

# FRONTIER

## adventure challenge

where adventure begins

## Deerhurst Resort Huntsville, ON

May 5, 2007

### Competitor Newsletter

**Welcome to the all-new Frontier Adventure Challenge!**

We're excited to have you join us as we start our seventh season of the Adventure Challenge! Thanks for joining the ranks of more than 5000 competitors who have experienced the fun, the competition, and the challenge of this addictive event. But don't forget the celebration after you've crossed the finish line!

Frontier Adventure Racing's commitment to our racers is to fully prepare you for your team's upcoming adventure. We want you to have as few surprises as possible so that your team can concentrate on having a great time on race day. All of your questions should be answered in this Newsletter. If not, please contact us through your team captain with ANY concerns or issues.

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Additional important information can be found at [www.far.on.ca](http://www.far.on.ca) on the Huntsville race page within the Frontier Adventure Challenge section. Please familiarize yourself with this information to get the most out of the event.

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## **1. HOW THE RACE WILL WORK**

This Frontier Adventure Challenge Series event features three disciplines: Mountain Biking, Trekking, and Paddling. Your coed or open team of three will have up to 8 hours to complete the roughly 40km racecourse. The exact length of each discipline and the order your team will undertake each remain a secret until race day.

On the Friday night and Saturday morning before the event, teams must submit all completed paperwork and pass a gear check in advance of the Race Briefing. If your team has completed registration, in advance of the Race Briefing you will receive topographic maps and a course description featuring coordinates and course descriptions. At the Race Briefing, the course designer and race director will review the course, discuss any important logistics, and answer any questions you may have. You will have until the start of the race to plot the CP's on your maps and strategize your team's game plan.

At the word 'GO', teams will set off to reach each checkpoint in the order specified at the Competitor Briefing and within the 8 hour time limit. Following the race, there will be an Awards Celebration with a banquet and sponsored prizes and awards. At all Frontier AC events, we celebrate your achievement with a licensed party featuring a dj or live music, and more random prizing! This is a great time to mix with other teams, volunteers, and race staff, and share your team's race experience.

## **2. SCHEDULE OF EVENTS**

<b>Friday</b>	16:00-21:00	On-Site Registration <i>Tennis Courts, Main Building</i>
	19:00-23:00	Pre-Race Social <i>Tennis Courts, Main Building</i>
<b>Saturday</b>	07:00-08:30	On-Site Registration <i>Muskoka Marquee</i>
	07:00	Map Distribution <i>Muskoka Marquee</i>
	08:30-09:00	Race Briefing <i>Muskoka Marquee</i>
	10:00	Race Start <i>Undisclosed location</i>
	17:00	Frontier AC Racecourse Closes <i>Muskoka Marquee</i>
	18:00-20:00	Dinner Served <i>Tennis Courts, Main Building</i>
	19:00	Awards Ceremony <i>Tennis Courts, Main Building</i>
	20:00	Post-race party <i>Tennis Courts, Main Building</i>

## **Friday, May 4<sup>th</sup>**

Join us at Deerhurst Resort Friday night for early registration and some social time. We'll have the tunes going and some race videos playing – everyone is welcome to join in and meet your competition!

Registration opens at 16:00 Friday afternoon in the tennis courts in the main building at Deerhurst. Upon registration, teams will receive a Competitor Kit which includes: 3 race jerseys; 3 bike plates (with zip ties); the Team Passport; 3 Dinner tickets; and some swag and other goodies. Race jerseys must be worn at all times to ensure we can identify your team – make sure the big Frontier logo is on the front!

Arriving Friday and registering early is highly encouraged as there will be less for you to worry about on race day.

## **Raceday – Saturday, May 5<sup>th</sup>**

**Competitor Registration:** All remaining teams must check in with race officials at the Muskoka Marquee, the big white tent as you enter Deerhurst, to complete all paperwork and receive the Competitor Kit.

**Race jerseys must be worn at all times during the event** (beginning at registration), the bike plates must be attached to the front of each bike, and please ensure that you have your passport with you for the duration of the race (otherwise your team will incur a time penalty). Jerseys have a race logo side and a sponsor side – please ensure the race logo side is forward! Gear Check will be done at registration, and can be completed before checking in with race officials. Your team **MUST** demonstrate that you have all requested items before receiving your Gear Check ticket. Please review the mandatory gear list for the items that will be checked at Gear Check. There will be gear checks throughout the course for critical safety items. If you are without mandatory gear on the course, you **WILL** be given time penalties.

The Mandatory Gear List is available for download on the race page at [www.far.on.ca](http://www.far.on.ca).

**Map Distribution & Competitor Briefing:** Starting at 07:00, any one team member may pick up your team package in the Muskoka Marquee, including the race maps and directions – but only if your team has completed all aspects of registration.

At 08:30, all teams must meet for the Competitor Briefing in the Muskoka Marquee. This is when any unanswered questions are addressed, and the racecourse is reviewed. This will end at approximately 09:00, leaving each team until 10:00 to finish plotting the checkpoints, review the maps and instructions, and complete any final preparations. **DO NOT WORRY** as this is more than enough time and race staff will be available to answer your questions!

**Race Start:** If the race features a remote start, teams will be notified during registration, and again during race briefing, of the time to meet the buses. Teams will gather at the designated start area for a 10:00 mass start. At the word 'GO', your adventure begins. You must reach each checkpoint (proof is a punched passport at each CP) in the order specified at the Competitor Briefing and within the 8 hour time limit to complete the racecourse. Your team's pace is up to you – push for the win or just enjoy the authentic wilderness race experience.

**Race Officially Ends:** Teams have until 18:00 (or 8 hours from race start) to complete the entire racecourse. Teams finishing within the 8-hour time limit and who have reached each checkpoint in order will be recorded in the final standings as a ranked team. If your team does

not finish before the cut-off time or if you miss a checkpoint, we will still rank your team, but after those that have finished in time, or completed all checkpoints.

**Dinner and Awards:** The participant dinner is served at 17:00 and the prizes and special awards presentation begins shortly after 18:00 (once the racecourse is closed and all competitors are off the course).

The top 5 teams in all three categories (male, female & coed) will receive discounted entries to the Frontier Adventure Challenge Fall Classic and Championship, and/or adventure racing gear and prizing from Frontier and other sponsors.

**Prizing:** **NEW this year: \$1000 in cash prizing** among the winning teams, including \$500 for the top team overall!

One random team will walk away with a **FREE TEAM ENTRY TO RAID THE NORTH - ESPRIT RAFTING**. We'll make the draw at the wrap-up party, so make sure you stick around, and keep that weekend free!

As well, the top team in each category wins a **50% discounted entry** to the Frontier Adventure Challenge Fall Classic and Champs in September. Plus, prizes for performance on the course, participation in post-race activities and storytelling, and random prizing just for the heck of it!

### **3. THE WEEKEND**

There are actually two races happening in one weekend. The Frontier Adventure Challenge on Saturday follows our usual schedule. But something new this year – the **Sault College Adventure Challenge** – runs on Sunday. A real adventure race, for high school students! In partnership with Sault College, Milk, Huntsville, CTV, and other sponsors, this event has attracted almost 70 teams of students from across the province. All day Saturday, they'll be participating in workshops with high profile athletes to prepare for their race, and college students from Sault College will be helping with the Frontier AC.

**Accommodations:** **Deerhurst Resort** is offering incredible rates for racers, volunteers and their friends and families - over 50% off!

An incredible facility with unbelievable amenities, Deerhurst offers everything from standard hotel rooms to condos with kitchens, balconies and fireplaces. Join us for the athlete's village environment! Just let them know you are with the **Frontier Adventure Challenge**.

For bookings or info on Deerhurst, click [here](#), or call 1.800.461.4393.

**Pre-Race Social:** Everyone is encouraged to hang out in the registration area Friday night starting at 19:00. We'll be previewing our recent Mexico AR Training Camp video, show some other race videos, have some tunes playing, and give you a chance to scope out the competition!

**Post-Race Party:** Everyone involved in both races will be together Saturday night for dinner and the party, so it's bound to be a classic. We're expecting well over 300 people with everyone combined, so plan to stay! Deerhurst is providing professional bar services, and a local DJ will keep the beat thumping for those with energy still to burn. Let's show Huntsville how adventure racers party!

#### 4. FRONTIER ADVENTURE CHALLENGE SERIES SPONSORS:

##### SIMON RIVER SPORTS

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*Simon River Sports*



Top teams have experienced the incredible advantage when using high quality kayak paddles for canoeing sections. Simon River Sports is the leading producer of lightweight, portable paddles for adventure racing!

**Contribution:** *Simon River Sports Paddle Rental Program*

##### INTREPID TRAVEL

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For travelers with a yearning to get off the beaten track, Intrepid opens up a whole new world. With a huge variety of travel styles available, Intrepid travelers explore the world's most amazing places – discovering real people, real cultures and having incredible real life experiences along the way.

[www.intrepidtravel.com](http://www.intrepidtravel.com)

**Prizing:** All this season, enter to win a trip for two to Morocco! Immerse yourself in Morocco's exotic culture, while cycling and hiking around inspiring mountain scenery. The contest kicks off May 5<sup>th</sup>. For complete details and to enter online visit [www.far.on.ca](http://www.far.on.ca)

##### AMBLER MOUNTAIN WORKS

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**Prizing:** *Ambler Headgear*

##### RYDERS EYEWEAR

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Ryders Eyewear, based in adrenaline sport mecca North Vancouver, British Columbia, puts their backyard to good use testing the endurance and performance attributes of their eyewear products. Ryders is the leader in the price point eyewear category, providing quality performance eyewear at an amazing value in the biking, wintersports, motorsports and lifestyle categories.

**Prizing:** *Ryders Eyewear*

## PRINCETON TEC

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weather experiences and survival situations.

Using the finest materials available, **PRINCETON TEC** sport lights are built to provide maximum performance in any weather condition, offering waterproof integrity up to 2,000 feet. The Matrix headlamp is perfect for a wide variety of activities due to its long burn time. This sport light is perfect for orienteering, trekking, adventure racing, long expeditions,

**Prizing:** *Princeton Tec Headlamps*

## PRISTINE

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All water for FAR Inc. TAs and remote CPs is taken from nearby streams and lakes and treated with **PRISTINE** Water Purification Systems. No garbage is created and harmful agents are eliminated. **PRISTINE** provides safe drinking water anywhere in minutes.

**Contribution:** *Water treatment for all remote CPs and Tas*

**Prizing:** *Pristine Water Treatment kits*

## SUPER WOOL SOCKS

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Extreme and the Frontier Adventure Challenge. These Superwool® socks are bound to get you from the start to the finish line with your skin intact! Smart Compression technology ® will keep your blood circulating in even the toughest conditions.

What are the three most important words in adventure racing? SOCKS SOCKS SOCKS! **The Great Canadian Sox Company** is proud to be the official sock of Raid the North, Raid the North

**Prizing:** *Super Wool socks*

## GET OUT THERE MAGAZINE

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Distributed free-of-charge at health and fitness clubs, sporting goods and outdoor retail stores, sports medicine facilities and amateur sporting events, each issue of Get Out There features a comprehensive sports and outdoor event calendar, gear and new product reviews, and sports-related articles with a local focus. Look for your free copy of Get Out There at all Frontier Adventure Races or visit us on-line at [www.getouttheremag.com](http://www.getouttheremag.com) to find Get Out There at a location near you!

Get Out There magazine is the ultimate information resource for sports and outdoor enthusiasts across the Greater Toronto Area.

**Contribution:** *Free magazines to all competitors and volunteers.*

## **5. MANDATORY GEAR LIST**

The Mandatory Gear List must be downloaded at [www.far.on.ca](http://www.far.on.ca).

The Gear List contains additional information about gear checks, and suggested additional gear for the race.

## **6. RACECOURSE DESCRIPTION – NOTES FROM THE FIELD**

Huntsville is truly an outdoor adventure destination. The historic Town Centre is surrounded by large rural areas of forest, lakes (the municipality boasts 144 lakes!) and wetlands. With Arrowhead Provincial Park and world-famous Algonquin Provincial Park close by, Huntsville is well known as a nature, recreation and resort destination.

Early May can be unpredictable in Muskoka, but the snow has cleared out, the ice is gone, the ground isn't as muddy as it might be, and the water is actually quite warm.

The weather on race day, however, will determine much of your clothing choice. Check the race website for a direct link to weather in Huntsville, and prepare accordingly.

In this section you will find information specific to the disciplines of the race and conditions you can expect. Remember these events can be in any order and may be repeated depending on the course; which remains secret until the day of the event.

### **Mountain Biking**

There are many cottage and dirt roads in Huntsville which bring you back to beautiful lakes and secluded spots. Expect the Mountain Biking to be from 20-25 kms consisting of some paved and dirt roads and muddy snowmobile trails. The ground is quite soft in early May and your wheels may sink slightly in the mud. Wider tires may help float your bike.

### **Trekking**

Expect a combination of on- and off- trail trekking / running covering approximately 5 - 8 kms. There are many trails and roads that are not shown on the standard maps given to you at registration. We will always do our best to ensure an even playing field and eliminate the local advantage by giving you all the information we have that is not shown on the map.

### **Paddling**

The paddling will definitely be the highlight of the race and you can expect some awesome class 1 and 2 white water with several manned portages. Even though you will be paddling three to a canoe in white water don't worry! The water is shallow, very safe and surprisingly warm for this time of year. We will have lots of skilled whitewater safety staff all the way from [Esprit Rafting](#) to show you the portages and to offer some tips to get you through the tough spots.

## **7. FORMS TO COMPLETE**

**Team Roster**: When your team signed up for the event, this race was added to your team profile's **REGISTERED RACES** summary. It asks you to '*Update your Team Roster*' by clicking on the race. Please do so as your team will otherwise have to fill out additional information on race day – time consuming for your team and extra work for us. To do this:

- At [www.far.on.ca](http://www.far.on.ca), select "create/update your profile"
- Log into your profile using your email and password
- This page allows you to add new team members, change your team name, or select the roster for this race from your list of team members (by selecting the race at the bottom of the page).

**Completed Forms for Race day**: Please complete the following forms for EACH team member and bring them with you to the host site on race day. This will speed up the on-site registration process for your team, giving you more time to prepare for the start of the race. For even more efficiency, we encourage teams to fax their forms to us in advance at 1.866.876.8470 (please fax as a complete set for your team).

- Medical Form
- Waiver of Liability
- Image Release Form

**FRONTIER ADVENTURE RACING  
COMPETITOR MEDICAL FORM**

*(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
hypo-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: \_\_\_\_\_



## WAIVER AND ASSUMPTION OF RISK

I, the undersigned, do understand and hereby acknowledge and agree that participation in a Frontier Adventure Racing Inc.-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 which include, but are not limited to, factors related to 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 in all respects 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 Racing Inc. 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 Racing Inc. 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 Event 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 Racing Inc., its employees, directors, volunteers, heirs, successors, sponsors, partners and all other individuals or organizations involved or associated in any way with Frontier Adventure Racing Inc. and their adventure race series (the "**Organizers**"), on my own behalf and on behalf of my heirs and successors, from any liability 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, except for liability arising out of the gross negligence of the Organizers.

***Please Print Clearly:***

Event Name: \_\_\_\_\_

Date: \_\_\_\_\_

Participant's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Signature: \_\_\_\_\_

(Signature of parent if under 18)

**RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT  
BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.  
PLEASE READ CAREFULLY!**

In consideration for allowing me to participate in any or all events and related activities of The Canadian Adventure Racing Association and Frontier Adventure Racing Inc, I hereby warrant and agree that:

1. I am familiar with and accept that there is always the risk of serious injury and death resulting from participation in any organized recreational activity particularly those involving paddling, trekking, mountain biking, swimming, navigation and like activities offered as part of the programme of The Canadian Adventure Racing Association and Frontier Adventure Racing Inc
2. I have satisfied myself, and believe, that I am physically, emotionally and mentally able to participate in this programme, and that my equipment, if applicable, is appropriate for use in this programme; and
3. I understand that all applicable rules for participation must be followed and that at all times the sole responsibility for personal safety remains with me; and
4. I will immediately remove myself from participation, and notify the nearest official, if at any time I sense or observe any unusual hazard or unsafe condition or if I feel that I have experienced any deterioration in my physical, emotional or mental fitness, or that of my equipment, or exceeded my comfort level, for continued participation in any event or related activity.

**I UNDERSTAND AND AGREE, ON BEHALF OF MYSELF, MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN THAT MY EXECUTION OF THIS DOCUMENT CONSTITUTES:**

1. AN UNQUALIFIED ASSUMPTION BY ME OF ALL RISKS associated with my participation in the any or all of the events and activities of The Canadian Adventure Racing Association and Frontier Adventure Racing Inc, even if arising from the negligence or gross negligence, including any compounding or aggravation of injuries caused by negligent rescue operations or procedures, of the Canadian Adventure Racing Association, Frontier Adventure Racing Inc, any event organizer, event venue and any and all persons associated therewith or participating therein in any capacity; or in transportation to and from such events and activities, and
2. A FULL AND FINAL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS that I have, or may in the future have, against the Canadian Adventure Racing Association and Frontier Adventure Racing Inc, all associated sponsors and partners, and their respective directors, officers, employees, coaches, leaders, contractors, agents and representatives, advertisers, volunteers, others participating in any capacity, (all of whom are collectively referred to as "the Releasees") from any and all liability for any loss, damage, injury or expense that I may suffer as a result of my use of or my presence at event facilities, or my participation in any part of, or presence at, any or all of the events and related activities of the Releasees due to any cause whatsoever, INCLUDING NEGLIGENCE, GROSS NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE RELEVANT *OCCUPIERS LIABILITY ACT* ON THE PART OF THE RELEASEES.
3. AN AGREEMENT NOT TO SUE THE RELEASEES for any loss, injury, costs or damages of any form or type, howsoever caused or arising, and whether directly or indirectly, from my participation in any aspect of the said events and related activities; and
4. AN AGREEMENT TO INDEMNIFY, and to SAVE and HOLD HARMLESS the RELEASEES, and each of them, from any litigation expense, legal fees, liability, damage, award or cost, of any form or type whatsoever, they may incur due to any claim made against them or any one of them whether the claim is based on the negligence or the gross negligence of the Releasees or otherwise.
5. AN AGREEMENT that this document be governed by the laws, and in the courts of the Province of Ontario.

**I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN SUBSTANTIAL LEGAL RIGHTS WHICH I AND MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND ASSIGNS MAY HAVE AGAINST THE RELEASEES.**

**I SIGN THIS DOCUMENT VOLUNTARILY AND WITHOUT INDUCEMENT this \_\_\_\_ day of \_\_\_\_\_, 200\_\_ at \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ (city, prov/state, country).**

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Printed name of Participant

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Printed name of Witness

# FRONTIER ADVENTURE RACING

## IMAGE RELEASE FORM

TEAM NAME: \_\_\_\_\_

RACE: \_\_\_\_\_

DATE: \_\_\_\_\_

THIS IMAGE RELEASE MUST BE READ, UNDERSTOOD  
AND EXECUTED BY EACH INDIVIDUAL TEAM MEMBER:

The undersigned, in consideration of my participation in this Adventure Race Series, does hereby grant to FRONTIER ADVENTURE RACING INC., 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.

Name: _____	Witness: _____
Signature: _____	Signature: _____
Date: _____	Date: _____

Name: _____	Witness: _____
Signature: _____	Signature: _____
Date: _____	Date: _____

Name: _____	Witness: _____
Signature: _____	Signature: _____
Date: _____	Date: _____

Name: _____	Witness: _____
Signature: _____	Signature: _____
Date: _____	Date: _____

(Parent or Guardian of participants under 18 to sign)