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The Urban Adventure Race is always a great time and this year's will be one of the biggest and best yet! It is being held in conjunction with the 2008 Can-Am Police-Fire Games so there will be teams from across North America!

The rules below apply to **all** teams except where otherwise noted. In any discrepancy between these rules and Can-Am Games guidelines, the Can-Am guidelines shall take precedent for Can-Am competitors.

A. THE ORGANIZERS

The Urban Adventure Race is organized and staged by the Saskatchewan Section, Alpine Club of Canada and by persons appointed by the Can-Am Police-Fire Games Committee. Race Management reserves the right to add, modify, replace or cancel venues or events at any time. Race Management reserves the right to make changes and amendments to the rules and regulations at any time. In the event that changes are made, Race Management will contact all registered teams with the updates so that they may make the appropriate adjustments to their preparations for the race.

B. TEAMS

Each team must consist of three (3) members. Each team must consist of the same three members throughout the race and all three members must stay together and complete the entire course together for the team to be officially ranked. All members of the team must be in good physical condition and be of reasonable health.

Can-Am Teams: Can-Am Teams may enter in one of the following categories:

- Men, Open
- Men, 40 years & over
- Women, Open
- Women, 35 years & over
- Mixed, Open

Law enforcement officers (including auxillary police, cadets, dispatchers, corrections, military, active or retired, etc), fire fighters (including volunteer, dispatchers, military, etc.), emergency medical personnel, and spouses of any of the above, are eligible to compete in the Can-Am Police-Fire Games. For full information on eligibility, go to www.saskatooncanamgames.ca

Other Teams: Teams can enter one of the following categories:

- Male
- Female
- Co-ed
- Youth (All members of a youth team must be under 18 years of age.)

Team members under the age of 18 (whether on a youth team or not) must have the waiver form signed by their parent or legal guardian at registration. Prizes will be awarded in each category.

C. REGISTRATION

Can-Am Teams: Registration for Can-Am Teams must be done through the Can-Am Games website www.saskatooncanamgames.ca

Other Teams: To be considered a registered team the team captain must submit the registration form and full payment for the race. Registration fees, including early registration fees are noted on the registration form.

If, for any reason, a team cannot or does not choose to participate in the race they will forfeit 50% of the entry fee up to two weeks prior to the event. After this, 100% of the entry fee becomes non-refundable under any circumstances.

Race Management reserves the right to restrict access to the race for any team without an explanation. Entry into the race is handled on a first-come first-serve basis only if the applying teams are approved by Race Management. Race Management also reserves the right to remove any team from the registered team list should Race Management feel that team will not be suitably prepared for the event or may act in a way that will be harmful to themselves, other participants (including but not limited to competitors, volunteers, and staff) or the event as a whole. In this situation the team will be notified immediately upon finalization of the decision and their full entry fee will be refunded. Note, the entry fee will not be refunded if the team chooses not to compete, but only in situations where Race Management refuses a team from the race.

All Teams: Each team must check in for registration between 7:00 a.m. and 8:00 a.m. Sunday, July 20 at the Bessborough Gardens. (Note location change: Check in will **not** be starting at the Shakespeare on the Saskatchewan site as previously advertised). At this point, Race Management will verify with the team captain that all paperwork is in order. The paperwork required includes:

- completed and signed medical forms from each team member
- signed Alpine Club of Canada waivers from each team member (signing must be witnessed at check in; the waiver cannot be signed in advance)
- full payment of entrance fee for the team and complete contact information for each team member;

Mandatory gear checks will be done throughout the race.

Safety personnel will be at any specialized stages of the race to ensure each team member is properly instructed and set up prior to the specialized task.

D. RACE BRIEFING

Following registration, all teams must attend the race briefing scheduled for 8:00 - 9:00 a.m. Sunday July 20. The race briefing will consist of an introduction of all teams competing in the race, distribution of the race package, description of some of the obstacles and challenges on the course and a question and answer period. Race management will be available after the briefing to answer any further questions that do not get answered during the race briefing.

The race package given to each team may include maps for the race, course instructions, and a 'passport'. (Additional maps, instructions, and other materials may be supplied during the race.) The passport must be carried at all times by the competitors during the race and must be turned in at the end of the race in an intact and readable state.

The maps provided in the race package are the only maps permitted on the course. Any team found using maps other than those provided may be disqualified from the official rankings.

The course instructions will include brief descriptions of particular obstacles to watch for throughout the course. The race course and checkpoints will **not** be marked on the maps unless race organizers choose to do so for a certain section of the race. It is the responsibility of each team to correctly determine where the checkpoints are on the map as well as determine the route they wish to follow.

E. THE RACE COURSE

The race will begin at 9:00 a.m. and it is expected that most teams will finish within 4-6 hours. The race course will start at a location announced at the pre-race briefing. The course will pass through a series of checkpoints. Teams must travel through all mandatory checkpoints in the order specified by Race Management. Checkpoints may or not be manned by race personnel. At the end of the race each team must show their passport to Race Management to verify that they have visited all checkpoints and that they were reached in the specified order. Any team that did not pass through all checkpoints in order will not be included in the official rankings. If a team misses a mandatory checkpoint they will be allowed to backtrack to reach it

but must still pass through all subsequent checkpoints in order, even if they had already visited those checkpoints (e.g. If you are at checkpoint 6 and realize you missed checkpoint 4, you will be allowed to backtrack to checkpoint 4 but must then pass back through checkpoints 5 and 6 to maintain status as an officially ranked team).

Although each team is free to select the route they feel is most appropriate for the majority of the race, certain sections of the course may include instructions for a mandatory route (for safety reasons or to preserve certain environmentally sensitive areas). Teams that do not follow the mandatory route may be disqualified.

Race Management reserves the right to make changes to the course during the race due to unforeseen circumstances such as inclement weather. Any changes made will be communicated to all teams as soon as is reasonable and will be done equitably for all teams.

F. CUT OFF TIMES

Specific cut off times will not be established for this race. However, if teams do not finish in a reasonable and safe amount of time, Race Management reserves the right to move the team ahead and they may cross the finish line as an unranked team.

G. TEAM RANKINGS

Can-Am Teams: The first three teams in each Can-Am category to have all three members cross the finish line and pass through all checkpoints in order will be the winners of that category and will receive Gold, Silver or Bronze Can-Am Games Medals based on their ranking.

All Teams: The first team in each category of male, female, mixed & youth (including Can-Am Teams) to have all three members cross the finish line and pass through all checkpoints in order will be the winners of that category.

All teams must turn in their passport for verification that they reached all checkpoints in order. Any team without their passport or without all three team members will not be ranked. Additionally, any team requiring outside assistance to reach the finish line will not be ranked.

H. RACE JERSEYS AND SPONSORSHIP

All team members must wear the race jersey provided at all times during the race. It must be worn as the outer layer (so it is in plain sight at all times) and may not be altered in any way. Race jerseys must be returned in good condition immediately after the team has completed the race. If a number plate is provided for bikes, all team members must also attach it to the front of their mountain bike at all times during the biking sections. Teams are free to wear any other items or logos for their team sponsors provided they do not interfere with visibility of the race jerseys and race numbers.

I. SUPPORT CREWS

A support crew is not required or allowed for this race.

J. EQUIPMENT

Teams will be required to supply their own food and drink for the entire race. (Food and drink will be provided following the race only.) Teams will also be responsible for the supply and handling of all equipment required for the race unless otherwise noted in the Mandatory Equipment List provided for the race (some equipment provided by Race Management).

The Mandatory Equipment List specifies the minimum gear required to compete in the urban adventure race. The list has been established to ensure safe travel throughout the course. Where there is room for discretion as to whether or not certain equipment is required we have left it off the list. In so doing, teams are left to make their own decisions about what will be the appropriate equipment to get them to the finish line the fastest and safest. There is NO room for discretion with the items included on the Mandatory Equipment List. Any team found without the mandatory equipment during the race may be disqualified from the race or issued a time penalty. There will also be random gear checks done throughout the race to ensure all teams are carrying the required equipment.

a) MANDATORY EQUIPMENT

Gear Required Per Person:

At all times:

- Sturdy running/trail shoes
- Clothes appropriate for the weather
- 1 litre water container or equivalent
- Whistle
- Knife (or multi-tool with blade)
- Sunglasses or glasses with clear lens (to be used in bush areas)

While biking:

- Mountain bike
- Certified biking helmet
- Spare bike tube

While canoeing:

- Approved life jacket with whistle attached

Gear Required Per Team:

At all times:

- First aid kit containing bandaids, adhesive tape, moleskin, gauze, tensor bandage, emergency blanket
- Compass
- Pen/pencil to write in passport
- Watch

While biking:

- Tire tools/levers
- Tire pump

Please note, the equipment list is subject to change. Race Management will endeavor to inform teams of any changes as they arise.

b) PROVIDED EQUIPMENT

Race Management will provide the following equipment:

- Canoes
- Paddles
- Certified harnesses/ropes/etc.
- Passports
- Maps

Items provided by Race Management must remain with the team for the duration of the section they are assigned for and must be returned to the race staff at the end of the section in good condition. Damage to any equipment provided by Race Management, beyond a reasonable level of wear and tear, may result in a time penalty or disqualification and the team will be responsible for paying for the damages.

c) FORBIDDEN EQUIPMENT

The following is a list of equipment that is forbidden during the Urban Adventure Race. Any team possessing any of these items will be disqualified from the race.

- G.P.S. devices (including devices such as Timex Time & Distance and Garmin Forerunner)
- weapons of any sort (with the exception of the mandatory knife)
- any mode of transportation not authorized by event organizers
- maps not provided by race management.

This is not necessarily a complete list of forbidden equipment. Any device or item that offers an unfair advantage to the team possessing it may also be deemed as forbidden. Please check with event organizers prior to start of race if you have any items that may be questionable. If it is decided that the item will not be forbidden, event organizers will keep the query confidential.

d) OTHER SUGGESTED EQUIPMENT

- fast drying synthetic clothing (no cotton)
- both shorts & pants and long & short-sleeved tops (wear according to weather)
- spare socks
- hydration system (e.g. camelback)
- plastic bags to keep things dry
- biking gloves
- bike computer (odometer)
- bike repair tools or multi-tool
- warm jacket for before/after race
- colored marker or highlighter

Food & Fluid Suggestions

- bananas
- bagels
- baked potatoes
- peanut butter/jam sandwiches
- dried fruit and nuts
- energy bars/gels
- energy/hydration drinks (e.g. Gatorade)

Be prepared. Although you will return to the starting/transition area and your equipment at some point during the race, it may be 2 - 3 hours between having access to equipment, food and drink left behind.

K. SAFETY

Teams are encouraged to help each other while on the course. No penalty will be incurred for receiving assistance from another team.

If a team comes in contact with another team that is in an emergency situation they are required to stop and help. Failure to help another team requiring emergency assistance may result in disqualification. Teams that do offer assistance in emergency situations may be awarded a time bonus.

Weather conditions may restrict safe travel for certain sections of the course. Race Management reserves the right to make changes to the course or restrict travel on certain sections due to weather conditions.

It is mandatory that all team members wear a Coast Guard approved life jacket at all times during water sections of the course. Similarly, it is mandatory that all team members wear a mountain bike helmet at all times during the mountain bike section. Failure to do so will result in disqualification.

Safety personnel will be at any "specialized" stages of the race to ensure each team member is properly instructed and set up prior to each of these disciplines. Failure to follow the directions of the safety personnel may result in disqualification.

L. DRUG USE AND IV'S

The use of any illicit or illegal drugs or prescription medication not prescribed to the user for that specific use is strictly prohibited and will result in immediate disqualification from the race and removal from the course. Similarly, the use of IV's other than those administered by race medical staff is strictly prohibited and will result in immediate disqualification from the race and removal from the course. In cases of blatant disregard for this ruling, competitors or teams in violation may be permanently banned from the Urban Adventure Race.

M. WITHDRAWAL FROM THE RACE

Teams may only voluntarily withdraw from the competition at designated transition areas, with the exception of injury situations. Any team that voluntarily withdraws from the race must report to Race Management as soon as possible. If only one member of a team withdraws and the remainder of the team wishes to continue on the course, they may only do so with specific permission from Race Management. The remaining members must remain at the transition area until the member withdrawing is in the care of Race Management and the Race Management approves the continued travel by the remaining members. From that point forward, the team will not be officially ranked. Race Management reserves the right to issue a time penalty to any team wishing to continue unranked. This would be done to

prevent unranked teams from interfering with the progress of officially ranked teams. Also, Race Management reserves the right to stop an unranked team at any time on the course and not allow further progress, regardless of the circumstances of the initial permission to continue on the course unranked. Please note, individuals will not be allowed to continue without at least one other member of their team.

N. PENALTIES

Race Management reserves the right to issue time penalties to teams, disqualify teams from the official rankings or remove teams from the course if they are in violation of any of the rules and regulations of the race. The severity of the penalty will be dependent on the severity of the violation and will be decided by a judging panel. The following is a list of violations.

- failing to abide by the rules of the road in urban areas.
- failing to have an official signature and/or password in the passport for a checkpoint.
- failing to have passport & map with team at all times during the race (ie: loss, etc)
- failing to turn passport in at the end of the race in an intact & readable state.
- team members getting separated by more than 100 metres.
- changing the team composition during the race (substituting one or more members of the team)
- missing mandatory equipment
- not following the prescribed rules of safe travel (e.g. wearing approved life jacket for canoeing)
- possessing forbidden equipment
- failing to wear the provided race bib as the outer layer at all times
- receiving any outside assistance including assistance from the support person outside of the designated transition areas
- possessing maps of the race course area other than those provided by Race Management
- using any means of transportation not authorized by Race Management
- any environmental damage
- deviation from mandatory course
- unfair behaviour.

This is not an exhaustive list. Please contact Race Management before the start of the race if you have specific questions regarding penalties.