



**WILDERNESS
TRAVERSE**



Info Session begins at 7:30 pm



WELCOME

WILDERNESS
TRAVERSE 

INFO SESSION

WATCH THIS SESSION ON YOUTUBE:



The image is a YouTube video thumbnail for a 'Wilderness Traverse' info session. It features a central photograph of two hikers in a river, one assisting the other. To the left are two smaller video call windows. To the right is a white text box with blue and black text. The text reads 'WELCOME WILDERNESS TRAVERSE INFO SESSION'. At the top right of the white box, it says 'Powered by' with a logo of a green duck. The central photo shows a hiker with a large backpack and a white visor helping another hiker who is wading in a river. The background of the photo is a lush, green forest. The two video call windows on the left show participants in a virtual meeting. The top window has a 'WILDERNESS TRAVERSE' banner above the participant's head. The bottom window shows another participant. The overall layout is clean and professional, typical of a corporate or organizational event promotion.

Powered by 

WELCOME

WILDERNESS TRAVERSE 

INFO SESSION

<https://youtu.be/8n-1ergzmUE?si=I0j4Nlxl-wCYHGp2>

WHO WE ARE:



Bob Miller, Founder & Race Director



Wayne Leek, WT Team

WHO ARE YOU?



CASUAL RACERS

ROOKIE RACERS

EXPERIENCED RACERS

EPIC ONTARIO AR SINCE 2010



HOW WILL THIS SESSION WORK?



PRERACE: DO YOUR HOMEWORK



RACE WEEKEND



QUESTIONS

**PRE-RACE:
DO YOUR HOMEWORK**

NOW: TRAIN LIKE YOU RACE

STUFF



DISTANCE



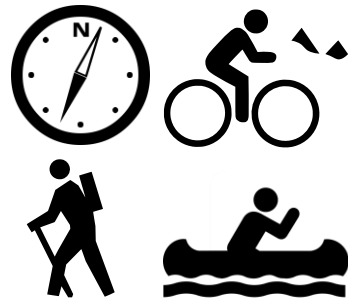
DO IT IN THE DARK




TEAM




BRICK




NOW: CHECK THE WEBSITE



WILDERNESS TRAVERSE



HOME
EVENT DETAILS
TRAINING
NEWS
VOLUNTEER
RACE FOR A CAUSE
More



Wilderness Traverse 2023

Leaderboard
Tracking Map
SI Splits

Teams
Team Photos

Race Status Updates
Race Analysis & Features

Maps & Instructions
Social Media

Photos by:
Luis Moreira
Racers/Volunteers

Course Outline


	Distance	Time Estimate
Leg #1 – Prologue Trek	2km	10-20 minutes
Leg #2 – Paddle & Portage	34km	5 – 8 hours
Leg #3 – Trek	20km	3.5 – 7 hours
Leg #4 – Mountain Bike	51km	3 - 5 hours
Leg #5 – Trek	11km	2 – 4 hours
Leg #6 – Mountain Bike	7km	0.75 – 1.5 hours
Leg #7 – Trek	7km	2 – 4 hours

Competitor Instructions

Lat Topo Maps

Teams also have several supplemental maps showing additional trail info.

Spectator Map








photo credit: John Twynam



**NOW:
READ THE
RULES**



Rules & Regulations - as of September 14, 2023

Paddling Section(s)

ITEM	QUANTITY
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Biking Section(s)

ITEM	QUANTITY
Mountain Bike (in good working order)	1 per team member
Rear-mounted RED light <ul style="list-style-type: none"> Must be functional at all times and turned on when on any public roadway from sunset to sunrise 	1 per bike
Forward facing headlamp, or bar-mounted white light (can be same as full-time working light) and turned on when on any public roadway from sunset to sunrise	1 per team member
Certified cycling safety helmet (worn at all times while biking)	1 per team member
Tire pump	1
Tire levers	2
Allen key set	1
Chain repair tool	1
Extra inner tube	1 per bike

bringing own canoe(s))	• 1 per 3-person team
Buoyant heaving line (provided by organization, unless team is bringing own canoe(s))	1 per canoe
Bailer (provided by organization, unless team is bringing own canoe(s))	1 per canoe

- 11.1 One-hour Penalties
- 11.2 Two-hour Penalties
- 11.3 Disqualification

MID-SEPT: READ THE COMPETITOR UPDATE



Greetings Participants,

Congratulations on registering for the 13th 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 14th, 2023) can be found on the [website](#). Note, updates from the previous version dated July 15th, 2022 include:

- mask or face covering - removed from Full-Time Per-Person Gear List
- dry bag - removed from Full-Time Per-Team Gear List
- Paddling Section Gear - Chemical Light Sticks clarified as 'minimum 3" lon'

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.

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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. There will not be a gear bin available after the Prologue Trek, however teams will be able to leave paddling gear with canoes prior to the prologue. **Bin#1 + Personal Paddles/Paddle Bags** will be accessible at TA#1 (Leg 2 Paddle & Portage to Leg 3 Trek). **Bin#2** will be accessible at TA#2 (Leg 3

WHAT BIN & WHEN?



WHAT GEAR WHEN?



WHAT FOOD WILL I WANT WHEN?



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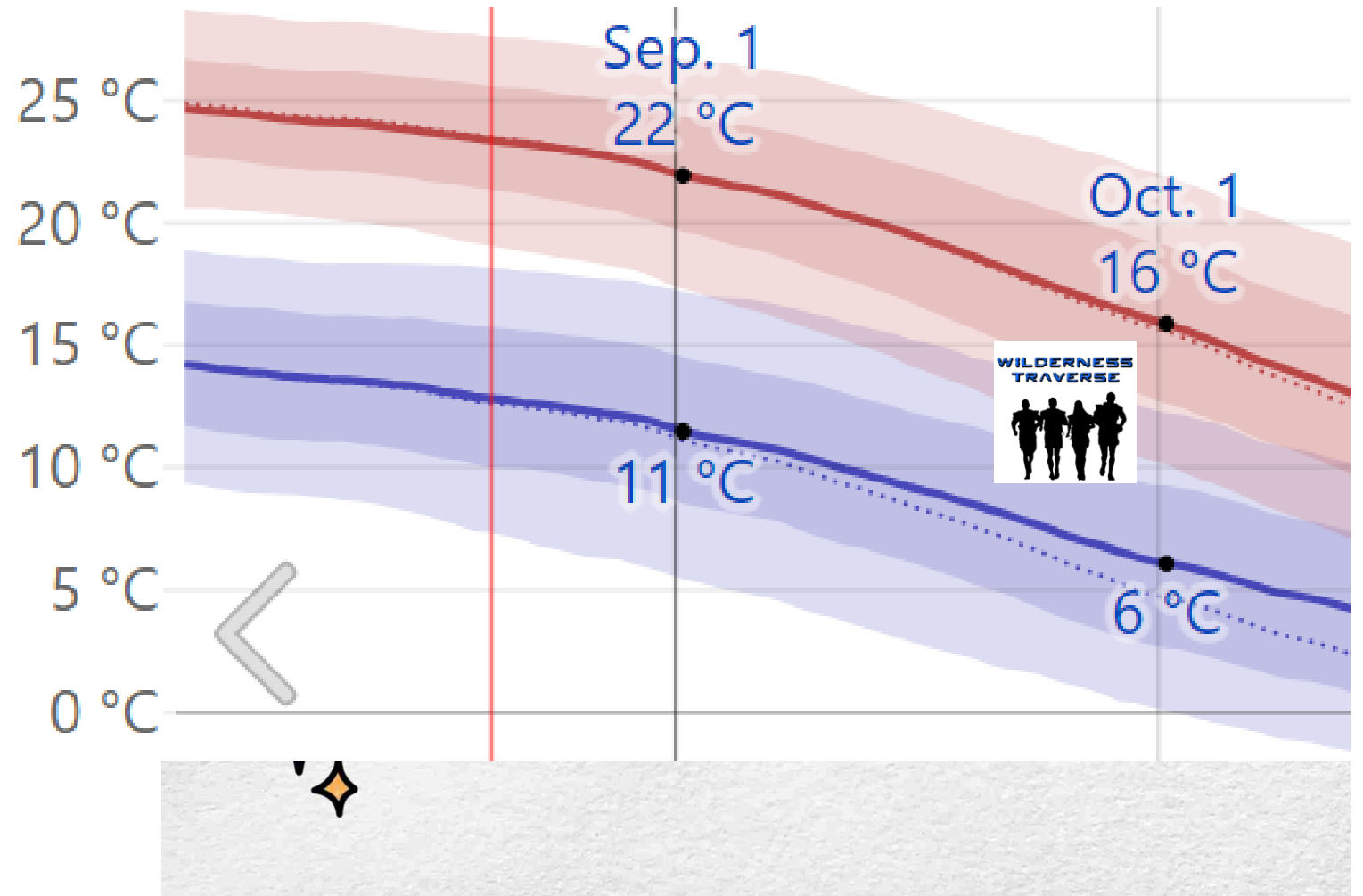
OTHER STUFF TO KNOW:

Average Temps:

Sunset: 7:02 pm

Sunrise: 7:12 am

Moon: New Oct. 2



**RACE
WEEKEND**



WHERE? YMCA CAMP PINECREST



SCHEDULE

FRIDAY SEPT. 27

Arrival/Check In/Gear Drops

Final Prep/Sleep

SATURDAY SEPT. 28

Final Check Ins/Gear Drops

Breakfast

Race Package/Map Distribution

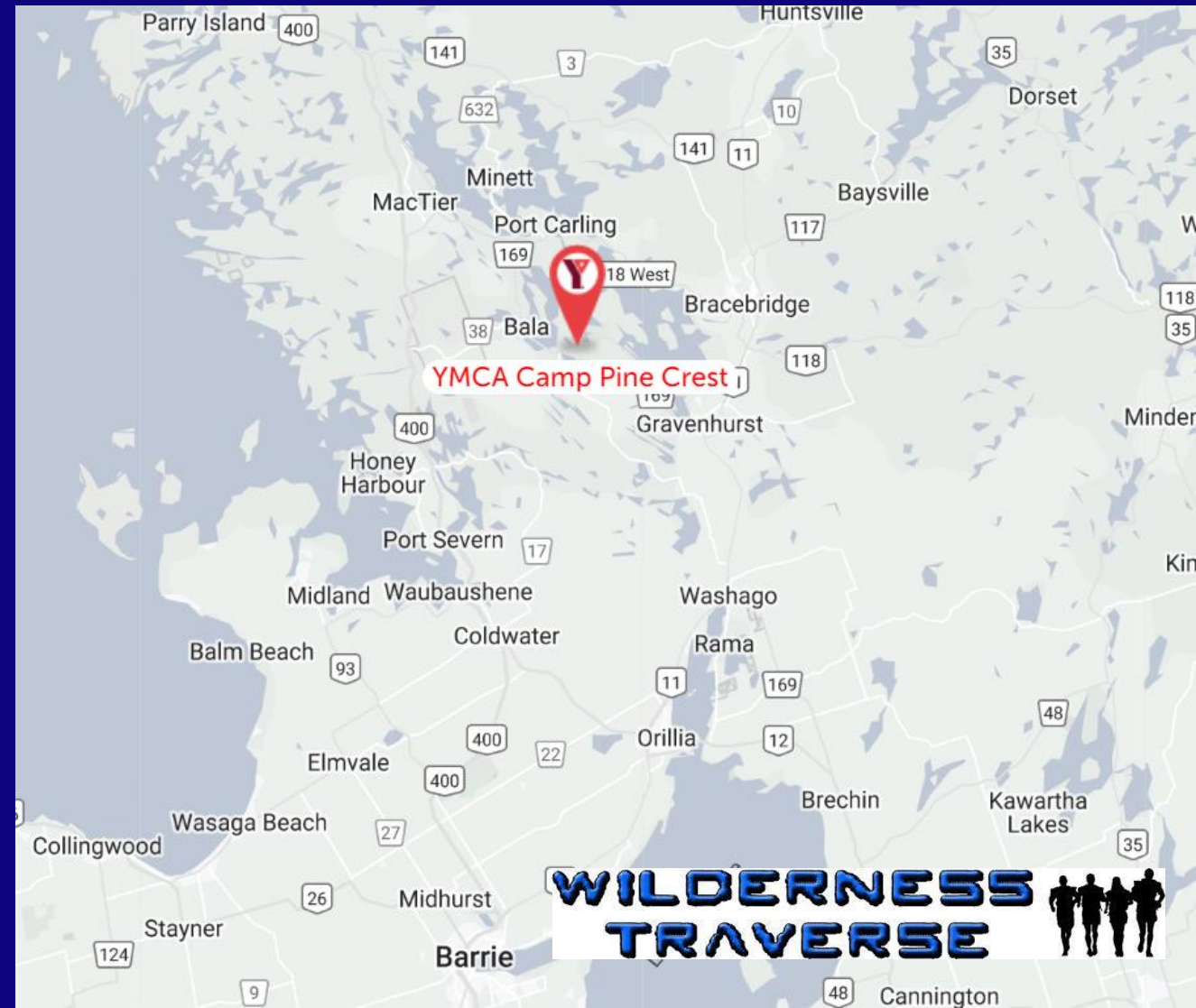
Final Briefing/Q&A

Travel to Start/Start

SUNDAY SEPT. 29

Course Closes

Closing Ceremonies



RACE PACKAGE: MAPS

Your Map Set MAY include:

Topographic Map(s)
(with all relevant info
marked)

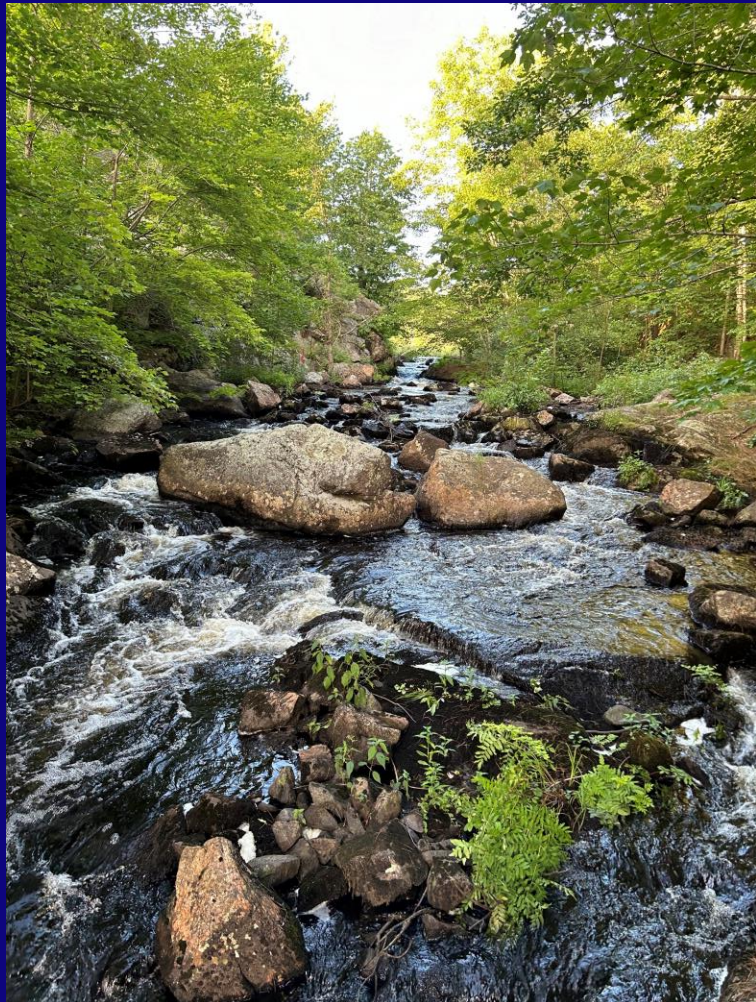
Overview Map

Specialty Map

**DON'T LOSE
THESE!**



THE COURSE



OTHER UNSOLICITED ADVICE

TEAM SPORT:

You only move forward together

TRANSITIONS:

Stop time is dead time

NIGHT:

It's tougher, colder & slower

This is fun.

You Can DO THIS!



WT 2015: Team Lather Rinse Repeat
FULL COURSE FINISH
29 hours, 58 minutes

QUESTIONS?





**WILDERNESS
TRAVERSE**



**THANK
YOU**