



**WHO:** YOU and 2 or 3 teammates  
**WHAT:** 24-hour adventure race including trekking, mountain biking, and canoeing.  
**WHEN:** Saturday-Sunday, August 8-9<sup>th</sup>, 2009  
**WHERE:** Rocky Saugeen Watershed, Flesherton, Ontario area

In keeping with adventure racing tradition, we encourage co-ed teams. Priority for prizing will go to co-ed teams of 3 or 4 racers, however we will accept all-male, all-female and two-person teams. With this in mind, please register any team of three or four people that you feel would make the race an enjoyable one.

**Support Crew:**

Support crew will be required to transport your gear between transition areas for the duration of the race. See the support crew information package for more information.

**Race Itinerary:**

Saturday August 8 <sup>th</sup>	8:30am – 10:30am	Check-in and gear check in Flesherton
	11:00am	Race directions and map distribution
	1:00pm	Travel to Race Start
	2:00pm	Race Start
Sunday August 9 <sup>th</sup>	2:00pm	Race Finish!
	2:00 – 5:00pm	Post-race meal & prizes

**Cost:**

\$145 per person if paid before June 19<sup>th</sup>.  
\$175 per person payable in cash, cheque or money order.

For two-person teams, add \$25 to each racer's registration fee (\$170 early bird; \$200 regular)

Please make cheques out to '**AFR United Adventure Racing**'.

Note: \$25 per person late fee for registrations or payments received after July 24<sup>th</sup>.

**Registration:**

Please complete the registration form and forward it, with payment, to the address below.

**Contact Information:**

For any questions or concerns, or to register for the Angry Seagull Adventure Race, please contact:

Jay Hahn 519-835-3921  
434 Highside Dr, Milton, ON, L9T 1X1  
[info@angryseagullrace.com](mailto:info@angryseagullrace.com)  
[www.AngrySeagullRace.com](http://www.AngrySeagullRace.com)





## Registration Form

**TEAM NAME:** \_\_\_\_\_

**TEAM CAPTAIN:**

Name \_\_\_\_\_ Age \_\_\_\_\_  
Phone (day) \_\_\_\_\_ Phone (eve.) \_\_\_\_\_  
Email \_\_\_\_\_ Male/Female \_\_\_\_\_ Shirt Size \_\_\_\_\_  
Longest Adventure Race attempted (hours or days) \_\_\_\_\_

**TEAMMATES:**

2. Name \_\_\_\_\_ Age \_\_\_\_\_  
Email \_\_\_\_\_ Male/Female \_\_\_\_\_ Shirt Size \_\_\_\_\_  
Longest Adventure Race attempted (hours or days) \_\_\_\_\_

3. Name \_\_\_\_\_ Age \_\_\_\_\_  
Email \_\_\_\_\_ Male/Female \_\_\_\_\_ Shirt Size \_\_\_\_\_  
Longest Adventure Race attempted (hours or days) \_\_\_\_\_

4. Name \_\_\_\_\_ Age \_\_\_\_\_  
Email \_\_\_\_\_ Male/Female \_\_\_\_\_ Shirt Size \_\_\_\_\_  
Longest Adventure Race attempted (hours or days) \_\_\_\_\_

**\$175 registration fee per person accompanying this form?  
(\$145 if paid before June 19<sup>th</sup>) (\$200 after July 24<sup>th</sup>, 2008)**

- Yes**  
 **No, I've made separate arrangements with Jay.** (please note arrangements on form)

Administrative use only:

Paid: \_\_\_\_\_

Date: \_\_\_\_\_