



KELOWNA, BC SEPT 11-13, 2009

WELCOME! Thank you for volunteering with Frontier Adventure Sports & Training Inc. We are extremely excited to have you along with us for this memorable weekend of the Raid the North and Valhalla Pure Adventure Challenge events in Kelowna, BC.

For the volunteers, each race offers an opportunity to see first-hand what this sport is all about. In fact, this experience often spurs people like you to enter a team in later races or come back again and again as a volunteer. You are an integral part of this event's success and we will strive to make your experience a memorable one!

This volunteer newsletter includes information on volunteer roles, preparation for the race, a schedule of the weekend's events and the volunteer waiver forms. **PLEASE READ THROUGH ALL OF THE MATERIAL AND FAX IN THE FORMS (1.866.876.8470).**

We welcome your feedback on the content of this update, particularly topics you would be interested in receiving more information on. Please contact me with any questions or concerns.

Thank you so much for your volunteering your time on race weekend!

Sincerely,

Geoff Langford
Race Director
Frontier Adventure Sports
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416.783.4464

FRIDAY – RAID THE NORTH OVERVIEW

A critical element of staging a successful adventure race is a dedicated team of volunteers. Volunteers are a much needed source of information for support crews and competitors out on the course. They are also 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 can expect during your weekend with us.

Volunteers will arrive on the Thursday or Friday prior to the race. During the day on Friday volunteers will check-in at volunteer registration which will be located at The Cove Lakeside Resort. Volunteers can either help with competitor registration or settle in and wait for the race briefing. At 4:00 p.m. all volunteers are invited to attend the race briefing. This race briefing is mainly for the competitors, but it is a great source of information about the course and the rules and regulations.

Immediately following the race briefing, we will be holding a volunteer briefing at approximately 5:30 p.m. This is when we provide you with an overview of the course, volunteer positions and processes. We will go over the particulars of your position, and hand out any necessary equipment (radio, CP tracking sheets, 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 Raid the North race begins 4:00 a.m. on Friday. 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 trek, bike or paddle in. 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.

At your station you will be our eyes and ears, and we will be depending on you to supply us with on going race information. We will brief all volunteers on radio protocol before the race. 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. At this time 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.

The Raid the North race officially ends at 4:00 p.m. on Sunday (36 hours after the start), but we do allow teams to continue on the course until 6:00pm at which point competitors will be pulled from the course. At 5:00 pm on Sunday you are invited to the Awards Banquet, which includes dinner and an 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. We would love to have you there.

Saturday – VALHALLA PURE ADVENTURE CHALLENGE OVERVIEW

Most teams will arrive for registration Friday night, and some early Saturday morning, in order to register, get their gear sorted out, and prepare for the unveiling of the racecourse at the Race Briefing Saturday morning. The course is kept secret until this point. Once teams have their maps and racecourse instructions, they will plot the checkpoints and plan their strategy for the race.

At the word 'GO!' teams of three will make their way across the unmarked racecourse by Trekking, Paddling, and Mountain Biking (in any order). The winner will be the first team who reaches all required checkpoints in the specified order and crosses the finish line.

During the race, the checkpoint staff record when each team reaches their area, race headquarters keeps a master-tracking sheet to monitor the progress of each team in the race, and the medical crew are on standby in the unlikely case of an injury. Upon the completion of the race, there will be a dinner and awards banquet to cap off the day.

1. WEEKEND SCHEDULE

Unless otherwise noted, all registration & briefing occurs in The Cove's Grand Ballroom, and all finish line, meals, and awards occur in The Cove's beach and pool areas.

Friday

All day	Volunteer Check-In
1000 – 1530	Raid the North Registration
1600 – 1700	Raid the North Race Briefing
1730 – 1830	Volunteer Briefing
1700 – 2100	Valhalla Pure Adventure Challenge Registration
1900 – 2300	Pre-Race Pasta Dinner & Social

Saturday

0400	Raid the North Race Start <i>Undisclosed Location</i>
0700	Valhalla Pure AC Map Distribution
0700 – 0830	Valhalla Pure AC Registration continues
0830 – 0900	Valhalla Pure AC Race Briefing
1000	Valhalla Pure AC Race Start <i>Undisclosed Location</i>
1700 – 1900	Valhalla Pure AC Dinner Served
1800	Valhalla Pure AC Racecourse Closes
1830	Valhalla Pure AC Awards & Post-Race Party

Sunday

1600	Raid the North Racecourse closes
1700 – 1900	Raid the North Dinner Served
1830	Raid the North Awards & Post-Race Party

2. VOLUNTEER ROLES

When you registered to volunteer for the Raid the North or Valhalla Pure Adventure Challenge event, you chose a few positions you would be interested in. The following will provide you with further insight into the most common volunteer roles at our events. If you have never volunteered before, this information will help you decide how you would like to be involved.

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 located at the finish line and serves as the command centre for both races. 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.

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. 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. When all teams have passed through the next checkpoint, the Race Leg Manager will contact you to shut down your 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.

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. Volunteers here can expect to camp out over night and make their way out by bike or hiking. All volunteers for remote checkpoints will be escorted to their checkpoint by the race staff. It is a wonderful chance to experience Canada's spectacular wilderness and have the opportunity to interact with teams in the midst of their racing experience.

Transition Area: Transition Areas are checkpoints which are located between legs of the race – usually a change over from one discipline to another. These checkpoints are the only areas on the RTN course that teams can meet up

with their support crew to re-supply. This area will be stationed with a minimum of four people, some of which are usually medics. In addition to tracking competitors, you will also be responsible for tracking support crews. It is a fun role, but one that definitely requires organizational and leadership skills.

Race Staff Assistant: The core Frontier race staff consists of 5-6 people – the course designer, race director, mobile HQ, Base Camp Manager, etc. For safety and sanity, we need fresh, rested partners to drive, check maps, monitor communications, help out at CPs or TAs or wherever we are – basically acting as a personal assistant in shifts. This role is a great opportunity to see the overall flow and challenges of managing an adventure race from behind the scenes.

Unsupported Option Crew (RTN only): Teams who choose to compete without a support crew, have the option to use a team of volunteers known as the “Unsupported Option Crew” to transport their gear to each transition area. Volunteers on the Unsupported Option Crew will be responsible for preparing food for these teams and coordinating gear at transitions. You ARE NOT responsible for packing any teams’ gearbox, the teams are responsible for this. You will, however, have to make sure that each teams’ gear is organized (all in one place) and when they have left the transition area and have packed their gear that it is put in a truck to be moved to the next area. This position is very involved and will require you to take only intermittent naps during the 36 hours course. You will get the chance to travel the racecourse, and will gain the most exposure to the intricacies of adventure racing. We have a number of experienced teams in this race that require support. Volunteering as an unsupported crew member may be a great opportunity to see some of the top teams and how they perform during a race.

Medical Team: Frontier has a great professional medical team. The AR Medics have years of experience and know what adventure racing is all about. Some medical staff assist in search and rescue situations while the majority monitor and assist teams as they pass through transition areas. Medical teams are positioned according to qualifications. If you have the minimal requirements of First Aid, CPR, or Wilderness First Aid you can assist any of the qualified medics. If you are a qualified medic or above you will be in charge of caring for the competitors and assessing their condition as they come into transition areas.

Gear Truck: For the Valhalla Pure Adventure Challenge only, all competitor gear is transported around the racecourse by cube trucks. This is the most important job in terms of making the race seamless for each racer – their bike mysteriously shows up later in the race for them! Timing and organization is critical in this role. The great thing about the gear trucks is that you have immunity from bad weather and your own stereo!

3. 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 for the entire weekend. Please remember to bring with you packaged food that can be prepared with or without a camp stove. Also remember to pack plenty of fluids and refillable containers.

4. 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 1-2 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
- Digital watch
- Tent and tarp (umbrellas are useful)
- Sleeping bag / Sleeping Pad/ Pillow
- Stove, fuel and cooking utensils
- Plastic bags for keeping things dry and for garbage
- Food & Water
- Flashlight and/or headlamp
- Matches
- Hat and sunglasses
- Bug repellent, sunscreen, lip balm
- A small first aid kit
- Toilet paper
- Entertainment: a book, football, frisbees, etc.

5. FORMS TO FILL OUT AND SUBMIT

The following forms should be completed in advance and faxed in (1.866.876.8470) or brought to the event: Volunteer Information, Image Release Form, Medical Form, and Waiver (Frontier and CARA)

VOLUNTEER INFORMATION
RAID THE NORTH & VALHALLA PURE ADVENTURE CHALLENGE
SEPT 11-13, 2009
KELOWNA, BC

Name: _____

1. When will you arrive at the race site?

- | | | |
|---------------------|--------------|----------|
| Thursday Morning() | Afternoon() | Night() |
| Friday Morning() | Afternoon() | Night() |
| Saturday Morning() | Afternoon() | |

Other _____

2. When will you need to leave?

- | | | |
|-------------------|--------------|----------|
| Sunday Morning() | Afternoon() | Night() |
| Monday Morning() | Afternoon() | Night() |

Other _____

3. Will you be attending the Awards Banquet on Saturday?
Sunday?

- | | |
|---------|--------|
| Yes () | No () |
| Yes () | No () |

4. Would you like to reserve a campsite? If yes, please indicate for which nights:

- | |
|--------------|
| Thursday () |
| Friday () |
| Saturday () |
| Sunday () |

5. Are you willing to use your car during the race?

- | | |
|---------|--------|
| Yes () | No () |
|---------|--------|

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

6. Other Comments:

VOLUNTEER RELEASE WAIVER AND ASSUMPTION OF RISK

I, the undersigned, do understand and hereby acknowledge and agree that participation as a volunteer at an adventure race (the "**Event**"), that may include but is not limited to activities such as trekking, paddling, mountain biking, orienteering 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 I may not receive normal levels of rest, food and water during the Event. I am volunteering to assist with the Event with the knowledge that I am responsible for my own physical and mental well-being in all respects during my participation as a volunteer in the Event.

In consideration of the organizers of the Event permitting me to volunteer with 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 Event, liable for any personal injury, death or damage to any property and/or equipment that may occur during my participation in the Event as a volunteer or in any way associated with my participation in the Event as a volunteer.

I further agree and acknowledge that:

- 1) I have read all materials provided to me containing instructions and details concerning my role as a volunteer with the Event and I understand the demands that will be placed upon me in this role as a volunteer.
- 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 as a volunteer 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 fellow volunteers and, if the physical health of any such volunteers appears compromised, I will inform an Event staff or volunteer of such condition immediately.
- 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 as a volunteer, 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, heirs, successors, sponsors, partners and all other individuals or organizations involved or associated in any way with Frontier Adventure Sports and the Event (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 as a volunteer, except for liability arising out of the gross negligence of the Organizers.

IMAGE RELEASE

The undersigned, in consideration of my participation as a Volunteer with Frontier Adventure Sports, 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 as a Volunteer with Frontier, for use in connection with broadcasting, advertising, trade shows, exhibitions, websites, promotions, training materials or otherwise.

Event Name: _____ Raid the North / Valhalla Pure Adventure Challenge - Kelowna, BC _____

Date: _____ Sept 11-13, 2009 _____

Volunteer Name (please print): _____

Signature: _____

If under 18, Parent's / Guardian's Signature: _____

**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, 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
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, 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, 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, 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 SPORTS 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: _____