



SALOMON
STORM
the TRENT
MULTI-SPORT ADVENTURES



May 15-16, 2010
Golden Beach Resort, Rice Lake



"Hike" Competitor Information Package

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Dear Storm'ers:

Welcome to the 2010 *Salomon Storm the Trent!* We have another incredible race experience in store for you this year, with over 600 racers taking part in three separate multi-sport racecourses throughout the south shore region of beautiful Rice Lake. We are thrilled to be returning to one of our all-time favourite host sites at Golden Beach Resort, as we bring you the 9th annual edition of Canada's largest adventure racing event!

This season, *Salomon Storm the Trent* will see the return of our traditional full-weekend race format, where racers in the "Trek" and "Trek Elite" events will compete on Saturday, and the "Hike" short-course race will be staged separately on Sunday. We'll also be re-introducing SPORTident timing technology this year, to enable us to offer better, faster and more accurate race results. Further information on the SPORTident timing system is provided in Section 1.

Although the layout of the racecourse and the order of disciplines will not be revealed until Race Day, we can tell you that this year's "Hike" course will cover roughly 35km in total distance, and the expected completion time will range between three and five hours. Beyond that, the information in this package will provide you with all the pertinent pre-race details you need to know - where to be, when to be there, what to bring, etc. etc. Please review the pages that follow carefully. While we have gone to great lengths to create a fun, safe and exciting day of racing, we leave it up to you to ensure that you are suitably prepared.

Of particular importance is the list of mandatory gear requirements in Section 5. The list has been compiled with your safety in mind, and while we don't expect you to go spend a fortune on new equipment, please bear in mind the unpredictability of spring weather, the length of time you will be on the course, and the variety of activities you will be doing.

"Mandatory" gear items are those which each team **must** carry with them throughout the race. You may be required to use some or all of these items on the course, so please come prepared! A penalty system will be in effect, in where teams may be required to show that they are carrying their mandatory gear items. Penalty minutes will be assigned to teams that fail to bring required gear.

Should you have any questions regarding this package or the race itself, please feel free to call **905-580-2767**, or email to **info@stornevents.ca** I look forward to seeing all of you on May 16th, and wish all teams the best of luck on Race Day!

Sean Roper
Race Director, Storm Racing

Salomon Toronto Store

Shops at Don Mills

1090 Don Mills Rd, Toronto

416-384-1661

info@salomontoronto.com

XT WINGS 2



"THE VAST MAJORITY OF THE WORLD'S TRAIL RUNNING SHOE DESIGNS ORIGINATED ON PAVEMENT. OURS COME FROM RUNNING IN THE MOUNTAINS."

- FREDERIC CRETINON
PRODUCT DEVELOPER - SALOMON TRAIL RUNNING FOOTWEAR

ALSO AVAILABLE, XT WINGS GTX® WITH THE HIGH-TECH FUNCTIONALITY OF



SALOMON 

LOCATION: PYRENEES, SPAIN. PHOTOGRAPHER: SCOTT MARKEWITZ. PRODUCT PHOTOGRAPHY: SEMAPHORE.

1. GENERAL RACE OVERVIEW

- The “Hike” course is open to solo racers and teams of 2 or 4 only.
- Teams complete the paddling section(s) in canoes, whereas solo racers may paddle in kayaks (see Section 7 for a list of rental options).
- Teams must complete each of the race sections as a team (i.e. not relay-style).
- Information on race routes and the order in which you will be completing each of the race disciplines will be provided on Race Day only.
- The racecourse consists of a series of mandatory “checkpoints” through which the teams must pass en route to the Finish Line. Each team is issued a set of colour maps and a list of written instructions indicating the locations of the checkpoints.
- Each team will be issued a SPORTident* timing chip which they will use to “punch in” at each of the course checkpoints that they reach. The SPORTident control box at each checkpoint will digitally record your arrival time onto your chip, and the data will later be downloaded and entered into the overall results at the Finish Line.
- Each team will also be issued a “passport” which is to be carried throughout the race, to record other information at each of the checkpoints.
- Most of the racecourse will be marked with race markers, but teams will also be faced with unmarked sections that will require use of the maps provided in order to locate the checkpoints.
- Racers are entirely self-sufficient while on the course (ie. no support crews are allowed).
- All teams/solo racers are responsible for carrying a list of mandatory gear items throughout the race (see the Gear List in Section 5 for details).
- Racers compete only against others in their chosen race division. Prizing and awards will be presented for each category:



SPORTident card

Solo	Teams of 2	Teams of 4
Solo Male Open	Team of 2 - Male	Team of 4 - Male
Solo Male Masters	Team of 2 - Female	Team of 4 - Female
Solo Female Open	Team of 2 - Coed	Team of 4 - Coed
Solo Female Masters		

Masters categories are open to solo racers 40 years and over.

* For further details on the SPORTident timing system, visit www.sportident.co.uk Storm Racing wishes to recognize Orienteering Ontario and the Golden Horseshoe Orienteering Club for their support of this event through the provision of SPORTident timing technology.

2. RACE DAY ITINERARY

Race Day - Sunday May 16

7:30am	Bike Drop opens at the Northumberland Forest parking lot
8:00am	Check-In opens at Golden Beach Resort
10:00am	Pre-Race Briefing at Golden Beach Resort
10:30am	Buses leave for the Start Line
11:00am	Race Start
4:00pm	Awards Ceremonies*

Post-Event Notes:

- awards ceremony start time is approximate
- hot showers are available on-site
- a post-race meal will be provided for all racers
- Golden Beach Resort has a licensed restaurant and ATM machine on-site

** Please note that racers must make their own arrangements to claim their awards and prizes should they be unable to attend the awards ceremonies.*

2.1 PRE-RACE INSTRUCTIONS

(Please refer to the maps on the following page for maps & directions)

- **Before checking in** at the host site at Golden Beach Resort, all teams must first drop their bikes off at the Northumberland Forest parking lot. Race staff will be on-site to assist, and bike plates will be distributed here. You may leave your bike shoes and helmets with your bike, but **you cannot leave anything** that you will not be taking with you on the racecourse (ie. nothing may be left behind after passing through this transition area)
- Once you have drop off your bike(s), proceed directly to Golden Beach Resort. A designated parking lot will be available upon arrival.
- Before unloading any canoes or kayaks to the gear compounds, **please proceed first** to Race Check-In, located inside the main resort building. At Check-In, you will be required to show that you have one or more items from the mandatory gear list ("Entire Race" gear requirements - not bike or paddle-specific items, as outlined in Section 5).
- At Check-In, you will receive:
 - race bibs for each team member
 - your team's SPORTident card, passport, race maps & instructions
 - race jerseys (if pre-ordered)
 - waivers, to be signed by each competitor (available at the end of this document)
- At Check-In, you will be given direction as to where canoes, kayaks and other gear is to be placed inside the gear compound.
- Rentals canoes (ie. those booked through Storm Racing) will be waiting in the gear compound. Paddles and safety kits will be provided, but teams may use their own paddles if they choose.
- All instructions on the race start procedures will be given at the pre-race briefing at 10:00am.

2.2 MAPS AND DIRECTIONS

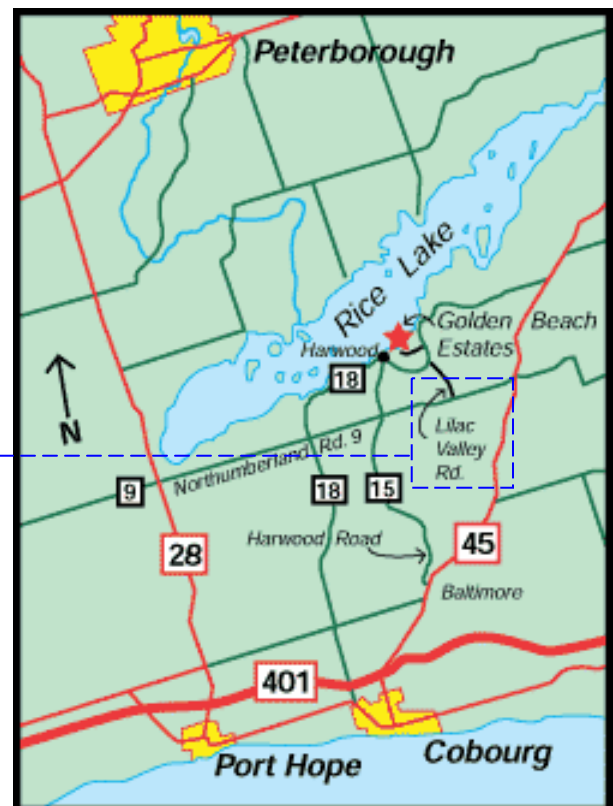
Golden Beach Resort
7100 County Road #18
(905) 342-5366

To the Northumberland Forest from Hwy 401:

- follow Hwy. 401 to Exit 474 at Cobourg
- take Hwy. 45 north towards Baltimore
- once you reach the Hamlet of Baltimore, continue on Hwy. 45 for approximately 10km north to Beagle Club Rd
- turn left onto Beagle Club Road
- the parking lot to the Northumberland Forest will be approximately 1km from Hwy. 45, on your left side

To Golden Beach Resort from the Northumberland Forest:

- once you have dropped your bikes at the Northumberland Forest, return to Beagle Club Road and turn left
- take Beagle Club Road north to Northumberland County Road 9 and turn left
- follow Northumberland County Road 9 to Lilac Valley Road
- turn right onto Lilac Valley Road and follow it through to County Road 18
- turn right onto County Road 18 and follow it for approximately 1.5km
- the entrance to Golden Beach Resort will be on your left (**be sure to bypass "Golden Beach Estates"**)



3. RACE RULES - GENERAL

- The fundamental rule of *Salomon Storm the Trent* is that team members be within visible sight of each other at all times. The penalty for breaking this rule will be disqualification.
- If a team member cannot continue the race for any reason, then their teammates must stay with that person until Race Management is informed. Teams may continue (unranked) if a team member withdraws, but only once that team member has been safely removed from the course.
- Course checkpoints must be completed in the order they are assigned.
- Each team or solo racer **must check in** with race officials at each of the staffed checkpoints. Failure to do so will result in a "NOR" ranking (not officially ranked).
- Each team or solo racer is **solely responsible** for ensuring that they have been checked through by checkpoint staff. Not being accounted for at any of the staffed checkpoints will result in an automatic "NOR" ranking.
- Cut-off times may be imposed at certain checkpoints. Teams or solo racers that arrive at such checkpoints after the designated cut-off time will be directed to the Finish Line.
- For safety and/or logistics reasons, certain areas of the racecourse will be declared "out-of-bounds." Any team or solo racer found in these areas will be immediately disqualified.

3.1 RACE RULES - TEAMS

- Each team must have a team name included with their registration. Storm Racing reserves the right to refuse entry to any team that does not provide a team name.
- Members of a team may be changed, but only if notification is given prior to Race Day.
- All racers must check-in prior to the start of the race, and must sign a race waiver. Any participants under the age of 18 must have a parent or guardian co-sign these waivers.
- Racers under 16 years of age must be on a team that includes at least one adult.

3.2 RACE RULES - EQUIPMENT

- All racers must have their race bib visible at all times during the race, and must affix their race number to the front of their bikes with the plates provided.
- All racers must race with the mandatory team and individual gear requirements (time penalties will be applied to teams or solo racers found without a mandatory gear item).
- Racers must wear their bike helmets at all times while travelling by bike, and their PFD's at all times during water travel. Racers found not wearing their required gear will be disqualified.
- Teams paddle in canoes only, and may not paddle with more than 2 people in a canoe. Kayak paddles may be used in canoes.
- Teams may bring their own paddles if they choose.

4. RACECOURSE NOTES

We at Storm Racing are extremely excited about the design of this year's assortment of race routes, as we feel that they truly provide the ultimate in choice when it comes to offering an adventure race experience for all levels. This year's host site on the south shore of Rice Lake is one of our favourites in that it is virtually custom-designed for an event of this format - offering the perfect mix of land and terrain features that make for a scenic, challenging, and highly enjoyable multi-sport adventure.

Mountain Bike Stages:

Racers can expect to see a varied mix of gravel, dirt and paved road while on the bike, combined with some fun singletrack as well as ATV/snowmobile trail routes that are likely to be wet and muddy from the Spring thaw. Use of hybrid bikes is feasible, but a road bike would not be well-suited.



Paddle Stages:

This year's course features flatwater paddling only, with no portaging. Racers will be required to use their maps and instructions to assist them in making their way through the paddle course checkpoints. Advanced water navigation skills are not required, but general knowledge of how to use maps and land features to follow a pre-determined paddle route will be an advantage.

Trekking Stages:

The trekking sections will involve searching for a series of checkpoints through unmarked but well-established trail systems, for which racers will be provided customized (ie. current and accurate) supplemental trail maps.

4.1 NOTES ON NAVIGATION AT SALOMON STORM THE TRENT

- Unlike pure wilderness-based adventure races, *Salomon Storm the Trent* does not require racers to have a great deal of navigational skill. Our race formats can be likened to that of an off-road triathlon, but with the major difference being that racers use a combination of race markers, course maps, and a set of instructions to make their way through the racecourse.
- Marked sections of the racecourse will be identified by Storm Racing race markers, consisting of black arrows on white signs and the red & black Storm triangle logo on white squares.  
- Course marking is a task that we take very seriously, one that is completed the night prior to the race (usually after dark) to ensure that the markers are not tampered with. HOWEVER, these race markers are placed only as a means of giving direction at key road or trail junctions, and for providing assurance that you are on the right track. The **race maps and instructions** are the essential tools to making your way through the race.
- At registration, each team will be issued a series of colour race maps with checkpoint locations, and a list of written instructions indicating the order in which checkpoints/race disciplines are to be completed. These instructions may provide course details not evident through use of the maps or race markers alone.
- Although the objective of the race is obviously to move through the various disciplines as quickly as you can, it is very easy to fall off-course if one is not paying close attention to both the maps and the instructions provided. So while you will not be required to use a compass and advanced navigation skills to make your way through the course, you will still want to be sure that you are constantly aware of your whereabouts on the map, or that you are always watching for race signage. A "put your head down and go hard" approach may not necessarily produce the fastest results!
- Waterproof map pouches or dry bags are considered mandatory gear. You will need them to protect your maps and instructions!

4.2 NOTES ON GEAR

- Given that racers are self-sufficient while on the racecourse (unlike in triathlon events) the rule of thumb at *Salomon Storm the Trent* is always to “expect to have to carry stuff.” A backpack with the capacity to carry items such as running or biking shoes is highly recommended.
- There will be a gear check at Check-In, at which all racers will be required to show that they have one or more items from the mandatory gear list (“Entire Race” gear requirements, not bike or paddle-specific items, as outlined in Section 5). Any team or solo racer who cannot prove that they are equipped with these items will **not be allowed to race**.
- Each racer must bring two whistles with them on Race Day - one that they carry at all times during the race, and a *separate whistle attached to your lifejacket*.
- To those teams who booked canoe rentals through Storm Racing - please note that PFD's are not included with the rental. You are responsible for bringing your own Personal Floatation Device for each team member.
- Spare bike tire tubes are mandatory for all racers. This requirement is not simply meant to weigh you down (nor are any of the gear requirements for that matter), but rather so that you have a means of getting yourself off the course in the event that you have the misfortune of getting a flat. With a spare tube you at least have a hope of riding out even if you don't know how to change a bike tire (although it is highly recommended that at least team member does) as your fellow racers or a checkpoint attendant could potentially help you out.
- Similar to the above, an Allan key and chain-breaking tool (and knowledge of their use) could potentially make the difference between finishing a race and having to be pulled off the course due to mechanical problems with your bike. These items are not mandatory, but highly recommended.
- Water - bring lots! Each racer is required to have the capacity for 2L of water with them - we highly recommend that you make full use of that volume! Racers may also leave extra water with their boats and/or bikes if they choose. Water will not be made available on the course.
- Food - bring lots! Adventure racing involves burning many calories over a long period of time, and a single energy bar or gel just won't cut it in terms of keeping you re-fueled. Having plenty of food both available and accessible to you throughout the race is a key strategy to finishing strong.
- All racers are required to have a spare fleece or polypro (i.e. non-cotton) long-sleeved shirt sealed in a watertight bag or pouch that is to be carried at all times during the race. This requirement is often questioned when the weather looks favorable, but the value of a dry shirt that can keep you warm or help stabilize your core temperature in an emergency situation is immeasurable. Please do not disregard this gear list item.
- Bringing a spare set of dry clothes for either during or after the race is highly recommended. Wet clothes combined with lower temperatures increase the risk of hypothermia at this time of year - please be mindful of the Race Day weather conditions and dress/pack accordingly!
- "Mandatory" gear items listed in Section 5 are those which you **MUST** have with you. This applies to solo racers as well, who must carry all the mandatory "team" items as well as the individual racer items. Gear checks will be made at various points during the race.
- Please note the newest mandatory gear item for 2010: **a cellular phone** for each team. Cell phone numbers for each team will be collected at Check-In. Please note that phones with GPS functionality are not permitted.

5. MANDATORY GEAR LIST

ENTIRE RACE

Mandatory Items - Per Racer

- 1 whistle (separate from the one attached to your PFD)
- minimum of 2L water capacity (remember that water will not be provided on the course)
- spare fleece or polypro long-sleeved shirt (i.e. non-cotton) stored in a **watertight bag or pouch**

Mandatory Items - Per Team*

** note that solo racers must carry all team gear items as well as the individual items*

- 1 waterproof map pouch or dry bag
 - 1 fully-charged cellular phone (**NEW FOR 2010!**)
(please note that cell phones with GPS functionality are not permitted)
 - 1 permanent marker
 - 1 pocket knife
 - 1 compass
 - 1 emergency blanket
 - waterproof matches
 - headlamp/bike light/flashlight (at least one of these)
 - medical kit containing a tensor bandage, 6 "band-aid" bandages, adhesive tape, 2 antiseptic wipes, antibiotic ointment, ibuprofen tablets, and 1 gauze pad
- (note that the souvenir first aid kit offered to the first 400 registered racers does not include all of these items)*

BIKE SECTIONS

Mandatory Items - Per Racer

- mountain bike
- certified bike helmet
- 1 spare bike tube

Mandatory Items - Per Team*

** note that solo racers must carry all team gear items as well as the individual items*

- 1 tire pump
- 2 tire levers

PADDLE SECTIONS

Mandatory Items - Per Racer

- Coast Guard or Dept. of Transportation approved Personal Floatation Device (PFD) **with whistle attached** (separate from the one listed above that is carried with you at all times)

Mandatory Items - Per Team

- 1 canoe per 2 people in a team (solos may paddle kayaks)
- 2 paddles, 1 bailer (or pump), 1 throw line per canoe
- 1 paddle, 1bailer (or pump), 1 throw line per kayak

Note that canoes rented through Storm Racing **do** include paddles, throw lines and bailers.

Note that canoes rented through Storm Racing **do not** include PFD's.

GEAR FEATURE – INTREPID MAP BOARD



The new and improved **Intrepid AR Mapboard** is a must-have for adventure racing and MTB orienteering!

Full 360-degree rotation of the map board allows for quick and easy map reading while on your bike, and the rigid map board allows for fast and safe bike navigation.

The board is centered to allow maximum clearance for rider hands and arms, and the single point mount leaves more room for lights, odometer etc

Features:

- 360 degree rotation mount bracket is constructed from lightweight machined aluminum with durable powder coating
- The 9" x 9" or 11"x 11" rigid board has an integrated clear map protector (with strong velcro attachments)
- Only 12mm of bar mounting space required. Fits 25.4mm - 31.8mm flat and riser bars
- Lightweight design and materials

Special offer for Storm the Trent racers!

- one unit @ \$70.00
- two units @ \$120.00
(shipping & taxes extra)

For more information or to place an order, contact Mark Honsberger at intrepidhons@rogers.com

6. FREQUENTLY ASKED QUESTIONS

Can we use kayak paddles in the canoe?

- Yes.

What types of canoes are available for rent through Storm Racing?

- Our supplier brings with them only lightweight Kevlar and Royalite canoes, complete with paddles and all required emergency gear (PFD's are not included). Please note that at the time of posting this racer package, nearly all of these rentals were completely booked. For more information, contact us at info@stornevents.ca

Will a hybrid bike suffice as a "mountain bike"?

- Hybrids could be used on this year's course, but a wider, more aggressive tire tread is recommended.

Do we have to carry 2L of water with us at all times, or can we leave water with our bikes/boats?

- All racers are required to have the capacity for a minimum of 2L of water. Whether you choose to carry that much in one source we leave up to you. The key point to remember however is that water will not be provided on the course, and that you may be out there for as many as five hours.

Will we have to carry our paddles or our bike gear throughout the race?

- Storm events are formatted such that you will never have to lug unnecessary gear through the various race stages, but having the capacity to carry some gear items is highly recommended.

Will a ziplock bag suffice as a "waterproof map pouch" or as a "watertight bag"?

- Yes, although it is not recommended as a map pouch.

7. CANOE/KAYAK RENTAL DIRECTORY

The following is a list of rental options* within a three-hour radius of the host site:

Beach Canoe & Kayak Rentals
1127 Beach Boulevard
Hamilton
905-545-4745

Mountain Equipment Co-op
1030 Brant Street
Burlington
905-333-8559

Canyon Mountain Company
90 King Street West
Cobourg
905-377-8026

The Complete Paddler
919 Oxford St
Toronto
416-255-6905

Sojourn
31 Commerce Park Drive
Barrie
705-739-9694

Wild Rock Outfitters
167 Charlotte St.
Peterborough
1-888-WILD-ROC

Mountain Equipment Coop
400 King St. West
Toronto
416-340-2667

Trailhead Kingston
272 Princess Street
Kingston
613-546-4757

Adventure Outfitters
County Road #18 at Hwy #507
Lakefield
(705) 652-7986

** please note that these suppliers will not offer delivery service to the race site*

8. VOLUNTEERS

If those racers bringing along any friends and family could convince them to assist for a few hours as a volunteer, it would be greatly appreciated! Volunteers are the backbone of events like these, and we graciously welcome anyone who wants to join the Race Staff team. Working behind the scenes at a race is also the best way by far to learn more about adventure racing for those interested in trying it themselves for the first time. If you or someone you know would like to volunteer, please call us at **905-580-2767** or write to info@stормevents.ca

8.1 VOLUNTEER DISCOUNT

Want to save some money on your race entry fees? Provide us with a volunteer referral (or volunteer yourself!) and we'll credit you with **\$25*** off your entry into **any Storm Racing event** this year! Volunteers are a critical component of our Event Day planning, and we want to make certain that the experience is worthwhile for those who so generously offer us their time. For registered teams, this credit is offered in the form of a rebate for any referral of a volunteer willing to commit to a minimum 5-hour shift. For further details, contact us at info@stормevents.ca

** To a maximum of \$50. Please note that this offer cannot be redeemed through the online registration system.*

9. RACE SWAG

- Axis Gear "HydroQuick" jerseys in unisex sizing. These high-performance wicking shirts (i.e. non-cotton) are offered exclusively to Storm racers at the incredibly low price of **\$35!**
- Axis Gear has also designed a special edition long-sleeved jersey for this event, available in two different styles. However, quantities are limited, and at only **\$50** each, they are going quickly!
- A few remaining jerseys may be available for purchase on Race Day, but only if quantities allow. Be sure to order in advance to avoid disappointment!
- Please note that entry into Storm the Trent races does not include a complimentary cotton shirt.
- All jerseys will be available at Check-In on Race Day.



10. REFUND POLICY

Participants who register for *Salomon Storm the Trent* do so with the acknowledgement that:

- Refunds will not be granted under any circumstances when the request is made anytime within the four weeks prior to the event date, **unless**;
- In the event of injury, a racer's entry fee may be refunded if a signed doctor's note is provided, but **ONLY** the entry fee of the injured racer, and not that of the remainder of the team.
- All refunds are subject to a \$25 administration fee
- Subject to the Race Director's approval, entries may be transferred between events within the same season (minus the administration fee), or may be deferred to the first event scheduled for the following year.
- Refunds will **not be given** for any reason on Race Day, or for no-shows.
- In the event that a race is cancelled or postponed due to reasons beyond our control (including, but not limited to, severe weather, war, flood, pandemic, or any factor that may make the operation of the event dangerous to participants, staff and volunteers), Storm Racing will make every effort to reschedule the race to a later date of its choosing. However, no refunds will be issued if a re-scheduled date is not possible. If a new date is offered, no refund will be granted to registrants who are unable to participate in the rescheduled event.

11. ACCOMMODATIONS



1-800-263-7781

www.goldenbeachresort.com

Race Weekend Special Rates at Golden Beach Resort

* No Bedding or Towels Provided, Taxes Extra*

Cottage & Condo Options	Max # of People	One Night	2 Nights	3 Nights
2 Bedroom Traditional Lakefront Cottage	4	\$149.00	\$260.00	\$362.00
2 Bedroom Lakefront Condo Suite	4	\$129.00	\$214.00	\$298.00
2 Bedroom Deluxe Lakefront	4	\$239.00	\$383.00	\$534.00
2 Bedroom Classic Lakefront	4	\$289.00	\$460.00	\$641.00
2 Bedroom No-Frills (<i>No sofa bed</i>)	4	\$119.00	\$198.00	\$276.00
3 Bedroom Traditional Lakefront	6	\$229.00	\$352.00	\$491.00
3 Bedroom Deluxe Lakefront	6	\$289.00	\$472.00	\$662.00
3 Bedroom Traditional Off-Lake	6	\$199.00	\$352.00	\$491.00
4 Bedroom Deluxe Lakefront	8	\$429.00	\$691.00	\$962.00
Extra Person (per person/per night)	(max. 2)	\$50.00	\$100.00	\$150.00
Camping Options	# of People	One Night	2 Nights	3 Nights
Tenting (one unit per site)	2	\$28.00	\$56.00	\$84.00
Full Hook up (one unit per site)	2	\$35.00	\$70.00	\$105.00
Extra Person (per person/per night)	(max. 2)	\$8.00	\$8.00	\$8.00

All cottages & condos equipped with a refrigerator, stove, BBQ, picnic table, campfire pit, 3-piece bath and satellite TV. Minimum 50% deposit required for all reservations. 50% of the deposit is refundable upon 55 days advance notice. Towels and bedding not included. Taxes extra. Access to wireless internet available. No pets please.

Saturday and Sunday morning check-out times are 11:00am.

SPONSORS OF SALOMON STORM THE TRENT



Title sponsor of the *Storm Multi-Sport Adventure Series*, Salomon is the global performance brand delivering design and innovation to the mountain. Salomon's heritage, culture and commitment are tied together by one simple concept; the world's leading mountain people creating the world's leading mountain product.



OTHER EVENTS NOT TO BE MISSED!



Date: Saturday July 24, 2010
Location: Bark Lake, Haliburton Highlands
Format: 4-hour or 8-hour adventure race
Details: www.racetherockstar.com



Date: Saturday September 18, 2010
Location: Kelso Conservation Area, Milton
Format: 10-hour relay adventure race
Details: www.stormevents.ca/stormthe10.htm



Race Waiver

I, _____ am a registered participant in the
"Storm the Trent" multi-sport adventure event on May 15-16, 2010.

IN ENTERING INTO THIS AGREEMENT, I ACKNOWLEDGE THAT I WILL BE TRAVELLING OVER PRIVATE LANDS AND PROPERTIES (THE TOWNSHIP OF ALNWICK-HALDIMAND, HAMILTON TOWNSHIP, NORTHUMBERLAND COUNTY, GOLDEN BEACH RESORT), COLLECTIVELY, THE "RACE COURSE PROPERTIES."

I hereby agree as follows:

1. TO WAIVE AND RELEASE all rights and claims for damages which I may have against the owners of any "Race Course Properties," for any and all injuries, losses, and damages, which I may suffer while taking part in "Storm the Trent," or traveling on or over the "Race Course Properties."

IN ENTERING INTO THIS AGREEMENT, I ACKNOWLEDGE THAT I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH ADVENTURE RACING AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM.

I hereby agree as follows:

1. TO WAIVE ANY AND ALL CLAIMS that I have or may have in the future against STORM RACING and their directors, officers, employees, guides, agents, independent contractors, sponsors, representatives, successors and assigns (all of whom are hereinafter collectively referred to as the "RELEASEES") and TO RELEASE THE RELEASEES from any and all liability for any loss, damage, expense or injury including death that I may suffer or that my next of kin may suffer as a result of my participation in "Storm the Trent", DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE ON THE PART OF THE RELEASEES, AND INCLUDING THE FAILURE ON THE PART OF THE RELEASEES TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF ADVENTURE RACING REFERRED TO ABOVE;

2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any property damage or personal injury to any third party resulting from my participation in "Storm the Trent."

3. That this Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity;

4. This Agreement and any rights, duties and obligations as between the parties to this Agreement shall be governed by and interpreted solely in accordance with the laws of the province of Ontario and no other jurisdiction; and,

5. Any litigation involving the parties to this Agreement shall be brought solely within the Province of Ontario and shall be within the exclusive jurisdiction of the Courts of the Province of Ontario.

Signature on reverse



IN ENTERING INTO THIS AGREEMENT I AM NOT RELYING ON ANY ORAL OR WRITTEN REPRESENTATIONS OR STATEMENTS MADE BY THE RELEASEES WITH RESPECT TO THE SAFETY OF ADVENTURE RACING, OTHER THAN WHAT IS SET FORTH IN THIS AGREEMENT.

I hereby agree as follows:

1. TO ACKNOWLEDGE that I have been provided with a race information package, which identifies the risks associated with adventure racing, and the fact that as a participant I share a role in ensuring my own safety and in mitigating these risks, by being suitably prepared to participate in this event; and,
2. TO ACKNOWLEDGE that I have read and understood this document.
3. TO ACKNOWLEDGE that I have read and understood the list of mandatory safety equipment outlined in the aforementioned information package; and,
4. That I am aware that I am responsible for bringing to this equipment to the event, and that I have been instructed to carry this equipment throughout the race.
5. TO ACKNOWLEDGE I have been instructed to wear equipment such as bike helmets and personal floatation devices while engaging in activities that necessitate their use (as per the "Race Rules" outlined in the aforementioned race information package).

IN ENTERING INTO THIS AGREEMENT, I ACKNOWLEDGE THAT ANY AND ALL TERMS, CONDITIONS AND AGREEMENTS RELATED TO THE RENTAL OF CANOES ARE MADE BETWEEN MYSELF AND THE OWNER(S) OF SAID PROPERTY.

IN ENTERING INTO THIS AGREEMENT, I ACKNOWLEDGE THAT VIDEO PHOTOGRAPHY AND/OR STILL IMAGES MAY BE TAKEN OF ME WHILE PARTICIPATING IN THIS EVENT

I hereby agree as follows:

1. TO GIVE MY CONSENT to have photos and images in which I am represented used in future promotional pieces for the "Storm Multi-Sport Adventure Series"

Initials _____

 **Initial Here**

I CONFIRM THAT I HAVE READ AND UNDERSTOOD THIS AGREEMENT PRIOR TO SIGNING IT, AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.

Signature _____

 **Sign Here**

Signature of Parent/Legal Guardian _____
(if under 18 years of age)

Signed this _____ day of _____, 2010

 **Date Here**