

# WILDERNESS TRAVERGE

## Greetings Participants,

Congratulations on registering for the 14<sup>th</sup> annual Wilderness Traverse Adventure Race! We’ve been hard at work planning a route that will both inspire and challenge, and we couldn’t ask for a better canvas than Ontario’s Canadian Shield. I’m sure you’ll encounter environs previously unexplored in your collective experiences. We wish everyone the best of luck!

**Rules & Regulations.** If you haven't done so, please ensure your entire team has read the Rules and Regulations; it's a mandatory requirement for participating in the event. There is a great deal of important information contained within this document. The most up to date version (updated Sept 16<sup>th</sup>, 2024) can be found on the [website](#). Note, minor scheduling updates from the previous version dated Sept. 14<sup>th</sup>, 2023 include:

- Map Hand-Out occurs at 7am
- Pre-Race Briefing moved to 9am

**Paperwork.** At the following links you’ll find the necessary documentation each team member will need to fill out and sign online prior to arriving at the host site. Documents include a [waiver](#) and a [medical form](#). Failure to fill these out ahead of time will result in delays at Race Kit Pick-Up. Each person will receive an emailed copy and confirmation of filling out these forms. **Please bring the emailed, digital copy with you to Race Kit Pick-Up and be prepared to show check-in volunteers.** If all team members have not filled these out prior to arrival at the host site your team package will not be released. Any team members who will not be in attendance at kit pick-up can forward their forms to teammates who will be in attendance. Note, Team Pictures will also be taken at kit pick-up, so it’s advisable to have all members present.

**Course Break-Down.** Below you'll find a break-down of the course describing the lengths, disciplines, and estimated duration for each leg. This is being provided to give teams time to prepare food and gear bins prior to arrival at Race Check-In and hopefully make the Friday evening a bit less stressful. Keep in mind, these estimates do not account for time spent in Transition Areas and fast time estimates are based on daytime travel in optimal weather conditions.

	Distance	Time Estimate
Leg #1 – Prologue Trek	2km	10-20 minutes
Leg #2 – Trek	4km	30 minutes – 1 hour
Leg #3 – Mountain Bike	18km	1 – 2 hours
Leg #4 – Paddle & Portage	34km	5.5 - 9 hours
Leg #5 – Trek	21km	5 – 10 hours
Leg #6 – Mountain Bike	33km	1.75 – 3.25 hours
Leg #7 – Mountain Bike & Trek	20km (17k bike, 3k trek)	2 – 4 hours

**Courses.** “Expedition” course finishers must complete all legs as described above. “Explorers” course finishers will complete all legs above but will skip the Leg#7 bike-trek and continue direct to the finish. “Challenge” course finishers will not complete Legs: 6 or 7 but will complete a modified Leg #6 Mountain Bike back to the finish. The cut-off to remain on the Explorers course at the start of Leg #6 is 12:00 Sunday. The cut-off to remain on the full Expedition course at the start of Leg #7 is 12:00 Sunday.

**Gear Bins.** As mentioned in the Rules and Regulations each team is required to have two gear bags or bins no larger than 190 L each, which will meet your team at various transition areas along the route. **Bin#1** will be accessible at TA#1 (Leg 2 Trek to Leg 3 Bike). **Bin#2 + Personal Paddles/Paddle Bags** will be accessible at TA#2 (Leg 3 Bike to Leg 4 Paddle & Portage). **Bin#1** will be accessible at TA#3 (Leg 4 Paddle & Portage to Leg 5 Trek). **Bin#2 + Personal Paddle Bags** will be accessible at TA#4 (Leg 5 Trek to Leg 6 Bike). Bins will not be available between the Leg 6 Bike and the Leg 7 Bike & Trek.

**Paddling Gear.** Teams are permitted to leave paddles, PFD's, canoe seats, or portage wheels outside of, or separate from Gear Bins. Teams must attach this paddling equipment together or bring an extra bag to pack it in for transport. These items must be labelled with the team's name and number.

**Rattlesnakes.** We've come across a few Eastern Massasauga rattlesnakes while testing the course, so it's possible some of you will have an encounter. Please see the following links for more details about these venomous snakes and how to deal with them.

<https://www.ontario.ca/page/massasauga-rattlesnake>

<http://www.youtube.com/watch?v=GNW88DbELLM>

**Black Bears.** We've encountered a few black bears while testing the course and we've come to expect they will run off into the forest when they hear people coming. Nevertheless, if you're not familiar with what to do in a Black Bear encounter please see the following link: <https://www.ontario.ca/page/prevent-bear-encounters-bear-wise>

**Bugs.** Bugs were mostly gone as of last week.

**Clean Equipment.** The Ministry of Natural Resources has asked everyone to clean their gear and equipment (especially mud/dirt from shoes and bike tires) to decrease the risk of spreading invasive species of flora. Please abide by this request.

**Team Members.** The [Zone4 Confirmation List](#) has the most up to date list of teams and their respective members. Please review your team and let us know if any changes need to be made. (email: [bob@wildernesstraverse.ca](mailto:bob@wildernesstraverse.ca))

**Personal Canoes.** Please see the listing at the bottom of [this webpage](#) which shows which teams are bringing personal canoes to the event and how many. If your team is not on this list the event will be supplying your canoes with 2 for a team-of-4 and 1 for a team-of-3. Personal canoes need to be dropped off at the "Maintenance Shop" at the host site prior to 9am on the morning of the event. Personal canoes will be brought back to the host site by organizers after Leg 4. If you are planning to bring your own canoes and you are not on the list mentioned above, please email [bob@wildernesstraverse.ca](mailto:bob@wildernesstraverse.ca).

**FAQ.** Please visit the FAQ section of our website as we've recently posted some Q&A's about pack-rafting (not permitted in 2024), portaging and swimming for the 2024 event. <http://www.wildernesstraverse.com/faq>

**Spectators, Friends & Family.** We'll have some great live event coverage on the event website. Be sure to let your friends and family know they can follow your progress there. Once again, we've secured satellite tracking devices for each team and will have a live tracking page. The devices will transmit your location every 10 minutes allowing armchair spectators to follow the event. Event updates will also be sent to Facebook, Twitter (@WildernessTrav, or join the conversation using #wtrav) and Instagram (@wildernesstraverse). If you have friends and family coming to the Muskoka area, we'll also have spectator maps and directions to suggested viewing locations along the course.

Please contact me by e-mail or phone at any time if your team has any questions or concerns about this update or anything related to the event.

Best of luck with final preparations.

Sincerely,

Bob Miller  
Event Director  
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