

Hi Paddlers,

Thanks for signing up for the 6th Annual [Canadian Downwind Champs](#). (CDC) Please find attached the race package for the 2019 CDC.

We are looking forward to another great race. Last year saw 200 competitors, from Surfski, SUP and OC. Whatever the craft, we are just one big paddling family!! So far, we have some great talent signed up. Woman's SUP Lina Augaitus, Tamlynn Bohm, Shannon Bell, Woman's Surfski, Rachel Clarke, Tenneale Hatton. Men's Surfski, Sam Norton from Tasmania, The Rice Bros from South Africa, Mackenzie Hynard, and more.

Exciting news: Canadian Downwind Champs is now officially sanctioned by Canoe Kayak Canada (CKC) and International Canoe Federation (ICF) as a National Championships of Ocean Racing. As an athlete you will be able to attain World Ranking Points (WRP) if you are planning on attending the upcoming [World Ocean Racing Champs](#) in Quiberon, France.

New Title Sponsor – [Gibbon's Après Lager](#)

The Gibbon's family has stepped up as Title Sponsor for 2019 CDC. They are a local family that runs several local pubs, restaurants and breweries. Including our local Raven Pub where we host the Joes vs Pros post race party and Norman Rudy's where we will be hosting the Sponsor Appreciation Night and Post Race Party. We'd like to extend a warm Thank You, to Capri/CMW who generously supported CDC for its first 5 formative years.

In the CDC Racer Package you will find information on racecourse, parking, accommodation, race week activities, race day logistics etc. Most of this information can also be found on the CDC website.

I'd also like to acknowledge out two organizing sponsors:

[Coast Outdoors](#)

Coast Outdoors is our local paddlesport retail store and has a passion for paddlesport, and 20 years experience organizing great events like, Canadian Downwind Champs. Board the Fjord, Indian Arm Challenge and Tuesday Night Racing (TNR) are other great paddlesport races organized by Coast. In the winter Coast also runs the TNR Nordic Ski Races and they are title sponsor for The Payak Loppet, which sees 800 people participating. Coast Outdoors's business model is to foster an active paddling/skiing community through events like above. Aside from being great community leaders they provide expertise as one of North America's top paddlesport and Nordic Ski stores. Be sure to get into Coast Outdoors spend some money and show your appreciation for the work they do supporting Surfski, SUP and OC events.

[Squamish Paddling Club](#)

SPC is race headquarters for people when they are in Squamish. Their paddling club house is situated at the finish line of the race and many of their club members put in lots of organizational time to put on this great event. From coordinating food and beverage, service food, greeting cars and unloading surfskis at the start staging area. Most of the I's get dotted and tees get crossed by the SPC.

Here's a list of our other sponsors. Remember these are the companies that are making helping build the paddling community. When making your purchase decisions please remember these are the people who are stepping up. One SUP- Official Board, Blackfish Paddles – Official SUP Paddle, Think Kayaks, Epic Kayaks, Nelo Kayaks, First Mate, Vaikobi and Faster Farther.

Thanks,

Bob Putnam – Coast Outdoors

Ian Lowe- Squamish Paddling Club



2019 Canadian Downwind Championships Official Race Manual

Content

EVENT INFORMATION-----PG 3
REGISTRATION PROCEDURES-----PG 5
ENTRY FEE & PAYMENT----- PG 5
RACE COURSE ----- PG 6
PRIZE PURSE -----PG 9
RACER CHECK-IN-----PG 9
SAFETY ----- PG 10
BOAT RENTAL ----- PG 10
TENTATIVE PROGRAM ----- PG 13
SITE LOCATION-----PG 15
ACCOMMODATION ----- PG16
SQUAMISH INFO----- PG 17

EVENT INFORMATION

The following package has been assembled by the Canadian Downwind Championships organizing committee. Should you have any questions do not hesitate to reach any of the Race Directors as follows:

Bob Putnam 604.805.6975/ bob@deepcovekayak.com

Ian Lowe 604.698.5475 / ilowe@crystal-lodge.com

Corey Longeway 604-488-9131 / communications@deepcovekayak.com

Race Details:

Race	2019 Canadian Downwind Championships
Date	July 13, 2019
Starting Point	Porteau Cove, British Columbia
Ending Point	Squamish, British Columbia
Race distance	21km (13mi)

Note – no alternative dates are available thus race organizers will do everything in their power to run the event this day however should a weather or force majeure event occur preventing a safe race on this day, the event will be cancelled.

Entry Requirement:

Race is open to all single and double Surfskis, Outrigger Canoes (OC1 & OC2 only) Prone and Stand Up Paddleboards.

Race Events/Categories:

Cash and official championship recognition will only be given to those paddlers who enter to race in an 'Open' category for Surfski and 14ft Open SUP. Participants may not edit their category later than 5 days prior to race day. There will be no 'double-dipping' if a paddler is on the podium for more than one category.

Age group classes will be recognized with medals according to the below chart assuming a **minimum of 5 participants** start for each division.

Surfski – SS (Single)	
Open (M)	Open (W)
U23 (M)	U23 (W)
Master (40-49) (M)	Master (40-49) (W)
Senior Master (50-59) (M)	Senior Master (50-59) (W)
Golden Master (60-69) (M)	Golden Master (60-69) (W)
Legend (70+) (M)	Legend (70+) (W)
18 Ft. (M)	18 ft. (W)

Surfski SSD (Double)	
Open	

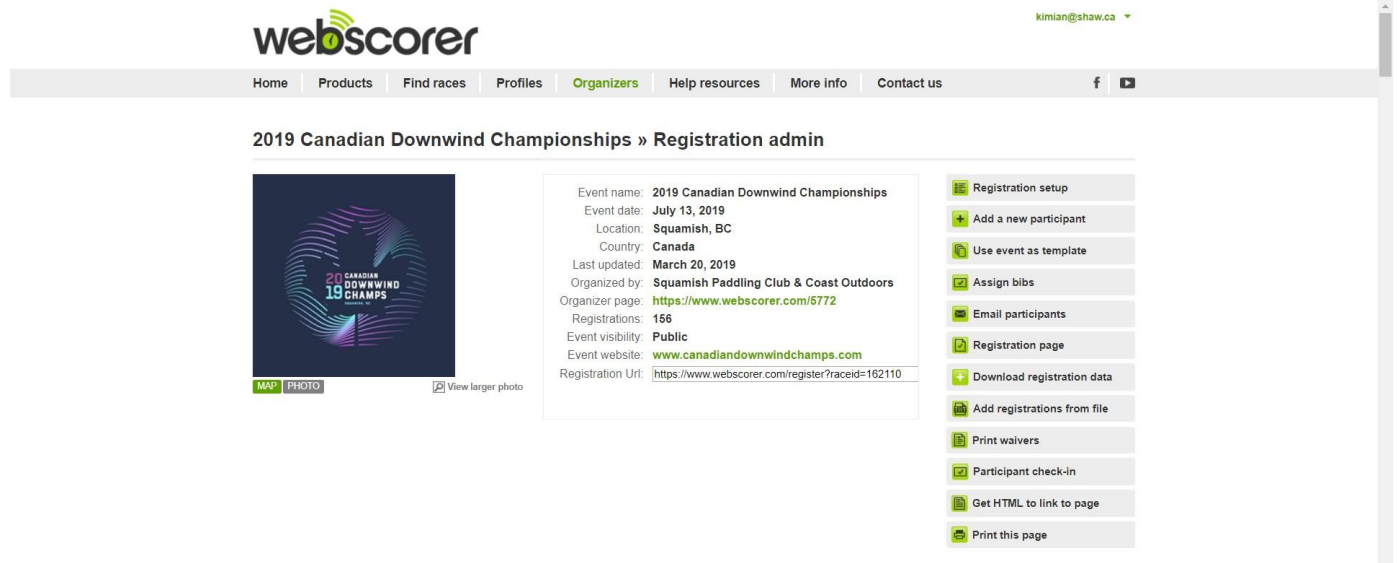
SUP	
14’&under – Open (M)	14’&under – Open (W)
14’&under – U23 (M)	14’&under – U23 (W)
14’&under – 40-49 (M)	14’&under – 40-49 (W)
14’&under – 50-59 (M)	14’&under – 50-59 (W)
14’&under – 60+ (M)	14’&under – 60+ (W)
Unlimited – Open (M)	Unlimited – Open (W)
Prone – Unlimited	Prone - Stock

Outrigger Canoe (OC)	
Open (M)	Open (W)
U23 (M)	U23 (W)
Master (40-49) (M)	Master (40-49) (W)
Senior Master (50-59) (M)	Senior Master (50-59) (W)
Golden Master (60-69) (M)	Golden Master (60-69) (W)

Outrigger Canoe – OC2	
Open	

Registration Procedures:

All participants must register via Webscorer:



The screenshot shows the Webscorer website interface. At the top, the Webscorer logo is on the left, and the user email 'kimian@shaw.ca' is on the right. A navigation bar contains links for Home, Products, Find races, Profiles, Organizers, Help resources, More info, and Contact us. The main content area is titled '2019 Canadian Downwind Championships » Registration admin'. On the left is a photo of the event logo with 'MAP' and 'PHOTO' buttons below it. In the center is a table of event details:

Event name:	2019 Canadian Downwind Championships
Event date:	July 13, 2019
Location:	Squamish, BC
Country:	Canada
Last updated:	March 20, 2019
Organized by:	Squamish Paddling Club & Coast Outdoors
Organizer page:	https://www.webscorer.com/5772
Registrations:	156
Event visibility:	Public
Event website:	www.canadiandownwindchamps.com
Registration Url:	https://www.webscorer.com/register?raceid=162110

On the right is a vertical list of administrative actions:

- Registration setup
- Add a new participant
- Use event as template
- Assign bibs
- Email participants
- Registration page
- Download registration data
- Add registrations from file
- Print waivers
- Participant check-in
- Get HTML to link to page
- Print this page

Entry Fee & Payment:

All race entries will be paid in Canadian dollars (CND). Registration fees will be as follows:

Start – Jan 16, 2019: \$95.00 (Single boats)

Jan 17, 2019 – March 16, 2019: \$105.00 (Single boats)

March 17, 2019 – May 16, 2019: \$115(Single boats)

May 17, 2019 – July 10,2019 - \$125.00 (Single boats)

Each paddler in double boats is required to register and pay individually.

Race registration includes your MANDATORY race day shuttle (from downtown Squamish to Porteau Cove), race entry, number sticker, dinner and beer following the race, and race bag.

No refunds will be issued for any registration fees! If you can no longer attend the race you are welcome to transfer your registration to another paddler - if this applies to you, please let us know so we can make the adjustments to the roster.

Race Course:



The race starts from the small bay 1km south of the public boat launch at Porteau Cove Provincial Park

(<http://www.env.gov.bc.ca/bcparks/explore/parkpgs/porteau/>).

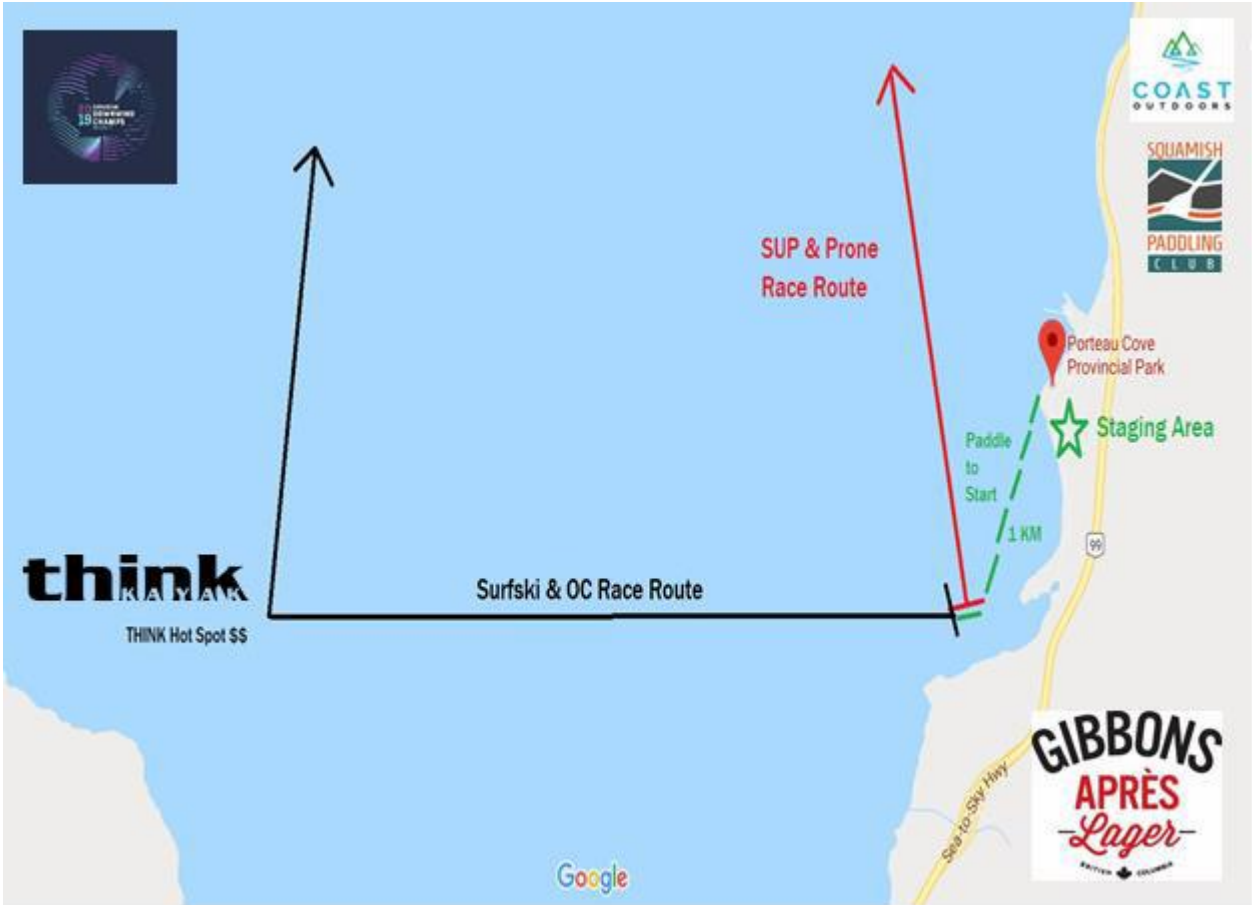
Surfski and OC paddlers are required to go around the Think 'Hotspot' approximately 1.5km from the start line where the first-place men's and women's Surfski paddler will earn a monetary prize, as shown by the black line on the map above.

SUP & OC paddlers:

SUP and prone paddlers will not be required to go around the hotspot, and instead head straight towards Squamish as shown with the red line on the map above. Otherwise all paddle craft will follow the same race route.

Start & Finish Details:

Start:



Following all paddlers being dropped off to the upper parking lot at Porteau Cove, race organizers will conduct a mandatory safety meeting and roll call at approximately 1pm. Boats cannot be launched in advance of the roll call due to Park rules pertaining to our event. In advance of launching your boat you are responsible for your own race number (provided) that for surfskis and oc's is to be displayed on the port (left) side of your boat in bow portion, and for SUPs and prones will be on the front left deck. Prone and SUPs will also have their numbers written on their arms.

Following the safety meeting an official race start time will be announced between 1.30pm and 2.30pm. Paddlers will walk 100m to the public boat ramp and launch their craft. Paddlers will be given approximately 15 minutes to warm up, paddle 1 km to the start area (see below map) and line up for the official start.

Seeded paddlers (identified by a different colored number plate) will have priority on the start line (Surfski only). The starter will announce a 5-minute warning, then a 2-minute warning then once all paddlers are lined up in a start format to the starters satisfaction the start horn will sound. Note the start will be videotaped and any paddlers deemed to have false started will be penalized 10 minutes:

Finish:



The finish line is approximately 1.4km past the entry into the Mamquam Blind channel in Squamish harbor. This active channel is home to multiple logging operations, 3 marinas and a public boat launch. 2019 Tide Chart: Saturday, July 13, 2019. Sun 5:21am-9:14pm. high tide 2:41am (14.14ft), low tide 10:19am (2.90ft), high tide 5:35pm (14.05ft), low tide 10:43pm (10.99ft)

The finish line is between the dock where the race official stands and a yellow buoy. Keep the buoy on your right.

Please call out your race number as you pass the finish line to ensure your time is recorded correctly.

Cool down is to be done north of the finish line and paddlers are not to enter back into the racecourse after finishing.

Protests:

All protests (race rules violation, finishing order etc.) must be delivered to race organizers no more than 1 hour after the last of the competitors involved in the protest have completed the course. Race organizers will investigate and adjust finishing times as quickly as possible.

Prize Purse:

Specific prize money (in Canadian Dollars) amounts will be determined following the close of registrations and awarded to the following paddlers. There must be a minimum of 20 paddlers entered into the applicable discipline (Surfski, OC, and SUP) to entitle prize money to be paid.

Surfski	
Men’s Open – 1st,2nd,3rd,4th,5th	Women Open – 1st,2nd,3rd,4th,5th
Top Canadian (M)– 1st,2nd,3rd	Top Canadian (W) – 1st,2nd,3rd
U23 Male – 1 st , 2 nd , 3 rd	U23 Female – 1 st , 2 nd , 3 rd

SUP	
Men’s Open 14&U –1 st ,2 nd ,3 rd , 4 th ,5 th	Women Open 14&U – 1 st ,2 nd ,3 rd , 4 th ,5 th
U23 Male – 1 st	U23 Female – 1 st

Racer Number Pick Up and Check-in:

Participants can pick up their race number and swag bag in advance at Coast Outdoors on Wednesday, July 10th between 4pm and 7pm, or at [Norman Rudy’s](#) from 4-6 pm July 12th (CDC Sponsors will be at Norman Rudy’s Friday Night, stop in for a beer and say hello) or on race day at the [Junction Park / O'Siem Pavilion](#) starting at 9am on July 13th 2019.

ALL RACERS MUST CHECK IN AT THE O’SIEM PAVILION IN SQUAMISH ON RACE DAY. You can register before or after dropping your boat off at the Porteau Cove staging area (upper parking lot). Boat staging will be open (at Porteau Cove) as of 8:30am on July 13th.

Rental Boats:

If you are travelling to BC for the Canadian Downwind Champs and need to rent a surfski, we may be able to help!

We will have several Surfskis available for rental through Coast outdoors, which you can arrange through Bob by contacting him at bob@deepcovekayak.com or by calling 604.987.2202.

Surfski rentals are \$500 (CAD) per boat, for any part of up to the whole week of 8th – 14th July. Rental does NOT include transportation of your surfski – please ensure you have racks on any rental vehicle, or you can purchase inflatable roof racks at Coast Outdoors when picking up the surfski.

\$600 CAD for the Gorge Downwind Championship

There are also a number of individuals willing to rent their Surfskis privately. We will post details on our website when we have received info!

Safety Measures:

The following is the General Competitor Safety Plan. The complete event safety procedures and plans are available on the website and at race registration. All participants are mandated to attend a pre-race safety meeting reviewing race day conditions and safety instructions.

General Competitor Safety:

1. Paddlers must be able to swim, tread water and be familiar with COLD and rough water conditions. You MUST be able to perform a solid solo surfski remount in rough conditions! If in doubt of your ability to handle the conditions, do not start the race. There is no shame in heading to the shore. Overestimating your ability puts yourself, other paddlers and volunteer rescue personnel at risk. Howe Sound waters are always frigid (< 8 degrees Celsius) and only get colder and more confused as you approach Squamish Harbour. Pull-out locations are limited.
2. Prior to the race do a thorough inspection of your boat or board, rudder (where appropriate) and leash ensuring it is securely attached to you and your boat prior

to starting. Howe Sound's winds will blow a boat away faster than you can swim! Even if it's a glassy start, conditions change in minutes.

3. A **lifejacket** or **personal flotation device (PFD)**, **leash**, and **signaling device** must be worn by every competitor. Inflatable PFDs are allowed for stand up paddleboarders only, although we strongly advise a standard positive buoyancy/foam PFD which will be more helpful if you become incapacitated in some way. An inflatable will not help you if you are knocked unconscious.

4. In order to comply with Canadian Coast Guard regulations, a sound signaling device (whistle) must be carried. Race organizers strongly recommend all paddlers carry a flare and/ or cell phone on them (not attached to the boat) during the race.

5. Ensure that your equipment is in good condition, e.g. cables checked, rudder in place, paddle securely tightened. FYI leg leash coils degrade with UV exposure.

6. Ocean racing may involve participants in dangerous situations. It is a requirement that any competitor, seeing another in distress shall render all assistance in his or her power. Time bonuses based on actual delays can be awarded to any competitor providing assistance to a fellow participant.

7. Wear appropriate clothing: hats, rash guards, etc. Brighter (fluorescent yellow, safety orange, bright red) is better, especially as the race nears Squamish Harbour with increased boat and wind-sport activities. There is a strong likelihood that you will cross paths with a kite surfer over the last 2 km of the race. Be aware of their path and make your intentions obvious with eye contact, hand signals or gestures.

8. If a racer pulls out of a race before the finish, he/she must inform a race volunteer as soon as possible so that it can be communicated to Karly Cox – lead timer (number to call will be on your wristband).
9. The race will not start in a thunderstorm or if lightning is in the forecast. If time permits race will commence a minimum of 30 minutes past the thunder/lightning.
10. Mandatory waivers must be signed by all competitors; competitors under 18 years of age require the signature of a parent or guardian.
11. When entering Squamish Harbour and the Mamquam Blind Channel follow navigational aids as during low tide events submerged logs, and equipment can be close to the surface outside of the main channel. Racers choosing to paddle through the derelict docks do so at your own risk.
12. A minimum of 3 safety boats will be leading, monitoring, and sweeping the race course. If you are in need of a rescue or having boat problems, please wave one of these boats down or blow three short whistles/set off a fire flare device signaling you are needing assistance.
13. Safety boats do not carry any supplies (water, energy bars, paddles etc.) for the race participants. Safety boats primary function will be to rescue the paddler. If conditions permit they will rescue your boat. Race organizers are not responsible for damage to your equipment.
14. Be aware of "rules of the road" for boating especially when entering the Squamish Marina area. Enter harbour from the right side. Since you are small, make sure that larger craft sees you. Even though you may technically have the right of way, if a vessel cannot see you or maneuver around you it really won't matter!
15. NEVER LEAVE YOUR BOAT. It is much easier to find an overturned or upright ski than it is to find a single body in the water. Furthermore, the boats are designed to float and are your most reliable flotation device.

Race Week Program:

(Subject to change)

Tuesday, July 9th – Deep Cove Kayak’s Tuesday Night Race – ‘[Pros v. Joes](#)’. Deep Cove is a sheltered inlet 30 minutes from downtown Vancouver and approximately 1 hour from Squamish, BC. The weekly Tuesday Night Race starts at 7pm weekly from April 3rd – September 4th and attract well over 100 paddlers to each race. They are approximately 6 km in length. Tuesday Night Race [info](#) and Deep Cove [map](#).

Wednesday, July 10th – Various paddling clinics will be held through the week – Stay tuned for more information.

Thursday, July 11th –**Downwind “TED Talks”** @Adventure Centre – Squamish, BC. 6:30 pm. Come listen to these iconic paddlers describe their insight to the fitness of downwind paddling! Adventure center [map](#). This year featuring talks from World SUP Champ Lincoln Dews & Canadian National Kayak Team Physio, Greg Redman.

Friday, July 12th – Join us at Norman Rudy’s in Squamish on Friday night from 5:00pm where we will be hosting a VIP Race Sponsor dinner. If it were not for these businesses and individuals, we would not be able to host the race.

Saturday, July 13th – Race Day. Boats and Boards are to be dropped off to boat staging volunteers at [Porteau Cove](#) (upper parking lot) between 9:00am and 11:00am on Saturday July 14th. **DO NOT PARK AT PORTEAU COVE - RACERS NOR THEIR SUPPORTERS ARE NOT PERMITTED TO PARK AT PORTEAU COVE.** Porteau Cove is 25 minutes south of Squamish and 30 minutes north of Vancouver. Do not stage your craft WEST of the train tracks.

Registration begins at 9am at [Junction Park & O'Siem Pavilion](#) and there are lots of nearby breakfast options available as well as the nearby Farmer's Market – a locals favorite. PARK YOUR CAR IN SQUAMISH! Parking locations can be found below:

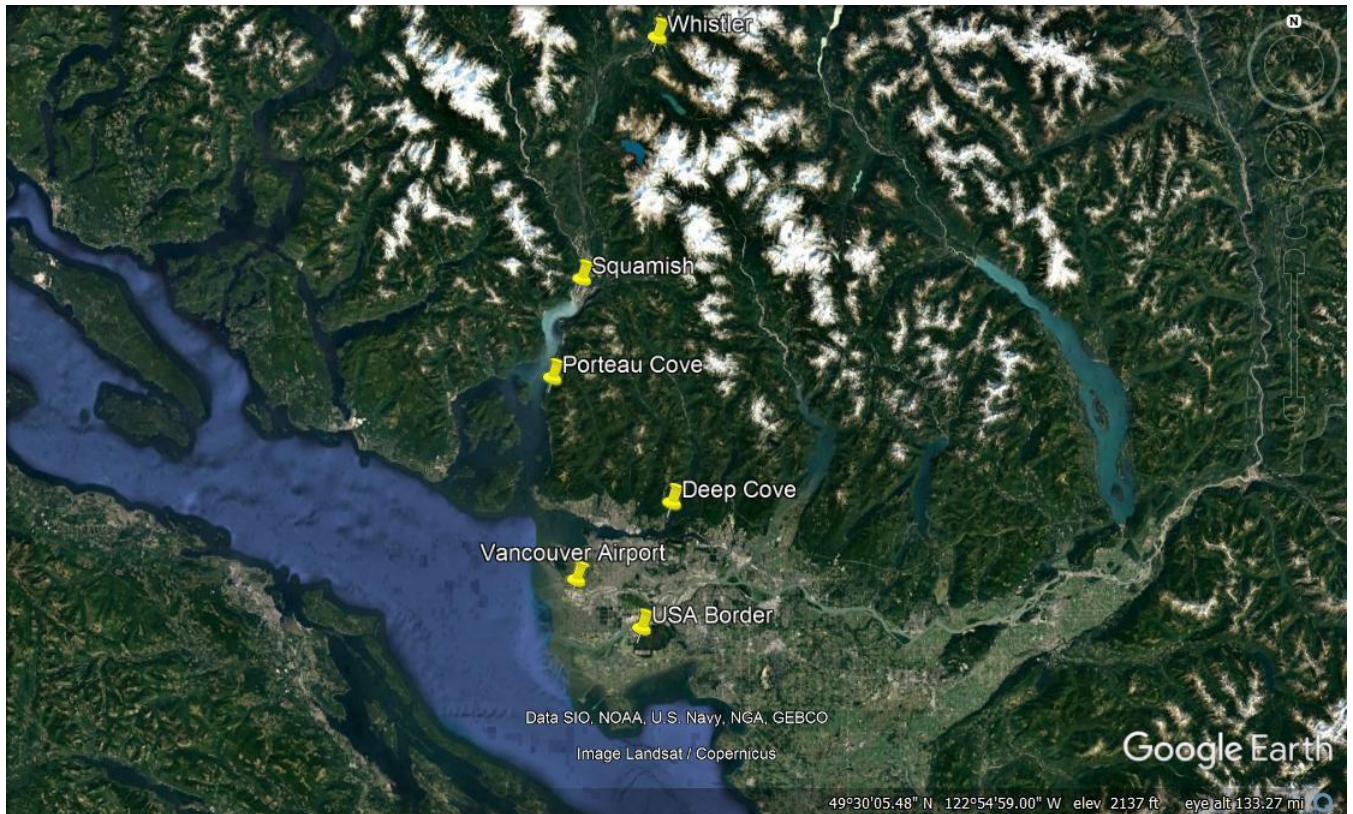


Shuttle: Shuttle buses (**mandatory** for all paddlers and included in your entry fee) will take paddlers to the start of the race at Porteau Cove and will depart from the registration area at **12:00 noon**. You are responsible for getting yourself and all paddling gear on the bus. There will be no formal transport of equipment back from Porteau Cove thus only bring items on the bus that you will be paddling with.

A mandatory Safety Meeting will take place after all shuttles have arrived to Porteau Cove and organizers have established a race start time. The race will start at approximately 1:45pm - wind dependent.

Site Location:

The race week includes events in both Deep Cove and Squamish. These two areas are located 72km apart and without traffic will take 1 hour. Note that between 3:00 pm and 7:00pm Monday-Friday, this commute will take much longer.



Squamish – Squamish, BC is a town of 21,000 people and is located in the middle of the Sea to Sky corridor approximately one hour north of Vancouver. Squamish loosely translates to ‘mother of wind’ in the indigenous language of the area. Squamish is known for its world-class outdoor recreation activities including kite boarding, rock climbing, mountain biking and hiking. Top activities in Squamish can be found [here](#). Squamish is located 45min south of Whistler, home to the number one Ski Resort and Downhill Mountain Bike park in the world.

Deep Cove – Deep Cove is a small oceanfront community in the easternmost corner of North Vancouver. It is affectionately known as ‘The Cove’ and fronts the inland body of water called Indian Arm. Deep Cove is known for its quaint main street as well as outdoor recreation including paddling, hiking and mountain biking. Deep Cove Kayak Centre has a waterfront [location](#) in Deep Cove as well as

their [Coast Outdoors](#) retail location in North Vancouver. Coast Outdoors is also where you can pick up your rental surfski if you are renting.

Accommodation:

With events taking place in both Deep Cove (North Vancouver) and Squamish athletes and supporters can stay in either or both communities during their visit to the area. Preferred rates have been extended at Sandman Hotel & Suites Squamish located at 39400 Discovery Way, a 5-minute drive from the race finish area or [here](#). Other hotel/ motel options for Squamish include:

Recommended: [Executive Suites Squamish](#) 1-877-815-0048- Suite style rooms, views of Garibaldi and the Tantalus range. They would be happy to accommodate a rate for the Canadian Downwind Championship. Guests can contact the hotel direct and mention CDC to receive the rate (15% discount) based on availability. This will be where the Friday and Saturday Night parties will take place

[MTN FUN Basecamp](#) Squamish 1-866-987-6512- Camping and 6 Room Hotel in a campground setting

August Jack Motor Inn - <http://www.augustjack.com/> located across the street from the finish line.

Hotel Squamish - <http://hotel-squamish.com/> 2min walk from finish area.

North Vancouver / Deep Cove Hotels:

[Holiday Inn](#) : 1-877-985-3111 – A great option if you are coming to North Vancouver for the Tuesday Night Race and paddling in Deep Cove.

Area Orientation/ Local Tips:

Squamish Restaurants – Locals Favorites:

Norman Rudy's Pub: <https://gibbonswhistler.com/normanrudys/>

Breakfast/Lunch and Dinner

Breakfast/Lunch:

- ┆ Chef Big D's - <http://chefbigds.centenariopark2.co/>
- ┆ Zephyr Café - <http://www.zephyrcafe.ca/>
- ┆ Green Moustache - <https://www.greenmoustache.com/>

Pubs:

- ┆ Howe Sound Brew Pub - <https://www.howesound.com/brew-pub>
- ┆ Watershed Grill- <https://thewatershedgrill.com/>
- ┆ Backcountry Brewing - <https://www.backcountrybrewing.com/>

Dinner:

- ┆ Sushi Sen - <http://www.sushisensquamish.com/>
- ┆ Mag's on 99 (Mexican)- <https://www.facebook.com/Mags99-Fried-Chicken-And-Mexican-Cantina-558828787472414/>
- ┆ Peppe's - <http://pepeandgringo.net/>
- ┆ Oryzae (sushi) - <http://oryzaefourseasons.com/>

Coffee:

- ┆ Zephyr Café - <http://www.zephyrcafe.ca/>
- ┆ Galileo Coffee (Britannia Beach – half way between Porteau Cove and Squamish) - <http://galileocoffee.com/>
- ┆ Cloudburst Coffee - <http://joinerysquamish.com/cloudburst-cafe-squamish/>
- ┆ Bean Around the World (Brackendale) - <https://batwcoffee.com/location#>

Other: Squamish Farmer's Market – Every Saturday in downtown Squamish.