



HOW THE LONG COURSE RACE WORKS

COMPETITOR REGISTRATION:

All teams must check in with race staff at race headquarters to complete all paperwork. Teams will then go through a quick gear check to ensure certain key items are present. Once completed your team will receive a Competitor Kit which includes: 3 race jerseys; 3 bike plates (with zip ties); 3 Frontier Adventure Challenge Series T-Shirts; the Team Passport; 3 Dinner tickets; and promotional material. The race jerseys must be worn at all times during the race (beginning at gear check), 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).

SCHEDULE OF EVENTS:

DAY	TIME	ACTIVITY
Friday	1400 - 1800	Volunteer Check-In
Friday	1600 - 2000	Competitor Registration
Friday	2000	Map Distribution
Friday	2030 - 2115	Competitor Briefing
Saturday	0400	Race Start
Saturday	1800	Race Officially Ends
Saturday	1700	Dinner Begins
Saturday	1800	Awards & Prizes

COMPETITOR BRIEFING & MAP DISTRIBUTION:

Friday evening at 2000, one member of each team may pick up the race map and course directions, giving teams 30 minutes before the race briefing to review the course and develop any questions. At 2030, all teams must meet for the Competitor Briefing. This is when the teams are introduced, key event information is shared, any questions are addressed, and the racecourse is reviewed and explained in detail. This will end at 2115, leaving each team until 0400 to plot the Check Points, review the maps and instructions, complete any final preparations, catch some sleep, and get to the start line.

RACE START:

Teams will gather in the designated area for a 0400 mass start. The race may start at the base camp area, or it may have a remote start, in which case a time will be specified to meet buses for transport to the start line. 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 14 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.

THE RACE COURSE:

The distance of each discipline changes with each race, as the courses are always different and in response to the landscape of the area. Typically we aim to create a course with an equal amount of time on each discipline. This usually results in 35-40km of biking, 8-10 km of trekking, and 18-25km of paddling.

The navigation is enough to require you to keep a close eye on your compass, but not enough to get you lost for a day. We build the course with catching features so you'll never wander too far away! There is usually at least 3-4 km of real offtrail bushwacking, and the rest will be trailrunning or open terrain.

The biking is also dependant on the area. We try to find good, fun ATV tracks or snowmobile trails - not too technical, but rolling and interesting. There is usually a road or two, just out of necessity to connect sections.

Similarly, the paddling may have up to class 2 whitewater, but only if it's very safe, and sometimes staffed with water rescue teams. You will typically be using canoes, and most often you'll be on a lake or a gentle slow moving river.

RACE CUT-OFF:

Teams have until 1800 to complete the entire racecourse. Finishing teams within the 8-hour time limit and who have reached each checkpoint 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, you will still receive a ranking based on your distance and time as a fully ranked team, but below all teams that complete the entire course together as a team.

DINNER AND AWARDS PARTY:

The participant dinner is served starting at 1700, usually running for at least two hours (family and friends can purchase meal tickets at the Race Concierge booth). The prizes and special awards presentation begins shortly thereafter, usually by 1800 but will vary depending on the number of teams yet to finish. This is a great time to tell your team's tale of the race, meet the other teams, and thank the volunteers.

The top five teams in all three categories (Coed, Male, and Female) receive adventure racing gear from sponsors and race entry prizing or discounts, special prizes will be awarded, and several spot prizes will be given out – but you have to be there to collect your spot prize!

Dinner and Awards are followed by a licensed party, usually with a dj or live music, to encourage everyone to celebrate their achievement.