



# Upper Ottawa River Race

## Kayak ~ Stand Up Paddle ~ Canoe

### August 12th, 2023 Pembroke | Petawawa

## Event Schedule & Information Package

Upper Ottawa River Race - Title Sponsor



Canadian Nuclear  
Laboratories

Laboratoires Nucléaires  
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**(Please note: this schedule may be subject to change at any moment.)**  
**Times may change to ensure safety due to weather conditions or other unforeseen concerns.**



# **FRIDAY, AUGUST 11<sup>th</sup>**

## **PRE-REGISTRATION – Riverside Park (Pembroke)**

4:00 – 9:00 pm

### **Registration for 13km & 4km Race**

We will be under the big white tent at Riverside Park near the beach. Drop by and beat the rush! Pick up your race bib, swag bag and join in the Friday night activities. Catch up with old friends and meet new paddlers!

## **FRIDAY NIGHT FIRESIDE – Riverside Park Beach (Pembroke)**

6:00 – 9:00 pm

**After you register follow the glow of the bonfire to the beach.**



**SATURDAY, AUGUST 12<sup>th</sup>**

**PLEASE NOTE ALL TIMES ARE SUBJECT TO CHANGE FOR THE SAFETY OF RACERS AND ALL THOSE INVOLVED IN THE EVENT**

**UPPER OTTAWA RIVER RACES (Canoe, Kayak & SUP)**

**RACE (13km) – Petawawa Point Beach**

- |                                   |          |          |
|-----------------------------------|----------|----------|
| - Registration (Petawawa Point)   |          | 10:00 am |
| - Pre-Race Meeting & Safety Brief | 10:45 am |          |
| - Race Start                      |          | 11:00 am |

**Sponsored by: Integrated Health Centre**

**RACE (4km) – Pembroke (Loop)**

- |                                   |  |         |
|-----------------------------------|--|---------|
| - Registration (Riverside Park)   |  | 2:15 pm |
| - Pre-Race Meeting & Safety Brief |  | 2:45 pm |
| - Race Start                      |  | 3:00 pm |

**Sponsored by: Integrated Health Centre**

**KIDS RACES – Pembroke (Loop) – no race admission fee**

- |                               |  |         |
|-------------------------------|--|---------|
| - Registration & Safety Brief |  | 4:30 pm |
| - Race Start                  |  | 5:00 pm |

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## **NON-RACE ACTIVITIES — Riverside Park, Pembroke**

### **Health & Wellness VENDORS (Beachside)**

- Food Vendors
- Retail Vendors

11:00 – 4:00 pm

11:00 – 4:00 pm

**13km & 4km AWARDS presented by:** Integrated Health



6:00 pm

## **PADDLERS DINNER - prepared and served by Schmidt's catering**

**(FREE for racers / \$15 per NON racer)**

**6:30pm**

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## **LIVE MUSIC & PERFORMANCES**

**MUSIC** (Mountainhead)

6:00pm

**BONFIRE** and music by Tiny Horses

8:00pm



## REGISTRATION

All registration and entry fees can be completed and paid at [www.wateranddirt.ca](http://www.wateranddirt.ca)

Registration must be completed and all payments made by August 11<sup>th</sup>, 2023

Registration for all events including 13km, 4km and Kids Races can be completed at Registration is hosted by a third party group **Race Hub HQ**. This is the only registration site in which race registration will take place.

**NO CREDIT CARD?** If you want to pay by cheque **YOU MUST** pay prior to the event. Please contact Colin Coyle at 613-687-5678 \* 2102 or email [ccoyle@petawawa.ca](mailto:ccoyle@petawawa.ca) .

Registration forms will be processed only if accompanied by full payment of registration fees. Cancellations received in writing by July 15, 2023 will be refunded in full, less a 25 % cancellation fee. No refunds will be issued for cancellations received after that date. Only cancellations received in writing will be processed. The Upper Ottawa River Race & Paddle Festival reserves the right to cancel this event or portions due to insufficient registration and any circumstances beyond their control, in which case registration fees will be refunded in full.

All registered race participants (13km & 4km) will receive a bib number, an event shirt, and ticket for after race meals (lunch and dinner), fruit and drinks upon arrival at the finish line, swag bag and the opportunity to participate in many after race activities and *just have fun with other paddlers!* There are chances to win prizes and unique trophies for those who place 1<sup>st</sup> in a variety of categories (*boat or board, age, gender*) as well as the prospect to win other prizes throughout the event.

**WE STRONGLY ENCOURAGE YOU** TO ARRIVE AND CHECK-IN ON FRIDAY, AUGUST 11<sup>TH</sup> AS IT IS EASIER FOR YOU ON RACE DAY YOU WILL ALSO BE ABLE TO JOIN FELLOW PADDLERS FOR LIVE ENTERTAINMENT And HAVE TIME TO CATCH UP WITH OLD FRIENDS AND MEET SOME NEW ONES!





## SAFETY

1. Paddling equipment, personal floatation devices, safety kits (bail bucket, throw rope, and whistle) will *NOT* be provided by the Upper Ottawa River Race. These items must be provided by the participant and in their possession during the race or other activities at all times.
2. All participants ***MUST*** wear an appropriately sized and approved personal floatation device (PFD) with a whistle attached to the front. Your PFD ***MUST*** be worn at all times while you are on the water. Participants not wearing a PFD while participating in UORRPF race activities will be disqualified.
3. Participants are required to check in at least one hour before their start time. Welcome packages will be provided and registrants ***MUST*** sign a waiver of liability and release form at this time.
4. Participants are to ensure that their bib race number is visible at all times.
5. Participants are to complete the event without assistance.
6. At checkpoints, participants are to identify themselves to the check-point attendant(s). This is to ensure the safety of all participants and volunteers on the river.
7. All participants are to display courtesy to fellow competitors, avoiding interference and boat or paddle contact.
8. Participants ***MUST*** attend a pre-event briefing that will be held before event start time(s) and pay close attention to the information given to paddlers by the race organizer and the starting official.
9. In the case of capsizing, stay with your canoe, kayak, SUP! If you require assistance, flag down the race safety boaters for aid. If you are able to continue you can swim to shore and bail out your boat (Canoe, Kayak or SUP) and remount or drag to shore then continue with the race.
10. If at any time you decide not to complete the race once started – ***please inform the checkpoint attendant ( 13 km or 4km race), safety boaters and the race organizers at the finish area.***
11. All participants are encouraged to protect themselves from the sun by wearing sunscreen, protective clothing, a hat, sunglasses, etc.
12. All participants are encouraged to bring rain gear. The race is rain or shine. Race status due to inclement weather (wind, waves, lightening etc.) will be at the decision of the race organizers.
13. All participants are encouraged to carry energy snacks and drinking water/juice. One litre per hour is recommended.
14. All participants are encouraged to carry a bilge pump (canoe/kayak).
15. All SUP paddlers must wear a leash for the duration of the race to ensure additional safety.

**\*\*\* CHECK IN at the end of all events (races, fish derby, or other events) with the organizer to ensure your safe return and organizers are not looking for you after the event is over! \*\*\***



## **RACE CLASSES –**

### **Petawawa – Pembroke (13 km)** Petawawa Point Beach to Riverside Park

Awards and Prizes for 1<sup>st</sup> place in each category/gender/age



#### **INTERMEDIATE & ADVANCED**

This category is reserved for intermediate to advanced paddlers who are 18 years of age or older that have a strong knowledge and previous experience of paddling distances over 10km. Must be knowledgeable about self-rescue and various adverse open water conditions including wind and waves.



**13 km RACE ROUTE**

### **Riverside Park (4 km)** Race double loop at Pembroke Riverside Park Beach

Awards and Prizes for 1<sup>st</sup> place in each category/gender/age



#### **BEGINNER & NOVICE**

This category is reserved for beginner to novice paddlers that are new to the sport of paddling or have been paddling for a short time. The shorter distance races have been designed to have paddlers in a safer monitored area.



**4 km RACE ROUTE** (Twice Around Course)

## Riverside Park (KIDS Races)

This race is a single *there and back* (one buoy turn) starting and finishing at Pembroke Riverside Park Beach

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### RECREATION

This category is reserved for children that are new/beginners to the sport of paddling or have been paddling for a short time. The shorter distance races have been designed to have paddlers in a safer monitored area. Parents/ Guardians are welcomed to paddle alongside (*not in front*) the racers and can provide verbal cues.

#### 1 km RACE ROUTE



## KIDS RACE – Riverside Park (1 km or less) – *non-competitive*

Register Day of Event – SUP boards, paddles and PFD will be provided (if you require)

#### Category

SUP & Kayak

#### Entry Fee

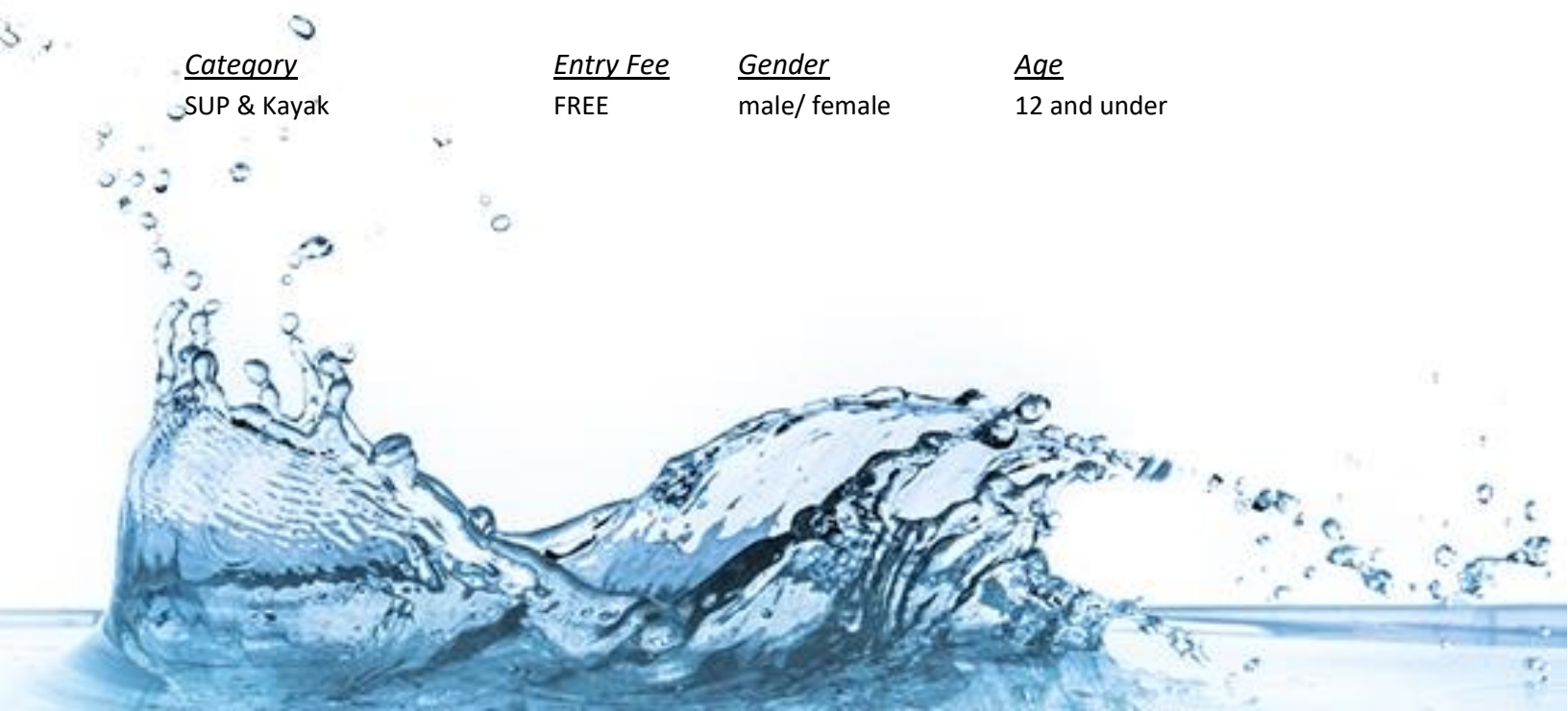
FREE

#### Gender

male/ female

#### Age

12 and under





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**PETAWAWA**  
DYNAMIC BY NATURE

  
**Pembroke**  
the heart of the ottawa valley

