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# RAGING ELK POWDER, PEDAL, PADDLE RELAY RACE PRESENTED BY GREAT NORTHERN POWDER GUIDES

## Saturday, April 13, 2019

### Race Start @ 11 am

### A RELAY RACE for SKIERS, BIKERS, PADDLERS, RUNNERS! TONS OF FUN!!

#### EVENT DESCRIPTION:

- Race from the top of the mountain to the bottom on skis\*\*\*
- Hop on a bike and pedal from the ski resort to the town of Fernie
- Jump in a canoe/kayak and head down the Elk River to the access road to the ski area
- Dash up the access road to the finish line at the Tamarack

#### ENTRY FEES:

- Early Bird: \$40/person + gst if registered on or before April 8<sup>th</sup>
  - Late: \$50/person + gst if registered from April 9<sup>th</sup> - April 12<sup>th</sup>
- Entry fee includes: T- Shirt and Post event BBQ and beverage in the plaza.  
Discounted lift tickets for competitors will be available.

\*\*Please register your team by April 8<sup>th</sup> to help us have accurate numbers\*\*

#### SCHEDULE:

##### Friday, April 12<sup>th</sup>

- 5pm – 9pm Check-In and Bib Pickup @ Daylodge
  - Early registration and check in is **highly recommended** to beat the rush on Saturday morning. It also helps us stay on time for race start.

##### Saturday, April 13<sup>th</sup> (RACE DAY)

- 8-9:30 am Bib pick up @ Daylodge. (All teams MUST be checked in by 9:30am) No new team registrations allowed on race day. Pre-registered teams only.
- 10 am **MANDATORY COMPETITORS MEETING @ Daylodge / Plaza**  
- All competitors **MUST** attend the meeting for any last minute updates.
- 11 am RACE START @ Top of Mountain
- 5:30pm(approx) Prize Presentations @ Plaza (NOTE: Approximate time...prize presentations will follow about 15-20min after the Fernival band performance)

#### PLEASE NOTE:

**Ensure you have read and understood the RULES**



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## RAGING ELK PPP RULES – 2019

### Registration

- All teams must have a name. Names must be appropriate to announce.
- Race teams can be 2-5 members.
- A **mixed team** must have at least **two female** competitors to qualify.
- A **family/youth team** must have at least **two youth competitors under the age of 18** to qualify.
- **Teams must have all their team members sign waivers by 9:30 am on Saturday.**
- **1 person per leg with the exception of the paddle where 2 team member can be in the same boat. NOTE: THE PADDLER AND RUNNER CANNOT BE THE SAME PERSON (there will be no transition point to allow the paddler to transition to the runner)**
- All participants must sign a waiver. **ONLINE is preferred.** Racers under 16 must have parent or legal guardian sign the parental consent waiver online or in person in front of an RCR staff. The online waiver can be filled out here: <https://passes.skircr.com/waivers-special/signup.aspx>
- **Minimum age is 12 years old to enter.** All competitors must be competent in the discipline they choose and be comfortable with the course, and able to do the course on their own. Parents should be confident in their child's ability.

### General

- **All team members MUST BE checked in by 9:30 a.m on Saturday April 13<sup>th</sup>.** All bibs, baubles, tickets must be picked up and waivers signed or your team could be disqualified. **Early Check-In Friday night is highly recommended to avoid the rush Saturday morning.**
- A lift ticket for the race day or seasons pass must be worn by the skier or snowboarder. For those without a season pass a single ride lift ticket will be provided for the skier.
- Only one team member allowed for each leg of the race, except two paddlers permitted in the same boat for the Paddle Stage. Paddler cannot also be the runner.
- All teams must supply their own equipment for the race (that includes kayaks/canoes for the paddle portion of the race).
- Team member or members may compete in more than one leg of the race. Note it is very challenging for the skier to also be a paddler as there will some stoppage of traffic on ski hill road to let bikers go through so the skier may be delayed in getting to the boat put in. And the Paddler cannot be the runner (we will not have a transition point to allow the paddler to be the runner)
- One neck band (bauble) per team to be transferred in lieu of baton
- Bib numbers must be visible for race officials at all times during the race. This includes the paddle stage of the race; the paddlers **MUST** have their bib on their front and in clear view of race officials. (ensure the life jacket doesn't cover the bib).
- Please ensure timely pick up of all equipment from the transition points. Marshals WILL NOT stay and guard equipment.

- You are advised to use good equipment. Please inspect your equipment before racing and check out your portion of the course so you are familiar with it and the conditions! There will be no special patrol of the course to help fix equipment.
- Time ends when runner crosses the finish line. Fastest time in each category wins

## “Powder” & “Pedal”- Ski & Bike

- **Helmets are MANDATORY** for all bike contestants and ski/snowboard contestants → no helmet = Disqualification
- Road bikes and mountain bikes are both permitted for the bike portion of the race. No motorized bikes are allowed. **PEOPLE MUSCLE POWER ONLY; NO USE OF MOTORS PERMITTED!** When making a bike & tire choice, please ensure you are aware of the weather and road conditions.
- Bikers (especially those using road bikes) please be aware of road conditions – watch for pot holes and gravel. We endeavor to get the road street swept ahead of time, however due to high traffic; some gravel will still be kicked onto the shoulder. **It is strongly recommended that bikers inspect the course ahead of time and the morning the race so they are aware of any hazards.**
- Support staff permitted to repair bike, launch boat, etc. but not to propel competitor. **BIKERS ARE NOT TO BE FOLLOWED CLOSELY TO TOWN WITH VEHICLES AS THIS CAUSES TRAFFIC CONGESTION.**
- No interference with competitors permitted.

## Paddle & Run

- **Life jackets are mandatory** for the paddling section of the race. Racers must be **WEARING** the life jacket (it is not good enough just to have it in your boat). If racers are not wearing their life jacket, their team will be DISQUALIFIED.
- Paddlers must complete transfer from water at the control point.
- **PADDLE TO RUN EXCHANGE**: All teams must have separate paddlers and runners. The runners will be held on the ski hill side of the highway in a staging area. As the paddlers arrive at the bottom of ski hill road they will paddle by a marked marshal on the river bank on the river bank who will then radio the bib number over. Paddler must paddle towards the shoreline so the marshal can see your bib number. Marshal will wave at the paddlers to acknowledge they see the bib number and have radio'd over. A second marshal at the runner staging area will then release the runner.
- **TAKE-OUT AREA FOR BOATS**: Once the paddler haontinues to be downstream 1km at the fish habitat pullout. Please take out your boats there - do not park on the highway and head down the bank to get your boat. Parking on the highway to take out your boat jeopardizes our Special Events Permit with the BC Ministry of Transportation and we require that permit to be able to hold the event.

## Roads & Parking

- No vehicles allowed down access road while bike portion of race in progress. **No Exceptions!!!**
- Please note the highway will be open to traffic so bikers must ride on the shoulder of the road. Please be aware of gravel and dirt kick up on the shoulder. do not follow too close behind another competitor and ensure if you do pass you only do so in a SAFE manner when there is a break in traffic. Failure to do so may result in disqualification.
- No parking on the west side of road between ski area access road & old access.

## Safety

- Competitor safety is our #1 priority for the event. Event organizers reserve the right to change the course due to safety reasons. All course changes will be clearly explained at the competitors meeting race morning.
- There will be a sweep of each leg of the course to ensure competitors are clear but note this sweep is behind the last competitor on each leg.
- If you run into any problems on course please let a marshal know right away. If you see a fellow competitor in distress please use the good samaritan rule to assist your fellow competitors and let a course marshall know right away so they can assist.
- There will be a raft sweep on the river. If you encounter any problems please make your way to shore and wait for the safety raft who can assist. There will also be a mid point marshal positioned on the River Bank at the Stanford Hotel that can provide assistance if needed as well.

## Couse Map:

