



**RAID THE NORTH
STONEHAM MOUNTAIN RESORT – JULY 5-6, 2003**

COMPETITOR UPDATE #2

1. NOTE FROM THE ORGANIZERS	2
1.1 BALANCE PAYMENTS	2
1.2 RAID THE NORTH WEB SITE	2
1.3 TEAM PROFILE UPDATE INSTRUCTIONS	2
2. RACE INFORMATION	3
2.1 HOST SITE	3
2.2 ACCOMMODATIONS	3
2.3 REGISTRATION	4
2.4 DIRECTIONS	4
2.5 TRAVEL TO THE START LINE	5
2.6 SCHEDULE OF EVENTS	5
3. RAID THE NORTH SERIES SPONSORS – SPECIAL OFFERS AND CONTESTS	5
4. DISCIPLINE UPDATE	9
4.1 TREKKING	9
4.2 MOUNTAIN BIKING	10
4.3 CANOEING	10
4.4 ROPES	10
4.5 ADVANCED SECTION	11
5. GEAR LIST	11
5.1 FIRST AID KITS	12
6. UNSUPPORTED OPTION	12
7. REGISTRATION FORMS	12

RAID THE NORTH – STONEHAM MOUNTAIN RESORT, QC COMPETITOR UPDATE #2

1. Note From The Organizers

The race is now less than two weeks away – I imagine you are just as anxious as we are to get out onto the course. I hope your team has been training and that you are well prepared for the superb terrain around Stoneham Mountain Resort.

Course designer Lawrence Foster has been thoroughly enjoying the opportunities in the area, and has come up with a course full of variety that he says is the best course he's ever designed. You can expect thick bush, swampy trekking, more than one ropes section, an option for packrafting, as well as both a canoe section and a rafting section. All in 36 hours!

You will also notice a change to the race start time. To ensure all teams complete the paddling section in the daylight, we will be starting the race at 4:00 am, which also means you should be able to have a substantial sleep before the start. The official finish time will be Sunday at 4:00 pm, and the finish will stay open for unofficial finishers until 8:00 pm.

This second competitor update serves as the last information newsletter before the race and will provide you with more detailed information about the host site, the course, gear list requirements and last minute race reminders.

Please note, both Competitor Updates are posted on our Web site and it is the team captain's responsibility to notify your team members when this information is posted. Please be sure to read through all material and if you have any questions, you can contact our office in Calgary at 403.670.0466, in Toronto at 416.783.4464, or email info@far.on.ca.

1.1 Balance Payments

Please note the balance payment of \$1,000 CDN or \$650 US was due on Friday, May 23. If you have not yet sent in your payment, please do so immediately. For details on the withdrawal policy please see the Rules and Regulations available online at www.RAIDTHENORTH.com.

1.2 Raid the North Web Site

Many of you familiar with our site, www.RAIDTHENORTH.com, know it is a wealth of information and resources, including the Raid the North Competitor Site, AR Resource Centre and Online Database System for registering and updating Team Profiles.

The Competitor Site section contains the latest race news and information, including links to specific race information, including host site details, team lists, competitor updates and gear lists. Also in this section you can create/update your profile, find teammates, review the race rules & regulations and check the latest national points standings.

Team Profile Update Instructions

As mentioned in Competitor Update #1, we require all teams to update their Team Profiles using our online database system.

To update your Team Profile online, simply click on [Create/Update Your Profile](#) located on the Home Page or Competitor Site section of our Web site www.RAIDTHENORTH.com. If you are not recognized, you will

be asked to enter in your email address and password. When your Team Profile appears on the screen, simply follow the instructions.

To add a team member to your Team List, simply type in the team member's last name into the designated box and press add. The system will search our database for that person's name and if found will prompt you to accept. An email will be sent to that Team Member asking them permission to add them to your team list. Once granted you will be sent a confirmation email and their name will appear in your team list. If that person does not appear in our database, you will be prompted to create a User Profile on their behalf. The Team Member will be sent their User Profile log in information by email.

*To qualify for our National Points Standings, you must designate at least 3 core team members. Your team can have up to 5 core members, not including the Team Captain. Please note that you cannot change core members once you have selected them.

To create or update your team roster for each race, simply click on a race name under Registered Races. You will then be prompted to select the team members who will be participating in that race from your Team List. Please designate who is a Team Member and who is Support Crew. This information will appear on the Registered Teams page for each race and in the race Team Bio book at each race.

Please be aware that all Team Profiles on our Web site also serve as our team database. It is our sole source of contact information for each of your team members. For this reason, it is MANDATORY that you complete at least the contact information for all teammates and support crew. **All Team Profiles MUST be updated one week prior to each race (Friday, June 27 at 12:00 midnight EST).** Any Team Profiles submitted after this time cannot be included in the Team Bio Book. Because it is critical that we have contact information for all competitors, if you do not have all four team members and their contact information listed by this date, **your team will NOT be ranked in the race.** We will still let you race, but you will start the race as an unranked team.

If you have any questions about using this system, please contact us at 403.670.0466 or info@far.on.ca.

2. Race Information

2.1 Host Site

We are very excited to be holding our Quebec race this year at Stoneham Mountain Resort, nestled in a valley to the north of historic Quebec City. During the winter months, Stoneham is rated among the top three ski resorts in Quebec. With an average annual snowfall of 350 cm, 32 runs over four mountains to choose from, and a 420 metre vertical drop, incredible skiing and snowboarding is had by all.

In the summer, Stoneham features a host of outdoor activities for couples and families alike: outdoor heated pools, tennis courts, archery, volleyball, indoor/outdoor climbing walls, and mini golf. A trip just outside the Resort grounds opens up the possibility to raft, mountain bike, hike, golf, fish, and explore the famous Jacques-Cartier Provincial Park.



2.2 Accommodations

The Resort offers an array of accommodation options. Hotel Stoneham features 120 fully functional studio and condo rooms at very competitive rates. We hope you will take advantage of Stoneham's special room offer to Raid the North competitors before and after the race!

We would like to encourage all competitors to stay at the resort, as we would like to create an 'athlete village' effect. Meeting others you are racing against is one of the more enjoyable parts of adventure

racing. 2, 3, and 4 bedroom condos make great options for competitors, support, family & friends to all stay together, or share a larger condo with another team to create a real AR community.

For more information about accommodations offered at Stoneham Mountain Resort, visit www.ski-stoneham.com or call 1-800-463-6888. Be sure to request the special Raid the North package pricing.

2.3 Registration

Registration will take place on Friday, July 4 on the grassy area at the main lodge beginning at 8:00 am. It is advised that all teams check-in at registration before 11:00 am. On-hill accommodations are within steps of the registration area, and plenty of parking is nearby.

The Team Captain should first check-in at the Main Registration table, where you will be asked to hand in all your team's registration forms (waivers, medical forms, image release forms). Remember, you need to have all forms completed by **all team members and support crew**. Once your paperwork is in order, your team will be issued their race jerseys and registration checklist. **Race jerseys must be worn throughout the registration process.**

At this point your team will move through the various stations (bike inspection, gear and first aid check, navigational testing, emergency protocol briefing and ropes). Once your entire team has completed a station, race staff will initial your registration sheet. When you have completed the entire process your team captain should return to the Main Registration area where your team will turn in your complete registration checklist, and be issued your race package.

We have eliminated team passports this year in an effort to simplify race logistics for competitors. More thorough checkpoint procedures, including collecting a signature from the team captain on tracking sheets at each checkpoint to verify times, will replace the requirement that all teams carry their mandatory passport at all times.

All teams must complete registration in the time allotted. Any team that fails to complete registration will not be allowed to race. Teams should expect to take approximately two hours to complete the registration process, although it can be done faster if you arrive early. If many teams arrive late in the day, there is a possibility of congestion occurring at one or more of the check stations. Please allow plenty of time for your team to complete registration.

Also, to give you as much time with the race maps as possible we will be starting the race briefing at 4:00 pm. The race briefing will not be delayed if some teams are not in attendance. Attendance is mandatory, and it is certainly to your advantage to attend. The race briefing will consist of an introduction of all teams competing in the race, distribution of the course package, description of some of the obstacles and challenges on the course and a question and answer period.

2.4 Directions

Stoneham Resort is located 20 minutes by car north of Quebec City. Take Highway 73 North and exit at Stoneham. Follow the road signs for 6 km to the resort.

Direct flights are available to Québec City from Montréal, Toronto, Boston, New York and Fort Lauderdale. If you are taking one of the direct routes by train or bus to Québec City, a [shuttle service](#) links up Québec City to the resort.

2.5 Travel to the Start Line

Although we do encourage all teams to use their own vehicle to reach the start line, we will be offering a shuttle at \$8.00 per person. To reserve a seat, please email info@far.on.ca with race name, team name, and # of spots. Shuttle fee due at race registration.

2.6 Schedule of Events

Friday, July 4	8:00 am - 3:30 pm 4:00 pm - 5:00 pm	Registration (Main Lodge - outdoors) Race Briefing (Main Lodge – large main room)
Saturday, July 5	4:00 am 10:00 am - 6:00 pm 7:00 pm	Race Starts (undisclosed location) Salomon Adventure Challenge (finish at Stoneham Mountain Resort) Raid the North Update (basecamp)
Sunday, July 6	4:00 pm 5:00 pm - 7:00 pm 8:00 pm	Official Race Cut Off Time (finish at Stoneham Mountain Resort) Awards Banquet (Main Lodge – large main room) Race Course Closes

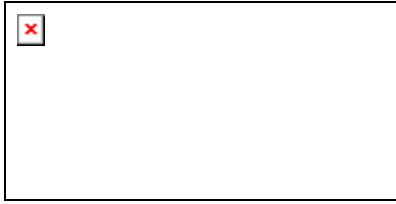
3. Raid the North Series Sponsors – Special Offers and Contests



SALOMON CANADA

SALOMON has been instrumental in growing the sport of adventure racing throughout the world. They have invested heavily in adventure racing by engineering high quality products for the light and fast category while supporting top teams and premiere event management companies like FAR Inc. **Salomon is the Title Sponsor** of the **Salomon Adventure Challenge Series** and an **Official Partner** of the **Raid the North Adventure Race Series**. Buying **SALOMON** products guarantees that you and your team are benefiting from field-tested knowledge and expertise. Look for knowledgeable Salomon representatives – either on-site at registration, or competing - at most of our events this year with their leading-edge adventure racing gear for 2003.

Sponsored Prizing: Salomon adventure racing gear, including XA Series shoes, NRG Saver packs, and Raid Race packs



LAND ROVER CANADA

For more than half a century, Land Rover vehicles have been known for their "go anywhere, do anything" capability. Land Rover's proud to extend this credo to the adventure racing world by becoming the **Official Vehicle** of the **Salomon Adventure Challenge** and **Raid the North Series'**.

Drive to Adventure Contest: Your team could win free entry to any Salomon Adventure Challenge, Raid the North...or Raid the North Extreme! Just test drive a Land Rover Discovery or Freelander between April 26 and June 30 and enter to win race entries or a pile of other prizes from our clan of sponsors.

SUPER STRENGTH **Motrin* IB**

SUPER STRENGTH MOTRIN* IB

SUPER STRENGTH MOTRIN* IB has partnered with FAR Inc. once again as the **Official Pain Reliever** of both the **Raid the North** and **Salomon Adventure Challenge Series**. As pain is inevitable in adventure racing, **SUPER STRENGTH MOTRIN* IB** can become a racer's best friend. **SUPER STRENGTH MOTRIN* IB:** Your Strains & Sprains Specialist.

Simon River Sports



SIMON RIVER SPORTS

SIMON RIVER SPORTS has taken paddling in adventure racing to a new level. Canadian-made, featuring both 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 stand-alone Salomon Adventure Challenge events have 16 paddles for rent. At Raid the North events, rental cost is only \$48 per team for four paddles.



FAST FUEL

FAST FUEL'S 'Organic', 'Natural', and 'Fun Fuel' are the **Official Endurance Bars** of the **Raid the North** and **Salomon Adventure Challenge Series**. A quick glance at the all-natural ingredient deck and nutritional information on each package will highlight why FAR Inc. has aligned with this producer of true adventure racing fuel. More importantly, **FAST FUEL'S** taste is what sealed the deal!

Sponsored Prizing: Fast Fuel Bars



PRINCETON TEC

Using the finest materials available, **PRINCETON TEC** sport lights are built to provide maximum performance in any weather condition, offering waterproof integrity up to 2,000 feet. The Matrix headlamp is perfect for a wide variety of activities due to its long burn time. This sport light is perfect for orienteering, trekking, adventure racing, long expeditions, weather experiences and survival situations.

Sponsored Prizing: Princeton Tec Headlamps



PRISTINE

All water for FAR Inc. TAs and remote CPs is taken from nearby streams and lakes and treated with **PRISTINE** Water Purification Systems. No garbage is created and harmful agents are eliminated. **PRISTINE** provides safe drinking water anywhere in the world in 15 minutes.



KOMEX

KOMEX is a water resources and environmental consulting firm based in Calgary, providing solutions to any environmental problem, with a can-do attitude for solving environmental challenges.

Komex employees tend to work and play hard. If you're looking for after-work cycling, running, adventure racing, climbing partners, you'll likely not have to look further than a few doors down. Komex - making a difference.

FAR Contribution: Komex is custom designing all topographic maps for Salomon Adventure Challenge, Raid the North, and Raid the North Extreme in 2003.



ADVENTURE SPORTS MAGAZINE

ADVENTURE SPORTS MAGAZINE is North America's premiere adventure racing magazine. With 10 issues per year, you're treated to race features, interesting personalities, training techniques, destinations, and the latest and greatest gear.

SPECIAL FAR Inc OFFER! 10 issues for \$29.70 USD - 40% off of the cover price. See www.asmagazine.com for more details.



Visit www.explore-mag.com

EXPLORE

EXPLORE - Canada's Outdoor Magazine - is a proud new partner of Frontier Adventure Racing in 2003. 6 issues per year packed full of the best of Canada's outdoors, including coverage of the adventure racing community. Travel, Adventure, Gear...find it all in explore.

SPECIAL FAR Inc OFFER! Sample magazines at preselected races for competitors and/or volunteers, special subscription offer launched at Hope race.

Sponsored Prizing: explore annual subscriptions



SUUNTO

Navigation separates the good teams from the elite in adventure racing. **SUUNTO** Wrist top computers and compasses are used by many of the top racers in the world.

Sponsored Prizing: Suunto Survival Award (3 Compasses) – Team most in need of Suunto Compasses



SEALSKINZ

SEALSKINZ are the world's only range of waterproof, breathable, close-fitting socks and gloves. FAR Inc owners Stuart Torr and Geoff Langford used **SEALSKINZ** through a very wet Southern Traverse course last year and finished the race completely amazed at their dry, healthy, blister-less feet. We highly recommend them for every leg of Raid the North.

Sponsored Prizing: SealSkinz socks and gloves

4. Discipline Update

The following is an overview of the challenges you will be facing in each of the disciplines for this year's race. It is meant to provide you a little further insight into the type of preparation you should be doing for this race. Keep in mind that the type of weather we have can in this area greatly affects the types of challenges you will face during the race. Review this information about the course conditions thoroughly prior to the event so you can make any necessary adjustments to the equipment and clothing you bring.

4.1 Trekking

The trek sections for Stoneham will be in forests consisting of mainly Black Spruce. Expect slow going and hard bushwacking in the off trail sections, as the bush is thick and unrelenting. It is usually easier going in swampier sections of the treks as the vegetation is not as thick, however the ground water is still quite cold and you may want to take a different approach depending on the time of day. There will be more than one obvious option for all trek sections.

In such thick forests strict compass bearings may not be as useful as using a loose bearing and following animal trails. Feature reading is next to impossible unless you are in a clearing or on a high spot.

There will be the option for a packraft in at least one of the treks. A packraft is an easily inflated one person raft that can be used to paddle / swim on a lake or river. In the past teams have used small air mattresses, pool toys, styrofoam boards, or an actual rubber raft in these sections. You may be required to carry the raft before and / or after the section. Please keep in mind that paddling, ropes, or biking may occur before or after the trek.

As with all Raid the North races, the course is completely unmarked and there is no set route between checkpoints - you can expect navigation decisions and route finding to play a significant part of the race. Potential routes have been tested for safety and these details will be given in the competitor instructions. It is up to you to choose your own route and follow your map to avoid cliffs and other obstacles.

4.2 Mountain Biking

The majority of the mountain biking will take place on well used 4x4 tracks and gravel roads. While some are still quite wet, aggressive tires are not necessary due to the firm ground underneath. The roads are mainly gravel, very hilly, with some sandy sections.

There will be definitely more than one bike section, and there is potential for at least one small hike-a-bike - around 2kms, depending on which route you take. The ground on these is soft and wet with a couple of shallow stream crossings.

In terms of bike logistics you may see some bike drops or pick ups along the course instead of TAs. While we try to limit large loads being carried on your bikes and back, it is sometimes impossible to have your support crew meet you at the beginning or end of a section, especially if they are traveling on the same roads as you.

4.3 Canoeing

Straight forward! The river section you will be paddling in is, for the most part, slow moving and easy going. There will be some mandatory staffed portages to avoid rapids and water falls. The river is deep enough to accept any paddle and you will not have to pry yourself off rocks. There is no dark zone for the paddling section but a strong headlamp or bike light is recommended to avoid hazards.

While they will not be mandatory, **we highly recommend that teams consider wearing wetsuits for the paddling section.** If you do not have access to wetsuits, we are working with a local provider to have them available for rent at registration. We will provide an update on this as soon as we are able to confirm details.

Two standard touring canoes will be provided per team at the start of the canoe section along with four standard canoe paddles. Teams are welcome to use their own paddles, but must be prepared to carry them before or after the paddling sections in the case of a remote start or end. Our Simon River Sports paddle rental program is sold out for this race.

4.4 White Water Rafting

This is a new section added into the race but no extra mandatory gear or certification is required. Each six-person raft will be equipped with paddles and a guide to get you through the class 3 and 4 rapids. Again, wet suits are not mandatory as the water will not be frigid in this section, however you can bring one if you wish. An extra dry bag is recommended to keep your mandatory gear dry and safe. There will be a dark zone in effect for the White Water section as there will only be a quarter moon at best.

4.5 Ropes

Currently there are two rope sections in the race. There will be a rappel down a 30m+ cliff face. Your feet will be touching for most of the way down. Although there will be multiple ropes at the site, each team will use only one rope, to limit the chance of a backlog at the ropes. It also means your team's speed through the ropes section is dependent on your ability, and that other teams have the opportunity to pass a team that is struggling.

For competitors or teams that are uncomfortable with their own ability on the rappel, assistance from our ropes staff is available with no penalty. Your team may also provide a belay from the bottom depending on cliff integrity. Alternatively, an escape route around the rappel will be available if someone does not want to attempt it. There will be no penalty for taking the escape route although your team may be held at the ropes checkpoint to ensure no time advantage comes from taking the escape route.

Low ropes are sometimes unstaffed highlines only 1-3 metres off the ground used to get you over obstacles or across rivers. In Raid the North – Stoneham they will be used to keep you dry. A certified harness is **NOT** mandatory for these sections. Rather you may walk, crawl, hand over hand, or improvise a harness for these. An improvised harness can consist of a 2-3 metre piece of webbing or rope that is tied into a loop and clipped around your body and into the rope. You then lean back and pull yourself to the other side. Helmets will be mandatory for this section, life jackets are not. The use of the ropes is not mandatory but you will still have to bring your helmet for this section.

4.6 Advanced Section

The Advanced Section will be a series of extra checkpoints near the end of the race involving one or more disciplines. You can expect the advanced section to be an area where teams will get to put their navigation, orientation, and route finding skills to the test. One or more disciplines may be used, and teams will have a number of choices in terms of routes. The decision to continue on the advanced section will be made at a Transition Area (TA) so that teams can let their support crew know while they are there with them.

Teams reaching the checkpoint from which the Advanced Section starts before a pre-determined cut-off time are able to continue onto the Advanced Section. However, teams may choose to defer the Advanced Section and continue on the regular course. Teams reaching the checkpoint from which the Advanced Section starts after the pre-determined cut-off time for the Advanced Section but before the pre-determined cut-off time for the race (this second cut-off time is set to the point where teams not passing the checkpoint before will not have enough time to complete the entire race) will proceed on the regular racecourse. Teams continuing on the regular racecourse are still fully ranked teams in the race.

All teams completing the Advanced Section and the entire race as a ranked team will be ranked ahead of all teams completing the regular course. Teams that take the Advanced Section but do not finish the race will not be ranked and, therefore, not accumulate any points toward their national standings. Final standings for the race will be posted with only one category. No distinctions in rankings will be made between the Advanced Section finishers and the regular course finishers, other than as described above.

5. Gear List

The Updated Gear List for the 2003 Raid the North Series is located on our Web site in the Competitor Site section. Remember that this gear list is MANDATORY and any team that fails to pass our gear check WILL NOT be allowed to race. Please note, the mandatory equipment list includes the minimum requirements for safe travel. Teams are free to bring any additional items they feel necessary provided they are not on the list of forbidden equipment.

The gear list shown on the Web site is identical to the list sent with the first competitor update. In fact, we have standardized our gear list for all Raid the North races to make things easier for those competing in multiple races. There are only three exceptions to this standardized gear list: for early season and late season events, a weatherproof jacket has been added to the Personal Mandatory gear requirements; for mountain races, one altimeter has been added to the Team Mandatory gear list, and; the exact climbing equipment required depends on whether the race includes a rappel or a Tyrolean traverse.

5.1 First Aid Kits

As mentioned in Competitor Update #1, Odyssey Medical Supplies are assembling specialized, conveniently small, packaged adventure racing first aid kits for Raid the North competitors. The competitor and support crew first aid kit are available for \$35 CDN. Please note, these kits do not include water purification system, anti-inflammatory or antihistamine medication. The last two items are only available through a pharmacy.

If you would like to purchase a first aid kit from Odyssey, please contact our office **by Monday, June 30, 2003**. Kits will be distributed at registration.

6. Unsupported Option

As mentioned in the first update, for those that have difficulty finding a support crew, we are offering an Unsupported Option. For an additional fee of \$250 CDN or \$170 US per team, we will transport your gear between transition areas throughout the race, as well as provide some basic hot food (soup, pasta, mashed potatoes). Although this will not replace all of the benefits a team would receive from an individual support crew it does give you the option to race without one and avoid the additional expense of travel, food and support vehicle. It also has the additional benefit of reducing the number of vehicles we take into these remote and sometimes sensitive areas. We believe that support crews play an important role on a team in adventure racing and bring great energy and camaraderie to the experience but we don't want them to be a limiting factor for people getting into the sport. **Teams interested in racing under the Unsupported Option must register at least one week prior to the race (by Friday, June 27).** The Unsupported Option registration form is included at the end of this Update.

7. Registration Forms

Just a reminder that all team members (including support crew) must fill out and bring a medical form and insurance waiver to registration. **Please make sure that you bring your health card as well,** as your support crew will need to carry it for you throughout the race. When you arrive at registration, please have all your team members available to sign whatever additional forms may be necessary, since you won't be able to start moving through the stations until we have **ALL** your completed forms.



**RAID THE NORTH SERIES
Unsupported Option
Registration Form**

Team Name: _____ Team Captain: _____

Please check the race you wish to register for the "Unsupported Option":

- Raid the North – Hope, BC (\$250 CDN, \$170 US)
- Raid the North – Parry Sound, ON (\$250 CDN, \$170 US)
- Raid the North – Stoneham, QC (\$250 CDN, \$170 US)
- Raid the North – Kimberley, BC (\$250 CDN, \$170 US)
- Raid the North Series Championship – Mattawa, ON (\$300 CDN, \$200 US)

Unsupported Option Details:

- Frontier Adventure Racing Inc. will provide BASIC hot food.
- Basic hot food can include, but is not limited to: soups, pasta, potatoes, and hot cereal.
- Frontier Adventure Racing Inc. will provide transportation of gear to and from all transition areas, and transportation of the team to the start line.
- All gear to be transported must be stored in no more than two gearboxes that are clearly labeled with the team name and number for the specific race they are entered in. Bikes are considered separate.
- Gear must be loaded by the team into the assigned vehicles before going to sleep before the race.
- Teams must "look after" themselves at transitions without relying on the staff transporting their gear.
- All gear must be packed up before a team is allowed to leave the transition area.

In granting my request to be provided with an unsupported crew during this adventure race, whether using equipment provided by me or by the unsupported crew staff and consuming food and/or liquids provided to me or by the unsupported crew staff I agree that I will not hold Frontier Adventure Racing Inc., or the unsupported crew staff, liable for equipment damage, personal injury, death and/or property loss.

Signature: _____ Date: _____

Please **MAIL** this completed form along with your payment for the Unsupported Option to the address below. All cheques or money orders must be made payable to:

Frontier Adventure Racing Inc.
2122 Broadview Rd NW
Calgary, AB
T2N 3H9



RAID THE NORTH SERIES
COMPETITOR MEDICAL FORM
(Please answer all questions)

- 1) Are you currently taking any medications (prescription and OTC)? If so, please specify the types and amounts you take:
- 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 currently 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) | | |

- 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? _____
- 8) Is there anything else pertaining to your health that we should know about? If so please explain.
- 9) a) Name of current Health Care Provider:
 * please **attach copy of insurance card** (If you do not have insurance, please acknowledge)
- b) 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: _____



**RAID THE NORTH SERIES
WAIVER AND ASSUMPTION OF RISK**

I, the undersigned, do understand and hereby acknowledge and agree that participation in an adventure race including canoeing, trekking, mountain biking and ropes section, among other things, involves certain risks and dangers which include, but are not limited to water and weather conditions. I recognize that this event is physically

demanding involving distances and activities that are in excess of what is considered a typical level of difficulty and I am participating with the knowledge that I am responsible for my own physical and mental condition and well being.

In consideration of the granting of my request to participate in this adventure race during the actual time of the event or at any time while attending this event, whether using equipment of my own or provided to me by the event staff and/or volunteers, I agree that neither I, nor my heirs, executors, administrators or assigns will hold Frontier Adventure Racing Inc., its' staff, volunteers, Salomon Sports Canada, McNeil Consumer Healthcare, Natural Emphasis, Suunto Canada, Land Rover Canada, Aqualung Canada, Starchoice Communications Inc, Komex International Ltd., Danalco Inc, Resorts of the Canadian Rockies, Stoneham Mountain Resort or any and all other event sponsors, organizations or individuals involved or associated with the Raid the North event, liable for personal injury, death and/or property loss.

I further agree and acknowledge:

- 1) I have read the event rules and regulations enclosed and assume the responsibility to abide by these rules as well as to examine such list for any changes or additions;
- 2) I acknowledge and confirm that I can swim;
- 3) I acknowledge and confirm that I am in good physical health and feel I will be able to complete the required activities of this event. If at any time during the event I feel that continued participation will result in any form of physical or mental harm to myself I will inform a Frontier Adventure Racing staff member of my condition and discontinue my participation immediately. I acknowledge and confirm that I will monitor the condition of the other participants on my team and, if the physical health of any of the members of my team appears to be in danger, I will inform a Frontier Adventure Racing staff member of the situation and immediately discontinue my teams participation in the event;
- 4) I am familiar with and understand the dangers associated with paddling, trekking, mountain biking, ropes section and will take every foreseeable precaution to ensure the safety of myself and my team through the course of participating in this event;
- 5) I agree to immediately notify a Frontier Adventure Racing staff member of all accidents within my knowledge;
- 6) I agree to keep updated regarding all rules, special activities and programs established for the event.

I, on my own behalf and on behalf of members, executors, administrators and assigns, hereby release and forever discharge Frontier Adventure Racing Inc., its' staff, volunteers, Salomon Sports Canada, McNeil Consumer Healthcare, Natural Emphasis, Suunto Canada, Land Rover Canada, Aqualung Canada, Starchoice Communications Inc, Komex International Ltd., Danalco Inc, Resorts of the Canadian Rockies, Stoneham Mountain Resort or any and all other event sponsors, organizations or individuals involved or associated with the Raid the North event liable for any personal injury, death, or loss or damage to my person or property however caused arising out of or in connection with my participation in this adventure race, on water or land, notwithstanding that such injury, death, loss or damage to my person or property may have been contributed or occasioned by negligence of Frontier Adventure Racing Inc., its' staff, volunteers, Salomon Sports Canada, McNeil Consumer Healthcare, Natural Emphasis, Suunto Canada, Land Rover Canada, Aqualung Canada, Starchoice Communications Inc, Komex International Ltd., Danalco Inc, Resorts of the Canadian Rockies, Stoneham Mountain Resort or any and all other event sponsors, organizations or individuals involved or associated with the Raid the North event.

Please Print Clearly:

Date: _____

Participant's Name: _____

Address: _____

Signature: _____