



2024 EVENT GUIDE

UPDATED: APRIL 20, 2024

CHANGES SINCE LAST UPDATE ARE HIGHLIGHTED IN YELLOW

INTRODUCTION

Welcome to the 2nd Annual **Challenge the Shield** Adventure Run! **SUNDAY MAY 5, 2024.**

This race 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 as they choose while running amongst iconic windswept pines, pristine lakes and granite rock barrens. 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 ~35 km to get all the checkpoints. Each of the checkpoints is assigned a difficulty rating and teams decide what difficulty and as many checkpoints as they want to tackle. You decide the adventure!

This Event Guide provides participants in both the 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.

- *Challenge the Shield Parry Sound*

RACE OVERVIEW

The **Challenge the Shield** Adventure Run has two courses: A 6-hour (time limit) 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. Except for the first two CPs in the race, there are no marked routes between CPs. Teams decide the route they want to take and the order in which they want to visit the CPs. 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 (200 pts). Penalty points (100 pts per minute) are deducted for teams that are overtime. Teams decide how far they run or trek and what checkpoints they tackle in our "Choose your Adventure Run" format!

6-hour Adventure Run: This course is up to ~35 km in distance with 2,500 points up for grabs. The race comprises **four** stages. Stage 1 is mandatory and must be completed in its entirety before moving on to Stage 2. Stages 3 and 4 are optional.

Stage 1: **200 points. ~4 km, 1 CP.**

Stage 2: Up to 2,000 points. ~30 km, 32 CPs (8 x each of beg, int, adv, & expert; can be taken in any order).

Stage 3: 200 points. ~1.5 km, The Relay (*see details later in this Event Guide*).

Stage 4: **100 points. ~2.1 km, The Birch Bark(ley) (*see details later in this Event Guide*).**

2-hour Adventure Run: This course is up to 10 km in distance with 1,000 points up for grabs. The race comprises two stages. Stage 1 is mandatory and must be completed in its entirety before moving on to Stage 2.

Stage 1: **200 points. ~4 km, 1 CP.**

Stage 2: **Up to 800 points. ~ 6km, 14 CPs (5 x beg, 3 x int, 3 x adv, 3 x expert; can be taken in any order).**

Each team is issued two sets of detailed adventure running maps and a list of written race course instructions and CP location descriptions. All teams are responsible for carrying a list of mandatory gear items throughout the race as well as their own supply of food and water (see page 5 of this guide). Each team will also use a customized Tyvek 'passport' during the race to "check in" at each CP. Each CP will be marked with an orange and white flag and will have a pin-punch attached to it that is used to create a unique impression on your passport (see page 6 of this guide). Each team is also required to carry a cell phone with the pre-downloaded MapRun App that will track their run and use the phone's GPS to be a back-up "check in" at each of the course CPs they reach (see page 7 of this guide for more info on the Map Run App).



RACE ORGANIZER & RACE SITE

This event is organized by Challenge the Shield Parry Sound in association with the **Georgian Nordic Outdoor Activity Centre (GNOAC)** and with the assistance and support of DontGetLost Adventure Running.

DONTGETLOST ADVENTURE RUNNING

Challenge the Shield Parry Sound is a not-for-profit organization. In partnership with GNOAC we are helping develop ski, hike and bike trails and outdoor youth activity programs. 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. We also organize the Challenge the Shield multi-sport Adventure Race together with the support of [Get Outdoors Parry Sound](#).

[Google Maps Directions](#)

The GNOAC race site has three washrooms (two inside the chalet) and another in a small bunkie behind the building. Teams are only allowed to access the chalet 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 chalet to use before and after the race. ****Construction of a new pavilion and garage is taking place in the vicinity of the chalet and is marked out of bounds on race maps. Please do not go into areas that are roped off adjacent to the chalet. **** Parking is limited so we ask that you follow the directions of parking officials and please do not set up tables or chairs in the parking lot.



RACE DAY SCHEDULE

Sunday May 5, 2024

ALL team members must be present at check-in!

0730-0830	Race packet pick-up at Georgian Nordic chalet
0845	Pre-race briefing
0900	Mass start (6-hr and 2-hour races)
1100	Finish (2-hour race)
1115-1230	2-hour race post-race pizza and awards
1500	Finish (6-hour race)
1515-1630	6-hour race post-race pizza 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 (excludes the Matrix).
3. All team members must visit each checkpoint (CP) together (**excludes the Relay**). 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 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 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 tyvek paper passport (provided in race kit), 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.



Participants should bring extra gear depending on weather conditions and should carry their own food (e.g., energy bars). Teams can prepare a food & drink bag to be dropped off at an aid station on the course (see below). Details on the MapRun App are shown below in this Event Guide.

AID STATION / FOOD & DRINK BAG DROP (6-hour race only)

6-hour race teams will be given a tag and a zip tie in their race package. Teams can place food and drinks in a bag, attach their tag, and drop it off at registration before the start of the race. Team bags will be taken to a remote checkpoint (aid station) where teams will be able to access them during the race. No additional food or drink will be available at the aid station. For most teams the aid station will be closer to 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 RELAY

The Relay is stage 3 of the 6-hour course where team members will split up to run a relay to three CPs. One team member will visit two CPs and the other one CP. Stage 3 is optional.

THE BIRCH BARK(LEY) -NEW!

In the spirit of the Barkley Marathons, stage 4 of the 6-hour course is where team members will be searching for books instead of orange and white flags at each of five CP locations. Teams will need to match book titles to CP codes on an additional passport (bookmark?) they get on the course to collect your points for this stage. The total length of this race section is about 1/110th of a true Barkley (~2.1km). Stage 4 is optional.

NAVIGATION

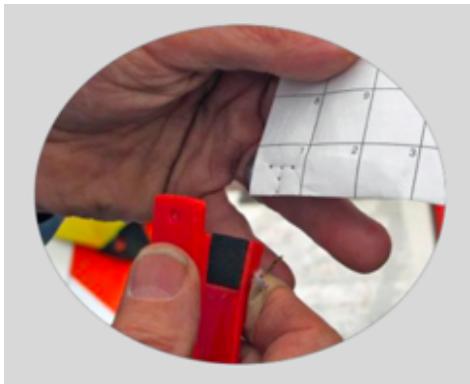
This race requires skills in map reading and navigation. Be aware and read your map carefully.

DONTGETLOST

Participants in the 2-hour race will be allowed to use the MapRun App in a mode that will display where they are always. Participants in the 6-hour race will not be permitted to use the map display mode but will have the option to use the MapRun App "show me" function that will display their location for 30 seconds. Each time a team uses this function they will lose 250 points.

RACE PASSPORTS

Teams will carry a waterproof and rip proof customized passport (dimensions: 21 cm x 11 cm) to check in with a manual punch at all CPs. The number of the passport corresponds to the CPs on the map (i.e., punch CP69 in box 69). Teams that lose their passport will be disqualified so we encourage teams to develop a safe way to store or hold their passport between CPs.



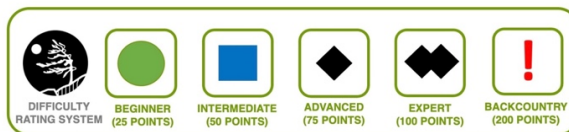
Left: Checkpoint Punch ("check in")

31.	32.	33.	34.	35.	36.	37.	38.
41.	42.	43.	44.	45.	46.	47.	48.
51.	52.	53.	54.	55.	56.	57.	58.
61.	62.	63.	64.	65.	66.	67.	68.
69.	100.	101.	TEAM #				

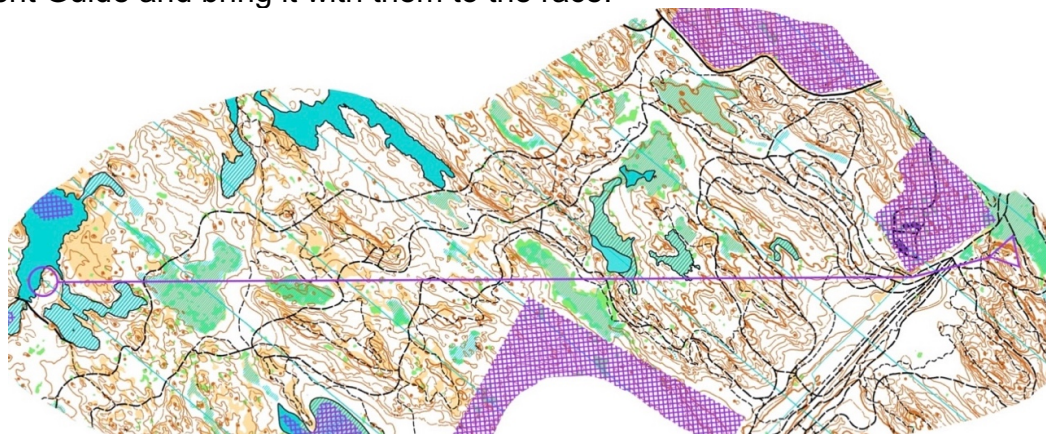
Right: Race Passport (waterproof and rip proof)

RACE MAPS

The official course maps will be given out on race morning at race packet pick-up. Teams will receive two copies of all customized adventure running maps in their race kits and two map cases. The maps are NOT waterproof and 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 2.5 m. Much of the map also has 1.25 m form-line contours for added topographic detail. 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 checkpoints #1 (the triangle) and #2 (the circle). Teams can start strategizing what route they will take from CP1 to CP2. 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 the map legend on the last page of this Event Guide and bring it with them to the race.



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 cams 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 be using the MapRun App as our **back-up** timing and points system so we ask that all teams use the app. **We will also use the MapRun App to ensure teams are obeying rules about out-of-bounds.** 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. Instead of your own name, enter your team name here. 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 April. Click on Select Event. Click on the folders icon. Then Canada > Ontario > Parry Sound > CTS-365 > CTS 365 April 2024
You must have a Get Outdoors Parry Sound annual or day pass to do this challenge. Email us for more details.

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-RUN 6-hour 2024" and "CTS-RUN 2-hour 2024" will appear in: Canada > Ontario > Parry Sound > CTS-RACE

STEP 4: On race day and once you have selected the appropriate 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 ask that you upload your result once you finish. We are hoping to have a Wifi network at the headquarters.

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 checkpoint, 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 checkpoint 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

ACCIDENTAL FINISH: 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.

POST-RACE ANALYSIS: While MapRun is being used to ensure teams follow the marked routes and do not go in out of bounds, 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.

EXTRA MAPRUN TIPS: Make sure you have GPS enabled for the app. Also make sure you have your phone set up to allow the app to run in the background.

RACE DAY WARM-UP MAPRUN TESTING: We hope to put out 2-3 checkpoints adjacent to the start and finish area to allow you to test your MapRun App before you start. This will depend on the status of construction adjacent to the Georgian Nordic Chalet. If we are able to do this then **48 hours** before the race starts the warm-up MapRun file can be uploaded into MapRun. The file name "WarmUp Training 2024" will appear in: Canada > Ontario > Parry Sound > Training.

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>

CHALLENGE STICKERS, RACE SWAG, & RACE AWARDS

All participants who register within our early or normal deadlines will also receive Challenge the Shield swag. 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). Prizes are compliments of our sponsors. Please support them.

The Challenge the Shield is also about challenging yourself. 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! Put the sticker on your gear box, your Nalgene bottle, your car bumper, your bike, your canoe, etc.

Any 6-hour race teams that navigate to the perfect 2500 points total will be Crowned as an *Ontario's Toughest Navigation Racer*. No team achieved this in our inaugural race in 2023.



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 running. All volunteers receive our race swag and post-race food. [Contact us](#) for further volunteer information.

SOCIAL MEDIA

Follow us on [Facebook](#) and [Instagram](#). Use the hashtag #CTS-Run. Race day photos will be posted on our Facebook page in the days following the race.

STAYABOVE NUTRITION PROMO AND HILL CLIMB

All teams will receive a sample of Muscle 5 All in One Protein Powder as well as a Promo Code for a future purchase in their race kits. The fastest team on the marked route hill climb at the start of the race on Stage 1 will win two bottles of Muscle 5 from StayAbove Nutrition. We thank StayAbove Nutrition for the support of our Challenge the Shield events.

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.

RACE WAIVER

Before you participate in the race, both team members will need to sign the Waiver and Photo Consent forms. 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! The Waiver and Photo Consent forms are at the end of this Event Guide and a fillable PDF Waiver is on our web site. Please bring a signed copy of both forms to registration. We cannot give your team your race packet until all Waivers and Photo Consent forms have been received.

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
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