



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 10, 2011

Where: Torrance Barrens, Southern Muskoka, Ontario Canada

Host Site: [YMCA Camp Pine Crest](#)

1090 Gullwing Lake Rd.
Torrance, ON
P0C 1M0

Categories:

Solo Male & Female

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

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

Championship Course Race Stats*: 14km Paddle & Portage – 52km Mountain Bike – 17km Trail Run (*exact distances are subject to change due to environmental conditions)

Total Distance: 83km (expected finishing times: 6 to 12 hours)

Start Time: 8:00am

Start Location: YMCA Camp Pine Crest

Race Kit Pick-Up: YMCA Camp Pine Crest (Friday September 9, 2011 (4:00pm – 10:00pm) Saturday September 10, 2011 (6:00am – 7:15am))

Boat Rentals: Canoe and Kayak rentals are available at an additional cost of \$40 per boat. Canoe and Kayak rental includes PFD, paddle and safety equipment, as well as delivery and pick-up from the various transition areas.

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

- At the central transition area
- At the 17km point during the mountain bike leg
- At the 35km point during the mountain bike leg
- At the 9km point during the trail run

2. Rules & Regulations

2.1 Definition: Logs Rocks and Steel (Championship Course) is a one-day point-to-point multisport competition consisting of a 14km Paddle & Portage, a 52km Mountain Bike and a 17km Trail Run. 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, 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.

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 9, 2011

Registration: 4:00pm – 10:00pm

Saturday September 10, 2011

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 7:00pm

Awards: 5:00pm

Bonfire & Post Race Celebrations: 7:00pm onwards

2.6 Timing:

New for 2011, [Sport Ident](#) (SI) chip timing will be used at the event. For those not familiar with SI, each team/soloist will be issued an SI Card, which you'll use to "punch" an SI Unit at the entrance and exit of each transition area, thus recording your time. We highly recommend attaching your SI card to your watch, a necklace, or wristband. Teams who lose their SI card will be required to replace it at a cost of \$75. As mentioned above, your time will be recorded upon entering and exiting the transition area and at the finish line, which will produce five splits as follows: Paddle, TA1, Bike, TA2, Run. Participants must ensure they "punch" the SI Unit when entering and exiting the transition area, as well as at the finish line (don't worry, the SI Units will be easy to locate in prominent locations).

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.

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 must must paddle a canoe. Soloists can paddle a kayak, surfski, or canoe. No tandem kayaks, boats with oar-locks, or rowing shells are permitted.

2.8 Course Cut-Off:

There will be a cut-off located at Transition Area #2 (Bike to Run). If participants do not reach TA#2 by 2:30pm they will not be allowed to continue on the course. This is to ensure everyone; including volunteers are off the course before dark.

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.