

**Rules & Regulations - as of August 9, 2021**

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# **Wilderness Traverse Adventure Race**

## **1. Definition**

The Wilderness Traverse is a 24 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.

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## **3.1 Covid Mitigation**

To accommodate Covid-19 mitigation measures the event has been split into 2 cohorts of roughly 30 teams each with roughly 100 to 130 participants in each cohort. Cohort 1 will race from 7:00am Friday August 20<sup>th</sup>, 2021 to 7:00am Saturday August 21<sup>st</sup>, 2021. Cohort 2 will race from 9:30am Saturday August 21<sup>st</sup>, 2021 to 9:30am Sunday August 22<sup>nd</sup>, 2021. Participants are required to follow the following Covid 19 mitigation measures:

- Masks must be worn at the host site while in the central transition area when setting up before the event and cleaning up afterwards. Masks do not need to be worn while participating in the event. Masks do not need to be worn while in the central transition area while your team is actively racing.
- Participants should maintain 2m distance from all other participants not on their team while at the host site.
- Canatrace Covid Pre-screening Test needs to be performed by all participants in the morning prior to their arrival at the host site. The green check-mark screen must be shown upon arrival at the host site by all team members.
- Spectators, or anyone not participating, or volunteering at the event will not be permitted into the host site.

## **3.2 Schedule of Events**

### **Cohort 1**

Friday August 20, 2021

06:00 - Host Site Opens

07:00 – 07:02 - Start waves begin in 30 second intervals on a first-come-first serve basis with 8 teams per wave. Teams should maintain 2m distance to the team in front of them in the start coral. Teams can start lining up in the start coral any time before 07:00 but must have all team members present and ready to start. If a team doesn't make it to the start line before 07:02 they can begin at any time thereafter but must check-in with start line staff before beginning.

Saturday August 21, 2021

07:00 - Course Cut-Off

08:00 - All Cohort 1 Teams have cleared the host site.

### **Cohort 2**

Saturday August 21, 2021

08:30 - Host Site Opens

09:30 – 09:32 - Start waves begin in 30 second intervals on a first-come-first serve basis with 8 teams per wave. Teams should maintain 2m distance to the team in front of them in the start coral. Teams can start lining up in the start coral any time before 09:30 but must have all team members present and ready to start. If a team doesn't make it to the start line before 09:32 they can begin at any time thereafter but must check-in with start line staff before beginning.

Sunday August 22, 2021

09:30 - Course Cut-Off

10:30 - All Cohort 2 Teams have cleared the host site.

### 4. The Competition

#### 4.1 The Course

- The course will be staged in Ontario, Canada. The complete course will remain secret until the morning of the event.
- 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 prior to arrival at the host site.
- Upon arrival at the host site teams will park in their pre-designated area within the Central Transition Area. A Race Kit will be awaiting each team and will include; race bibs, bike plates, maps, competitor instructions, Sport Ident timing sticks and YB Satellite Trackers.
- 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.
- Different Course options will be available for teams not making cut-off times and will be clearly described in the Competitor Instructions.
- In 2021 the course will consist of 5 distinct stages. Courses will be described as follows from easiest to hardest: Challenge Course (completes first 3 Stages), Explorers Course (completes first 4 Stages), Expedition Course (completes all 5 Stages).
- Teams must visit all CP's within a Stage before the Course Cut-Off to receive credit for completing that Stage.
- Teams not visiting all CP's within a stage, or not returning to the host site before the Course Cut-Off will receive a finish time of the last full stage they completed. No credit will be given for partially completed stages.
- Teams not returning to the host site within 30 minutes of the Course Cut-Off will become DNF (Did Not Finish) no matter how many Stages they completed.
- Cut-Offs will also be implemented for each Stage at which point teams will no longer be allowed to continue.
- 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 7000m 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.

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- CPs may be staffed, or un-staffed. Un-staffed 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-staffed 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-staffed 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-staffed CP locations.
- The event will use one central Transition Area with each team assigned an area roughly the size of 3 parking spaces. 2 vehicles may be parked in each assigned area, with other vehicles parked in the designated over-flow parking lot.
- Each TA is also a CP.
- Teams must punch their SI card upon checking into and out of each TA and must inform the TA staff when entering and departing. All teams' members must be present when checking in and out of the TA.

### **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. All teams members must also be present when checking in at CP's and Transition Areas.
- 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 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. Navigators should be comfortable and well-practiced in; knowledge of topographic maps (symbols, contours, scales, distance & time estimates etc.), the UTM grid system (identifying locations), and using a compass (identifying features & deriving bearings).
- All team members should have the skills necessary to paddle and portage a canoe, and 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. During the race there may be gear checks prior to a given stage. Failure to comply with the Mandatory Gear List will result in your team not being able to begin the race or a given stage.

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 teams prepare accordingly.

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

<b>ITEM</b>	<b>QUANTITY</b>
Mask or face covering (Buff, or similar not approved)	1
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**

<b>ITEM</b>	<b>QUANTITY</b>
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 of phone being carried to be provided to race organization before event) (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**

<b>ITEM</b>	<b>QUANTITY</b>
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

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Tweezers	1
Band-Aids	5
Roll of Waterproof First-Aid Tape	1
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, unless teams have indicated they are bringing their own) (canoe paddles included with rentals)	<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 for those using rental canoes)	1 per canoe
Bailer (provided by organization for those using rental canoes)	1 per canoe

**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 mtb map board will make a large speed and accuracy difference

**Paddling Section(s)**

ITEM	RATIONALE
Kayak paddle	• Faster speed for most at similar output levels



**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) can things quicker 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 \$600), SI Cards (replacement cost \$75)). Teams must look after this equipment and return it in the same condition it was received.

**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.
- 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.

**IMPORTANT SAFETY RULE**

- If your team is going to arrive after the Course 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.

**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 at 07:00 for Cohort 1 or 09:30 for Cohort 2. Time will run until the Course Cut-Off for each respective Cohort.
- 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 any of the courses described in the Competitor Instructions and they have visited 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.
- Overall times from each cohort will be combined to create the final finishing order.

**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 extra 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**

- Knowingly traveling 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 past the Course Cut-Off
- Abuse of any race official, or volunteer
- Sharing of course or route information between Cohorts

**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 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.