



3rd Annual GRPC SPRING RUN OFF RACE PACKAGE

SATURDAY APRIL 24, 2010

Boats: K1, K2, C1, C2, Marathon Canoe (single and double) OC1, OC2, Surf Ski

	Boat Category	Race Description
1	Men K1 & K2	30km (7 x 4.2km loop with portage)
2	Women K1 & K2	25km (6 x 4.2km loop with portage)
3	Men C1 & C2	25km (6 x 4.2km loop with portage)
4	U23 Men K1 & K2	25km (6 x 4.2km loop with portage)
5	Relay K1, K2, C1, C2	25km (6 x 4.2km loop with portage)
6	Relay MC1 & MC2	22km (5 x 4.2km loop – with portage)
7	Relay OC1, OC2, Surf Ski	22km (5 x 4.2km loop – no portage)
8	Women C1 & C2	22km (5 x 4.2km loop with portage)
9	U23 Men C1 & C2	22km (5 x 4.2km loop with portage)
10	U23 Women K1, K2, C1 & C2	22km (5 x 4.2km loop with portage)
11	Junior Men & Women K1, K2, C1 & C2	22km (5 x 4.2km loop with portage)
12	Men & Women MC1 & MC2	22km (5 x 4.2km loop – with portage)
13	Men & Women OC1 & OC2	22km (5 x 4.2km loop – no portage)
14	Men & Women Surf Ski	22km (5 x 4.2km loop – no portage)
15	Junior Men & Women MC1 & MC2	17km (4 x 4.2km loop – with portage)
16	Junior Men & Women OC1 & OC2	17km (4 x 4.2km loop – no portage)
17	Junior Men & Women Surf Ski	17km (4 x 4.2km loop – no portage)

- Competitors are responsible for tracking their own progress.
- Junior competitors must be under 19 years of age. All junior competitors must have a parent / guardian sign their waiver.
- Relay teams can consist of up to six paddlers.
- The portage encompasses approximately 100m on wooden dock after each loop.

Race start: There will be a one race mass start at 1200 noon.

Race Day: Competitors must sign in between 0830 and 1130. All competitors must complete a waiver, and will be given a number for timing purposes. The course will be open from 0830 to 1130 for practice / warm up. **There will be a MANDATORY safety meeting at 1130am on Saturday April 24th.**

Race Course: Racing will be conducted between Bay St. and Tillicum Rd. bridges. Please see attached course map. Course details will be discussed during the mandatory safety meeting at 1130.

Registration: To register please complete the following entry form and email it to sarah@gorowandpaddle.org or fax to (250) 380-4622. Payments can be made in advance by visiting GRPC at 105 - 2940 Jutland Road, Victoria BC. Credit payments can be made by calling (250) 380-4668. We accept Visa, Mastercard, debit, cheque or cash. **Registration closes at 1130 on Saturday April 24th.**

- If registering before April 17th - **\$10 each**
- If registering after April 17th - **\$20 each**

Course Map – GRPC Spring Run Off 2010

