



## **WHAT IS RAID THE NORTH EXTREME?**

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- A 6-day expedition-style adventure race occurring only once per year, Raid the North Extreme is a race for experienced teams only. As one of only seven qualifier races worldwide for World Championship Adventure Race, Raid the North Extreme is a regular stop on the international adventure racing circuit attracting the top teams in the sport. Strong navigation skills and wilderness savvy are paramount in this race as the course covers roughly 450 kms of unmarked terrain. Raid the North Extreme is the only expedition-style race in Canada and considered one of the toughest and best run races in the world. Each year the race travels to a new and exotic part of Canada that has exceptional natural beauty and rugged wilderness challenges.
- Mixed gender teams of four have up to 6 days to cover 450 kms by trekking, mountain biking, paddling and mountaineering. Where possible, traditional modes of travel indigenous to the host region are included in the race (The Newfoundland race included Dory rowing). The racecourse is designed to include many decision-making points for teams where there are multiple routes and challenges that do not have obvious solutions. Inexperienced teams are discouraged from competing, as there are significantly long sections of remote wilderness where rescue is difficult.
- Raid the North Extreme is seen as the toughest and most prestigious race in Canada and one of the toughest in world. It has a reputation for impeccable logistics, thoughtful and challenging course design and for true wilderness challenges. It consistently offers the most remote terrain and off-trail trekking of any adventure race in North America. Although the organization and infrastructure around the event has been impeccable and the media coverage extensive, the Extreme remains a true wilderness challenge. It's just the competitors against the harshness of the land and the unforgiving elements.

## **WHERE IS RAID THE NORTH EXTREME 2001 TAKING PLACE?**

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- Scheduled for August 25-30, this year's Raid the North Extreme race is being held in the Yukon Territory, based out of the City of Whitehorse. The Yukon Territory was selected for this year's race because of its expanse of untouched wilderness and rich history and culture. At roughly the same size as California, but with 1/1000th the population (yet it has North America's largest population of grizzly bears), the Yukon is one of the last wilderness frontiers. First Nations peoples have been there for more than 20,000 years and in some places still live a traditional lifestyle. To showcase this rich history and culture, Raid the North Extreme's racecourse this year will follow many old First Nations hunting and trading routes as well as visit historic sites, some of which are still active.

## **RAID THE NORTH EXTREME - QUICK FACTS**

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- Raid the North Extreme presents a variety of disciplines depending on the region and the terrain surrounding the host site. All races incorporate varying lengths of each of the following disciplines: canoeing, mountain biking, rappelling, whitewater paddling, trekking and bushwhacking. Competitors must navigate their own path between the checkpoints scattered across the 450+ km, unmarked course.
- Canada's abundance of crown land provides race organizers with the freedom to design a difficult course without limitations on land use. Raid the North Extreme is, and will continue to be, known for its ability to provide competitors with extremely difficult off-trail trekking and bushwhacking segments, which are virtually unmatched in North America.

- Raid the North Extreme courses are designed to have minimal impact on the environment they encounter. It is our policy to not put any markings on the course, cut any vegetation or create new trails, and we always avoid sensitive areas. Teams are bound by a strict set of rules that forbid them from leaving anything out on the course. All waste must be packed up and brought back to a transition area.
- Last year Raid the North Extreme was captured in a two-hour special on the Outdoor Life Network, which aired in Canada and the U.S., as well as TSN, Canada's most watched sports network. This year's Extreme has attracted similar interest from a few major television networks in both Canada and the US.
- In addition to being a qualifier for the Adventure Racing World Championships, there will be a total cash purse for Raid the North Extreme 2002 of \$30,000 CDN.
- Updates of the race competition including a leader-board, daily footage, pictures, and competitor comments will be available globally throughout the race on the Internet at [www.RAIDTHENORTH.com](http://www.RAIDTHENORTH.com) and Internet partner, [www.ARExtreme.com](http://www.ARExtreme.com).

### **WHO MAKES UP A RAID THE NORTH EXTREME TEAM?**

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- Each team consists of four athletes, with at least one member of the opposite sex. All competitors are 18 years of age or older.
- Raid the North Extreme competitors come from all across Canada and the United States and tend to have broad multi-sport experience and/or extensive outdoor skills. As Canada's reputation grows as an ideal location for adventure racing, FAR is seeing more interest from international teams. Last year we had eight countries represented at the race, including Mexico, Argentina, Spain, France, Finland and New Zealand.
- Team biographical information is available by contacting Frontier Adventure Racing Inc. and will be made available on the Internet at [www.RAIDTHENORTH.com](http://www.RAIDTHENORTH.com) as it is received.

### **HOW DOES FRONTIER ADVENTURE RACING INC. HELP PREPARE TEAMS FOR THE RAID THE NORTH EXTREME?**

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- Extreme competitors are athletes and serious outdoor enthusiasts who possess the skills and dedication required to complete a race of this length. Each team conducts their own training that usually includes endurance and overnight sessions to prepare the mind and body for this Extreme test.
- Race management issues frequent FAR newsletters with information designed to assist competitors with pre-race training and preparation. The newsletters contain required gear lists, skill requirements, and training recommendations. However, no specific course information is given, as this remains secret until the race briefing held only hours before the start.
- FAR newsletters also provide detailed information on local transportation, accommodations, and entertainment to make the racing experience as enjoyable as possible for team members and their friends and family.
- Race management is also available to answer questions and provide guidance prior to the start of the race.

## **HOW DO RACE ORGANIZERS DETERMINE THE HOST SITE FOR THIS RACE?**

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- A host site must have unique stunning highlights, designed to showcase the most spectacular wilderness that Canada has to offer.
- An abundance of rugged terrain that allows course designers to incorporate the variety of disciplines that make up an adventure race.
- A local community that has the ability to provide access to the essential support facilities a race of this magnitude requires.
- The support of local communities throughout the planning and implementation of a race allows organizers to quickly seek out local resources and maximize the success of the race. This often results in being able to expand the number of teams and improve the overall level of competition.
- Race management also considers the impact on the natural environment and the ability to provide and maintain a suitable safety net to all competitors from the start of the race through to the finish.

## **WHAT MAKES RAID THE NORTH EXTREME DIFFERENT FROM OTHER RACES?**

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- Raid the North Extreme is the only six-day, non-stop, expedition-style adventure race being run in Canada.
- Raid the North Extreme provides some of the most difficult off-trail trekking and bushwhacking in North America.
- Raid the North Extreme is designed and coordinated by two active international adventure racers. This ensures that all races provide competitors with a level of difficulty comparable to some of the world's top races.

## **WHERE HAS THE RAID THE NORTH EXTREME TAKEN PLACE?**

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- This is the fourth annual Raid the North Extreme. It has been previously hosted by Elliot Lake, Ontario in 1999, Revelstoke, British Columbia in 2000 and Newfound & Labrador in 2001.

## **WHAT TEAMS HAVE WON RAID THE NORTH EXTREME IN THE PAST?**

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- Raid the North Extreme 1999 and 2001 was dominated by U.S. team, Salomon/Eco-Internet. In 1999 this team led most of the race and finished more than a full day ahead of second place and in 2001 they beat out the Finnish team, Nokia by 39 minutes. Team Salomon/Eco-Internet is considered the number one and most successful adventure racing team in the world. They have won virtually every major adventure race including New Zealand's Southern Traverse, Raid Gauloises, and the Discovery Channel Eco-Challenge. Their Raid the North Extreme team was made up of Robert Nagle (Captain), Ian Adamson, Robyn Benincasa, and Issaac Wilson (1999) / Michael Kloser (2001).
- Raid the North Extreme 2000 was won by Team TD Evergreen Spirit from London, Ontario. A second time Extreme competitor, Spirit, who did not finish the 1999 Extreme race, came out on top in 2000 nearly three hours ahead of the second place finisher. With over five years of racing experience competing in some of the most prominent races in the world including, Eco-Challenge, Southern Traverse, as well as numerous Raid the North races, Spirit is considered one of the top Canadian teams. Their Raid the North Extreme team was made up of Dave Hitchon (Captain), Darin Nevin, Chris Koch and Darci McGrath.

## **WHAT OTHER PROGRAMS DOES FRONTIER ADVENTURE RACING INC. OFFER?**

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- **Raid the North** - Canada's Ultimate Adventure Race Series consists of five, 36-hour races and one, 2 ½ day Series Championship race in various locations across the country. Unlike Extreme, these races are geared towards the prepared first-timer. However, they are challenging enough to test the limits of the more seasoned competitor. Each series race provides a true taste of what non-stop, multi-day, expedition-style racing is all about in a shorter time period.

The schedule for the 2002 season is as follows:

May 4-5	Raid the North - Bark Lake (Ontario)
June 1-2	Raid the North – Tremblant (Quebec)
June 15-16	Raid the North – Apex Mountain Resort (Penticton, BC)
July 20-21	Raid the North – Bay of Fundy (New Brunswick)
August 10-11	Raid the North – Tri-Town Area (New Liskeard, ON)
September 20-22	Raid the North Series Championship (Elliot Lake, ON)

### **SALOMON ADVENTURE CHALLENGE**

A fun, yet challenging introduction to the sport of adventure racing, FAR has expanded the Salomon Adventure Challenge Series for 2002 to include six, 5-8 hour races at each RTN event, and three independent events, one of which will be held this winter. These introductory adventure races will take teams of three (open or co-ed) through a 40+ km course of trekking, mountain biking and paddling (the winter race will involve, snow-shoeing, cross-country skiing and mountain biking). Unlike last year, the racecourses will be completely unmarked and teams will have to rely on basic navigation skills to reach the finish line.

### **ADVENTURE RACING TRAINING PROGRAMS**

In 2002, FAR will be offering five new adventure racing training programs for all levels of athletes, including navigation and teamwork courses, an advanced AR training seminar, a women-only AR seminar and an advanced 3-day, hands-on training weekend. FAR will also continue to offer the one-day Pre-Race Training Program, which is held in conjunction with each Raid the North race. Taught by internationally experienced veterans of adventure racing, participants will be exposed to the tips, tricks and lessons learned from some of the biggest and most challenging events in the world, as well as ways to build upon their skills and improve their teams performance.