



North Bay-Mattawa Conservation Authority's

MATTAWA RIVER CANOE/KAYAK/SUP RACE

2024 PARTICIPANT GUIDE

IMPORTANT - MUST READ

READY FOR A CHALLENGE WITH A TWIST OF HISTORY??

The 64 km Mattawa River Canoe/Kayak Race is a demanding and challenging race. The race begins in North Bay and ends at Mattawa Island Conservation Area in Mattawa Ontario.

You must be prepared to race 6-10 hrs, along lakes and remote rivers with several portages. It is expected that you are in good physical condition and health AND that you have a high degree of competency in paddling a canoe/kayak/stand-up paddleboard. 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 (the label must state that the PFD has been approved by Transport Canada, The Canadian Coast Guard or any combination thereof).

Seasonal weather and water conditions can be unpredictable and can change quickly.

If you experience an adverse event during the race, you must be prepared and equipped to be self-sufficient in swimming to shore or self-rescuing in open water.

Be Bear Aware! This is Bear Country!

The 13km Family/Adult/Junior Races are intended to be a social, friendly and fun. The course is achievable for most paddlers with only one portage at the Hurdman Dam. The course starts within Samuel de Champlain Provincial Park and finishes at Mattawa Island Conservation Area.

Paddling is a very safe activity when all the appropriate safety precautions have been taken

There will be a follow-up canoe behind the last paddler(s) of the 64 km race and there is an OPP Safety Boat on Trout Lake, Lake Talon and the lower Mattawa River (unless called away).

There will also be a Safety Boat on Lake Chant Plein before Hurdman Dam.

As well, cell phone coverage is available along most of the route.

Although these safety boats are available to assist or contact for assistance in an emergency, DO NOT assume that a safety boat will be within your immediate vicinity at all times.

As a safety precaution, competitors are considered **withdrawn** from the race at Checkpoint 2 (Portage des Peches) should they not reach this point by 3:30pm or at Checkpoint 3 (Portage Campion) should they not reach this point by 6:00pm. 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.

Thanks to the
Race Safety Sponsor:



MANDATORY VIRTUAL SAFETY BRIEFING

June 6, 2024 at 7 pm (link provided)

**Friday June 7 -
Team Registration/Package Pick-up /Waiver Drop-off
5:30pm-8:00pm
Olmsted Beach, Trout Lake, North Bay.**

OR

**Saturday June 8 -
Team Registration/Package Pick-up/Waiver Drop-off
Minimum 60 minutes before your start time.
Olmsted Beach, Trout Lake, North Bay.**

*To be considered an officially registered team in the **64km Race**, at least one competitor from a tandem team or the only competitor in a solo canoe/kayak/sup must attend the mandatory virtual safety briefing. 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 supports/benefits expected from Race Management.*

Required paperwork to be handed in June 7 or June 8 includes:

- **Full payment of entrance fee and OMCKRA Insurance fee** (you will be reimbursed \$8 if a OMCKRA member).
- **Signed Waiver and** Rowan's Law Waiver if 25 and under.

Other requirements

- A number will be assigned to the canoe/kayak/SUP and must be placed on the Bow Right.

Saturday June 8, 2024 – Race Day

RACE START TIMES

Arrive at least **60 minutes before start time**, to confirm you are an officially registered team and submit any outstanding waivers or fees.

- Full payment of entrance fee and OMCKRA Insurance fee (you will be reimbursed \$8 if a OMCKRA member) for the team and complete contact information for each team member.
- Signed Waiver and Image Release from each team member.

Marathon Race Start Times – Olmsted Beach, Trout Lake, North Bay
MUST START with your class. NO EXCEPTIONS!

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

Family & Junior Races Start Time - Samuel de Champlain Provincial Park

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

Note: Pre-registration for the Family/Junior/Adult (13 km) Races is not required. However you can register at Olmsted Beach Friday June from 5:30pm-8:00pm (and pick up your Park Pass/Package and Boat Number) or Saturday June 8 at 11:30am at Samuel de Champlain Provincial Park. A Safety Briefing will be given at 11:45am on Saturday at Samuel de Champlain. (Park Pass is required to enter the park. **If you do not pick up your Pass Friday at registration, you will have to pay the Park’s day fees at the Park gate**). **Contact Paula Loranger at 705-494-5115 to make arrangements to get a pass to avoid the Park fees.**

RACE DIVISIONS

All participants are classified into a specific divisions based on canoe/kayak/SUP type and race length (13km or 64km). 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.

Recreational Divisions

C2 Stock Men’s:	2 males
C2 Stock Mixed/Women’s:	2 females or 1 male and 1 female
C1 Stock Open:	1 male or 1 female
Women’s:	2 females
Mixed A & B:	1 male and 1 female
Men’s A & B:	2 males
Family A & B:	1 adult and 1 child (13 km)
Junior Rec:	2 youth (14-17yrs) (13 km)

Racing Divisions

USCA C1 Open:	1 canoeist
Pro C2 Men’s:	2 males
Pro C2 Mixed/Women’s:	2 females or 1 male and 1 female
Pro C2 Junior:	2 youth (14-17 yrs) (13 km)

Voyageur Canoe Division

Voyageur/North canoe: 8 paddlers

Kayak Division

Open: 1 paddler

Stand-up Paddleboard

Division

Open: 1 paddler

WATERCRAFT SPECIFICATIONS

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Craft	Max Length	Min Length	Min Beam	Max Beam	Beam Measured @	Min Height at Bow	Min Width	Min Depth
USCA C1 Open	18'6"		27"	32"	4" above bottom	15"		
Pro C2 Men Mixed Women Jr. Racing	18'6"		27"	33"	3" above bottom	15"		
Rec A Jr Rec	17'	16'	32"		4" above bottom of widest point			
Rec B Jr Rec	16'	16'	32"		4" above bottom of widest point			
C2Stock	18'6"	17'					14.4% of length at 4" waterline	Bow 17" Centre 12.5" Stern 16"
Family A	17'	16'	32"		4" above bottom of widest point			
Family B	16'	16'	32"		4" above bottom of widest point			
SUP	No specifications							
Kayak	No specifications							
Voyageur/ North Canoe	No specifications							

MANDATORY EQUIPMENT

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

Per TEAM at all times during the race

- a. 1 paddle for each team member (spare paddle is recommended)
- b. A buoyant towline of >50ft attached to the watercraft and accessible: "Throw bag" attached to watercraft is acceptable
- c. Bailing device, bucket or pump

Per INDIVIDUAL COMPETITOR at all times during the race

- a. **Canadian Approved Life Jacket or Approved PFD. PFD must be worn at all times.**
- b. Whistle (must be attached to the life jacket at all times)

ADDITIONAL EQUIPMENT

The following equipment is recommended:

- a) Spare Paddle
- b) Nutrition and source of water to last the entire race
- c) First Aid Kit
- d) Method to fix watercraft

RACE RULES & REGULATIONS

THE ORGANIZER

Mattawa River Canoe Race is organized and staged by North Bay-Mattawa Conservation Authority. The Race Referee reserves the right to make changes and amendments to the rules and regulations at any time. In the event that 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 first time - **Shuttle Available for participants in the 64 km race.**

TEAMS

Each team (solo / tandem) must register in one of the defined divisions. A team must consist of the same registered members throughout the race. No substitution is permitted after on-site registration is complete. All members of the team must be in good physical condition and health. All team members will be required to complete a medical form to verify this.

The Race Referee reserves the right to remove any team from the registered team list should the Referee feel that the team will not be suitably prepared for the event or may act in a way that will be harmful to themselves, other participants (including but not limited to competitors, volunteers, media, staff, community), or the event as a whole. In this situation the team will be notified immediately upon finalization of the decision and their full entry fee will not be refunded. The entry fee will not be refunded if the team chooses not to compete.

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
- 3) Basic map reading/navigation.

RACE RULES & REGULATIONS (Continued)

MANDATORY REGISTRATION

New paddlers - To be considered an officially registered team in the **64km Race**, at least one competitor from a tandem team or the only competitor in a solo canoe/kayak/stand-up paddleboard must attend the virtual safety briefing on June 6 at 7 pm. Waivers can be submitted after the Safety Briefing via email, in person on June 7 or 8.

CHECKPOINTS

Passing all three checkpoints is **mandatory**. You are not required to stop, but your time will be recorded.

CANCELLATION OF THE EVENT

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

NAVIGATION

Teams will be provided with 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 will have the official race clock.

TEAM IDENTIFICATION

All teams will have a number on their canoe/kayak/stand-up paddleboard throughout the race. Please place the number on the RIGHT side at the bow of the craft. Teams are free to wear any other items or logos for their team sponsors. Logos, slogan, etc must be free of profanity, vulgarity, or discriminatory references.

SAFETY

Please refer to the OMCKRA web site for the complete safety policy.

<http://www.omckra.com>

Teams are required to provide assistance to another team in distress. Teams failing to provide assistance to a team in distress will be disqualified from the race. In the event of an injury, for example, physical injury, etc., teams may receive support from another team. Teams may receive support from non-competing individuals in the event of an emergency however if assistance is received in a manner that facilitates the completion of the race, this team will not be credited with finishing the race.

PIT CREWS

Teams may receive assistance from non-competing individuals, to receive hydration and food only. These individuals **are not to assist** in carrying gear, canoes, paddles or any other equipment. If this happens, the team will be disqualified. **(Please note: if your pit crew will be entering Samuel de Champlain Provincial Park for Checkpoint 3, a special Park Entry Pass will be needed 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 registration.)**

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 be available at all times, 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. With that in mind, if you do have an adverse event, don't expect the boat to be in your vicinity at all times. It is your responsibility to ensure that your team is competent in self-rescue techniques in open water or swim to shore.

ALCOHOL / DRUG USE

The use of any illicit or illegal drugs, alcohol, prescription medication not prescribed to the user for that specific use or prescribed medications that can affect performance is strictly prohibited and will result in immediate disqualification from the race and removal from the course.

VIOLATIONS

It is the responsibility of each team member to report all violations of the rules and regulations to the Race Referee. 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 by the Race Referee 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 act in an environmentally responsible manner at all times 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 race 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 teams' 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.