

2006 Panorama Racer Information - 3 Day Race

Current Race Logistics Information as of **July 3, 2006**



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Panorama Mountain Village is a self-contained mountain resort that is located 18 km into the mountains from the town of Invermere in the Columbia Valley.

1. Registration & Check-In

Thursday July 6

Mandatory Registration

When: 5 - 7 PM

Where: Panorama Mountain Village at the Day Lodge (Ski Tip Lodge / Guest services)

Homework that you will need to bring and do at registration:

- Fill out the waiver of liability form - racers and support crew.
- Fill in medical information / emergency contact form - racers and support crew.
- To speed up your registration check-in, you can download the waiver and medical forms off the website and have them all filled out when your team shows up to registration.
- For non-Canadian citizens you will need to provide proof of out of country or extended health coverage such as Blue Cross to cover the cost of some unfortunate health circumstance.
- **DO NOT BRING YOUR MANDATORY GEAR with you to the registration check-in.** We will NOT be checking that you have all the proper items with you for the race. **We will however be conducting random gear checks during the race.**

Important Note: All athletes will have to sign a waiver of liability before the race. One of the most important understandings is that if you require severe emergency rescue beyond what our professional search and rescue staff can provide (i.e. airlifting you), that you or your extended health plan will have to pay for it, not the sea2summit organizers. This is the inherent risk in doing this kind of event. We have not set up the course for this to happen, but in the mountains ANYTHING CAN HAPPEN!!! This is not to scare you and we want to make it clear that we have set up the course to challenge you, not to put you at 'unreasonable' risk. We also have some very professional First Aid attendants working on the racecourse to take action if a situation arises. *** If you have any health risks that may put you at personal risk please notify us. We reserve the right to deny you to race. All athletes will have to fill out a medical emergency form at registration check-in. Please take this very seriously.

You will be issued your official numbered race jersey, official sea2summit shirt, passports, racer identification, race maps for racers and support crew, race rules and emergency procedure info.

Mandatory Pre-Race Briefing

When: Thursday July 6

Time: 7:30 pm

Where: Panorama Mountain Village, Day Lodge (Ski Tip Lodge / Guest services)

Friday July 7

Race start time and location: **10 am start – AT PANORAMA**

Saturday July 8

Race start time and location: 8 am start at Fairmont (one hour drive from Panorama)

Sunday July 9

Race start time and location: Kinsmen Beach in Invermere - 8 am start

*****Make the best decision of your race - travel on Monday!!!!** Relax and enjoy your accomplishments. It is a 3 hour drive back to Calgary if you are flying and you will not finish the race until late afternoon on Sunday.

2. Race Route Description

2006 race route summary:

Day 1: Racers will start and finish at Panorama. Our objective is to keep Day 3 as simple as possible in order for you and your support team to start and finish at Panorama.

Stage 1 - 25 km mountain bike.

Stage 2 - 15 km trek with MASSIVE elevation gain. The highlight of this stage is summiting Mt. Goldie, being exposed to the incredible backcountry views of the Purcell Mountain range.

Day 2:

Stage one – 27 km paddle from Fairmont to Kinsmen Beach in Invermere. Paddling on the Columbia River and Lake Windermere.

Stage 2 – 20 km mountain bike on the classic Canyon trail and other classic Invermere trails.

Stage 3 – 18 km trek along the classic Castle Rock/Taynton trail. Note: the last part of this trek will be a 7 km downhill.

Day 3:

Stage 1 – 17 km paddle from Kinsmen Beach in Invermere to Radium on the magnificent Columbia River. The Columbia River is a winding, flat-water river through the Columbia wetlands and is a world-renowned migratory bird sanctuary. 14 km of this paddle is in downriver, moving water (however, not whitewater).

Stage 2 – 500 meter portage from the paddle to the transition to mountain biking on a gravel road. Yes you can bring rollers.

Stage 3 – 35 km mountain bike.

Stage 4 – Tyrolean traverse. You will need a harness.

Stage 5 – **After the tyrolean traverse is a 15 km run/hike along the infamous “Silver Moose” trail. Be prepared for a lot of ups and downs in some incredible back country.**

3. Support Team Info & Duties

Detailed instructions at registration.

Day 1: Light duty. You will meet your team at the top of the Mile One Quad Chairlift from the Panorama Village and enjoy the views. You will not have to drive anywhere on Day 3! **If you are staying at Panorama you will get a complimentary pass to get on to the chairlift.**

Day 2: Get your team to Fairmont. Meet your team for transition from paddle to bike at Kinsmen Beach in Invermere. Meet your team from transition from bike to trek at the Zehnder Farm Gravel Pit near the base of Castle Rock (note that this is not the same place as previous years). Meet team at finish line at Panorama.

Day 3: Get your team to Kinsmen Beach in Invermere. Meet your team for transition from paddle to bike in Radium. Athletes will be self-sufficient from bike to trek. Meet team at finish at Panorama. Pick up bikes after team has crossed the finish line at the bike/trek transition.

4. Accommodation & Camping

Panorama Resort

Panorama Mountain Village has offers extremely attractive accommodation packages for all **sea2summit™** participants, support crew, and volunteers. The rooms are literally right at the finish line area for all 3 days, with giant hot pools, beach volleyball courts and panoramic views. This will be a social atmosphere much like dormitories in College or the Olympic village - way too much fun! In order to take advantage of this great deal, you must book in advance as it will not be available once you arrive at Panorama. These rates are guaranteed to be the best deals offered in the Columbia Valley. **Furthermore, staying anywhere else situates you at least 20km away from the finish line!** For more information on what services Panorama Mountain Village has to offer, visit www.panoramaresort.com

Accommodation details can be found on the sea2summit website here:

<http://www.sea2summit.com/adventurerace.asp?id=27&p=accommodation>

Book now by calling 1-800-663-2929 ext. 1

Camping

There are a few camping spots right at Panorama but why would you with great room rates and access to hot springs?

5. Paddling Stages and Boat Rentals

Solos and teams can paddle any non-motorized, self-propelled boat as long as it does not have oar locks. The following outfitters may be able to provide a boat for your team. If you find an outfitter that is not on this list please email us at info@sea2summit.com so we can let all racers know about them.

Columbia River Outfitters

Invermere

Website: www.adventurevalley.com/cro/

Phone: 250-342-7337

Rocky Mountain Paddling Center

Phone: 1-800-656-8288

Email: rockymtncanoe@telusplanet.net

Besides Columbia River Outfitters (in Invermere), the Rocky Mountain Paddling Center is the only outfitter that will deliver your boat to the start line and take the boat away for you when you are finished. Most of their fleet consists of heavier white-water canoes but they have access to some other lighter ones from the University of Calgary. They also carry touring kayaks.

Sports Rent

4424 - 16th Ave. N.W., Calgary

Phone: 403-292-0077

Website: www.sportsrent.ca

Located in Calgary, Sports Rent is conveniently located on the way out of town as you are heading towards Banff on Hwy. #1. They will help you mount the canoe on the roof of your vehicle. They do not have kayaks.

Mountain Equipment Co-op

830 10th Ave. S.W., Calgary

Phone: 403-269-2420

A couple of kayaks and canoes available for rent. They will help you mount on top of your vehicle.

6. Mandatory Equipment List

We have standardized our mandatory equipment list for all races and all information is provided in the mandatory gear document available on our website.

7. Closing Ceremonies & Awards

Awards at the finish line area patio: **Sunday July 9, 7 pm – 8pm**

Sea2summit Party with NEW MOON at the Crazy Horse Pub (near the finish line): **9 PM 'til late**. Don't miss this incredible band that has played for sea2summit for 6 years in a row.

8. Other Items

Bike Rentals:

If you need to rent a bike for the race please contact the following local bike shops:

Columbia Cycle

Phone: 250-342-6164

Rob's Bicycle Works

Phone: 250-342-7231

Sea2summit™ Adventure Racing Ltd. 850 West 19th ave Vancouver, BC, Canada, v5z 1x3
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