



**Kelowna, BC**

**Sept 12, 2009**

## **Competitor Newsletter**

### **Welcome to the Valhalla Pure 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.

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Additional important information can be found on the Valhalla Pure Adventure Challenge page 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 Valhalla Pure Adventure Challenge

We're thrilled to bring the **Valhalla Pure Adventure Challenge** experience to Kelowna. Russ & Wendy Gardner, along with Chris Koch, hosted the Valhalla Pure Challenge in Kamloops for several years, and we're excited to partner with them to bring a new version of the event to Kelowna.

Race Director Geoff Langford and Course Designer Mark McCann have been working all summer to create a memorable first year event.

And Valhalla Pure Outfitter's new Kelowna location opened on Hwy 97 in August, just in time to support Kelowna's growing adventure racing community.

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

The Valhalla Pure Adventure Challenge 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 unmarked racecourse. The order and exact length of each discipline will 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, we'll 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>	17:00-21:00	On-Site Registration
	19:00-23:00	Pre-Race Social
<b>Saturday</b>	07:00-08:30	On-Site Registration
	07:00	Map Distribution
	08:30-09:00	Race Briefing
	10:00	Race Start – <i>Undisclosed location</i>
	17:00-19:00	Dinner Served
	18:00	Valhalla Pure AC Racecourse Closes
	18:30	Awards Ceremony
	19:30	Post-race party
<b>Sunday</b>	all day	Cheer Raid the North teams at the finish line!

**Friday - When Adventure Begins!**

Competitor Registration: (17:00 – 21:00)

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

1. 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)

\*You can save time by completing and faxing these forms in advance – they are all attached at the end of this Newsletter.

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 Race Jerseys
- 3 Bike Plates (with zip-ties)
- 2 bag tags for your gear (with zip-ties)
- 3 Post-Race Banquet passes
- Your team passport
- Swag from our generous sponsors

As soon as you receive your Competitor Kit, please put on your 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!). In addition, you must attach your bike plates to the FRONT of each bike and 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.

**Saturday - Raceday**

**Competitor Registration:** All remaining teams must check in with race officials to complete all paperwork, the Gear Check, and receive the Competitor Kit.

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

At 08:30, all teams must meet for the Competitor Briefing. This is when the racecourse is reviewed, and any unanswered questions are addressed. This will end at approximately 09:00, leaving each team until 10:00 to review the maps and instructions, finish plotting the checkpoints, and complete any final preparations. 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 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 8 hours from race start) to complete the entire racecourse. Teams that finish 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, you will still receive a ranking, but will follow all teams that finish complete and in time.

**Dinner:** In an effort to offer hot food to all teams, we will serve the Post-Race dinner from 17:00 – 19:00. This way, teams finishing the racecourse quickly will not have to wait too long for their food while later finishing teams will be welcomed back to Base Camp by a delicious, hot meal.

**Awards & Prizes:** To cap off a great day, we will be holding an Awards & Prizing ceremony beginning soon after 18:00, once all teams are in off the course. The top team in each category wins a **50% discounted entry** to the [Frontier Adventure Challenge Fall Classic and Champs](#) in September.

While we have great prizing for the top 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!

**Race Stuff Recycling Program:** Are race jerseys, bike plates, and bag tags 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, bike plates almost \$4, so 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 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!

### **3. THE WEEKEND**

**Directions to Kelowna:** Visit the [race web page](#) for a Google tool to provide driving directions to Race HQ in Kelowna.

**Accommodations:** We'll be based at [The Cove Lakeside Resort](#), on Gellatly Bay in West Kelowna – a fantastic new resort right on the water, with a beachfront walkway, pools, hot tubs, a water slide and private marina!

**1-877-762-COVE (2683)** - ask for the special **Raid the North** rates: \$229 for a 2-bedroom suite with pull-out couch, full kitchen, 2 bathrooms, fireplace, balcony and more.

**Meals:** Dinner on Saturday night at the Awards is included in your entry fee. We'll be enjoying dinner poolside, steps from the outdoor bar, the beach and the finish line, to create an amazing atmosphere.

Meanwhile, The Cove is offering great meal options for Friday night pre-race pasta dinner, and a Sunday morning breakfast.

## 4. **VALHALLA PURE ADVENTURE CHALLENGE – KELOWNA SPONSORS:**

### **WORMAN HOMES | WORMAN COMMERCIAL**

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Our title sponsor, Worman is a distinguished local builder of homes and commercial properties. Brothers Cam and Shane Worman have been a part of competitive Team PURE in Canadian adventure racing for years, winning Raid the North Vernon in 2004.

### **VALHALLA PURE OUTFITTERS**

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Valhalla Pure Outfitters has been part of the western Canadian outdoor adventure lifestyle since 1990, and now has almost 20 across B.C. and Alberta. Adventure Racers Russ and Wendy Gardner own and operate VPO in Kamloops, Vernon, and newly-opened Kelowna!

**Prizing:** *clothing, gear and other great stuff from VPO and their suppliers*

### **KELOWNA CYCLE**

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Locally owned and ridden since 1948, Kelowna Cycle is one of the oldest bike shops around. Carrying a very Canadian patriotic range of road, mountain, BMX, Cruisers, comfort and hybrid cycles, plus all the accessories you need.

**Prizing:** *A wide variety of cycling gear, clothing and accessories.*

### **TREE BREWING**

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Tree Brewing Company takes craft brewing seriously, brewing locally in small batches using only malt, hops, yeast and water to produce high quality, award-winning beer. Tree is generously providing all race participants with a free beer at registration and the awards dinner. We'll also have some great Tree Beer prize packages. Enjoy!

### **SUN FM**

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Part of the Astral Media Group, Sun FM is our official media partner for Raid the North. Sun FM is Kelowna's Best Music, and is providing great local exposure for the race, as well as joining us onsite with samples, prizing, and great music. The Sun FM cruiser will also be on the water with race staff keeping teams safe and capturing photos.

### **SIMON RIVER SPORTS**

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*Simon River Sports*



**SIMON RIVER SPORTS** has taken paddling in adventure racing to a new level. Canadian-made, featuring 2, 3 and 5 piece, universally adjustable carbon fibre wing paddles, there's simply no comparison in the marketplace.

**Sponsored Rental Program:** All Raid the North and Adventure Challenge events have a selection of Shark, Rebel and Kicker paddles for rent. Availability and bookings are on the race webpage.

## 5. **MANDATORY GEAR LIST**

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

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.

## 6. **RACECOURSE DESCRIPTION**

You should always expect to get wet during the trek(s), and possibly during the bike section(s) – even during the driest part of summer, we like to find the creeks and hidden wet areas! Please keep a close eye on the weather forecast for race weekend (we've provided a direct link via the race webpage). 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.

### **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 our tradition of challenging 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.

Remember, no team has EVER become hopelessly lost in an Adventure Challenge, so don't worry!

### **Paddling**

All three teammates will paddle together in a standard canoe. 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, or [you can rent](#) light & fast, multi-piece Simon River Sports kayak paddles from Frontier.

**SOLO RACERS:** Canoes are provided for all teams, but **solo racers need to provide their own boats** (kayaks, solo canoes, duckies, etc). For help with selecting the right boat, or rental information, contact Kelowna's new Valhalla Pure Outfitters at 778.478.9600. VPO also has additional paddle rentals.

Safety on the water is a priority concern. Any river sections will be well-scouted and confirmed as safe with local paddling experts. For lake paddling, we will have water safety boats, and we keep a close eye on wind/weather issues.

Total paddling distance is usually around 10-12 km for this race.

### **Mountain Biking**

The mountain biking is typically a mix of gravel roads, singletrack, and snowmachine or ATV trails (doubletrack). Make sure your granny gear is in working order as we typically provide some good uphill for you, but you're usually rewarded for your work with a spectacular view and some fun downhill.

**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 may choose to tackle.

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.

By adding this element to the event, we aim to cater to the increasingly competitive spirit of the Series while still offering a fun and challenging regular course to the majority of teams.

**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 team member already has created a profile on the FAST website)
- Click through to this Valhalla Pure 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 email or fax their forms to us in advance at 1.866.876.8470 (please send as a complete set for your team).

- Medical Form
- CARA Waiver of Liability
- Frontier Waiver of Liability & Image Release 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: Valhalla Pure Adventure Challenge Kelowna

Date: Sat, Sept 12, 2009

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

Team Name: \_\_\_\_\_

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