



GUATS™
LOGS ROCKS & STEEL
MULTISPORT ADVENTURE

Logs Rocks and Steel – A Multisport Adventure
CHAMPIONSHIP COURSE - Competitor Information Package

Includes:

1. Race Information
2. Rules & Regulations

1. Race Information:

When: Saturday September 4, 2010

Where: Haliburton Highlands

Host Site: [Frost Centre Institute](#)

Categories:

Solo Male & Female

Solo Masters Male & Masters Female (Masters age 45+)

Team of 2: All-Male, All-Female, Co-Ed,

Relay Teams (consists of 2-4 people)

Championship Course Race Stats*: 16km Trail Run – 14km Paddle & Portage
– 50km Mountain Bike (*exact distances are subject to change due to
environmental conditions)

Total Distance: 80km (expected finishing times: 6 to 12 hours)

Start Time: 8:00am

Start Location: Frost Centre Institute

Race Kit Pick-Up: Frost Centre Institute (Friday September 3, 2010 (4:00pm –
10:00pm) Saturday September 4, 2010 (6:00am – 7:15am))

Boat Rentals: Canoe Rentals are available at an additional cost of \$50 per boat. Canoe rental includes PFD, paddle and safety equipment, as well as delivery and pick-up from the various transition areas.

Pre-Event Boat Drop: New for 2010, participants bringing their own watercraft will be required to drop-off their boats at Transition Area #1 between 6:00am and 7:30am the morning of the event. Transition Area #1 is located 3.7k north of the Frost Centre, just off the east side of Hwy 35, on a small, un-named dirt road. Please note, this is not the signed public boat launch near Wren Lake, but instead it's a dirt road with a court/turn-around at its end. A sign will be erected indicating this road is the canoe/kayak drop-off location for "Championship Course" participants at Logs Rocks and Steel. Plan to give yourself 30 minutes to drop off your boat the morning of the event. For participants renting canoes from the organization, they will be dropped off at Transition Area #1 for you.

Aid Stations: Aid Stations with water and sports drink will be available on the Championship Course as follows:

- At all transition areas
- At the 10km point during the trail run
- At the 12km point during the mountain bike leg
- At the 30km point during the mountain bike leg

2. Rules & Regulations

2.1 Definition: Logs Rocks and Steel (Championship Course) is a one-day point-to-point multisport competition consisting of a 16km Trail Run, a 14km Paddle & Portage and a 50km Mountain Bike ride. The race runs continuously, and the clock stops for each participant when they cross the finish line.

2.2 Organization: Logs Rocks and Steel is organized by Bob Miller through the company Lount & Miller Inc. The event is sanctioned by the Canadian Adventure Racing Association. The address of the race committee is:

79 Millstone Crt.
Unionville, Ontario
Canada
L3R 7M7
Tel: 416-735-4021

2.3 Conditions for Participation: Logs Rocks and Steel is open to Soloists, Relay teams, or Teams of 2. Categories include: Solo Male, Solo Female, Masters Solo Male (45+), Masters Solo Female (45+), Team of 2 All-Male, Team of 2 All-Female, Team of 2 Co-ed, Relay Teams.

Requirements: All participants must:

- Read and understand the rules before racing.
- Be fully aware of the risks participating in such events may entail
- Attest they are aware of their own physical capacities and the limits of their technical skills.
- Be fully aware that all roads and trails used in the events are open to public traffic

2.4 Documents: Each participant must sign:

- Liability Waiver(s)
- Image Release
- Medical Form

Any Non-Canadian Citizen's must provide proof of third party and personal coverage insurance against accidents, which include the risks involved in the Logs Rocks and Steel Multisport race.

2.5 Schedule:

Friday September 3, 2010

Registration: 4:00pm – 10:00pm

Saturday September 4, 2010

Registration: 6:00am – 7:15am

Pre-Event Boat Drop: 6:00am – 7:30am

Race Starts: 8:00am

First participants expected to finish: 1:30pm

Last participants expected to finish: 6:00pm

Post Race Meal: 1:00pm to 8:00pm

Awards: 5:00pm

Bonfire & Post Race Celebrations: 8:00pm onwards

2.6 Timing:

Manual timing will be used at the event. Your time will be recorded upon **entering** both transition areas and at the finish line, which will produce three splits for the Run, Paddle & Bike. Participants must ensure they check-in with the volunteers managing the time sheets at each TA and at the Finish Line (don't worry, they'll be easy to locate in a prominent location at the entrance of the TA's).

2.7 Course Specific Rules:

1. Participants must follow the route marked by the organizers. No short-cuts are permitted. Any participant found off the marked route will either be disqualified, or directed to return to the marked route. Course Marshall's will be located throughout the route to ensure participants follow the proper course.

2. No outside assistance is permitted at any time during the event; this includes the transition areas and the aid stations. Support-crews are allowed to set gear up, and leave food & drink in the transition areas, but they cannot help the participants when they arrive.

3. Drop-outs. If a participant decides to drop-out of the race they must inform the nearest race official, or volunteer of their decision. Failure to do so could result in the initiation of an un-necessary search and rescue.

4. Teams of 2 must stay together at all times.

5. Boat requirements. Teams of 2, or Relay Teams opting to have 2 people complete the paddling leg must paddle a canoe. Soloists, or Relay Teams opting to have a single team member complete the paddling leg can paddle a single kayak, surfski, or canoe. No tandem kayaks, boats with oar-locks, or rowing shells are permitted. Relay Teams can have one, or two team members complete the paddling leg.

2.8 Course Cut-Offs:

There will be two cut-offs located at different points along the course. If participants do not reach these cut-offs before the time indicated they will not be allowed to continue on the course. This is to ensure everyone; including volunteers are off the course before dark. Cut-offs are as follows:

Transition Area #2 (Paddle to Bike, Frost Centre Institute): Cut-Off Time: 2:00pm
Mountain Bike Leg (Aid Station #1, 12km into ride): Cut-Off Time: 3:00pm

2.9 Mandatory Gear:

The following gear must be carried on the various sections of the course:

Full-Time Mandatory gear (must be carried during the entire race):

1 Small First-Aid Kit (per team/soloist), containing:

- Pressure dressing (even a sanitary napkin works fine) : to treat a significant bleed if it occurs
- Emergency blanket : to treat hypothermia
- Band-aids (10)
- Tensor bandage (ACE wrap)(min. 3" width) : treat bone / muscle trauma
- blister care supplies (moleskin, second skin etc...)
- 1 package of liquid energy PER race team member (eg: power gel, honey, jello): for hypoglycemia
- 1 roll of adhesive tape (eg: duct tape, first aid tape etc..)

- 1 whistle per person (located ON PFD while paddling, but also carried during the rest of the race): to notify race staff in case of emergency
- 1 litre (minimum) of water carrying capacity PER person

During the Paddling Leg: Each participant must have a lifejacket that must be worn at all times while on the water; and each watercraft must have a bailer, a whistle (or signaling device) and a throw rope (min. 15m) as per Canadian Coast Guard regulations.

During the Mountain Bike Section: Each participant must wear an approved cycling helmet, and have a mountain bike in suitable repair for this type of race. Participants should also ensure their brakes are in good working order. Although not mandatory, it is strongly recommended that participants carry; a spare tube, tire levers, a pump, a chain repair tool and a multi-tool.

Note: In case of emergency, it is strongly recommended that participants carry a cell-phone with them while on the race-course. We have found cell coverage is decent (not guaranteed) throughout much of the race course.

It is also recommended that participants carry a copy of the race maps with them on the course. Copies of these maps will be provided at race-kit pick-up.