

ALGONQUIN OUTFITTERS

EST. 1961



YEAR OF THE TRIPPER

LAND ACKNOWLEDGEMENT

Since time immemorial, this area, known by Indigenous peoples as Turtle Island, has been the homeland of the Anishinaabek people. This was true until the early 18th century and European “contact” after which it was named Muskoka, Parry Sound, Algonquin Park and the Ottawa Valley. Since contact, encroachment has forced the Anishinaabek onto small parcels of land controlled by the Federal Government. Today, with their enduring presence, the Anishinaabek still regard Muskoka, Parry Sound, Algonquin Park and the Ottawa Valley as their traditional territory. Families know these lands as the hunting grounds, medicine areas, and gathering places, related to them through oral history passed down for generations.

Please acknowledge the Regional Indigenous Nations and Organizations established in 1850 under the Robinson Huron Treaty and Bond Head Treaty;

- Wasauksing First Nation is situated on an Island with bridge access on Georgian Bay.
- Shawanaga First Nation is situated north of Parry Sound on the Shawanaga River.
- Magnetawan First Nation is located on the shores of Georgian Bay on the Magnetawan River.
- Henvey Inlet First Nation is located on the shore of Georgian Bay, south of the French River.
- Dokis First Nation is located on the southwest portion of Lake Nipissing.

The Algonquins of Ontario assert they have rights and title that have never been extinguished over portions of the Ottawa and Mattawa River watershed as their territory has never had a treaty. The only Algonquin community recognized by the Federal Government is Algonquins of Pikwakanagan located on the shore of Golden Lake and the Bonnechere River. The majority of members live in non-indigenous communities.

We are encouraged to reflect on the Indigenous peoples who lived in harmony with these lands and waterways. We are encouraged to reflect on how colonialism and settler culture has impacted Indigenous Peoples and this environment. We acknowledge all Nations who continue to live, work, and play on these lands, and help us steward these lands in today’s society. We are encouraged to consider our individual role in a right relationship with Indigenous Nations and the advancement of Truth and Reconciliation.

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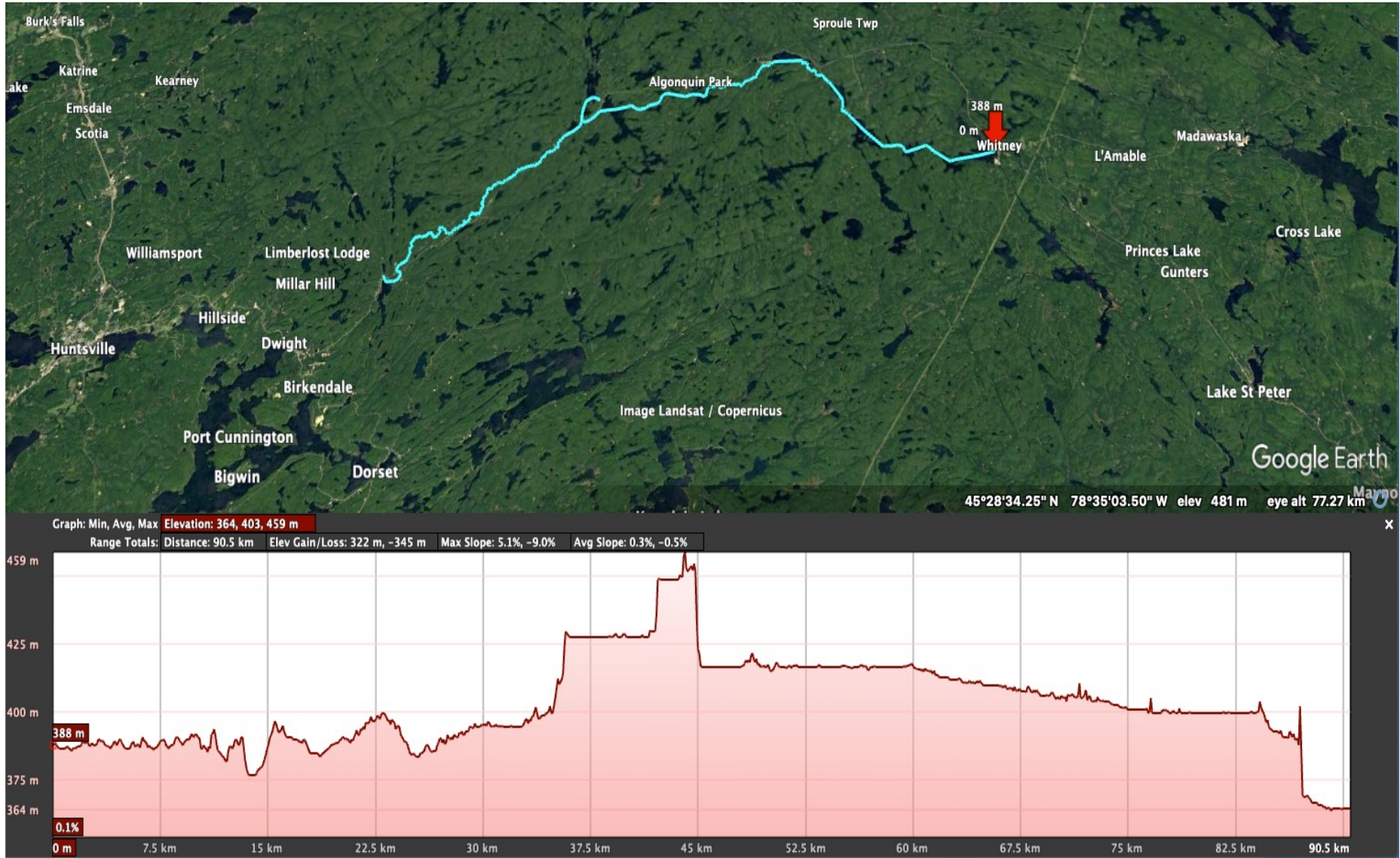
Algonquin Outfitters Muskoka River X

EXPEDITION - ADVENTURE RACING

- A combination of two or more disciplines.
- Teams are self-sufficient.
- Navigate long stretches of wilderness with only maps, compass, course description.
- Achieve specific geographic locations (CPs & WPs).
- May have time cut-offs.
- AR is not a “Tour”. Courses are designed to challenge a team’s ability to complete the event.

**MRX is inspired by back-country wilderness tripping +
marathon paddle sport racing + the heritage of the
Muskoka Watershed**

THE COURSE



All course questions are answered in the Course Instructions, handed out at Registration.



27 °C | °F

Precipitation: 10%
Humidity: 60%
Wind: 2 km/h

Weather
Saturday
Partly cloudy

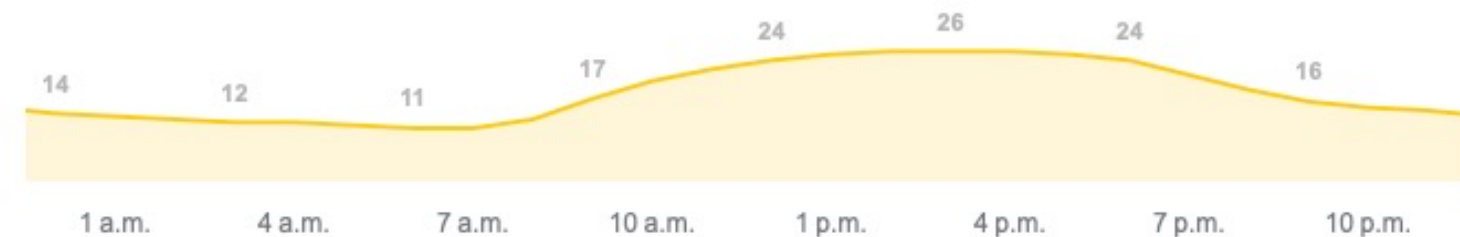
Temperature | Precipitation | Wind



Temperature | Precipitation | Wind



Temperature | Precipitation | Wind



THE COURSE

READ THE COURSE INSTRUCTIONS CAREFULLY

- A full description of the course is provided in your race kit
- Pay attention to the Hazards, as described
- Plot the course (as described) on the maps provided
- Follow the route described in the course descriptions
- All Waypoints and Checkpoints must be achieved, in consecutive order
- There are several 'make your own adventure' decisions
- Your route will be monitored via the live tracking map

THE COURSE – Waypoints & Checkpoints

READ THE COURSE INSTRUCTIONS CAREFULLY

- **Waypoint 1 (WP1)** make sure to completely pass the Algonquin Outfitter's dock.
- **Checkpoint 1 (CP1)** at Tea Lake Dam.
 - You will be stopped by Ski Patrol for a medical check.
 - You will be held if you are not capable of continuing.
 - Please follow instructions.
 - **Teams arriving after 6:10pm** will be cut-off and shuttled to the finish line.

TOILET FACILITIES

- Shuttle Bus will stop at East Gate
- Whitney boat launch
- Rock Lake beach (camp ground facilities)
- Rock Lake canoe launch (about 100m up the road)
- Pog Lake beach (camp ground facilities)
- Lake of Two Rivers beach (camp ground facilities)
- Rail Trail bridge (decision point 2) / end of the rail trail before the bridge
- WP1 (Canoe Lake Store)
- CP1 (Tea Lake Dam)
- Finish Line (Oxtongue Store)

LEAVE NO TRACE - BURY YOUR WASTE

CHECK IN PROCEDURES

Hidden Valley Resort

10am to 8pm

Friday, September 13, 2024

- Give: Signed Waivers, \$200 Cash Tracker Deposit, Pay any outstanding fees, Confirmation of Details
- Get: Maps, Course Instructions, Number Plate, Swag, Meal Tickets, Q&A
- Complete: Mandatory Gear Check. Watercraft will be inspected at the start line. Make sure it meets specs.

SHUTTLE BUS

3971 Hwy-60 / 1.5km west on Hwy 60 from AO Oxtongue Store

- 2 buses with trailers plus AO truck and trailer
- Buses arrive at 4am and leave promptly at 5am
- Park in an orderly manner along the tree line, in front of park, and center area
- Do Not park in front of Fire Hall (White Building)
- Do Not park on Hwy 60
- You are responsible to keep your vehicle keys safe
- Volunteer will shuttle you from finish line to your vehicle (1 team rep. only) to retrieve vehicle. You will return to finish line to pack gear, watercraft and teammate



NOTES

Will stop at East Gate for the washroom.

You must bring your watercraft to this location.

Will only trailer watercraft if the owner is on the shuttle bus.

AO CANOE RENTALS

- The MRX is not responsible for your rental canoe.
- You are responsible for getting the canoe to the shuttle bus or the start line.
- The MRX recommends you pick up your canoe Friday.

Additional message from Gord,

“For those who don't take the canoe off our property, or aren't arriving until the wee hours, we'll leave their canoes stacked beside the store building, just to the left of the firewood shed. Renter's names will be marked on a strip of blue tape stuck to the canoe. Safety kits will be attached to the yoke or thwart. If paddles and PFDs have been requested, and not picked up in advance, they will be left under the specific canoe. Rental canoes can be returned to the same location, leaned beside the building with gear underneath, after the team has finished.”

START PROCEDURES

WHERE: Couples Resort, Whitney

DROP OFF ZONE:

- Shuttle Bus drop off at Couples Resort.
- Self-Supported teams put-in at Whitney boat launch across the river from Couples Resort

GET TRACKER: See ROB at Couples Resort Beach

- Self-Supported teams paddle to Couples Resort Beach

WHEN: All teams leave at 7am start

HOW: Water Start

Start Line - Saturday Morning

Shuttle Bus will drop off at Couples Resort on west side of river.
Self Drop-Off at public launch on east side of river: Enter Whitney. Cross bridge. Turn right on Ottawa Street. Drive straight. Turn R at T-Intersection.
Trackers to be picked up at Couples Resort Beach (See ROB)
Start Line: Position yourself in front of Couples Resort. Race Starts at 7am Sharp.



FINISH PROCEDURES

WHERE: Algonquin Outfitters Oxtongue Store

TRIPPER TEAMS: Complete Tripper Challenge

HEALTH & SAFETY: All Teams assessed by Ski Patrol

CELEBRATE: With your supports & other participants!

TRACKERS: Return to ROB. Refunds at awards.

REMOVE GEAR: Move gear away from finish line

SHUTTLE BUS Teams: A volunteer will drive one team member to retrieve vehicle.

Finish Line

Located at Algonquin Outfitters Oxtongue Store
Finish Line is located on beach.
Clear the finish line of watercraft and gear promptly.
Tripper Teams immediately move to Tripper Challenge area and complete tasks.
All teams are assessed by Ski Patrol.
Shuttle Bus Teams: One (1) member will be driven to vehicle drop by volunteer.
Shuttel Bus Teams return to retrieve gear and watercraft.
All vehicles (spectator and team) park in an orderly manner in front to tent cabins.
Do not drive into the finish are or Tripper Challenge area.



Finish Line

Tripper Challenge

Ski Patrol - First Aid Station

Public Washrooms

Bon Fire

Algonquin Outfitters Rd

Spectator Vehicle Park



TRIPPER TEAMS

- ✓ Arrive at Finish Line
- ✓ Portage canoe to Tripper Challenge camp site
- ✓ Set up 2-person tent
- ✓ Set up sleeping sleeping bags/mats
- ✓ Boil water and prepare tea x 2 servings
- ✓ Drink tea
- ✓ You are now an Ultimate Tripper!



TRIPPER TEAMS

- Tent and Tea tasks can be completed in any order.
- Once all tasks are completed the Tripper Challenge Finish Time will be recorded.
- Any team that receives outside assistance / equipment / supplies during the Tripper Challenge will have 45 minutes added to their Tripper Challenge Time.
- Teams are responsible for not accepting help if it is offered.
- If a Team chooses to not complete the Tripper Challenge they will be ranked below all Teams that do complete the Tripper Challenge in order of Paddling Time.
- Any additional on-course penalties will be added to the Tripper Challenge Finish Time to represent the overall finish time.
- The overall finish time including time adjustments will be used for ranking and awards.

TRIPPER TEAMS

To be a Tripper you need to paddle a 'traditionally designed' canoe & use straight wood paddles.



VOYAGEUR TEAMS

Custom, hand-made Wanagans

- Solos Teams (1'x1'x1') - Tandem Teams (1'x1'x2')
- Filled with Good Stuff. Some contents a bit fragile. Take care.

Your Mission as a Voyageur

- Paddle from Whitney to Oxtongue Lake carrying a Wanagan
- Load your Wanagan into your canoe
- Paddle and Portage your Wanagan 90+km of Algonquin Park backcountry
- Deliver your Wanagan to the Finish Line
- Open your Wanagan at the Awards Banquet
- Celebrate your Success!

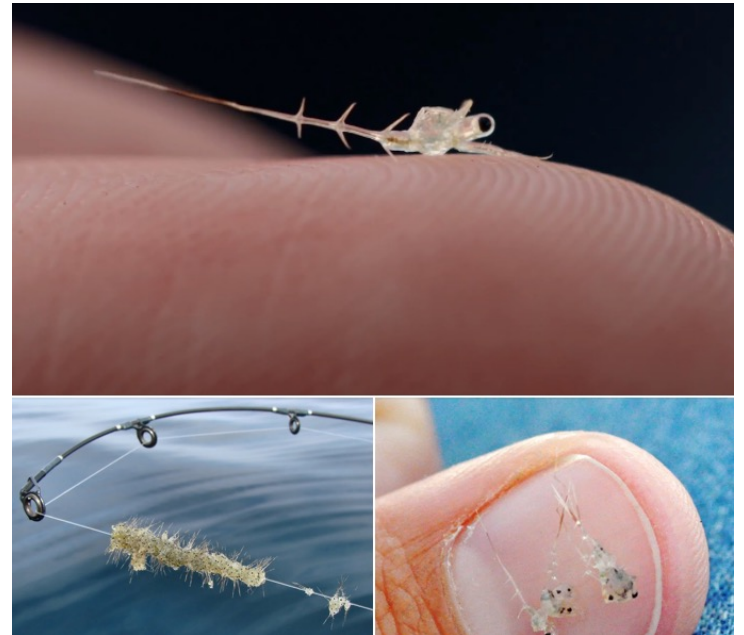
The Voyageurs



POG LAKE WATERFLEA STATION

- This is mandatory as per Parks Ontario requirements
- P-2 - Pog Lake Dam
- All teams must wipe the watercraft hull and paddle(s)
- You will be provided with a wipe
- Canoe cradles will be available
- Volunteer on-site for directions
- Tea Lake Cut-Off has been adjusted +10min to accommodate any delay

<https://www.ontarioparks.ca/parksblog/spiny-waterflea/>



SAFETY

**PERSONAL FLOTATION DEVICES (LIFEJACKET)
MUST BE WORN AT ALL TIMES WHEN ON THE WATER**

INFLATABLE

NON-INFLATABLE



NO

YES

SAFETY

- **GPS TRACKERS** by Yellow Brick
 - We monitor team progress on interactive map
 - SOS alert to Race Management and SAR
- **PEGASUS RESCUE (SAR)** on course
- **MANDATORY GEAR** is there to be used
- **PROACTIVE SPOT CHECKS**
- **CELL PHONES** to call Race Management
- **STERN BEACON LIGHT** Dusk till Dawn
- **SKI PATROL** at CP1 and Finish, for health and safety needs.

TRACKERS

1. Handed out Saturday Morning @ Start Line
2. We will turn tracker on
3. You will attach tracker to a team member (ideally) or watercraft
4. Do not bury in a bag, pocket, or where the device can not 'see the sky'
5. You will return the tracker at the finish line
6. We will refund you at the awards
7. Interactive Map goes live Saturday morning

Interactive Map: www.muskokariverx.com

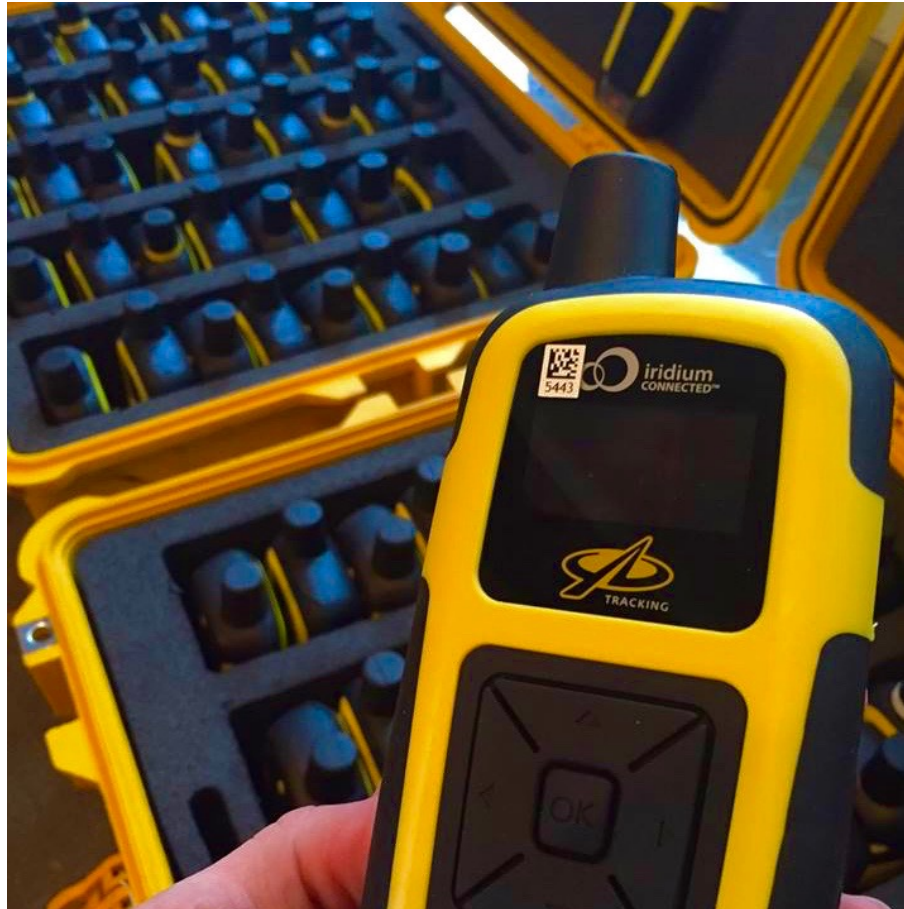
They are the size of hand-held GPS.

They are in a sealed, water proof bag.

Do Not Remove or Puncture the Bag.

They are labelled with your Team Name and Number.

They stay with you at all times during the race.



We will turn the tracker on.

Flashing Green Light on keypad when tracker is transmitting.



SEND ALERT MESSAGE by lifting flap and pressing the #2 Red Button for 5

seconds. The screen will say “Sending Alert..”. Ensure unit has best view of sky possible. Leave until green LED stops flashing. Repeat if unsure message is sent. A text/email will be sent to Race Management. Stay at that location.

If you can, call Race Management on your cell.

DO NOT press #1 button or open #3 charging port.

SAFETY

EMERGENCY

- Press SOS Button on the GPS Tracker
- Call Race Management Cell Phone
705-349-2566 or 705-571-1159
- Transportation arranged
- Team will be evacuated
- Emergency Contacts notified

NON-EMERGENCY

- Call Race Management Cell Phone
- Response plan will be developed with you

SAFETY

- Paddle to your own ability (wind, waves, distance, etc..)
- It's OK to stop and rest
- It's OK to end early: Stop in a safe location and call Race Management via cell phone
- Help other teams in distress
- **ACTIVE LIGHTNING:** Stop on shore in a safe location and wait until it passes: 30-30 Rule Recommended
- No substance-use that impairs cognitive status, judgment, decision making

SAFETY – Ability to Finish the Race

- We reserve the right to return you to the finish line if, in our assessment, you are experiencing physical, psychological/emotional, or technical challenges that will interfere with you completing the event.

For your safety and our ability to ensure the safety of all participants a **Cut-Off Time** will apply.

- **6:10pm at Tea Lake Dam**
 - You will be transported to Finish Line.
 - No exceptions.

WATER SAFETY

- Watch for SUBMERGED HAZARDS at all times
 - READ THE COURSE DIRECTIONS FOR DETAILS
- SLOW in the hazards
- SOLOS and VOYAGEURS have the right of way
- PASS ONLY WHEN SAFE, after you have called out
- SLOWER TEAMS YIELD to overtaking teams
- NO CONTACT: No grabbing/pulling/pushing another team's watercraft or team member
- BE KIND and COMPASSIONATE to each other

PORTAGE SAFETY

- Clear the take-out & put-in ASAP
- Let faster teams pass on the portage route
- When passing, call out first: Patience not Pushing
- Allow time for the other team to move away
- If stopping, move off the portage route
- Use your headlamps at night on the portages



MANDATORY GEAR

There are no changes to the mandatory gear list.
The gear list represents the spirit and inspiration
of the MRX and Expedition Racing.



Mandatory gear is for your safety.

Anticipate use in an
emergency situation.

Prepare for your own safety.

YOU ARE SELF-SUFFICIENT

You will not receive any assistance or supplies of any kind from anyone except another Participant, Race Management, SAR, or Volunteer.

‘Support Teams’ are
Not Permitted

Penalties Apply



NAVIGATION AIDS



MRX-Issued Topo Maps + Magnetic
Compass



GPS-enabled devices for speed, distance, time
and pace.



Any device that includes detailed maps,
programmable coordinates.



FRIENDS AND FAMILIES

- ✓ Always welcome at the event and along the course
 - ✓ Great motivation and friendly faces during challenging times
 - ✓ Always respectful of other participants, other families and friends, Race Management, Volunteers, Ski Patrol and SAR
 - ✓ Respectful of private property and the community
-
- X Do not provide support to any team at any point during the race
 - X Do not direct, "lead", or run with/in front of teams on portages
 - X Do not take watercraft out of the water
 - X Do not portage watercraft
 - X Do not put watercraft in the water
 - X Do not provide water, food, or any other supply to teams
 - X Do not interfere with other teams
 - X Do not disrupt Race Management, Volunteers, Ski Patrol, SAR

MEALS & CELEBRATION

WHEN: Sunday, September 15, 2024

WHERE: Hidden Valley Resort Muskoka Room & Patio

CELEBRATE: Participants, Support Teams, Friends, Family
& Race Management

MEALS @ 11am

AWARDS @ approx. 12:00

- Thank You
- Voyageur Teams
- Tripper Teams
- Some Amazing Door Prizes
- Main Event Winners
- Some More Amazing Door Prizes
- Grand Prizes

Questions?

info@muskokariverx.com