



Sanctioned Event



Cascade **Canoe & Kayak** Racing Team **Race for the Cookies!**

Saturday, March 30, 2019

Location: Blue Heron Landing Marina
Address: 9025 Bothell Way NE, Bothell, WA 98011
Entry fee: \$15
Entries Due: Thursday, March 29
send to Dan Henderson at danh@cckrt.org

Hi All,

All of us at Cascade Canoe & Kayak Racing Team are looking forward to hosting you for the 23rd **Race for the Cookies!**

Entries Please use the following format and send to me by Thursday, March 29. We'll take day of event entries, but it really helps us if we can have these ahead of time.

In an Excel format, please include:

Name	Age	Boat	Partner for doubles	ACA #	2000m time	T Shirt Size	Club
Really Fast Paddler	13	K1M	Even Faster Paddler	1231231231	7:32	XL	Cascade

ACA or CCA membership is required. That's our insurance. If you don't have a USACK or ACA number, you can purchase on for the day from us for \$5.

Can you help? We're short on timers, finish line and safety boat folks, so if you can help, that would be greatly appreciated. Please let Dan know. We'll have **cookies** for you too! Thanks.

Schedule

8:00 Registration – waivers and fees
Entries for last minute folks
9:00 Seeding Meeting
10:00 Race Starts
Noon **Cookies!**

Waiver Attached, please find the waiver for our race.

Entry Fee \$15, please make checks payable to Cascade PaddleSports. If each team would make one payment, that would be appreciated very much. Add \$5 for a day event ACA membership if you're not already a member. Thanks.

Directions Located at the Blue Heron Landing Marina, 9025 NE Bothell Way, Bothell, WA 98011

CCKRT is located on State Route 522 in Bothell. Access is from the east-bound direction of SR 522 only and directly across the street from Public Storage



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From the South: Take I-5 north. Exit Lake City Way Eastbound (SR 522), turns into Bothell Way NE – go 9.4 miles. Turn off onto the access road directly across from the Public Storage and go down the hill. It's a 1 lane access road and crosses the Burke-Gillman Trail. Please be careful and give trail users the right of way! The marina entrance is towards the left.

From the North: Take I-5 south. Exit onto Ballinger Way Southbound (left) (SR 104) – 2.7 miles. Turn Eastbound (left) onto Bothell Way NE (SR 522) – go 2.8 miles. Turn right onto the access road directly across from the Public Storage and go down the hill. It's a 1 lane access road and crosses the Burke-Gillman Trail. Please be careful and give trail users the right of way! The marina entrance is towards the left. Driving south on I-405 and using the directions below also works well.

From the East Side: There's no access from Westbound Bothell Way NE, so an alternate route is suggested. Take I-405. Exit Bothell Way SR (522) Westbound. Turn northwest (right) onto NE 180th St. and go up the hill. Continue on NE 180th St., which turns into 83rd Place NE, goes down the hill and T's back into Bothell Way NE at a traffic light. Turn east (left) onto Bothell Way NE and turn right onto the access road directly across from the Public Storage and go down the hill. It's a 1 lane access road and crosses the Burke-Gillman Trail. Please be careful and give trail users the right of way! The marina entrance is towards the left.

Dogs: The property owner has asked that we do not bring dogs to this event. Thanks for your cooperation.

Boats: Paddlers in all kinds of canoes, kayaks and SUPs are welcome. Open to all boats, no longer than 7.3 meters, that's up to a Va'a length. Single or double ICF boats are fine. No K-4s or C-4s please. The river is just too narrow to do a racing turn in those boats.

Lif jackets: All paddlers under 13 years old must wear a lifejacket. Paddlers over 18 years old in ICF sprint boats or surf skis do not need lifejackets. Paddlers in non-ICF sprint boats must have 1 wearable lifejacket on board for every person in the boat.

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 Race for the Cookies you agree to abide by the terms of parking and follow the direction of Cascade staff and volunteers.**

Course: A 2000m race, where individual participants start on thirty second intervals. The course is 1000m out, then a left counterclockwise turn, and back 1000m. Coaches seed participants for the start, slowest to fastest. Racers start one at a time on 30 second intervals – catch the person in front of you and keep from being passed by the person following you! Everyone who finishes receives their time and **cookies!**