

**Rules & Regulations - as of September 26, 2017**

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## **Wilderness Traverse Adventure Race**

### **1. Definition**

The Wilderness Traverse is a 24 to 30 Hour adventure race hosted in the province of Ontario. Disciplines include; off-trail trekking, hiking, trail running, wilderness paddling (in canoes) and mountain biking.

### **2. Organization**

Contour Adventures Inc. organizes the Wilderness Traverse Adventure Race, with Event Director Bob Miller. The event is sanctioned by the Canadian Adventure Racing Association.

Contact Information: bob@wildernesstraverse.ca  
www.wildernesstraverse.ca  
c. 416-735-4021

### **3. Schedule of Events**

#### **Friday before the race**

**Race Check-In:** 16:00 – 20:00 (All team members must be present, unless permission is sought from the Organizer)

Registration procedure:

- Check-In (provide credit card authorization, cell phone number & paperwork)
- Gear Check (must show specific gear **indicated with an asterisk** on the gear list)
- Navigation Test (teams who have finished comparable events, won't need to complete this check). We'll be testing knowledge of: topographic maps (symbols, contours, scales, distance & time estimates etc.), UTM grid system (identifying locations), and compasses (features & deriving bearings).
- YellowBrick GPS Tracking Device Pick-Up (teams will be shown how the device works & what to do in case of emergency)

We'll aim to make registration as smooth as possible and don't expect it will take more than 1 hour.

**Gear Drop-Off:** 16:00 – 22:00 (Provide Gear Bins/Bags to Race Management) Teams can wait until after the Race Briefing to provide their gear bins/bags to Race Management. This can also be done early on Saturday morning.

**Race Briefing:** 8:00pm – 9:00pm (at least 2 members from each team must be present)

- Introduction of Race Staff & Sponsors (5-10min.)
- Distribution of pre-marked race maps and Competitor Instructions (teams are given 45 minutes to review the maps & instructions before the Event Director proceeds with the Course Overview & Q&A.
- Course Overview (15min.)
- Q&A

#### **Saturday**

**Breakfast Provided:** 06:00 – 06:45

**Board Buses for drive to Start:** 06:30 – 07:00 (Buses will depart at 07:00 sharp!)

**Arrive at Start Location:** 07:30

**Race Start:** 08:00

#### **Sunday**

**Post Race Meal:** available from 11:00 – 14:30

**Course Closes:** 14:00 (All teams must be off the course at this time)

**Awards Ceremony:** 14:30 – 15:00

## 4. The Competition

### 4.1 The Course

- The course will be staged in Ontario, Canada. The complete course will remain secret until the race briefing on the Friday evening before the race at 8pm.
- The course traverses both public and private land. At no time is any part of the course closed for the participants' exclusive use. Therefore, at all times, participants must be prepared for encounters with other members of the general public, and must obey public laws & regulations, i.e. The Highway Traffic Act.
- Two weeks prior to the event, teams will receive an e-mail describing the lengths, disciplines and estimated duration for each leg of the course. This is to give teams time to prepare food & gear bins prior to arrival at Race Check-In.
- At the Race Briefing each team will receive a set of maps, a set of Competitor Instructions and a Sport Ident (SI) card. The primary maps will be 1:50000 scale from the [National Topographic System of Canada](#), and will be pre-marked with checkpoints and transition areas. Supplementary maps of varying scales may also be provided. The Competitor Instructions will contain specific rules and information important for your team's progression along the course.
- Short-Course options will be available for teams not making cut-off times and will be clearly described in the Competitor Instructions.
- Absolute Cut-Offs will be implemented at certain TAs and CPs, at which point teams will no longer be allowed to continue on the course.
- Only non-motorized, human powered travel is authorized.
- The course will cover approximately 150 kilometres and will include; off-trail trekking, hiking, trail running, wilderness paddling (in canoes) and mountain biking, all with wilderness navigation requiring a map & compass.
- Trekking will be predominantly off-trail in wilderness terrain covering approximately 35km. Navigation using a map and compass will be of utmost importance.
- Canoeing will take place on remote paddle and portage routes covering approximately 35km. Up to 6000m of portaging could be required.
- Mountain biking will take place on a mix of; gravel roads, ATV trails, decommissioned logging roads and single-track trails covering approximately 90km. Navigation within these remote trail networks will be of utmost importance.
- The race will continue non-stop from start to finish.
- The race director has the authority to alter the course at any time for dangerous weather conditions, security, or any unforeseen reasons.
- At no time are teams permitted to have outside assistance while in the competition; however, they can stop at publicly available stores, or restaurants.

### 4.2 Checkpoints (CPs) and Transition Areas (TAs)

- The course will be conveyed via a series of Checkpoints. Teams must visit each CP in sequential order. Teams must punch their Sport Ident (SI) card at every CP and TA. If a team loses their SI card, they'll need to pay a \$75 replacement cost.
- Teams must follow the directions of TA, or CP staff.
- CPs may be manned, or un-manned. Any un-manned CPs will be indicated in the Competitor Instructions and will be marked with an orienteering flag and an SI Unit.
- In the case of an un-manned CP, punch your SI card in the SI unit. If the SI Unit does not emit a distinct "beep", send a Text Message using the Yellowbrick Tracking Device from the CP location stating your team name and number and explaining what CP you are at. If you believe you are in the correct location, but an un-manned CP has been stolen, or misplaced follow the same directions in the case of a SI Unit not emitting a distinct beep, but also include details in the text that the CP is no longer in place. If your team loses its SI Card send a text with the Yellowbrick Tracking device from any un-manned CP locations.
- Transition Areas are designated places where teams will have access to gear bins, as well as both hot & cold water.
- Each TA is also a CP.

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- Teams must punch their SI card upon checking into and out of each TA and must inform the TA staff when entering and departing. There will also be a distinct area where teams must place their TA Bags/Boxes once they depart from a TA. Failure to place your gear bag/box in the correct area before leaving a TA could result in it not being available at a future TA.

### **4.3 Gear Bins**

- Each team is required to have two Gear Bins/Bags, which will be transported by the organization, and will be available at TAs. Gear Bins may not exceed 190 litres. Gear Bins will be left outside, exposed to the elements, so hard-shell plastic boxes are recommended.
- Gear Bins must be clearly marked with your team name and number.
- Gear Bins will be split-up, and only one bin will be available at each TA. This will be clearly outlined in the Competitor Instructions.
- The organization will treat your equipment with the utmost care and respect; however, we will assume no responsibility for lost, stolen or damaged equipment.
- Personal paddles, PFD's and canoe seats may be transported outside of the gear bins, but they must be bundled together, or packed in their own bag and clearly marked with your team's name & number.

### **5. Teams**

- By entering the Wilderness Traverse, participants agree to abide by these Rules and Regulations. All participants must also agree to respect the Public and Private lands through which they pass, and to travel through these areas using minimum impact practices.
- Each team member enters the competition under his or her own responsibility. He/She alone can judge whether they should participate in the event, and have the ability to endure from start to finish.
- Participants must be fully aware of the risks they run by entering the event. They will release the organization of all criminal or civil responsibility in case of personal accident or damage to property during the event. All competitors will be required to sign a liability release form and waiver for this purpose.
- Each participant will have to fill in a medical form. The medical form will stay strictly confidential and be used only by medical professionals.
- Each participant will have to sign an image/video release form.
- Any Non-Canadian citizen, or participant not covered under a Canadian Provincial Healthcare Plan must show proof of emergency medical insurance, which covers the activities/risks involved in the event.
- Teams must follow the course designed by the organization and must comply with the spirit of the competition. Teams caught in any out-of-bounds areas without a suitable explanation will be disqualified.
- No matter the size of the team, each team must carry all of the Team Mandatory Gear as outlined in the gear list.
- Each team member must remain within 100m of each other at all times during the competition.
- The Race Organizer, including the Medical Staff reserve the right to forbid a competitor, or team from starting or continuing on any section of the course due to injury or any other reason.

### **5.1 Team Composition**

- Each team will assign a "Team Captain", through which all communications with the Race Director and Race Officials should take place. This includes any complaints, or protests.
- The "Premier" category is the Co-ed 4-person category – 1 team member must be male and 1 must be female. This is the main category for prizing.
- Teams may also choose to race as All-Male, All-Female, or Coed teams with 3, or 4 members.

### **5.2 Team Proficiencies**

- For safety reasons, each racer must know how to swim a minimum of 1 kilometre, and have trained sufficiently to take part in a 24 to 30 Hour non-stop adventure race.
- It is **highly recommended** at least two team members are trained/certified in First Aid.
- It is **highly recommended** at least two team members can navigate by map and compass in remote back country, during day and night. One team member will be tested at registration. The navigation test will cover knowledge of: topographic maps (symbols, contours, scales, distance & time estimates etc.), UTM grid system (identifying locations), and compasses (features & deriving bearings). Teams, who have finished comparable events, won't need to complete this test.
- All team members should have the skills necessary to paddle and portage a canoe, and also perform a canoe self-rescue, and an assisted canoe-over-canoe rescue.
- All team members should have the skills necessary to mountain bike across varying and unpredictable terrain in the back-country in both day and night. They should also possess the skills to perform basic bike repairs, including; flat tires, broken chains, brake adjustments, gear adjustments etc. You may also have to carry, or push your bike at times.

### **5.3 Withdrawal of a team or a team member**

- If a team or team member decides to withdraw, a race official must be notified.
- If the team fails to notify the race organization of its withdrawal and a search and rescue operation is mounted the team will be deemed responsible and expected to pay for any financial costs incurred.
- There must be a minimum of 2 members to continue on the course. A 2- or 3-person team must carry all of the Team Mandatory Gear.
- An unofficial team must be approved to continue by one of the race officials before they are allowed to continue on the course.
- If a 4-Person team loses a team member they may continue as a ranked 3-person team.
- Any team made up of less than 3 members will become "unranked".
- A team or a team member that withdraws is not allowed back on the course at a later time for any reason.

## **6. Gear**

The following list details the MINIMUM gear necessary for participation in the event. All items marked with an asterisk (\*) will be requested for inspection during Race Check-In. During the race there may be gear checks prior to a given section. Failure to comply with the Mandatory Gear List will result in your team not being able to begin the race or a given section.

This gear list is not open to interpretation, if you have any questions; please ask them no later than two weeks before the event. A NON-Mandatory Gear List has also been included to help you prepare accordingly.

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### 6.1 Mandatory Gear Full-Time per Team Member

ITEM	QUANTITY
Race jersey (provided by the organization) <ul style="list-style-type: none"> <li>Must be worn at ALL times while on racecourse (excluding TAs) as OUTERMOST top layer</li> </ul>	1
Working light (with enough battery power and waterproof advised) <ul style="list-style-type: none"> <li>Must be able to turn on at ANY point during the race</li> </ul>	1*
Whistle (Must be attached to outside of pack, and on PFD while paddling)	1*
Hat for warmth <ul style="list-style-type: none"> <li>Buff (or comparable) accepted, baseball style not accepted</li> </ul>	1
Long-sleeved synthetic/wool shirt (in addition to any tops being worn)	1
Long-sleeved mid-weight fleece top	1
Long pants or tights (can be the bottoms you're wearing)	1
Waterproof Jacket (gore-tex or similar with taped seams)	1
Waterproof Pants (gore-tex or similar with taped seams)	1
Emergency Bivy Bag (recommended brand: "SOL Bivy Sac")	1*
Waterproof Pack Liner	1

### Full-Time per Team

ITEM	QUANTITY
First-aid kit (as described below)	1*
Compass	2
Knife (minimum 2-inch blade)	1
Lighter/box of waterproof matches	2
Cell-phone (With full charge. Number to be provided at registration.) (Cell phone will be sealed in tamper-proof bag before the event)	1*
Back-up battery & cable - capable of charging cell-phone	1
Launching distress flares	2*
Water purification system/tablets (enough to purify 20 litres of water)	1
Waterproof map bag	1
Drybag (for full-time team gear)	1
Maps (provided by organization)	1
Competitor Instructions (provided by organization)	1
SI Electronic Timing Card (provided by organization)	1
GPS Tracking Device (provided by organization)	1

### First Aid Kit\*

ITEM	QUANTITY
Duct tape	2 metres
Anti-biotic ointment (eg. Polysporin™)	1 tube
Anti-histamine tablets	6
Anti-inflammatory tablets	12
Tensor / Ace bandage (3" x 5')	1
Gauze roll (2" x 5')	1
Anti-bacterial towelettes	5
Scissors	1
Tweezers	1
Band-Aids	5
Roll of Waterproof First-Aid Tape	1

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Gauze Pads 3"x3" or larger	2
Pressure Dressing for Heavy Bleeding	1
Electrolyte Replacements (packets, or tablets)	4

### Biking Section(s)

ITEM	QUANTITY
Mountain Bike (in good working order)	1 per team member
Rear-mounted RED light <ul style="list-style-type: none"> <li>• Must be functional at all times from sunset to sunrise</li> </ul>	1 per bike
Forward facing headlamp, or bar-mounted white light (can be same as full-time working light)	1 per team member
Certified cycling safety helmet (worn at all times while biking)	1 per team member*
Tire pump	1
Tire levers	2
Allen key set	1
Chain repair tool	1
Extra inner tube	1 per bike

### Paddling Section(s)

ITEM	QUANTITY
Coast Guard approved Personal Flotation Device (PFD) Must be worn at all times while paddling. Must meet the following guidelines: <ul style="list-style-type: none"> <li>• Type III or better</li> <li>• Must have legible certification sticker from Canadian Coast Guard, US Coast Guard, Department of Transportation (DOT), with a minimum buoyancy of 15.5 lbs</li> <li>• Inflatable versions not allowed</li> </ul>	1 per team member
Flashlight, or Head-lamp (must be waterproof and bright enough to signal other vessels while paddling after dark)	2 per canoe
Rear-mounted RED light (must be mounted on the back of the rear person of the canoe and turned on at all times from sunset to sunrise)	1 per canoe
Chemical light sticks & zip ties <ul style="list-style-type: none"> <li>• To be affixed to each PFD as well as bow and stern of each canoe</li> <li>• All must be activated at sunset</li> </ul>	<ul style="list-style-type: none"> <li>• 8 per 4-person team*</li> <li>• 5 per 3-person team*</li> </ul>
Canoe(s) (provided by organization) (canoe paddles included)	<ul style="list-style-type: none"> <li>• 2 per 4-person team</li> <li>• 1 per 3-person team</li> </ul>
Buoyant heaving line (provided by organization)	1 per canoe
Bailer (provided by organization)	1 per canoe

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### Transition Gear

All of your team's gear will be transported between TAs by race staff. Please be courteous of their backs by not making your gear bins/bags incredibly heavy! (Note, hot and cold water will be available at each TA). All personal paddles, PFDs and Canoe seats must be lashed together, or packed in their own bag and marked clearly with your team name & number.

ITEM	QUANTITY
Large duffel bags OR Hard Shell plastic bins (maximum 190L) capable of holding your team's gear.	• 2 per team

### 6.2 Non-Mandatory Gear

Although the following gear is not mandatory, it is recommended, and could largely impact your success on the course.

#### Full-Time per Team Member

ITEM	RATIONALE
2-3L of water carrying capacity	• You will get thirsty!
Gloves	Protection and warmth
Sunglasses and/or eyeglasses	• Sun, sticks/twigs while bush-whacking, or biking

#### Full-Time per Team

ITEM	RATIONALE
Sunscreen & Lip balm	
Zip ties	• This and duct tape can fix many things that break in the field
Spare batteries	• carry extra battery power accordingly
Lightweight tarp	• If you decide to sleep in the field, or need to stop for an emergency this will keep you warmer & drier
Lubrication, Body Glide™ or Sports slick	• Prevent chafing and blisters by re-applying often
Compeed™ or Moleskin™	• Blisters can end a race. Treat hot spots early
Tent & Sleeping bags	• In case of emergencies and if you plan to sleep.
Extra First Aid items	• To replace items used on the course
Bug repellent/Bug Head-net/Bug shirt	

#### Biking Section(s)

ITEM	RATIONALE
Bike Computer (GPS's not allowed)	• Used to determine distances between key features
Bar-mounted map board	• A map case around your neck makes for challenging map reading • A map board will make a large speed and accuracy difference



**Paddling Section(s)**

<b>ITEM</b>	<b>RATIONALE</b>
Kayak paddle	<ul style="list-style-type: none"> <li>• Faster speed for most at similar output levels</li> </ul>

**Trekking Section(s)**

<b>ITEM</b>	<b>RATIONALE</b>
Trekking poles	<ul style="list-style-type: none"> <li>• Distributes effort across four limbs</li> <li>• Acts as a crutch during time of injury</li> </ul>
Surgical tubing/bungee cord	<ul style="list-style-type: none"> <li>• Towing slower teammates distributes strength amongst team for increased speed</li> </ul>
Shin guards/pads	<ul style="list-style-type: none"> <li>• Protects shins from repeated (and often harsh) contact with bush</li> </ul>

**Pre-Race Preparation**

<b>ITEM</b>	<b>RATIONALE</b>
Highlighter, pen, pencil, string, map measurer	<ul style="list-style-type: none"> <li>• Preparing your maps with as much information as possible (without obscuring features) makes you quick in the field</li> </ul>
Clear adhesive paper rolls/contact paper	<ul style="list-style-type: none"> <li>• Stick to both sides of maps and racecourse instructions</li> <li>• Protects important documents from water and moisture</li> </ul>

**6.3 Rental Gear Supplied by the Organizer**

Participants are responsible for any equipment loaned to them by the race organization or its associates (this includes, but is not limited to; canoes (replacement cost \$2500), GPS tracking units (replacement cost \$400), VHF radios (replacement cost \$500), SI Cards (replacement cost \$75)). Teams must look after this equipment and return it in the same condition it was received. All participants will complete a liability release form for this purpose and a credit card authorization to cover any damages which may occur.

**7. Forbidden Equipment**

Possession and/or use of any Forbidden Equipment will result in disqualification

- GPS, this includes any watches, GPS bike computers, or using cell phones with GPS, or location notification capabilities
- Pedometers
- Night Vision goggles
- Performance enhancing drugs
- Self-administered IVs
- Fire Arms and other weapons

**8. SAFETY**

**8.1 Team's Responsibilities**

- Teams are expected to deal with all minor injuries during the race (blisters, cuts, bumps and bruises).
- Communication devices. Cell phone coverage is quite good throughout much of the race course, however it is not guaranteed. Teams will also be supplied with a Satellite-based GPS Tracking device that can be used to notify Race management of an emergency. In the event a team wishes to contact organizers, or emergency personnel we recommend trying the cell phone first, followed by the Satellite GPS Tracking Device.

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- Cell phones may only be used to contact Race Organizers, or to notify local authorities of an emergency i.e. calling 911. There are no penalties for contacting Race Organizers.
- Teams must help another team in need. Time bonuses will be awarded for their assistance. Penalties or disqualification will be assessed for teams knowingly neglecting another team in need.
- Teams must be off the course by 2:00pm on the Sunday of the event weekend.

### **IMPORTANT SAFETY RULE**

- There will be cut-off times at designated CPs and TAs throughout the course. If your team is going to arrive after the cut-off time you are required to contact race organizers on your cell phone, or with the Satellite Tracking Device and provide the status of your condition and location.
- If you have NOT called after being more than 2 hours late for a cut-off, and no race official has heard from you, you will be automatically DISQUALIFIED, as at that point we will be starting a search for your team.

### **8.2 Event Organizer's Responsibilities**

- Our aim is to provide the safest course possible, minimizing unnecessary risks.
- We will acquire permission for all lands the course is designed to cross.
- Most CPs will be staffed to track team's progress and monitor their condition.
- First Aid staff will be present at each TA for situations that may require their attention.
- Local Emergency Services (Police, Fire, Ambulance, Search and Rescue and Hospital) will be notified ahead of time and provided with specifics of the race course.
- Serious injuries will be taken to the nearest Hospital.
- Race organizers reserve the right to decide whether or not a person or team may continue for health, safety, or other reasons (e.g. inadequate time remaining to finish entire course).
- Race organizers reserve the right to change the rules or the course at any time.

### **9. Bibs/Sponsors Logo**

- Each team member is required to wear the bib provided by the organization. None of the race or sponsor logos on the jersey may be covered up.
- The bib must be worn as the outermost layer of clothing, and on the outside of PFDs.
- Sponsor logos are allowed anywhere else on your body, equipment etc. as long as they do not interfere with the logos on the jersey.

### **10. Rankings**

- Time will start on the Saturday of the event weekend at approximately 8:00am when the organizer starts the event. Time will run until the Sunday of the event weekend at 14:00.
- Times will be recorded at each staffed Checkpoint.
- When a team spends time at a CP or a TA the watch does not stop.
- Time-penalties may be served on-course, or added after teams cross the finish line.
- Any Time bonuses will be subtracted from a team's finishing time after they have crossed the finish line.
- Military (24-hour) time is used.
- Teams are officially ranked if they have a complete team; they have completed the entire course hitting all of the CPs in the proper order and have not been disqualified for any reason.
- A team's official time is their finishing time, minus any time bonuses, plus any penalties.
- The winning team is the team with the fastest official time.
- Any team continuing on a "Short-Course" will be ranked behind all other teams who finish the event and proceeded on the regular course past where the "Short-Course" began.
- At certain TAs and CPs there will be cut-offs where teams will no longer be allowed to continue on the course. These will be clearly described in the Competitor Instructions. Cut-off teams will be transported back to the Host Site by Race Organizers.

**11. Penalties/Disqualification (this list is NOT exhaustive)**

**11.1 One-hour Penalties**

- Missing Mandatory Gear (penalty is per item)
- Race Bib not worn as outer layer
- Team-mates not staying within 100m of each other
- Requesting a second set of maps

**11.2 Two-hour Penalties**

- Canoes may not be dragged on the ground, or permanently modified (if so, your team will pay the repair, or replacement cost)
- Outside Assistance by friends/family. i.e. gear/food drops etc.
- Not wearing a helmet when required.
- Not wearing a PFD while paddling
- Missing Safety Items: Satellite Tracking Device or Cell Phone

**11.3 Disqualification will occur for the following**

- Travel in out-of-bounds areas
- Use of unauthorized modes of transportation.
- Use of GPS, night vision goggles, performance enhancing drugs.
- Abandoning a team member during the race.
- Disrespecting the environment (i.e. littering, not burying human waste)
- Not notifying race organizers of your location and condition after being more than 2-hours past a cut-off
- Abuse of any race official, or volunteer

**12. The Jury**

- The Jury reserves the right to assess time penalties or bonuses to teams as they see fit.
- The Jury will consist of the Race Organizer, plus two other members of the event staff.
- The Jury will assess any legitimate protest.
- All protests must be filed in writing with the organizers within 1 hour of the protesting team's finish.
- The Jury has the right to impose penalties or reward bonuses.

**13. Prizes**

In keeping with the traditional format of overnight expedition adventure racing, prizing will only be awarded to coed teams of 4. Prizing for all-male and all-female categories will be awarded if more than 5 teams register in those categories.

Based on finishing order, teams can choose which prize package they'd like to receive.

Prize Packages currently include:

- \$1500 **Cash** (Canadian Dollars)
- Gear Prize package - \$400CDN value
- Gear Prize package - \$300CDN value