



**ALGONQUIN  
OUTFITTERS**



# **HUNTSVILLE 110 Event Information**

## **ALGONQUIN OUTFITTERS' HUNTSVILLE 110**

### **THE MAIN EVENT**

**ALGONQUIN OUTFITTERS' HUNTSVILLE 110 will challenge you to circumnavigate Huntsville's 110km four-lake system in the fastest possible time!** With only one portage intersection, this course is all about digging deep through a mixture of open lakes and flat-water rivers. As you would expect from River X, your adventure will continue well past sunset; adding the technical element of night time navigation.

### **TEAM CHAMPS - *New Race Format***

**ALGONQUIN OUTFITTERS' HUNTSVILLE 110 introduces a team-based ultra-marathon race.** As an added element of competition, two (2) individual teams can choose to race together as an A & B team. Individually, each A and B team register, compete and are eligible for results and awards in any watercraft category within the HV 110 Main Event. Together, A and B team results are combined to earn points used to determine the overall TEAM CHAMPS Award.

### **PURSUIT - *New Race Format***

**ALGONQUIN OUTFITTERS' HUNTSVILLE 110 introduces a Pursuit Start for the first time on the water.** Adopted from the Nordic sports and using a "handicap", the start times are staggered for each category based on the anticipated fastest average pace used to calculate TEAM CHAMPS benchmarks. The result will be a fast-paced challenge to either stay at the front of the pack OR chase down the leaders. The Pursuit promises an action-packed finish line as the gaps between the teams close and the competition heats up to see who will be crowned **First To The Finish!**

Located just a few hours north of Toronto, Ontario, Huntsville is home to a premiere Paddle-Sport Stadium, naturally suited to host ultra-marathon events. With a 4-lake system connected by a mixture of rivers and canals, Huntsville offers a full menu of conditions for the flat-water paddle sport racer and is the quintessential Canadian paddling destination. For the ALGONQUIN OUTFITTERS' HUNTSVILLE 110, you will experience all of what Fairy Lake, Lake Vernon, Mary Lake, and Pen Lake have to offer including the Muskoka River and the Big East River. Teams will follow a predetermined route to achieve various Checkpoints and Waypoints before returning to the Start/Finish at Hidden Valley Resort.

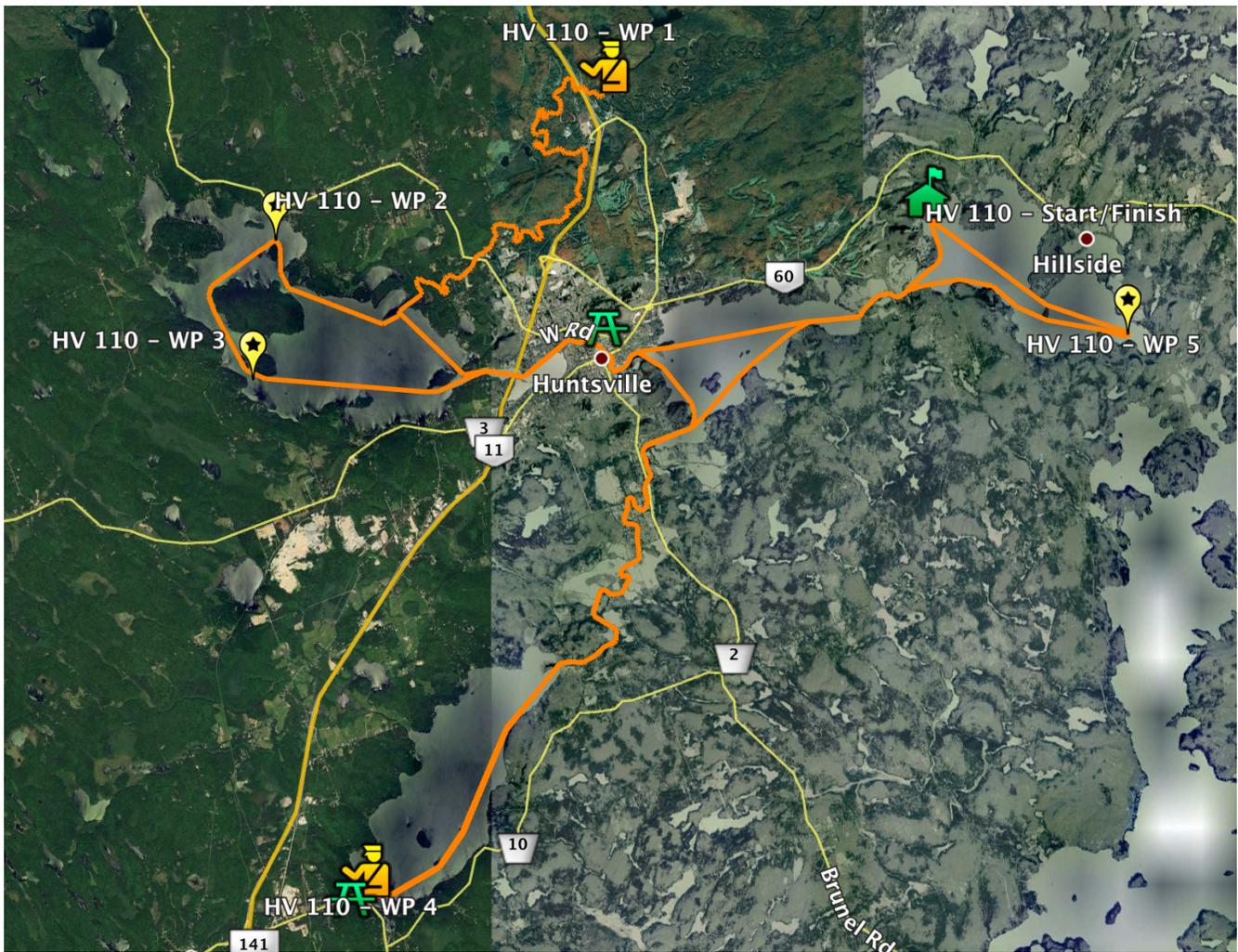
## **WHERE – Hidden Valley Resort, Huntsville, Ontario, Canada**

**From North Bay:** Hwy 11 South / Take Hwy 60 interchange East to Ottawa-Algonquin Park / Drive through 5 sets of lights, past Grandview and Deerhurst turn offs. Continue on Hwy 60 a short past the golf course and turn Right on Hidden Valley Road.

**From Toronto:** Hwy 11 North / Take Hwy 60 interchange East to Ottawa-Algonquin Park / Drive through 5 sets of lights, past Grandview and Deerhurst turn offs. Continue on Hwy 60 a short past the golf course and turn Right on Hidden Valley Road.

**From Ottawa:** Hwy 60 West to Huntsville / Turn Right on Hidden Valley Road.

**At Hidden Valley Road,** drive a few hundred meters until you hit an intersection. Follow Skyline Drive to the Left until it turns into Ski Club Road. Hidden Valley Resort is located on Ski Club Road, across from the ski hill.



## WHEN

- Pre-Race Check In: 6pm to 9pm, Friday, September 17, 2021
- Pre-Race Check In: 6:30am to 10am, Saturday September 18, 2021
- START – Pursuit Start begins at 7am, Saturday September 18, 2021

## ALGONQUIN OUTFITTERS RENTAL PROGRAM

### Pricing and Reservations: Gordon Baker, Algonquin Outfitters

1035 Algonquin Outfitters Road, Dwight, ON, P0A 1H0, Canada

Phone: 1-705-635-2243, Fax: 1-705-635-1834; Toll-free reservations: 1-800-469-4948

Email: [info@algonquinoutfitters.com](mailto:info@algonquinoutfitters.com)

## ACCOMMODATION/LODGING

On-site accommodation is available at Hidden Valley Resort.

<https://www.hvmuskoka.com/en-us>

## WHAT'S INCLUDED?

- ✓ **Registration in all three Algonquin Outfitter Huntsville 110 events**, including the 110km marathon (per category), the Pursuit, and the Team Champs (if you pair up with another team).
- ✓ **Medals, prizing, and certificates** for winners of the 110km MAIN EVENT.
- ✓ **Cash Prizes** for the Team Champs Top Three.
- ✓ **Kayak Sport Canada SUP Pursuit prize.**
- ✓ **Kayak Sport Canada Kayak Pursuit prize.**
- ✓ **Ripple FX Canoe Pursuit prize.**
- ✓ **River X branded race shirt and embroidered hat** for all participants.
- ✓ **Post Race Awards Party:** Live music and our legendary MRX post-race feast in the relaxed atmosphere of Hidden Valley Resort, overlooking beautiful Peninsula Lake: Hearty Meat and Veggie Lasagna with Vegan/Gluten Free Option + Corn, Salads and Garlic Bread + an ice-cold beverage Muskoka-Style. *(NOTE: Should COVID restrictions still apply, this may be modified to meet guidelines.)*
- ✓ **Full-Color vinyl adhesive numbering plates.**
- ✓ **Water-proof full color maps printed on NeverTear plastic paper** to withstand the harshest conditions.
- ✓ **Mobile Event Management:** Your River X Team does not just sit back after the start of the race and wait for teams to arrive at the finish line. River X is a fully equipped and mobile logistical event management team. We are out on the course with you, working to making sure the event runs smoothly.
- ✓ **Search and Rescue by Pegasus Rescue** will provide fully equipped mobile land/water-based Search and Rescue emergency medical services. With years of experience both nationally and internationally, Pegasus brings a Coast Guard qualified, and advanced first aid/paramedic certified team of professionals equipped with all-condition watercraft and a designated logistical team.
- ✓ **Live Tracking by Adventure Enablers** will provide real-time tracking and will post your location on a web-based live race map, accessible via the Internet to spectators around the world. Not only is your personally assigned tracker your connection to the cheerleader squad, it is your lifeline. Should you experience an emergency, you can send an emergency distress call to Race Management after which a Pegasus SAR team will be dispatched to your location.
- ✓ **First Aid by Canadian Ski Patrol Services Muskoka Zone** will provide on-site physical assessment and first aid at the finish line. Ski Patrol has been with River X for 16 events and they know what to expect from our paddlers and how best to support you.
- ✓ **Hidden Valley Resort** is located on the shores of Peninsula Lake and is a high quality full service resort which River X calls Base-Camp. Not only our Base-Camp, Hidden Valley Resort is the finish line for Cottage Country and the location for our pre-race Check-In and the Awards Ceremony. Comfy rooms. Tasty food. Convenient location. Sandy beach. There is no other place to stay if you're a paddler in Muskoka.
- ✓ **All fees and expenses associated** with permits, event rentals, logistics needs, supplies, race insurance and more.

## **IMPORTANT – MUST READ**

**The ALGONGUIN OUTFITTERS' HUNTSVILLE 110 is a long and demanding event. It is expected that you be in good physical condition and reasonable health. It is critical that you are competent at paddling and have sufficient resources and experience for self-rescue techniques, first aid, and wilderness survival.**

**Although there are resupply points, you will be self-sufficient for long periods of time. You must carry all the supplies required including food, hydration, and mandatory equipment.**

**The course covers large and exposed flat-water lakes. The course also travels long sections of river including sections upriver and against current requiring navigation. Seasonal conditions can be unpredictable and can change quickly. You may be exposed to wind, waves, rain, snow, or sub-zero temperatures. The course is remote in some areas with limited access.**

**Emergency response plans have been established, a GPS emergency transmitter/beacon system monitors your location and a Search and Rescue team is on stand-by; however it is impossible to guarantee that you will receive immediate assistance should you activate your emergency beacon or request support via cell phone. Multiple factors affect the time-to-respond after an emergency notification is received. You must be prepared to support yourself for up to several hours until an emergency response team can access your location, depending on the circumstances. In addition to the supplies you will need to complete the race, you are expected to maintain supplies that will ensure your personal self-sufficiency and safety.**

# THE RULES

## 1. REGISTRATION

### 1.1: THE ORGANIZER

The Muskoka River X is organized and staged by River X Racing Inc. (Race Management). Race management reserves the right to add, modify, replace or cancel venues or events at any time. Race Management reserves the right to make changes and amendments to these rules and regulations at any time. In the event that changes are made, Race Management will endeavor to inform all registered teams of updates as they occur.

### 1.2: TEAM MEMBERS

1. A team must consist of the registered members throughout the race.
  - a. No substitution after on-site check-in is complete.
2. Age Limits: Aged 13 year and older.
  - a. 13-15 years of age may compete with a waiver signed by their parent/guardian, and must compete with their parent/guardian.
  - b. 18 years or younger require a signed waiver of liability by the parent/guardian.
  - c. The minimum age for solo competitors is 19 yrs.
3. Eligibility: No specific skills will be tested in registration however;
  - a. It is expected that all participants must be (1) competent in paddling the vessel indicated within their chosen category, (2) of sufficient physical condition and health to participant in the event, (3) competent to self-rescue, and (4) competent in first aid, wilderness survival skill, and navigation.
  - b. By registering, participants assume full responsibility for adequately preparing themselves, learning necessary skills, and physically conditioning themselves for the unique demands of this event.
  - c. Race management reserves the right to remove any team from the registered team list at any time should race management determine that the team is not suitably prepared to safety participate in the event or may act in a way that will be harmful to themselves, other participants (including but not limited to competitors, volunteers, media, staff, community), or the event as a whole. In this situation the team will be notified immediately of the decision and all fees will be refunded.
  - d. Race Management reserves the right to restrict registration of any individual(s) without explanation.

### 1.3: REGISTRATION PROCESS

1. Registration:
  - a. Each team/competitor must register and complete payment using the on-line registration system before the closure of the registration period. Payment must be received in full to be considered "registered".
  - b. Registrations will not be accepted 3 weeks prior to the event.
2. Waiting List:
  - a. A wait list will occur on a first come-first serve basis once the maximum number of registered teams has been reached.
  - b. Should a spot become available teams will be offered the spot based on their position within the "cue".

3. Withdrawing Registration:
  - a. Withdraw on or before 8 weeks prior to on-site check-in: Full refund less a \$100 administrative fee.
  - b. Withdraw within 8 weeks of on-site check-in: No refund / No exceptions.
4. Registration Insurance:
  - a. \$100 per team / must be paid for at the time of registration / no retroactive purchasing of registration insurance
  - b. Guarantees a full refund of registration fees if team withdraws 2 weeks prior to on-site check-in / No administrative fee.
  - c. Withdraw within 2 weeks of on-site check-in: No refund / No exceptions.
5. Changing of Categories:
  - a. With registration insurance: up to 4 weeks in advance of on-site check-in.
  - b. No registration insurance: up to 4 weeks in advance with a \$10 administrative fee.
  - c. No change within 4 weeks of on-site check-in.

#### 1.4: CANCELLATION OF THE EVENT

1. If the race is cancelled or postponed as a result of factors beyond the control of Race Management, (including but not limited to severe weather, war, flood, pandemic, or anything else that may make the event too dangerous to participants, staff and volunteers), Race Management will attempt to reschedule the race.
2. If a new date is offered, participants will automatically be registered for the new rescheduled date. Teams will confirm with Race Management their registration within 30 days of when the rescheduled date is announced. Those teams who do not confirm their registration status with Race Management will be considered confirmed for the new rescheduled date.
3. Following 30 days from when the reschedule date is announced, Registration Process 1.3.3/1.3.4/1.3.5 will be in effect.
4. Those who confirm within 30 days of when the rescheduled date is announced that they are unable to participate in the rescheduled event will receive a refund minus the administrative fee charged to River X Racing for processing the refund, or they may choose to donate their registration fee to the charity for the event and receive a tax receipt.
5. If a rescheduled date is not offered by Race Management, registration fees will be refunded

## **2. CATEGORIES & WATERCRAFT SPECIFICATIONS**

### **C2 MARATHON (Male/Female/Co-Ed)**

Maximum overall length 18 feet 6 inches; minimum width 27 inches, 3 inches above the bottom, measured within 12 inches of the longitudinal center, not counting keels, at the widest part of the canoe. Minimum width at the gunwales, skin to skin, shall be 33 inches, within 12 inches of the longitudinal center. Minimum 15-inch high bow measured from the bottom baseline.



### **C2 STOCK (Male/Female/Co-Ed)**

Maximum length of 18'6". Minimum width of 14.4% of length at 4" waterline (i.e., 32" for 18'6" length / 29.4" for 17' length). Minimum depth @ Bow (17"), Centre (12.5 ") and Stern (16"). Canoes with concave hulls are not permitted. Pro-class or modified boats that are specifically designed for flat-water racing are not permitted. Skegs or rudders are not permitted.

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### **C2 REC (Male/Female/Co-Ed)**

Any non-racing canoe that is 17 feet long or less with a minimum 32" width at the 4-inch waterline.

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### **C1 MARATHON (Male / Female)**

Hull specifications shall conform to current USCA specification in effect. Currently USCA rules are 18' 6" maximum length and beam ratio of 0.14375 of the length (i.e. maximum beam of 32") measured 4" above the bottom and within 12" fore and after of the center of the canoe. Minimum bow high is 15.5" and minimum depth is 11.5". Skegs or rudders are not permitted.

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### **C1 STOCK (Male / Female)**

Maximum length of 17'2" and minimum length of 15'. Canoes with concave hulls are not permitted. Pro-class or modified boats that are specifically designed for flat-water racing are not permitted. Skegs or rudders are not permitted.



### **K1 HIGH PERFORMANCE (Male / Female)**

Greater than 10.99:1 length to width ratio – see <http://soundrowers.org/wp/boat-classes/> for a list of kayaks that meet specification as per Sound Rowers. This category includes ICF sprint and marathon kayaks, and various models of racing surf skis. See below for an example of this type of boat.

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### **K1 FAST (Male / Female)**

9.25:1 to 10.99:1 length to width ratio - see <http://soundrowers.org/wp/boat-classes/> for a list of kayaks that meet specification as per Sound Rowers. This category includes traditional sea kayaks with fast hull designs, performance surf skis, and performance kayaks.

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### **K1 TOURING (Male / Female)**

Less than 9.25:1 length to width ratio - see <http://soundrowers.org/wp/boat-classes/> for a list of kayaks that meet specification as per Sound Rowers. This category includes various traditional sea kayaks as well as non-performance surf skis.

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### **STAND-UP (SUP) (Male / Female)**

Is an open class but must meet the following specifications:

Length: Minimum of 11'6" / 14' maximum

Width: No minimum / No maximum

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**C4 Marathon** is an open class canoe paddled by 4 paddlers of any gender. There is no further subdivision of class.



## PADDLES

1. All Canoes and SUPs must use a single-blade paddle.
2. All Kayaks must use a double-bladed paddle
3. All Prone must use their hands only.
4. All styles of paddles are permitted included bent-shaft paddles (canoe/SUP) and wing-style paddles (kayak). Carbon, wood, or plastic paddles are permitted.

### 3. TEAMS CHAMPS

- a) **NEW FOR 2021:** TEAM CHAMPS is an open event whereby each TEAM CHAMPS TEAM entry consists of two (2) individual teams (A & B), each competing in any category and being eligible for results and awards within their respective categories as well as competing for the TEAM CHAMPS award as follows;
  - a. First Place: \$500
  - b. Second Place: \$300
  - c. Third Place: \$200
- b) Each TEAM CHAMPS TEAM entry must have at least one (1) member from a different gender. For example, two solo paddlers can form a TEAM CHAMPS TEAM but each solo paddler must be of a different gender (e.g., Female Solo + Male Solo = TEAM CHAMPS Team) or two tandem canoes can form a TEAM CHAMPS TEAM but at least one of the four paddlers must be of a different gender (e.g., C2 Female + C2 Co-Ed)
- c) Combinations of different categories can form a TEAM CHAMPS TEAM. **Examples** of a TEAM CHAMPS A & B TEAM can be but are not limited to;
  - a. C1 Stock Male + C2 Co-Ed Stock
  - b. SUP Female + K1 Male
  - c. C2 Rec Co-Ed + C2 Stock Female
  - d. SUP Male + C2 Marathon Co-Ed
- d) Each TEAM CHAMPS TEAM (A+B) competes against all other TEAM CHAMPS TEAMS for the overall title of TEAM CHAMPS.
- e) HOW THE RACE WORK:
  1. For each TEAM CHAMPS TEAM entry, individual A and B teams compete in their respective category and event.
  2. The total finishing time for each individual team is converted into minutes.
  3. The finish time in minutes for each individual team (*the numerator*) is divided by a standardized benchmark time (*the denominator*) minus one (1) multiplied by (x) 100 to determine a percentage difference. This percentage difference from the standardized benchmark time represents the accumulated “points” for the individual team.
    - o Example of equation:  $200\text{min} / 100\text{min} = 2 - 1 = 1 \times 100 = 100$  points
    - o Negative points represent a finish time that is faster than the standardized benchmark time. (i.e.,  $500\text{min} / 550\text{min} = 0.09 - 1 = -0.09 \times 100 = -9$  points)
  4. This is a race-against-the-clock. Even a front-running team cannot relax their pace! The standardized benchmark time for each category represents the average finish times for River X podium finishes year over year. This means individual teams not only compete against other registered participants but they also strive to beat some of the fastest River X teams from previous years of racing. In absence of an actual “fastest-pace”, a best estimated pace has been established.

5. The points for the individual A & B teams are added together to determine the overall final points for each TEAM CHAMPS TEAM entry (i.e., (12) + (5) = 17 points). If a team has negative points, negative points are subtracted from the positive points (i.e., (12) + (-5) = 7 points).
6. The TEAM CHAMPS TEAM with the lowest overall points is considered the winner.
7. In the event of a tie, the individual team for each TEAM CHAMPS TEAM that has the highest points value are compared: Of these teams, the individual team with the lowest number of points determines the winner.
8. Individual teams that compete within a category/event of only one (1) participating team still earn points as they are racing against the benchmark time.
9. Both individual teams must start and finish their respective events for the TEAM CHAMPS TEAM to qualify for points. An individual team that does not start their event or an individual team that does not finish disqualifies their entire TEAM CHAMPS entry. The second individual team remains eligible for results and awards for their individual category/event.
10. Standardized Benchmark (total minutes to complete the event to earn zero (0) points) are listed below:

<b>Category</b>	<b>110km Benchmark (min.)</b>
C1 Stock Female	1100
SUP Female	1100
C1 Marathon Female	1014
C2 Rec Female	1014
K1 Touring Female	1014
C1 Stock Male	984
C2 Rec Co-Ed	984
SUP Male	984
C2 Rec Male	942
C2 Stock Female	942
K1 Fast Female	942
C1 Marathon Male	904
C2 Stock Co-Ed	882
K1 Fast Male	882
C2 Marathon Female	825
C2 Stock Male	793
K1 Touring Male	793
C2 Marathon Co-Ed	774
C2 Marathon Male	732
K1 HP Female	732
C4 Mix	696
K1 HP Male	696

#### **4. TIMING & RANKING**

4.1: There will be one official race clock for the entire race and all teams.

4.2: Pursuit Start: Each category is assigned a start time representing a handicap associated with the Team Champs benchmark. Teams arriving late for their designated start time have one (1) hour to begin the race after which they will be ranked DNS. For late arrivals/starts, the time difference between the designated start time and actual start time is included into the overall finish time.

<b>Category</b>	<b>Pursuit Start Time (hrs)</b>
C1 Stock Female	7:00
SUP Female	7:00
C1 Marathon Female	8:26
C2 Rec Female	8:26
K1 Touring Female	8:26
C1 Stock Male	8:56
C2 Rec Co-Ed	8:56
SUP Male	8:56
C2 Rec Male	9:29
C2 Stock Female	9:29
K1 Fast Female	9:29
C1 Marathon Male	10:02
C2 Stock Co-Ed	10:24
K1 Fast Male	10:24
C2 Marathon Female	11:19
C2 Stock Male	11:52
K1 Touring Male	11:52
C2 Marathon Co-Ed	12:14
C2 Marathon Male	13:09
K1 HP Female	13:09
C4 Mix	14:04
K1 HP Male	14:04

4.3: The clock will remain running until all teams are off the course. The official time for each team will be recorded when all members reach the finish line. If a team receives a time penalty the penalty will be added to their finish time, adjusting their finish time.

4.4: **INDIVIDUAL CATEGORIES**: The first team to cross the finish line, having successfully passed through all checkpoints/waypoints in order, and with any penalties applied will be the winner for their respective category and event. Rankings will be assigned for each category.

4.6: **TEAM CHAMPS**: Please refer to 3.e for results calculations.

4.7: **PURSUIT - FIRST TO THE FINISH**: The first watercraft to reach the finish is the overall winner. Prizing will be awarded to the first to finish in SUP, K1 and Canoe.

## **5. SUPPORT TEAMS (New for 2021)**

5.1: Support Teams are mandatory in the ALGONQUIN OUTFITTERS HUNTSVILLE 110. Each team must have a designated Support Team. Support Teams do not replace Mandatory Gear Requirements but provide an additional layer of support to participants. A Support Team can be assigned to support more than one participating team.

5.2: Support Teams play an important role in the River X experience. They are necessary for the following reasons;

1. Cheer Leading! Support Teams are encouraged to watch and follow teams along the course providing them with much needed encouragement and motivation.
2. Replenishing supplies at designated checkpoints.
3. Repairs to watercraft and gear at designated checkpoints.
4. Transportation to the start line.
5. Transportation from the finish line.
6. Transportation from an extraction point should the team withdraw or is extracted from the course.

5.3: The following rules apply:

1. Each participant team must have a designated "Support Team".
2. Support Teams are officially registered as part of the event; up to 2 people per Support Team to minimize congestion at the waypoint.
3. The same Support Team can support multiple individual teams.
4. Only Support Teams can provide direct support and resupply to teams. This can only occur at designated locations however Support Teams can meet and cheer along the way at spectator locations.
  - a. Support Team locations are permitted at Huntsville Docks and Port Sydney Docks.
5. "Drop zone" for resupplies are not permitted: Supplies cannot be left on course for teams.
6. Race Management is not responsible for the safety of Support Team members. Support Team members are responsible for their own personal safety as they travel around the course.
7. Race Management will not act as a Support Team.
8. Transportation: Support Teams are responsible for transporting competitors should a team withdraw or be cut off. The Emergency Response Team will extract the team to a specified location and meet up with Support Team for transportation.

5.4: Support Team Code of Conduct: We apologize for having to include this in the rules however '*support team / spectator*' circumstances have become more frequent and problematic over the last few years. Please help us host a fair and respectful event. Thanking you in advance for respecting our request.

1. Please drive respectfully on the roads and follow the speed limits. Avoid "racing" your team to the next viewing location.
2. Parking at viewing locations: Choose your locations appropriately. Do not block a neighbouring driveway or interfere with traffic along the roads. Watch for on-coming traffic, cyclists and pedestrians.
3. Please respect privately owned property and landowners: Accessing waterways over privately owned lands is not permitted.

4. Do not interfere with or obstruct Race Management and Event Staff in the execution of their duties at any point prior to, during and after the event.
5. Substituting a participant paddler is not permitted.
6. Providing direct support to any team at any point along the course except at the designated Waypoint is not permitted.
7. Directing, "leading" or running in front your team along the portage route from the take-out to the put-in is not permitted.
8. Taking your team's watercraft out of the water or putting their watercraft back into the water at portages is not permitted.
9. Portaging a team's watercraft at any point during the event except prior to the official start and after the team has officially reached the finish line is not permitted.
10. Disruptive or dangerous behavior that may or does result in risk to the event and its members, the general public and local communities is not permitted.
11. Do not interfere with another team or block their progress in any manner. A participant team takes priority over your viewing location.
12. Failure to comply with the Support Team Code of Conduct may result in your removal as a recognized Support Team Member and thus disqualify you from supporting any participant team. Receiving support from a disqualified Support Team member will result in a time penalty for the participant.

## **6. MANDATORY EQUIPMENT**

<b>MINIMUM TEAM REQUIRED GEAR PER TEAM</b>
Number plate ( <i>provided in race kit</i> )
Maps and Course Details
GPS transmitter ( <i>provided in race kit</i> )
A buoyant towline of >50ft
Bailing device ( <i>canoe/kayak only</i> ) In-floor bailer allowed.
Navigation Lights (battery life x 12 hours of use)
Signal Light/Beacon (battery life x 12 hours of use) Must be turned on at dusk and must remain on until teams arrive at the Finish Line, or sunrise. Stern or bow.
One (1) Cell Phone and water-tight bag
One (1) Compass
One (1) Timing device
Waterproof map bag
One (1) Utility Knife
Basic First Aid Kit including (Closure bandages (x8); Adhesive Tape (1 roll); Gauze Roll (1 roll); Blister Pads (x8); Antibiotic Ointment (1 tube); Antibacterial Towelettes (x8); Anti-Inflammatory Tablets (x6); Electrolyte Replacement (x4 servings); Tensor Bandage (1 roll); Scissors (x1)
<b>MINIMUM REQUIRED GEAR Per Individual Participant</b>
One (1) paddle
One (1) Life Jacket must be worn at all times while on the water or in the water (self-inflating PFDs not permitted - Canadian Department of Transportation/U.S. Coast Guard approved)
One (1) Whistle
One (1) Emergency Headlamp/flashlight
One (1) wind/waterproof jacket and pant set.
One (1) full-length top and bottom clothing set ( <i>non-cotton</i> ) + one (1) set socks ( <i>non-cotton</i> ): <b>In addition to clothing worn at the start of the race.</b>
One (1) toque / hat that provides warmth + set of gloves that provides warmth
Minimum 2 L capacity for hydration + means of making drinkable water
Race Nutrition
Soled footwear sufficient for portaging

6.2: An event-issued GPS tracker is required to participate in the event. Each Team will be issued a GPS tracker and will be responsible for the care and welfare of the device. **A \$200 (CAN\$) FULLY REFUNDABLE SECURITY DEPOSIT** per team will be required prior to being issued the device. Damage to the device and related equipment resulting in race management needing to reimburse the vendors will mean that the security deposit will be used to repair damages or replacement of the unit.

## **7. FORBIDDEN EQUIPMENT**

The following is a list of equipment that is forbidden during the Muskoka River X:

- a) Two-way radios or any other communication devices other than the one (1) Cell Phone and the GPS Tracker, as indicated in the Mandatory Gear List.
- b) Weapons of any sort (with the exception of the mandatory knife)
- c) Any mode of transportation not authorized by race management
- d) Amplified or earphone music devices are not allowed. Teams must be able to hear running water/rapids/waterfalls, distress calls, etc.
- e) Any device or item deemed to offer an unfair advantage or poses a risk to the team, other competitors, or the public. Please check with Race Management prior to start of race if you have any items that may be questionable.

## **8. RACE BRIEFING**

A representative of each individual team must attend the race briefing held prior to the start of the race. Please check the Race Itinerary for details. The race briefing will review the course & starting procedures, check point / waypoint procedures, individual responsibility and liability, safety/emergency procedures, GPS Tracking procedures, finish line procedures, other topics TBA and questions & answers. The team representative is responsible for attending this meeting and is responsible for being aware of details, instructions, and procedures disclosed and discussed at this meeting.

## **9. NAVIGATION**

9.1: Topographical maps that are marked with the mandatory checkpoints, waypoints and relevant course features will be made available prior to the event via the web site. The route will be indicated on the map, linking the checkpoints and waypoints in sequence. Maps will also be provided to teams upon pre-race check in.

9.2: Navigation will occur by race-issued topographic maps + magnetic compass. Any use of an electronic device for the purpose of providing navigational assistance is not permitted (e.g., Google Maps, downloaded maps with preprogrammed routes/waypoints/locations, electronic compass heading/bearing, etc.). Devices can be used for the purpose of time, speed, distance and pace.

9.3: Checkpoints and waypoint are mandatory locations along the route. They will be completed in a consecutive order, and only be the means of travel described in this document.

9.4: Teams must follow the route described on the map. Deviation from the route is not permitted. If there is a dispute in the course a team has taken, the course documented by the

event-issued GPS tracker will be considered accurate.

## **10. RACE PLATE and SPONSORSHIP**

10.1: All watercraft must have an official race plate attached to the port and starboard bow of the watercraft, above the waterline, at all times during the race.

10.2: Teams are free to wear any other items or logos for their team sponsors. Logs, slogan, etc. must be free of profanity, vulgarity, or discriminatory references.

## **11. SAFETY**

11.1: All competitors must read and understand the “Safety Instructions to Participants” contained within the “Course Instructions” document, provided at on-site check-in.

11.2: GPS trackers must be attached to the watercraft or participant in a visible location, facing up and in an open area with clear line of site to the sky, for the duration of the race.

11.3: Cell phones are required as a supplemental safety mechanism to communicate with Race Management.

11.4: Teams are required to provide assistance to another team in distress. Teams failing to provide assistance to a team in distress will be disqualified from the race. Teams that do offer assistance in emergency situations may be awarded a time bonus to account for the time spent providing assistance.

11.5: Teams may receive support from another team: No penalty will be incurred for receiving assistance from another registered team.

11.6: In the event of a critical incident, for example, a capsized boat, broken paddle, physical injury, etc., teams may receive support from an individual not competing in the race: If assistance is received in a manner that facilitates the completion of the race the team may receive a time penalty.

11.7: All repairs to equipment that occur after the start of the race must be made with supplies that teams have on-hand, supplies made available by the Support Team at the designated Waypoint, or supplies provided by another registered team.

11.8: Severe weather conditions (i.e., high wind/wave, small craft warnings, etc.) may restrict safe travel for certain sections of the course. Race Management reserves the right to make changes to the course or restrict travel on certain sections due to weather conditions.

11.9: During periods of active lightening, all teams are expected to remove themselves from the water in the safest manner possible. Teams will remain on dry land until lightening has passed before continuing the race. Failure to do so will result in disqualification.

11.10: It is mandatory that all team members wear a Coast Guard approved life jacket at all times during the water sections of the course. Failure to do so will result in disqualification.

11.11: While on the lake sections of the course a safety “chase” boat will be traveling and sweeping the course. Do not expect the boat to be in your vicinity at all times. It is your responsibility to ensure that your team is competent in self-rescue techniques in open water. If you do end up on shore and require assistance, use the orange plastic bag (provided) as a signaling device and activate the Emergency Plan.

11.12: While on the river sections of the course, there will be no safety boat. Do not expect a safety team to be in your vicinity at all times. It is your responsibility to ensure that your team is competent in self-rescue techniques in open water and wilderness survival, safety, and first aid.

## **12. SUBSTANCE-RELATED IMPAIRMENT**

Participants who are under the influence of any substance that impairs their abilities or functioning will be prohibited from participating in the event. If a participant is prescribed a substance by a regulated health practitioner that may result in impairment, the participant must notify Race Management in advance of the start of the event. Upon consideration of the facts, including but not limited to foreseeable risks to participants, the event, and members of the public a decision will be made by Race Management as to the participant’s status in the event with decisions ruling on the side of risk management and safety.

## **13. INFRACTIONS & PENALTIES**

13.1: Race Management reserves the right to issue time penalties or disqualifications or remove teams from the course if teams violate any of the rules and regulations of the race, place themselves in unacceptable situations of risk, place other competitors at risk, place the public at risk, or jeopardize the event and/or Race Management. The severity of the penalty will be dependent on the severity of the offence and will be decided by the Race Management.

13.2: The following is a list of predetermined safety/risk related infractions that result in Disqualification.

- a) Failure to comply with and/or interference with the implementation of procedures associated with Race Management, the Emergency Response Team and/or the implementation of the Emergency Response Plan.
- b) Failure to comply with instructions, decisions and rulings of the Race Management: Unless a protest is officially submitted as per 12.4, all decisions by Race Management shall be final.
- c) Failure to wear a PFD while on the water.
- d) Failure to provide assistance to a team in distress.
- e) Failure to have stern light (signal light) turned on between the times of sunset and sunrise.
- f) Travel within restricted areas around dams, as defined by safety markers/buoys, and safety lines unless otherwise explicitly identified in the Course Instructions.
- g) Deviation from the portage route as detailed in the Course Instructions.
- h) Not checking in with Race Staff at mandatory Checkpoints and Finish Line.
- i) Weapons of any sort (except as required for Mandatory Equipment).
- j) Use of amplified or ear-phone music devices

13.3: The following is a list of predetermined sportsmanship related infractions and the corresponding penalty. Race Management reserves the right of discretion (to increase or decrease the penalty depending on the circumstance) on penalties less than Disqualification.

- a) Any mode of transportation not authorized by Race Management: Disqualification
- b) Use of a kayak paddle within a canoe or SUP category: Disqualification
- c) Changing the team composition during the race: Substituting one or more members of the team with a non-registered individual: Disqualification
- d) Deviation from the general course direction as detailed on the event issued map that results in a reduced finish time: 2 hours per infraction
- e) Receiving any assistance during the race from any person who is not (1) a designated Support Team member, (2) a participant of the event, (3) race management or volunteer or SAR: 1 hour per infraction
- f) Unfair behavior/intentional interference with another team's progress: 1 hour per infraction
- g) Failure to have issued number plates attached to watercraft: 30 minutes
- h) Missing mandatory equipment: 30 minutes per item
- i) Failure to comply with Environmental Responsibility (Section 13): 30 minutes per infraction

13.4: Participants may report infractions in writing to the Race Management at any point during the event but no later than on (1) hour prior to the start of the Post-Race Meal and Awards.

13.5: A recipient of an infraction allegation who wishes to lodge a protest shall submit the protest to an alleged infraction in writing accompanied by \$50.00 administrative fee to Race Management, no later than thirty (30) minutes prior to the start of the Post-Race Meal and Awards.

#### **14. ENVIRONMENTAL RESPONSIBILITY**

All event participants must act in an environmentally responsible manner at all times during the event, including registration, pre-race activities and post-race activities. Specifically, teams should obey the following principles:

1. No litter, gear or any other object will be left on the racecourse, at the start line or host site except in designated disposal locations
2. All human waste must be buried or properly disposed of in all situations and must not be done so within 50 meters of a water source
3. No cutting of vegetation of any type or deliberately causing unnecessary damage to vegetation or unnecessary erosion in areas with loose ground
4. Every effort must be made to avoid harassing animals of any type in their natural habitat. In all encounters with wild animals the animal has the right of way
5. If a competitor or team notices litter, gear or any other object left by another participant it is that team's responsibility to pack it out to the next checkpoint to be left with the checkpoint staff
6. No open fires unless at predetermined locations or if needed during an emergency situation for purposes of warmth and cooking.