



ADVENTURE RACE 2023 RACE GUIDE

(UPDATED AUGUST 21, 2023)

Updates since the August 12 Race Guide are highlighted in yellow

INTRODUCTION

Welcome to the inaugural **Challenge the Shield** Adventure Race!

This event is an awe-inspiring wilderness endurance challenge on the rugged Canadian Shield. Teams of two have up to six hours to trek, paddle, run and MTB to as many of the checkpoint challenges amongst the iconic windswept pines, pristine lakes and granite rock barrens as they choose. The "choose-your-own-adventure" points-based course design is both beginner-friendly and an epic challenge of strategy and adventure for even the most experienced teams. Each of the checkpoints or segments is assigned a difficulty rating and teams decide what difficulty and as many checkpoints as they want to tackle. You decide the adventure! *This Race Guide provides participants with most of the information and details you will need for race day.*



2023 CHALLENGE THE SHIELD ADVENTURE RACE GUIDE

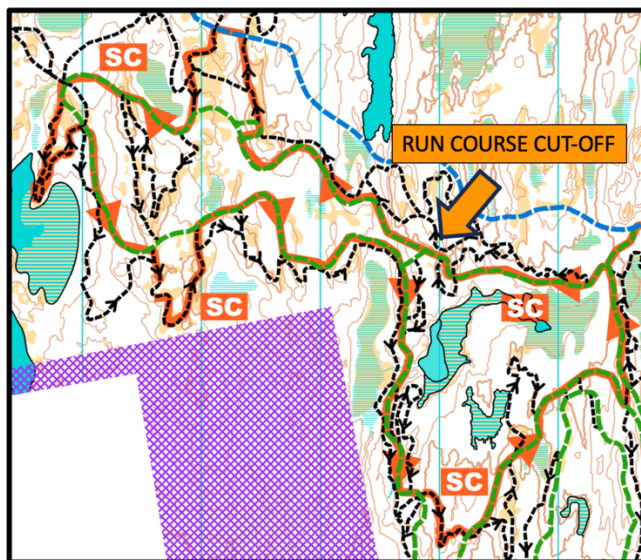
RACE OVERVIEW

The **Challenge the Shield** Multi-sport Adventure Race is a team of 2 challenge where team members must remain together for the entire race.

6-hour time limit. A total of 2,500 points are up for grabs. The race begins with a three-part mandatory segment challenge (500 points); a marked-route **3.3 km trek**, followed by an ~ 2 km paddle, and then a **6.6 km bike**. After completing the three-part mandatory segment challenge, there are trek, paddle and bike checkpoint challenge sections (up to 650 points each) which can be taken in any order. Each checkpoint challenge section has 9 checkpoints of varying difficulty and points value (you can choose as many as you like in each discipline). The more checkpoints you get the more points you score. Total checkpoint challenge section distances are ~10 km for the trek, ~10 km for the paddle, and ~20 km for the bike. We have also added a bonus 50 point marked-route swim-run challenge somewhere during the race course. A penalty of 100 points for every minute (or part) over the 6-hour time limit will be deducted.

Section 1: Three-part mandatory Segment Challenge (**450 points**). A marked-route **3.3 km trek** followed by a 2 km paddle, and a 6.6 km bike. ** Due to wet trail conditions, we shortened the trek and bike segment challenge from what was previously advertised. We have also dropped the points from 500 to 450 ** Due to changes in the layout of the finish area, the start of the race is now at the beach gazebo (and not where it is shown on the trek map).

Teams can check out a portion of the trek/run and MTB segment challenges all week (purchase of a [Get Outdoors Parry Sound Day Pass](#) is required). To locate the map see GPX files and Strava segment links on the race web site.



Section 2: Three Checkpoint Challenge Sections which can be taken in any order:
9 Trek Checkpoints of varying difficulty (up to 650 points and up to ~10 km)



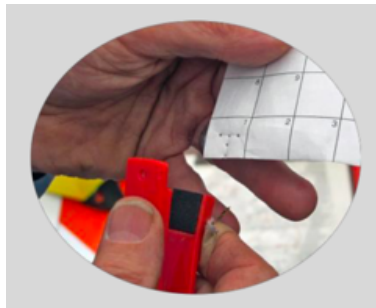
9 Paddle Checkpoints of varying difficulty (up to 650 points and up to ~10 km)
9 Bike Checkpoints of varying difficulty (up to 650 points and up to ~20 km)

Section 3: Swim-Run Challenge (**100 points**). An optional marked-route swim-run (~ 600 m run and ~100 m swim) segment challenge somewhere during the race course. **Points have been increased from 50 to 100 points. See race HQ and TA layout map for how to access the start of this section. Participants must wear their PFD when swimming in this section.**

All changes in race distance and point totals have NOT been changed on the race course description in your race kits.

Each team is issued a set of customized adventure maps and a list of written race course instructions and segment challenge (SC) and checkpoint (CP) challenge location descriptions. All teams are responsible for carrying a list of mandatory gear items throughout the race and their own supply of food and water (see aid station information later). Each team must carry a cell phone loaded with the Map Run App (see below for details).

Each team will also use three Tyvek 'passports' during the race - one for each of the Trek, MTB and Paddle CP Challenge portions of the course. Each checkpoint will have a pin-punch attached to it that is used to create a unique impression on your passport. These passports must be signed out (and then returned) from volunteers at the Transition Area during the race. Only one passport can be signed out at a time (i.e., only one discipline of CP Challenges at a time).



RACE ORGANIZER

This event is organized by [Challenge the Shield Parry Sound](#) in association with [Get Outdoors Parry Sound](#) and [Georgian Nordic Outdoor Activity Centre](#).

We are very lucky to have the support of the [Georgian Nordic Outdoor Activity Centre](#) (GNOAC.com) for part of the race course. GNOAC is a charitable organization run by a dedicated group of volunteers and outdoor enthusiasts who share a passion for exercise among nature. GNOAC has over 45 kilometres of ski, snowshoe, biking and hiking trails and is located on a mix of private and Crown land. Georgian Nordic was used for the start of the 2022 Wilderness Traverse 24-hour adventure race and is the host location for the annual Parry Sound 50 km Paddling Race. For more info on GNOAC visit [Get Outdoors Parry Sound](#).



RACE SITE

The race site HQ is located at Nine Mile Lake beach (1.5km past the GNOAC). This is where the race start, finish, and transition area will be. The beach has a toilet but no building, so we encourage teams to bring chairs, blankets, small tables etc. that they are welcome to set-up in the "gear area" to use before, during and after the race.

****NEW:** Teams will only be allowed to park temporarily at the beach for registration and gear drop off. Please park your cars in the GNOAC parking lot (1.5 km from the beach). The Nine Mile Lake Road is narrow in many places, so we ask you do not park on the road. Teams will have access to the GNOAC flush toilet before and after the race (it is in the Bunkie behind the main chalet).

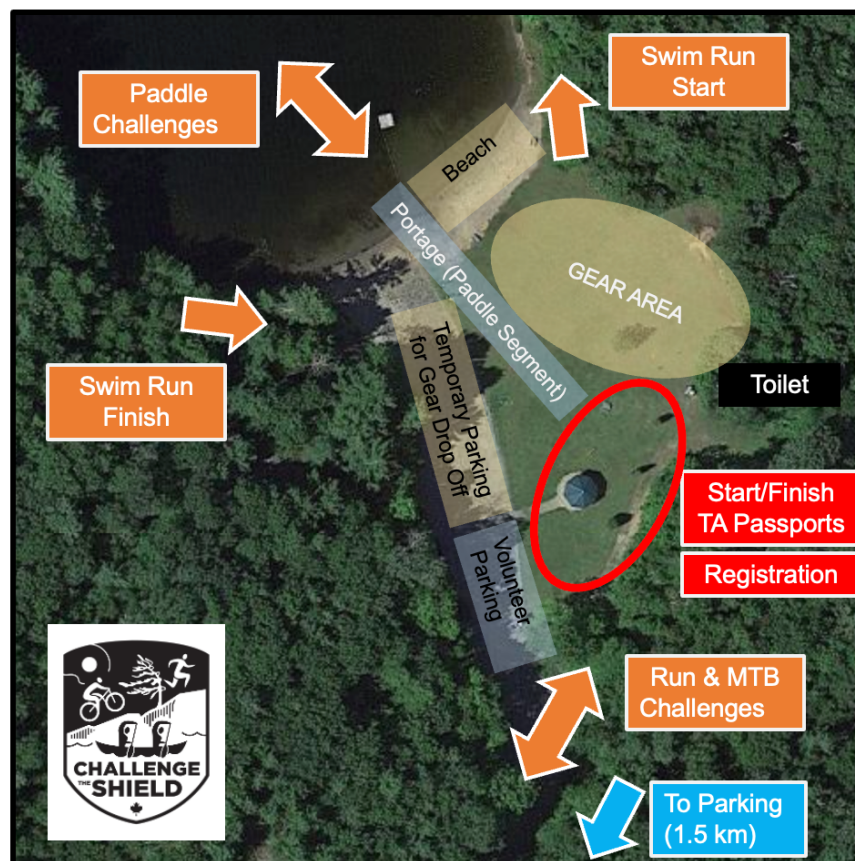
[Google Maps Directions](#) (to Nine Mile Lake Beach)

[Google Maps Directions](#) (GNOAC Parking from Nine Mile Lake Beach)

GEAR DROP

When teams arrive at the race site they will be guided to where they can place their canoe/kayaks and bikes in the field adjacent to the parking and finish area (see layout map). This is the transition area and teams can place extra food, drinks, etc. in bags beside their gear. We highly recommend any tarps (max 10'x10') team bags or bins be labelled or be easily identifiable.

RACE SITE LAYOUT MAP



RACE DAY SCHEDULE

Saturday August 26, 2023

ALL team members must be present at check-in!

0800-0900:	Gear drop*, race check-in, and race packet pick-up at Nine Mile Lake Beach.
0945	Pre-race briefing (previously 930)
1000	Mass start
1600	Finish
1630-1730	Post-race hot meal and awards

*Teams will be required to show all personal and team paddle section gear during gear drop.

RACE RULES & REGULATIONS

1. Teams must follow all race instructions, mapped instructions and information provided at the pre-race briefing. Failure to follow instructions may result in disqualification.
2. All team members must be always within verbal range AND visual sight of each other.
3. All team members must visit each checkpoint (CP) together. At each checkpoint, all team members must be within 5 m of the CP flag. Teams are not allowed to check-in at the finish until all team members have crossed the finish line.
4. Out of bounds is marked with purple hatched areas on the map and/or the purple residential symbol and/or purple X's on roads. These areas are either private land or environmentally sensitive areas. Teams found taking short cuts through out-of-bounds areas will be disqualified.
5. Use of other maps during the race is not permitted.
6. Checkpoints may be visited in any order unless stated otherwise.
7. Race numbers **bibs** must always be worn on the outside layer AND be visible. **Teams must have race numbers plates on the front of their bikes and the race number decal on the front ride side (bow starboard).**
8. Required gear must always be carried. Personal gear must be by carried by every individual themselves. **500 points will be deducted incomplete gear (per item). There will be at least one gear check somewhere on the race course.**

RACE WAIVER

Before you participate in this event, you'll need to sign our Waiver and bring it to registration. The Waiver is at the end of this Race Guide.



REQUIRED RACE GEAR

ENTIRE RACE (PER PERSON)

1 x emergency blanket, 1 x permanent pen, 1 x whistle, 1000 ml (or more) water bottle(s) or equivalent, 1 x race maps (provided in race kits), 1 x waterproof map bag*, 1 x race bib (must be visible to volunteers and officials at all times) ***one tabloid size map case (unsealed) will be provided in team's race race kit**

ENTIRE RACE (PER TEAM)

1 x fully charged cell phone with MapRun app loaded (see below), 1 x back-up cell phone portable battery / battery bank (and necessary cables, you are responsible for your phone to last 6 hours), 1 x compass, 1 x first-aid kit including at least: 1 roll gauze, 1 roll adhesive tape, 5 regular bandages, scissors and 5 anti-bacterial towelettes.

BIKE SECTION (PER PERSON)

1 x Mountain bike, 1 x Certified bike helmet, 1x spare bike tube (or a patch kit if you are running tubeless tires), 1x race number bike plates (must be attached to front of bike)

BIKE SECTION (PER TEAM)

1 x tire pump (or CO₂ inflator and cartridge), 2 x tire levers

PADDLE SECTION (PER PERSON)

1 x Coast Guard or Dept. of Transportation approved Personal Floatation Device (PFD) with whistle attached (separate from the one listed above that is carried with you at all times). *Please note that inflatable lifejackets are not acceptable as Personal Flotation Devices*

PADDLE SECTION (PER TEAM)

1 x canoe* (or 2x kayaks)**, 2 x paddles, 1x bailer (or pump) per boat, 1 x 15m throw line per boat

* Canoes must be a maximum length of 18'6". Minimum width of 14.4% of length at 4" waterline (i.e., 32" for 18'6" length / 29.4" for 17' length). Minimum depth at Bow (17"), Centre (12.5") and Stern (16"). Canoes with concave hulls are not permitted. No skegs/rudders

** Various traditional sea kayaks (no performance surf skis are permitted).

EXTRA GEAR

Participants should bring extra gear depending on weather conditions and should carry their own food (e.g., energy bars).

MAPRUN APP

Details on how to use the Map Run App is shown later in this document.

AID STATION

There will not be an aid station on the race course. Teams will be permitted to place food and water at the transition area in their transition area bags/bins before the race. There are also a lot of streams and lakes on the race course for teams to filter water to fill up their water bottles.



RACE MAPS

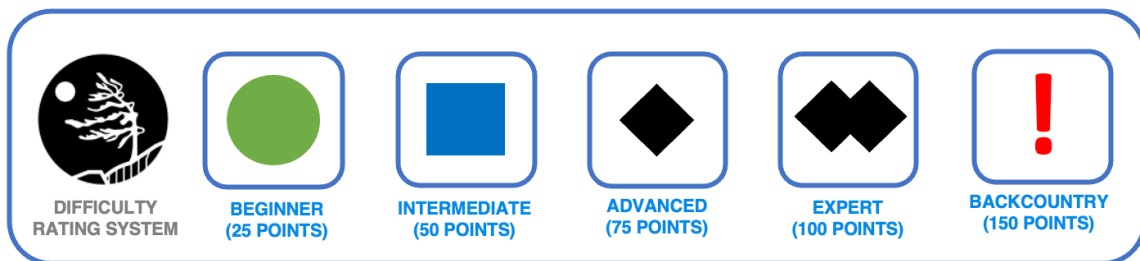
Teams will receive two copies of all three customized adventure maps (one map for each of the trekking, paddling and MTB sections) in their race kits.

Teams will only receive one map case in their race kits.

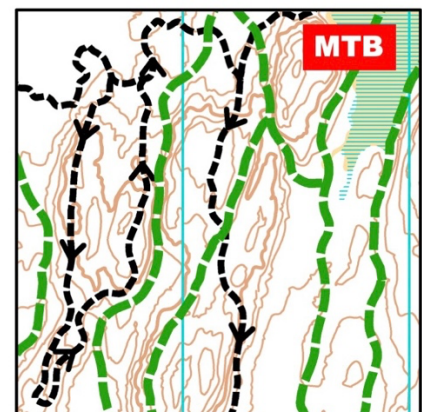
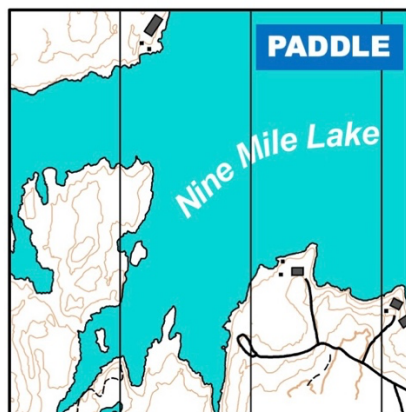
Each adventure map shows the locations of the start of the race (a purple triangle), the finish (a purple double circle), the transition area (TA on map), the marked route segment challenge (orange line with direction arrows), and the location of all checkpoint challenge CPs (purple circles). Adjacent to the checkpoint circle is a number (31-39 for trekking map, 41-49, for mtb map, 51-59 for paddling map) indicating the CP number and a CP difficulty rating symbol. The customized maps are very detailed with a contour interval of 2.5m and at a scale of 1:10,000 (trek), 1:15,000 (paddle) and 1:15,000 (mtb). The maps are oriented to magnetic north and no adjustment for declination is required. A legend for the maps is located at the end of this race guide and additional special symbols shown on each race map are also included.

Map dimensions:

Trek: Tabloid, Paddle: Letter, MTB: Letter



Shown below is a section of each of the trek, paddle, and mtb customized race maps.



MAPRUN APP

We will be using the MapRun App to allow participants to compare their route choices following the race. Ensure you have version 7.3.1 or later. While we will have volunteers and some trail camps on the marked route segment challenge sections, the MapRun App will also allow us to verify that teams have followed marked route sections on the course. We will NOT be using the MapRun App as our timing system but we ask that all teams use the app. Teams should follow these steps before the race.

STEP 1: Download the Maprun App (make sure you have the most recent version) and open. Click on "Name" to enter user details. Enter user details. The name that will appear in the Maprun results is the 'First Name' followed by 'Surname' (with a space in between). For example, if your team name was Challenge the Shield you could enter Challenge for "First Name" and the Shield for "Surname". *No accents or symbols should be used.

STEP 2: You can now test the app by selecting an event that already exists in your area. We have a training course setup for the summer. Click on Select Event. Click on the folders icon. Then Canada > Ontario > Parry Sound > CTS-365 > CTS-365 Summer 2023

You must have a Get Outdoors Parry Sound annual or day pass to do this challenge. Email us for more details. We may have this training course open for free the morning of the race for you to check your MapRun functionality.

STEP 3: **IMPORTANT** This must be done before the race and requires internet data. 24 hours before the race starts the race file can be uploaded into MapRun. The file name CTS-RACE August 2023 will appear in: Canada > Ontario > Parry Sound > CTS-RACE

STEP 4: On race day and once you have selected the course you must wait until you are at the start area (pink triangle) before clicking on "Go to Start".

During the event the app does not require internet data, it will simply use your phone's GPS system. You will however need internet data to load the event into the app before the start and also, to upload your result after crossing the finish line. We are hoping to have a Wifi network at the headquarters. If not, we ask that you upload your result once you access Wifi.

During the event it will be important to keep your phone on the surface, for example: you could use an armband (on your arm) to carry the phone or carry it in a pocket on the top of your bag. If your phone is in the bottom of your bag, the quality of the GPS signal may be affected which will prevent the app from working properly. When you get to a control, the app will vibrate and make a sound which will confirm your passage. The app is programmed to pick up your passage within a 25-meter radius, so the app may detect your presence before getting to the control. You will still have to go there to punch on your passport (mandatory) which will validate your passage. This means that even if you have the control with the app, you still must go to the control to punch. * If you are at the control and the app does not beep, the tracking will show that you have indeed been there. Punch and continue your race. * DO NOT CLOSE THE APP OR EXIT THE EVENT UNTIL YOU HAVE UPLOADED YOUR RESULT

Follow this [link](http://maprunners.weebly.com/quick-guide.html) for more information on how the app works.
<http://maprunners.weebly.com/quick-guide.html>



MORE MAPRUN APP INFO

ACCIDENTAL FINISH: Because the finish line and transition area are adjacent to each other it is very likely teams will 'trigger' the finish accidentally before they have finished the course (i.e., when they come into the transition area).

If you accidentally run past the Finish, you will hear a distinctive Chime sound (chime sound 4 times). If your phone is handy, you could cancel this punch. Otherwise, just keep moving and MapRun will cancel this punch when you visit another control or after 60 seconds and you are still moving. If you plan to take a break in the transition area or will be stopped as you switch your race gear we highly recommend you manually cancel the punch.

"YOU ARE HERE": We will have MapRun set-up to display your location up to five times during the event. Your location will not be shown on the race map for a brief period.

POST-RACE ANALYSIS: While MAP RUN is being used to ensure teams do not go in out of bounds areas and follow the marked route segment challenges it also allows us to compare routes between teams after the race. We plan to host an online discussion of the routes and race strategies different teams took during the race.

CHALLENGE STICKERS, RACE SWAG, & RACE AWARDS

Challenge yourself at Challenge the Shield!

There will be prizes for the first-place team in all categories (Coed, Male, Female, Junior and Masters). Adult prizes are compliments of Jackson Triggs. Junior prizes are compliments of Stoked Oats.

The Challenge the Shield is also about challenging yourself and your team. Whatever your age or experience we would like to reward your achievements in this race. How many checkpoints can you find? How many points can your team get? Challenge the Shield Points Challenge Gold, Silver, and Bronze CTS stickers will be given to teams that get 2000, 1500, and 1000 points, respectively! All other teams will get a Challenge the Shield participation sticker!

Early bird and regular entry deadline participants will also receive Challenge the Shield race swag (i.e., T-shirt, towel, or socks) and receive points for the Adventure Racing Ontario Series (see below for more details).



2023 CHALLENGE THE SHIELD ADVENTURE RACE GUIDE

VOLUNTEERS

We are looking for volunteers to join our race day team! Do you have friends or family coming along to watch you race? Challenge the Shield is 100% volunteer-organized and we welcome anyone who wants to assist us and join our race day team. Volunteering at the race is a great way to learn about adventure racing. All volunteers receive our race swag and post-race food. [Contact us](#) for further volunteer information.

RACE COURSE DIRECTORS

Our race course directors, Mike Waddington and Wil Smith, are both former Canadian Orienteering Team members and North American orienteering champions. They bring dozens of years of experience to our race course design. Mike was the founder and course designer of over a dozen Raid the Hammer Adventure Run events. Wil has organized several Xterra races at our race host site and also designed and built many of the single track trails at the race host site. Teams can expect a race course with a mix of sweet bedrock single track, trail running, navigation, trekking, paddling, route choice, team race strategy and the odd portage.

ADVENTURE RACING ONTARIO

The Challenge the Shield Adventure Race is an official race in the 2023 Adventure Racing Ontario Series (AROS). AROS consists of a great schedule of team-based, outdoor, endurance-sport events. Teams will automatically earn points towards their AROS total.

Some upcoming adventure races and adventure runs in Ontario.

[Wilderness Traverse \(Sept 30 - Oct 1, 2023\) - Dorset, ON](#)

Wilderness Traverse is a 24-Hour Adventure Race hosted annually in Ontario, Canada. Teams of 3 or 4 navigate using map and compass over 150 kilometers of rugged Canadian Shield back-country on foot, mountain bike and canoe. It is one of the toughest team-based endurance challenges around and simply reaching the finish line is a massive achievement.

[Kolapore Old Skool Orienteering \(Nov 4, 2023\) - The Blue Mountains, ON](#)

Kolapore Uplands. Individual event.

[Raid the Hammer \(November 12, 2023\) - Dundas, ON](#)

The Hamilton (aka the Hammer) region has a rich long distance running history as the home of North America's oldest road running race and the hometown of many past winners of the Boston marathon and Canadian Olympian runners. The Raid the Hammer Adventure Run builds on this running history by combining road running, trail running, navigation, and trekking together into Ontario's gnarliest running race. Teams of three can expect lots of mud, rock and calf killing climbs as they Raid the Hammer.

[Save the date for our 2024 Adventure Run](#)

[2nd Annual Challenge the Shield Adventure Run \(May 5, 2024\) - Parry Sound, ON](#)

2-hour and 6-hour options. Registration opens in November and registration is limited to 75 teams. We anticipate that this race will sell out.





FAQ (A FEW ANTICIPATED QUESTIONS) :-)

1) How rideable are the trails? The single track (black dashes) and double track (green dashes) trails are generally dry. The ATV trail (blue dashes) is very wet in places including some deep puddles made worse by recent ATV activity. A recent wind storm has resulted in a half dozen trees across the single track trail near CP47 (remember this when you get your race maps).

2) Do we have to follow the single track trail directions? Yes, you must ride the single track trails that have direction arrows in the direction shown. Not all single track trails have a required trail direction.

3) Do we have to stay with our boat(s) in the paddle section? Yes, except for when getting out of boats to punch in at the odd checkpoint (max distance 10 m) you must be with your boats at all times. You can not leave them and run to a CP and return to the boat(s) later.

RACE MAP LEGEND AND SPECIAL SYMBOLS

A legend is located on the last page of this Race Guide. If you are not familiar with our customized race maps we suggest you print a copy of this legend and bring it with you. Only special symbols (see below) will be in the map legends printed on the maps.

TREK

- TA** Transition Area
- SC** Segment Challenge
- Segment Challenge Start
- Segment Challenge Route
- Segment Challenge Finish
- 31** Checkpoint Challenge Number
- Checkpoint Challenge Location
- △ Race Start **S**
- Race Finish **F**

PADDLE

- TA** Transition Area
- SC** Segment Challenge
- Segment Challenge Start
- Segment Challenge Route
- Segment Challenge Finish
- 51** Checkpoint Challenge Number
- Checkpoint Challenge Location
- P80** Portage Distance (m)
- ⤿ Portage Route

MTB

- TA** Transition Area
- SC** Segment Challenge
- Segment Challenge Start
- Segment Challenge Route
- Segment Challenge Finish
- 41** Checkpoint Challenge Number
- Checkpoint Challenge Location
- Gravel Road
- Wide Trail (double track)
- ATV Trail
- Narrow Trail (single track)
- > Trail direction



Land forms

	Contour
	Index contour
	Form line
	Slope line
	Contour value
	Earth bank
	Earth wall
	Ruined earth wall
	Erosion gully
	Small erosion gully
	Knoll
	Small knoll
	Small elongated knoll
	Depression
	Small depression
	Pit
	Broken ground
	Very broken ground
	Prominent landform feature

Water and marsh

	Uncrossable water
	Shallow water
	Waterhole
	Uncrossable river
	Crossable watercourse
	Small crossable watercourse
	Minor/seasonal water channel
	Narrow marsh
	Uncrossable marsh
	Marsh
	Indistinct marsh
	Well, fountain or water tank
	Spring
	Prominent water feature



© Maprunner 2021.

Man-made features

	Paved area
	Wide road
	Road
	Vehicle track
	Footpath
	Small footpath
	Less distinct small path
	Narrow ride
	Visible path junction
	Indistinct junction
	Railway
	Power line, cableway or skilift
	Major power line
	Bridge/tunnel
	Footbridge
	Wall
	Ruined wall
	Impassable wall
	Fence
	Ruined fence
	Impassable fence
	Crossing point
	Area that shall not be entered
	Building
	Canopy
	Ruin
	High tower, Small tower
	Cairn, Fodder rack
	Prominent line feature
	Prominent impassable line feature
	Prominent man-made feature
	Stairway

Rock and boulders

	Impassable cliff
	Cliff
	Rocky pit, Cave
	Boulder, Large boulder
	Gigantic boulder
	Boulder cluster
	Boulder field
	Dense boulder field
	Stony ground: slow
	Stony ground: walk
	Stony ground: fight
	Sandy ground
	Bare rock
	Trench

Vegetation

	Open land
	Open land with scattered trees/bushes
	Rough open land
	Rough open land with scattered trees/bushes
	Forest: easy running
	Vegetation: slow running
	Undergrowth: slow running
	Vegetation: walk
	Undergrowth: walk
	Vegetation: fight
	Forest runnable in one direction
	Cultivated land
	Orchard
	Vineyard or similar
	Distinct cultivation boundary
	Distinct vegetation boundary
	Prominent large tree
	Prominent bush or tree
	Prominent vegetation feature

Overprinting symbols

	Map issue point
	Start
	Control point
	Control number
	Marked route
	Finish
	Out-of-bounds boundary
	Crossing point
	Out-of-bounds area
	Out-of-bounds route
	First aid post, Refreshment point

Technical symbols

	Magnetic north line
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**RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS
AND INDEMNITY AGREEMENT**

**BY SIGNING THIS DOCUMENT, YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE
RIGHT TO SUE.**

PLEASE READ CAREFULLY!

In consideration for allowing me to participate in any or all events and related activities of The Canadian Adventure Racing Association and Challenge the Shield Parry Sound. I hereby warrant and agree that:

1. I am familiar with and accept that there is always the risk of serious injury and death resulting from participation in any organized recreational activity particularly those involving mountain biking, trekking, running, navigation, swimming, paddling, and adventure racing and like activities offered as part of the programme of The Canadian Adventure Racing Association and Challenge the Shield Parry Sound.
2. I have satisfied myself, and believe, that I am physically, emotionally, and mentally able to participate in this programme, and that my equipment, if applicable, is appropriate for use in this programme; and
3. I understand that all applicable rules for participation must be followed and that at all times the sole responsibility for personal safety remains with me; and
4. I will immediately remove myself from participation, and notify the nearest official, if at any time I sense or observe any unusual hazard or unsafe condition or if I feel that I have experienced any deterioration in my physical, emotional or mental fitness, or that of my equipment, or exceeded my comfort level, for continued participation in any event or related activity.

I UNDERSTAND AND AGREE, ON BEHALF OF MYSELF, MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN THAT MY EXECUTION OF THIS DOCUMENT CONSTITUTES:

1. AN UNQUALIFIED ASSUMPTION BY ME OF ALL RISKS associated with my participation in the any or all of the events and activities of The Canadian Adventure Racing Association and Challenge the Shield Parry Sound even if arising from the negligence or gross negligence, including any compounding or aggravation of injuries caused by negligent rescue operations or procedures, of the Municipality of McDougall, Georgian Nordic Outdoor Adventure Centre, Get Outdoors Parry Sound, any event organizer, event venue and any and all persons associated therewith or participating therein in any capacity; or in transportation to and from such events and activities, and
2. A FULL AND FINAL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS that I have, or may in the future have, against Challenge the Shield Parry Sound, the Municipality of McDougall, Georgian Nordic Outdoor Adventure Centre, Get Outdoors Parry Sound, all associated sponsors and partners, and their respective directors, officers, employees, coaches, leaders, contractors, agents and representatives, advertisers, volunteers, others participating in any capacity, (all of whom are collectively referred to as "the Releasees") from any and all liability for any loss, damage, injury or expense that I may suffer as a result of my use of or my presence at event facilities, or my

participation in any part of, or presence at, any or all of the events and related activities of the Releasees due to any cause whatsoever, INCLUDING NEGLIGENCE, GROSS NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE RELEVANT OCCUPIERS LIABILITY ACT ON THE PART OF THE RELEASEES.

- 3. AN AGREEMENT NOT TO SUE THE RELEASEES for any loss, injury, costs or damages of any form or type, howsoever caused or arising, and whether directly or indirectly, from my participation in any aspect of the said events and related activities; and
- 4. AN AGREEMENT TO INDEMNIFY, and to SAVE and HOLD HARMLESS the RELEASEES, and each of them, from any litigation expense, legal fees, liability, damage, award or cost, of any form or type whatsoever, they may incur due to any claim made against them or any one of them whether the claim is based on the negligence or the gross negligence of the Releasees or otherwise.
- 5. an agreement that this document be governed by the laws, and in the courts of the Province of Ontario.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN SUBSTANTIAL LEGAL RIGHTS WHICH I AND MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND ASSIGNS MAY HAVE AGAINST THE RELEASEES.

I SIGN THIS DOCUMENT VOLUNTARILY AND WITHOUT INDUCEMENT this _____ day of _____, 2023... at _____, Ontario, Canada.

Signature of Participant

Printed name of Participant

Signature of Witness

Printed name of Witness

PARENTAL CONSENT FOR MINOR PARTICIPANT and INDEMNITY AGREEMENT

I have read and understood the above waiver, release and indemnity, and have discussed the same with the minor person signing above. I am satisfied the said minor understands the waiver and release and his/her obligations as set out. In consideration of the participation of my minor child/ward I too agree to waive, release and indemnify the Releasees in the terms set out above.

I am aware that by signing this agreement I am waiving substantial legal rights, which my minor child/ward and I, our respective heirs, executors, administrators and next of kin may have against the Releasees.

SIGNATURE _____ DATE: _____
