

## Cascade Canoe & Kayak Distance Race Hosted by Cascade Canoe & Kayak Racing Team Saturday, October 29, 2016

### 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 29!

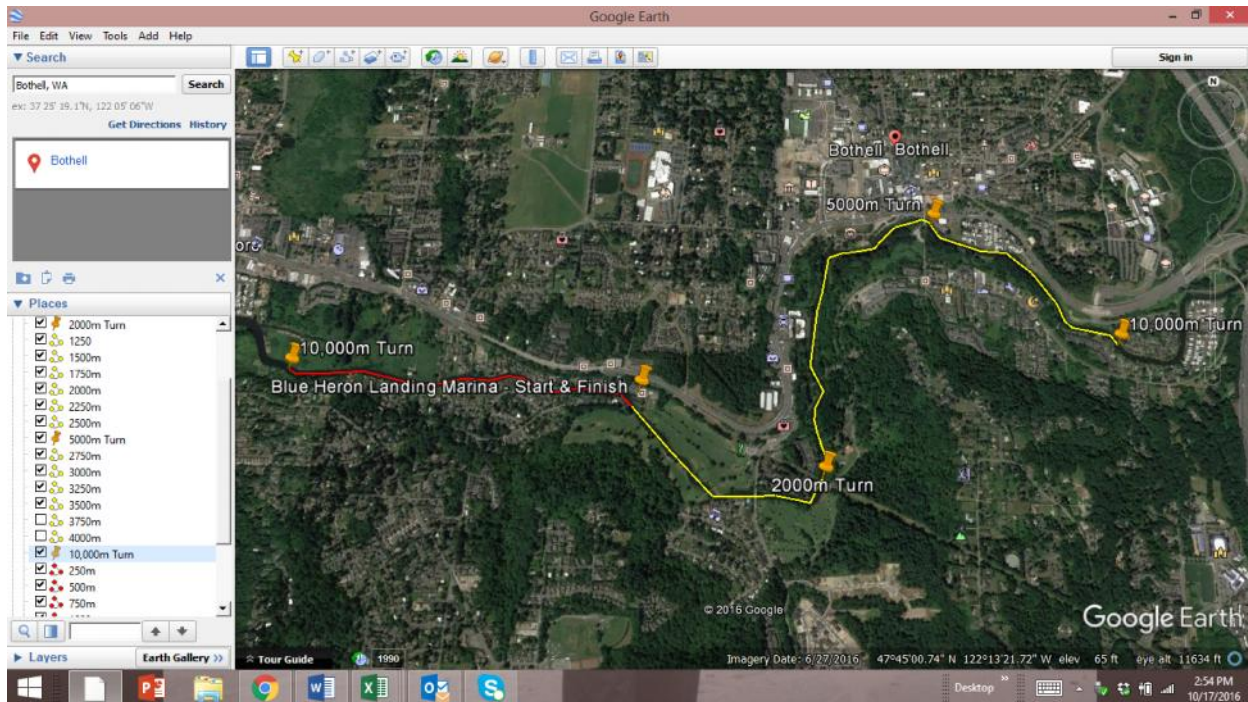
### Costumes are optional!

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 chose! 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.



**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 three legs in one big lap. The first leg starts in the downstream direction and goes approximately 1.5 km to an orange turn buoy (47°45'9.40"N by 122°14'22.20"W), where racers turn upstream. The second leg is approximately 5 km upstream, past the start/finish, 2km and 5km turns, to

an orange turn buoy (47°45'14.71"N by 122°11'35.61"W), where racers turn downstream. The third and final leg is approximately 3.5 km downstream back to the Blue Heron Landing Marina finish. 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 out and back, on the winding Sammamish River, with two legs. The first leg starts upstream approximately 2.5 km to an orange turn buoy just upstream of the arched Bothell Landing Park Bridge (47°45'32.01"N. by 122°12'12.44"W), where racers turn downstream. The second lap is downstream approximately 2.5 km back to the Blue Heron Landing Marina start/finish line. The finish is in the downstream direction.

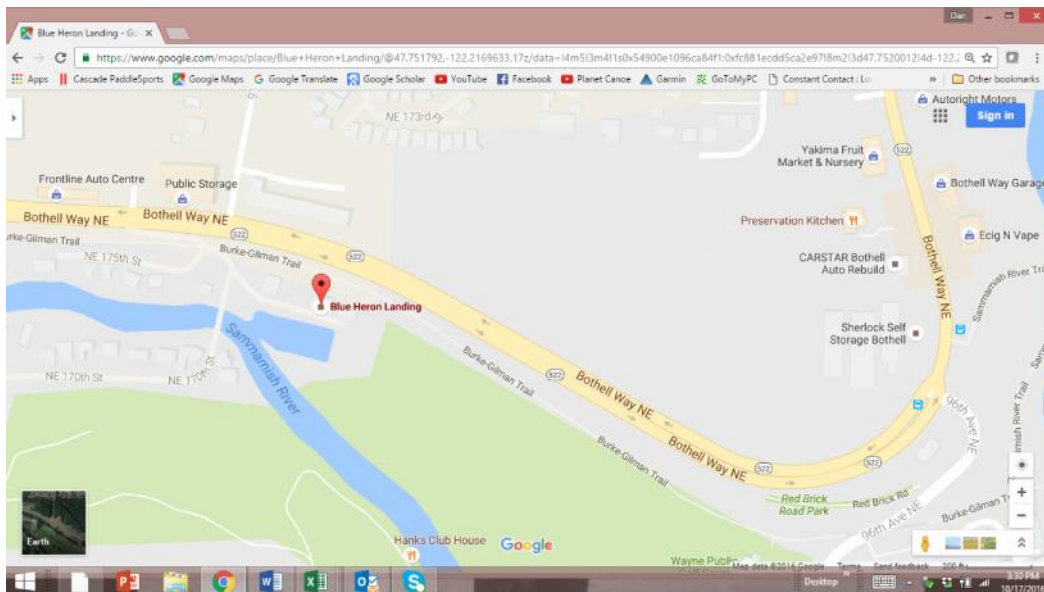
**2 km plus turn** – The course starts and finishes at the Blue Heron Landing, 9025 Bothell Way NE, Bothell, WA 98011 (47°45'7.11"N by 122°13'11.90"W). The course is out and back, on the winding Sammamish River, with two legs. The first leg starts upstream approximately 1 km to an orange turn buoy just upstream of the power lines (47°44'55.85"N. by 122°12'35.40"W), where racers turn downstream. The second lap is downstream approximately 1 km back to the Blue Heron Landing Marina 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
10:05	5 km start – in the upstream direction
10:10	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 170<sup>th</sup> 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 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.

**Starts**

The starts are mass starts. The starting command will be, "Ready, Set," followed by a whistle to start. The 10 km will start first in the downstream direction. The 5 km will start in the upstream direction five minutes later. The 2 km race will start in the upstream direction another 5 minutes later.

**Events**

Any single or double boat that you want in standard USACK age groups. No fours please as the river is not wide enough to make the turns.

**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 27. Please e-mail early entries to Dan Henderson at [danh@cckrt.org](mailto:danh@cckrt.org). Deadline for entry fee payment is 10:00 am on October 29.

Please use the following format. Excel files are preferred.

Event	Age Group	Distance	Name	Club	USACK #	Expire Date
K1M	Ban	10 km	Really Fast Paddler	Cascade	12345	9/13/17

**Waiver/Release**

All participants, and parents of minor children, must complete a Cascade waiver.

**Entry Fees**

The entry fee is \$10 per person

**Membership**

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

**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. The 10km racers will have red numerals, and everyone else black.

**Staging**

Boats can be staged on the lawn at the marina.

**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. One will follow the 10 km and one will follow the 5km races.

## **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](mailto:danh@cckrt.org), or call him at 425-785-7419.