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Greetings Participants,

Holy cow! We're back! Congratulations on registering for the 11<sup>th</sup> Edition of the Wilderness Traverse Adventure Race! We've been extremely 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.** We've just updated the Rules and Regulations to include many new Covid mitigation and cohorting requirements. Please ensure your entire team has read this newly released version of 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 on August 9th, 2021) can be found on the [website](#).

**Paperwork.** All participants must fill out the following online waiver and online medical form before arriving at the host site.

[Wilderness Traverse Waiver](#)

[Wilderness Traverse Medical Form](#)

**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 prior to arrival at the host site. 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
Stage #1 – Trek	18km	3 - 7 hours
Stage #2 – Paddle & Portage	35km	5 - 10 hours
Stage #3 – Mountain Bike	70km	4 - 7 hours
Completing the first 3 Stages under 24 hours = Challenge Course Finish!		
Stage #4 – Trek	8km	2 - 4 hours
Completing the first 4 Stages under 24 hours = Explorers Course Finish!		
Stage #5 – Mountain Bike	54km	3 - 6 hours
Completing all 5 Stages under 24 hours = Expedition Course Finish!		

**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 still present during our final course vetting missions a few weeks ago. Mainly mosquitos and Deer Fly's, with Deer Fly's being the worst offenders on a few stretches of biking sections. Bug repellent is recommended for this year's event.

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

**Team Members.** The website contains the most up to date list of teams and their respective members. (<https://www.wildernesstraverse.com/registered-teams-2021>) Please review your team and let us know if any changes need to be made.

**Canoes.** This year we've permitted teams to bring their own canoe if they'd like. If your team selected this option during registration you **must** bring your own canoe as we'll not have enough rentals available if you don't. Please see the [team listing here](#) to see how many canoes we have assigned to each team.

**Cohort Assignment.** [Cohort Assignments](#) are now final and no new changes can be made.

**Spectators, Friends & Family.** Sadly, this year we can't permit spectators at the host site and we're discouraging viewing on the racecourse. To that end, we won't have spectator maps available. Due to the cohort strategy we've also had to make our Satellite Based GPS tracking viewers private. We'll release links to the viewers post-event. We will have some limited event reporting taking place with updates sent to Facebook, Twitter (@WildernessTrav, or join the conversation using #wtrav) and Instagram (@wildernesstraverse).

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 your final event preparations.

Sincerely,

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