

# WILDERNESS TRAVERGE



## Greetings Participants,

Congratulations on registering for the 12<sup>th</sup> annual Wilderness Traverse Adventure Race! We've been hard at work planning a route that will both inspire and challenge, and we couldn't ask for a better canvas than Ontario's Canadian Shield. I'm sure you'll encounter environs previously unexplored in your collective experiences. We wish everyone the best of luck!

**Rules & Regulations.** If you haven't done so, please ensure your entire team has read the Rules and Regulations; it's a mandatory requirement for participating in the event. There is a great deal of important information contained within this document. The most up to date version (updated on July 15<sup>th</sup>, 2022) can be found on the [website](#).

**Paperwork.** At the following links you'll find the necessary documentation **each team member** will need to **fill out and sign online** prior to arriving at the host site. Documents include a [waiver](#) and a [medical form](#). Failure to fill these out ahead of time will result in delays at Race Kit Pick-Up. If all team members have not filled these out prior to arrival at the host site your team package will not be released.

**Course Break-Down.** Below you'll find a break-down of the course describing the lengths, disciplines and estimated duration for each leg. This is being provided to give teams time to prepare food and gear bins prior to arrival at Race Check-In and hopefully make the Friday evening before the event a bit less stressful. Keep in mind, these estimates do not account for time spent in Transition Areas and fast time estimates are based on daytime travel in optimal weather conditions.

	Distance	Time Estimate
Leg #1 – Prologue Trek	1km	10-20 minutes
Leg #2 – Mountain Bike	38km	2.5 – 4.5 hours
Leg #3 – Trek	23km	5 – 10 hours
Leg #4 – Paddle & Portage	33km	5 - 8 hours
Leg #5 – Trek	7km	1.5 – 4 hours
Leg #6 – Paddle & Portage	10km	1.5 – 2.5 hours
Leg #7 – Mountain Bike	61km	4 – 7 hours

**Courses.** “Expedition” course finishers must complete all legs as described above. “Explorers” course finishers will complete all legs above, but with a shorter Leg#7 bike ride of 17km. “Challenge” course finishers will not complete Leg#5 and will also complete the shorter 17km Leg#7 bike.

**Gear Bins.** As mentioned in the Rules and Regulations each team is required to have two gear bags or bins no larger than 190 L each, which will meet your team at various transition areas along the route. There will not be a gear bin available after the Prologue Trek, however teams can bring a small **Drop Bag** to the start where shoes from the Prologue Trek can be placed before Leg #2 begins and that Drop Bag will be available at TA#1. **Bin#1** will be accessible at TA#1 (Leg 2 Bike to Leg 3 Trek). **Bin#2 + Personal Paddles/Paddle Bags** will be accessible at TA#2 (Leg 3 Trek to Leg 4 Paddle). Bins will not be available at TA#3, or TA#4 from Leg 4 to 5, or Leg 5 to 6. Those will be remote canoe drop-off and pick-up locations without access to gear bins. **Bin#1 + Paddle Bags** will be accessible at TA#5 (Leg 6 Paddle to Leg 7 Bike).

**Paddling Gear.** Teams are permitted to leave paddles, PFD's, canoe seats, or portage wheels outside of, or separate from Gear Bins. Teams must attach this paddling equipment together or bring an extra bag to pack it in for transport. These items must be labelled with the team's name and number.

**Rattlesnakes.** We've come across a few Eastern Massasauga rattlesnakes while testing the course, so it's possible some of you will have an encounter. Please see the following links for more details about these venomous snakes and how to deal with them.

<https://www.ontario.ca/page/massasauga-rattlesnake>

<http://www.youtube.com/watch?v=GNW88DbELLM>

**Black Bears.** We've encountered a few black bears while testing the course and we've come to expect they will run off into the forest when they hear people coming. Nevertheless, if you're not familiar with what to do in a Black Bear encounter please see the following link: <https://www.ontario.ca/page/prevent-bear-encounters-bear-wise>

**Bugs.** Bugs were still present during our final course vetting missions a few weeks ago. Mainly mosquitos and Deer Fly's, with Deer Fly's being the worst offenders in pockets around the course. Bug repellent is recommended for this year's event.

**Clean Equipment.** The Ministry of Natural Resources has asked everyone to clean their gear and equipment (especially mud/dirt from shoes and bike tires) to decrease the risk of spreading invasive species of flora. Please abide by this request.

**Team Members.** The website contains the most up to date list of teams and their respective members.

(<https://www.wildernesstraverse.com/registered-teams-2022>) Please review your team and let us know if any changes need to be made.

**Personal Canoes.** Please see the listing at the bottom of [this webpage](#) which shows what teams are bringing personal canoes to the event and how many. If your team is not on this list the event will be supplying your canoes with 2 for a team-of-4 and 1 for a team-of-3. Personal canoes need to be dropped off to organizers at the host site (Stockey Centre) Saturday morning of the event, however they will need to be picked up by teams' post-event on Sunday August 21<sup>st</sup> a short drive away.

**Bike Drop.** Teams will be required to drop their mountain bikes on the morning of the event a short drive away from the host site. Directions and a location will be provided at race-kit pickup Saturday morning of the event.

**Covid.** There are currently no Covid related restrictions being imposed by local health units or the venue. We will be utilizing buses to get participants to the start, and it is recommended to wear masks on the bus.

**FAQ.** Please visit the FAQ section of our website as we've recently posted some Q&A's about pack-rafting, portaging and swimming for the 2022 event. <http://www.wildernesstraverse.com/faq>

**Spectators, Friends & Family.** We'll have some great live event coverage on the event website. Be sure to let your friends and family know they can follow your progress there. Once again, we've secured satellite tracking devices for each team and will have a live tracking page. The devices will transmit your location every 10 minutes allowing armchair spectators to follow the event. Event updates will also be sent to Facebook, Twitter (@WildernessTrav, or join the conversation using #wtrav) and Instagram (@wildernesstraverse). If you have friends and family coming to the Parry Sound Area, we'll also have spectator maps and directions to suggested viewing locations along the course.

Please contact me by e-mail or phone at any time if your team has any questions or concerns about this update or anything related to the event.

Best of luck with final event preparations.

Sincerely,

Bob Miller

Event Director

Email: [bob@wildernesstraverse.ca](mailto:bob@wildernesstraverse.ca) Cell: 416-735-4021