



2010 Racer Update #1

Welcome to the Angry Seagull Adventure Race!

We are very excited about this year's Angry Seagull Adventure Race. If you've already registered, we're looking forward to seeing you and hope you're ready for all the fun we have in store for you. If you haven't registered yet, you should do so ASAP. Registration is limited to 30 teams on a first come, first served basis. Regardless of numbers, registration closes on July 24th.

This first racer update will give you most of the specific details that you will need to know for registration, gear, support crew/TA's and the event schedule. If there's any info that I've missed, don't hesitate to drop me an email at info@angryseagullrace.com. This update also includes some info about the race course and about the race format that will be used for this year's Angry Seagull.

Registered Teams list on www.AngrySeagullRace.com!

The list of teams registered for the 2010 Angry Seagull Adventure Race is now up on our website. If your team has missing team members and is listed as "Incomplete", please drop us an email to let us know: your teammates' names, t-shirt sizes, and email addresses.

There is also space to include a website link (or two) for your team. If you have a team website or a sponsor that you would like to recognize, let us know and we will add your team/sponsor link to your profile in the teams section.

Race Weekend Schedule

Sat. Aug. 7	8:30am to Noon – Team Check-In, Gear Checks, Receive maps & race directions 12:15pm – Pre-Race Meeting (mandatory for ALL racers) 12:50pm – Travel to Starting Line 2:00pm – RACE START!
Sun. Aug 8	2:00pm – RACE FINISH (at the Waterfront Gazebo in Rosseau) 2:30pm – Post-race dinner & awards 3:30pm – Hit the Road for home!

Host Site of the 2010 Angry Seagull Adventure Race

This year's race will be hosted in the town of Rosseau, Ontario. Race check-in will be held at the Rosseau Fieldhouse and Fairgrounds. Race finish and post-race lunch will be held at Waterfront Park in Rosseau.

Directions to Race Check-in

Rosseau Fieldhouse and Fairgrounds is located on the west side of Highway 10 at the north end of Flesherton.

- From the 401, head North on Highway 400 towards Barrie.
- Just north of Barrie, follow exit to Highway 400 toward Highway 69 – Parry Sound/Sudbury.
- Take exit 207 to merge onto Airport Rd / Highway 141 toward Rosseau/Huntsville.
- Turn RIGHT to stay on Highway 141 toward Rosseau.
- In Rosseau, turn RIGHT onto Highway 632.
- Rosseau Fieldhouse and Fairgrounds is on the corner of the first intersection (Ash St).

Overnight Parking

There is SOME availability to park cars overnight at the fairgrounds in Rosseau. That being said, we would like to have as few cars as possible parked overnight. We strongly request that team members carpool to the race as much as possible (ideally with your whole team in one vehicle). If this is not possible, our second recommendation is that you have at least one support crew member for each vehicle your team brings.

Race Check-in – ROSSEAU FIELDHOUSE & FAIRGROUNDS, ROSSEAU, ONTARIO

Check-in will take place at the Rosseau Fieldhouse & Fairgrounds between 8:30am and 12:00pm. At the race check-in, your team will complete waivers, medical information forms, gear check, first aid supplies check and a navigation check. This process may take up to an hour, so be sure to have your complete team arrive well before noon.

For the gear and first aid checks, we will be checking to ensure that your team has ALL of the mandatory gear for the race (refer to the gear list posted on the race website). If your team is missing ANY mandatory gear items, or if any of your items are deemed unacceptable by race management, your team will NOT be permitted to race.

One member of your team will be required to pass the navigation test in which they will demonstrate familiarity with a 1:50,000 topographical map, familiarity with the UTM grid system and UTM plotting (6 digit grid coordinates), and familiarity with compass use and declination.

Upon completion of the race check-in process, your team will receive its event t-shirts, swag bags, and most importantly, race maps AND course directions.

Maps & Race Directions

Once teams have completed the check-in process, they will receive their race maps and directions for the entire Angry Seagull course. Map plotting and team strategizing time will be valuable so we suggest you aim to check-in earlier rather than later.

Race Format

This year's Angry Seagull AR will be a traditional point-to-point race format; a journey with a start, a finish and mandatory checkpoints that all teams will be required to travel to, in order. The first team to complete all checkpoints and make their way to the finish line will be considered the winning team, with the exceptions of any time penalties accrued during the race and completion of the elite/advanced sections of the course.

Two extra section options – the elite section and the advanced section - will be available for teams willing to tackle the additional challenge and who arrive at the designated transition area before the elite or advanced cut-off times. Teams that complete the elite section, all other checkpoints and who finish before the official 24-hour cut-off time will be ranked ahead of any teams who do not complete the elite section. Teams that complete the advanced section (but not the elite section), all other checkpoints and who finish before the official 24-hour cut-off time will be ranked ahead of any teams who do not complete the advanced section.

The winning team is expected to finish in approximately 18 hours (having completed the elite section), with the majority of teams finishing before the official 24-hour cut-off. After that cut-off, the race course will remain open for an additional two hours in the hopes of providing all teams the opportunity to finish the race course.

Pre-Race Meeting

The pre-race meeting will take place at 12:15pm. Attendance at this meeting is **MANDATORY** for all racers as safety, notes about the race course, race rules & regulations and the Adventure Racers' Code will be discussed. Teams/racers not present at the beginning of the pre-race meeting will be assessed a time penalty which they will serve at the start of the race. Save us the trouble and just be on time, please!

Support Crews & Transition Areas

For this race your team **MUST** have a support crew and support vehicle to transport your bikes and gear from TA to TA, or have purchased the **Unsupported Race Option**, in which case, race staff will transport your gear throughout the race and transport your team to the starting line. Your team's support vehicle should be capable of transporting all of your gear and your entire team to the start line and off of the racecourse in case of emergency. Support crew will NOT be transporting canoes.

Water and bathroom facilities will NOT be available at transition areas, so be sure your support crew comes prepared. Hydration will play a huge role in the race and in your safety, so we suggest that you pack a water jug (or two) or some bottles of water into your support vehicle for refilling of team water bladders throughout the race.

Unsupported Race Option

For the first time this year, we are offering teams the option of racing unsupported (additional fee of \$120 +HST), meaning that your team will NOT require a support crew or support vehicle. If you are racing unsupported, race crew will transport your bikes and gear from TA to TA for you and will transport your team to the race's starting line. After each transition area, race crew will load your gear bins and bikes or team paddle gear our support vehicle. Your team is responsible for ensuring that all of your gear, clothing, garbage, etc is packed in your bin before you leave the transition area. We will also have some water available for your team at transition areas. Teams that have registered to race unsupported are listed as such on the team list on the website.

Starting Location

The race will start at 2:00pm at an as of yet undisclosed location, approximately a one hour drive from race check-in. Supported teams must be driven to the starting location by their support crew.

Race Safety & Risk Management

Throughout race planning, safety has been, and will continue to be, a primary concern. We also strongly promote the Participant Responsibility Model. The Participant Responsibility Model is based on two guiding principles:

- The only way to **guarantee** the safety of an adventure race is to cancel the race.
- The adventure race participant, not the race organizer, accepts and carries the burden of responsibility for his or her own safety in an adventure race.

Adventure racing involves inherent risks that race participants accept as part of participating in an adventure race, and risk mitigation & safety are most effectively applied at the "frontlines" by race participants themselves.

At the same time, several safety considerations will be in place for the duration of the Angry Seagull Adventure Race, in addition to your own safety precautions. Each team will carry a cellphone to use to contact emergency services and/or race staff in case of an emergency. Your team cellphone must be sealed in a waterproof bag (double ziploc is okay) and will be additionally sealed by race staff during race check-in.

The mandatory gear list was created with safety in mind to ensure that your team will be adequately prepared to prevent or respond to any developing safety/first aid issues that occur during the race. As such, failure to carry any mandatory gear list items will carry stiff time/point penalties and potentially disqualification or removal from the racecourse. If an emergency or injury does occur out on the racecourse, please don't hesitate to break the seal on your phone and contact race staff. A medic will be on course, just in case.

Team Proximity Rule

Our expectation and the rule that we will be enforcing throughout the race is the 100-metre rule. Your team **MUST** remain within 100-metres of each other at ALL times.

Post-Race Dinner and Awards

The post-race dinner will be held at the race finish location. If your team will be bringing more than two support crew/guests to dinner, the extra cost will be \$15 per person. Please let me know well in advance if you expect to require an additional meal ticket. My hope is to serve lunch by 2:30pm so that everyone can be on the road home by 3:30 on Sunday.

See you all soon!

Until then, train hard and have fun!