

# CHALLENGE THE SHIELD

## ADVENTURE RUN 2023 RACE GUIDE



### INTRODUCTION

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

This event is an awe-inspiring wilderness endurance challenge on the rugged Canadian Shield. Teams of two have up to six hours to tackle as many of the 34 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. Top teams will need to trek a marathon in distance to get all the checkpoints. 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 in both our 2-hr and 6-hr adventure run challenges with all the information and details you will need for race day. We ask that you read the pages in this guide carefully.



## RACE OVERVIEW

The **Challenge the Shield** Adventure Run is a team of 2 challenge where team members must remain together for the entire race except the Matrix section (more on that later).

**Challenge the Shield** has two courses: A 6-hour (time limit) ultra-adventure run and a 2-hour (time limit) adventure run. Team members navigate to several checkpoints (CP) on each course collecting points for each CP they find. There is no marked route between CPs. Teams decide the route they want to take. Each CP is assigned a different difficulty rating and points according to distance and navigation difficulty. Difficulty ratings are: beginner (25 pts), intermediate (50 pts), advanced (75 pts), expert (100 pts) and backcountry (150 pts). Penalty points (100 pts per minute) are removed for teams that are overtime. Teams decide how far they run or trek and what checkpoints they tackle in our "Choose your Adventure Run" race format!

The **6-hour Ultra Adventure Run** race course is up to ~42.4 km in distance with up to 2,500 points up for grabs. There are three stages to this course and each stage must be completed before starting the following stage.

Stage 1: 300 points. ~5 km point-to-point with 3 CPs (must be taken in order).

Stage 2: 1750 points. 28 CPs (7 x each of beginner, intermediate, advanced, and expert) that can be taken in any order. ~27 km in length

Stage 3: 450 points. 3 CPs (3 x backcountry) taken in any order. ~10 km in length.

The **2-hour Adventure Run** race course is up to ~10.0 km in distance with up to 1,500 points up for grabs. There are three stages to this course.

Stage 1: 300 points. ~4 km point-to-point with 1 CP.

Stage 2: 600 points. 13 CPs (6 x beginner, 4 x intermediate, 2 x advanced, 1 x expert) that can be taken in any order. ~5 km in length

Stage 3: 100 points. 2 CPs (team members can split up if they choose). ~1 km.

Each team is issued a set of detailed adventure running maps and a list of written race course instructions and CP location descriptions (see an example later in this guide). 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 inform later). Each team is also issued an "electronic timing chip" which they use to "check in" at each of the course CPs they reach. A timing unit at each CP digitally records a team's arrival time on their electronic timing chip, and the data will later be downloaded and entered into the overall results at the Finish Line. Teams will be charged a \$75 replacement cost for losing their electronic timing chip.

Electronic Timing Chip



Checkpoint Unit ("check in")



## RACE ORGANIZER & RACE SITE

This event is organized by DontGetLost Adventure Running in association with [Georgian Nordic Outdoor Activity Centre](#).

# DONTGETLOST ADVENTURE RUNNING

We are very lucky to have the support of the [Georgian Nordic Outdoor Activity Centre](#) (GNOAC.com) for our race site. 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 50km Paddling Race. more info on GNOAC summer activities visit [Get Outdoors Parry Sound](#).

[Google Maps Directions](#)

The GNOAC race site has three washrooms (two inside the Burrow/Chalet) and another in a small bunkie behind the building. The GNOAC Burrow has a strict 20-person limit and teams are only allowed to access the Burrow for race-kit pick-up, washrooms, post-race meal pick-up, and/or emergency. As such, we encourage teams to bring chairs, blankets, small tables etc. that they are welcome to set-up in the fields adjacent to the Burrow to use before and after the race. The forest adjacent to the Burrow is out-of-bounds prior to the start of the race.



## RACE WAIVER

Before you participate in any DontGetLost Adventure Running event, you'll need to sign our Waiver. It is valid for the remainder of 2023 for all events hosted by DontGetLost Adventure Running in any region. A Parent or Guardian must sign the Waiver for any participant who will be under the age of 18 on the day of an event. Thank you!

[Sign the Adult Waiver](#)

[Sign the Minor Waiver \(Parent or Guardian\)](#)



**2023 CHALLENGE THE SHIELD RACE GUIDE**

## RACE DAY SCHEDULE

Sunday May 7, 2023

**ALL team members must be present at check-in!**

### 6-hour Race

|           |   |
|-----------|---|
| 0715-0815 | 6-hour check-in (race packet and map pick-up)                 |
| 0830      | 6-hour race pre-race briefing (to be held outside the chalet) |
| 0900      | 6-hour race mass start  |
| 1500      | 6-hour race finish  |
| 1500-1630 | Post-race meal and awards                                     |

### 2-hour Race

|           |   |
|-----------|---|
| 0915-1015 | 2-hour check-in (race packet and map pick-up)                 |
| 1015      | Free navigation tips clinic                                   |
| 1030      | 2-hour race pre-race briefing (to be held outside the chalet) |
| 1100      | 2-hour race mass start  |
| 1300      | 2-hour race finish  |
| 1330-1430 | Post-race meal and awards                                     |

## 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 (excludes the Matrix). At each checkpoint, all team members must be within 5 m of the CP flag (close enough to touch it in 2 steps). Teams are not allowed to check-in at the finish with the Electronic Timing Chip 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. Participants shall travel only on foot on the race course.
6. Use of other maps during the race is not permitted.
7. Checkpoints must be visited in order unless stated otherwise.
8. Required gear must always be carried. Personal gear must be by carried by every individual themselves. A time penalty for incomplete gear will be served on the course.



## REQUIRED RACE GEAR

Each person must carry: 1 x emergency blanket, 1 x permanent pen, 1 x whistle, 1 x 500 ml (or more) water bottle or equivalent, 1 x race maps (provided in race kits).

Each team must also carry: 1 x Sport Ident timing chip (provided in race kit), 1 x compass, 1 x cell phone (see note below), 1 x first-aid kit including at least: 1 roll gauze, 1 roll adhesive tape, 5 regular bandages, scissors and 5 anti-bacterial towelettes.

Participants should bring extra gear depending on weather conditions and should carry their own food (e.g., energy bars). Food and water, will be available at an aid station on the course.

The cell phone cannot be used as a navigational device (compass and/or GPS). Cell phones must be packed in a taped bag and cannot be opened during the race unless in case of emergency.

## AID STATION

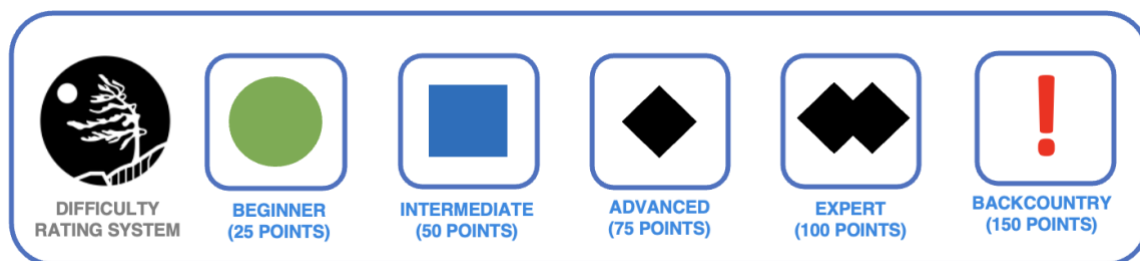
An aid station will be located adjacent to the finish area serving some yummy food and will have water available for teams to re-fill their water bottles. For most teams the aid station will be near the end of their course and so we suggest that teams bring additional water bottles or a water filtration system with them, especially if it is warm on race day. There are a lot of streams and lakes on the race course for teams to fill up and filter water.

## THE MATRIX

The matrix is a section of the race course where team members have the option to split up. There will be an optional matrix section with a total of 2 checkpoints on each of the 6-hr and 2-hr race courses. Each CP is about 700 -1000m total distance.

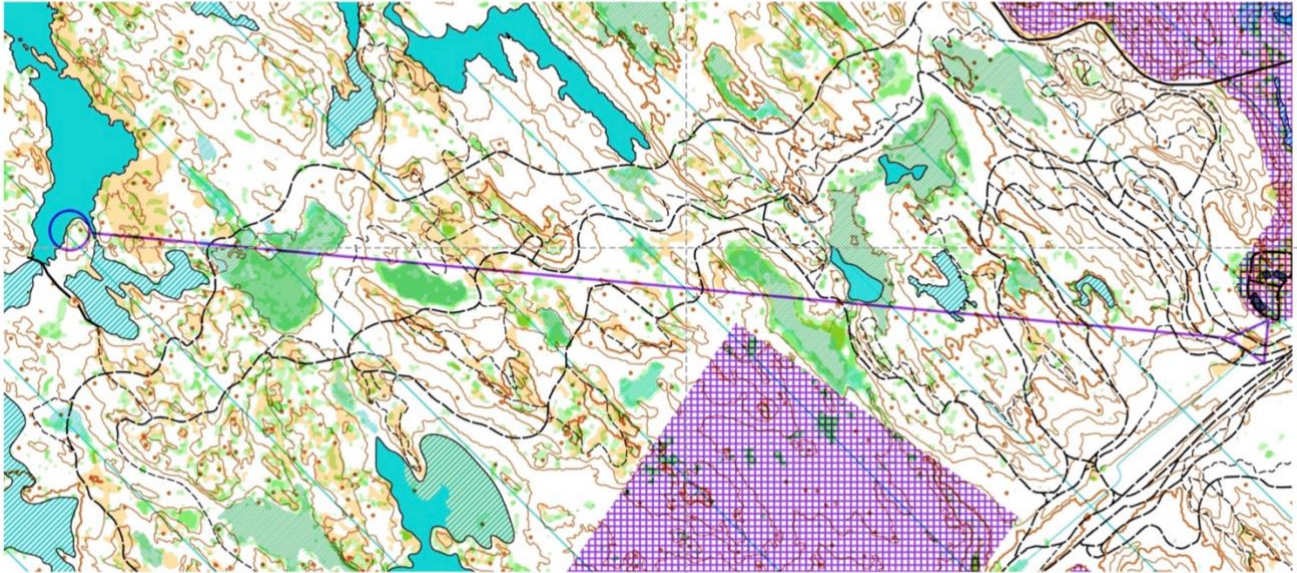
## RACE MAPS

Teams will receive customized adventure running maps in their race kits and a map case. The map case does not seal so teams may want to bring some tape or a separate map case to keep their maps dry. The adventure running map shows the locations of the start of the race (a purple triangle), the finish (a purple double circle), and the location of all checkpoints (purple circles). Adjacent to the checkpoint circle is a number indicating the CP number and a CP difficulty rating symbol. The maps are very detailed at a scale of 1:10,000 with a contour interval of 2.5m. The maps are oriented to magnetic north and no adjustment for declination is required.



Shown below is a section of the race map showing the location of checkpoint #1. Teams can start strategizing what route they will take to CP1. Checkpoint 1 is required in the 6-hour race but is optional in the 2-hour race. The customized race maps do not include a legend so we suggest that teams that are not familiar with the symbols on an adventure running map make a copy of this map legend on the last page of this Race Guide and bring it with you to the race.

## Challenge the Shield (May 7, 2023)



### CHALLENGE STICKERS, RACE SWAG, & RACE AWARDS

#### Challenge yourself at Challenge the Shield!

The overall (coed) winning team will get to take home our Challenge the Shield mascot Squirrely George for the year (George as in Georgian Nordic and squirrely because you gotta be a little bit squirrely to do a race like this right!).

There will also be prizes for the first-place team in all categories (6-hour: Coed, Male, Female, Masters; 2-hour: Open, Junior, and Family). Adult prizes are compliments of Jackson Triggs.

That being said, the Challenge the Shield is more about challenging yourself than it is about winning. Whatever your age or experience we would like to reward your achievements in this race. How many checkpoints can you find? How many race stages can you complete? How many points can your team get? So we are taking the Challenge the Shield Points Challenge to the next level with Gold, Silver, and Bronze CTS stickers for teams that get 2000, 1500, and 1000 points, respectively! All participants will get a Challenge the Shield participation sticker! Our Challenge Stickers add a different strategy to the challenge and maybe your personal or team's challenge will then be to try to get to the next level at the next race and earn another sticker. Why stickers? Well as outdoor enthusiasts we know how important putting stickers on your outdoor gear is. Stickers on your gear box, your Nalgene bottle, your car bumper, your bike, your canoe, etc.



In Challenge the Shield we provide the dirt, swampy water and mud AND a sports towel to clean up after the race. Every race participant will receive a Challenge the Shield branded towel.



## 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 wants to assist us and join our race day team. Volunteering at the ace is a great way to learn about adventure running. 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 trail running, navigation, trekking, route choice and team race strategy.

## ADVENTURE RACING ONTARIO

The Challenge the Shield Adventure Run 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 participating in the 6-hour race will automatically earn points towards their AROS total. For more information on other races in the Adventure Racing Ontario Series click the logo.

Some upcoming Adventure Racing Ontario races:

### [Storm Adventure Race \(May 27-28, 2023\)](#)

*Through a unique blending of adventure racing and traditional multi-sport components, Storm offers beginners the opportunity to test the waters of off-road adventure, while also providing experienced racers with challenging and creative racecourse designs. Three separate events are staged over the course of race weekend, each featuring progressive levels of distance and degree of difficulty.*



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### [Challenge The Shield Adventure Race \(August 26, 2023\)](#)

*The Challenge the Shield Adventure Race is an awe-inspiring wilderness endurance challenge on the rugged Canadian Shield. Teams of two have up to 6 hours to tackle as many of the 40 checkpoint or segment 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 are assigned both a difficulty rating and either a trek, paddle, bike or run discipline so teams can focus on their endurance sport strengths while also trying new challenges. Shred some wicked advanced black diamond MTB single track. Navigate to as many of the beginner and intermediate checkpoints as possible. Paddle and portage to a backcountry lake. You decide the adventure!*

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

*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.*





## 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      |



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## 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 |
|--|---------------------|

