



**Fall Classic & Champs  
Red Leaves Resort  
Muskoka, ON**

**Sept 26, 2009**

**Competitor Newsletter**

**Welcome to the Frontier 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 over eight seasons of the Adventure Challenge.

Frontier Adventure Sport'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.

**Table of Contents**

1. How the Race Will Work
2. Schedule of Events
3. The Weekend
4. Sponsors & Prizing
5. Racecourse Description
6. Gear List – *Where to download*
7. Forms to Complete

Additional important information can be found on the race webpage in the Frontier Adventure Challenge section of [www.fastadventures.com](http://www.fastadventures.com). Please familiarize yourself with this information to get the most out of the event.

1. How the Race Works
2. Rules and Regulations
3. Mandatory (and Recommended) Gear List
4. Navigation Basics for the Frontier Adventure Challenge

## 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 14 hours to complete the roughly 75km 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 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 14 hour time limit. Following the race, we celebrate your achievement with an Awards Celebration including a banquet, sponsored prizes and awards, and a party! 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>	14:00-18:00	Volunteer Check-In
	16:00-20:00	Competitor Registration
	20:00	Map Distribution
	20:30-21:15	Race Briefing
	21:30-22:00	Volunteer Briefing
<b>Saturday</b>	04:00	Race Start – <i>Undisclosed location</i>
	17:00–19:00	Dinner Served
	18:00	Frontier AC Racecourse Closes
	18:00	Awards Ceremony
	19:00	Post-race party

### Friday, Sept 25 - When Adventure Begins!

#### Competitor Registration: (16:00 – 20:00)

To ensure that your team moves through Competitor Registration as efficiently as possible, please ensure your team is prepared for the following steps:

- Paperwork Check – All of your team's paperwork will be collected and filed by our staff:
  - 3 signed Frontier Waiver of Liability & Image Release forms (one per team member)
  - 3 signed CARA Waiver forms (one per team member)
  - 3 completed 'Competitor Medical' forms (one per team member)

2. Gear Check – In a separate area, our staff will check the condition and presence of **ONLY the items specified on PAGE 2 of the [Gear List](#)**. Specific instruction as to which gear bags are for which disciplines during the race will be provided in the Competitor Directions. We DO NOT need to check your bike, so please don't bring bikes into the registration area.

The Mandatory Gear List is available for download [HERE](#) or on the race page at [www.fastadventures.com](http://www.fastadventures.com)

3. Competitor Kit Pick-up – Upon successful completion of your team’s Paperwork and Gear Check, you can return to the main table to receive your team’s T-shirts, as well as Competitor Kit containing the following items:

- 3 Frontier AC Race Jerseys
- 2 bag tags for your gear (with zip-ties)
- 3 Post-Race Awards BBQ passes
- Your team passport
- Swag from our generous sponsors

As soon as you receive your Competitor Kit, please put on your Frontier AC Race Jerseys. This helps our staff to quickly identify you if need be and allows for small amounts of friendly trash talk to begin amongst teams (just checking that you’re reading this!). Follow Race Staff instructions as to where to leave your bikes and gear bags. Lastly, put your team’s Passport in a safe spot as you must have this with you at all times on the racecourse.

**Map Distribution:** Starting at 20:00, any one team member may pick up your team package, including the race maps and directions – but only if your team has completed all aspects of registration.

**Competitor Briefing** At 20:30, all teams must meet at Base Camp for the Competitor Briefing. This is when any unanswered questions are addressed, and the racecourse is reviewed. Please pay close attention to race staff at the Race Briefing as all information given here is to help your team to get the most out of your Frontier AC experience. This will end at approximately 21:15, leaving each team the rest of the night to finish plotting the checkpoints, review the maps and instructions, and complete any final preparations. Race staff will be available for at least an hour after the briefing to answer any additional questions!

### **Saturday, Sept 26 - Raceday**

**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 04:00 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 14 hour time limit to complete the racecourse as a ranked team. Remember, your team of three MUST remain within 100m of one another throughout the entire race or risk a penalty or disqualification – work together and you will move faster! Your team’s pace is up to you – push for the win or just enjoy the authentic wilderness race experience.

**Race Officially Ends:** Teams will have until 18:00 (or 14 hours from race start) to complete the entire racecourse. Teams that finish within the 14-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, you will still receive a ranking, but will follow all teams that finish complete and in time.

**Dinner:** We’ve put together a special post-race BBQ and social area for this race. Gather at the lakeside finish line at Wallace Marina starting at 2pm for BBQ burgers, chicken or ribs with “all the fixin’s”. We’ll have music playing and a social atmosphere, including beer and wine for sale. Awards will be held around 6:30 in the tented area. Join us to welcome in all the other teams, and stay to enjoy the atmosphere and race stories around the campfire on Lake Rosseau for the evening.

**Awards & Prizes:** To cap off a great day, we will be holding an Awards & Prizing ceremony beginning around 18:30, once all teams are in off the course. The winning team in each category will be awarded FREE RACING for the 2010 Frontier Adventure Challenge season!

While we have great prizing for teams in each category, we also have many special awards, draw prizes and other giveaways - so everyone who raced has a chance to win. It's also become a post-race tradition to share your crazy and entertaining stories from the race course for prizing and glory!

### **3. THE WEEKEND**

**Directions to Red Leaves Resort:** Registration will be held in the Rosseau Ballroom, at the JW Marriot at Red Leaves Resort, located just past Minnet, ON. For detailed driving directions, please visit the race webpage for a Google Directions Tool.

**Weekend Accommodations and Meals:** With all the choices of **Cleveland's House** and **The Rosseau, A JW Marriott Resort & Spa**, you'll find the perfect accommodation option for your team - from kitchenette suites with breakfast, to cabins by the lake. All just steps from Base Camp and the Finish Line, join us for one of the most picturesque Athlete's Villages ever!

Ask for the Frontier Adventure Challenge rates:

- The Rosseau 1.866.240.8605  
*book a suite for your team online*
- Clevelands 1.888.567.1177

**Rentals:** Get your gear onsite from **Muskoka Sports & Recreation:**

- Kayaks for solo racers
- Mountain Bikes
- bars, gels, clothing, throw bags, tubes, and more.

Call 705.640.2628 or [email](#).

**New and Expanded – Race Stuff Recycling Program:** Are race jerseys, bag tags and race shirts beginning to take up your valuable gear space? No room left on the wall for more? Help us to help the environment and to lower the cost of staging races by recycling any or all of these items. We would love your entire team's 'stuff' returned together, but singles are appreciated as well. Each jersey costs just over \$10, and race t's – well, they're priceless!

With your help, you can imagine the savings we will be able to invest back into the races in other ways. At each race this season, we'll make a draw from all the current season items returned at the wrap-up for special prizes from one of our sponsors. Last year, we put more than 400 jerseys back into use!

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

### **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*

### **SUPER WOOL SOCKS**

---



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 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.

**Prizing:** *Super Wool socks*

### **OTTAWA OUTDOORS MAGAZINE**

---



Ottawa and surrounding area's only outdoor adventure magazine whose readers participate in the vast number of outdoor activities in and within driving distance of Ottawa. In each issue, readers get the latest on everything from outdoor gear, clothing and equipment, to concise articles on the countless clubs, courses, trails and weekend excursions nearby.

[View the digital version online!](#)

### **GET OUT THERE MAGAZINE**

---



Get Out There magazine is the ultimate information resource for sports and outdoor enthusiasts across the Greater Toronto Area. 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 on-line at [www.getouttheremag.com](http://www.getouttheremag.com) to find Get Out There at a location near you!

[View the digital version online!](#)

## 5. RACECOURSE DESCRIPTION

You should always expect to get mucky during the trek(s), and possibly during the bike section(s). Please keep a close eye on the weather forecast for race weekend as this time of year can be unpredictable. No matter what, packing extra clothes is a strongly recommended strategy in case the weather takes an abrupt turn over the course of race day.

And remember: the Fall Classic starts in the dark, so be ready with new batteries in your headlamps and leave your fear of the dark at home.

For a great preview of some of the course highlights, without giving anything away, visit the photo gallery on the Frontier AC Facebook Page (why not become a Fan while you're there!?): <http://www.facebook.com/album.php?aid=141716&id=13561545129&l=46913f0c48>

### Trekking

Make sure to wear light, comfortable shoes and socks, and take measures to prevent blisters from the inevitable combination of wet feet, moisture, and heat. In keeping with the Frontier AC tradition of thrilling trekking sections, select your navigation strategy carefully here. For first timers, keep it simple - set your bearing, follow it in the field, and trust it until you hit your target. If you employ this strategy, you will move quickly from CP to CP and may surprise yourself with how well you do. Typically, declination will not affect your navigation as your target will be well-defined, and you will not be traveling extended distances.



The trekking in this race will feature some classic Canadian Shield terrain, and you'll encounter a wide variety of handrails and catching features. The off-trail trekking is interesting, scenic, challenging, and enjoyable – but also a bit longer than usual. For newer navigators, don't worry – you'll be able to identify your location easily every km or two. You'll discover these features will introduce a lot of strategy and options, including 'shortcuts' that may involve crossing water features.

As such, this is **very important**: have a frank discussion among your team about your comfort level and preparedness for swimming. There are appealing options in the trek section that involve crossing water, and we are not requiring pfd's for teams as these are options only.

Remember, no team has EVER become hopelessly lost in a Frontier AC event, so don't worry!

### Paddling

All three teammates will paddle together in a standard canoe. Canoes are provided for all teams, but solo racers need to provide their own boats. If you need to rent, contact **Muskoka Sports & Recreation** to coordinate a rental at **705.640.2628** or by **email**.

Typical flat-blade canoe paddles will be provided with the canoes at the Transition, but you have the option of using your own canoe or kayak paddles instead.

In Muskoka, the lake paddling is world-renowned, so it's to be expected we would feature it in this race. From wild shorelines to getaways of the rich & famous, it's all part of the experience. But the lakes can also be challenging to navigate, with islands, channels, and narrows providing a confusing view from the water. Portages are possible, and be sure to stay in touch with your map and compass.

Safety on the water is a priority concern. We will have safety boats on the water during all paddling sections, but they will not be watching your team alone, so be sure to stay within 100m of shore and always have your gear lashed to the boat.

The water in Muskoka has been very warm this summer, but in late September, it will be cooling down considerably, so be prepared with adequate gear for any possibility. Total paddling distance is usually around 15-20 km for this race.

### **Mountain Biking**

We've managed to include some great mountain biking in the Fall Classic the last few years...and this year is no exception. While testing the course, Course Designer Bob Miller and Race Director Geoff Langford agreed – it was some of the funnest biking they could remember in an adventure race!

The mountain biking will include a mix of gravel roads, singletrack, and snowmachine or ATV trails (doubletrack). You'll be cruising over swaths of exposed Shield, perpetually passing bodies of water, and constantly finding yourself distracted by the view. Some short sections are grown in and tough to ride due to ATVs on muddy trails.

Primarily, the surface is solid, and the ups and downs are not daunting, so a light knobby or aggressive semi-slick tire are probably best.

And as past participants in the Fall Classic have discovered, be sure to stay in touch with your map even while biking on trails!



### **Advanced vs. Regular Course**

At a clearly identified transition area or checkpoint, the racecourse will split – regular course and advanced course. The advanced course is a set of additional CP's your team must reach. By adding this element to the event, we aim to cater to the increasingly competitive spirit of the Series while still offering the regular course to the majority of teams.

The deciding factor as to which course your team will do is the time that your team reaches this point. If you arrive before the cut-off time for the advanced course, you are welcome to take on either course (NOTE: You are NOT forced to take the advanced course if you arrive before the cut-off time). If you do arrive after the cutoff time your team must take the regular course to the finish line. Teams completing the advanced course automatically rank ahead of the regular course finishers.

## 6. **MANDATORY GEAR LIST**

The Mandatory Gear List must be downloaded [HERE](#) or on the site at [www.fastadventures.com](http://www.fastadventures.com).

The Gear List contains a checklist of the gear you must bring to registration, information about on-course gear checks, and suggested additional gear for the race.

## 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 (at the bottom of your team profile page). 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.fastadventures.com](http://www.fastadventures.com), select 'Create/Update Profile'
- Log into your Team Profile by having the team captain enter his/her email address and password as entered at the time of registration (if you've forgotten, the database can send you a reminder)
- Type the last name of the team members you wish to add if they are not already listed on your TEAM PROFILE (this assumes that each member already has created a profile on the website)
- Click through to this Frontier AC race at the bottom section of this page
- Select the team members you are racing with at this event from the drop down menus

**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
- Frontier Waiver of Liability and Image Release form
- CARA Waiver of Liability form

**FRONTIER ADVENTURE SPORTS  
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: \_\_\_\_\_

## RELEASE WAIVER AND ASSUMPTION OF RISK

I, the undersigned, do understand and hereby acknowledge and agree that participation in a Frontier Adventure Sports & Training 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 Sports & Training 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 Sports & Training 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 Sports & Training Inc., its employees, directors, volunteers, heirs, successors, sponsors, partners and all other individuals or organizations involved or associated in any way with Frontier Adventure Sports & Training 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.

## IMAGE RELEASE

The undersigned, in consideration of my participation in this sporting event, does hereby grant to FRONTIER ADVENTURE SPORTS ("Frontier"), 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 sporting event, for use in connection with broadcasting, advertising, trade shows, exhibitions, websites, promotions, training materials or otherwise.

### ***Please Print Clearly:***

Event Name: Frontier AC Fall Classic – Red Leaves Resort

Date: Sat, Sept 26, 2009

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 Sports & Training 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 Sports & Training 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 Sports & Training 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 Sports & Training 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 Sports & Training 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