



## FAQ's

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### 1) Do I need to book and pay for kayaks?

All kayaks will be supplied by the event organizers and paid for in advance. This will include life jackets, paddles, bailer and all safety gear that is required by Deep Cove Canoe and Kayak. We just need to know in advance if you are racing solo or with a partner, and who the partner is.

### 2) What sort of bike do I need?

Any type of mountain bike will be adequate. Road bikes will not work, as their tires are not appropriate for the terrain. While the shorter routes are not as technical, they are still on trails that will need the mountain bike's knobby tires. If you do not have one, a friend may gladly lend theirs to help you meet this challenge. All bikes should be taken

in to John Henry bikes at least 1 week prior to the event for a complimentary safety check.

### 3) What if I cannot meet the pledge minimum?

We are sure that if you start now, the minimum is absolutely attainable.

We will monitor everyone's progress as time goes on and suggest ways to increase activity and pledging should you come up against a snag.

If all of your friends and contacts sent your email to all their friends and contacts...the sky is the limit. 50 people at \$20 each will do it. And don't forget about the businesses at which you spend your money! They would often be happy to support you.

We are also here to help you reach the goal and can be contacted at any time.  
ssamaridis@canuckplace.org

### 4) Can people pledge by cheque or cash?

Yes, they absolutely can. Just ensure that you enter the pledge under your name on the registration pages and then send the cheques (payable to Canuck Place) or cash, to us directly, along with a pledge sheet outlining all the details of both you and the donors.

If you wish, simply issue one cheque to Canuck Place from yourself and include the breakdown of the donors on the pledge sheet so that we may issue tax receipts to them.

Pledges may also be made online using our secure website with your credit or debit card.

### 5) Do I need to have someone to carry my gear from stage to stage?

Absolutely not. The transition area is centrally located at Panorama Park and all stages start and end there. All your gear can be set out and ready for each stage and you can set it all up prior to the race commencing. You can store your transition food there and water will be supplied. The area is secure and will have volunteers on hand to assist.

### 6) How should I decide which course to do?

This will depend on your experience. If you have never done an event like this before, the short course is recommended, this way you will not be over doing it and deter your desire to challenge yourself again next year.

### 7) When is the training and how is it set up?

The training is set up with a basic schedule for all race lengths. You may choose to follow it exactly day by day, or do what you can and wish to do and amend the order. This is a proven, successful training regime but flexibility is always there.

Mountain bike training goes weekly out of John Henry Bikes and kayak training can be done almost any time out of Deep Cove Canoe and Kayak (rental fees will apply for this). We will arrange two sessions for all to attend on the water and coordinate so that groups of people can attend the biking together, separate from the John Henry sessions.

In addition, Innovative Fitness & North Shore Athletics will do hike/run sessions in preparation for that leg — see Trainer Led Sessions

Another option is self-training — see Maps & Training Schedules

8) Can I race with a team and how does that work?

You are welcome to race solo, in teams of 2 or 4 or relay the long course as a team of 3.

The system is to complete all race legs as a team — you can split up the legs of the race or all do them together. Each participant is asked to meet the minimum pledge amount in order to compete, and \$500 must be submitted by June 30th in order to race.

We will need to know upon registration, (or not long after), what your configuration will be in order to accurately book the kayaks. How the event is completed is less important than the hope that everyone have fun, challenge themselves and raise the maximum funds possible for Canuck Place.

9) What do I do with pledges not donated on-line? Who is cheque payee?

If you have donors wishing to donate by cheque or cash, simply download the pledge form from the Adventure Challenge page and complete a line fully for each donor. Cheques should be payable to Canuck Place.

Any that are payable to you should be negotiated by you and a bulk cheque can then be issued to Canuck Place from you for the total of all individual amounts. Be sure to enter these pledges by logging in and recording them as off-line donations on your donations page. This will keep your total current. You may then forward the pledge sheet and donations to us directly as you receive them, or all at once.

Please mail them to: 1690 Matthews Avenue, Vancouver, BC V6J 2T2

Attention: Stephani Samaridis RE: Adventure Challenge

10) When and where is the training?

Trainer led training will be a variety of days and evenings and will take place in North Vancouver, Deep Cove. Eight (8) dates are scheduled — download Trainer Led Sessions. The first session is June 21st at Panorama Park, Deep Cove, North Vancouver – 6:30pm and will be a hike/ run session. Details of time & place will be included with the full schedule.

In addition, each participant can download (see Maps & Training Schedules) a week-by-week schedule for self-training prior to the event and information on other options for training.

11) Do I need experience to race? What fitness level is needed to race?

Download the one-page summary for answers. Remember to consult your physician before undertaking any rigorous or new activity.