

Relay Overview

Nordic Overview

Waivers:

All competitors participating in the Nordic leg of this event will be required to complete a Nordic Waiver.

The Nordic leg will be held at Kelowna Nordic Ski and Snowshoe club, which is located on McCulloch road.

- *From the main cabin, turn left onto Sawmill
- *Left on Lookout trail
- *Turn left onto log cabin trail
- *Turn right onto That Damn Trail
- *Turn left on Riverside connector
- *Left on Backcountry connector
- *Turn right on Backcountry
- *Turn right onto Riverside
- *Straight onto Jackrabbit to the finish located at the main cabin

Here the Nordic team member will pass the Velcro strip to their snowshoe running team member.

Facts and Rules:

- Distance: approximately 12km
- 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 10am
- There are no water stations on this leg.

Snowshoe Overview

Snowshoe runners will begin their leg following the Snowy Owl trail followed by the Snowy beauty trail to the log cabin. That is the halfway point. Runners will then come back on the Snowy cabin trail, back to the main cabin.

Facts and Rules:

- Distance of Snowshoe: approximately 5km
- There are no water stations on this leg.

- Snowshoe runners will follow signage
- Snowshoe runners must be finished this stage by 11am

Mountain Bike Overview

The mountain Biker starts at the Kelowna Nordic Ski and Snowshoe Club Parking lot, turns right on McCulloch road and follow McCulloch road all way to the Road cycling transition.

Facts and Rules:

- Distance: approximately 22km
- 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 12pm

Cyclist Overview

The road cyclist starts on McCulloch road. Cyclists will turn left on June Spring then left to stay on June spring. Cyclist will then be in the “loop” that they will ride 5 times. They will turn on Matthews road, keep straight on Wallace Hill rd. They will turn right to stay on Wallace Hill rd then Right on Saucier. Riders will then reach the Spiers intersection. This will be lap 1. Cyclists will keep going straight on Spiers then follow Spiers along the school to reach June spring again and keep doing laps until they reach the Spiers intersection for the 5th time. At that stage cyclists will turn left on Spiers and follow the road until the parking lot at the intersection KLO and Spiers Rd.

Facts and Rules:

- Distance: approximately 50km
- 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 2pm

Run

Runners will follow the greenway until Lakeshore Rd. Runners will then head North on Lakeshore turn left on Watt Rd then Right on Walnut St. Runners will turn left on Abbott St

and follow it until they turn left on Lake Ave, go under the bridge and follow the shoreline, pass tree brewery until Tugboat bay where their paddlers will be waiting.

Rules and Facts:

- Distance of run: approximately 11km
- There are no water stations on this leg.
- Runners must be finished this stage by 3:30pm

Paddling

Competitors will paddle towards Paul's tomb, pass 2 orange buoys, turn around the Buoy in Paul's tomb bay then come back to Tugboat beach.

Facts and Rules:

- Once at the buoy in Paul's Tomb bay, turn around and head back
- Distance: approximately 8km
- No motor driven boats
- Canadian Ministry or Transport approved life jackets must be worn in the proper manner at all times
- Paddlers must be finished this stage by 4:30pm