

ROYAL LEPAGE SNOW TO SURF

APRIL 28
2024

Race Rules & Information Packet

In order to ensure a safe and fair race, all race participants must read and adhere to the rules and regulations. Failure to follow any rule may result in disqualification of the team.



MESSAGE

info@snowtosurf.com



WEBSITE

www.snowtosurf.com



All events associated with the race will follow any current provincial health requirements.

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

RACE PACKAGE PICKUP & PRE-RACE PARTY/BRIEFING

LOCATION	NATIVE SONS HALL (360 CLIFFE AVE, COURTENAY)
DATE	SATURDAY, APRIL 27, 2024
TIME	4:00PM TO 7:00PM

Refreshments will be available for purchase; there are also many nearby restaurants.

Race packages

- **If your race package is not picked up by 7:00pm on April 27, 2024, your team may be disqualified with no refunds.**
- Packages include t-shirts, race numbers, flag tape for runners, and vehicle passes. The alpine skier will receive relay wristband at race start on Sunday.

Race changes

- **All team changes must be made by 7:00pm on April 27, 2024.** This includes participant and division changes. Changes after this time may result in team disqualification with no refunds.
- Any known planned course alterations and other race changes will be communicated to teams at this briefing.

DIVISION INFORMATION

Please check division requirements for each leg of the race to determine your team's division and select accordingly when registering or updating team profile. Within each division are also categories, which are listed on www.snowtosurf.com.

Junior Division

- To encourage the next generation of race participants, all Junior Division teams will receive a 100% refund of their entry fees if they complete the event and ring the finish line bell. Yes, you read that right!

Recreational Division – This is the more relaxed division that does not cater to seriously competitive teams.

- Teams wanting to enter this division must meet more narrow equipment specifications than the Classic Division.
- If your team's equipment meets Recreational Division specifications but you would prefer a more competitive field, you may optionally register in the Classic Division.
- If any equipment (even just for one leg) does not meet Recreational Division specifications, you are automatically in the Classic Division.
- If any Recreational Division team member's equipment does not meet specs when checking into their leg on race day, the team will be automatically converted to the Classic Division.

Classic Division – This division is our standard competitive event.

- Teams in the Classic Division cannot be converted to the Recreational Division on race day, even if your equipment would allow it.

GENERAL RULES & INFORMATION

Course conditions may delay race start, but every effort is made to begin as close to 8:45am as possible.

Roads & vehicles

- Duncan Bay Main Logging Road, from Crown Forest “Y” to Tsolum Main, closed from 7:30am- 1:30pm.
- Comox Lake Road from Derwent/Sutton to Cumberland Lake Park, closed from 11am- 2pm.
- Limit 2 vehicles on Strathcona Parkway.
- Vehicle passes must be displayed on front dash.
- Respect “no parking” signs and remain 100m from each side of transition zones.
- Vehicles, bicycles people and pets are not permitted to follow closely behind race participants.

Race timing

- Each team will have 9 bibs with embedded timing chips. Each bib will only record a time if used for the appropriate corresponding leg. If a participant is racing more than one leg, they will have to wear more than one bib; it is acceptable to wear more than one bib simultaneously.
- Any race participant unable to complete their leg should pass the wristband to an overtaking racer, who will then hand it to a Race Official at the next transition zone. The Race Official will record the team number and allow the team to complete the course, although the team will incur disqualification.
- Race Officials reserve the right to remove an athlete from the course at their discretion to ensure the course is cleared at a reasonable time. If a participant is removed for time purposes, their team will be disqualified, but Race Officials may be able to call ahead to the next leg to allow the team to continue without the wristband.

Safety

- Race numbers must be worn on chest and visible at all times. This may mean affixing bibs to outerwear, lifejackets or personal floatation devices (PFDs).
- No personal audio system or cell phone use permitted while racing.
- In event of injury, an accident report form (found at transition zones) must be completed immediately.
- Participants are solely responsible for the total cost of any searches, ambulance charges or other costs involved with injury or incident.
- Participants must vacate transition zones immediately after wristband exchange.
- You must report to the finish line even if your team was disqualified at any point.

Race results

- Unofficial race results will be posted as race progresses; official results will be posted on www.snowtosurf.com as soon as possible.
- Any protests must be registered with the Race Chairperson prior to the Awards Ceremony. Once the Awards Ceremony has commenced, results will be final.
- If needed, the Race Chairperson, Leg Boss, and Race Secretary will comprise a Race Jury.
- Awards will be presented soon after the last team finishes. A team representative must be present to pick up awards.

Celebration Garden

- Exchange the timing wristband for your team’s free beverage tickets after completing the race. In event of race incompleteness or disqualification where wristband is not available, please have team captain see timekeeper and finish line official to receive beverage tickets.
- The Family Celebration Garden (formerly known as the beer garden) opens at 11:30am and will serve local craft beer, cider, and soft drinks. Underage persons or those unwilling/unable 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 licenced area.

LEG-SPECIFIC RULES & INSTRUCTIONS

All distances are approximate and subject to change at any time.

Visit www.snowtosurf.com/race-map for course map.

ALPINE SKI	BRIEFING LOCATION	TOP OF WHISKEY JACK CHAIR
	LIFT OPEN FOR PRACTICE	7:45AM
	BRIEFING	8:25AM
	RACE BEGINS	8:45AM

Only 1 practice run per race participant. If you take a second practice run, you will not be allowed to race.

Equipment specifications (helmet/equipment check will occur at the ramp to the chairlift)

- 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.
- Maximum ski length of 215cm.
- Approved ski helmets (no bike or hockey helmets).

Race procedure

Prior to race start, leave skis in designated area at the top of Eagle Express Chair, and proceed on foot to the top of Whiskey Jack Chair. At race start, while wearing ski boots and using poles, proceed to the top of the Eagle Express Chair. At the top, put on skis and ski down, following marked course to Nordic Ski change-over. At change-over arrival, stop at flagged finish area and discard skis and poles. Proceed as directed to pass wristband to your teammate.

Ski defensively! Spotters on the course will mark falls and accidents; if you see a waving flag, slow down and keep clear.

NORDIC SKI	PARKING	HAWK CHAIR PARKING LOT OFF NORDIC ROAD
	LOCATION	BOTTOM OF HAWK CHAIR
	BRIEFING	8:30AM

The course is track set for skate and classic skiing. No race route warm-up; a warm-up area will be designated by race officials on race day.

Race procedure

Receive wristband from alpine ski team member, then follow groomed tracks to road run transition zone. Once there, drop skis and poles and then pass wristband to runner.

Flags mark hazards. Ski in control at all times. When passing another skier, it is the overtaking skier's responsibility to do so safely.

Contingency plan

- In the event there is insufficient snow coverage in Paradise Meadows, Nordic Skiers must be prepared to run on short notice. That means show up to the event with ski gear *and* running gear.

7KM

ROAD RUN

LOCATION	~13KMS FROM STRATHCONA PARKWAY–DUNCAN BAY LOGGING ROAD INTERSECTION
CHECK-IN	BEFORE 8:00AM
BRIEFING	8:15AM

Flagging tape must be worn on the right arm.

Race procedure

Remain behind fencing until your number is called, and then proceed to front of chute to prepare for wristband exchange. Receive wristband, then follow chute on right side of road until directed to cross to left side by Race Officials. Remain on left side until directed by Race Officials to cross back to the right side prior to trail run transition zone. Enter trail run transition zone and proceed to the hand-off line; relay-style hand-offs are allowed. Exit to the left.



Runners doing both running legs must wear both green and orange flagging tape on their right arm and must make themselves known to race officials as they proceed cautiously through the trail run transition zone..

8KM

TRAIL RUN

LOCATION	~6.5KMS FROM STRATHCONA PARKWAY–DUNCAN BAY LOGGING ROAD INTERSECTION
CHECK-IN	BEFORE 8:30AM
BRIEFING	8:45AM

This run leg is off road, primarily on dirt roads but also on some trail. Wear appropriate footwear and expect loose rock, water, etc. Course will be marked 7 days prior to event.

Race procedure

Wait on right-hand (downhill) side of chute for your number to be called, then enter the chute and wait behind hand-off line for road run team member; relay-style hand-offs are allowed. Follow signage and flag marshals to access the trail. Pass wristband to mountain bike team member at Duncan Bay Logging Road transition zone.



15KM

MOUNTAIN BIKE

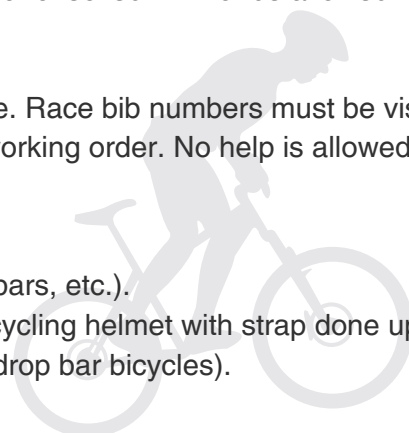
PARKING	PARKING LOT AT STRATHCONA PARKWAY–DUNCAN BAY LOGGING ROAD INTERSECTION
BIKE CHECK-IN	BEGINS 8:15AM; FINISHES 9:45AM*
BRIEFING	9:45AM

**For safety reasons, bikes will not be checked in after 9:45am. Any bikes unchecked will not be allowed to race and the team will be disqualified.*

Bike numbers will be supplied at bike check-in and must be affixed to bike. Race bib numbers must be visible on both back and chest. It is the cyclist's responsibility to have their bike in safe working order. No help is allowed on course with wheel/tire changes or other repairs.

Equipment specifications

- Mountain bikes are not allowed to have road bike attachments (aero bars, etc.).
- All cyclists must wear an approved (CPSC, ASTM, ANSI or SNELL) cycling helmet with strap done up at all times.
- No gravel bikes or cyclocross bikes allowed in either division (i.e. no drop bar bicycles).



Race procedure

Receive wristband from trail run team member, and then follow marked course. Observe rules of the road and be aware of other traffic; yield to traffic where/when necessary. At kayak transition zone, dismount and leave bike clear of the transition zone and then proceed on foot to pass the wristband to the kayak team member. Assist with boat launch.

Course will be marked 14 days prior to race. It is recommended that cyclists ride it before race day. Volunteers will be at intersections for community awareness only. Cyclists do not have special considerations or rights of way. Use caution and stay on marked course. No drafting behind any moving object will be tolerated (including other cyclists).

3KM KAYAK	LOCATION	COURTENAY FISH AND GAME CLUB
	PARKING	DESIGNATED AREAS AWAY FROM RACE AREAS (OBEY LOT ATTENDANTS)
	KAYAK CHECK-IN	UNLOADED BY 9:45AM
	BRIEFING	10:00AM

Equipment specifications (PFD check near kayak staging area; report there after unloading kayak)

- Kayak/surfski length of 12 feet minimum with adequate floatation fore and aft.
- K-1 racing kayaks are not permitted.
- Approved PFD (personal floatation device).
- Two-ended paddle.

Recreational Division specifications

- No flat-water racing kayaks.
- No winged paddles.
- Surfskis and kayaks must meet following criteria:
 - Maximum length 5.8m or 19 feet (measured bow to stern—rudder overhang not included)
 - Minimum kayak width .50m or 19.69 inches (measured at the widest part of boat)

Race procedure

Meet mountain bike team member in transition zone and lead them to the kayak. Only the mountain bike team member may assist you with kayak launching. At the end of kayak course, leave kayak on the beach for volunteers to move and proceed to road bike transition zone.

Kayak team member is then required to make the ~10-minute paddle back to the Fish and Game Club to have their kayaks picked up. If you cannot return, move your boat to the trailer camping area until the last cyclist has left, as there is no vehicle access to the road bike area at the Comox Lake Campground.

If you capsize, right your boat and continue. If you accept assistance to right your boat, continue under disqualification. If safety personnel determine that you are unsafe to continue, one of our safety boats will assist you to shore. Your team will continue under disqualification.

26KM ROAD BIKE	LOCATION	CUMBERLAND RECREATIONAL INSTITUTE; CYCLE 3.5KM TO ROAD BIKE STARTING LOCATION*
	PARKING AND CHECK-IN	BEGINS 9:00AM; FINISHES 11:00AM
	BRIEFING	11:00AM

**No vehicle access to the Comox Lake Campground until the last cyclist has left. Race participants are encouraged to park at the Cumberland Recreational Institute or Village Park and ride the 3.5km to the Road Bike change-over. At the end of the road, Bike team members are encouraged to park at Anfield Centre (Wal-Mart).*

Bike numbers will be supplied at bike check-in and must be affixed to all bikes. Race bib numbers must be visible on both back and chest. It is the cyclist's responsibility to have their bike in safe working order. No help is allowed on course with wheel/tire changes or other repairs.

Equipment specifications

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

Race procedure

Receive wristband from kayak team member, then complete course. Observe rules of the road at all times and be aware of other traffic; yield to traffic where/when necessary. Use caution on descent to railway tracks in Royston and in the sharp right onto HWY 19A. Slow down prior to Sandpiper Road and observe cones marking entrance lane. At canoe transition zone, dismount, walk bike through timing gate, then pass wristband to canoe runner.

Cyclists follow paved roads/highways. It is the cyclist's responsibility to know the entire cycle route and follow any course changes. No drafting behind any moving object will be tolerated (including other cyclists).

5KM CANOE	LOCATION	COURTENAY MARINA
	PARKING	OPPOSITE THE MARINA, ACROSS CLIFF AVE.*
	CANOE CHECK-IN	MUST BE UNLOADED & LINED UP IN DESIGNATED AREA AT HEAD OF LAUNCH RAMP BY 10:15AM
	BRIEFING	10:15AM

**As the Courtenay Marina parking area is very congested, vehicles will not be allowed to remain in the marina parking area, and teams will only be allowed a maximum of 15 minutes to unload their canoe.*

Equipment specifications

- Maximum boat length 18'6".
- Two paddlers with single-bladed paddles.
- Spray decks permitted.
- Transport Canada or Canadian Coast Guard-approved lifejackets or PFDs. No water ski vests or inflatable PFDs.
- Sound-signalling devices attached to each canoe team member's PFD.
- Bailing device attached to canoe by rope.

Race procedure

A team member (from any race leg *except for* kayak and mountain bike) meets incoming road cyclist at Sandpiper Road, receives wristband, and runs along Riverway Walkway to designated area by Comox Valley Kayaks. Pass armband to canoe team member, who will run to canoe launch area via marked pathway. Launch and paddle to Comox Marina, remaining outside of the first breakwater. At the finish line, one canoe team member runs up the boat ramp and rings the brass bell to cross finish line.

Road cyclists choosing to do the run are solely responsible for their bike, and the canoe runner cannot run with any equipment—other than a PFD—or with any other team members.

No portaging. If you run aground, move backwards or laterally to deeper water. If you capsize, right your boat and continue. If you accept assistance to right your boat, continue under disqualification. If you cannot right your boat or doubt your ability to continue, one of our safety boats will take you to the Comox Marina or Support Vessel and your team will incur disqualification. **You must report to the finish line even if your team was disqualified at any point.**

Assistance in the form of steadying the canoe in adverse weather conditions for launch by another teammate will be permitted as long as the assistance does not include pushing off the canoe as it launches.

Contingency plans

- In event of unsafe water conditions *before* any teams launch, the Canoe Leg will be cancelled and the race will finish at the Sandpiper Drive road bike finish.
- In event of unsafe water conditions *after* teams have launched, recorded times at the Boat Ramp will determine race finishes for all teams, including teams that have launched and/or already finished the event.
- If canoe leg is cancelled, safety personnel will notify any launched boats to beach their canoes at safe points. Any canoes that continue after being notified, do so at their own risk, and their entire team may be disqualified.
- Any team that chooses to launch after the leg has been cancelled will be disqualified.

Canoe pickup

- Your canoe will be moved by race volunteers from the finish launch ramp to the loading zone area above the ramp. The canoe vehicle pass is not a parking pass; entry to the parking lot for canoe pickup permitted only after your team has finished the race; canoe pass and race number must be shown to security checkpoint to gain entry. Teams are allowed a maximum 15 minutes to load canoe from the time they have finished the race to the time their canoe pass vehicle must exit the area. Vehicles parked in the lot past their 15-minute time-limit will be towed at owner's expense.
- The only vehicles allowed to park in Marina Park will have a Marina Park Parking Pass; all vehicles found in lot prior to the race will be towed at owner's expense.

SPONSORS & THANKS

Title sponsor:

Royal LePage in the Comox Valley

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Leg sponsors:

Alpine Ski: Available | **Nordic Ski:** Coastal Physiotherapy & Sports Rehabilitation | **Road & Trail Runs:** Extreme Runners | **Mountain Bike:** Mosaic | **Kayak:** Comox Valley Kayaks | **Road Bike:** Brian Mclean Chevrolet – Courtenay | **Canoe:** RLR Lawyers | **Finish:** Odlum Brown | **Awards:** Hot Chocolates

Additional Sponsors:

Mount Washington Alpine Resort | The Town of Comox | The City of Courtenay | The Village of Cumberland | The Courtenay and District Fish and Game Protective Association

Gratitude:

Mt. Washington Ski Patrol | Comox Valley Ground Search & 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 | Ministry of Transportation and Infrastructure | St. John's Ambulance | RCMP | SD 71 Explorer Program | Vanier School | Timberline School Outdoor program | Danielle Steiner, Willow Tree Words | All Volunteers

Thank you to our sponsors, and to all the residents of the Comox Valley, for making this event possible. And thank YOU, race participants, for joining us this year; race safely and have a great time!

Rick Gibson

Chairman

Comox Valley Snow to Surf Society