

STORM the TRENT



presented by



May 13, 2012 Trudeau's Park Resort, Tweed

'Hike' Course Racer Information Package

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Dear Storm'ers:

Welcome to another exciting year of Storm the Trent, proudly presented by Hi-Tec. We have another incredible race weekend in store for you this year, with over 700 racers expected to take part in three separate multi-sport racecourses routed through the trails, backroads and waterways surrounding the village of Tweed. We are thrilled to be returning to the host site of our 2009 event at Trudeau's Park Resort, as we bring you the eleventh annual staging of Canada's largest adventure race!

Storm the Trent is a full-weekend event which features race options for all levels. Racers in the "Trek Elite" and "Trek" events will compete on Saturday, and the "Hike" short-course race will be staged separately on Sunday. We have all-new racecourse designs for each this year, featuring the best of all that this vast and largely untouched area has to offer. We'll also be using SPORTident timing technology again in 2012, to enable us to offer fast and 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 to 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! On-course gear checks will be imposed, in where teams will be required to show that they are carrying their mandatory gear items. Penalty minutes will be assigned to teams that fail to comply.

Should you have any questions regarding this package or the race itself, please feel free to call **905-580-2767**, or email to **info@stormevents.ca** I look forward to seeing all of you on May 13th, and wish all teams the best of luck on Race Day!

Sean Roper
Race Director

1. GENERAL RACE OVERVIEW

- Storm the Trent is open to solo racers and teams of 2 or 4 only.
- Teams complete the paddling section(s) in canoes only, 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), and must remain together as a team at all times during the race.
- 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 racers must pass en route to the Finish Line. Each team or solo racer is issued a set of colour maps and a list of written instructions indicating the locations of the checkpoints.
- Each team or solo racer 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 or solo racer will also be issued a “passport” which is to be carried throughout the race, as a backup method of punching in or recording information at checkpoints.
- Some sections of the racecourse will be marked with race markers, but racers 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 (no outside 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).
- A post-race BBQ will be offered at the Finish Line. Meal tickets will be issued in the racer kits.
- 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 Our many thanks to Orienteering Ontario for their support of this event through the provision of SPORTident timing technology.

2. RACE DAY ITINERARY

Race Day - Sunday May 13

7:00am	Trudeau's Park will open their restaurant for a breakfast buffet
7:15am	Bike drop opens at the Stoco Pavilion
7:30am	Check-In opens at Trudeau's Park Resort
9:45am	Pre-Race Briefing at Trudeau's Park Resort
10:30am	Race Start
3:30pm	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
- Trudeau's Park Resort has a licensed restaurant and ATM machine on-site

** Please note that awards and prizing will only be awarded to those teams and solo racers who attend the post-race ceremonies.*

2.1 PRE-RACE INSTRUCTIONS

Please refer to the maps on the following page for directions to the host site.

- **Before checking in** at the host site at Trudeau's Park Resort, all teams must first drop their bikes **off** at the pavilion in the Hamlet of Stoco. Race staff will be on-site to assist. 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 Trudeau's Park 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 (these will include "Entire Race" gear requirements as outlined in Section 5 - not bike or paddle-specific items). It is suggested therefore, that you bring your race packs inside.
- Please note that teams may only Check-In **once all team members are present**
- At Check-In, you will receive:
 - Race bibs and meal tickets for each team member (bike plates will be distributed later)
 - Your team's SPORTident card, passport, race maps & instructions
 - Race jerseys (if pre-ordered - see Section 9 for details)
 - 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 personal canoes and kayaks are to be placed inside the gear compound.
- Rentals canoes 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 9:45am. Attendance at the briefing is mandatory for all team captains and solo racers.

2.2 HOW TO GET TO THE RACE SITE

Trudeau's Park Resort
15 Trudeau Lane
613-478-5511

To the Stoco Pavilion and Trudeau's Park Resort From Hwy 401:

- take Hwy 401 to Belleville
- at Exit 544, take Hwy 37 north towards Tweed
- drive north on Hwy 37 for approximately 35km to Marlbank Road
- turn right onto Marlbank Road, and drive for approximately 3km to Stoco Road
- turn left at Stoco Road
- stay left and turn into the Stoco Pavilion grounds (a Storm Racing flag will be positioned at the entrance)
- drop your bike and follow Stoco Road north for approximately 2km - Trudeau's Park Resort will be on your left

To the Stoco Pavilion and Trudeau's Park Resort From Hwy 7:

- take Hwy 7 to Hwy 37, between Kaladar and Madoc
- take Hwy 37 south to Tweed
- follow Victoria Street through the Village of Tweed to stay on Hwy 37 South
- turn left onto Marlbank Road
- take Marlbank Road approximately 3km to Stoco Road
- turn left at Stoco Road
- stay left and turn into the Stoco Pavilion grounds (a Storm Racing flag will be positioned at the entrance)
- drop your bike and follow Stoco Road north for approximately 2km - Trudeau's Park Resort will be on your left



3. RACE RULES - GENERAL

- The fundamental rule of Storm the Trent is that team members must be within 100m (and in 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 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.
- 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.
- 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. Use of kayak paddles in canoes is permitted.
- 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. Our host region within the Municipality of Tweed is virtually custom-designed for an event of this format, as it offers the perfect mix of land and terrain features that make for a scenic, challenging, and highly enjoyable multi-sport adventure. We've had a ton of fun designing this racecourse, and we know that you are going to enjoy what we have in store for you!

Mountain Bike Stages

approx 23km (total)

Racers can expect the bike sections to consist of a variety of backroad routes that will be marked with course markers at all junctions, and that will not require any technical riding skills. Use of hybrid bikes is feasible, but a road bike would not be suitable.

Paddle Stage

approx 7km (total)



This year's course features a flatwater paddling section that will be roughly 7km in distance. 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 set paddle route will be an advantage.

Running/Trekking Stages

approx 6km (total)

The trekking sections will involve searching for a series of checkpoints that will be positioned throughout 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 STORM THE TRENT

- Unlike pure wilderness-based adventure races, Storm the Trent does not require racers to have a great deal of navigational skill. Our race format 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 in marked sections. A "put your head down and go hard" approach may not necessarily produce the fastest results!

4.2 NOTES ON GEAR

- Given that racers are self-sufficient while on the racecourse (unlike in triathlon events) the rule of thumb at 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.
- 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*.
- 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 (these will include "Entire Race" gear requirements as outlined in Section 5 - not bike or paddle-specific items). Any team or solo racer who cannot prove that they are equipped with these items will be disqualified from the race.
- 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 a total of 2L of water - this minimum volume may be distributed between backpacks, bikes and boats, but we highly recommend that you have all sources completely filled prior to Race Start, as 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.
- Waterproof map pouches or dry bags are considered mandatory gear. You will need them to protect your maps and instructions!

5. MANDATORY GEAR LIST

ENTIRE RACE	<p><u>Mandatory Items - Per Racer</u></p> <ul style="list-style-type: none"> • 1 whistle (<u>separate</u> from the one attached to your PFD) • Minimum volume of 2L (total) water capacity. Please remember that water will <u>not</u> be provided on the racecourse. • 1 toque • Spare fleece, polypro or polyester (ie. non-cotton) long-sleeved shirt stored in a <u>watertight bag or pouch</u> <p><u>Mandatory Items - Per Team*</u> <i>* note that solo racers must carry all team gear items as well as the individual items</i></p> <ul style="list-style-type: none"> • 1 waterproof map pouch or dry bag • 1 fully-charged cellular phone • 1 permanent marker • 1 pocket knife • 1 compass • 1 emergency blanket • Waterproof matches • Headlamp or flashlight • Medical kit containing a tensor bandage, 6 "band-aid" bandages, adhesive tape, 2 antiseptic wipes, antibiotic ointment, ibuprofen tablets, 1 gauze pad, and electrolyte supplements (ie. such as eLoad drink mix powder, eDiscs, Zone Caps, or similar)
BIKE SECTIONS	<p><u>Mandatory Items - Per Racer</u></p> <ul style="list-style-type: none"> • Mountain bike • Certified bike helmet • 1 spare bike tube <p><u>Mandatory Items - Per Team*</u> <i>* note that solo racers must carry all team gear items as well as the individual items</i></p> <ul style="list-style-type: none"> • 1 tire pump • 2 tire levers
PADDLE SECTIONS	<p><u>Mandatory Items - Per Racer</u></p> <ul style="list-style-type: none"> • Coast Guard or Dept. of Transportation approved Personal Flotation Device (PFD) ----- with whistle attached (<u>separate</u> from the one listed above that is carried with you at all times) • Please note that inflatable lifejackets are not acceptable as Personal Flotation Devices <p><u>Mandatory Items - Per Team</u></p> <ul style="list-style-type: none"> • 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.

6. FREQUENTLY ASKED QUESTIONS

Can we use kayak paddles in the canoe?

- Yes.

What types of canoes are provided?

- Our supplier offers lightweight kevlar canoes, complete with paddles and all required emergency gear (PFD's are not included).

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

- A hybrid could be used, but a road bike would not be suitable.

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 eight 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 outfitters within a three-hour radius of the host site. Please note that these are "self-serve" rental options - these suppliers will not offer delivery service to the race.

The Unconventional Moose
(kayaks only)
108575 Highway 7, Tweed
613-478-2562

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

Frontenac Outfitters
6674 Bedford Road
Sydenham
800-250-3174

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

Wild Rock Outfitters
167 Charlotte St.
Peterborough
888-945-3762

Trailhead Kingston
272 Princess Street
Kingston
613-546-4757

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

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

Ahoy Rentals
23 Ontario Street
Kingston
613-549-4277

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

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. Volunteers will be provided an official Storm the Trent race shirt, as well as a bagged lunch and post-race BBQ meal. If you or someone you know would like to volunteer, please call us at **905-580-2767** or write to info@stormevents.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@stormevents.ca

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

9. RACE SWAG

- Storm Racing cycling jerseys designed by Axis Gear. These fully-sublimated jerseys feature moisture-wicking micro-cell fabric, 3 back pockets, no-elastic sleeves, and are available in sizes XS through to XL. They are offered exclusively to Storm racers at the incredibly low price of \$50!
- Axis Gear has also designed a sublimated performance fabric long-sleeved jersey for this year's event, available in both men's and women's cuts. 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 Storm the Trent do so with the acknowledgement that:

- **No refunds (partial or full) will be offered for any reason** when the request is made within the six weeks leading up to the event date; on Race Day; or if a team or racer fails to attend the event. Refunds will be offered only if requested before **March 31, 2012**.
- Entry fees may not be deferred or transferred to other events.
- 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 OPTIONS

Camping at the Race Site at Trudeau's Park Resort:

- \$15 per person for tent or trailer sites
- flush bathrooms and hot showers on-site
- fire pits, firewood and ice available
- on-site restaurant open for breakfast (7:00-10:00am) and dinner (5:00-9:00pm)
- call **613-478-5511** to book your site

Beachwood Hollow Resort (cabin rentals)
1-800-565-4027
www.beachwoodhollow.com
Tweed – approx. 10 minutes from the race site

Holiday House B & B
613-478-5025
www.bbcanada.com/holidayhouse
south of Tweed – approx. 5 minutes from the race site

Lakeside Holidays (rooms for rent)
905-723-7324
www.lakesideholidays.ca
Tweed – approx. 10 minutes from the race site

Bridge Water Retreat (cabin rentals)
1-888-478-6116
www.bridgewaterretreat.ca
north of Tweed – approx. 20 minutes from the race site

Park Place Motel
1-866-478-3134
www.parkplacemotel.com
Tweed – approx. 10 minutes from the race site

The Unconventional Moose (cabin and room rentals)
613-478-2562
www.unconventionalmoose.com
north of Tweed – approx. 20 minutes from the race site

Newton House B&B
613-478-1691
www.newtonhouse.ca
Tweed – approx. 10 minutes from the race site

Sunrise Motel
(613) 478-2326
south of Tweed – approx. 20 minutes from the race site

These listings are for accommodations in the immediate area of the race site. For listings within the nearest major city-centre (Belleville), visit www.city.belleville.on.ca/Visiting/Accommodations/Pages/default.aspx

SPONSORS OF STORM THE TRENT



We are thrilled to welcome iconic footwear brand **Hi-Tec** as the presenting sponsor of the 2012 *Storm Multi-Sport Adventure Series*. The dominant name behind adventure racing in North America during the sport's early beginnings in the late nineties, Hi-Tec is re-establishing itself within the adventure sports market with its innovative new line of trail running shoes. Have a look at www.hi-tec.com



OTHER EVENTS NOT TO BE MISSED!

Visit www.stormevents.ca for more information on these great events!

Date: Saturday June 16, 2012
Location: Apsley
Format: 3-to-5 and 5-to-8 hour adventure races



Date: Saturday July 28, 2012
Location: Bark Lake, Haliburton Highlands
Format: 4-hour or 8-hour adventure race

Date: Saturday September 15, 2012
Location: Kelso Conservation Area, Milton
Format: 5-hour or 8-hour relay adventure race



Race Waiver

I, _____ am a registered participant
in the "Storm the Trent" Adventure Race on May 12-13, 2012.



Name Here

IN ENTERING INTO THIS AGREEMENT, I ACKNOWLEDGE THAT I WILL BE TRAVELLING OVER PRIVATE LANDS AND PROPERTIES (THE MUNICIPALITY OF TWEED, HASTINGS COUNTY, THE LANDS AND PROPERTIES UNDER MANAGEMENT OF QUINTE CONSERVATION, THE EASTERN ONTARIO TRAILS ALLIANCE, TRUDEAU PARK 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, HI-TEC SPORTS CANADA, 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 the "Storm the Trent" Adventure Race, 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 the "Storm the Trent" Adventure Race.

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.



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 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.

Initials _____

 **Initial Here**

I ACKNOWLEDGE, AGREE AND REPRESENT THAT I UNDERSTAND THE NATURE OF THE EVENT AND RISKS ASSOCIATED WITH PARTICIPATION IN OR ATTENDANCE AT THE EVENT INCLUDING THE RISK OF INJURY, WHETHER SERIOUS OR NOT AND POSSIBLY DEATH AND WARRANT THAT THE I AM IN GOOD HEALTH AND PROPER PHYSICAL FITNESS TO ENABLE PARTICIPATION, INCLUDING ANY ACTIVITIES ASSOCIATED WITH THE EVENT AND AT ANYTIME I BELIEVE THAT ANY CONDITIONS OR EQUIPMENT USED DURING THE EVENT IS UNSAFE, OR THAT I AM INCAPABLE OF CONTINUING, I WILL IMMEDIATELY DISCONTINUE FURTHER PARTICIPATION IN THE EVENT OR ACTIVITY, OR IF REQUESTED BY ANY REPRESENTATIVE OF THE RELEASEES OR BY ANY MEDICAL PERSONNEL TO DISCONTINUE PARTICIPATION

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 _____, 2012

 **Date Here**