



**Only one week before we Challenge the Shield at our 2nd annual 2-hour and 6-hour Adventure Run!**

The race has reached capacity of 75 teams, and we have a waiting list. Thank you for your support.

We have been busy updating our customized race maps and designing race courses that are not only a safe and fun gateway to adventure running for newbies but are also a tough running and navigation challenge for experienced adventure runners. The "choose your adventure" race format allows teams to choose the distance and level of checkpoint difficulty they are comfortable with.

New for 2024 is the use of the MapRun phone app that will allow 2-hour teams to track their position throughout the race. For 6-hour teams they will still have to rely on their navigation process with paper maps and compass but as an added safety feature we have added a "DontGetLost" feature that will give 6-hour teams up to three 30 second "show me" location displays but at a cost of 250 points per view. Don't forget to download the App on your phone AND to download the race map the day before the race.

Brand new Challenge the Shield Points Challenge gold, silver, and bronze CTS stickers will be given to teams that get 2000, 1500, and 1000 points, respectively! Any teams that navigate and run to the perfect 2500 points total will be Crowned as *Ontario's Toughest Navigation Racers*. No team achieved this in 2023.

If you haven't seen it already, we have uploaded the [Event Guide](#) (*updated on April 20th*) for the race to the web site. The Event Guide provides participants in both our 2-hr and 6-hr adventure run challenges with all the information and details you will need for race day. We ask that you visit the web site, download the Guide, and read the pages carefully. There is a lot of important information in the Guide including a sneak peek of the map and first checkpoint.

A few last additional updates that aren't in the Event Guide: 1) We actively plan to avoid bug season for both our May and September races, but this has been a highly unusual winter, leading into an exceptionally early spring. Our race directors noticed a few black flies buzzing (but not biting) over the last two days. 2) This early spring has also been exceptionally wet and the beaver have been up to the task building dams wider and higher. Almost all low-lying areas are wet with many extra marshes that aren't on the map. The marshes that are on the map are deeper and, in some cases, bigger. Teams can expect to get wet making the race extra adventurous.

**Before arriving at the race site on Sunday please print and sign the waiver and photo consent forms. These are both in the Event Guide and we won't have many hard copies at registration on race day. We can't distribute your race maps until these forms have been signed by both team members. \*\* Junior racers waiver and photo consent form must be signed by a parent/guardian.**

Please review the race rules and required gear. There may be a random equipment gear check on the course.

#### **Challenge the Shield Athletes to Save 20% on StayAbove Nutrition Supplements!**

StayAbove Nutrition formulates premium, Canadian-made supplements that are scientifically backed to help you feel better, train harder, and live stronger. To start incorporating high-quality nutritional supplements into your diet, visit [stayabovenutrition.ca](http://stayabovenutrition.ca). What's more... The StayAbove Nutrition team has generously provided all runners a free sample package of Muscle 5 (in your race kits) and a 20% discount on ALL products. Use promo code SHIELD20 at check-out to take advantage of this unique offer!

See you on May 5th and see below for info on upcoming adventure running and adventure racing events in Ontario.

-Challenge the Shield Parry Sound

### [Storm Adventure Race \(May 25, 2024\)](#)

Through a unique blending of adventure racing and traditional multi-sport components, Storm offers beginners the opportunity to test the waters of off-road adventure, while also providing experienced racers with challenging and creative racecourse designs. Three separate events are staged over the course of race weekend, each featuring progressive levels of distance and degree of difficulty.

### [The Smokey \(July 21, 2024\)](#)

The Smokey and the Half Smokey will be back for 2024 and are again designed to blend long distance running with compass navigation for solo racers (**however running with others is acceptable**). The courses for both distances will again be equally challenging and scenic to run on and will provide their own set of challenges based on terrain and time limits. The Full Smokey may be 10 hours in duration again, while its cousin the Half Smokey is...well...half the duration (5 hours).

### [Raid the City \(August 25, 2024\)](#)

A 3-hour OR 90-minute race for teams of two with navigation by map across the Steel City. Want to use your GPS watch, your phone, a compass to help get around? Go for it - anything goes for this race as long as you do it on foot. No Uber, no bus, no SOBI bike.

### [Challenge The Shield Adventure Race \(September 8, 2024\)](#)

**The Challenge the Shield Multi-Sport Adventure Race is an awe-inspiring wilderness endurance challenge on the rugged Canadian Shield. Teams of two have up to 6 hours to tackle as many of the ~30 checkpoint or segment challenges amongst the iconic windswept pines, pristine lakes and granite rock barrens as they choose. The "choose-your-own-adventure" points-based course design is both beginner-friendly and an epic challenge of strategy and adventure for even the most experienced teams. Shred some wicked advanced black diamond MTB single track. Navigate to as many of the beginner and intermediate checkpoints as possible. Paddle and portage to a backcountry lake. You decide the adventure!**

### [Wilderness Traverse \(Sept 28 - 29, 2024\)](#)

Wilderness Traverse is a 24-Hour Adventure Race hosted annually in Ontario, Canada. Teams of 3 or 4 navigate using map and compass over 150 kilometers of rugged Canadian Shield back-country on foot, mountain bike and canoe. It is one of the toughest team-based endurance challenges around and simply reaching the finish line is a massive achievement.