BRUCE PENINSULA MULTISPORT RACE (BPMR) – SUBARU SPRINT COURSE RACER HANDBOOK
(as of June 24, 2024)

EVENT:
The Subaru Sprint Course is a one-day multisport race consisting of a 2 km paddle, 12 km cycle, and 3.5km trail run

ORGANIZATION:
The BPMR is organized by committee by the Peninsula Adventure Sports Association (PASA). 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 & Release 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, Masters Male and Female (Masters 45+ yrs) Junior Male & Female (14-16 yrs) – must be 14yrs and over
Team of 2: Tandem Canoe - Male, Female, Coed, Masters Male & Female & Coed (both members 45+ yrs) Junior Male & Female & Coed (both members 14-16 yrs) Family (Parent 18+ yrs & child 10-14yrs) – must be 10yrs and 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, Wiarton, ON N0H 2T0 (see Appendix 1 - Site Maps)
Saturday of event weekend 7:00 AM to 9:15 AM (All Courses)

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.

SUNTRAIL COURSE DESCRIPTION
Subaru Sprint Course participants will only utilize the Bluewater Park Central Transition Area. The course will flow as follows:

Wave Starts in Bluewater Park as follows:
- 9:30am Solo Male Wave
- 9:35am Solo Female Wave
- 9:40am Teams of 2 Wave

1. 2km Paddle in Colpoy's Bay then return to the Bluewater Park Central Transition Area
2. 12km Loop Bike then return to the Bluewater Park Central Transition Area
3. 3.5km Run and finish in Bluewater Park

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 area. **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.

Tandem Teams 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:

> All courses close at 1:30pm and all racers must be across the finish line by this time.

Watercraft Restrictions:
For prizing purposes, the Subaru Sprint Course will only award teams of 2 in __canoes__, and soloists in either a kayak, surfski, outrigger canoe, or SUP. 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.

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. 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 Massassauga 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; 2:15pm.
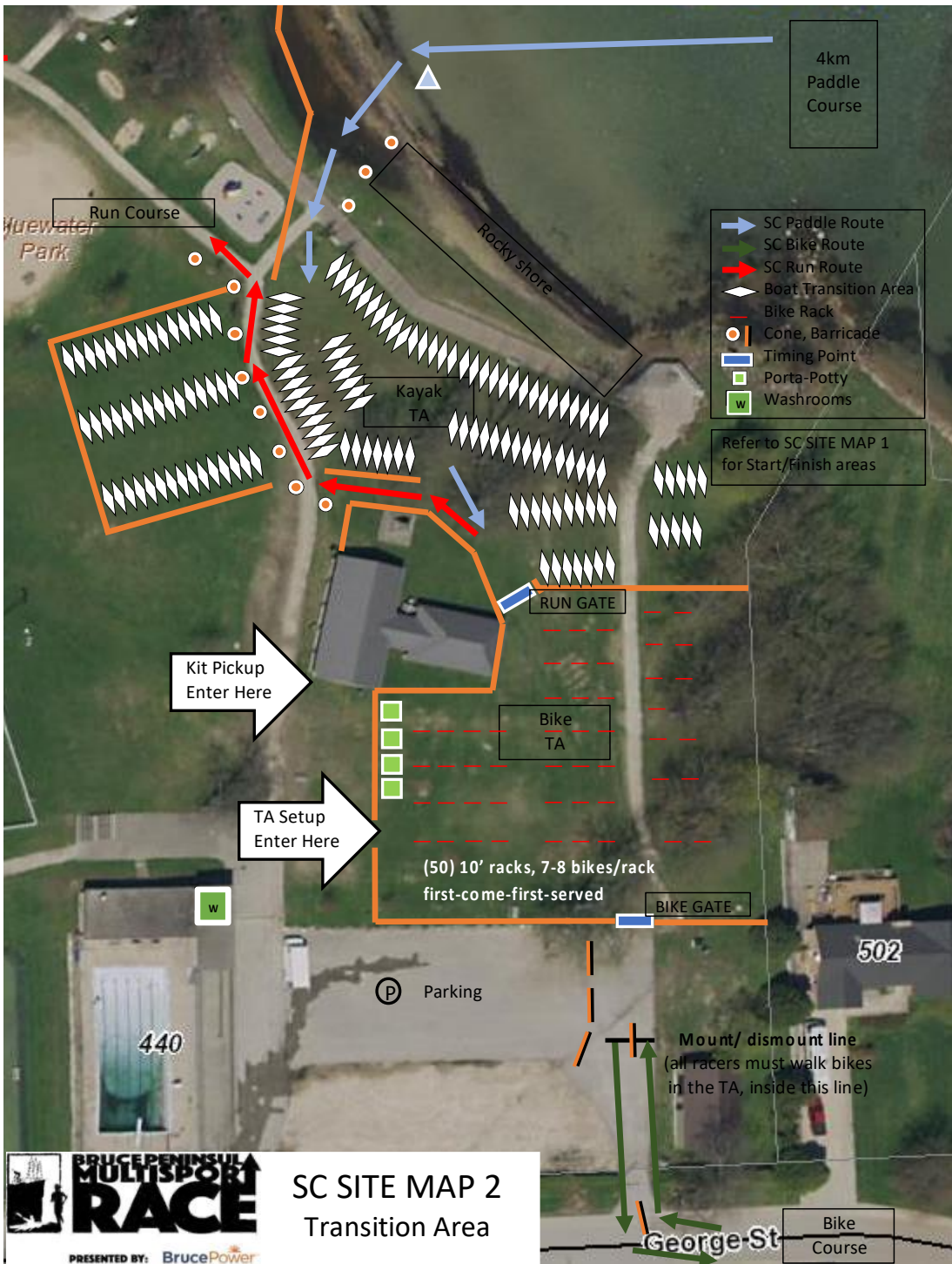
IMAGE RIGHTS & SOCIAL MEDIA
As a condition of entry, each participant gives the race Organization the right to use pictures and film material taken during the race **to be used free of rights in the livestreaming and event photography**. All images and rights from the event are reserved. Promotional 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

SC SITE MAP 1
Bluewater Park

4km
Paddle
Course

Run Course

Bluewater
Park

Rocky shore

SC Paddle Route
SC Bike Route
SC Run Route
Boat Transition Area
Bike Rack
Cone, Barricade
Timing Point
Porta-Potty
W Washrooms

Refer to SC SITE MAP 1
for Start/Finish areas

Kayak
TA

RUN GATE

Kit Pickup
Enter Here

Bike
TA

TA Setup
Enter Here

(50) 10' racks, 7-8 bikes/rack
first-come-first-served

BIKE GATE

W

502

Parking

440

Mount/ dismount line
(all racers must walk bikes
in the TA, inside this line)

BRUCE PENINSULA
MULTISPORT
RACE
PRESENTED BY: BrucePower

SC SITE MAP 2
Transition Area

George St

Bike
Course