


2009 Whitehorse Adventure Run

The Yukon Orienteering Association is hosting the 5th annual Whitehorse Adventure Run. This year's run will again offer two formats:

| W*A*R '09: BACK TO THE WILD WHITEHORSE ADVENTURE RUN Or 2 – person team, longer competitive adventure run |  People Enjoying Adventurous Competitive Exercise Individual, shorter recreational adventure run |
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| <p><u>Course Format:</u> <u>ALL-TERRAIN Half Marathon</u> Approx. 21 km cross-country run requiring basic navigation skills to a series of check points. Route will be mostly on trails, but of course, short-cuts are allowed! And there maybe a few surprise adventures en route. Electronic timing (Sport-ident) will be provided.</p> <p><u>Prize:</u> - Winning team takes 25% of entry fees. - Winning mixed team (or women team) takes 25% of entry fees. - Short-sleeve t-shirt for all participants who <u>COMPLETE</u> the course.</p> <p><u>Registration Deadline:</u> May 20th, 2009. <u>Late Registration:</u> Up to one hour before start, but t-shirt not guaranteed</p> <p><u>Cost:</u> \$100 per team. Make cheques payable to “Yukon Orienteering Association”</p> <p><u>Map:</u> 1:20,000 pre-printed topo map with 5 m contours</p> <p><u>Mandatory Equipment:</u> whistle & Sport-ident stick (can be provided at registration) 1L water/person, 2 energy bars or 2 gels/person, 1 jacket or shell/person, 1 First Aid Kit with triangular bandage, gauze, medical tape, tensor bandage, 1 digital camera (for mandatory team photo check point on course), 1 knife, fire (matches or lighter), 1 working cell phone. GPS are permitted, but they won't help you!</p> <p><u>Note:</u> there will be a mandatory gear check part way through the course, including gear “demonstration”. All mandatory gear infractions will incur 20min penalty per infraction.</p> | <p><u>Course Format:</u> Approximately 10 km cross-country run with an optional “score” orienteering. Runners will gain time credits score-O checkpoints completed Details to be provided at race start as to final format of time credits and scorienteering. Electronic timing (Sport-ident) will be provided.</p> <p><u>Prize:</u> - None, its just for fun!</p> <p><u>Registration Deadline:</u> May 29th, 2009 <u>Late Registration:</u> Up to one hour before start, but \$5 late fee and pre-printed map not guaranteed.</p> <p><u>Cost:</u> \$15 per person. Make cheques payable to “Yukon Orienteering Association”</p> <p><u>Map:</u> 1:20,000 pre-printed topo map with 5m contours</p> <p><u>Mandatory Equipment:</u> whistle & Sport-ident stick (can be provided at registration).</p> |

Date: Sunday May 31st, Sport-ident pickup 8am. Mass start at 9am. Whitehorse Adventure Run veterans teams get 1 minute head-start.

Location: Chadburn Lake Day Use Area

Contact for information: Forest Pearson: fkpearson2002@yahoo.com 393-3301
 Brent Langbakk: <mailto:brent.langbakk@gmail.com> 668-7767

Watch <http://www.yukonorienteering.ca/war.html> for updates

Registration For:

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| <p>W*A*R '09: BACK TO THE WILD WHITEHORSE ADVENTURE RUN</p> <p style="text-align: center;">Or</p> <p>2 – person team, longer competitive adventure run</p> <p><u>Team Name:</u> _____</p> <p><u>Team Member 1:</u> Name: _____ Age: _____ M or F Address: _____ _____ _____ _____</p> <p>Email: _____ Phone: _____ Unisex T-shirt Size: S M L XL</p> <p><u>Team Member 2:</u> Name: _____ Age: _____ M or F Address: _____ _____ _____ _____</p> <p>Email: _____ Phone: _____ Unisex T-shirt Size: S M L XL</p> | <p style="text-align: center;">P.e.a.c.e. 2009 People Enjoying Adventurous Competitive Exercise</p> <p>Individual, shorter recreational adventure run</p> <p>Name: _____ Age: _____ M or F Address: _____ _____ _____ _____</p> <p>Email: _____ Phone: _____</p> |
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Please READ and SIGN the following WAIVER:

“I, the undersigned, on behalf of myself, members of my family and heirs, or all members of the group represented, in exchange for the acceptance of this application, hereby waive all responsibility from the YUKON ORIENTEERING ASSOCIATION (YOA) and/or their Agents from any loss of property or personal injury that may occur during participation in any YOA sanctioned event. In signing, I recognize that Orienteering is a sport with inherent risks, both known and unknown, and I agree to accept these risks and the consequences of them for myself alone.”

Signed: _____ Date: _____

Parent/Guardian: _____ Date: _____

Signed: _____ Date: _____

Parent/Guardian: _____ Date: _____

Note: If applicant is under 18 years of age the waiver must be signed by a parent or legal guardian.

Registration forms can be dropped off at 705 Jarvis St., Downtown.