

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

Includes:

1. Race Information
2. Rules & Regulations
3. Driving Instructions

1. Race Information:

When: Saturday July 19, 2008

Where: Haliburton Highlands

Host Site: Minden Fairgrounds ([For directions, click here.](#))

Categories:

Solo Male & Female

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: Stanhope Community Centre

Race Kit Pick-Up: Minden Fairgrounds (Friday July 18, 2008 (4:00pm – 10:00pm)(Saturday July 19, 2008 (6:00am – 7:15am))

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

Unsupported Option: The organizers will provide support for competitors unable to provide their own support-crew to move their gear between the various transition areas around the course. There will be an additional cost of \$40 per participant (or team) for this service. The unsupported option will include: transport of 1 bag and 1 boat to TA1, transport of 1 bag and 1, or 2 bikes to TA2, plus we'll return the boat and TA bags to the finish area. **We will do our best to transport your gear with the utmost respect & care, however, the organization can not be held responsible for any lost, or damaged equipment.**

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 25km 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 Derek MacNeil, Peter Oyler and 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: 905-477-5509

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, 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 a:

- 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 July 18, 2008

Registration:

4:00pm – 10:00pm

Saturday July 19, 2008

Registration:

6:00am – 7:15am

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

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 & soloists must paddle a canoe, kayak, or surfski, no boats with oar-locks, or rowing shells are allowed. Relay Teams are permitted to have one, or two people on the team 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. If a participant does not reach a cut-off point in time, they will be transported to the finish area by race staff, or by their support-crew. Cut-offs are as follows:

Transition Area #2 (Bike to Paddle, Ox Narrows Resort): Cut-Off Time: 2:00pm
Mountain Bike Leg (Hwy 118 crossing): Cut-Off Time: 4:00pm

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. These are available on the website and copies of these maps will be provided at race-kit pick-up.

3. Driving Instructions

Logs Rocks and Steel Event Headquarters and Registration will be located in a Quonset hut in the northwest corner of the Minden Fairgrounds. ([For directions, click here.](#))

Driving Directions in sequence from the Minden Fairgrounds to the Start Area & Transition Areas:

1. Directions from Minden Fairgrounds to the Start Area (Stanhope Community Centre) (Approx. traveling time: 20 minutes)

From the Minden Fairgrounds return to Hwy 35 and travel north towards the intersection with Hwy 118. Continue north on Hwy 35 crossing Hwy 118. Approximately 4.5km north of Hwy 118, turn right on North Shore Road. The Stanhope Community Centre will be in 500m on your left hand side. Please park in the Community Centre Parking Lot & follow the instructions of the volunteers to reach the start line.

2. Directions from the Start Area (Stanhope Community Centre) to Transition Area #1 (Big Hawk Lake Marina) (Approx. traveling time: 15 minutes)

From the Stanhope Community Centre, return to Hwy 35 and turn right/north. In approximately 3.5km you'll turn right on Braeloch Rd. Follow Braeloch Road north to its end, at a T junction with Little Hawk Rd. (County Rd. 13). Turn left on Little Hawk Rd., cross a bridge, then in a few hundred metres turn right/north on Big Hawk Road. Follow Big Hawk Rd. for approx. 3.5km to the Big Hawk Lake Marina. Parking is available in a small parking lot prior to reaching Big Hawk Lake Marina, or in a parking lot up behind Big Hawk Lake Marina. You can also park along the shoulder of Big Hawk Lake Rd.

3. Directions from Transition Area #1 (Big Hawk Lake Marina) to Transition Area #2 (Ox Narrows Resort) (Approx. traveling time: 15 minutes)

From Big Hawk Lake Marina drive south on Big Hawk Rd. and return to Little Hawk Rd. Turn right/west on Little Hawk Rd. which will take you back to Hwy 35. At Hwy 35 turn right/north. Follow Hwy 35 for approximately 6km where you'll cross a bridge on Kushog Lake. Immediately after crossing the bridge, turn left on Kushog Lake Rd. into Ox Narrows Resort. Parking is available along the shoulder of Kushog Lake Rd. Follow the directions of volunteers when parking.