



Contour Adventures Inc.
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Greetings Participants,

Congratulations on registering for the 9th 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. We wish everyone the best of luck!

Rules & Regulations. If you haven't done so already 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 September 26th, 2017) can be found on the [website](#).

Paperwork. At the following links you'll find 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 – Trek	16km	3 - 6 hours
Leg #2 – Mountain Bike	60km	4.5 – 8 hours
Leg #3 – Paddle & Portage	37km	5.5 – 9 hours
Leg #4 – Trek	13km	3.5 - 8 hours
Leg #5 – Mountain Bike	12km	0.5 – 1 hour

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 (Trek to Bike). **Bin#2** will be accessible at TA#2 (Bike to Paddle). **Bin #1** will be available again at TA#3 (Paddle to Trek). **Bin#2** will be accessible again at TA#4 (Trek to Bike).

Special Notes about Gear.

1. Teams are permitted to leave paddles, PFD's and canoe seats outside of, or separate from Bin#2 and they will be transported to TA#2. Teams should attach this paddling equipment together, or bring an extra bag to pack it in for transport and it should also 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>

<https://www.fws.gov/midwest/endangered/reptiles/eama/conserve.html>

<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:

<https://www.ontario.ca/page/prevent-bear-encounters-bear-wise>

Bugs. Bugs were basically non-existent during our last course testing missions a few weeks ago.

Clean Equipment. The Ministry of Natural Resources has asked everyone to clean their 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. (<https://www.wildernesstraverse.com/registered-teams-2018>) 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 2018 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 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.

Best of luck with your final event preparations.

Sincerely,

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