



Cascade Canoe & Kayak Distance Race Hosted by Cascade Canoe & Kayak Racing Team Saturday, October 27, 2017

You're invited!

You are invited to the Cascade Canoe & Kayak Distance Race – a 2 km, 5 km or 10 km race primarily for International Canoe Federation sprint canoes and kayaks. Other types of paddled craft may be included. The annual date is the last Saturday in October – this year October 27!

Costumes are optional!

In the spirit of the Halloween season, racing in a costume adds a fun aspect to the race, and is optional.

The Courses

Three distances are offered and all are available to all age groups. All races are run simultaneously, so you must choose! The Sammamish River is normally a slow meandering waterway that connects Lake Sammamish to Lake Washington. It is often called the Sammamish Slough and averages about 30 meters wide and 3 meters deep. The course is very protected and sheltered from wind and waves.

As with any “natural” waterway, there are a few small and easily avoided hazards. As the river meanders along, the inside of turns tend to be shallow. There's also a few places where side creeks enter the river, resulting in small shallow deltas. In a couple of places trees have fallen into the river and stick out from the shore. There are many bridges crossing the river and some have supports in the water. When we have strong sustained rains, the river rises and current becomes stronger. Leaves and aquatic plants can catch on bow and rudders of boats.



10 km - The course starts and finishes at Cascade's home at the Blue Heron Landing, 9025 Bothell Way NE, Bothell, WA 98011 (47°45'7.11"N by 122°13'11.90"W). The course is circular, on the winding Sammamish River, with two big laps. The start is upstream, and the race follows the river for approximately 2.5 km. The counterclockwise turn is around an orange buoy just upstream of the 102nd Ave NE bridge (47° 45' 32.19" by 122° 12' 12.70" W). Return downstream to the start/finish line and turn



counterclockwise around the orange buoy. Paddle a second lap and finish at the start/finish line. The finish is in the downstream direction.

5 km – The course starts and finishes at Cascade’s home at the Blue Heron Landing, 9025 Bothell Way NE, Bothell, WA 98011 (47°45'7.11"N by 122°13'11.90"W). The course is circular, on the winding Sammamish River, with one big lap. The start is upstream, and the races follows the river for approximately 2.5 km. The counterclockwise turn is around an orange buoy just upstream of the 102nd Ave NE bridge (47° 45' 32.19" by 122° 12' 12.70" W}. Return downstream to finish at the start/finish line. The finish is in the downstream direction.

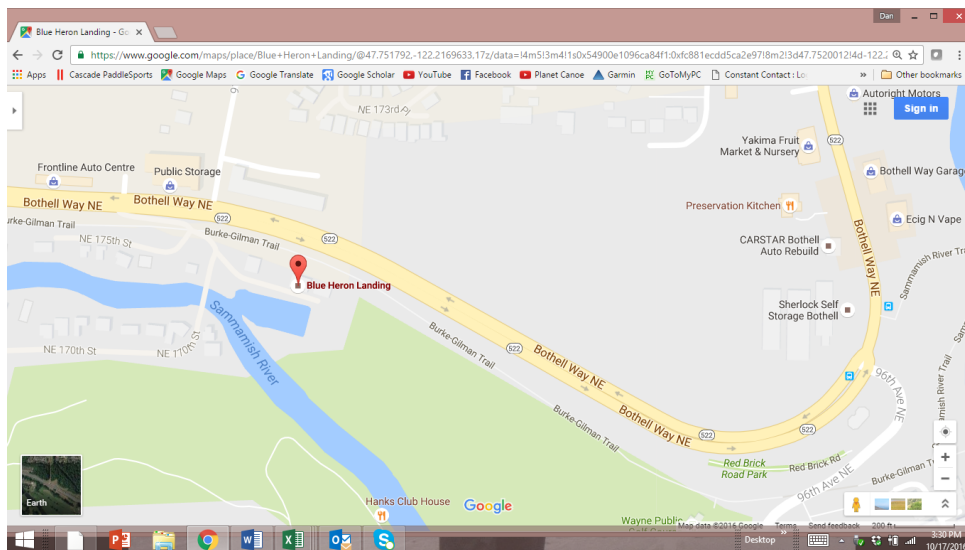
2 km plus turn – The course starts and finishes at the Blue Heron Landing, 9025 Bothell Way NE, Bothell, WA 98011 (47°45'7.11"N by 122°13'11.90"W). The course is out and back, on the winding Sammamish River, with one small lap. The first leg starts upstream approximately 1 km around an orange turn buoy just upstream of the power lines (47°44'55.85"N. by 122°12'35.40"W), where racers turn counterclockwise downstream. Return downstream to finish at the start/finish line. The finish is in the downstream direction.

Schedule

- Now early entries
- 8:00 same day entries open
- 9:30 pre-race meeting
- 10:00 10 km start – in the downstream direction
- 10:02 5 km start – in the upstream direction
- 10:04 2 km start – in the upstream direction
- 11:30 Awards – on the peninsula between the marina and river

Directions

The address is Blue Heron Landing, 9025 Bothell Way NE, Bothell, WA 98011 (47°45'7.11"N by 122°13'11.90"W). In Bothell, WA, from State Route 522, turn south on NE 170th St. It’s a very small single lane two-way ramp (big enough for trucks and trailers though) that’s directly across the street from the Public Storage – look for the big orange Public Storage sign. Access is very difficult from the westbound SR 522 direction, so it’s best to come in eastbound. Come down ramp, cross the bike trail, and keep to the left into the marina. We’ll have people there to help direct you.





Parking

Parking is very limited at the marina. We'll have assigned parking for trailers and disabled at the marina, with unload and drop off for everyone else. There's additional parking at the Red Brick Park, about 250 meters upstream. You can walk along the trail to the marina. If you're bringing a trailer, please let us know and we'll make an assigned parking place for you

Events

Any single or double boat that you want in standard USA age groups. No fours please as the river is not wide enough to make the turns while moving fast. Categories are C1, C2, K1, K2. If you race a single sea kayak, you'll race in K1.

Entries

Early entries are appreciated and will really help us out to have date entered before race day. Please send as much as you can ahead of time.

Entries will be received up to the day of the race and will close approximately 30 minutes before the start. Early entries will be accepted up to 8:00 pm on Thursday, October 25. Please e-mail early entries to Dan Henderson at danh@cckrt.org. Deadline for entry fee payment is 10:00 am on October 27. If we don't have your ACA number and expiration (that makes you a current member), we'll charge you an extra \$5 to cover the 1 Day membership cost.

Please use the following format. Excel files are preferred.

Event	Age Group	Distance	Name	Club	ACA #	Expire Date
K1M	Ban	10 km	Really Fast Paddler	Cascade	12345	9/13/18

Waiver/Release

All participants, and parents of minor children participants, must complete an ACA waiver.

- Adult waiver http://c.ymcdn.com/sites/www.americancanoe.org/resource/resmgr/insurance-documents/ACA_waiver_2017_adult.pdf
- Minor waiver http://c.ymcdn.com/sites/www.americancanoe.org/resource/resmgr/insurance-documents/ACA_waiver_2017_minor.pdf

Entry Fees

The entry fee is \$10 per person. If we don't have your ACA number and expiration (that makes you a current member), we'll charge you an extra \$5 to cover the 1 Day membership

Membership

Everyone must be an ACA member, or member of their national federation if they live outside the USA. Single day ACA memberships are available for \$5.

Parking

Parking is very limited. Vehicles with canoe/kayak trailers and those with disabled permits will be allowed to park in the parking lot. Generally, 1 vehicle per club will be allowed to park in the marina. Able bodied racers who car top their boats may unload their boats at the marina and then move their vehicle elsewhere. Close parking options include the Red Brick Park and the Kenmore Park and Ride parking lots. Each team will be allowed one shuttle vehicle to shuttle paddlers from and to parking. **By**



entering the Cascade Distance Race you agree to abide by the terms of parking and follow the direction of Cascade staff and volunteers.

Race Management Location

Race management will be conducted on the peninsula between the slough and marina.

Boat Numbers

Each boat will be assigned and provided with a number. The number will be mounted on the back deck of the boat. Numbers must be returned after the racer has completed the race.

Staging

Boats can be staged on the lawn or any open boat rack at the marina.

Starts

The starts are mass starts. The starting command will be, "Ready, Set," followed by a whistle to start.

Boat Traffic Management

The Sammamish Slough will remain open to all boat traffic during the race. Right of way is to the right – if a boat wants to pass in either direction, move to the right as much as possible. Be defensive. Do not assume other boaters, especially those that are motorized, know or care about boating safety and right of way.

Safety Boats

We'll have 2 motorized safety boats on the water for the race.

Rescues

In the event of a capsize, the racer will remain with their boat. The racer will hold onto their boat, swim to the rescue boat or shore. Dump out, reenter and continue the race.

Lifejackets

All paddlers at a novice level and those under 13 years old must wear their USCG approved lifejacket. The racer's club coaches are responsible for determining skill level, but are encouraged to err on the side of caution.

There is no lifejacket requirement for racers 13 years old or older, but wearing a lifejacket is strongly recommended.

Questions & Additional Information

Direct questions and requests for additional information to Dan Henderson, danh@cckrt.org, or call him at 425-785-7419.

We look forward to seeing you in Bothell for the Cascade Distance Race!