



## 2025 LONG COURSE - Racer Information Package

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Dear Storm'ers:

Welcome to the 23<sup>rd</sup> edition of the Storm Adventure Race! We are extremely excited to introduce you to a new venue at Tiffin Conservation Area. The region is awash in terrain suited for adventure racing, with abundant forests, 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 'Long' and 'Advanced' courses will participate on Saturday May 24<sup>th</sup>, 2025, and those on the 'Short' course will participate on Sunday May 25<sup>th</sup>, 2025. 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 62km in total distance, with the legs broken down as follows: 6km trek, 17km bike, 6km trek, 14km bike, 6km canoe, 13km bike and the expected completion time will range between 4 and 7 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!

Should you have any questions regarding this package or the race itself, please feel free to email [info@stormrace.ca](mailto: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 24, 2025

6:00am: Bike Drop Opens (Tiffin Conservation Area)  
6:00am: Canoe Drop Area Opens (Albert Breau Angus Community Park)  
8:00am – 9:30am: Race Kit Pick-Up Long Course  
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 – 5:30pm: Teams Finish  
2:00pm – 6:30pm: Post Race Meals  
4:30pm: Long Course Awards  
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 Canoe & Paddle Gear Drop. This year we'll have a remote canoe & paddle gear drop at Albert Breau Community Park in Angus, ON. The park is a 10 minute drive from the main Check-In site at Tiffin Conservation Area. It is advisable to first drop your canoes and paddling gear (PFD's, Personal Paddles etc.) at Albert Breau Park, then proceed to Check-In at the main Check-In site. Race bibs will be handed out at the Paddle Gear Drop so participants can attach them to PFD's. 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**.
- Check-In will be at the 'Picnic Pavilion' in Tiffin Conservation Area. Upon arrival follow the instructions of parking staff on where to park. 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.
- A Bike Transition Area will be within Tiffin Conservation Area just north of the Picnic Pavilion. Teams can stage their bikes there after picking up race kits.
- Teams may only check in if all team members have completed the online waiver and medical form at these links:

2025 [Storm Online Waiver \(https://waiver.fr/p-dNWEb\)](https://waiver.fr/p-dNWEb)

2025 [Storm Medical Form \(https://waiver.fr/p-VRH5F\)](https://waiver.fr/p-VRH5F)





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- At Check-In, you will receive:
  - 1 Race bib number and 1 bib-number-holder (per team member) (to be used while biking and trekking) (one bib for the front, or back of your PFD will be handed out at the Paddle Gear Drop)
  - 1 Bike Plate and zip ties (per team member)
  - Maps & Instructions
  - Team SPORTident card
  - Meal tickets
  - Race Swag Items (T-shirts for 2025)
- **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 paddling gear (pfd's, paddles, canoes (if applicable)) etc. at the Albert Breau Community Park (Google Map Link: <https://maps.app.goo.gl/uX2ySTQzKfvska8W9>)

- Race Staff will meet you here and provide a bib for each team members PFD.

STEP 2 - Proceed to Tiffin Conservation Area and check-in at the "Picnic Pavilion". Race Kits will be handed out here between 8:00am and 9:30am for the Long Course

- Google Map Link to Tiffin Conservation Area Entrance: <https://maps.app.goo.gl/cqdkYWFuXuGftV4W8>
- Google Map Link to Picnic Pavilion: <https://maps.app.goo.gl/9xSvw8WhF7kpZPgr9>
- Please follow the instructions of parking attendants. 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.

STEP 3 - Drop your bikes at the Bike Transition Area within Tiffin Conservation Area (Google Map Link: <https://maps.app.goo.gl/aBEv4bvJcEnbVfLi8> )

- Race Staff will meet you here and detail where to leave gear

## SECTION 3. RACE RULES – GENERAL

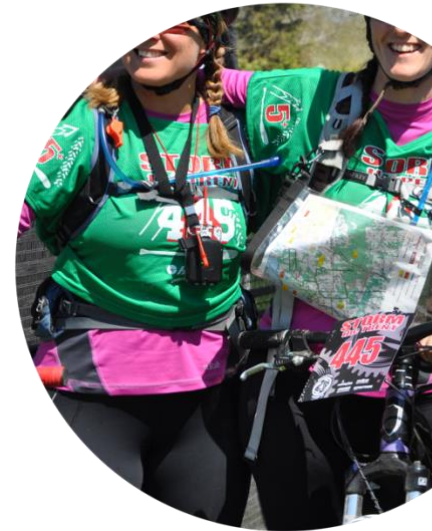
- The fundamental rule of The Storm Adventure Race is that team members must be within 100m (and in visible sight) of each other at all times. Teams caught breaking this rule will be penalized, or even disqualified.
- If a team member cannot continue the race for any reason, their teammates must stay 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!

### Mountain Bike Stages

*approx. 44km total, over 3 stages*

Racers can expect to see a mix of 52% paved road, 25% double-track trail, 23% single-track trail. The road biking will be on a mix of flat and hilly paved country roads with the single-track and double-track through a variety of old and new growth hillier forested terrain. Some of the trails cross sandy terrain so those with skinnier tires may need to push their bikes at times.

### Paddle Stage

*approx. 6km total, over 1 stage*

The paddle stage will take place on a calm and secluded stretch of the Nottawasaga River with steep sided banks through abundant forest. Paddlers will go upstream and downstream. Knowing how to avoid the faster flowing currents going upstream will be advantageous!

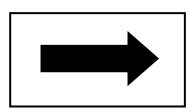
### Running/Trekking Stages

*approx. 12km total over 2 stages*

The 2 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, some will be a short distance off-trail on distinct features such as ridges, or valleys. Each trekking area boasts 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 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

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

## 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 2025 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](mailto: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 15, 2025. 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](mailto: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.