

# Relay Overview

## Paddle Overview

The boating section starts on Okanagan Lake. The course is an 8km out and back starting and finishing on Lakeshore Drive at the SS Sicamous. The race will begin with a La Mans start. Upon completion the paddler will pass their velcro strap to their cyclist.

In the event of extraordinary winds or weather the boating section may be changed.

Participants will be advised the day of the event.

### Facts and Rules:

- Distance: approximately 8 km
- No motor driven boats
- Canadian Ministry of Transport approved life jackets must be worn in the proper manner at all times
- Paddlers must be finished this stage by 10:00am

## Cyclist Overview

The road cyclist starts at the paddle finish on Lakeshore Drive, heads across to the River Channel Parkway and down the path to Green Mountain Road. They will then follow Green Mountain Road all the way to the transition to the mountain run transition. Here the cyclist will pass the Velcro strip to their running team member. \*\*Note, the first 200m of the Channel Parkway path is hard packed dirt before turning to pavement.

### Facts and Rules:

- Distance: approximately 25 km
- There will be traffic control at all intersections . There will be 'Race in Progress' vehicles monitoring the roads and disqualifying teams that are not following the rules of the road.
- ANSI or CSA approved helmets are mandatory
- No drafting allowed, individual time trial race
- Bicycles must be in good condition
- Cyclists may not cross the center line of road
- Cyclists may not receive assistance or spare parts after the race has started
- Cyclists must be finished this stage by 12pm

## Mountain Run/Snowshoe Overview

Probably the hardest leg of the race, runners will begin their leg following the Keremeos Creek Road from Green Mountain Road. Runners will need to bring their snowshoes and may put them on whenever they please, this will obviously depend on the conditions. The run/snowshoe finishes at Apex Mountain Resort parking lot next to Apex Accommodations.

The road/trail will be clearly marked. Runners will pass the velcro strip to the mountain biker who will then continue on their leg of the race.

Rules and Facts:

- Distance of run: approximately 9km
- There are no water stations on this leg.
- Runners will follow signage at the bottom of Apex Mountain Resort's Triple Chair up, past the Village along the base of the ski runs to the parking lot transition area
- Runners must be finished this stage by 2pm

### **Mountain Bike Overview**

The mountain Biker starts at the Apex Parking lot and continues north on Strayhorse Road following race markings to the Nordic Ski Center. Snow pending the course may include an extra loop – details available soon. Here the cyclist will pass the Velcro strip to their nordic ski team member.

Rules and Facts:

- Distance: approximately 6+ km
- ANSI or CSA approved helmets are mandatory
- Bicycles must be in good condition
- Cyclists may not cross the center line of road
- Cyclists may not receive assistance or spare parts after the race has started
- Cyclists must be finished this stage of the race by 3pm

### **Nordic Overview**

Waivers:

All competitors participating in the Nordic leg of this event will be required to complete an Apex Waiver. The waivers are available through online registration.

The nordic leg will be held at Nickel Plate Nordic Ski Center, which is located approximately 35km West of Penticton.

The Mountain Biker will dismount at the Nordic ski Center parking lot and run 40m to hand off to their Nordic skier who will head out on the trail:

- \*Turn right onto the Evening Star trail
- \*Right on Nighthawk trail, staying right onto Speculator trail.
- \*Turn right onto McNeils Claim trail,
- \*Go straight onto Cannonball trail and then follow trail to Winters Meadow Trail
- \*Follow markers to Vincicator Trail and make your way to the Powerline trail.
- \*From the Powerline trail they will make their way to the Apex "Upper Parking Lot" transition area where the downhill portion of the race begins.

Here the nordic team member will pass the Velcro strip to their downhill ski team member.  
Click here for Nickel Plate Map 2016

#### Facts and Rules:

- Distance: approximately 7 km
- Nordic ski equipment must be used, classic or skate skis
- Climbing skins not allowed
- Free technique race
- Course is subject to change depending on snow conditions
- This stage must be complete by 5pm

#### **Alpine Overview**

##### Waivers:

All competitors participating in the Alpine leg of this event will be required to complete an Apex Waiver. The waivers are not available online and must be signed at the pre-race briefing.

Alpine team members meet at the Upper Parking Lot of Apex Mountain Resort.

Competitors will ski down the Grandfathers Trail to the base of the Bunny Hill/Magic Carpet. From there skiers/riders will run/hike with their gear up to the top of the Okanagan Run. This is 3000' of distance and 1000' elevation gain. From here they will strap on their skis/board and proceed down the Okanagan Run through the gated course. Racers will follow blue gates up the run and red gates down the run.

#### Facts and Rules:

- \*\*\*NEW RULE!!\*\*\* Once at the bottom of the gates, athletes must take off their skis and carry them to run across the finish line.
- Distance: approximately 4 km including climbing portion
- CSA approved helmets are mandatory
- This stage must be complete by 5:30pm