



BC Spring Long Distance Championships, ICF World Marathon Qualifier and Dragon Boat Opener



Who?	All registered CKBC (or USACK) members are invited to participate Race distances will vary based on the development stage of the athlete. All morning singles racers will start together. Each lap will be 6 km. There will be portages for the 5 lap event (marathon qualifier)! Afternoon 2 km races will be staggered.
Where?	Pitt Meadows Paddling Club - public parking is available on the east side of the Silver Bridge on Harris Road. The Canoe Club and docks are on the west side of the bridge
When?	Saturday April 14th, 2012 Singles races will begin at 10:30 am. First lap is timed for placement into A, B or C 2km finals in afternoon. Each lap is 6 km. Dragon boat 200m time trial 1:00 pm; Seeded Guts and Glory 2km - 2:00 pm Singles A, B and C 2km finals beginning at 1:30
How?	Entry Deadline is Sunday April 9th at midnight. Individuals may enter online OR club coaches can send entries to info@pmpc.ca by the deadline above
Cost?	\$10 entry fee for all singles paddlers \$5 entry fee for each dragon boat paddler Those wishing to be considered for the ICF Qualification must be members of the Marathon Discipline of CKBC.
Awards?	Winners in each respective category will receive Easter Treats!
Events?	Club Coaches see attached entry form
Accommodations?	Ramada Inn – Pitt Meadows – Indicate you are booking as CKBC members for a reduced rate of \$84/night. 19267 Lougheed Highway Pitt Meadows, BC V3Y 2J5 - (604) 460-9859 http://www.ramada.com/Ramada/control/Booking/property_info?propertyId=10985
Other Information?	Bring your own snacks and drinks. CKBC AGM will follow so register on the website to attend for FREE post event pizza!
Questions?	Contact Rick Hammer at rahammer@telus.net or 778-899-8879