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# THE THIRD ANNUAL BHP BILLITON ROCK AND ICE ULTRA

MARCH 21-26, 2009

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## Cold Foot Classic Race Information Package



To register, all Cold Foot Racers must submit:

1. PERSONAL INFORMATION (Page 9)
2. CARA WAIVER (page 10-11)
3. GEAR CHECK LIST (page 12-13)
4. PHOTO RELEASE (page 14)
5. PRESS INFORMATION (page 15) - *optional*

[www.rockandiceultra.com](http://www.rockandiceultra.com)

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# WELCOME TO YELLOWKNIFE

## *DIAMOND CAPITAL OF NORTH AMERICA*

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At the edge of the Canadian Arctic, in the heart of a remote wilderness, lies a city of youth, energy, adventure and prosperity. Starkly beautiful, powerful and immense, Yellowknife is a culturally rich capital thriving with diversity, and home to about 18,000 people. Built on the shores of the world's 9<sup>th</sup> largest lake, Great Slave Lake, and only 512 km south of the Arctic Circle, our northern world is still wild and pristine - nature rules here unequivocally.

BHP Billiton and the EKATI Diamond Mine are proud to sponsor the 2009 Rock and Ice Ultra; the first of what will eventually become a series of endurance and adventure races organized by Northern Canadian Adventure Racing and supported by the Yellowknives Dene First Nation.

Northern Canadian Adventure Racing is a non-consumptive, ecotourism initiative. The International Eco-tourism Society defines ecotourism as "*responsible travel to natural areas that conserves the environment and improves the well-being of local people.*" This means that together we should follow the following principles:

1. Tread lightly on the land (the Akaitcho Territory)
2. Build environmental and cultural awareness and respect
3. Provide positive experiences for both visitors and hosts
4. Provide direct financial benefits for conservation
5. Provide financial benefits and empowerment for local people
6. Raise sensitivity to host countries' political, environmental, and social climate
7. Support international human rights and labour agreements

Some of the NWT's treasures include several of Canada's greatest rivers, biggest lakes and most important National Parks. Rare wildlife roam free, and millions of birds migrate through the Mackenzie Valley. Aboriginal tradition thrives in communities built on a rich fur-trade, exploration and mining heritage. Small and widely scattered, they're linked by roads, rivers or bush airlines that converge on our bustling Capital, Yellowknife.

It is my sincere hope that you will leave Yellowknife, Northwest Territories with a greater appreciation for our unique culture, our world class industry and our indomitable community spirit...and all your fingers and toes!

Enjoy yourselves, enjoy the experience and revel in the uniqueness of this frozen desert.

Race well, be safe and tread lightly on the land.

-Scott Smith, race director

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# THE COLD FOOT CLASSIC RACE DETAILS-2009

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**Distance:** 55 km / 34.5 miles

**Disciplines:**

1. Foot and Snowshoe *(It is mandatory to carry snowshoes!)*
2. Cross-Country Ski *(Classic or back country skis - trails are not groomed!)*

**Format:**

1. Continuous Race *(No Stages)*
2. Fully Supported *(Check points, caches and support crews)*

**Start:** Saturday March 21, 2009 > 09:00 am > MATRIX Village, Yellowknife Bay

**Finish:** Saturday March 21, 2009 > Powder Point Stage Camp

**Time Limit:** Time limits may be applied depending on the conditions of the day.

**Categories:**

<b>Solo</b>	Male, Female
<b>Relays</b>	2 - 5 person relay teams Teams must be mixed gender to be eligible for an award

## THE ROUTE

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Leg 1	<ul style="list-style-type: none"><li>• MATRIX Village to Dettah X-ing</li><li>• 6.0 kms / 4.0 miles</li></ul>
Leg 2	<ul style="list-style-type: none"><li>• Dettah X-ing to Prosperous CP</li><li>• 10.5 km / 6.5 miles</li></ul>
Leg 3	<ul style="list-style-type: none"><li>• Prosperous CP to Prelude CP</li><li>• 14.5 km / 9.0 miles</li></ul>
Leg 4	<ul style="list-style-type: none"><li>• Prelude CP to Powder Point</li><li>• 14.0 km / 9.0 miles</li></ul>
Leg 5	<ul style="list-style-type: none"><li>• Powder Point to Hidden Lake Turn Around</li><li>• 5.0 km / 3.0 miles</li></ul>
Leg 6	<ul style="list-style-type: none"><li>• Hidden Lake Turn Around to Powder Point</li><li>• 5.0 km / 3.0 miles</li></ul>
Total	<ul style="list-style-type: none"><li>• MATRIX Village to Powder Point Stage Camp</li><li>• 55 km / 34.5 miles</li></ul>

*\*\*Hidden Lake Turn Around is not road accessible; legs 5 and 6 are combined.*

*\*\*Relay team members are responsible for getting themselves to the check points; there are currently no shuttles.*

## ROUTE MARKING / NAVIGATION

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The Cold Foot Classic follows a well used, well marked snowmobile trail from MATRIX Village to Powder Point. The lake sections of the course will be marked with orange pin flags and/or reflective lath at intervals of between 25 and 100 meters depending on terrain and visibility. The track is not set for xc-skiers (this is a 'bush birkie', not a ski loppett). Competitors are responsible for (1) staying on the course; (2) slowing down to pay attention to course markings or the absence of course markings; and (3) making reasonable assumptions and decisions with regard to the direction of the course. In the event that a competitor does not see a mark for 100 meters and they are not on the obvious or logical course, they should immediately return to the last known marker to find the correct course. In general, course markings will be visible under normal lighting conditions. Abnormal conditions may include snow, fog, wind or any other condition that reduces visibility.

Race staff will make every effort to keep the course markers visible and in place, however it is possible that markers may be taken, buried, blown over, covered or otherwise made difficult or impossible to find. It is the responsibility of the competitors to pay attention to the markings and to make intelligent decisions when following the course.

Competitors/teams removing or changing the location or direction of course markings will be immediately disqualified and possibly lynched in public.

The course consists of frozen lake chains joined by cut-line portages through the taiga; it is very flat and very fast. It is recommended that racers be familiar with GPS navigation, reading a map and using a compass.

## CHECK POINTS

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All racers must check in at the Arctic Response Base Tent in MATRIX Village before 8:30 am Saturday morning. Failure to do so may result in your footing the bill for an expensive search and rescue effort.

All racers must stop at each check point and register their bib number with the Check Point Managers. Failure to do so may result in your footing the bill for an expensive search and rescue effort.

Check Points will supply mineral water for racers. Additional goodies *may* be supplied by CP managers if they choose. Plan your caches well in advance.

## AWARDS

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The Cold Foot Classic awards presentation will be held 7:00 pm, Monday, March 23<sup>rd</sup> at MATRIX Village during the Cultural festivities. There are awards for both the foot & snowshoe category and the xc-ski category.

### COLD FOOT CLASSIC SOLO:

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First Male	-Trophy
First Female	-Trophy
Second Male	-Trophy
Second Female	-Trophy

### COLD FOOT CLASSIC RELAY (2-5 MEMBERS):

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First Place	- TBA
Second Place	- TBA

*\*To be eligible for an award in the relay category, your team must be of mixed gender and keep the same discipline.*

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## COLD FOOT CLASSIC ITINERARY-2009

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### THURSDAY MARCH 19<sup>TH</sup>

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**Early Registration is open:** The Rock and Ice registration office is open in the Grand Marquis tent in MATRIX Village. Registration hours are from **5pm to 7pm**. Racers will pick up their race kits and submit the required paper work:

**(Personal Information Form, CARA Waiver, signed Gear Check List, signed Photo Release)**

### FRIDAY MARCH 20<sup>TH</sup>

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**Registration is open:** The Rock and Ice registration office is open in the Grand Marquis tent in MATRIX Village. Registration hours are from **9 am to 3 pm**. Racers will pick up their race kits and submit the required paper work:

**(Personal Information Form, CARA Waiver, signed Gear Check List, signed Photo Release)**

**Surviving the Rock and Ice:** Our team of professionals from Arctic Response will instruct a survival training clinic in the Grand Marquis tent in MATRIX Village; 9 am – 3 pm. The course will include cold weather survival techniques, proper use of gear (stoves / gps), the latest course conditions and more. The cost is \$50; pay via the on line registration process or on site.

**Mandatory Pre-Race Briefing:** All racers, volunteers and media must attend the pre-race briefing in the Grand Marquis tent in MATRIX Village > 5 pm – 7 pm. This is last opportunity to get route details and ask any questions.

**Pasta Extravaganza:** All racers, volunteers and media are invited to the pasta extravaganza in the Grand Marquis tent in MATRIX Village. Dinner is served at 5 pm sharp.

### SATURDAY MARCH 21<sup>ST</sup>

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**Race Check In:** Racers must check in at the Arctic Response Base Tent in MATRIX Village between 7:30 am and 8:30 am. Failure to check in may result in your footing the bill for large search a rescue effort.

**Mass Start:** Official Launch of the 2009 Rock and Ice Ultra! The Race will start at **9 am sharp** from MATRIX Village on Yellowknife Bay.

### SUNDAY MARCH 22<sup>ND</sup>

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**Recovery day! - *Volunteers are always needed!***

MONDAY MARCH 23<sup>RD</sup>

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**Cultural Evening:** The Cold Foot Classic Awards Presentation will be held in the Grand Marquis Tent in MATRIX Village at 7:00 pm.

Enjoy an evening of music, dance, story-telling and traditional foods. Hosted by our friends the Yellowknife's Dene First Nation and CKLB Radio. Festivities start at 7 pm in the Grand Marquis Tent in MATRIX Village.

FRIDAY MARCH 27<sup>TH</sup>

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**Bacardi on Ice wrap-up party; Sponsored by Bacardi:** Our legendary wrap-up bash and ultra-awards presentation at the Snow King Castle on Yellowknife Bay. Party starts at 8 pm.

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## PERSONAL INFORMATION

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First Name

Last Name

Residential Address

Town /City  Country

Postal Code  Phone

Email

Birth Date  Age on Race Day

### **INTERNATIONAL RACERS – Passport Information**

Passport #  Nationality

Place of Birth:

Town /City  Country

Issuing Country

Expiration Date

### **Medical Information**

Allergies

Chronic Disease under treatment: *Please attach any pertinent information on a separate sheet.*

### **Emergency Contact Information**

Person to Contact

Relationship

Phone 1  Phone 2

Email:

Medical / Travel Insurance: *If you have taken out medical or travel insurance, please photo copy and submit the details and contact information of the insurer.*

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# CANADIAN ADVENTURE RACING ASSOCIATION WAIVER

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## **RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT**

**BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.**

### **PLEASE READ CAREFULLY!**

In consideration for allowing me to participate in any or all events and related activities of The Canadian Adventure Racing Association and Northern Canadian Adventure Racing Incorporated, I hereby warrant and agree that:

1. I am familiar with and accept that there is always the risk of serious injury and death resulting from participation in any organized recreational activity particularly those involving remote wilderness, trail running /snowshoeing, cross country skiing and like activities offered as part of the programme of The Canadian Adventure Racing Association and Northern Canadian Adventure Racing Incorporated
2. I have satisfied myself, and believe, that I am physically, emotionally and mentally able to participate in this programme, and that my equipment, if applicable, is appropriate for use in this programme; and
3. I understand that all applicable rules for participation must be followed and that at all times the sole responsibility for personal safety remains with me; and
4. I will immediately remove myself from participation, and notify the nearest official, if at any time I sense or observe any unusual hazard or unsafe condition or if I feel that I have experienced any deterioration in my physical, emotional or mental fitness, or that of my equipment, or exceeded my comfort level, for continued participation in any event or related activity.

### **I UNDERSTAND AND AGREE, ON BEHALF OF MYSELF, MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN THAT MY EXECUTION OF THIS DOCUMENT CONSTITUTES:**

1. AN UNQUALIFIED ASSUMPTION BY ME OF ALL RISKS associated with my participation in the any or all of the events and activities of The Canadian Adventure Racing Association and Northern Canadian Adventure Racing Incorporated, even if arising from the negligence or gross negligence, including any compounding or aggravation of injuries caused by negligent rescue operations or procedures, of Arctic Response, Medic North, Great Slave Helicopters, MATRIX, BHP Billiton, any event organizer, event venue and any and all persons associated therewith or participating therein in any capacity; or in transportation to and from such events and activities, and

2. A FULL AND FINAL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS that I have, or may in the future have, against the Canadian Adventure Racing Association, Northern Canadian Adventure Racing Incorporated, of Arctic Response, Medic North, Great Slave Helicopters, MATRIX, BHP Billiton and all associated sponsors and partners, and their respective directors, officers, employees, coaches, leaders, contractors, agents and representatives, advertisers, volunteers, others participating in any capacity, (all of whom are collectively referred to as "the Releasees") from any and all liability for any loss, damage, injury or expense that I may suffer as a result of my use of or my presence at event facilities, or my participation in any part of, or presence at, any or all of the events and related activities of the Releasees due to any cause whatsoever, INCLUDING NEGLIGENCE, GROSS NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE RELEVANT OCCUPIERS LIABILITY ACT ON THE PART OF THE RELEASEES.

3. AN AGREEMENT NOT TO SUE THE RELEASEES for any loss, injury, costs or damages of any form or type, howsoever caused or arising, and whether directly or indirectly, from my participation in any aspect of the said events and related activities; and

4. AN AGREEMENT TO INDEMNIFY, and to SAVE and HOLD HARMLESS the RELEASEES, and each of them, from any litigation expense, legal fees, liability, damage, award or cost, of any form or type whatsoever, they may incur due to any claim made against them or any one of them whether the claim is based on the negligence or the gross negligence of the Releasees or otherwise.

5. an agreement that this document be governed by the laws, and in the courts of the Province of the Northwest Territories.

**I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN SUBSTANTIAL LEGAL RIGHTS WHICH I AND MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND ASSIGNS MAY HAVE AGAINST THE RELEASEES.**

**I SIGN THIS DOCUMENT VOLUNTARILY AND WITHOUT INDUCEMENT this \_\_\_\_\_ day of \_\_\_\_\_ 200\_\_ in \_\_\_\_\_(City & Country)**

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Printed name of Participant

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Printed name of Witness

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# COLD FOOT CLASSIC GEAR LIST-2009

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## MANDATORY BACK PACKS

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Cold Foot Classic racers are required to carry a back pack (or pull a ski pulk) at all times during the race. Racers must check off the items on the Gear List, sign the Gear List and submit the Gear List at the registration office. Back packs may be randomly inspected. There is no maximum weight limit.

## MANDATORY RACE GEAR IN THE BACK PACK (NOT ON THE RACER)

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- EXTRA toque or balaclava (heavy weight)
- EXTRA mitts or gloves (heavy weight)
- EXTRA insulating socks (heavy weight)
- Head lamp with extra batteries
- 1.0 litre thermos (fill at every CP)
- Emergency / Back-Up food (approx. 2000 calories not to be consumed on route)
- Drinking cup or water bottle
- Route map

## MANDATORY SURVIVAL KIT

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- Whistle
- Emergency Space Blanket
- Candle or 'canned heat' source
- Basic first aid
- Fire starter
- Glow Stick

*(A limited number of survival kits will be available for purchase at the Registration Office. Every solo must carry a survival kit; relay team members may pass one kit off at transition check points.)*

## MANDATORY PERSONAL GEAR

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- Sunglasses (extra dark lenses are recommended)
- Complete set of wind breakers (Gore Tex is NOT recommended in this climate)
- Appropriate underwear and outer wear for temperatures 0 to -40

## RECOMMENDED ADDITIONS

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- GPS and extra batteries
- Compass
- Pocket heat packs
- Non water based skin moisturizer
- Lip balm
- Sun block with high SPF (20+) or zinc cream
- Blister kit
- Mini LED key chain flash light
- Brush to remove snow build up
- Ski goggles

## SUPPORT CREWS

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Cold Foot Classic racers are encouraged to have support crews at the road accessible check points.

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RACER NAME (please print)

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RACER NAME (please sign)

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# PHOTO RELEASE FORM

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Northern Canadian Adventure Racing Incorporated  
PO Box 2098  
Yellowknife, NT  
X1A 2P6

**Permission to Use Photograph**

**Event:** Rock and Ice Ultra-2009

**Location:** Yellowknife, NT

I grant to Northern Canadian Adventure Racing Incorporated, its representatives, sponsors and employees the right to take photographs of me and my property in connection with the above-identified subject. I authorize Northern Canadian Adventure Racing Incorporated, its assigns and transferees to copyright, use and publish the same in print and/or electronically.

I agree that Northern Canadian Adventure Racing Incorporated and its sponsors may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and web content.

I have read and understand the above:

Signature \_\_\_\_\_

Printed name \_\_\_\_\_

Organization Name (if applicable) \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date \_\_\_\_\_

Signature, parent or guardian \_\_\_\_\_  
(if under age 18)

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## PRESS INFORMATION FORM

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National and international press will be covering the Rock and Ice Ultra. If you wish to be personally recognized in any of the press reports (magazine photos, TV narratives) please complete the following optional questionnaire.

**First Name**

**Last Name**

**Profession**

**Age on Race**

**Citizenship**

**Home Town**

**Country**

**Are you a member of a relay? If yes, please name your team and team-mates.**

**Have you competed in the Rock and Ice Ultra before? If yes, which year & which event? What Discipline?**

**What is your athletic background? What are your personal bests?**

**Is there anything specific about yourself or your sponsors you would like to mention?**

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## COLD FOOT CLASSIC FAQ'S-2009

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### 1. IS THE COURSE GOOMED?

No, the course is not groomed. This is a 'bush birkie' not an urban xc-race nor is it a sanctioned loppett . This is a trail run/xc-ski/adventure race. There are actually 2 road crossings where racers will need to remove their skis and cross a double lane, paved road.

### 2. IS THERE A MANDATORY GEAR CHECK?

No there is not a mandatory gear check. However, racers must submit a checked off and signed **GEAR CHECK LIST** upon registration. There will be random kit inspections on route and penalties for missing gear.

### 3. HOW IS THE COLD FOOT CLASSIC SUPPORTED?

Racers can cache ANYTHING at ANY check point on route: food, fluids, change of clothes, extra gear (skis, and snowshoes), and people for support. Setting out caches is the responsibility of the racer. It is not the responsibility of CP managers to pack gear back to town for racers, so **DO NOT LEAVE ANYTHING IN THE FIELD.**

### 4. IS THE 'SURVIVING THE ROCK AND ICE' COURSE MANDATORY?

No the course is not mandatory but is very highly recommended. In 2007 %66 of racers dropped out; mostly because they were unprepared for the conditions. It may well be the best \$50 you'll ever spend.

### 5. HOW DO RELAY MEMBERS GET TO THEIR CHECK POINTS?

There are currently no shuttle services to or from check points. Racers are responsible for getting to check points and are responsible for their own transportation back to town. Car pooling with other racers, volunteers or media is the best option.

### 6. HOW DO WE GET BACK FROM THE FINISH LINE AT POWDER POINT?

There are currently no shuttle services to get from Powder Point back to Yellowknife; though we will work on this provided there are funds available to rent shuttles – plan on self-sufficiency. Racers are responsible for arranging their own transportation. Car pooling with other racers, volunteers or media is the best option.

### 7. ARE SKI PULKS REQUIRED?

No, ski pulks are not required but you may choose to use one.

### 8. RELAY TEAMS

The Rock and Ice Ultra encourages relay teams of 2-5 members. Each team must be mixed gender in order to be eligible for an award. Each team must appoint a **team captain** who will act as interface between his or her team and the Race Organization. No other team member can represent the team in any capacity. Should a team captain be unable to fulfill their roles and responsibilities as captain, the team members must agree on, and inform the Race Organization, at the earliest opportunity, of a **vice captain** who will assume the captain's duties.

The team captain will:

1. Receive information and inform team mates of instructions issued by the Race Organization
2. Be notified about decisions made by the Race Organization
3. Advise the Race Organization of the withdrawal of their team from the course
4. Represent the team when making any formal complaints or protests.
5. Be responsible for the overall wellbeing of each team member during the race and ensure that any serious ailments or injuries are not withheld or hidden from the medics

Your team must consist of:

1. 2-5 members in good health and with suitable fitness to undertake the race
2. All members must have experience in the remote back-country
3. All members must be able to navigate with compass and topographical map; at night in extreme weather conditions
4. At least 2 members with basic first aid skills

Any relay team in which one member has withdrawn will be officially disqualified from the relay team competition. Each remaining individual can still participate and complete their leg for fun.

Relay teams may consist of 2, 3, 4 or 5 members. One or more members may race one or more legs; consecutively or non-consecutively.

In order to be eligible for an award, all team members must race using the same discipline.

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## GENERAL FAQ'S-2009

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### 1. WHEN IS THE CUT OFF FOR RACE REGISTRATION?

Race registration cut off is March 01, 2009; absolutely no registrations will be processed after this date.

**Very Early Registration:** April 1, 2008 – June 30, 2008  
**Early Registration:** July 1, 2008 – September 30, 2008  
**Registration:** October 1, 2008 – March 1, 2009

### 2. HOW DO I GET TO YELLOWKNIFE?

Visit the **Travel** section of the Rock and Ice website for details.

### 3. WHERE DO I STAY IN YELLOWKNIFE?

Our friends at MATRIX will once again provide a fully outfitted exploration camp for racers to stay in while in Yellowknife. MATRIX Village will be located near the start line on Yellowknife Bay and will consist of Weather Haven Exploration tents complete with army cots, plywood floors, oil heaters and electricity. There are a limited number of bunks (100) so reserve your spot as soon as possible.

**The Chateau Nova** has blocked rooms for racers, volunteers and media.

Visit the **Travel** section of the Rock and Ice website for details.

### 4. WHERE IS THE REGISTRATION OFFICE?

The early registration office is open in the Grand Marquis tent in MATRIX Village on Yellowknife Bay > Thursday, March 19 > 5 pm - 7 pm.

The registration office is open in the Grand Marquis tent in MATRIX Village on Yellowknife Bay on Friday, March 20 > 9 am – 3 pm.

All Cold Foot Racers must present themselves to the registration office to pick up their race kits and submit the required paper work

**(Personal Information Form, CARA Waiver, signed Gear Check List, signed Photo Release)**

### 5. WHAT AMENITIES WILL BE PROVIDED AT THE MATRIX VILLAGE?

Racers will be treated to a stay in an authentic exploration camp. Weather Haven tents will accommodate up to 10 racers. Tents have plywood floors, oil heat, electricity and a pic nic table . Portable outhouses will be supplied. One Grand Marquis tent for cooking, and for gear preparation and for the cultural night festivities. Details of the MATRIX Village will be updated on the web site under the **Travel** section.

**6. WHAT ARE THE REGISTRATION OFFICE HOURS?**

Thursday at MATRIX Village 5 pm – 7 pm

Friday at at MATRIX Village 9 am – 3 pm

All racers, volunteers and media must register by 3 pm Friday afternoon.

**7. WHAT PAPER WORK DO WE REQUIRE FOR REGISTRATION?**

All racers must submit a completed **PERSONAL INFORMATION FORM**

All racers must submit a signed Canadian Adventure racing Association **WAIVER**.

All racers must submit a checked off and signed **GEAR CHECK LIST**.

All racers must submit a signed **PHOTO RELEASE**.

**8. WHY DO WE NEED TO CHECK IN BEFORE 8:30 ON SATURDAY MORNING WHEN WE ALREADY REGISTERED AT THE ROCK AND ICE OFFICE?**

ALL racers, volunteers and media must check in between 7:30 and 8:30 on race day; this is for your safety. Arctic Response has a very tight safety and communication plan in place and your progress along the course will be constantly monitored. If you registered at the office and then failed to show up on race day you may be responsible for footing the bill of a very expensive search and rescue operation.

**9. WHAT IS THE ‘SURVIVING THE ROCK AND ICE’ SEMINAR?**

The ‘Surviving the Rock and Ice’ seminar instructs racers, volunteers and media how to survive the extreme conditions of the race route. Cold weather survival techniques, gear recommendations, stove / GPS use and all last minute route updates will be covered in the seminar. Racers may register for the course via the on line registration process or on site at the Surviving the Rock and Ice course.

Our partners at Arctic Response will hold the seminar at the at MATRIX Village on Friday, March 20 from 9 am – 3 pm.

The course is \$50; course schedule will be posted in the **GEAR** section on the web site.

**10. HOW IS THE COURSE MARKED?**

The course follows a well used, well marked snowmobile trail. The lake sections of the course will be marked with orange pin flags and/or reflective lath at intervals of between 25 and 100 meters depending on terrain and visibility. Competitors are responsible for (1) staying on the course; (2) slowing down to pay attention to course markings or the absence of course markings; and (3) making reasonable assumptions and decisions with regard to the direction of the course. In the event that a competitor does not see a mark for 100 meters and they are not on the obvious or logical course, they should immediately return to the last known marker to find the correct course. In general, course markings will be visible under normal lighting conditions. Abnormal conditions may include snow, fog, wind or any other condition that reduces visibility.

Race staff will make every effort to keep the course markers visible and in place, however it is possible that markers may be taken, buried, blown over, covered or otherwise made difficult or impossible to find. It is the responsibility of the competitors to pay attention to the markings and to make intelligent decisions when following the course.

Competitors/teams removing or changing the location of course markings will be disqualified.

The course consists of frozen lake chains joined by cut-line portages through the taiga; it is very flat and very fast. It is recommended that racers be familiar with GPS and compass navigation.

**11. IS A GPS MANDATORY?**

A GPS is mandatory for the K-Rock and Diamond Ultras; and highly recommended for the Cold Foot Classic.

**12. ARE THERE CUT OFF TIMES?**

Cut off times *may* be imposed for reasons including, but not limited to, extremely cold temperatures, extreme wind conditions, a medical emergency or potential route hazards. Cut off times will be decided on race day by the race director or by the team at Arctic Response.

**13. WHAT TEMPERATURES CAN WE EXPECT DURING THE RACE?**

Annual average high     -12  
Annual average low     -24  
Annual average           -18  
(Rock and Ice 2007 saw the mercury drop to -42!)

**14. HOW MANY DAY LIGHT HOURS CAN WE EXPECT DURING THE RACE?**

Sunrise                   7:30  
Sunset                    20:00  
Twilight                  6:45 / 20:45  
Daylight Hrs             12 hrs 29 min  
Last quarter moon       March 29  
Spring                    March 19 @ 23:49

**15. WHAT TIME DOES THE RACE START IN THE MORNINGS?**

The race will be a 9 am mass start.

**16. WHAT SAFETY MEASURES ARE IN PLACE?**

Our partners at Arctic Response will be coordinating the safety and communication strategy. There will be guides in front of the first racers, sweepers behind the last racers and runners in between. There will be satellite communications at each stage camp, a Great Slave helicopter on 24 hour stand by and a strict check in / check out system in place.  
The Rock and Ice 2007 saw %66 of the racers drop out; %100 dropped out safely.

**17. WHAT INSURANCE IS AVAILABLE?**

Insurance through the Canadian Adventure Racing Association is included in the registration fees. Please check with your local travel agent for basic personal travel insurance.

**18. WHAT IF I HAVE TO DROP OUT?**

If you drop out you **MUST** notify a race official and turn in your race number. If you do not notify a race official and turn in your number you may be responsible for the costs associated with your search and rescue: Ground \$500 per hour and air \$1500 per hour.

**19. ARE THERE SHUTTLES TO THE CPS?**

There are currently no shuttles to the CPs.

**20. IS THERE PARKING AT THE CPS?**

There is no parking at the Dettah X-ing CP.

There is very limited parking at the CPs, please car pool with other racers, volunteers or media.

**21. WHAT IS SUPPLIED AT THE CPS?**

Cold water will be supplied at all CPs. Hot water may be supplied at select CPs. There will be no food supplied at CPs unless CP managers bring goodies. Please remember to bring your own personal cup; it will reduce waste and litter on the trail.

**22. ARE CHECK POINTS HEATED**

Not all the check points will be heated. Details of CPs will be posted on the web site after February 1.

**23. WHAT IS SUPPLIED AT THE STAGE CAMPS?**

Complete details about the stage camps will be posted after February. At the minimum, there will be large tents (15 man, 20 ft diameter) and oil heaters. Each tent will accommodate 5-8 racers.

**24. CAN WE BRING OUR OWN TENTS TO SLEEP IN AT THE STAGE CAMPS?**

Yes. If you choose not to sleep in the large, heated tents provided you may opt to pitch and sleep in your own tent.

**25. CAN WE CHANGE DISCIPLINES DURING THE RACE?**

No. If you start skiing you must finish skiing. If you start on foot / snowshoe you must finish on foot / snowshoe.

**26. IS WATER SUPPLIED?**

Yes. Mineral water will be supplied at CPs and Stage camps. Each racer can expect up to 9 liters of water per day. There will also be 'runners' on route supplying water to racers on route.

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# THE RULES-2009

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1. The Organization
2. The Race
3. General Conditions
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## **ARTICLE 1: THE ORGANIZATION**

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The Cold Foot Classic is one of three endurance races included in the Rock and Ice Ultra and is organized by Northern Canadian Adventure Racing Incorporated (NCAR). NCAR is based in Yellowknife, Northwest Territories Canada.

Race Director Contact Details:

Scott Smith  
PO BOX 2098 > Yellowknife > NT > X1A 2P6  
[Scott@rockandiceultra.com](mailto:Scott@rockandiceultra.com)  
Phone: (867) 444 0389

## **ARTICLE 2: THE RACE**

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The Cold Foot Classic is a continuous, fully supported, foot and snowshoe or xc-ski race. The route is roughly 55 km. The route details are immediately available and racers are expected to arrive prepared.

## **ARTICLE 3: GENERAL CONDITIONS**

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The official language of the Rock and Ice Ultra is English and all competitors are responsible for reading and understanding these Official Rules and Regulations and all official race signs, directions, and oral instructions.

The Cold Foot Classic will be governed by general race regulations and their amendments, to which all participants agree when they register. The race director and race jury have complete discretion in creating and enforcing the rules. These rules may be modified at any time so check them out occasionally.

NCAR reserves the right to modify the course in any manner as a result of unfavorable conditions or changing permit regulations in certain areas.

Competitors are solely responsible for knowing and complying with all of the laws of Canada. The event organizers are not responsible for the behavior of event participants infringing upon these laws.

## **ARTICLE 4: CONDITIONS OF ADMISSION**

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Racers participating in the Cold Foot Classic must be 18 years or older or be 16 years or older with written consent of a legal parent or guardian.

Registration requires full commitment and there will be no refunds unless there are extenuating circumstances discussed with the race director.

Failure of any team or individual to immediately and respectfully comply with a direction or decision of an NCAR race official may result in the disqualification of the team or individual.

## **ARTICLE 5: REGISTRATION AND ADMINISTRATION**

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All participants must present themselves to the race administrators at the registration office at MATRIX Village on Yellowknife Bay Thursday, March 19 between 5pm and 7 pm or Friday, March 20, 2009 between 9:00 am – 3:00 pm. At this point, all racers must meet the administrative and technical requirements for the race. For racer's safety, there will be random kit inspections and an exact list of each participant's equipment must be established. Race officials are authorized at any time to inspect the participant's backpacks/ ski pulks. In the case of a missing item whether it has been thrown away, lost or stolen, the participant will be penalized. Each competitor is responsible for his/her own equipment. If a participant does not submit proof of having all his/her compulsory equipment, he/she will not be allowed to enter the race. Each administrative document missing from the registration file will result in a penalty.

All racers must submit a completed **PERSONAL INFORMATION FORM**

All racers must submit a signed Canadian Adventure racing Association **WAIVER**.

All racers must submit a checked off and signed **GEAR CHECK LIST**.

All racers must submit a signed **PHOTO RELEASE**.

Racers may opt to submit a **Press Information Form**

## **ARTICLE 6: ENVIRONMENTAL RULES**

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The Cold Foot Classic is held in the remote and pristine wilderness of the Eastern Great Slave Region of the Northwest Territories. This region is rich in First Nation culture and tradition and therefore it is imperative that competitors LEAVE NO TRACE. This simple rule applies to everyone involved with the event including staff, film and support crews, media, sponsors and volunteers.

In this frigid Northern latitude, plant foliage and trees grow and reproduce at a very slow rate. Shoulder high trees may be several decades old. Do not venture off the trail and unnecessarily trample delicate bio-life.

It is imperative for the continued success of the Rock and Ice Ultra that no trash is left on the route or at stage camps. Be aware of common items such as water bottles, food wrappers and toilette paper. Proof of even one food wrapper intentionally left behind may result in disqualification.

There are many recorded and unrecorded heritage sites in the area. Do not touch or disturb any unnatural rock piles, ancient ruins or fossils.

**Toilets:** When at a check point, competitors are required to use the toilet facilities if it is provided. When out on the course, competitors must not be within 100 meters of a checkpoint, stage camp, home or ancient ruins when relieving themselves. All toilet paper should be carried out in a zip lock bag (burying is not an effect means of disposal in the snow).

NCAR will follow as closely as possible the environmental charter as outlined by the **Canadian Adventure Racing Association**.

Absolute compliance with the Environmental Rules is required. Any breach will result in a penalty ranging from a minimum one (1) hour time penalty to disqualification.

## **ARTICLE 7: TRAIL ETIQUETTE**

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The general public will be advised of the race route and asked to keep it clear. However, the trails will remain open to the public and are generally well used by snowmobilers, hunters / trappers, prospectors and dog mushers. Racers must yield to motorized vehicles and dog sleds and must pull off the trail to complete repairs, take a break, etc.

## **ARTICLE 8: RACE DISCIPLINES – FOOT & SNOWSHOE XC-SKI**

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The racer's chosen discipline (foot and snow shoe or xc-ski) must be kept for the duration of the race.

Foot racers **MUST** carry snowshoes at all times. Unpredictable route conditions will determine how often you will need to actually wear them. Do not show up wearing low cut trainers and cotton socks!

**XC-ski racers must use classic or backcountry skis.** You can use *classic style* or *skate style* to advance along the course. Unpredictable, ungroomed trails will make skate skiing impossible at times.

## **ARTICLE 9: START TIME**

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The official start of the Cold Foot Classic will take place from MATRIX Village on Yellowknife Bay at 9:00 am sharp; it will be a mass start. The race committee reserves the right to change this start time; possible reasons may include weather or maximum participation numbers.

## **ARTICLE 10: ROUTE MARKING**

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The Cold Foot Classic follows a well used, well marked snowmobile trail from Yellowknife Bay to Powder Point. The lake sections of the course will be marked with orange pin flags, reflective lath and small trees at intervals of between 25 and 100 meters depending on terrain and visibility. Competitors are responsible for (1) staying on the course; (2) slowing down to pay attention to course markings or the absence of course markings; and (3) making reasonable assumptions and decisions with regard to the direction of the course. In the event that a competitor does not see a mark for 100 meters and they are not on the obvious or logical course, they should immediately return to the last known marker to find the correct course. In general course markings will be visible under normal lighting conditions. Abnormal conditions may include snow, fog, wind or any other condition that reduces visibility.

Race staff will make every effort to keep the course markers in place, however it is possible that markers may be taken, buried, blown over, covered or otherwise made difficult or impossible to find. It is the responsibility of the competitors to pay attention to the markings and to make intelligent decisions when following the course.

Competitors/teams removing or changing the location or direction of course markings will be disqualified.

The course consists of frozen lake chains joined by cut-line portages through the taiga; it is very flat and very fast. It is recommended that racers be familiar with reading a map and using a compass and GPS.

## **ARTICLE 11: CHECK POINTS**

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All racers must check in at every check point on route. Failure to check in at any CP will result in disqualification and potential SAR costs. An official time keeper will record each racer's number and time of arrival. The time of each participant will be recorded in hours, minutes and seconds.

Drinking water will be available at the CPs and we recommend that you drink as much fluid as possible and that you top up your thermos or water bottle. To limit any unnecessary waste we ask that all racers bring their own cups and water bottles. CP managers will collect any garbage you may produce on route.

Racers physical and psychological conditions will be evaluated by the CP managers and any athlete thought to be unfit to continue may be removed from the course and evacuated to Yellowknife.

## **ARTICLE 12: NIGHT RACING**

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It is expected that some racers will be on the course at night. All racers must carry a suitable light system and enough batteries to last the duration of the race. Keep in mind battery life is considerably lower in cold temperatures unless precautions are taken to keep them warm.

## **ARTICLE 13: RACER IDENTIFICATION**

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There will be two number plates included in the Racer Kits, one for the chest and one for the back. (size: approx. 20 x 24 cm). These numbers must be worn in plain sight by the participants throughout the race. Each participant is obligated to ensure that his/her number remains in good condition and in the proper place. This is not only important for the racers safety but it is necessary to stream line photography, videos, and real time web updates. In the event of loss or damage to ID markings, it is essential to advise race officials immediately, or a penalty will be applied. If a participant does not wear his/her ID markings, he/she risks elimination from the race.

National Flags are highly recommended; any size.

## **ARTICLE 14: PERSONAL SPONSOR VISIBILITY**

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NCAR understands and respects the importance of a racer's individual sponsors and expects many competitors to be at a professional level. However, we reserve the right to prohibit an individual sponsor label considered to be oversized or in direct competition with Rock and Ice sponsors or partners.

## **ARTICLE 15: DROPPING OUT**

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If a racer drops out of the competition he/she MUST notify the nearest course official and give up their Racer ID numbers and sign an official discharge form.

If a racer drops out, does not notify an official and sign the discharge form, all search and rescue costs will be borne by that person or their heirs. Search and rescue costs run \$1,500 per hour for helicopter and \$250 per hour for ground. There will be no refunds for dropping out.

A racer in adequate physical condition after dropping out may decide to become involved in the event as a volunteer.

## **ARTICLE 16: PHOTO COVERAGE**

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NCAR reserves all exclusive rights for photo coverage of the event. Upon registration, participants agree that NCAR may use exclusively their individual or collective names and photos for anything related directly or indirectly to the event. No TV, film, or video crew, person, producer, director or other broadcast media representative may accompany or cover any racer or the race itself without the specific written permission of the race director. All film crews must sign a Non-Exclusive Licensing Agreement and pay a Rights Fee.

## **ARTICLE 17: SAR TEAM**

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The Search and Rescue or medical team is allowed to remove ID plates and eliminate any participant whom they feel physically unfit to continue the race and/or having received vital medical care.

## **ARTICLE 18: SPOT CHECKS**

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**Mandatory Kit:** Any participant who cannot account for one or more items of the mandatory kit must notify the Check point manager or a trail official. Any participant who cannot justify at any CP the lack of any mandatory kit will be penalized.

**Food:** Any participant unable to present the minimum emergency food ration during the race (2000 calories) will be penalized.

## **ARTICLE 19: RANKINGS**

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**Solo Rankings:** The first individual to cover the course in the shortest accumulated time is the winner. Subsequent individuals will be ranked according to their finishing time.

**Relay Team Rankings:** Relay Teams are made up of 2 -5 individuals of mixed gender. The first relay team to cover the course in the shortest accumulated time is the winner. Subsequent teams will be ranked according to their finishing time.

## **ARTICLE 20: RELAY TEAMS**

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The Rock and Ice Ultra encourages relay teams of 2-5 members. Each team must be mixed sex in order to be eligible for an award. Each team must appoint a **team captain** who will act as interface between his or her team and the Race Organization. No other team member can represent the team in any capacity. Should a team captain be unable to fulfill their roles and responsibilities as captain, the team members must agree on, and inform the Race Organization, at the earliest opportunity, of a **vice captain** who will assume the captain's duties.

The team captain will:

1. Receive information and inform team mates of instructions issued by the Race Organization
2. Be notified about decisions made by the Race Organization
3. Advise the Race Organization of the withdrawal of their team from the course
4. Represent the team when making any formal complaints or protests.
5. Be responsible for the overall wellbeing of each team member during the race and ensure that any serious ailments or injuries are not withheld or hidden from the medics

Your team must consist of:

1. 2 -5 members in good health and with suitable fitness to undertake the race
2. All members must have experience in the remote back-country
3. All members must be able to navigate with compass and topographical map; at night in extreme weather conditions
4. At least 2 members with basic first aid skills

Any relay team in which one member has withdrawn will be officially disqualified from the relay team competition. Each remaining individual can still participate and complete their leg for fun.

Relay teams may consist of 2, 3, 4 or 5 members. One or more members may race one or more legs; consecutively or non-consecutively.

In order to be eligible for an award, all team members must race using the same discipline.

## **ARTICLE 21: GROUND ASSISTANCE**

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The Rock and Ice Ultra is a human powered event, any external ground assistance used to advance along the course in any form will result in the disqualification of the individual or team.

## **ARTICLE 22: PROTESTS**

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Protests must be filed with a race marshal within 30 minutes of a team's or individual's finish of the pertinent leg. Protests may be made orally but must be made discretely and respectfully and only to the race marshal or race director. Any public protest or displays of disgust with the contents of the Race Rules, their application or to a race official will result in severe time penalties or disqualification of the protesting team or individual.

The procedure for determining any protest will be determined by the race director and race jury the decisions made by the race director and race jury shall be final.

## **ARTICLE 23: INSURANCE**

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All participants are required to sign a waiver as supplied by the sanctioning body and insurance carrier; **The Canadian Adventure Racing Association:**

Canadian Adventure Racing Association  
Suite 200 940 Belfast Road  
Ottawa, Ontario, Canada  
K1G 4A2  
01 1 613 562 3095

Insurance costs are included in the registration fees.

## SUMMARY OF PENALTIES

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<b>Article Reference</b>	<b>Reason for penalty</b>	<b>First Offense</b>	<b>Second Offense</b>	<b>Elimination from Competition</b>
5	Failure to register by Friday 3:00 pm			immediate
5	Failure to have a complete Kit on inspection (gear and food)	warning	1 hour	on third offense
5	Failure to complete kit check list	warning	Elimination	on second offense
5	Failure to submit administration documentation	warning	1 hour	on third offense
6	Unnecessarily leaving the trail	warning	1 hour	on third offence
6	Intentionally littering	1 hour	elimination	on second offense
6	Relieving ones self too near to a check point	warning	1 hour	on third offense
10	Removing or relocating a trail marker	elimination		immediate
11	Failing to check in at a CP	1 hour	4 hours	on third offence
13	Failure to have race # in plain sight	1 hour	4 hours	on third offence
14	Personal sponsors logos oversized	warning	1 hour	On third offence
15	Dropping out without notifying a race official		Risk of footing a search and rescue bill	

<b>Article Reference</b>	<b>Reason for penalty</b>	<b>First Offense</b>	<b>Second Offense</b>	<b>Elimination from Competition</b>
15	Dropping out without turning in your race number		Risk of footing a search and rescue bill	
15	Dropping out without signing a discharge form		Risk of footing a search and rescue bill	
17	Vital medical assistance	warning	1 hour time out at CP	SAR's discretion
18	Incomplete Kit on spot check	1 hour	4 hours	on third offence
18	Missing mandatory emergency food on spot check	1 hour	4 hours	on third offence
22	Accepting ground transportation assistance			immediate