

PORT STEPHENS

SISTER CITIES



SKI-TO-SEA

INFORMATION PACK

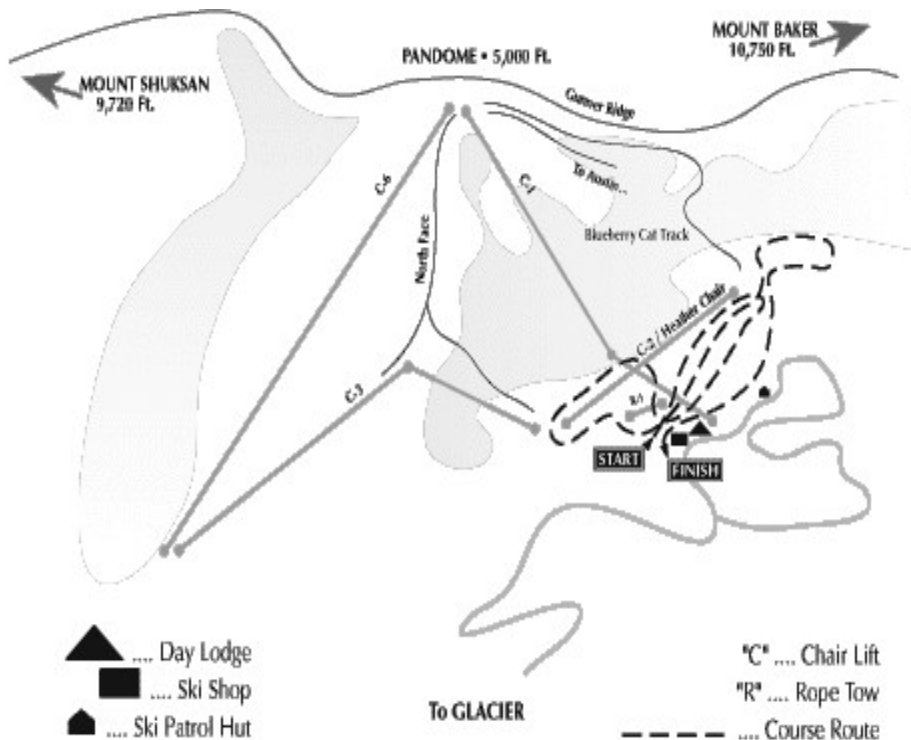
PART 2 – RACE DETAILS



A Sea-to-Ski team consists of 8 racers (2 in the canoe leg) for the 7 race legs (Cross Country; Downhill ski /Snowboard; Running; Road Bike; Canoe; Mountain Bike; Kayak. A racer may compete in one team, and may only complete one leg. Most of this information has come from the Sea-to-Ski website and we thank them.

The legs of the race as are as follows and include maps and equipment required to complete the legs.

1. Cross Country Skiing:



EQUIPMENT:

Competitive Division and Recreational Divisions: Only cross-country equipment is to be used in the event. Either skating or classic equipment is recommended for competitive skiers, touring equipment for recreational skiers. Telemark skis are allowed but not recommended.

COURSE:

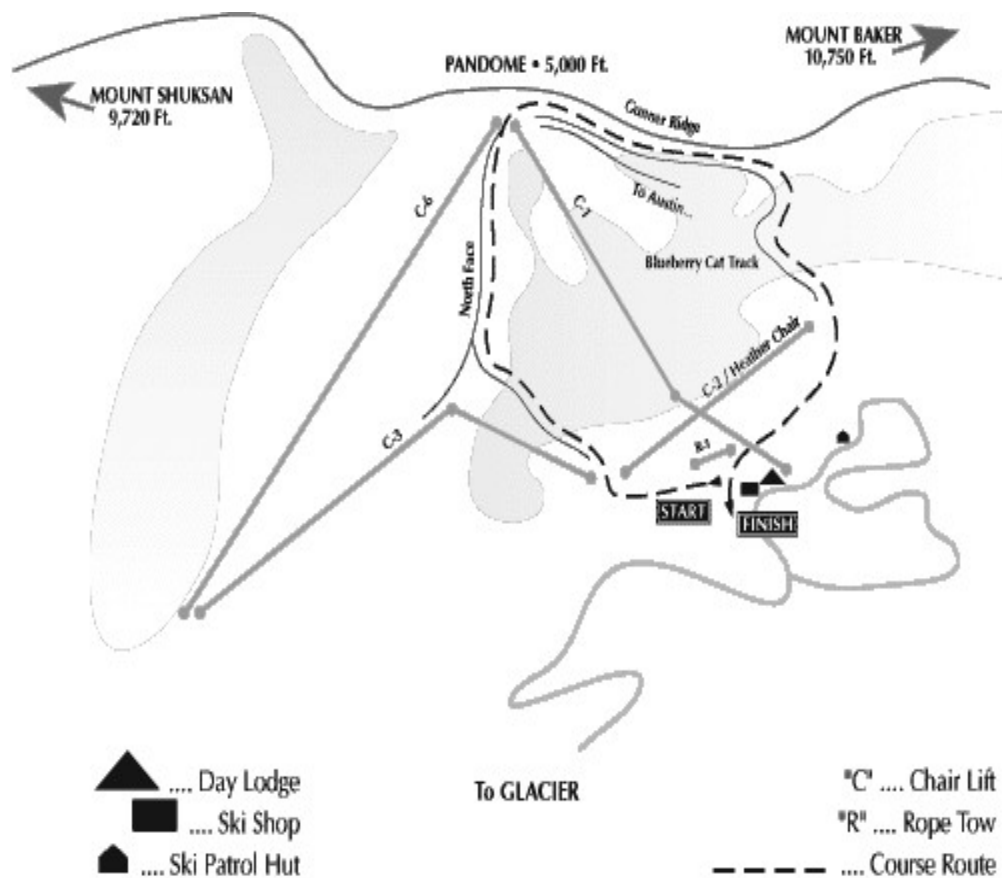
The race starts at 8:00 AM. Don't jump the start! If you jump the starting gun, a five minute time penalty can be assigned. If you break a rule once underway, you risk disqualifying the entire team. No skating is allowed for approximately the first 100 yards. The cross-country skier with the timing chip will ski from a starting line next to the ski shop up the Seven Hills Valley to near the top of Chair 2, then down Home Run to the start area. The course then diagonals up and over to the mid station of Chair 1, down the Valley of No Return which runs parallel to Chair 2, around the base of Chair 2 and back to the starting area near the ski shop. The cross-country skier then continues back up the Seven Hills Valley until reaching Home Run where the skier goes straight across Home Run and continues south across Home Run and beyond the Austin Pass Warming Hut before making a clockwise loop and returning to the Day Lodge area via the valley that runs east of the Ski Patrol Hut. The cross-country skier then continues to the hand off area beyond the original start area beyond the rear of the ski shop, where he/she will swipe the chip to create a finish time and then pass the chip to the downhill skier. This is the basic course which has not changed for 15 years.

Course length is approximately four miles.

The cross-country course is usually groomed late in the week for the two weeks leading up to the race. Racers are welcome to pre-run at anytime, but the course will not be marked until the Saturday prior to the race and there is no guarantee that the course will be groomed or skiable prior to the actual race. Participants may not cut the course and should follow proper race etiquette throughout their leg (yield to faster skiers, don't interfere with or endanger another participant). Racers violating these basic rules will bring time penalties or possible disqualification to their entire team. Some conflicts are possible with other cross-country racers at course intersections and with downhill skiers/snowboarders near the end of the course as they speed toward

the finish. Please comply with all directions given by race officials and volunteers when approaching and passing through these areas to ensure the safety of all racers. When you cross the finish line, you must be in a position for the timekeepers to see your team number on your bib. The course is subject to change at any time due to snow conditions. The actual course for both skiers will be shown and discussed at the skiers' pre-race meeting at 7:15 AM on race day.

2. Downhill Skiing / Snowboarding



EQUIPMENT:

The downhill skier will be required to use downhill skis, boots, and bindings. The use of Randonee and Telemark ski equipment is allowed. Leather boots, backpacks, slings, and climbing skins are not allowed. The snowboarder is required to use a snowboard, snowboard bindings, and snowboard boots. OFFICIALS WILL BE STATIONED AT THE BEGINNING OF THE CLIMB TO MONITOR EQUIPMENT COMPLIANCE.

COURSE:

The downhill skier will receive the timing chip from the cross-country skier at the staging area located near the Day Lodge. The downhill skier/snowboarder must be in the staging area or he/she will be penalized by the race committee. The skier will first ski directly down to the bottom of Chair 2, hike up Lower North to North Face, then hike to the top of Chair 1, ski down Gunner's Ridge, down Blueberry Cat Track, down Home Run, down 7-Hills, and on to the finish line beside the ski shop. He/she will pass the timing chip to the runner. The runner will then swipe the chip to record the downhill skier's finish time. The rules and the course are the same for the snowboarder except the snowboarder has to keep one foot attached to the front binding on the snowboard throughout the race course except for the hike from the bottom of Lower North to the top of the hike at the Pan Dome Warming Hut.

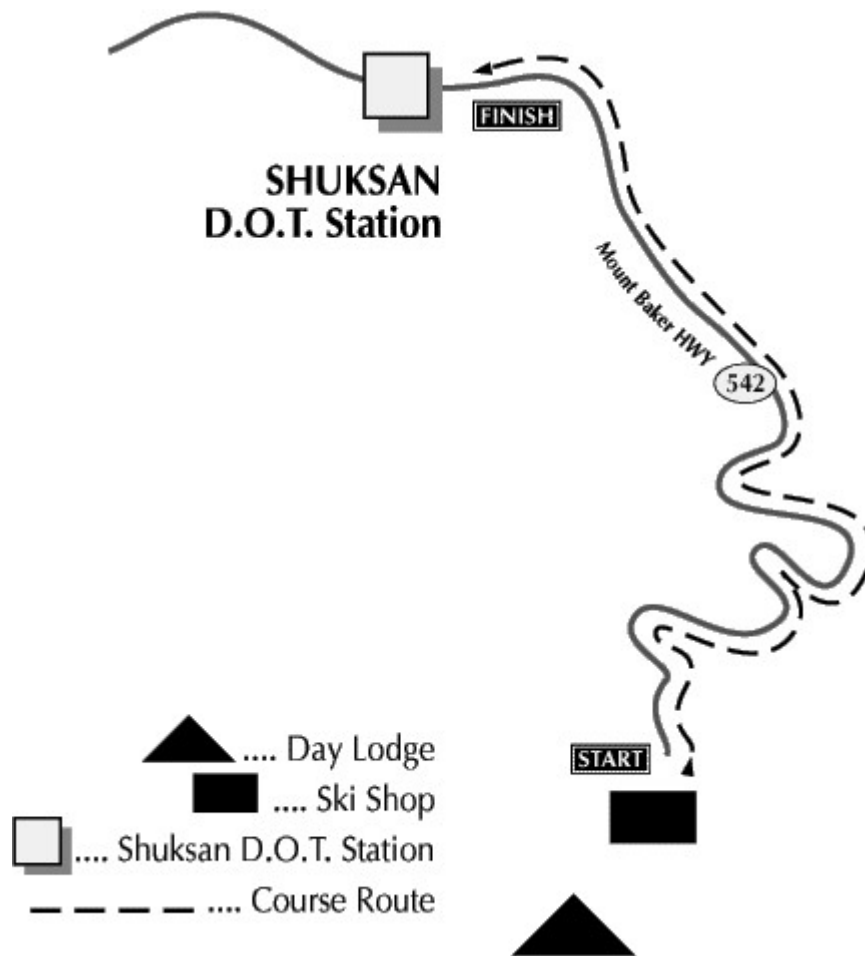
COURSE PRE-RUNS:

Many race participants practice the course prior to race day. The course is not marked with bamboo, gates, and flagging until the day before the race and may not be completely marked until the morning of race day. The course will be machine groomed a few days prior to the race, depending on weather conditions. The course will be marked with bamboo poles. There will be five designated gates on the course that each skier will be required to go through: Lower North, Hoofers Corner, Pan Dome Warming Hut, Gunners Ridge Corner & Blueberry Corner. The course may vary depending on snow conditions.

INFRACTION OF RULES:

Infraction of the rules by one team member may disqualify the entire team. Some conflicts with cross-country skiers are possible on the lower section of the course. Please comply with all directions given by race officials and/or volunteers, and take whatever action is needed to avoid cross-country racers, to ensure the safety of all racers. The course is subject to last-minute changes depending on snow conditions. The actual course will be described and discussed at the skier/snowboarder pre-race meeting at 7:15 AM on race day

3. Running



EQUIPMENT:

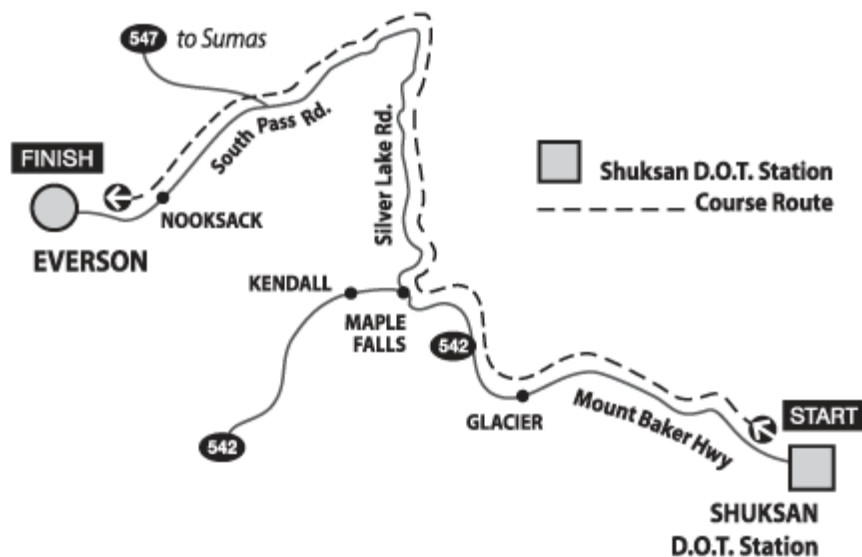
Appropriate attire for a race on pavement is required.

COURSE:

The runner is responsible for recording the downhill skier's finish time. Please be in the designated start area and be in position when your teammate is approaching. After receiving the timing chip, the runner will swipe the chip to create a finish/start time, run the event, swipe the chip at the end for a finish/start time, and pass the chip to

the road biker. The runner will follow a well-defined route along Mt. Baker Highway for eight miles. Mile markers will be in place during the race. Water stations will be set up near mile 3 and mile 6, and runners will be checked off by bib number at several checkpoints. The downhill run will consist of a 2,200 ft. drop in elevation. Runners must remain on the right side of the road as there will be cars in the left downhill lane. Runners who cross the double yellow line will be disqualified. This will be monitored by official observers appointed by the race committee. Be aware that there will still be traffic on the highway

4. Road Bike



EQUIPMENT:

Helmets are mandatory. Helmet stickers are being provided with your team number on it in order to make it easier to announce your arrival at the Leg Finish. These stickers do not leave a residue. Bikes must be in good condition. Fairings will not be allowed. Bikers may not receive assistance or spare parts from anyone after the biker has started. Recumbent bicycles are not allowed.

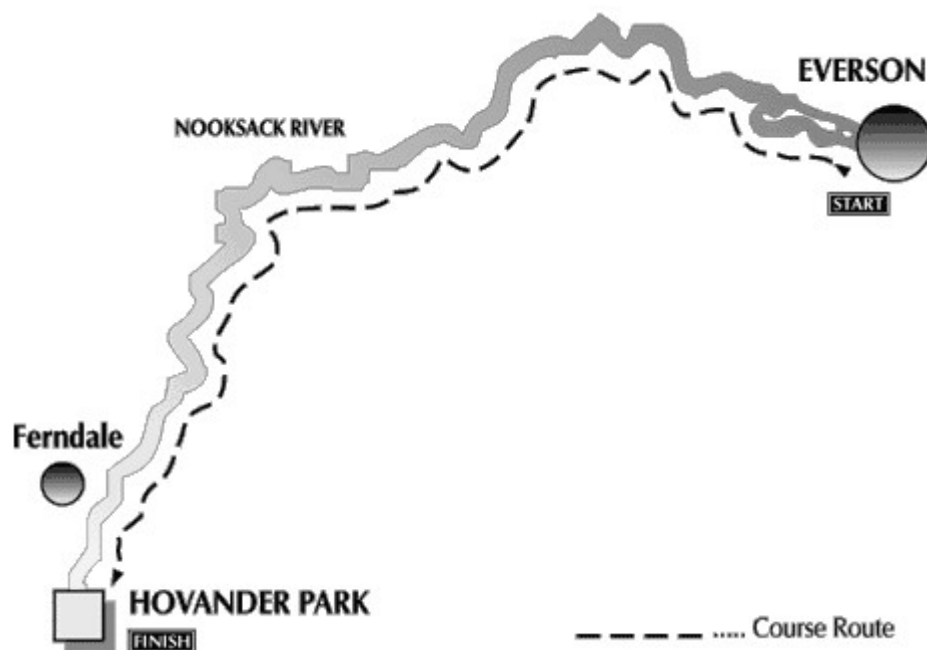
NOTE: Recreational Division road bikes may not have aerodynamic aids such as Aero type handlebars, disk or composite wheels or wheel covers.

COURSE:

All bikers must remain in the staging area after the first runner starts on the course. The biker will begin from a standing point when the timing chip is received from the runner. There will be signs (arrows) along the course. The course is approximately 42 miles long, and bikers are responsible for knowing the course. Bikers must obey all regular traffic laws, such as stopping at stop signs. No vehicle drafting will be allowed. Bikers may not follow closer than 20 feet behind a motor vehicle.

Bikers must not cross the roadway centreline, except in case of an emergency. Violators will disqualify their entire team from the race. A warm up course specifically for bikers will be provided (see Warm Up Area above). At the end of the road bike leg, bikers will pass the chip to the canoeists. A canoeist is responsible to swipe the chip to create a finish/start time. Official observers appointed by the race committee will monitor this leg of the race. Violators and their teams will be disqualified.

5. Canoeing



EQUIPMENT:

Coast Guard approved life jackets must be worn by all participants at all times in an approved manner. We will also no longer allow inflatable life jackets of any kind in the canoe leg of the race. Additional inflatable flotation designed to help keep your canoe afloat during a flip is not only allowed, it's recommended!

Anybody removing or even unzipping their life jacket is subject to immediate disqualification. Safety boats on the river are watching for this very thing. No water ski belts are allowed. No electric bilge pumps are allowed. All participants are required to have a whistle. Canoes conforming to the American Canoe Association 3/27 rule will be eligible for the race. Canoeists must use a single-bladed canoe paddle. Steering rudders, rowing frames and oars are not permitted. Canoes may be decked in the middle of the canoe. The following boats are not eligible for the race: canoes over 18'6" in length, any and all kayaks, Olympic Flatwater Canoes (C-1s, C-2s), Olympic Flatwater Canoes (K-1,-2,-4s), rowing shells and motor driven boats. Skirts will be allowed on canoes. If you flip in the river your timing chip should be ATTACHED to you so it doesn't sink to the bottom of the river because it was loose in the canoe. NOTE: The minimum length of canoe allowed for all divisions in the race is 15'2". Recreational divisions still have a maximum length of 18'. Rec. Division canoes must be less than or equal to 18 feet in length and wider than .1475 times the overall length when measured at the 4" waterline (ex: 31-5/8" for an 18' boat). This should only exclude racing hulls. For example: 18' Jensens, Sundowners and Trippers would qualify. "Pro-boats" (327s) and "cruisers" (432s) would not qualify.

COURSE:

The course is approximately 18 miles long. The actual passing of the timing chip from the biker to the canoe will take place on the pavement immediately in front of Riverside Park on Park Drive. The timing chip should be worn on the wrist so that if your canoe capsizes, you will not lose it. The canoeist is responsible for the road biker's finish time. Please be ready and in position when your teammate is approaching. When you receive the chip from the road biker, you must swipe the chip to create a finish/start time, canoe to Ferndale, and then pass the chip to the mountain biker. The course is considered class 1 (on a 1-6 scale) but represents deceptive hazards due to log jams, submerged logs, undercut trees and other obstructions. At the completion of the canoe leg, the canoeists will beach their canoe between the two buoys. One buoy will be stationed 1/4 of the way across the river, the other on the sand bar. Both paddlers will carry the canoe, paddles, & life jackets up the sandbar to the finish line (about 30-40 yards; the mountain biker may help).

After crossing the finish line, the canoe will be put in at the storage area (usually by volunteers) and the mountain biker can go to get their bike. NOTE: This is a potentially dangerous course.

6. Mountain Biking



EQUIPMENT:

Helmets are mandatory. Helmet stickers are being provided this year with your team number on it in order to make it easier to announce your arrival at the leg finish. These stickers do not leave a residue. Bikes must be marketed and sold as a mountain bike and be in good condition. All Mountain Bikes must

have 26" or 29" wheels. No 700c tires allowed. Cyclo-cross, hybrid and road style bicycles will not be allowed. Drop bars are not allowed--flat or rise bars only. Fairings are prohibited. Aero-bars are strongly discouraged as the new course incorporates much more fields and trails. A race official will inspect each bike prior to the race to make sure bikes comply with rules.

COURSE:

The course is 20 miles long. The mountain biker must help the canoeists carry the canoe from the river to the canoe leg finish line (about 30-40 yards). Hand off will take place under the canoe finish line banner. The mountain biker is responsible for the canoeists' finish time. Please be in position when your teammate is approaching. Take the chip from the canoeist, swipe chip to create a canoe finish/ bike start time, ride the approved course and pass the chip to the kayaker at Squalicum Harbor. The timing chip will be on a wrist band and **must always be worn by THE RACER** to ensure accurate times. The mountain biker may have a helper get his/her bike out when his/her team is coming in to finish the Canoe Leg. The helper may not give the mountain biker a push to get started.

7. Kayaking

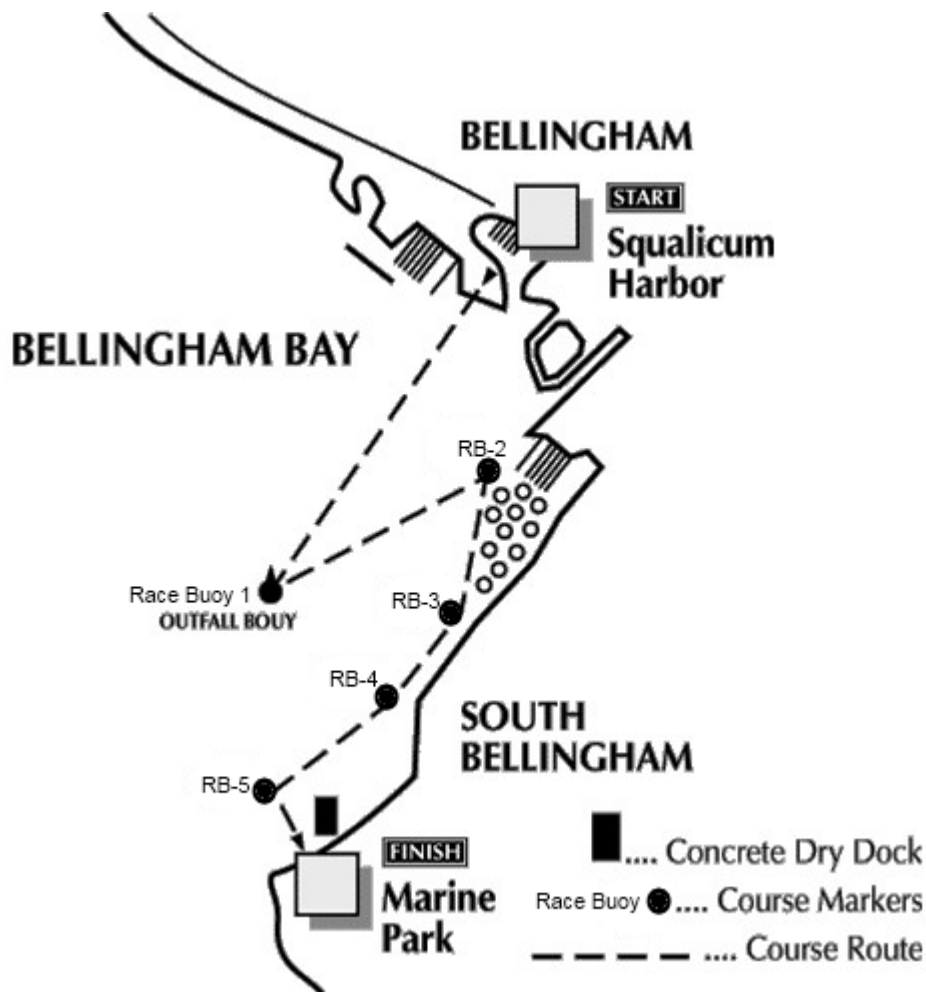
EQUIPMENT. SKILLS & SAFETY:

Kayaks must be paddled by one person with a double-bladed paddle as the sole means of propulsion. Single outrigger canoes are allowed in all divisions except Recreational Division and must be paddled with a single-bladed paddle. Olympic flat-water kayaks and trainers are not allowed because they are unstable for Bay conditions.

All kayakers must be capable of performing some form of self-rescue (e.g., paddle float rescue, cowboy rescue, Eskimo roll, etc.). All users of 'sit-on-top' kayaks and surf skis must be capable of performing remounts.

All boats must have positive flotation such as bulkheads or airbags that will stay in place. All paddlers are required to wear a U.S. Coast Guard-approved life jacket (PFD) and have a whistle. Paddle or boat leashes are highly recommended for surf skis and outrigger canoes. It is recommended that spray skirts be used for sit-inside kayaks, but only if

you are skilled in how to wet exit while wearing a spray skirt. Paddle floats, flares and/or signal devices are highly recommended.



COURSE:

The kayak course begins at the launch dock in Zuanich Park in Squalicum Harbor and ends at Marine Park in Fairhaven. Each kayaker will receive their timing chip from their team's mountain biker at the timing exchange area (near the boathouse in Zuanich Park). Kayakers should be in position ready to receive the timing chip immediately after it is announced that your biker is approaching. After you receive your timing chip, carry it past the timing grid to record your biker's finish time and your start time. Then proceed to launch your kayak.

- From the launch dock, paddle straight out of Squalicum Harbor out to and around RACE BUOY #1 (Georgia Pacific "Outfall Buoy" marked by large, colourful balloons).

- Then, paddle toward shore to and around RACE BUOY #2 (ORANGE inflatable buoy) near the Log Boom.
- Then, paddle parallel to the shore past RACE BUOY #3 (ORANGE inflatable buoy) at the north end of Boulevard Park. Keep the buoy on your RIGHT.
- Continue paddling past RACE BUOY #4 (ORANGE inflatable buoy) at the south end of Boulevard Park. Keep the buoy on your RIGHT.
- Finally, paddle around the last RACE BUOY #5 (ORANGE inflatable buoy) located just off the end of the Concrete Dry Dock in Fairhaven and proceed to the finish line at Marine Park.
- When you get to the finish line beach, get out of your boat, run up the beach through the timing chute and ring the bell.

