

**ALGONQUIN  
OUTFITTERS**  
EST. 1961



**MUSKOKA RIVER X**

**September 12-14, 2025**  
**Algonquin Park, Ontario**

# 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 18<sup>th</sup> 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 mouth of the Magnetawan River.
- Henvey Inlet First Nation is located on the shore of Georgian Bay and inland 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.

Other Indigenous Nations and Organizations of this land include;

- Three Fires Confederacy – This is a historical alliance of three Anishinaabek Nations, namely, the Ojibwe, Potawatomi, and Odawa. For thousands of years prior to colonization, the Councils of these three Nations brought their “Council Fires” together for political purposes and to act as a deterrent to would-be aggressors. Their traditional territory stretched from present day Canada and into what became the United States. These Council Fires are still active today.
- Moose Deer Point First Nation, located in Georgian Bay Township, is a Potawatomi Community who originated in what became the United States. In 1830’s they were invited by the British to settle in Ontario and amalgamated with the Tri – Council First Nations.
- The Wahta Mohawks were displaced into Anishinaabek territory to their present location in 1881 by the Canadian Government. As a means to quell the original “Oka” land dispute, the Canadian government split the Mohawk community in Quebec and displaced half the people to Ontario.
- Moon River Métis Council - Established in 2005, the Council serves the interests of Métis People in the Parry Sound-Muskoka region and their head office is located in Gravenhurst.
- Parry Sound Indigenous Friendship Center – Established in the early 70’s this is an urban service organization that services First Nation, Metis, and Inuit people living in the district. They are located in Parry Sound.
- Haudenosaunee, also known as Iroquois, occupied the Simcoe County region for a period following the fur trade. In the mid 1700’s they were weakened by disease and driven out of this area by the Anishinaabek. The Haudenosaunee Confederacy is comprised of Six Nations, the Tuscarora, Mohawk, Cayuga, Onondaga, Seneca and the Onieda. The name, “Iroquois,” was given to them by the French and is considered derogatory.

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.

## **ALGONQUIN OUTFITTERS MUSKOKA RIVER X**

2025 marks the 12<sup>th</sup> Season of Algonquin Outfitters Muskoka River X. Considered by some the most demanding single-day paddling race in the world, River X returns to the fundamentals of Adventure Racing.

Algonquin Park is the oldest and arguably most famous provincial park in Canada. At 7,630 square kilometers it is larger than the province of Prince Edward Island. Algonquin Park is renowned for its abundance of lakes, rivers and marshes. The interconnecting patchwork of portages makes Algonquin Park a maze of paddling route possibilities.

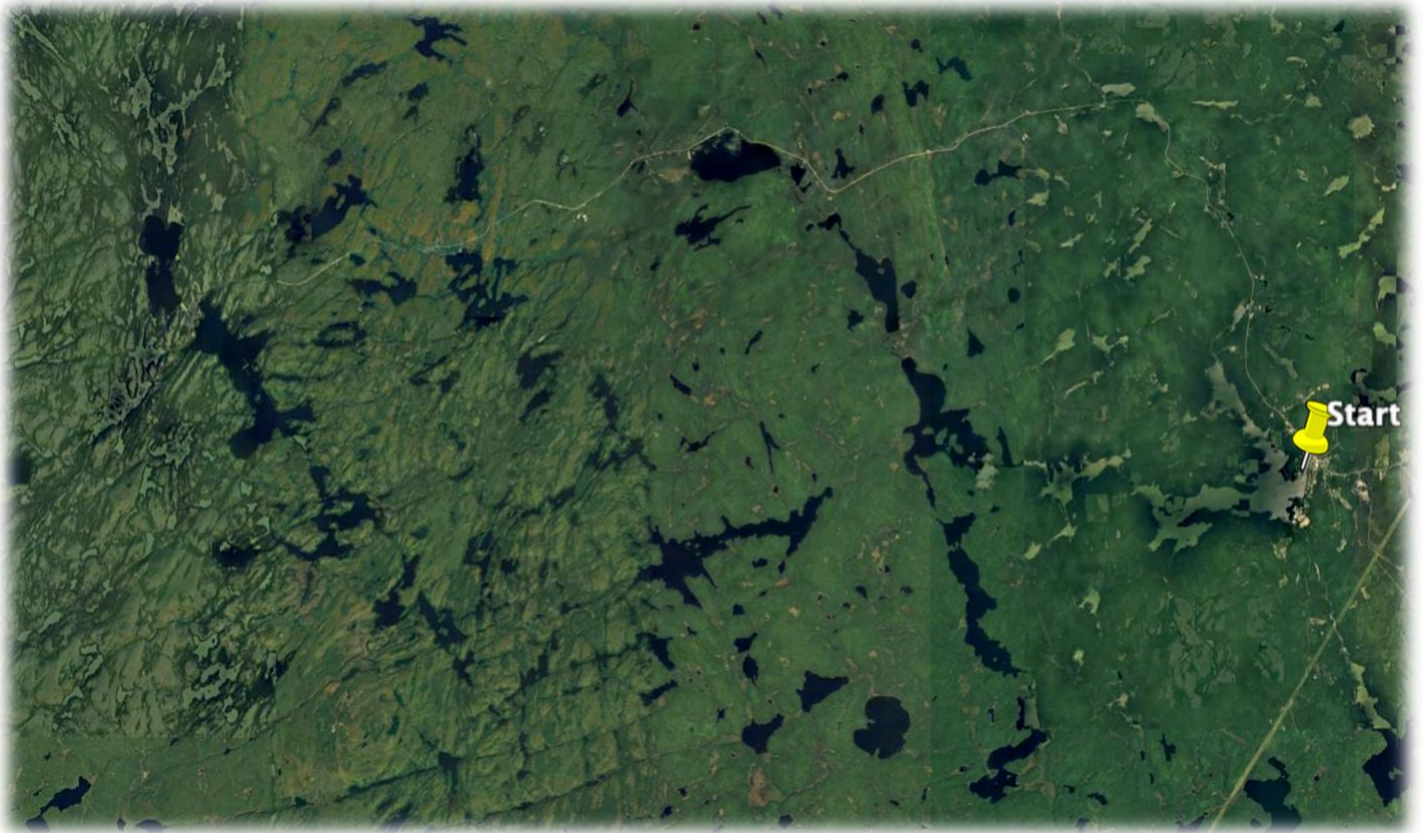
On September 13, 2025, starting at dawn on the shore of Galeairy Lake, Teams paddle west into the heart of Algonquin Park. They will finish at an undisclosed location along the Highway 60 Corridor. True to Adventure Racing, no other aspect of the route will be revealed until race weekend. Only then will Teams decipher the hidden route using the provided course instructions and topographic maps. Paddling and navigating their way through a 90km +/- maze of lakes, rivers, marshes and portages, under the setting sun, they will find their way home.

**NO SUPPORT TEAMS. NO RE-SUPPLIES.**

**JUST YOU, YOUR PADDLE, MAP AND COMPASS.**

**WELCOME TO THE MRX**

# THE COURSE



## START

Couples Resort,  
Whitney, Ontario

## FINISH

To Be Found

## TOTAL DISTANCE

90 km +/-

**Sunrise:** 6:53 am

**Sunset:** 7:31 pm

**Total daylight:**

12hrs 37min

**Average Daily Wind:**

10-12km/hr.

**Fog:** Almost  
guaranteed



**Average Low:** 5 degrees

**Average High:** 18 degrees

**Average Monthly Rain:** 82mm

**Moon Phase:** Third Quarter Moon

# CATEGORIES

## TRIPPER CLASS

(Open – All Trippers Are Considered Equal)

A non-racing canoe with a **C-shaped bow and stern** and symmetrical hull between 15 and 17 feet long. No skegs/rudders.

- ⇒ All Tripper Teams are included in the Tripper Challenge. See pg. 8 for details.
- ⇒ Tandem canoes only.
- ⇒ Trippers favor a wooden, straight-shaft, and straight-blade canoe paddle.



## C2 STOCK

(Female / Male / Non-Binary / Mixed / Family)

Maximum length of 18'6". Minimum width of 14.4% of length at 4" waterline (i.e., 32" for 18'6" length / 29.4" for 17' length). Minimum depth @ Bow (17"), Centre (12.5") and Stern (16").

- ⇒ Canoes with concave hulls are not permitted.
- ⇒ No skegs/rudders.
- ⇒ Single-blade paddle only.



## C1 STOCK

(Female / Male / Non-Binary)

Maximum length of 17'2" and minimum length of 15'.

- ⇒ Canoes with concave hulls are not permitted.
- ⇒ Skegs or rudders are not permitted.
- ⇒ Single-blade paddle only.



## K1 FAST

(Female / Male / Non-Binary)

9.25:1 to 10.99:1 length to width ratio - see

<http://soundrowers.org/wp/boat-classes/> for a list of kayaks that meet specification as per Sound Rowers. This category includes traditional sea kayaks with fast hull designs, performance surf skis, and performance kayaks.

- Double-blade paddle only.



## K1 TOURING

(Female / Male / Non-Binary)

This category includes various traditional sea kayaks as well as non-performance surf skis. Minimum length of 15 feet.

Less than 9.25:1 length to width ratio - see

<http://soundrowers.org/wp/boat-classes/> for a list of kayaks that meet specification as per Sound Rowers.

- Double-blade paddle only.



## STAND-UP PADDLE BOARD

⇒ Hard Board Class

⇒ Inflatable Board Class

(Female / Male / Non-Binary)

Is an open class but must meet the following specifications:

Length: Minimum of 11'6" / 14' maximum

Width: No minimum / No maximum

- Single-blade paddle only.



## TYPES OF PADDLES

Canoe – Bentshaft  
Single Blade



SUP  
Single Blade



Canoe – Tripper Class  
Wooden & Straight



Kayak  
Double Blade



## VOYAGEUR CLASS

### ARE YOU WORTHY TO BE A VOYAGEUR?

Voyageurs were the predecessor of today's long-distance shipping and supply companies. Paddling canoes filled with trade goods across the interior of the continent, their strength and endurance were legendary. Each voyageur worked at least 14 hours a day, paddled 55 strokes per minute, and could carry two bundles



of pelts and furs weighing about 90lbs across each portage. A routine portage meant carrying 180 pounds across rugged terrain full of rocks, mud, mosquitoes and black flies. The Muskoka River X gives tribute to these legends with the Voyageur Class. By entering, you choose to transport a handmade wooden crate filled with locally crafted and sourced goods across Algonquin Park. Your reward for accomplishing this arduous task? Bragging Rights! And you get to keep the crate and all that it contains.

**THE CRATE** or wanagan is a locally handcrafted wooden box; 2'x1'x1' for Tandems and 1'x1'x1' for Solos. Crates are sealed prior to being issued at the start line, and must not be opened until the awards banquet. The payload in each crate comprises a selection of locally sourced goods and produce such as maple syrup, beer, dried meat, honey, chocolate or other unexpected gifts. All crates will be the same, proportioned for Solos and Tandems. Tandem crates typically weight 30+ lbs. The payload is packed in a water-resistant fashion and resistant to bumps and knocks, but should not be considered water-proofed or drop-proofed. Care must be taken to keep the crate dry and in good condition. As a Voyageur, you are responsible for any damage to the goods.

**THE CHALLENGE** is to successfully transport the crate from Whitney and deliver it to the finish line within the allotted time. The 1<sup>st</sup> Voyageur Team to successfully deliver their crate will be celebrated the winner, and a modern-day Voyageur. All Voyageur Teams will be celebrated at the awards banquet where they will open their crate and enjoy their Payload. Any watercraft category can participate. Voyageur Teams are ranked separately within this unique category. Prove yourself worthy. Register for the Voyageur Class.

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## PRICES DO NOT INCLUDE PROCESING FEES AND APPLICABLE TAXES

### BASE REGISTRATION

**\$485 Solo**  
**\$595 Tandem**

**60 Team Maximum**

In the spirit of transparency, choice, and minimizing your cost we have separated Base Registration from Non-Essential Expenses.

Build your MRX experience from a selection of additional options listed below.

#### What's included?

- ✓ 2025 ALGONQUIN OUTFITTER MUSKOKA RIVER X
- ✓ ALGONQUIN OUTFITTERS 1<sup>st</sup> Place Prizes
- ✓ MEDALS and CERTIFICATES for top 3 finishers in each category
- ✓ H2O Grand Prize Canoe
- ✓ RIPPLE FX, BLACKFISH SUP, NSP SUP Draw Prizes
- ✓ AWARDS BANQUET of hearty meat & vegetarian lasagna, vegan options, caesar salad, garlic bread, assorted local sweets. Beer, wine or non-alcoholic beverage included. Nut & Gluten free options available
- ✓ LIVE MUSIC at Post-Race Awards by local favorite TOBIN SPRING
- ✓ TOPOGRAPHIC MAPS are waterproof & full colour
- ✓ NUMBER PLATES are full colour & adhesive-removable
- ✓ YB TRACKING best-in-class satellite tracking & emergency transmitter
- ✓ YB LIVE RACE MAP lets spectators follow teams in real time
- ✓ PEGASUS RESCUE mobile search & rescue specialists
- ✓ CANADIAN SKI PATROL Muskoka Zone finish line first aid services
- ✓ HIDDEN VALLEY RESORT MRX Basecamp
- ✓ OMCKRA day race license (refundable with proof of membership)
- ✓ OMCKRA point series
- ✓ ONTARIO ADVENTURE RACING points series
- ✓ PERMITS, INSURANCE, FEES

## ADDITIONAL OPTIONS

### VOYAGEUR CLASS

Entrance into the Voyageur Class. Any watercraft category can participate in the Voyageur Class and will be ranked separately within this unique category. Pg. 8 for details.

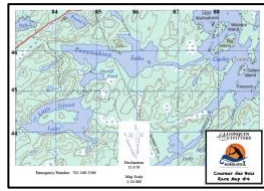
**\$100/Solo. \$150/Tandem**

### NUMBER PLATES



Extra set of MRX adhesive plates with your team number. **\$5/set**

### TOPOGRAPHIC MAPS



Extra set of MRX topographic maps in full colour and printed on waterproof and (arguably) indestructible Never Tear paper. **\$25/set**

### SHUTTLE BUS

Transportation to the Start Line (Couples Resort, Whitney). Bus leaves from the Finish Line, located inside Algonquin Park. Exact location announced at Onsite Registration. **\$45/team**

### AWARDS BANQUET

Meal Ticket for additional members of your party. Beer, wine, non-alcoholic beverage included. Gratuity included. **\$80/adult. \$35/child under 12yrs.**

## PREMIUM QUALITY MRX APPAREL

If the colour, model, or brand shown is not available at the time of ordering, we commit to ensuring a similar style, quality and colour.



**NEWERA 9Forty Performance Cap**, perfect for long days on the water with wicking, breathability and aeration. 6 panel structured construction complete with velcro closure for an adjustable fit. MRX logo embroidered on the front in full colour. Navy. [Sizing](#).

**\$65.00**



**PRO SPUN Long Sleeve Performance Tee** for the active paddler. Wicking. Fast dry. Breathable fabric with UPF 38+ in an athletic fit. MRX logo screened on the front in full colour. Navy. [Female Sizing](#). [Male Sizing](#).

**\$50.00**



**STORMTECH Monashee Fleece Hoody**, a 7.28oz cotton fleece pull-over for post-paddling comfort. 3-piece adjustable hood, kangaroo pockets, rib knit cuffs, double topstitching, and UPF 50+. MRX logo screened on the front in full colour. Navy. [Female Sizing](#). [Male Sizing](#).

**\$125.00**



# AGENDA

## STEP 1: VIRTUAL CAPTAIN'S MEETING

- Thursday, September 11<sup>th</sup>, 2025 @ 7pm.
- Link will be sent to captains: One person from each team must attend.
- Review of event weekend, race procedures, tracker procedures, safety procedures, Q&A.

## STEP 2: PRE-RACE CHECK IN @ HIDDEN VALLEY RESORT

- Pre-Race Check In: 10am to 8pm, Friday, September 12, 2025
- Give signed waivers for participants; Tracker Deposits; Outstanding Fees
- Receive race kits with, course instructions, maps, number plates, additional purchases, etc.
- Complete mandatory gear check

## STEP 3: THE RACE – Saturday, September 13, 2025

- 5:30am Shuttle Bus Departs from location TBA.
- 6am Arrival at Couples Resort, Whitney, Ontario
  - Trackers are distributed and authenticated
- 7am Race Starts
- Complete your race

## STEP 4: POST-RACE – CELEBRATE @ HIDDEN VALLEY RESORT

- Sunday, September 14, 2025: Doors open at 10am, for the Birches dining room, Lounge and Outdoor Patio (weather permitting)
- 11am: Meal is served
- 12 noon (approx.): Acknowledgement and Awards

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# DIRECTIONS

## REGISTRATION & AWARDS BANQUET: Hidden Valley Resort, Huntsville, Ontario, Canada

Huntsville is located approximately 2.5-3 hours north of Toronto on Hwy 11.

Traffic on Hwy 400/11 can be very busy. Allow for additional travel time.

- **From North Bay:** Hwy 11 South / Take Hwy 60 interchange East to Ottawa-Algonquin Park / Drive through 5 sets of lights, past Grandview and Deerhurst turn offs. Continue on Hwy 60 a short distance past the golf course and turn Right on Hidden Valley Road.
- **From Toronto:** Hwy 11 North / Take Hwy 60 interchange East to Ottawa-Algonquin Park / Drive through 5 sets of lights, past Grandview and Deerhurst turn offs. Continue on Hwy 60 a short distance past the golf course and turn Right on Hidden Valley Road.
- **From Ottawa:** Hwy 60 West to Huntsville / Turn Right on Hidden Valley Road.

**At Hidden Valley Road**, drive a few hundred meters until you hit an intersection. Turn Left and follow Skyline Drive until it turns into Ski Club Road. Hidden Valley Resort is located on Ski Club Road, across from the ski hill. If you get lost in the subdivision, keep following roads downhill in the direction of the bottom of the ski hill. You will eventually get there 😊

[Map Link to Hidden Valley Resort](#)

## START LINE: Couples Resort, Whitney, Ontario, Canada

From Hidden Valley Resort, turn right on Hwy 60 and drive approximately 1hr 15min through Algonquin Park, arriving at Whitney. At 26.3km, you will pass Algonquin Outfitters, Oxtongue Lake. Continue driving past Oxtongue Lake until you arrive at Whitney. Just prior to crossing the Hwy 60 bridge in Whitney, turn right on Galeairy Lake Road and continue until you arrive at Couples Resort.

[Map link to Couples Resort](#)

### 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.



## NEED GEAR?

### ALGONQUIN OUTFITTERS RENTAL PROGRAM

Pricing and Reservations: Email [Gord](#), Algonquin Outfitters canoe guru for details.

Phone: 1-705-635-2243, Fax: 1-705-635-1834; Toll-free reservations: 1-800-469-4948

### SHOP ONLINE & IN-STORE

[Online and in-store](#), AO has everything for your next back-country adventure including the Muskoka River X. If you can't find it online or you are looking for something specific contact [Gord](#).

### H2O CANOE COMPANY

High-performance, high-quality canoes, made in Ontario and built to order: [Email](#), [website](#), or call 519-655-2327.

### BLACKFISH SUP PADDLES - SUP&FOIL

High-performance SUP paddles built for performance and adventure: [Email](#) or [Website](#). [Shop On-Line](#) at SUP&FOIL for high-performance SUP boards, paddles, and gear.

### RIPPLE FX RACING PADDLES

High-performance canoe paddles made in Ontario and built for speed. [Email](#) or [website](#).

# ACCOMMODATION

[Hidden Valley Resort](#) and reference “Muskoka River X” for best rates available. HVR is the location if you want to stay where we host pre-race registration and the awards banquet.

Prefer a relaxed night prior to your MRX, sleeping at the Start Line? Check out the [Couples Resort](#).

Locations closest to the shuttle bus and finish line? There are [several options on Oxtongue Lake](#).

For camping in Algonquin Park <https://reservations.ontarioparks.ca>

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## THE FINE PRINT

The **ALGONGUIN OUTFITTERS' MUSKOKA RIVER X** is a long and demanding event. It is expected that you be in good physical condition and reasonable health. It is important that you are competent at paddling and have sufficient resources and experience for self-rescue techniques, first aid, and wilderness survival. You will be self-sufficient. You must carry all the supplies required to complete the event including food, hydration, and mandatory equipment.

The course covers remote flat-water lakes, marsh, rivers and portages. Water conditions can be unpredictable. The course travels long sections of river, downstream with current, with a mix of deep and shallow water. The route includes portages of various length that are remote with wilderness-based access points. Navigation is required and you are expected to be familiar with the use of a topographic map, grid coordinates and magnetic compass. Seasonal conditions are unpredictable and can change quickly. You may be exposed to wind, waves, rain, snow, heat or sub-zero temperatures. The course is remote in many areas with limited access.

Emergency response plans have been established. A satellite emergency transmitter/beacon system monitors your location and a Search and Rescue team is on stand-by; however, it is impossible to guarantee that you will receive immediate assistance should you activate your emergency beacon or request support via cell phone. Multiple factors affect the time-to-respond after an emergency notification is received. You must be prepared to support yourself for up to several hours until an emergency response team can access your location. In addition to the supplies you will need to complete the race you are expected to maintain supplies that will ensure your personal self-sufficiency and safety.

## THE RULES

### REGISTRATION

#### THE ORGANIZER

The Algonquin Outfitters Muskoka River X is organized and staged by River X Racing Inc. (Race Management). Race management reserves the right to add, modify, replace, or cancel venues or events at any time. Race Management reserves the right to make changes and amendments to these rules and regulations at any time. In the event that changes are made, Race Management will endeavor to inform all registered teams of updates as they occur.

#### TEAM MEMBERS

1. A team must consist of the registered members.
2. Age Limits:

- a. 18 years or younger require a signed waiver of liability by the parent/guardian.
- b. The minimum age for solo competitors is 19 yrs.
- c. Family Class:: 12-15 years of age with their parent/guardian paddling a tandem canoe.
3. Eligibility: No specific skills will be tested in registration however;
  - a. All participants must be (1) competent in paddling their watercraft, (2) of physical condition and health to complete the event, and (3) competent in self-rescue, first aid, wilderness survival skill, and navigation.
  - b. Participants assume full responsibility for adequately preparing for the event, learning necessary skills, and physically conditioning for the demands of this event.
  - c. Race management reserves the right to remove any team from the registered team list at any time should race management determine they are not suitably prepared to safely complete the event or may act in a way that will be harmful to themselves, other participants (including but not limited to competitors, volunteers, media, staff, community), or the operations of the event.
  - d. Race Management reserves the right to restrict registration of any individual(s) without explanation.
4. Animals/Pets: Unless registered/certified as a Service Animal, pets and animals are not permitted to join team members during the event. Service Animals must be identifiable and under the control of the owner at all times.

## REGISTRATION

1. Registration is limited to the 60 teams. Additional spots may be added as permitting, logistics, and safety plans allow, and at the discretion of Race Management.
2. Registration closes August 1, 2025: Payment must be received in full by this date.
3. Withdrawing Registration in full, less \$100 administrative fee can be completed on or before August 1, 2025. Withdraw after August 1, 2025: No refund / No exceptions.
4. Registration Insurance: \$100 per team paid at the time of registration guarantees a full refund if team withdraws on or before September 1, 2025. After September 1, 2025, teams will not receive a refund and team swag will be shipped to team captain's address.
5. Changes to Team Membership or Categories can be made up to September 5, 2025. Changes made between August 1 and September 5, 2025 cannot guarantee alterations to ordered merchandise.
6. Wait List: Once registration closes, interested teams may submit their names to be placed on the wait list; email [info@muskokariverx.com](mailto:info@muskokariverx.com) and providing their name and contact information. The wait list will be queued according to the order of when race management receives the request. As vacancies become available, teams on the wait list will be contacted according to their wait list status and allowed 48 hours to complete registration. If registration is not completed within 48 hours, the next team on the wait list will be offered the opportunity.
7. Race Management is not responsible for individual participant expenses unrelated to registration fees including but not limited to accommodation, travel, food, equipment, etc.

## CANCELLATION OF THE EVENT

1. If the race is cancelled as a result of factors beyond the control of Race Management, (e.g., severe weather, war, flood, pandemic, circumstances making the event too dangerous), Race Management will attempt to reschedule the race.
2. If a new date is offered, teams will automatically be registered for the new rescheduled date. Teams will confirm their registration status (Yes or No) with Race Management within 30 days of when the rescheduled date is announced.
3. If Race Management does not receive "Yes" or "No" confirmation from a team within 30 days of the announcement the team will be confirmed as 'Yes' for the rescheduled date.
4. If a team confirms 'No' for the rescheduled date within 30 days of when the rescheduled date is announced they will receive a refund minus administrative fee associated with the money

transfer.

5. If a rescheduled date is not offered, registration fees will be refunded minus administrative fee associated with the money transfer.
6. In all situations regarding refunds, if participant products (e.g., hats, shirts, number plates, maps, etc.) have been purchased before the cancellation date, the participant's product will be shipped to the participant. Expenses associated with the product plus shipping will be deducted from the refunded amount.

## NAVIGATION

1. Navigation will occur using a magnetic compass and topographic maps. Electronic navigation devices and aids are not permitted.
2. Teams will be provided with a description of the course that includes topographic grid coordinates and narrative descriptions. Teams will plot the route on maps provided by race management prior to the event.
3. Teams follow the route described in the course description. If there is a dispute about the route a team has taken, the route that is documented by the event-issued satellite tracker will be considered accurate.
4. Devices can be used if their functional abilities are limited to time, speed, distance, and pace. Devices that include navigational aids are not permitted.
5. Checkpoints and waypoint are mandatory locations along the route. They will be completed in a consecutive order, and be the only means of travel described in this document.

## MANDATORY EQUIPMENT

MINIMUM TEAM REQUIRED GEAR PER TEAM
Number plate ( <i>provided in race kit</i> ) attached to the port and starboard bow of the watercraft, above the waterline, at all times during the race.
Maps and Course Details
GPS transmitter ( <i>provided in race kit</i> )
A buoyant towline of >50ft
Bailing device ( <i>canoe/kayak only</i> ) In-floor bailer allowed.
Navigation Lights (battery life x 24 hours of use)
Signal Light/Beacon (battery life x 24 hours of use) on stern of watercraft. Must be turned on at all times between dusk and dawn.
One (1) Cell Phone and water-tight bag.
One (1) Compass
One (1) Timing device
Waterproof map bag
Dry Bag
One (1) Utility Knife
'Real-world' Shelter / Tarp capable of keeping entire team protected from the elements (no plastic bags, silver emergency blankets, etc.)
Method of making a fire.
Basic First Aid Kit including (Closure bandages (x8); Adhesive Tape (1 roll); Gauze Roll (1 roll); Blister Pads (x8); Antibiotic Ointment (1 tube); Antibacterial Towelettes (x8); Anti-Inflammatory Tablets (x6); Electrolyte Replacement (x4 servings); Tensor Bandage (1 roll); Scissors (x1)
Method of repairing damaged hull (i.e., tuck tape, duct tape, quick-set epoxy, etc.)
MINIMUM REQUIRED GEAR Per Individual Participant
One (1) paddle
One (1) Life Jacket must be worn at all times while on the water or in the water (Canadian Department of Transportation/U.S. Coast Guard approved). Inflatable PFDs are not permitted.
One (1) Whistle
One (1) Emergency Headlamp/flashlight
One (1) wind/waterproof jacket and pant set.

One (1) fall-winter/medium-heavy weight full-length top and bottom clothing set ( <i>non-cotton</i> ).
One (1) toque / hat that provides warmth + set of gloves that provides warmth
One (1) emergency blanket for warmth (e.g., SOL Emergency Bivvy, Sleeping Bag, etc.)
Minimum 2 L capacity for hydration + means of making drinkable water
Race Nutrition
Emergency nutrition (must be 'real-world edible'. i.e., not a slab of lard) <ul style="list-style-type: none"> <li>• 1000 calories per participant</li> </ul>
Soled footwear sufficient for portaging

**\$200 CASH (CAN\$) FULLY REFUNDABLE SECURITY DEPOSIT** per team will be required prior to being issued the satellite tracker. Each Team will be issued a satellite tracker and will be responsible for the care and welfare of the device. The security deposit will be used to reimburse the vendor if the device is damaged. The security deposit will be refunded at the awards banquet upon return of an undamaged and operational tracker.

### **FORBIDDEN EQUIPMENT**

Not permitted during the Muskoka River X:

- Two-way radios or any other communication devices other than the required cell phone as indicated in the Mandatory Gear List. The cell phone is to be used for emergency situations only or to contact race management.
- Any electronic device used for navigation. This includes use of the cell phone for navigation.
- Any map not issued by race management.
- Weapons of any sort (with the exception of the mandatory knife)
- Any mode of transportation not authorized by race management.
- Amplified or earphone music devices.
- Any device or item deemed to offer an unfair advantage, or poses a risk to the team, other competitors, or the public.
- Logos, slogan, images that communicate profanity, vulgarity, or discrimination.

### **SAFETY**

- A Coast Guard approved personal flotation device will be worn at all times when on the water. Inflatables not permitted.
- Satellite trackers must be attached to the participant or watercraft in a visible location, facing up and in an open area with clear line of site to the sky for the duration of the race. If you require emergency assistance, activate the satellite emergency button.
- Cell phones are required to communicate with Race Management, as required.
- Teams aid other teams who are in distress and may be awarded a time bonus to account for the time spent aiding.
- Teams may receive support from another participant team with no penalty.
- Severe weather conditions (i.e., high wind/wave, small craft warnings, etc.) may restrict safe travel for certain sections of the course. Race Management reserves the right to make changes to the course or restrict travel on certain sections due to weather conditions.
- During periods of active lightening, all teams are expected to move off the water in the safest manner possible. Teams will remain on dry land until lightening has passed.

### **SUBSTANCE-RELATED IMPAIRMENT**

Substances that impair your abilities or functioning are prohibited. If a substance is prescribed by a regulated health practitioner that may impair abilities/functioning, the participant is asked to notify Race Management before the start of the event. Upon consideration of the facts and in consultation with the Search and Rescue medical advisor, a decision will be made by Race Management as to the participant's status in the event with decisions ruling on the side of risk management and safety.

## **INFRACTIONS & PENALTIES**

Race Management reserves the right to issue time penalties if a team violates any of the event policies, places themselves or others at unacceptable risk or jeopardizes the event and/or Race Management.

### **Disqualification (Safety and Risk)**

1. Failure to comply with and/or interference with procedures associated with Race Management, the Emergency Response Team and/or the implementation of the Emergency Response Plan.
2. Failure to comply with instructions, decisions, and rulings of the Race Management: Unless a protest is officially submitted, all decisions by Race Management shall be final.
3. Failure to wear a personal flotation device (non-inflating) while on the water.
4. Failure to have stern light (signal/beacon light) turned on between sunset and sunrise.
5. Travel within restricted areas around dams, as defined by safety markers/buoys, and safety lines unless otherwise explicitly identified in the Course Instructions.
6. Weapons of any sort (except as required for Mandatory Equipment).

### **Disqualification (Sportsmanship)**

1. Any mode of transportation not authorized by Race Management.
2. Use of watercraft or paddle different than described for the category registered.
3. Changing the team composition during the race.

### **Time Penalty (Sportsmanship)**

1. Deviation from the general course as described in the course instructions resulting in a reduced finishing time: Minimum of 30min per infraction and increased/adjusted to reflect 2x the estimated time to complete the section of the course that was not completed, as described in the course instructions.
2. Receiving any kind of assistance from any person who is not (1) a participant of the event, (2) race management or volunteer or SAR or medical team: 1 hour per infraction
3. Unfair behavior/intentional interference with another team's progress: 1 hour per infraction
4. Failure to have issued number plates attached to watercraft: 30 minutes
5. Missing mandatory equipment: 30 minutes per item
6. Failure to comply with Environmental Responsibility (Section 13): 30 minutes per infraction

Participants may report infractions in writing to the Race Management at any point during the event but no later than on (1) hour prior to the start of the Post-Race Meal and Awards. A recipient of an infraction allegation who wishes to lodge a protest shall submit a protest of an alleged infraction in writing accompanied by \$50.00 administrative fee to Race Management, no later than thirty (30) minutes prior to the start of the Post-Race Meal and Awards.

## **SUPPORT TEAMS and SPECTATORS**

Spectators are encouraged to watch their teams at various locations of the course.

- Daily Ontario Parks day pass (Algonquin Park Hwy 60) is required if stopping within the park boundaries. Passes can be purchased at the East and West gates, or online.
- Help us host a fair and respectful event.
- Drive respectfully and follow the speed limits.
- Do not interfere with or obstruct Race Management and Event Staff.
- Do not provide support to teams, including instructions, supplies, or assistance of any kind.
- Do not interfere with another team or block their progress in any manner.

## **ENVIRONMENTAL RESPONSIBILITY**

Please act in an environmentally responsible manner at all times during the event.

- No litter, gear or any other object will be left on the race course.

- Carry your waste and dispose of your waste at designated disposal locations along the course.
- All human waste must be buried or properly disposed of a minimum of 50 meters from a water source. Washroom facilities are located throughout the course.
- No cutting of vegetation or deliberately causing unnecessary damage to vegetation or unnecessary erosion in areas with loose ground
- Every effort must be made to avoid harassing animals of any type in their natural habitat.
- No open fires unless needed during an emergency situation.

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