

BRUCE PENINSULA MULTISPORT RACE (BPMR) – SUBARU LONG COURSE RACER HANDBOOK

(as of February 27, 2023)

EVENT:

The Subaru Long Course is a one-day multisport race consisting of a 16 km paddle, 21 km cycle, 6 km trail run, 40 km cycle and 16 km trail run

ORGANIZATION:

The BPMR is organized by committee by the Peninsula Adventure Sports Association (PASA). The team categories of this event are qualifying races for the Adventure Racing Ontario Points Series (www.adventureracingontario.com) The mailing address for PASA is 107 Old Mill Rd. Georgian Bluffs, ON N0H 2T0.

REQUIREMENTS:

The BPMR is open to Soloists or Teams, however **all participants** are required to:

1. Read and understand these rules before racing
2. Be fully aware of the risks assumed in participating in such events
3. Attest that they are aware of their own physical capabilities and the limits of their technical skills
4. Be fully aware that roads and trails used in the events are open to public traffic and obey all applicable law
5. Sign Liability waivers, an Image Release form, and a Medical Form

Any participant who is not a citizen or resident of Canada must provide proof of third party and personal coverage insurance against accidents including the risks involved in the BPMR.

CATEGORIES, AGE REQUIREMENTS AND PRIZING:

Solo Male and Female - 18yrs and over

Team of 2: Male, Female & Coed - 18yrs & over (complete the whole course together)

Relay Teams of 2 to 5 participants: 16yrs & over

Prizing: All categories require a minimum of 3 participants or teams to qualify for prizing. 1st place will be recognized in categories with 3 participants or teams. 1st, 2nd and 3rd will be recognized in categories with 5 or more participants or teams.

RACE KIT PICKUP & GEAR DROP

Bluewater Park - 400 William St, Warton, ON N0H 2T0 (see Appendix 1 - Site Maps)

Friday of event weekend: 6:00 PM to 8:00 PM (kit pick-up only during this time, all gear to be dropped Saturday morning)

Saturday of event weekend 5:30 AM to 6:30 AM

Participants must check-in at Race-Kit-Pick-Up no later than 30 minutes before their designated start time. If a participant arrives less than 30 minutes before their start time they will not be permitted to race.

Returning racers are asked to REMOVE ALL RACE STICKERS FROM PREVIOUS YEARS from your gear to avoid confusion.

SUBARU LONG COURSE DESCRIPTION

Subaru Long Course participants will utilize the Bluewater Park Central Transition Area, plus a Remote Transition Area north of Warton. The course will flow as follows:

7:00am Mass Start in Bluewater Park

16km Paddle in Colpoy's Bay then return to the Bluewater Park Central Transition Area

21km Bike Loop south of Warton and returning to the Bluewater Park Central Transition Area

6km Run Loop north of Warton and return to the Bluewater Park Central Transition Area

40km Bike north of Wairton to a Remote Transition Area*

16km Run back to the finish in Bluewater Park

*Participants can provide a drop-bag with running shoes and nutrition supplies (drink and food) before the race to meet them in the Remote Transition Area (the drop bag can be no bigger than airline carry-on).

Relay Teams provide own transport logistics to the Remote Transition Area.

COURSE RULES

Participants must follow the route marked by the organizers. No shortcuts are permitted. Any participant found off the marked route will either be disqualified or directed to return to the marked route. If you have to leave the route to go to the bathroom, please **leave your gear on the trail** so you do not get missed by the Course Sweeps. Course Marshals will be located throughout the route to ensure participants follow the proper course. Participants must obey the instructions of course marshals or face disqualification. Should a participant become lost they should communicate their location using three whistle blasts followed by thirty seconds silence, repeated and await assistance.

No outside assistance is permitted at any time during the event including at the transition areas. **Athletes are asked to assist other athletes in distress** and to communicate to the nearest race official the location of any athlete requiring attention of the race organization or emergency response.

Safety boats will provide assistance to participants who have cap-sized and cannot self-rescue on their own. However, this is limited to 1 instance of

help. If help is required a 2nd time the participant will become DNF (Did Not Finish) for the paddle stage and will be told to proceed directly back to the start/finish of the paddling leg, or if space and time permits will be transported by boat back to the Start/Finish. Any DNF paddle-stage participants can proceed on the remainder of the course and will receive an official finish, however they will be ranked behind all full-course finishers.

Drop-out/withdrawal from event: If a participant decides to drop-out of the race they must inform the nearest race official, course sweep, or marshal of their decision and hand over their timing chip. **IMPORTANT NOTE:** Failure to hand in a timing chip upon withdrawal from the event could result in the initiation of an unnecessary **search and rescue operation at the expense of the participant.**

In the event of inclement conditions on Georgian Bay, the racecourse may be modified and may result in different stage lengths than provided in the preferred course. In the event of this change, the decision will be communicated to participants as early as possible.

In the event of a thunderstorm, participants are required to seek shelter and wait until 30 minutes have passed since the last audible thunderclap before proceeding on the course. No participant will be allowed to pass through a transition during a stoppage due to a thunderstorm or severe weather. Final times for those athletes affected by a stoppage will be given notation of such.

Teams of 2 must always stay together (within 10 metres).

Time cutoffs have been established and will be enforced to ensure that all participants are off the course and back to Bluewater Park for purposes of their own safety. Time cutoffs are as follows:

SUBARU LONG COURSE:	
Transition 1 (Paddle to Bike):	10:00 AM
Transition 2 (Bike1 to Run1):	12:00 PM
Transition 3 (Run1 to Bike2):	1:00 PM
Transition 4 (Bike2 to Run2):	4:00 PM

All courses close at 6:00pm and all racers must be across the finish line by this time.

Watercraft Restrictions:

For soloists and relay teams, watercraft is restricted to kayaks, surfskis and outrigger canoes. Teams of 2 may paddle; tandem kayaks, canoes, or solo kayaks (if paddling solo kayaks team members must stay together at all times. Watercraft must be a minimum of 14 feet in length. Prizing is allocated by category entered, not boat class. I.e. the solo female category will have one podium, not multiple podiums by boat class.

SUBARU LONG COURSE RELAY TEAMS

Relay teams on the Subaru Long Course must complete all stages of the race in order. Teams may consist of 2, 3, 4 or 5 members. Teams may hand off in the Bluewater Park Central Transition Area or at the Remote Transition Area. Individual team members are not required to complete their stages in sequence, i.e. one team member could do stages 1 and 2, or 1 and 3, or 1, 3, and 5 with the other team member completing the remaining stages. **IMPORTANT NOTE:** Relay teams are responsible for providing their own vehicle transportation around the course. Teams will be provided with a map illustrating hand-off zones and driving routes at race kit pickup.

COURSE NOTES

Terrain:

The Bruce Peninsula Multisport Race takes participants through wild and rugged places along the Niagara Escarpment World Biosphere Preserve. Cycle course terrain includes asphalt and gravel roads, unopened road allowances, logging roads and ATV trails. The course includes some of the most rugged trail terrain in North America, with significant drops, sharp turns, exposed roots and crevices and loose rock most of which could be along the edge of a sharp cliff. **Rocks, roots, and clay soils are extremely slippery when wet.** The paddle course features Georgian Bay shoreline, which can have waves and shallow rocks. Conditions can change rapidly.

The Bruce Trail:

The Bruce Trail is a pedestrian trail. Please do not cycle on the trail unless specifically permitted by the landowner. Landowner permission has been obtained for sections where the cycle routes are on the Bruce Trail.

Wildlife:

In addition to physical hazards participants may encounter wildlife including but not limited to bears, coyotes, and Massasauga rattlesnakes, which are venomous, and which are protected under the Species At Risk Act. If you encounter wildlife, make noise and wave your arms.

The organization reserves the right to modify the rules at any time. Should a change, addition, or clarification be required the organization will communicate such changes using the event website, by communications to the email address on file for all registered participants, and by notification at the pre-race briefing.

RETRIEVING YOUR GEAR

All gear should be retrieved promptly after finishing. The transition area will not be monitored by event staff 45min. after the last possible finisher; 6:45pm.

Bikes and gear drop bags will be returned from the Remote Transition Area to the Central Transition Area by event organizers.

IMAGE RIGHTS & SOCIAL MEDIA

As a condition of entry, each participant gives the race Organization the right to use pictures and film material taken during the race **to be used free of rights in the livestreaming and event photography.** All images and rights from the event are reserved. Promotional usage of racers image will be allowed with completion of the image release section in the event waiver forms. All unauthorized commercial use of

images will be legally addressed. Racers are allowed to have sponsors marked on their race gear; however, the race bibs cannot be modified in any way and must be worn at all times.

By entering the race each racer and team member accepts these rules in full.

Appendix 1. Site Maps



