

You are invited to participate in the



# KOOTENAY WINTER QUEST

( February 9, 2008 in Rossland, BC )

## WHAT IS IT:

WinterQuest is an 4-6 hour multi-sport adventure race with a twist — for ages 14 +.

You will have loads of fun while your mind and body will be challenged with snow sport and brain-twisting puzzles... where strategy and problem solving skills are as important as physical endurance.

If you were to combine the Amazing Race, Survivor and Eco-Challenge, then you would have a better idea of what the WinterQuest is all about.

Family teams are encouraged.

Solo, 2 or up to 4 members per team.

Any of these components may be included:

skiing • snowshoeing • backcountry •  
hiking • mountain biking •  
human "dog" sledding • orienteering •  
mind boggling and puzzles



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## HOW DOES IT WORK?

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skiing • snowshoeing • backcountry  
hiking • mountain biking  
human "dog" sledding • orienteering  
mind bugglers and puzzles

## WHERE AND HOW TO REGISTER

Website [www.kootenaywinterquest.com](http://www.kootenaywinterquest.com)  
download the registration form (pdf) online

Store Registration and racer packet pick up  
in Nelson: ROAM/Valhalla  
in Rossland: Powderhound  
in Trail: Gerick Cycle and Sport



All proceeds from the WinterQuest  
go directly to the  
Kootenay Boundary Regional Hospital  
Foundation toward the purchase  
of neo-natal equipment such as  
heart monitors and isolettes  
in the hospital nursery.