure racing, the real challenge comes in route selection, strategy and interpretation of the information provided. This one day seminar will start with a quick review of the fundamentals - map and compass - before progressing to adventure racing specific exercises in plotting checkpoints, route selection, strategy and tactics. We'll then take our skills into the mountains for a hands-on field exercise. Lawrence will take you through a series of checkpoints and

navigation exercises in off-trail conditions. Learn how to interpret features, estimate pace, set and follow a bearing and select the fastest route.

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Day 5 - Ropes

All Tied Up... Rappelling, Ascending and Traversing

Under the tutelage of professional rescue instructors and adventure racers, gain confidence in your rope skills on this one day fixed ropes course. Practice belaying, rappelling and ascending using a variety of techniques and hardware to accomplish your goal. This course will also focus on mastering the essential family of knots necessary for competency with ropes in adventure racing. Put your skills to the test both rappelling and ascending the 300 ft. cliffs surrounding Jalcomulco, then challenge the Tyrolesa – a series of Zip Lines traversing from cliff to cliff high above the Antigua River.



In the late afternoon, take part in a panel discussion focusing on teamwork and strategy with Lawrence, Trisha, Geoff and Erin Coffey.

Day 6 - Bikes & Paddles

Technical Skills: Mountain Biking & Flatwater Paddling



In the morning, you will take to the scenic back roads with Lawrence, Trisha and Geoff. Glean valuable tips on riding techniques and field repair of your bike, all while enjoying the surrounding landscape of mango and coffee plantations of the Antigua River valley. In the afternoon, switch your pedals for a paddle and work on mastering your kayaking stroke technique. We will be refining our technique in kayaks and we will discuss how to adapt canoes to gain maximum race advantage using this same kayaking technique.

Day 7 - Wilderness First Aid

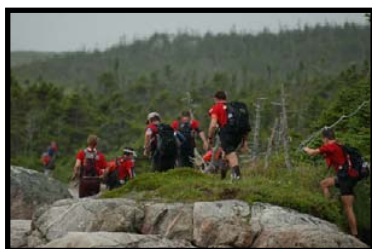


Beyond Duck Tape and Moleskin...

Throughout the week of training, we will be participating in evening one hour sessions covering the essential knowledge of preparation and preparedness to patient assessment and treatment of common adventure racing injuries. This last day of training will concentrate of the practical application of these skills as well as refining your patient assessment and treatment in a wilderness environment. Training is provided by SOLO Wilderness EMT instructors who are experienced rescue personnel with extensive experience working and playing in the outdoors. Upon completion of this session, you will receive certification in Wilderness First Aid, accredited by SOLO.

Day 8 - Veracruz Adventure Challenge

Putting Your Skills to the Test



This wouldn't be an adventure race training course if we didn't provide the opportunity for you to put your new skills to the test! This short course will combine all the skills you've worked on over the week (except, we hope, maybe the first aid!) and will culminate in a final farewell fiesta in town.

Day 9 - Departure From Mexico

Saying Goodbye...

Depart for Veracruz airport to say our farewells.

**Note: We do our very best to adhere to the itinerary outlined above. Activities specified above may be subject to change based on circumstances outside our control (eg: weather, water levels, road and safety conditions).*

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LAWRENCE FOSTER

Captain of **Team Holofiber**, Lawrence is a seasoned veteran of adventure racing with several wins and many races around the world under his belt. In addition to being a very strong and accomplished athlete (former elite level mountain biker), Lawrence was the captain of Rope Rescue for Sault Ste. Marie Search and Rescue Team, the largest volunteer SAR Ops in North America, and a Reconnaissance Technician/Instructor with the Canadian Armed Forces Reserves. He also ran a sea kayak and rock/ice climbing guiding company and is an accomplished mountaineer. His incredible wilderness savvy, mental toughness and competitive drive have pushed the team to new heights and he is constantly focused on the next step.

TRISHA WESTMAN

Having started racing at the age of 12 Trisha quickly developed as a natural athlete skiing, running and mountain biking in the boundless outdoor playground of Sault Ste. Marie, ON. While at University she raced as a pro/elite mountain biker where she was a top provincial rider and was a medalist at the University Games in Nordic Skiing. She began adventure racing in 1999 and quickly proved herself as one of Canada's best while racing with Team Supplierpipeline and Holofiber.



GEOFF LANGFORD

As an avid adventure racer since 1999, and the owner and Race Director of Frontier Adventure Racing since 2002, Geoff has seen adventure racing from all sides. His experience includes racing nearly everything in Canada, from sprints to expeditions, and international races including Africa Quest and the Southern Traverse. He co-created and race directed the Inner Limits Urban Adventure Race in Calgary, and since stepping into the helm at Frontier, Geoff has observed competitors in every high and low, seen all the tricks and errors, gained an in-depth understanding of landscape and its affect on competitors, and watched

teamwork (or lack of) save the day and decimate a team.

JIM COFFEY

Since 1984, Jim has been leading expeditions, training guides and teaching canoeing, kayaking, first aid, swiftwater rescue and ecological awareness throughout, Canada, the United States, Mexico, Costa Rica, India, Asia, Africa, Australia and New Zealand. He first introduced the SRT program to Eastern Canada in 1989 and became the first certified SRT1 and SRT2 instructor east of the Rockies. In 1992 he founded Esprit, an Ottawa Valley adventure travel company which specializes in whitewater tours and training. His accomplishments include being a Canadian Team member for C2 whitewater slalom racing, as well as, the captain of four Canadian Rafting Championship teams at the World Rafting Championships. Jim is a registered Emergency Medical Technician (EMT) and an active Fellow of the Royal Geographical Society.

ERIN COFFEY



As an avid whitewater kayaker, Erin brings along 16 years worth of paddling experience when teaching instructor trainer courses for kayaking across North America. Complimenting her kayaking skills, Erin is also certified as an instructor with both Rescue 3 International for swiftwater rescue and with SOLO for wilderness first aid. Having paddled as part of Team Esprit Canada at two World Rafting Championships, Erin then captained two Canadian championship women's teams before retiring from the competitive scene. As a co-owner of Esprit, Erin divides her year between managing a thriving outdoor adventure company, leading whitewater based adventure

travel programs on rivers around the world and providing instructional courses for first aid, swiftwater rescue and the LNT (Leave No Trace) wilderness ethics program. When time permits, you'll find Erin slogging it out in the swamps adventure racing with Team Canusa.

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Details, Details, Details...

2006 Course Dates:

Saturday March 4 – Sunday March 12, 2006

TRIP PRICE:

\$1295 USD

Based on Shared Accommodation: Shared accommodation is on a twin share basis. If you are traveling alone, we will pair you up with an appropriate roommate on the same trip. If you prefer single accommodation, this can be arranged based on a "Single Supplement" of \$200.



THE "ALL INCLUSIVE":

"All inclusive" means that once you arrive in Veracruz, everything from your private transportation to your freshly prepared meals, hacienda style accommodation, professional instruction and guide services are all taken care of. This insures that you once you arrive in Mexico, all your daily needs are taken care of for you so that you can concentrate on the purpose of your week in Mexico - and that is to train hard and have fun exploring Mexico!

Specifics Include:

- All accommodation (B&B, hacienda style)
- All meals, freshly prepared to international standards of safe food handling. Special dietary requests are welcome and easily accommodated.
- Private ground transportation
- Internationally certified professional guides and instructors are always available and on call.
- All camping equipment (except for personal sleeping bag/pad)
- All paddling equipment (helmets, pfd, paddles, kayaks, rafts)
- Some climbing gear (harnesses, helmets, 'biners)

Be Sure to Bring Your Own:

- All biking gear (bike, helmet, shoes, etc) - low quality bikes are available for rent locally
- Compass
- Ascenders (eg jumars) and Descenders (eg ATC)

WHAT'S NOT INCLUDED:

Airfare to Veracruz (Mexico), alcoholic beverages, telephone service, internet (a local internet cafe makes communication with home a breeze!), meals on arrival and departure days, travel insurance, optional instructor/guide gratuities and additional personal services (laundry, massage, temascal... etc.).

HOW TO JOIN THE COURSE:

Congratulations, you've just made the toughest decision of all – to join our Week of Adventure Race Training Camp in Mexico! The rest is easy! Just visit www.raidthenorth.com to book your winter training adventure in Mexico. A \$295 US deposit is required to confirm your participation.

QUESTIONS:

Please do not hesitate to contact us directly to help answer any questions you may have regarding the Week of Adventure Race Training Camp in Jalcomulco, Mexico.

Phone: 416.783.4464

Email: adventure@raidthenorth.com

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Top 5 Reasons

To Train In Mexico

1. **VARIETY:** Rafting, kayaking, ropes, mountain biking, swiftwater rescue, first aid... you get the point!
2. **IT'S HOT!:** Forget the down jackets– enjoy Mexico's tropical warmth!
3. **CULTURE:** Timeless villages, friendly people, salsa dancing...
4. **THE FOOD:** Fajitas, langostinos, tacos, chicken wrapped in banana leaf... throw a little extra spicy green sauce on and you're all set!
5. **IT'S CHEAP!:** 5¢ tacos, \$1 coronas...!

WEEK OF ADVENTURE RACE TRAINING

Personal Equipment Information

EVERYTHING YOU NEED TO BRING WITH YOU...

Dry Land:

- 1 Pair of Shoes/Sandals
- 1-2 Light weight long pants or skirt
- 1 Long pants or quick dry pants
- 2-3 T-shirts.
- 1-2 Long Sleeve Shirts
- 2 Shorts
- 1 Bathing suit
- 1 Towel
- 1-2 warm sweater(s)
- 1 waterproof shell/jacket
- 1 Sun hat
- ? socks and underwear
- 1 Pair of Fleece/Wool socks for camping
- 1 1L water bottle (Nalgene)

Accessories:

- * Personal toiletries
- * Book
- * Camera
- * Insect repellent
- * Personal first aid kit (see medical supplies in background information)

For The River:

- 1 Pair of river shoes/sandals
- 1 Quick dry shorts
- 1 Quick dry pants or polypro/fleece tights
- 1 Long sleeve base layer (polypro, Merino Wool, fuzzy rubber, rash guard)
- * *Esprit will provide all paddling safety equipment.*

For Dry Land Sessions:

- 1 Bike Helmet
- 1 Sturdy shoes for trekking
- 1 Bike Shoes
- 1 Compass
- 1 Day Pack (for racing)
- 1 Hydration system

PACKING TIPS:

To make the most of your week of adventure race training, it is important to pack the appropriate clothing, gear and accessories. Below, we've outlined a suggested gear list for your week of training.

CLIMATE CONSIDERATIONS:

Fortunately for us, the climate in Mexico is very agreeable! Veracruz is a mountainous coastal state. Generally, you can expect typical "mountain" weather of hot/sunny during the day and cool evenings. It is also typical for this region to experience a build up of humidity throughout the day, leading to a tropical rain shower in the evening as the temperature cools. We like to think that this is a good thing, as the light rain supports the region's rainforest and cloud forest vegetation as well as keeping the water levels consistent in the rivers we use for paddling. In the tropics we recommend wearing light, loose fitting, natural fiber clothing. It is very important to protect against the sun. A good +15 sunblock, as well as, a hat will help keep you from getting burned. Drinking lots of fluids will help fight off dehydration and bottled water is readily available. Small, "no see-um", mosquitoes are present during the day and light weight, long pants are recommended. In Jalcomulco, we will be in the hills of the Sierra Madre Oriental (mountains) and it can get cool enough in the evenings to require a jacket or warm sweater.

OFFICIAL DOCUMENTS:

- Valid Passport (Note: Canadian Travelers do not require a passport to enter Mexico. Two pieces of photo identification + your birth certificate will be adequate.)
- Airline Tickets

MONEY MATTERS:

Hard Currency - The Mexican unit of currency is the Peso (NP). It is then divided into 100 centavos. As of June 2005 one Canadian dollar equals approximately 7 pesos. One U.S. dollar fetches approximately 10 pesos. In general, exchanging US cash in Mexico is much easier than currencies of other countries.

ATM - The easiest way that we have found to exchange money is to use your personal banking card. All major urban centers that we visit have access to automatic bank machines from which you can withdraw Mexican Pesos directly from your bank account. Jalcomulco does not have an ATM machine and we recommend that you pull Pesos from your account prior to leaving Xalapa upon arrival. It is also recommended that, if you are using your bank card as your primary source of currency for your trip, you bring an extra \$100 US cash with you in case your card becomes lost or damaged.

Travelers Checks - Banks and Casa de Cambio's are the only locations in which you can exchange travelers Checks in Mexico. They are not the easiest to travel with, as there are also only certain hours of the day in which you can exchange them. If you are going to travel with travelers checks, we recommend that you carry them in US currency and have either cash or your ATM card as a back up.

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WEEK OF ADVENTURE RACE TRAINING

Background Information

THE COUNTRY AND ITS PEOPLE



Mexico is an extremely large country covering almost two million square km. The Mexico Week of Adventure Race Training will concentrate on experiencing a small area in detail rather than trying to see everything in just one week.

The Veracruz region is famous for the rise and fall of many great indigenous civilizations from the Olmecs and the Toltecs, to the Totonacs and the Aztecs who eventually fell to the colonization of Spain under the leadership of Cortes in 1521. We will encounter many friendly people who are descendants of both ancient civilizations as well as “modern Mexico”.

Spanish is the official language of Mexico. You will have plenty of opportunities to practice your Spanish and many people (especially students) will want to practice their English with you. The language barrier can immediately be broken by trying to speak even just a little Spanish and by smiling a lot!

ACCOMMODATIONS

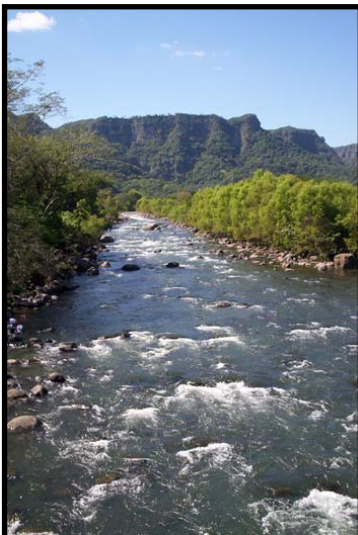


We will be staying as guests of the Rodriguez family and Aventuras Sin Limite in their B&B style hacienda. It is very typical of the region and offers clean, comfortable accommodations centered around a tropical courtyard, pool, hot showers and hammock bar. Rooms are provided on a twin share basis and the washrooms/ showers are shared.

Accommodation Upgrade: For those who prefer private accommodation with air conditioning, an accommodation upgrade is possible with hotel “La Alcatraz”. This upgrade can be arranged for an additional \$200/person.

MEALS IN MEXICO

One of the delights about traveling to Mexico is the incredible food. Mexicans eat three meals a day; breakfast (desayuno), lunch or dinner (comida) and supper (cena). Traditionally “comida” is the biggest meal and supper a lighter meal. Mexican food can be very spicy as hot chillies are often a main ingredient. Many meals, however, can be tempered for faint hearted “gringo” tastes. Most meals are served communally so you can sample many different dishes. We will dine on a wide variety of local specialties including, beef, chicken, seafood, river lobster (many vegetarian dishes are available as well)... washed down with fresh tropical fruit drinks or an icy cold cerveza (beer). Bottled water is readily available and is safe to drink. Tap water or previously opened bottles are somewhat suspect and may pose a health risk. Your instructors will make recommendations as to the “do’s and don’t” of eating, drinking and staying healthy at the beginning of the trip.



THE RIVERS OF VERACRUZ

Typically, the rivers of Veracruz will be narrow, steep and continuous. They carry a medium to low volume of water which makes maneuvering technical and challenging. The rivers are rated class II, III and IV which means fun, challenging but not “over the top” whitewater.

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WEEK OF ADVENTURE RACE TRAINING

Background Information

CONSERVATION



We urge everyone on our programs to thoughtfully dispose of any litter. On all FAR and Esprit programs we follow the principals of "Leave No Trace" (for more information on LNT, please give us a call or visit www.lnt.org). As visitors we need to be part of the environmental solution and not become part of the problem.

PHOTOGRAPHY

We get many inquiries about photography. It is difficult to advise you about photography without knowing your level of expertise. As a general rule, take a camera and lens that you are used to. If you are buying a new camera, get one well before departure so you can practice with it. For people with SLR cameras, we recommend you buy a Skylight filter to protect your lenses. A waterproof disposable camera is a wise investment for taking snap shots during the river trips. For digital camera users, we recommend that you bring a minimum of two 256 MB cards with you. For those who do not want to drag a fancy camera around with you or find that you are never in your own photos - we take high resolution digital photos throughout the entire course which are available for purchase at the end of the

course. If you are interested, let your instructors know as early into the course as possible so they can get lots of shots with you in them! Photo compilation CD's are available for \$100 CAD. A trip highlight video/DVD is also available for \$100 CAD. If pre-purchased at the time of booking, combine both the photo CD and the video/DVD for only \$150 CAD!

THINGS TO BUY

Mexico has a wealth of artisans and handicrafts and a thriving cottage industry. Pottery, textiles, woven goods, hammocks and jewelry of gold, silver, copper and turquoise all make fantastic keepsakes. In many cases prices are not fixed so you may have to do some "bargaining" to get a reasonable price. Just remember not to let "haggling" get so out of hand that you pass up something that you really want over a matter of a few pesos. There are some products available for sale that may be from endangered animals. Please be reminded that the purchase of such endangered animal products not only lead the species towards extinction, it is also illegal to bring them back to your country of origin.



DOCUMENTATION

Canadian and U.S. citizens do not require a visa to visit Mexico. Although a valid passport is not a requirement for Canadian Citizens (US and all other countries must have a valid passport) to enter the country - it is strongly recommended for you to have one. All tourists do require a "Tourist Card" which will be issued to you on the plane. You will need to keep this card with you throughout your stay in Mexico and relinquish it upon departure from Mexico.

TRAVEL INSURANCE

We require that you take out a personal travel insurance policy to cover you against sickness, accident, loss of baggage, unexpected alterations to travel arrangements, cancellations, etc. Please see your travel agent from whom your airline ticket was purchased to arrange for insurance. Please specify that you are planning to participate in an adventure sports program which includes ropes and whitewater rafting.

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WEEK OF ADVENTURE RACE TRAINING

Background Information



SAFETY

We do our utmost to provide high quality, fun, exciting, and secure programs. Adventure Racing and its various elements (paddling, mountain biking, trekking, rafting, ropes etc.) do contain an element of risk and events can arise which are beyond reasonable control. All participants must complete a participation agreement and medical questionnaire prior to the start of the program. These documents will be emailed to you in advance of your course departure. Please fill them out and bring them with you to Mexico

SECURITY

It is important to carefully look after your vital documents and money. Crime is generally not a problem in the areas we are in, however, it only takes one mishap to turn your experience sour. Therefore, please practice good "travel sense" and be wary of your belongings. As in any urban center, pick-pocketing can occur. We advise you to carry your valuables in a money belt or travel safe which are difficult for pick-pockets to reach.

MEDICAL CONSIDERATIONS

There are a series of vaccinations recommended for travel to rural Mexico. You will have to advise your doctor about your trip and he/she can recommend an international travel inoculation center. The State of Veracruz is currently a low risk Malaria area; however, you should consult your travel clinic for the most up to date information. Malaria is transmitted by mosquitoes (as are other diseases) and is best to be protected from. A good repellent, as well as, long pants and shirts at dusk drastically reduce your contact with mosquitoes.

No-See'em Mosquitoes can become a problem for visitors to Jalcomulco. They are at their worst within 15m of the river banks. Because this is a known trouble spot, we recommend that you wear a pair of tights or quick dry pants over your legs while paddling on the rivers. Locals swear by "green shampoo" as the best repellent for these pesky little critters, however, if they can't reach your skin – they can't bite!

MEDICAL SUPPLIES

It is your responsibility to bring sufficient quantities of any specific medications you require. Advise us of the possible side effects of any medication you are taking and of any related dietary requirements.

We suggest that each guest bring for their own use a supply of:

- A general antibiotic treatment
- Anti-acid tablets (spicy food)
- Antidiarrhoeal tablets (Immodium) for gastrointestinal problems
- Aspirin or equivalent headache remedy
- Antiseptic swabs
- Sunblock SPF 15+
- Lipbalm
- Electrolyte crystals (to combat dehydration)
- Feminine hygiene pads etc
- Mosquito repellent

WE CARRY A WELL SUPPLIED EXPEDITION FIRST AID KIT ON ALL TRIPS

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