

Royal LePage Comox Valley Snow To Surf Race 2023

The Pre-Race Party/Briefing is at the Alpine Lodge located at Mount Washington Alpine Resort starting at 4:00pm on Saturday April 22, 2023. The purpose of Registration is:

- Confirmation that all team entries are correct.
- Any team changes MUST be made by 7pm on Saturday April 22, 2023. If there are any other changes after this time, the team will be disqualified.
- You can not make any changes to your team after this time so please ensure they are all ready to race.
- Distribution of t-shirts and race numbers. The wrist band is given to alpine skier at race start.
- Notification of any last minute changes or course alterations.

PLEASE NOTE: Race packages must be picked up by 7:00pm Saturday April 22, 2023 at the Alpine Lodge on Mount Washington Alpine Resort, or your team may be disqualified and your place may be given to the first available team on the waiting list. There will be no refunds.

Ted's will be open from 4pm.

All Provincial health requirements will need to be followed.

There are now TWO DIVISIONS: The Classic and the Recreational Division.

The Classic division is our regular event, but we have made some changes.

PLEASE REVIEW THE INFO!!!!

The Recreational category is the fun division and not catering to the seriously competitive participants. In this division we have kept categories fun and simple: Open Male, Open Female, Open Mixed (minimum 4 females) and Open Junior.

The fine print on the two divisions:

You can select your category when registering or updating your team profile. Please check the division requirements in each leg description below to determine your team's division (Classic or Recreational). If any team members do not qualify for the Recreational Division, the entire team will be placed in the Classic Division. For example, if the bike that's used on the mountain bike leg isn't a mountain bike then regardless of the equipment used by the rest of your team, *you are automatically in the Classic Division*. If your team qualifies for the Recreational Division you may optionally register in the Classic Division. BUT if your team has equipment that puts it into the Classic Division then you do not have the option to be in the Recreational Division. You can modify your team's division through the website up to 7:00 PM, Saturday April 22, 2023. After this time you can't make any other changes. However, on race day, if any of a Recreational Team's equipment does not qualify for the Recreational Division then, at the discretion of the Race Bosses, the Team will automatically be converted to Classic Division.

Note: the opposite condition doesn't apply: a team can't be converted from Classic to Recreational Division on race day.

Rules and Race Day Instructions

Welcome!! Each racer needs to read the general and leg specific instructions from this document **and** the [Race Rules](#).

General

Duncan Bay Main (Logging Road) will be closed from 7:30 am-1:30 pm from the Crown Forest "Y" to Tsolum Main.

Teams limited to 2 vehicles on Strathcona Parkway. Display your vehicle pass on front dash. Passes are in your bag from registration

Respect no parking signs 100 meters each side of change-over areas.

Vehicles and/or bikes are not permitted to follow close behind participants.

Your Bib contains your timing chip.

Course conditions may delay the start of the race but our intention is to start the event as close to 8:45 am as possible.

General Rules (for all racers)

It is the responsibility of the Team Captain to ensure that all team members are aware of these rules. The Team Captain will sign a form acknowledging this and that each member has signed a waiver.

Failure to follow any rule may result in disqualification of the team.

Race numbers must be worn and visible at all times.

No personal audio system or mobile phone use is allowed while racing in any leg of the race.

Any racer unable to complete their leg is to pass the wrist band to an overtaking racer who will hand it to a Race Official at the next change-over point. The Official will record the team number and allow the team to complete the course, although the team will incur disqualification.

If an injury occurs, an accident report form must be filled out immediately. Forms can be obtained at change-over points. Participants are solely responsible for the total cost of any searches, ambulance charges or any other cost involved with an injury or incident.

To ensure that everyone is off the course at a reasonable time. Race Officials reserve the right to remove an athlete from the course at their discretion. If a team does not make a cutoff time, they will be disqualified and removed from the course. Your team will be able to continue but under disqualification.

In the Recreational Event if any team member checks into their leg with non recreational equipment, their entire team will automatically be switched to the Classic Event.

The Race Jury, if needed, will be the Sport's Chairperson, the Race Chairperson and the Race Secretary.

Any protests are to be registered before the Awards Ceremony with the Race Chairperson. After the Awards Ceremony has commenced the results will be final unless a mistake has been made by our timing/admin crew.

The Snow To Surf Society reserves the right to make changes to the course and/or the rules if deemed necessary.

RACE TIMING: At package pickup you will receive 9 race numbers. Each race number will have a timing chip embedded in each bib. If you wish to be timed, your bib will only record a time if it is used for the appropriate leg. This means that if you are racing more than one leg then, you will have to wear more than one bib. It is okay to wear more than one bib at a time. For example, if you are racing two consecutive legs then it may be more convenient to wear both bibs at the same time. In other words, you can race with multiple bibs, or change to appropriate bib before each leg.

Alpine Ski

Race numbers to be worn on chest and visible at all times.

Lift opens at approx 7:45 am for practice runs. Racers will be allowed one practice run only. If you take a second practice run you will not be allowed back on the chair for the race. There will be a helmet and equipment check at the ramp to the chairlift. Approved **ski** helmets are mandatory (No bike or hockey helmets)

Maximum ski length 215 cm.

Alpine equipment only. No cross-country, snowboard, telemark or mountaineering equipment. Touring style ski boots designed for alpine skiing with fixed heel bindings are allowed.

For the start of the race, leave skis at top of Eagle Express Chair in designated area and proceed on foot down to top of Whiskey Jack (Yellow) Chair for 8:25 am check in. Receive wristband and last minute briefing here.

Race start 8:45 am. Racer will proceed to top of the Eagle Express Chair wearing ski boots and using poles. At top put on skis and follow marked course to change-over at nordic exchange.

Ski defensively! There will be spotters on the course to mark falls and accidents. If you see a waving flag, slow down and keep clear.

On arrival at Nordic Exchange, stop at flagged finish area and discard skis and poles. Proceed as directed to pass wristband to your teammate

RECREATIONAL CATEGORY

To follow but no changes expected

Nordic Ski

Race numbers must be clearly visible on chest at all times.

Designated parking area at Hawk Chair Parking lot off Nordic Road.

Exchange area is the bottom of the Hawk Chair. Skiers will line up as directed by the race officials by 8:30am for final briefing.

The course is track set for skate and classic skiing. Groomed tracks marks the route.

Nordic skiers will drop skis and poles and pass wristband to runner and vacate exchange area as soon as possible.

Absolutely no warm up on the race route. Warm-up area will be designated by race officials day of.

CONTINGENCY PLAN: In the event there is insufficient snow coverage in Paradise Meadows, Nordic Skiers must

be prepared to run at short notice the morning of the event. That means show up to the event with ski gear AND running gear.

Flags mark hazards. Ski in control at all times. When passing another skier it is the responsibility of the overtaking skier to do so in a safe manner.

RECREATIONAL CATEGORY

To follow but no changes expected

Run

Numbers must be clearly visible on chest.

Flagging tape (in your race package) must be worn on the right arm.

1st Leg Run

Exchange area is approximately 13 kms from the Strathcona Parkway - Duncan Bay Logging Road intersection.

Runners are to be checked in by 8:00am. Briefing will take place at 8:15am.

Runners are to stay behind fencing until their number is called and then proceed to beginning of the chute in preparation for the exchange from the Nordic Skier. Runners will then follow chute on right side of road until directed to cross to the left side by Race Officials. They then remain on left side of road, until directed to cross back to the right side by Race Officials, prior to second run exchange.

All Runners enter chute and proceed to hand off line. Relay style hand offs allowed. 1st runner must exit chute as soon as possible to the left. 1st leg runners doing both legs must wear both a green and a orange flag on their right arm and must make themselves known to race officials as they proceed cautiously through the 2nd leg handoff chute.

RECREATIONAL CATEGORY

To follow but no changes expected

2nd Leg Run

Exchange area is approximately 6.5 kms from the Strathcona Parkway - Duncan Bay Logging Road intersection.

Runners to be checked in by 8:30am. Briefing will take place at 8:45am

Runners are to wait on the right hand (downhill) side of the chute and wait for their number to be called. When they hear their number they can enter the chute and wait behind the hand-off line for their teammate to hand off the armband.

Relay style handoffs are allowed.

This leg of run will be off road on some trails and mostly dirt roads. Wear appropriate footwear for loose rock, water and rougher trails. Watch for signage and flag marshals to access the trail. Course will be marked 7 days prior to event.

Runner passes wristband to cyclist at Duncan Bay Logging Road Exchange Point.

RECREATIONAL CATEGORY

To follow but no changes expected

Mountain Bike

Parking allowed in the Parking Lot at Strathcona Parkway - Duncan Bay Logging Road intersection

Mandatory bike check in starts at 8:15 am and all bikes must be checked in by 09:45 am.

BIKES WILL NOT BE CHECKED IN AFTER 9:45 A.M. FOR SAFETY REASONS BIKES THAT HAVE NOT BEEN CHECKED WILL NOT BE ALLOWED TO RACE AND THE TEAM WILL BE DISQUALIFIED.

Bike numbers will be supplied at the bike check in and must be affixed to all bikes. Team number must be clearly visible on chest. It is the cyclists' responsibility to have their bike in safe working order.

Any mountain bike with road bike attachments (aero bars etc) will not be permitted on the course.

All cyclists must wear an approved (CPSC, ASTM, ANSI or SNELL) cycling helmet with the strap done up at all times.

No drafting behind any moving object will be tolerated.

No help is allowed with wheel/tire changes or other repairs

Observe rules of the road and be aware of other traffic. Yield to traffic where and when necessary. Volunteers are at intersections for community awareness only. Cyclists do not have any special considerations or rights of way

Use caution and stay on marked course at all times. It is recommended that cyclists ride the course prior to race day. The course will be marked 14 days prior.

At the Kayak Exchange, cyclists are to dismount and leave bike clear of the Transition Zone and then proceed on foot to pass wristband to Kayaker and assist in launch.

Any mountain bike with road bike attachments (aero bars etc.) will not be permitted on the course.

RECREATIONAL CATEGORY

No gravel bikes allowed

Kayak

Kayaks must be unloaded at the Courtenay Fish and Game Club by 09:45.

Please obey parking lot attendants and drive with courtesy on Fish and Game property

Kayaks need to be unloaded and vehicles parked in designated areas away from race areas.

Race numbers must be attached to the front of your PFD and visible. Kayaks must be a minimum of 12 feet long and have adequate floatation fore and aft.

Surf ski are permitted but K-1 racing kayaks are not.

A two ended paddle and an approved PFD are required.

There will be a PFD (personal floatation device) check before the race. This will be located near the kayak staging area.

Please get your PFD checked soon after unloading your kayak.

Pre-race briefing will be held at approximately 10:00 am.

Kayaker to meet the mountain biker in the transition area and lead them to their kayak.

Only a team's mountain biker may assist the kayaker with launching. If you capsize and require assistance by our safety personnel you may be given a 5 minute time penalty.

If safety personnel determine that you are unsafe to continue you will be disqualified and one of our safety boats will assist you to shore. Your team will continue under disqualification.

At the end of the kayak course, leave kayak on the beach (volunteers will move it out of the way) and proceed to the transition area.

Kayakers are **REQUIRED**, after finishing their portion of the race, to make the short paddle back (about 10 minutes) to the Fish and Game Club to have their kayaks picked up. This helps minimize vehicle traffic on the road bikers course.

Paddlers who cannot return to the Fish and Game Club are asked to move their boats to the trailer camping area until the last cyclist has left. There will be no vehicle access to the Road Bike area at the Comox Lake Campground.

RECREATIONAL CATEGORY

No flat water racing kayaks

Surf Skis and kayaks must meet the following criteria to be allowed:

Maximum kayak length feet 5.8 m or 19 feet

Minimum kayak width .50 m or 19.69 inches

Length is measured from the bow to stern (rudder overhang is not included)

Width is the widest part of the boat

No wing paddles

Road Bike

Mandatory Bike Check in starts at 9:00 am and all bikes must be checked in by 11:00 am.

Race number to be worn on chest and back and visible at all times

Bike numbers will be supplied at the bike check in and must be affixed to all bikes.

Observe rules of the road at all times and be aware of other traffic. Yield to traffic when and where necessary.

Please Note: The Road Bike leg starts at the Comox Lake Campground. Racers are encouraged to park at the Cumberland Recreational Institute "or Village Park" and ride the 3.5kms to the Road Bike Transition.

Cyclists will follow paved roads and highways and will end on Sandpiper Road for a distance of 25.2 kilometers.

It is the responsibility of the cyclist to ensure their bike is in safe working order.

It is the responsibility of the cyclist to know the entire cycle route and responsible to follow any course changes.

All cyclists must wear an approved (CPSC, ASTM, ANSI, or SNELL) cycling helmet with the strap done up at all times.

No drafting behind any moving object will be tolerated, including other cyclists.

No help is allowed with wheel/tire changes or other repairs.

At the Cyclist/Canoe Exchange, Cyclist must dismount and walk bike through the barricade

Use caution on the descent to railway tracks in Royston and the sharp right onto highway 19 A at the 12 km distance.

Cyclist must obey the traffic light at the old Island Highway (19A) and Royston Road or face disqualification.

NEW Slow down prior to Sandpiper Road and observe cones marking the entrance lane.

At the cyclist canoe exchange at Sandpiper Road, cyclist will dismount and walk bike through the timing gate and pass the wristband to canoe runner.

No vehicle access to the Comox Lake Campground until the last Cyclist has left. Racers are encouraged to park at the Cumberland Recreational Institute "or Village Park" and ride the 3.5kms to the Road Bike Transition

At end of road bike racers are encouraged to park at Anfield Center (Walmart)

RECREATIONAL CATEGORY

no equipment changes likely

Canoe

Maximum boat length is 18'6".

Two paddlers with single bladed paddles only.

Spray decks are permitted.

Sound-signaling devices to be carried on each canoers lifejacket .

A bailing device to be attached to the canoe by rope. Transport Canada or Canadian Coast Guard approved lifejackets or personal flotation devices (PFDs) must be worn. No water ski vests or inflatable PFDs allowed.

No portaging. If you run aground, move backwards or laterally to deeper water.

If you accept assistance you will incur disqualification.

Numbers must be pinned to front of outer garment for both paddlers, and must be visible at all times during race.

Boats to be lined up in designated area at head of launch ramp at Courtenay Marina by 10:15 am. Vehicle drivers note that the Marina parking area is very congested. Teams will be allowed a maximum of 15 minutes to unload their canoe.

Vehicles will not be allowed to remain in the Marina parking area. Parking is available on the other side of Cliffe Ave.

***NOTE* One team member to meet incoming cyclist at Sandpiper Road. This can be a paddler, alpine or Nordic skier, runner or ROAD cyclist ONLY. Road cyclist completing the run are solely responsible for the bike. The canoe runner can not run with any equipment or team members. Runner will receive wristband and run along Riverway Walkway to designated area by Comox Valley Kayaks. Pass armband to paddler who will run to canoe and to launch area via marked pathway.**

Launch and paddle to Comox Marina, staying outside of the first breakwater. No portaging. If you ground move back or laterally to deep water. If you capsize, right your boat and continue.

If you accept assistance to right your boat, continue under disqualification.

If you can't right your boat or are in doubt about your ability to continue, one of our safety boats will take you to the Comox Marina or Support Vessel and you will incur disqualification. Assistance in the form of steadying the canoe in adverse weather conditions for launch by another team mate will be permitted as long as the assistance does NOT include pushing off the canoe as it launches.

You must report to the finish line regardless of whether or not you are disqualified.

At the finish line, one paddler runs up and rings bell. Exchange wristband for your team's free beverage tickets.

Your canoe will be moved by race volunteers from the launch ramp to the parking area above the ramp. Please ensure your canoe is removed from Marina Park immediately after it has been placed in the parking area.

Contingency plan In the event of unsafe water conditions before any teams launch, the Canoe Leg will be cancelled and the race will finish at the Sandpiper Drive Bike Finish. In the event of unsafe water conditions after teams have launched, recorded times at the Boat Ramp will be used for determining race finishes for all teams, including teams that have launched and/or already finished the event.

In the event the canoe leg is cancelled, safety personnel will notify any launched boats to beach their canoes at safe points. Any canoes that continue on after being notified do so at their own risk and their entire team may be disqualified. There will be one canoe pass supplied in race package. A canoe pass is not a parking pass. Entry to parking lot to pickup canoe will only be allowed after your team has finished the race. Canoe pass and race number must be shown to the security checkpoint to gain entry. Vehicles loading canoes must exit area immediately.

The only vehicles allowed to park in Marina Park will have a Marina Park Parking Pass. All vehicles found in the lot prior to the race will be towed at owner's expense

Finish

You must report to the finish line regardless of whether or not you are disqualified.

At the finish line, ONE paddler runs up and rings the bell. Exchange wristband for your team's free beverage tickets.

Your canoe will be moved by race volunteers from the launch ramp to the Loading Zone above the ramp.

There will be one canoe pass supplied in race package. A canoe pass is NOT a parking pass. Entry to Comox Marina parking lot to pickup canoe will only be allowed after your team has finished the race.

Canoe pass and race number must be shown to the Parking Security checkpoint to gain entry. The only vehicles allowed to park in Marina Park will have a Marina Park Parking Pass. All vehicles found in the parking lot prior to the race, will be towed at the owner's expense.

Teams will be allowed a maximum of 15 minutes to load their canoe and leave the Loading Zone after finishing the race. Vehicles will not be allowed to remain in the Comox Marina parking area. Vehicles in the parking lot for more than 15 minutes will be towed at the owner's expense, to ensure fellow racers can load their canoes.

Awards

Family Celebration Garden (formerly known as beer garden) and refreshments will be available from 1130 am. Local craft beer, cider and soft drinks will be served. ID's will be checked at the entrance and all underage persons or those unable/unwilling to provide acceptable government photo ID will be marked by felt pen with a large **X** on their left hand. Any marked person suspected of consuming alcohol will be immediately removed from the licensed area.

Unofficial Race Results will be posted as Race progresses.

Awards will be presented at approximately 4:00 pm. A team representative must be present to pick up awards.

Official Results will be posted on our website as soon as possible at www.snowtosurf.com

Our Major Sponsors Are:

- Royal LePage In the Comox Valley • Mount Washington Alpine Resort • 19 Wing Comox • The Town of Comox • The City Of Courtenay • The Village Of Cumberland • The Courtenay and District Fish and Game Protective Association •

Our Media Sponsors:

- JET FM •

Our Leg Sponsors Are:

- Alpine...Shoreline Orthodontics • Nordic...Coastal Physiotherapy & Sports Rehabilitation •
- Running...Extreme Runners • Kayaking...Comox Valley Kayaks • Road Bike...Brian Mclean Chevrolet - Courtenay •
- Canoe..... RLR Lawyers • Finish.... Plates Eatery and Catering Co • Awards...Hot Chocolates •

We Gratefully Acknowledge The Help Of:

- 19 Wing Personnel • Mt. Washington Ski Patrol • Comox Valley Ground Search And Rescue • The Local Fire Departments • Canadian Coast Guard • Comox Valley Yacht Club • BC Hydro • Vancouver Island Paddling • Strathcona Nordics • Comox Valley Cycling Coalition • Comox Valley Jeep Club • Comox Valley ATV Club • The Canadian Marine Auxiliary Unit 60 • Comox Bike Company • Mountain City Cycle • MAINROAD Road Services • Dunn Right Towing • Pilon Tool Rentals • Farris, Vaughan, Wills & Murphy, Barristers & Solicitors, Vancouver • Ministry Of Transportation And Infrastructure • St John's Ambulance • RCMP • SD 71 Explorer Program • Vanier School •

The Province of BC

And a very special thank you to all the residents of the Comox Valley that make this event possible.

Thank You For Joining Us This Year. Have A Great Time And Race Safely.

Rick Gibson

Chairman.

Comox Valley Snow To Surf Society