

# Hamilton Schools 47th Annual



## Adventure Running Challenge

**Wednesday May 7<sup>th</sup> 2025**

**Curriculum Connections:**

**Geography • Physical Education • Science • Environmental**

**For information contact:**

Laura Schmidt ([lschmidt@hwdsb.on.ca](mailto:lschmidt@hwdsb.on.ca)) • Ray Kitowski (905) 383-2074

Organized and run by Bernie Custis S.S. Staff/Students, with assistance from Dontgetlost Adventure Running

# 47<sup>th</sup> Annual Hamilton Adventure Running Schools Challenge

**Hosted by Bernie Custis SS & Dontgetlost Adventure Running  
Wednesday May 7<sup>th</sup>, 2025**

**Location:** Christie Conservation Area (1000 Hwy #5 West, RR #2, Dundas, ON. L9H 5E2)

**Registration:** from 10:00 am

**Coaches meeting/Announcements:** 10:30 am

**Start:** All courses at 11:00 am  
Course closes at 1:30 pm

Marshalling will begin at 10:45 am  
Awards: Conclusion of the event

**Eligibility:** Open to all students registered in an Ontario elementary (Grade 6 and higher) or secondary school or invited guests from other jurisdictions. All entrants must be accompanied by an adult supervisor approved by the school or the school board represented.

**Course Lengths (approximate) and Categories:** based on **Birth Year**

**Bantam ..... (2 km) 2013 & 2012**

**Junior ..... (3 km) 2009 or later**

**Novice ..... (2.2 km) 2011 & 2010 or later**

**Senior ..... (4 km) 2008 – 2006 or later**

**Fees:** \$10.00 per student.

**Volunteers:** Each school must provide at least 1 volunteer to assist race organizers.

**Entry Deadline:** Organizers will preprint courses and package maps for entries received by **Tuesday April 29<sup>th</sup>**

**\*\* Registration will be limited to a maximum of 70 starts per school \*\***

**Format:** Entrants will be started at one minute intervals on each course.

**Map:** Christie Lake. Scale 1:7,500 (1 cm on map to 75 m on ground)

**Facilities:** Washrooms, bus/car parking, covered areas.

## **Rules:**

1. All participants must carry an emergency safety whistle. **The emergency signal is 3 whistle blasts – repeated.**
2. Participation: Singles, Pairs or Triples. Pairs or triples will be classed in the category of the older partner and/or the male partner in the case of mixed pairs or triples.
3. In the true spirit of Orienteering, participants are expected to make their own decisions regarding route choice. It is considered poor etiquette to follow others.
4. **No student** is allowed on the course before or after participating.

For orienteering availability in your area – [www.orienteeringontario.ca](http://www.orienteeringontario.ca)

For orienteering in the Hamilton area – [www.dontgetlost.org](http://www.dontgetlost.org)

## Registration Process

### **Registration Form:**

Registration will be done electronically. The registration form can be found by visiting the Dontgetlost Adventure Running website: <https://www.dontgetlost.org/schoolsrace>.

Save the registration form with an appropriate name and delete unwanted categories and insert rows as required. Note: Schools will not require all categories.

WEBSITE: [www.dontgetlost.org](http://www.dontgetlost.org)

Select **Youth Programs** (from top menu)

- **Schools Challenge** (from drop down menu)
- Under **Registration Process**, click “registration spreadsheet”

### **Submitting Registration Form:**

After completing and saving your registration form, please E-mail the form to Laura Schmidt ([lschmidt@hwdsb.on.ca](mailto:lschmidt@hwdsb.on.ca)). Registration form must be received by **Tuesday April 29<sup>th</sup>, 2025**.

A confirmation E-mail will be sent, usually the same day. If you haven't received a confirmation by the following day, please contact Laura.

### **Payment Information:**

If paying by cheque, please make payable to Bernie Custis Secondary School. Entry payment can be made on the day of the event at registration.

**Note:** Every school will be expected to pay for the number of participants registered.

\* Registration will be limited to a maximum of 70 starts per school \*

### **Changes:**

Minor changes, at no cost, will be allowed up to Thursday May 1<sup>st</sup> at 15:00.

\*\* **Changes cannot result in added start times.** \*\*

### **Sportident:**

A Sportident (SI) card will be attached to each team and used to record the runners' time and accuracy.

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**SI cards are expensive.**

**SI cards not returned will be subject to a \$75 replacement fee.**

**Please ensure that parents/guardians and students, by signing the Trip Permission/Excursion or Athletic form, are agreeing to reimburse the organizers in the event the card is not returned.**