

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 in a race
that's designed for the average mortal
as opposed to only the elite super-athlete.

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.

HOW DOES IT WORK?

Any of these components may be included:
skiing • snowshoeing • backcountry • hiking • mountain biking
human "dog" sledding • orienteering • mind boggling and puzzles

* 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.

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WINTERQUEST The evolution of Winterquest

Winterquest is an achievable
multi-sport adventure race,
created by an experienced
team of people passionate
about children, leadership
and the outdoors.

It is designed to promote
and support the life saving
role that hospital nurseries
and neo-natal units play
in the lives of our children
and therefore our own.

Race proceeds (net of
operating costs) will go toward
the purchase of life saving
equipment for prematurely
born babies (such as
heart monitors and isolettes)
in a local hospital near you.

By reading this message
you have already started
to make a difference.

WHERE AND HOW TO REGISTER

Website – download the registration form (pdf) online
Store Registration and racer packet pick up
in Nelson: ROAM/Valhalla
in Rosslund: Powderhound
in Trail: Gerick Cycle and Sport



SCHEDULE OF EVENTS

FRIDAY FEBRUARY 8th

registration and check in:

Friday 5:30 – 7:30 pm

mandatory briefing and questions:

Friday 7:30 pm

SATURDAY FEBRUARY 9th (race day)

Racer check in

& captain's meeting: 8:00 am

Race Starts: 9:00 am

Course Closed: 4:00 pm

Appies 5:00-6:30 pm

Awards: 6:30pm

at The Flying Steamshovel

DIRECTIONS

Quest headquarters will be at the Rosslund Prestige Mountain Resort and Conference Center, Columbia Avenue, downtown Rosslund

Race start and finish will be at Esling Park in Downtown Rosslund (located diagonally across the street from the Prestige)

For spectators: Special race viewing areas will be announced after the race has started

TIPS AND TRAINING

Use Vaseline – chaffing control everywhere.

No cotton – none.

Baby wipes (not toilet paper) – soothing and can resist dampness.

Stuff happens. It's how you deal with it that will decide if you finish or blow apart.

Never skimp on the mandatory gear. There is a reason for it.

As hard as you are having it, somebody on some other team is having a harder time.

Field-test your gear.
Don't underestimate this.

Be prepared for all weather conditions.

RACE FEES:
\$75 for a solo team
\$150 for
2-person team
\$300 for
4-person team

MANDATORY GEAR AND EQUIPMENT LIST

(surprise checks along the course)

PERSONAL GEAR

(each racer must carry this with them at all times).

- Race bib (to be supplied by race organizers)
- Whistle
- Swiss army knife or similar
- Lighter/waterproof matches
- Emergency blanket
- 2 litre water capacity containers/bladders
- Emergency food ration of minimum 200 calories
- Suitable winter clothing for conditions
 - Synthetic long sleeve top and pants
 - Fleece top
 - Winter jacket – waterproof shell
- Toque and warm gloves/mitts
- Hand/foot warmers (4)
- Headlamp/flashlight
- Backpack

TEAM GEAR

(for each Solo Racer or Team to carry at all times)

- Race maps and instructions (to be supplied by race organizers)
- Team passport (to be supplied by race organizers)
- Compass
- Writing instrument (pencil or marker)
- Survival mirror
- Waterproof map bag or similar
- First Aid kit with the following –(tensor bandage, closure bandages (butterfly), adhesive tape, antibiotic ointment, gauze roll, tweezers, scissors, antibiotic ointment, rehydration salts)

INDIVIDUAL EQUIPMENT

(for each Solo racer or Team racer to supply and use if and when required)

- Mountain bike
- Mountain bike helmet
- Spare tire/tube repair kit and tools
- Snowshoes (a listing of rental shops will be provided upon request)
- Cross-country skis and poles. Participants can use either classic or skate skis. (a listing of rental shops will be provided upon request)

TEAM EQUIPMENT

(for each Solo racer or Team racer to supply and use if and when required)

- Tire levers
- Allen key set
- Bike chain repair tool
- Tire pump (must fit whatever type of valves used by all team members)

THE FOLLOWING EQUIPMENT IS PROHIBITED FROM USE PRIOR TO AND DURING THE RACE

- Any GPS device
- Cell phones, Pagers, Pace meters or radios, Walkie Talkies
- MP3 players, walkmans, any listening device
- Any mode of transportation not authorized by the race event organizers
- Any maps other than those provided by the race organizers

Please note: This list is not an exhaustive list and Kootenay Winter Quest Adventure Racing reserves the right to disallow the use of any item or equipment that might prove to provide an unfair advantage to any team and/or disqualify any team that uses illegal equipment during the race.

FOR MORE INFORMATION
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