



NORTHERN HARDWARE PRINCE GEORGE CANOE RACE

SIMON FRASER CLASS - 25 km

Start: Wilkins Park 53.947461 N , 122.952328 W

Google Maps: Wilkins Regional Park, Prince George, BC

The Simon Fraser Class is designed to be primarily a recreational class of paddling race along very a beautiful yet challenging stretch of the Nechako River with the finish along a 2 km stretch of the Fraser River ending at Lheidli T'enneh Memorial Park. There is certainly opportunities for paddlers who want to race this section of the Rivers and you certainly will find others who are doing the same! Typically there are no rapids along this down river Race.

Acceptable Human Powered Watercraft:

- Tandem Canoes
- Solo Canoes
- Solo and Tandem Kayaks
- SUPs (stand up paddleboards)
- Voyageur Canoes

NO inflatable craft are permitted

Safety Requirements for all Canoes

- Throw bag with 25' of line is recommended for canoes and kayaks
- One spare paddle is recommended per canoe/kayak
- One manual bailer (pail) or mechanical or hull bailer is recommended per canoe/kayak
- Floatation airbag(s) is permissible
- NO deck covering or splash guards are allowed
- A bow number provided in the Race package will be placed on the right side bow of all canoes/kayaks and on the left side stern on all canoes/kayaks
- Race number can be placed on a SUP and a copy pinned to the back of your PFD

Paddlers

- Although there is a Safety Team (Jet boat/SAR Techs) on the water paddlers are always obligated to ensure the safety of themselves and fellow competitors should there be hazards before proceeding.
- Canoes that dump will be rescued by the Jetboats/SAR Team as quickly as possible and may continue if deemed safe by the Safety Team.
- All paddlers must wear a CSA approved lifejacket/PFD with an attached whistle (FOX 40 or equivalent) during the entire Race.
- Paddlers are responsible for their own hydration and nutrition during the Race. No “pit stops” along the shore line are permitted for refuelling fluids and food.
- Be prepared for any type of weather.
- Dry bags for extra gear is always helpful.
- Secure dry bags to your craft so you know you will have it at the end of the Race.
- NO portages are permitted.
- At the finish line all watercraft entered in the Race must pass between the Park shoreline and orange finish buoy. Paddlers then proceed into Hudson Bay Slough where watercraft can be removed to the Park. Volunteers will be by the bridge in the slough to assist with removal.
- Any Race dispute will be handled by the Race Committee judges and Race Director. All disputes must be presented in writing within one hour of the team crossing the finish line. All decisions made will be final.

Race Registration

- On-line at www.strideandglide.ca under **Events**.
- All paddlers who are not members of CKBC **MUST** purchase with their registration “Day Membership” with CKBC for insurance purposes.

Race Package

- Race packages are picked up at Stride & Glide Sports the night before the Race
- Two Race numbers (one to be affixed the right side bow and the other to left side stern)
- For SUPs one number can be placed on the surface of the SUP and the other pinned to the back of your PFD
- Race shirts (if ordered)
- Tickets for Post Race B-bq at Lheidli T'enneh Memorial Park (finish line)
- Entry in the Northern Hardware Prince George Canoe Race gives you a chance at winning many great raffle prizes provided by local sponsors.
- Northern Hardware and local sponsor logos to be affixed to the right side of the canoe/kayak.

Race Start 11:00 am

- Paddlers are encouraged to arrive at the Wilkins Park, Miworth put in (boat launch) at least 1.0 hours before Race start time. It is approximately 25 minute drive from Prince George to the put in and “Canoe Race” signs are evident along the way. This will allow you time to organize your gear and make last minute adjustments. Duck tape always comes in handy.
- Gear in secure dry bags attached to your craft ensure you have your gear at the end of the Race.
- Pre Race briefing at 10:15 am by the Start Coordinator will be important as they will have up to date River conditions, recommended routes and identified hazards.
- Race duration for the 25 km route is approximately 1.5 to 2.5 hours paddling time depending on water levels and skill level of paddlers. Be prepared for weather conditions.
- All watercraft will launch in an up river direction at approximately 10:40 am and paddle up stream along the shoreline using the eddies until all the canoes are on the water. Paddlers will then proceed to eddy out into the current and float down in a line together across the River.
- The Start Coordinator will signal with a whistle 1 minute before the start and an airhorn will indicate the beginning of the Race at approximately 11:00 am. This may coincide with the first of the canoes from the Alexander Mackenzie Class starting 40 km upstream at 9:00 am.
- This Race will challenge your ability to “read the River” - fastest lines, shallows, back eddies and hazards.
- The Nechako River is a high volume flowing river. The 25 km is generally a Class 1 paddle from Miworth to Lheidli T'enneh Memorial Park. Cautionary considerations are: **Bridge abutments** – steer clear of abutments. **Sweepers** – some sweepers / logs may be present along the shore line. **Eddies** - there is a strong current / eddy in front of Northern Lights Winery. Coming around Cottonwood Island Park, many cottonwood trees have fallen into the water creating potential hazards. Steer clear of these!! The safe and fastest route in paddling is generally the middle of the River.
- Be safe and have fun!

Nechako River Treasure Hunt:

- Local sponsors have provided amazing prizes that are available to those intrepid paddlers who are willing and able to make their way to the flagged buoys along the Race route. Nechako River Treasure Hunt buoys are placed in safe areas of the River such as on the edge of an eddy away from hazards.
- Ten numbered orange flags will be placed along the Simon Fraser route from the John Hart Bridge to Cottonwood Park which is the last 5km of the route.
- Each craft is allowed to pick up one flag each! Place the flag and anchor/brick into your boat and carry on to the finish line!
- Each numbered flag represents a great prize available at the Awards Ceremony!
- Have fun!

