



# Upper Ottawa River Race

Kayak ~ Stand Up Paddle ~ Canoe

August 10th, 2024 Petawawa, On

## Event Schedule & Information Package

Upper Ottawa River Race - Title Sponsor



Canadian Nuclear  
Laboratories

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**(Please note: this schedule may be subject to change at any moment.)**  
**Times may change to ensure safety due to weather conditions or other unforeseen concerns.**



# **SATURDAY, AUGUST 10<sup>th</sup>**

**PLEASE NOTE ALL TIMES ARE SUBJECT TO CHANGE FOR THE SAFETY OF RACERS AND ALL THOSE INVOLVED IN THE EVENT**

## **UPPER OTTAWA RIVER RACES (Canoe, Kayak & SUP)**

### **RACE (10km) – Petawawa Point Beach**

- Registration (Petawawa Point) 10:00 am
- Pre-Race Meeting & Safety Brief 10:45 am
- Race Start 11:00 am

**Sponsored by: Integrated Health Centre**

### **RACE (4km) – Petawawa Point Beach**

- Registration (Petawawa Point) 2:15 pm
- Pre-Race Meeting & Safety Brief 2:45 pm
- Race Start 3:00 pm

**Sponsored by: Integrated Health Centre**

### **KIDS RACES – Petawawa Point Beach – no race admission fee**

- Registration & Safety Brief 4:30 pm
- Race Start 5:00 pm

**Sponsored by: Ontario Power Generation**

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## AFTER THE RACES

**10km & 4km AWARDS presented by:** Integrated Health Centre  
PETAWAWA CIVIC CENTRE – KINHUT (Outdoor building)



6:00 pm

## PADDLERS DINNER - prepared and served by Schmidt's catering

(FREE for racers / \$15 per NON racer)

6:30pm

## LIVE MUSIC & PERFORMANCES

MUSIC TBD  
BONFIRE TBD

6:00pm

8:00pm



## REGISTRATION

All registration and entry fees can be completed and paid at [www.wateranddirt.ca](http://www.wateranddirt.ca)  
Link to Registration must be completed and all payments made by August 8<sup>th</sup>, 2024

Registration for all events including 10km, 4km and Kids Races can be completed at Registration is hosted by a third-party group **RACEROSTER**. This is the only registration site in which race registration will take place.

**NO CREDIT CARD?** If you want to pay by cheque **YOU MUST** pay prior to the event. Please contact Colin Coyle at 613-687-5678 \* 2102 or email [ccoyle@petawawa.ca](mailto:ccoyle@petawawa.ca) .

Registration forms will be processed only if accompanied by full payment of registration fees. Cancellations received in writing by July 15, 2024 will be refunded in full, less a 25 % cancellation fee. No refunds will be issued for cancellations received after that date. Only cancellations received in writing will be processed. The Upper Ottawa River Race reserves the right to cancel this event or portions due to insufficient registration and any circumstances beyond their control, in which case registration fees will be refunded in full.

All registered race participants (*10km & 4km*) will receive a bib number, an event shirt, and ticket for after race meals (dinner), fruit and drinks upon arrival at the finish line, swag bag and the opportunity to participate in many after race activities and *just have fun with other paddlers!* There are chances to win prizes and unique trophies for those who place 1<sup>st</sup> in a variety of categories (*boat or board, age, gender*) as well as the prospect to win other prizes throughout the event.



## **SAFETY**

1. Paddling equipment, personal floatation devices, safety kits (bail bucket, throw rope, and whistle) will *NOT* be provided by the Upper Ottawa River Race. These items must be provided by the participant and in their possession during the race or other activities at all times.
2. All participants ***MUST*** wear an appropriately sized and approved personal floatation device (PFD) with a whistle attached to the front. Your PFD ***MUST*** be worn at all times while you are on the water. Participants not wearing a PFD while participating in UORRPF race activities will be disqualified.
3. Participants are required to check in at least one hour before their start time. Welcome packages will be provided and registrants ***MUST*** sign a waiver of liability and release form at this time.
4. Participants are to ensure that their bib race number is visible at all times.
5. Participants are to complete the event without assistance.
6. At checkpoints, participants are to identify themselves to the check-point attendant(s). This is to ensure the safety of all participants and volunteers on the river.
7. All participants are to display courtesy to fellow competitors, avoiding interference and boat or paddle contact.
8. Participants ***MUST*** attend a pre-event briefing that will be held before event start time(s) and pay close attention to the information given to paddlers by the race organizer and the starting official.
9. In the case of capsizing, stay with your canoe, kayak, SUP! If you require assistance, flag down the race safety boaters for aid. If you are able to continue you can swim to shore and bail out your boat (Canoe, Kayak or SUP) and remount or drag to shore then continue with the race.
10. If at any time you decide not to complete the race once started – ***please inform the checkpoint attendant ( 10 km or 4km race), safety boaters and the race organizers at the finish area.***
11. All participants are encouraged to protect themselves from the sun by wearing sunscreen, protective clothing, a hat, sunglasses, etc.
12. All participants are encouraged to bring rain gear. The race is rain or shine. Race status due to inclement weather (wind, waves, lightening etc.) will be at the decision of the race organizers.
13. All participants are encouraged to carry energy snacks and drinking water/juice. One litre per hour is recommended.
14. All participants are encouraged to carry a bilge pump (canoe/kayak).
15. All SUP paddlers must wear a leash for the duration of the race to ensure additional safety.

**\*\*\* CHECK IN at the end of all events with the organizer to ensure your safe return and organizers are not looking for you after the event is over! \*\*\***



**RACE CLASSES** – Click [HERE](#) for race route map

**ALL RACES WILL BE STARTING AND FINISHING AT PETAWAWA POINT BEACH**

**Petawawa (10 km)** Petawawa Point Beach (floating start)

Awards and Prizes for 1<sup>st</sup> place in each category/gender/age



### **INTERMEDIATE & ADVANCED**

This category is reserved for intermediate to advanced paddlers who are 18 years of age or older that have a strong knowledge and previous experience of paddling distances over 10km. Must be knowledgeable about self-rescue and various adverse open water conditions including wind and waves.

**10 km RACE ROUTE**

**Petawawa (4 km)** Petawawa Point Beach (floating start)

Awards and Prizes for 1<sup>st</sup> place in each category/gender/age



### **BEGINNER & NOVICE**

This category is reserved for beginner to novice paddlers that are new to the sport of paddling or have been paddling for a short time. The shorter distance races have been designed to have paddlers in a safer monitored area.

**4 km RACE ROUTE**

**KIDS RACES (1 km)** Petawawa Point Beach (floating start)

### **NO EXPERIENCE NECESSARY**

This category is reserved for children that are new/beginners to the sport of paddling or have been paddling for a short time. The shorter distance races have been designed to have paddlers in a safer monitored area. Parents/ Guardians are welcomed to paddle alongside (*not in front*) the racers and can provide verbal cues.

**1 km RACE ROUTE**

**Register Day of Event – SUP boards, paddles and PFD will be provided (if you require)**

THANKSTO ALL OUR SPONSORS



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