



North Bay-Mattawa Conservation Authority's

MATTAWA RIVER CANOE/KAYAK/SUP RACE

2025 PARTICIPANT GUIDE

IMPORTANT – MUST READ

Ready to take on the challenge and paddle through history?

The 64 km Mattawa River Canoe/Kayak/Stand-up paddleboard (SUP) race is a demanding and challenging race. Starting in North Bay and ending at the Mattawa Island Conservation Area, this race will take you on a 6-10 hour journey across lakes, rivers, and remote areas with several portages.

Be prepared to race 6-10 hours along lakes, rivers and remote areas with several portages. It is expected that you are in good physical health and that you have a high degree of competency in paddling a canoe/kayak/sup. We recommend you pre-run the race route prior to race day to familiarize yourself with the route and portages.

PFD's are mandatory to wear throughout the race (label must state that the PFD has been approved by Transport Canada, the Canadian Coast Guard or any combination thereof).

Weather and water conditions can be unpredictable, so you'll need to be ready to handle whatever comes your way—whether that's swimming to shore or performing a self-rescue in open water. Plus, remember, you're in bear country... and blackfly country... and poison ivy country.

For those looking for a more laid-back experience, the 13 km Adult/Family/Junior races are all about fun and friendly competition. Starting at Samuel de Champlain Provincial Park and finishing at Mattawa Island Conservation Area, this race includes just one portage at Hurdman Dam—perfect for paddlers of all levels.

Paddling is a very safe activity when all appropriate safety precautions are taken. The Emergency Action plan and contact list are included in this document.

Thanks to our Race Safety Sponsors



COURSE - <https://mattawarivercanoerace.ca/race-info/race-route-interactive/>

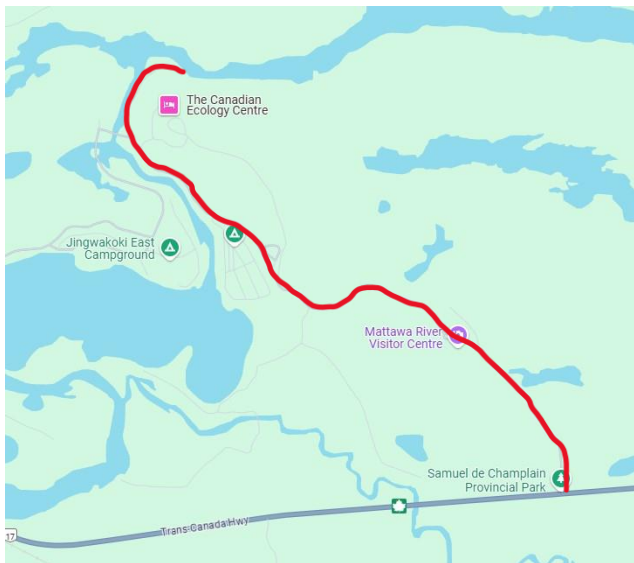


START LINES

64 km – Olmsted Beach, North Bay

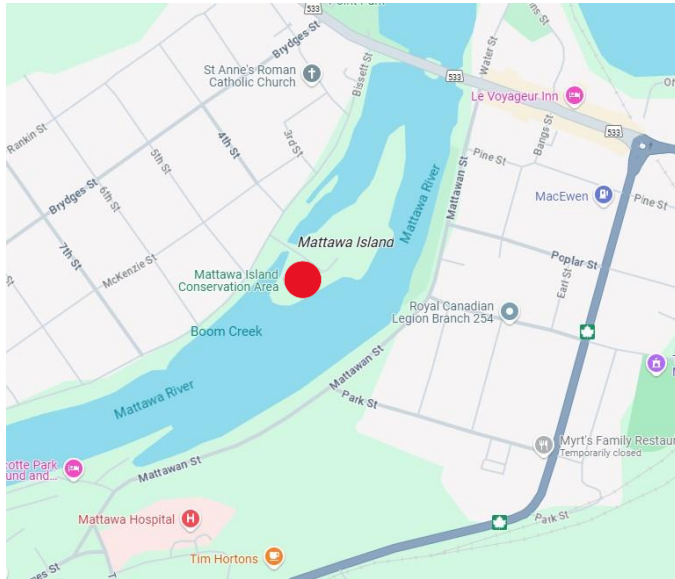


13 km – Samuel de Champlain Provincial Park – Champion Rapids



FINISH LINE

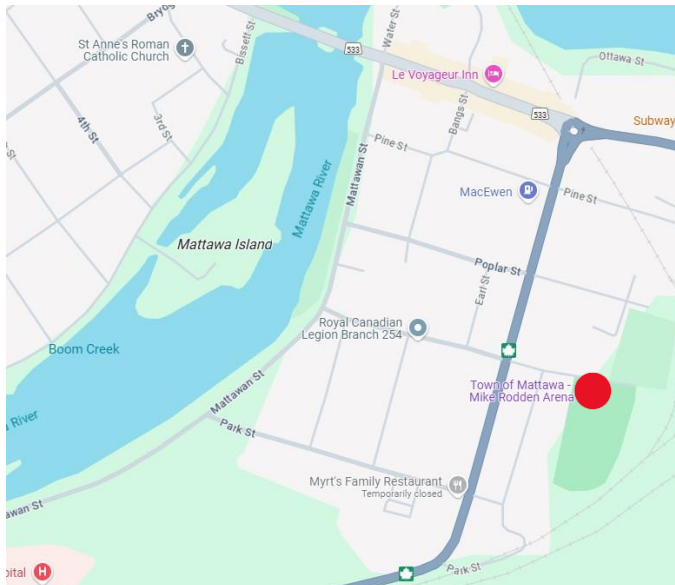
13 km & 64 km - Mattawa Island Conservation Area – Mattawa, ON.



DINNER & BANQUET

450 Hurdman, Mattawa, ON.

Dinner is at 6:30 pm (tickets sold separately)



WATERCRAFT SPECIFICATIONS

Craft	Max. Length	Min. Length	Min. Beam	Max. Beam	Beam Measured @	Min. Height at Bow	Min. Width	Min. Depth
USCA C1	18'6"		27"	32"	4" above bottom	15"		
Pro C2	18'6"		27"	33"	3" above bottom	15"		
Rec A	17'	16'	32"		4" above bottom of widest point			
Rec B	16'		32"		4" above bottom of widest point			
Rec Family/Adult 13 km	17'		32"		4" above bottom of widest point			
C1 Stock	17'2"	15'						
C2 Stock	18'6"	17'					14.4% of length at 4" waterline	Bow 17" Centre 12.5" Stern 16"
SUP, Kayak, Voyageur	No Specifications							

REGISTRATION DEADLINE

64 km & 13 km race - **Saturday, May 31 at 11:59 pm** through online registration.

REGISTRATION FEES

\$8 will be added to fees to cover insurance. (OMCKRA members refunded)

January 6 - April 30

64km race - \$90 per paddler

13km race - \$50 per adult, 17 & under \$35

May 1 - May 31

64km race - \$107 per paddler

13km race - \$60 per adult, 17 & under \$45

DINNER & BANQUET TICKETS (not included in registration)

Adult - \$50

Children under 14 - \$30

AGENDA

- **MANDATORY VIRTUAL SAFETY BRIEFING**

- Thursday, June 12, 2025 @ 7 pm.
- Link will be sent 1 week in advance. One person from each team is required to attend.
- Review of event safety, shuttle availability, weather forecast, water levels, portage conditions and Q&A.

If you do not attend, your team will not be recognized as a registered team, and will not benefit from any safety, emergency response, or other support/benefits expected from Race Management.

- **PRE-RACE CHECK IN AT OLMSTED BEACH (64 km & 13 km)**

- Friday, June 13, 2025 from 5 pm – 8 pm
 - Hand-in signed waivers, Rowan’s law (if under 25), pay outstanding fees
 - Receive race package with maps, park passes, boat number and dinner tickets (if purchased)
 - A number will be assigned to the canoe/kayak/SUP and must be placed **bow right**.
 - 8\$ refund if OMCKRA member
 - Purchase dinner ticket (limited quantity)
- Saturday, June 14, 2025 – minimum 1 hour before race start
 - Hand-in signed waivers, Rowan’s law (if under 25), pay outstanding fees
 - Receive race package with maps, park passes, boat number and dinner tickets (if purchased)
 - A number will be assigned to the canoe/kayak/SUP and must be placed **bow right**.
 - 8\$ refund if OMCKRA member
 - Purchase dinner ticket (limited quantity)

START TIMES – 64 km

Olmsted Beach, Trout Lake, North Bay , MUST START with your class.
NO EXCEPTIONS!

Recreational Women’s	64 km	7:30 am
Recreational Mixed B	64 km	7:30 am
Recreational Men’s B	64 km	7:30 am
Open SUP	64 km	7:30 am
Recreational Mixed A	64 km	7:45 am
Recreational Men’s A	64 km	7:45 am
C1 Stock Open	64 km	7:45 am
C2 Stock Men’s	64 km	8:00 am
C2 Stock Mixed/Women’s	64 km	8:00 am
Open Kayak	64 km	8:00 am
USCA C1 Open	64 km	8:00 am
Pro C2 Men’s	64 km	8:15 am
Pro C2 Mixed/Women’s	64 km	8:15 am

Voyageur

64 km 8:30 am

- **PRE-RACE CHECK IN AT SAMUEL DE CHAMPLAIN PROV. PARK (13 km)**

- Saturday, June 14, 2025 @ 11:30 am
 - Hand-in signed waivers, Rowan's law (if under 25), pay outstanding fees
 - Receive race package with maps, park passes, boat number and dinner tickets (if purchased)
 - A number will be assigned to the canoe/kayak/SUP and must be placed **bow right**.
 - 8\$ refund if OMCKRA member
 - Purchase dinner ticket (limited quantity)
 - A Safety Briefing will be given at 11:45 am on Saturday June 14 at Samuel de Champlain Provincial Park.
- You can check in at Olmsted Beach on Friday June 13 from 5 pm-8 pm (and pick up your Park Pass). If you do not pick up your Park Pass Friday at registration, you will have to pay the Park's Day fees at the gate.
- Contact Paula Loranger at 705-494-5115 to get a pass in advance to avoid park fees.

START TIMES – 13 km

Family/Adult/Junior - Samuel de Champlain Provincial Park

Family/Junior	13 km	12:00 pm
Adult	13 km	12:00 pm

RACE DIVISIONS

All decisions concerning the race division/canoe classification and participant eligibility are subject to the Race Referee's discretion.

The same registered competitors must start and finish the race. If a team member is not able to complete the race for any reason, no substitution is permitted.

MANDATORY EQUIPMENT

In accordance with Transport Canada requirements for human-powered pleasure craft, all teams participating in the 13 km and 64 km race are required to always have the following items during the event, while on the water:

Per TEAM at all times during the race

- ONE paddle for each team member (spare paddle is recommended)
- A buoyant towline of >50ft attached to the watercraft and accessible: "Throw bag" attached to watercraft is acceptable
- Bailing device, bucket or pump

Per INDIVIDUAL COMPETITOR at all times during the race

- Canadian Approved Life Jacket or Approved PFD.
Must be always worn throughout the race.
- Whistle (attached to the life jacket at all times)

Additional recommended equipment

- Spare paddle
- Nutrition and source of water to last entire race
- First Aid Kit
- Method to fix watercraft

RACE RULES & REGULATIONS

Organizer

Mattawa River Canoe Race is organized and staged by the North Bay-Mattawa Conservation Authority. The Race Coordinator reserves the right to make changes and amendments to the rules and regulations at any time. If changes are made, Race Coordinator will contact all registered teams with the updates so that they may make the appropriate adjustments to their preparations for the race.

For the second time – **Shuttle available for participants in the 64 km race.** Provided by Stock Transportation. Shuttle times will be adjusted to accommodate as many paddlers as possible. One shuttle will be available before dinner and another after dinner. The shuttle schedule will be discussed at the Mandatory Safety briefing with paddlers that have asked for this service.



Teams

Each team (solo / tandem) must register in one of the defined divisions. Teams must consist of the same registered members throughout the race, and no substitutions are allowed once onsite check-in is complete. All team members must be in good physical condition and health.

The Race Referee has the right to remove any team from the registration list if they believe the team is not adequately prepared for the event or may pose a risk to themselves, other participants (including competitors, volunteers, media, staff, and the community), or the event itself. If this happens, the team will be notified immediately, and no entry fee will be refunded. Additionally, if a team chooses not to compete, the entry fee is non-refundable.

No specific skills will be tested in registration.

It is expected that all team members are competent in:

1. Paddling the vessel indicated within their chosen division;
2. Self-rescue techniques and basic map reading/navigation.

Checkpoints

Passing all three checkpoints is **mandatory**. You are not required to stop, but your time will be recorded. As a safety precaution, competitors are considered **withdrawn** from the race at **Checkpoint 2** (Portage des Peches) should they not reach this point by **3:30 pm** or at **Checkpoint 3** (Portage Campion) should they not reach this point by **6:00 pm**. It is strongly suggested you pull out of the race if you do not meet these times. **The Race Organizer is not responsible for those paddlers who choose to continue to Mattawa.**

Cancellation of the event

If the race is cancelled or postponed because of factors beyond the control of the Race Coordinator, (including, but not limited to, severe weather, flood, or anything else that may make the event dangerous to participants, staff and volunteers), the Race Coordinator may reschedule the event.

Navigation

Teams will be provided a waterproof map of the course. This map will indicate all portages, checkpoints, and features. An interactive map is also available online at www.mattawarivercanoerace.ca. It is recommended that you review the interactive map if you are not familiar with the course as it is more detailed than the map provided. **Pre-running the course is highly recommended.**

Timing

There will be one official race clock for the entire race and all teams. Each Checkpoint also has a time clock, but the Race Referee/Coordinator will have the official race clock.

Team Identification

Each team will be assigned a number to display on their canoe, kayak, or sup for the duration of the race. Place the number on BOW RIGHT of the craft. Teams are welcome to wear any additional items or display logos for their sponsors. However, all logos, slogans, and other markings must be free from profanity, vulgarity, or discriminatory content.

Safety

Please refer to the OMCKRA web site for the complete safety policy. omckra.com/resources
Teams are required to assist any other team in distress. Failure to provide help to a team in need will result in disqualification from the race. In the case of an injury or similar situation, teams are permitted to receive support from another team. Additionally, teams may receive help from non-competing individuals in an emergency. However, if such assistance helps the team complete the race, they will not be credited with finishing.

Pit Crews

Teams may receive assistance from non-competing individuals for hydration and food only. These individuals are not allowed to help with carrying gear, canoes, paddles, or any other equipment. If this rule is violated, the team will be disqualified.
(Please note: if your pit crew will be entering Samuel de Champlain Provincial Park for

Checkpoint 3, the provided park pass is required for each vehicle, or an entry fee will be charged by park staff. A Park Entry Pass for your pit crew can be obtained at Friday's and Saturday's check in.

Repairs

All repairs to equipment that occur during the race must be made with supplies that teams have on-hand, or supplies provided by another registered team. No outside assistance or equipment is allowed, unless a team is no longer competing.

Safety Boats

- An OPP safety boat will be traveling and sweeping the course on Trout Lake, Lake Talon and the lower Mattawa River. This boat may not always be available, as they may be called away from the race to support an Emergency elsewhere.
- A follow-up canoe will follow the last canoe on the course. Keep in mind that if you experience an adverse event, the boat may not always be nearby. It's your responsibility to make sure your team is proficient in self-rescue techniques in open water or is capable of swimming to shore if necessary.
- Although these safety boats are available to assist or contact for assistance in an emergency, DO NOT assume that a safety boat will always be within your immediate vicinity.

Substance Related Impairment

Participants who are under the influence of any substance that impairs their abilities, or functioning will be prohibited from participating in the event. Should a participant be prescribed a substance by a regulated health practitioner that may result in impairment, the participant must notify Race Management in advance of the start of the event. Upon consideration of the facts, including but not limited to foreseeable risks to participants, the event and members of the public, a decision will be made by Race Management as to the participant's status in the event with decisions ruling on the side of risk management and safety.

Disqualifications

- Failure to comply with and/or interference with policies and procedures associated with Race Management, Emergency Response Team and/or implementation of the Emergency Action Plan.
- Failure to wear a PFD throughout the whole race.
- Changing team composition, boat or missing a checkpoint (don't have to stop).
- Not assisting a team in distress.
- Failure to comply with Environmental responsibility.
- Receiving assistance from a non-racer (except for food and water)

Violations

It is the responsibility of each team member to report all violations of the rules and regulations to the Race Coordinator. Violations can be reported at any point during the event but no later than one (1) hour after you have completed or withdrawn from the race.

Failure to Comply

All decisions shall be final. Failure of a team member to comply with the rules and regulations will result in disqualification.

Environmental Responsibility

All event participants must always act in an environmentally responsible manner during the Mattawa River Canoe Race, including during registration, pre-race activities and post-race activities.

Specifically, teams should obey the following principles:

- No litter, gear or any other object will be left on the course, at the start line or host site except in designated disposal locations; all checkpoints have garbage bags;
- All human waste must be buried or properly disposed of in all situations and must not be done so within 50 meters of a water source (stream, river, pond, lake or otherwise);
- No cutting of vegetation of any type or deliberately causing unnecessary damage to vegetation or unnecessary erosion in areas with loose ground;
- Every effort must be made to avoid harassing animals of any type in their natural habitat. In all encounters with wild animals the animal has the right of way; and
- If a competitor or team notices litter, gear or any other object left by another participant it is that team's responsibility to pack it out to the next checkpoint to be left with the checkpoint staff.

Any team observed not acting in an environmentally responsible manner may be disqualified from the event. Any team observed showing blatant disregard for the environment may be permanently banned from future North Bay-Mattawa Conservation Authority's events.

