

2006 Shore2Shore Racer Information



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1. Registration & Check-In

Friday June 2nd 2006

Mandatory Registration

When: 5:00pm to 7:00pm

Where: **Deep Cove Park, Deep Cove (Beside Kayak Center)**

Homework that you will need to 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.
- 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.

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 race course 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 Friday's registration check-in. Please take this very seriously.

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

Mandatory Pre-Race Briefing

When: Friday, June 2/06

Time: 7:00 – 7:45pm

Where: **Deep Cove Park, Deep Cove (Beside Kayak Center)**

Saturday June 3rd, 2006

Race start time: **8:00am**

Location: **Deep Cove Park, Deep Cove (Beside Kayak Center)**

*****Bring your bike and your trek gear to this location. You will leave your bike in the secure transition area at the Start/Finish area.**

2. Race Route Description

The Shore2Shore One-Day Adventure Race will start with a paddle from Deep Cove right beside the Kayak Center. Teams of 4, 2 and solo racers will challenge themselves as they make their way by foot, mountain bike and kayak/canoe to the finish line.

The following is the race course description for 2006.

Stage One - 2.5 km Paddle to Belcarra Park.

Stage Two - 5 km (short course) or 8km Trek on foot finding Check Points using 'common sense' navigation.

Stage Three - 2.5 km (short course), 5.5 km (long course) paddle back to Deep Cove.

Stage Four - Transition at the Start Finish Area to the Bike stage. You will leave your bike in a secure area while you are paddling/running. 15 km Mountain Bike (short course), 25km Mountain Bike on the lower Seymour Trails.

Self-sufficient

You will be self-sufficient for the entire race, **NO OUTSIDE SUPPORT PERMITTED.**

3. Boat Rentals

Look no further !!!!

Deep Cove Canoe & Kayak

Deep Cove, BC

Phone: 604-929-2268

Email: info@deepcovekayak.com

Website: www.deepcovekayak.com

4. Mandatory Equipment List

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

5. Closing Ceremonies & Awards

Awards: Saturday Afternoon at 3:00pm (or as soon as the last racer is finished) right at the start/finish area at Deep Cove Park

Finish Line Salmon Feast by 'Tour de Feast Catering' right at the Finish Line: 1pm– 4pm

As soon as you are finished your race, you may have dinner at the finish line area.