



2024 LONG COURSE - Racer Information Package

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Dear Storm'ers:

Welcome to the 22nd edition of the Storm Adventure Race! We are extremely excited to introduce you to a new venue at Island Lake Conservation Area. The region is awash in terrain suited for adventure racing, atop the Oak Ridges Moraine with abundant forests, a stunning lake, meandering rivers, steep-sided valleys and a plethora of trail networks to explore. All this just a short drive from the GTA we're certain it will create an epic day of adventure!

For those new to the experience, the Storm Adventure Race features race options for all levels. Racers on the 'Short', 'Long' and 'Advanced' courses will all compete on Saturday May 25th, 2024. Each racecourse is designed completely new from year to year, which means there are always new trails, terrain, and waterways to be explored!

This year's 'Long' course will cover roughly 54km in total distance, with the legs broken down as follows: 2km trek, 7km canoe, 3km trek, 15km bike, 3km trek, 6km bike, 2km trek, 16km bike and the expected completion time will range between four to seven hours. Beyond that, the information in this package will provide you with all the pertinent pre-race details you need to know - where to be, when to be there, what to bring, etc. etc. Please review the pages that follow carefully. While we have gone to great lengths to create a fun, safe and exciting day of racing, we leave it up to you to ensure that you are suitably prepared.

Of particular importance is the list of mandatory gear requirements in Section 5. The list has been compiled with your safety in mind, and while we don't expect you to spend a fortune on new equipment, please bear in mind the unpredictability of Ontario's spring weather, the length of time you will be on the course, and the variety of activities you will be doing.

"Mandatory" gear items are those which each team **must** carry with them throughout the race. You may be required to use some or all of these items on the course, so please come prepared! On-course gear checks will take place where teams will be required to show they are carrying mandatory gear items. Penalty minutes or disqualification will be assigned to teams that fail to comply.

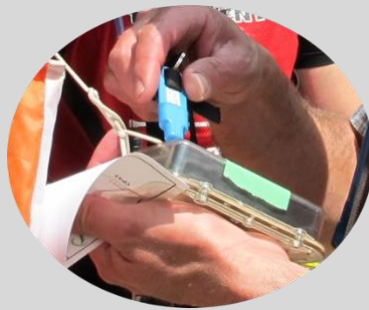
Should you have any questions regarding this package or the race itself, please feel free to email info@stormrace.ca I look forward to seeing all of you in May, and wish all teams the best of luck on Race Day!

Bob Miller
Race Director

SECTION 1. GENERAL OVERVIEW

- The Storm Adventure Race is open to teams of 2 or 4.
- Teams must complete each of the race sections as a team (i.e. not relay-style), and must remain together as a team at all times during the race.
- Teams complete the paddling section(s) in canoes only. Tandem kayaks, solo kayaks and stand-up paddleboards are not permitted. **Teams may only paddle with two people per canoe (with an exception for Family Teams of 4 who can have 4 in a canoe).**
- Detailed maps and specific Information on race routes will be provided on Race Day.
- The racecourse will be made up of both marked and unmarked sections, connected by a series of checkpoints through which racers must pass enroute to the Finish Line. Each team is issued a set of colour maps and a list of written instructions indicating the locations of the checkpoints.
- Racers are entirely self-sufficient while on the course (no outside support crews are allowed).
- All teams are responsible for carrying a list of mandatory gear items throughout the race (see the Gear List in Section 5 for details).
- Each team will be issued a SPORTident timing card which they will use to “punch in” at each of the course checkpoints that they reach. The SPORTident control box at each checkpoint will digitally record your arrival time onto your card, and the data will later be downloaded and entered into the overall results at the Finish Line.
- Replacement costs for lost SPORTident timing cards will be charged at a fee of \$75.00

SPORTident punch



SPORTident card





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SECTION 2. RACE DAY ITINERARY

Race Day - Saturday May 25, 2024

6:00am: Bike Drop Opens (Island Lake Rowing Club)
 6:00am: Canoe Drop Area Opens (Island Lake Conservation Area P3)
 8:00am – 9:30am: Race Kit Pick-Up Long Course (Oak Canopy Pavilion)
 9:30am – 11:00am: Race Kit Pick-Up Short Course (Oak Canopy Pavilion)
 9:45am: Long Course Pre-Race Briefing (Start Area)
 10:00am-10:10am: Long Course Start Waves
 Waves: Male Teams 10:00am, Coed Teams 10:05am,
 Female Teams 10:10am
 2:00pm – 5:00pm: Teams Finish
 2:00pm – 6:30pm: Post Race Meals
 4:30pm: Long Course Awards (Sunnyside Pavilion)
 7:00pm: Canoe Drop Area Closes (all paddling gear must be picked up by this time)

General Notes:

- a post-race meal will be provided for all racers
- please note that prizing will only be issued to those who attend the awards – it will not be shipped post-race

Awards

Racers compete only against others in their chosen race division. Prizing will be awarded to top finishers in each category; medals to the top three. Masters categories are open to participants 45 years and over. Note that Masters gender sub-category rankings will be offered if there are *at least 2 teams in your gender class*. If not, impacted Masters teams will be placed into the respective Open division.

Open Teams of 2	Open Teams of 4	Masters Teams of 2	Masters Teams of 4	Family
Team of 2 - Male	Team of 4 - Male	Team of 2 - Male	Team of 4 - Male	Teams of 2
Team of 2 - Female	Team of 4 - Female	Team of 2 - Female	Team of 4 - Female	Teams of 4
Team of 2 - Coed	Team of 4 - Coed	Team of 2 - Coed	Team of 4 - Coed	

SECTION 2.1 PRE-RACE INSTRUCTIONS *(see following page for maps and directions)*

- Remote Bike Drop. This year we'll have a remote bike drop at the Island Lake Rowing Club. The rowing club is a 10 minute drive on the other side of the lake from the main Check-In site. Bike plates will be handed out at the Rowing Club when teams drop their bikes pre-race. It is advisable to first drop your bikes at the Rowing Club, then proceed to Check-In at the main Check-In site.
- Check-In will be at the 'Oak Canopy Pavilion' in Island Lake Conservation Area. Watch for signage to Storm Parking when entering the Conservation Area. We'll be using lots P2 and P4. Parking is limited at the Conservation Area and we're asking teams/participants to carpool as best as possible. Ideally each team of 2 would arrive in 1 vehicle and each team of 4 would arrive with no more than 2 vehicles.
- The Canoe Transition Area will be within Island Lake Conservation Area at the Lakeview Picnic Area a short distance from Check-In. Personal canoe and paddle gear drop-off is most easily accessed from Parking Area 3. There will be 3 zones in the Canoe Transition Area for 'Rental Canoes', 'Personal Canoes' and 'Team Gear'. For fairness, all teams, including those bringing their own canoes must stage their PFD's in the 'Team Gear' Zone.
- For teams that have rented canoes, boats will be waiting for you at the Canoe Transition Area. However, you cannot select your canoe until your team arrives **in the race**.
- Teams may only check in if all team members have completed the online waiver and medical form at these links:

2024 [Storm Online Waiver \(https://waiver.fr/p-dNWEb\)](https://waiver.fr/p-dNWEb)

2024 [Storm Medical Form \(https://waiver.fr/p-VRH5F\)](https://waiver.fr/p-VRH5F)



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- At Check-In, you will receive:
 - 2 Race bib numbers and 1 bib-number holder (per team member) (one bib for the front, or back of your PFD, the other to be used while biking and trekking)
 - Bike Plates and zip ties (handed out at remote bike drop-off)
 - Maps & Instructions
 - Team SPORTident card
 - Meal tickets
 - Race Swag Items (T-shirts for 2024)
- **Attendance at the 9:45am pre-race briefing is mandatory for all team captains.**

SECTION 2.2 HOW TO GET THERE

[CLICK HERE](#) for a Google Maps overview of the race sites

STEP 1 - Drop your bikes at the Island Lake Rowing Club (Google Map Link: <https://maps.app.goo.gl/P42KQMRkf2nWDDCM8>)

- Race Staff will meet you here and provide the bike plates to affix to your bikes (**you may not leave anything here that you are not taking with you on the racecourse.**)

STEP 2 - Proceed to Island Lake Conservation Area and check-in at the “Oak Canopy Pavilion”. Race Kits will be handed out at this time, however race-kits for Long Course participants will only be handed out between 8:00am and 9:30am. The Gate to access the Conservation Area opens at 6:00am. Participants can tell the gate attendee they are with the event and they'll be permitted to enter. Participant Park Fees are included with registration. Any spectators will need to pay park admission fees. These can be pre-booked at this link: <https://cvc.ca/credit-valley-parks/admissions-and-reservations/>

- Google Map Link to Island Lake Conservation Area Entrance: <https://maps.app.goo.gl/po67AmBd8BiBTEan7>
- Google Map Link to Oak Canopy Pavilion: <https://maps.app.goo.gl/Z3QaEtXUFfUSLgX59>

Storm participants **must** park at one of the following parking lots within Island Lake Conservation Area. Parking is limited, please carpool! Ideally, Teams-of-2 should arrive in 1 vehicle and teams of 4 should arrive in 2 vehicles or less:

- P2 (<https://maps.app.goo.gl/FeHMjo56zFS1z9gF6>)
- P4 (<https://maps.app.goo.gl/WofVHYdVpMJBLDk77>)
- P3 (overflow parking if P2 and P4 are full, canoe drop-off parking) (<https://maps.app.goo.gl/Twa7CZ5x2bCQopWS7>)

STEP 3 - Drop your canoe, or canoe gear at the Lakeview Picnic Area within Island Lake Conservation Area (Google Map Link: <https://maps.app.goo.gl/fcKV1DhWCBWRF7J37>)

- Race Staff will meet you here and detail where to leave gear (Note, one of your bib numbers is to affix to the front or back of your PFD)

SECTION 3. RACE RULES – GENERAL

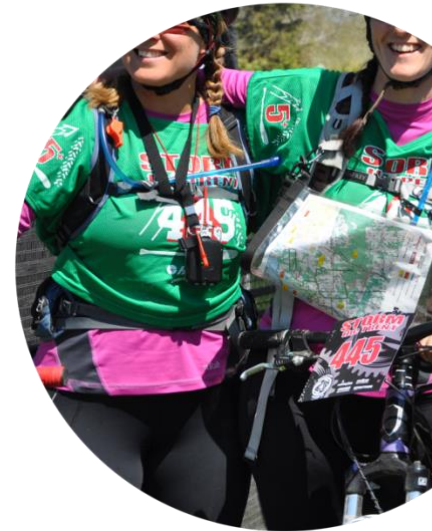
- The fundamental rule of The Storm Adventure Race is that team members must be within 100m (and in visible sight) of each other at all times. Teams caught breaking this rule will be penalized, or even disqualified.
- If a team member cannot continue the race for any reason, their teammates must stay with that person until Race Management is informed. Teams may continue (unranked) if a team member withdraws, but only once that team member has been safely removed from the course.
- Course checkpoints must be completed in the order they are assigned unless otherwise indicated in the race instructions.
- Each team must check in with race officials at each of the staffed checkpoints. Failure to do so will result in a "NOR" ranking (not officially ranked).
- Each team is solely responsible for ensuring that they have been checked through by checkpoint staff. Not being accounted for at any of the staffed checkpoints will result in an automatic "NOR" ranking.
- Cut-off times may be imposed at certain checkpoints. Teams that arrive at such checkpoints after the designated cut-off time will be directed to the Finish Line.
- For safety and/or logistics reasons, certain areas of the racecourse will be declared "out-of-bounds." Any team found in these areas will be immediately disqualified.

SECTION 3.1 RACE RULES – TEAMS

- Members of a team may be changed, but notification must be given prior to starting the race.
- Before Race-Kits will be handed out at Check-In all team members must have signed the online race waiver and medical form. Any participants under the age of 18 must have a parent or guardian co-sign these waivers.
- Racers under 16 years of age must be on a team that includes at least one adult.

SECTION 3.2 RACE RULES – EQUIPMENT

- All racers must race with the mandatory team and individual gear requirements. Time penalties will be applied to teams found without a mandatory gear item.
- All racers must have their race bib visible at all times during the race and must affix their race number to the front of their bike with the plates provided.
- Racers must wear their bike helmets at all times while travelling by bike, and their PFD's at all times during water travel. Racers found not wearing their required gear will be disqualified.
- Teams paddle in canoes only (tandem kayaks are not permitted) and may not paddle with more than 2 people in a canoe unless in the Family Category where 4 in a canoe is permitted. Use of kayak paddles in canoes is allowed.
- Use of GPS mapping devices on the racecourse is not permitted. However, GPS watches used for the purpose of recording data for post-race download may be worn.



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SECTION 4. RACECOURSE NOTES

We've had a ton of fun exploring and playing around last fall and this spring, and we know you are going to enjoy what we have in store for you!

Mountain Bike Stages

approx. 37km total, over 3 stages

Racers can expect to see a mix of 35% paved road, 40% gravel road 25% single-track trails. The biking will be predominantly on hilly country roads but also contains a great section of purpose-built, punchy, fun & flowy single track. Expect a few large lung & quad-busting climbs mixed with some rip-roaring descents.

Paddle Stage

approx. 7km total, over 1 stage

The paddle stage will take place on Island Lake with many islands, bays, points and marshes to navigate through. The lake is a hidden gem within the Oak Ridges Moraine highlands and boasts an impressive amount of biodiversity for a body of water so close to major urban centres.

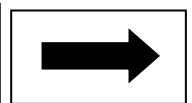
Running/Trekking Stages

approx. 10km total over 4 stages

The 4 trekking sections will involve searching for a series of checkpoints (CP's) that will be positioned throughout well-established trail systems. Most CP's will be on designated trails, however if your team takes some calculated overland/off-trail risks it could pay off! Each trekking area boast its own unique flavour with features including forested single-track trails, gravel paths, expansive bridges, steep sided valleys and open fields all blanketing the hilly forested moraine topography. The maps are very accurate and have been updated with recent trail data.

SECTION 4.1 NOTES ON NAVIGATION

- Unlike pure wilderness-based adventure races, The Storm Adventure Race does not require racers to have advanced-level navigation skills, The racecourse is made up of both marked and unmarked sections - racers use a combination of race markers, course maps, and a set of written instructions to work their way through it.
- At Check-In, each team will be issued a series of race maps with checkpoint locations, and a list of instructions indicating the order in which checkpoints/race disciplines are to be completed. These instructions may provide course details not evident through use of the maps or race markers alone.
- So, while the objective of the race is to move through the various disciplines as quickly as you can, racers will want to be certain they are constantly aware of their whereabouts on the map and paying close attention to the instructions provided. A "put your head down and go hard" approach may not necessarily produce the fastest result!
- Those sections of the racecourse that are marked will be identified by black arrows on white signs, and the red & black Storm triangle logo on white squares. However, these markings are only placed as a means of giving direction at key road or trail junctions – the *race maps and instructions* are the essential tools to making your way through the race.
- Those sections of the racecourse that are not marked will be defined by the checkpoint locations as presented on the race maps. Although it will not require true "orienteering-style" navigation to make your way through, having even a basic understanding of map & compass use may prove helpful.



SECTION 4.2 PRINCIPLES OF TEAM-BASED ADVENTURE RACING

The origins of adventure racing are that of a **team sport**. And just like any team sport, the whole is always greater than the sum of its parts. Often, it is the team which best uses its collective strengths and abilities to move as a unit throughout the course that is most successful, more so than the ones with the strongest individuals.

TRANSLATION - when racing on a team, it is of utmost importance to recognize that your pace will ultimately be determined by that of your slowest teammate. Separating or leaving teammates behind does not make you faster, it only makes the experience worse for those who can't keep up. More importantly, it is also in direct violation of the race rules. **You are cheating when you separate from your teammates.**

Before you set off from the start line, all racers are to remember the following five core principles of team-based racing:

- I do not leave my teammates behind
- I keep my teammates within visible sight at all times
- I look after my teammates, and expect them to do the same for me
- My teammates and I form a unit – we do not move faster if we separate
- If for any reason one of my teammates cannot continue, I will stay with them until they are safely off the course

SECTION 4.3 NOTES ON GEAR

- Given that racers are self-sufficient while on the racecourse (unlike in triathlon events) the rule of thumb at The Storm Adventure Race is always to “expect to have to carry stuff.” A backpack with the capacity to carry items such as running or biking shoes is highly recommended.
- Each racer must bring **two whistles** with them on Race Day - one that they carry at all times during the race, and a *separate whistle attached to your PFD*.
- Each racer is required to have the capacity for a total of **2L of water**. This minimum volume may be distributed between backpacks, bikes and boats, but we **highly recommend** you have all possible sources completely filled prior to Race Start, as **water will not be made available on the course**. Note that you will occasionally pass rivers, small lakes and streams where water could be purified if needed.
- There will be **gear checks** along the course at which point racers will be required to show one or more items from the mandatory gear list. Any team who cannot provide mandatory safety items will either be penalized, or possibly disqualified if such missing items make it unsafe to continue.
- To those teams who booked canoe rentals through Storm Racing - please note that PFD's are **not included** with the rental. You are responsible for bringing your own Personal Floatation Device for each team member.
- **GPS mapping devices** – whether it be a stand-alone GPS or an in-phone app, **may not be used** at any time on the racecourse. Cell phones with GPS apps built-in are acceptable to fulfill the mandatory cell phone requirement as listed in Section 5, but phones are not to be turned on at any time during the race other than for emergency purposes. GPS watches used for the purpose of recording data for post-race download are permitted.





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- **Waterproof map pouches** are considered mandatory gear, as you will need them to protect your maps and instructions. Ziplock bags will suffice if need be, but are not recommended.
- **An Allan key and chain-breaking tool** (and knowledge of their use) could potentially make the difference between finishing a race and having to be pulled off the course due to mechanical problems with your bike. These items are not mandatory, but highly recommended.
- All racers are required to have a spare fleece or polypro (i.e. non-cotton) **long-sleeved shirt sealed in a watertight bag or pouch** that is to be carried at all times during the race. This requirement is often questioned when the weather looks favorable, but the value of a dry shirt that can keep you warm or help stabilize your core temperature in an emergency situation is immeasurable. Do not disregard!
- A **dry bag with a minimum 20L capacity** is mandatory for each team. A larger volume is recommended though, so that you can use it to keep your packs dry on the paddle section. A garbage bag would technically suffice, but something more durable will be more effective.
- "Mandatory" gear items listed in Section 5 are those which you **MUST** have with you during the "entire race" or for given "bike" or "paddle" sections.

SECTION 5. MANDATORY GEAR LIST

ENTIRE RACE	<p><u>Mandatory Items - Per Racer</u></p> <ul style="list-style-type: none"> • 1 whistle (<u>separate</u> from the one attached to your PFD) • Minimum volume of 2L (total) water capacity (<i>please remember that water will <u>not</u> be provided on the racecourse</i>) • 1 toque • Spare fleece, polypro or polyester (ie. non-cotton) long-sleeved shirt stored in a <u>watertight bag or pouch</u> <p><u>Mandatory Items - Per Team</u></p> <ul style="list-style-type: none"> • 1 waterproof map pouch • 1 fully-charged cellular phone (<i>note that this phone is to be turned on only in emergency situations</i>) • 1 pocket knife • 1 compass • 1 permanent marker or pen (<i>do not disregard – you've been warned!</i>) • 1 emergency blanket • Waterproof matches/lighter • Headlamp or flashlight • Medical kit containing a tensor bandage, 6 "band-aid" bandages, adhesive tape, 2 antiseptic wipes, antibiotic ointment, 2 ibuprofen tablets, 2 antihistamine tablets, 1 gauze pad, and electrolyte supplements (ie. sport drink mix powder, Gastrolyte or similar)
	<p><u>Mandatory Items - Per Racer</u></p> <ul style="list-style-type: none"> • Mountain bike • Certified bike helmet • 1 spare bike tube (or a patch kit if you are running tubeless tires) <p><u>Mandatory Items - Per Team</u></p> <ul style="list-style-type: none"> • 1 tire pump (or CO2 inflator and cartridge) • 2 tire levers
BIKE SECTIONS	

Mandatory Items - Per Racer

- Coast Guard or Dept. of Transportation approved Personal Floatation Device (PFD) with whistle attached (separate from the one listed above that is carried with you at all times)
- Please note that inflatable lifejackets are **not acceptable** as Personal Flotation Devices

Mandatory Items - Per Team

- 1 dry bag with minimum 20L capacity
- 1 canoe per 2 people in a team
- 2 paddles, 1 bailer (or pump) and a throw line that is at least 15m in length per canoe

Note that canoes rented through Storm Racing **do** include paddles, throw lines and bailers.

Note that canoes rented through Storm Racing **do not** include PFD's.

SECTION 6. FREQUENTLY ASKED QUESTIONS

Can we use kayak paddles in the canoe?

- Yes

What types of rental canoes are offered if we book through Storm Racing?

- Our supplier offers kevlar and royalite canoes, complete with paddles and all required emergency gear (PFD's are not included).

Do we have to carry 2L of water with us at all times, or can we leave water with our bikes/boats?

- All racers are required to have the capacity for a minimum of 2L of water. Whether you choose to carry that much in one source we leave up to you. The key point to remember however is that water will not be provided on the course, and that you may be out there for 3 to 9 hours.

Will there be a main transition area at which we can leave gear or a bag?

- Typically yes, but having the capacity to carry some gear items through certain sections of the course is highly recommended.

Will a hybrid bike suffice as a "mountain bike"?

- In 2024 both hybrid and gravel bikes could be used on the Short Course. The Long and Advanced Courses will have added sections of more advanced riding where we recommend mountain bikes.

SECTION 7. VOLUNTEERS

If those racers bringing along any friends or family could convince them to assist for a few hours as a volunteer, it would be greatly appreciated! Volunteers are the backbone of events like these, and we graciously welcome anyone who wants to join the Race Staff team. Volunteers will be provided an official Storm Adventure Race shirt & Buff, as well as a bagged lunch and post-race BBQ meal. If you or someone you know would like to volunteer, please write to info@stormrace.ca



SECTION 8. STORM SWAG

- Participants will receive a custom t-shirt and finisher Buff:



SECTION 9. REFUND POLICY

Participants who register for the Storm Adventure Race do so with the acknowledgement that:

- Entry into the Storm Adventure Race is to be viewed as an all-in commitment made at the point of registration - please note that no refunds (partial or full) will be offered for any reason.
- Transfer of an entry or changing team categories will be permitted only if notification is given prior to registration closing on May 16, 2024. Switching to a different race length (Short, Long, or Advanced) will be permitted if space is available.
- Changing team members is permitted up to and including race day. Please notify us at info@stormrace.ca as soon as changes are known.
- In the event that the race is cancelled due to reasons beyond our control (including, but not limited to, severe weather, war, flood, pandemic, or any factor that may make the operation of the event dangerous to participants, staff and volunteers), the event will be converted to a virtual version. However, no refunds will be issued.