



Saturday April 17
Sunday April 18
2010
Near DUNCAN BC

Sponsored by:
Canoe Kayak BC and
Brentwood College
 Race Organizer:
 Dan Norman
 250 743-9860
 dan.norman@brentwood.bc.ca

The OBJECT

This kayak race involves athletes negotiating a course of approximately 20 gates hung from wires over the Cowichan River in the Horseshoe Bend area of Cowichan River Provincial Park. Athletes take 2 timed runs down the course and are penalized if they touch or miss a gate. The total time plus penalties is tallied and the winner is the athlete with the lowest score. There are several competitive and recreational classes to enter in this race.

Saturday April 17 2010

9 am – 11am final adjustments to course
 11 am – 5 pm open practice on course
 3-5:30 pm racer registration

Sunday April 18 2010

9:30 am course closed
 9:45 am competitors and officials meeting
 10:30 am first runs start
 12 noon second runs start
 2 pm course deconstruction, clean-up
 3 pm awards, acknowledgements

WHO SHOULD COME AND RACE?

Any paddler who can paddle the Cowichan should come and give slalom a try. You can race in any type of whitewater kayak you choose. GIVE SLALOM A TRY!!

Race Day Safety

All competitors are expected to follow these safety guidelines as a condition of participation

- All equipment must be in a safe condition.
- All kayaks must be equipped with flotation so that they will float on surface if fully capsized.
- All paddlers must wear a PFD, helmet and appropriate gear to protect against hypothermia.
- All paddlers will paddle in minimum group size of three at all times during training and the competition.
- All participants will follow directions provided by race organizers regarding off-limits areas, areas to put in and take out etc.

Other Details....

There is camping on-site – pay when you arrive. If you plan to camp on Friday evening, please email Dan so arrangements to get you onto the site are in place when you arrive. Camping fees are \$5 per person or \$15 per family unit. Race fees are \$15 per person (you must be a CKBC member - \$5 extra for event membership)

More detailed info on location and maps available at <http://wlapwww.gov.bc.ca/bcparks/explore/parkpgs/cowichan.htm>

Access Highway One from Victoria to the south or Nanaimo to the north. BC Ferries travel from Horseshoe Bay (just north of Vancouver) to Nanaimo and from Tsawwassen (just south of Vancouver) to Victoria.

From Highway One, just north of Duncan, go west on Highway 18 towards Cowichan Lake and Youbou. Pass the first blue provincial park sign and turn at the second road sign for Cowichan River Provincial Park about 19 kilometres after you leave highway one. Turn left, and then left again almost immediately, following signs for Skutz Falls. When you get to the dirt road, turn left and Horseshoe Bend Group Campsite entrance is at the yellow gate about 100 metres after the turn. This is the race site. On race weekend, this route will be signed – follow yellow signs reading “KAYAK RACE”.

Access to the race site is through a locked gate at Horseshoe Bend group campsite. We are expected to keep this gate locked, so if you arrive and the gate is not open, please walk the road down to the camp shelter (approx 7 minute walk) to get a key to the gate.