



Contour Adventures Inc.
36 Meadowbrook Lane
Thornbury, ON
N0H 2P0
Cell: 416-735-4021
bob@wildernesstraverse.ca

September 9, 2016

Greetings Participants,

Congratulations on registering for the 7th annual Wilderness Traverse 24-Hour 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. I'd sum up this year's route as remote and scenic culminating with a sting in tail due to a finishing mountain bike ride with countless hills and valleys. All of the legs will be of the classic, long style giving teams the feeling of being truly out there. We wish everyone the best of luck!

Rules & Regulations. If you haven't done so already, make sure 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 today September 9th, 2016) has been attached with this update, or can be found on the website. The only change from the previous version is the extension of the start and course closing times by ½ hour. The new start will be at 08:30 to allow for a longer bus ride and hence the course closing time will be extended to 14:30 on the Sunday.

Paperwork. Included with this update is the necessary documentation your team will need to fill out at registration, including a waiver, image release and medical form. Copies will be available at registration, but feel free to print and fill them out in advance.

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 – Paddle & Portage	41km	6 – 8 hours
Leg #2 – Mountain Bike	25km	1.5 – 2.5 hours
Leg #3 – Trek	28km	6 – 14 hours
Leg #4 – Mountain Bike	72km	5 - 9 hours

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. **Bin#1** will be accessible at TA#1 (Paddle to Bike). Teams are permitted to leave paddles, PFD's and canoe seats outside of their gear bin at TA#1 and they will be transported back to the finish line by event staff. Teams should attach this paddling equipment together, or bring an extra bag to pack it in for transport. Teams will take all paddling gear with them on the buses to the start area. **Bin#2** will be accessible at TA#2 (Bike to Trek). **Bin #2** will be available again at TA#3 (Trek to Bike).

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.

<http://www.massasauga.ca/>

http://www.massasauga.ca/pub_docs/Snake_Safety_Tips.pdf

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

Black Bears. We've also 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:

http://www.mnr.gov.on.ca/en/Business/Bearwise/2ColumnSubPage/STEL02_167719.html

Bears are much more active this year due to a less than abundant berry crop, they've also been active near our host site at the Foley Community Centre so please take the necessary precautions when preparing before the event and do not leave food/coolers outside unattended.

Bugs. A few deer flies and mosquitoes are still active, however if we receive a few cold nights before the event they shouldn't be around.

Clean Equipment. The Ministry of Natural Resources has asked that everyone show up to the event with clean gear and equipment (especially shoes and bike tires) in order 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. (<http://www.wildernesstraverse.com/registered-teams>) Please review your team and let me know if any changes need to be made. Teams with three members will have one canoe available at the put-in, while teams of four will have two canoes available. If you're planning to change from a 3 to 4-person team or vice versa I need to know ASAP in order to book the proper number of canoes and order the proper number of racer bibs.

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 2016 event.

<http://www.wildernesstraverse.com/faq>

Post Event Swim. Our host site does not have shower facilities to clean up after the event; however, there is a fantastic public beach a short drive away where you could go for a swim. The address is 25 Rankin Lake Road. Directions are as follows: From the Foley Community Centre turn left/east on Rankin Lake Road for 1km and look for Foley Matheson Park & Beach on your right hand side.

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 Delorme InReach tracking devices for each team and will have a live tracking page. The Delorme 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 District, 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.

Sincerely,

Bob Miller
Event Director
Email: bob@wildernesstraverse.ca
Cell: 416-735-4021