



STORM REGISTRATION NOW OPEN!

Registration for both *Salomon Storm the Trent* and *Salomon Storm the "10"* is now open at www.stormevents.ca. Early registration discounts will be offered until **February 15th**, enabling teams to save **\$10/racer** off of their entry fees for either event. And as an added incentive to register early, the first 400 entrants into Storm the Trent will be given a free **Storm first aid kit**, while the first 200 racers to sign up for Storm the Ten will receive a **Storm bike tool!**

Don't forget that last year's Storm the Trent was completely sold out **in just over two months** - give yourself and your teammates the gift of a guaranteed spot in the 2010 event by signing up today!



STORM THE TRENT RETURNS TO GOLDEN BEACH RESORT!

The **ninth annual** edition of *Salomon Storm the Trent* will be hosted at Rice Lake's [Golden Beach Resort](http://www.stormevents.ca) - a definite favourite amongst past STT race venues! One of the largest and longest-established 4-season resorts in the Kawarthas, Golden Beach has been welcoming guests to the south shores of Rice Lake for four generations, and features the perfect blend of amenities to host Canada's largest adventure racing event. This includes a wide variety of **accommodations options**, featuring camping or RV sites with electrical hook-ups, condo suites, and cottages ranging from simple 2-bedroom all the way up to deluxe 4-bedroom units. A complete list of race weekend rates is available by [clicking here](http://www.stormevents.ca).

But the best feature of this fantastic host region is the wide range of racecourse options it offers - enabling racers of all levels to choose the race experience that suits them best. As always, the 2010 Storm the Trent will feature **3 separate racing events**; including our ever-popular "[Hike](http://www.stormevents.ca)" **3-5 hour** short course, the "[Trek](http://www.stormevents.ca)" **4-6 hour** intermediate course, and the advanced-level "[Trek Elite](http://www.stormevents.ca)" **6-8 hour** course. And in an effort to accommodate even more teams this year, we've decided to return to our **2-day race weekend format**, in where the Trek & Trek Elite and Hike races will be held on separate days. Complete details are now available at www.stormevents.ca/stormthetrent.



EXCITING CHANGES TO SALOMON STORM THE 10!

Canada's only relay-style adventure race will feature an all-new racecourse layout in 2010, and this time with a unique twist! We'll be keeping the format simple again with minimal transitioning between race disciplines on each lap, but we'll be simplifying things *even further* by **providing canoes, kayaks and paddling equipment** for all teams and solo racers! No more lugging your uncle's bathtub boat up and down those infamous stairs - this year, all you'll need is your mountain bike and your running shoes and you're ready to race!

Complete details will be unveiled over the summer months, but the Storm the Ten webpage has been updated with general info and a new race video (courtesy of RaceDayRush.com) at www.stormevents.ca/stormthe10

