

BRUCE PENINSULA MULTISPORT RACE (BPMR) – RACER HANDBOOK

(as of July 26, 2021)

EVENTS:

1. The Subaru Long Course is a one-day multisport race consisting of a 16 km paddle, 57 km cycle, and 14.5 km run (see Appendix 2. Course Maps)
2. The Suntrail Course is a one-day multisport race consisting of a 4 km paddle, 21 km cycle, and 6 km run. (see Appendix 2. Course Maps)
3. The Run Duathlon is a 3.4k run, 21k cycle, and 6k run. (see Appendix 2. Course Maps)

ORGANIZATION:

The BPMR is organized by committee by the Peninsula Adventure Sports Association (PASA). The team categories of this event are qualifying races for the Adventure Racing Ontario Points Series (www.adventureracingontario.com) The mailing address for PASA is 107 Old Mill Rd. Georgian Bluffs, ON N0H 2T0.

REQUIREMENTS:

The BPMR is open to Soloists or Teams, however **all participants** are required to:

1. Read and understand these rules before racing
2. Be fully aware of the risks assumed in participating in such events
3. Attest that they are aware of their own physical capabilities and the limits of their technical skills
4. Be fully aware that roads and trails used in the events are open to public traffic and obey all applicable law
5. Sign Liability waivers, an Image Release form and a Medical Form

Any participant who is not a citizen or resident of Canada must provide proof of third party and personal coverage insurance against accidents including the risks involved in the BPMR.

NEW COVID-19 MITIGATION REQUIREMENTS:

1. Wear a face mask at all times pre and post-race while staging and collecting gear. Masks do not need to be worn while racing, but need to be carried while on course and placed back on once across the finish line.
2. Be responsible for all hydration and nutrition needs pre and post-race and while racing (hydration and nutrition supplies will not be available from event organizers).
3. Agree not to draft another participant while on course.
4. Agree not to wear ear buds while on course to ensure clear communication.
5. Agree to follow passing rule where person overtaking informs person ahead of desire to pass in an area where 2m distance can be maintained.

CATEGORIES, AGE REQUIREMENTS AND PRIZING:

Sprint Courses (Suntrail Course and Run Duathlon) - Solo Male and Female - 16yrs and over

Subaru Long Course - Solo Male and Female - 18yrs and over

Team of 2: Tandem Canoe Suntrail Course - Male, Female & Coed - 14yrs & over

Team of 2: Tandem Kayak Subaru Long Course - Male, Female & Coed - 18yrs & over

Teams of 2 to 5: Relay Subaru Long Course - 18yrs & over

Prizing: All categories require a minimum of 3 participants or teams to qualify for prizing. 1st place will be recognized in categories with 3 participants or teams. 1st, 2nd and 3rd will be recognized in categories with 5 or more participants or teams.

RACE KIT PICKUP & GEAR DROP

Bluewater Park - 400 William St, Warton, ON N0H 2T0 (see Appendix 1 - Site Maps)

All courses have been simplified in 2021 to aid with Covid mitigation. A single, central Transition Area in Bluewater Park will be used, and participants are required to drop-off, set-up and collect their own equipment.

Each participant will be assigned their own unique start time. Participants should only arrive at the host site 1-hour before their designated start time to begin preparation for the event. No check-in, set-up or preparation at the host site will be permitted the day before the event.

Participants must check-in at Race-Kit-Pick-Up no later than 30 minutes before their designated start time. If a participant arrives less than 30 minutes before their start time they will not be permitted to race.

Race bibs must be worn in order to access the transition area both before and after the event. Only participants are permitted in the transition area.

Participant Arrival Procedure:

1. Drop off boat in designated boat staging area, near the Public Boat Launch (see Site Map) (masks on) (10 min.)
2. Park vehicle (masks on) (5min.)
3. Proceed to Participant Check-In to retrieve race kit (bib, stickers, timing chip, event swag) (5min.)
4. Return to vehicle and prepare event equipment (10min.)
5. Drop off bike and running gear in transition area, decal boat with stickers provided (10min.)
6. Return to vehicle, or warm-up offsite until 10 minutes before start time (10min.)
7. 10 minutes before start, retrieve Boat and launch into water for on-water start
8. Proceed through Start Staging Area until allotted time to start

60 minutes total

Participant Departure Procedure:

1. Cross Finish Line
2. Put on Mask and Collect Finish Line Grab Bag (drinks, nourishment) (1min.)
3. Proceed to vehicle to cool-down and change clothes (15min.)
4. Return to Transition Area to collect equipment (5min.)
5. Return to Boat staging area to collect boat (5min.)
6. Load all equipment back in/on vehicle and depart host site (15min.)
7. Pick-Up Post Race meal at Subway (487 Berford St, Warton, ON N0H 2T0)

45 minutes total

Subaru Long Course Relay Teams. Provide own transport logistics to remote hand-off zones on bike and run courses.

Returning racers are asked to REMOVE ALL RACE STICKERS FROM PREVIOUS YEARS from your gear to avoid confusion.

In the event of severe weather, it may be required to delay start times and/or enact a course change. If it is unsafe to paddle **all** courses will revert to Duathlon-style events with a Run-Bike-Run format.

COURSE RULES

Participants must follow the route marked by the organizers. No shortcuts are permitted. Any participant found off the marked route will either be disqualified or directed to return to the marked route. If you have to leave the route to go to the bathroom, please **leave your gear on the trail** so you do not get missed by the Course Sweeps. Course Marshals will be located throughout the route to ensure participants follow the proper course. Participants must obey the instructions of course marshals or face disqualification. Should a participant become lost they should communicate their location using three whistle blasts followed by thirty seconds silence, repeated and await assistance.

No outside assistance is permitted at any time during the event including at the transition area. **Athletes are asked to assist other athletes in distress** and to communicate to the nearest race official the location of any athlete requiring attention of the race organization or emergency response.

Safety boats will provide assistance to participants who have cap-sized and cannot self-rescue on their own. However, this is limited to 1 instance of help. If help is required a 2nd time the participant will become DNF (Did Not Finish) for the paddle stage and will be told to proceed directly back to the start/finish of the paddling leg, or if space and time permits will be transported by boat back to the Start/Finish. Any DNF paddle-stage participants can proceed on the remainder of the course and will receive an official finish, however they will be ranked behind all full-course finishers.

Drop-out/withdrawal from event: If a participant decides to drop-out of the race they must inform the nearest race official, course sweep, or marshal of their decision and hand over their timing chip. **IMPORTANT NOTE:** Failure to hand in a timing chip upon withdrawal from the event could result in the initiation of an unnecessary **search and rescue operation at the expense of the participant.**

In the event of inclement conditions on Georgian Bay, the racecourse may be modified and may result in different stage lengths than provided in the preferred course. In the event of this change, the decision will be posted and communicated to participants as early as possible.

In the event of a thunderstorm, participants are required to seek shelter and wait until 30 minutes have passed since the last audible thunderclap before proceeding on the course. No participant will be allowed to pass through a transition during a stoppage due to a thunderstorm or severe weather. Final times for those athletes affected by a stoppage will be given notation of such.

Tandem Teams must stay together (within 10 metres) at all times.

Time cutoffs have been established and will be enforced to ensure that all participants are off the course and back to Bluewater Park for purposes of their own safety. If you are worried about being slower and missing a time cutoff, please email quepasacanada@gmail.com before Tuesday August 3rd, 2021 and request an earlier start time. Time cutoffs are as follows:

SPRINT COURSES:

- 1st Transition (paddle, or run-to-bike)
2nd Transition (bike-to-run):

11:45 AM
1:45 PM

SUBARU LONG COURSE:

Transition 1 (Paddle to Bike): 12:00 PM
Transition 2 (Bike to Run): 3:30 PM

SUBARU LONG COURSE RELAY TEAMS

Relay teams on the Subaru Long Course must complete all stages of the race in order. Teams may consist of 2, 3, 4 or 5 members. Teams may hand off in the central transition area or at the designated hand-off zones located on both the bike and run courses. Individual team members are not required to complete their stages in sequence; ie one team member could do stages 1 and 2, or 1 and 3, or 1, 3, and 5 with the other team member completing the remaining stages. **IMPORTANT NOTE:** Relay teams are responsible for providing their own vehicle transportation around the course. Teams will be provided with a map illustrating hand-off zones and driving routes at race kit pickup.

COURSE NOTES

Terrain:

The Bruce Peninsula Multisport Race takes participants through wild and rugged places along the Niagara Escarpment World Biosphere Preserve. Cycle course terrain includes asphalt and gravel roads, unopened road allowances, logging roads and ATV trails. The course includes some of the most rugged trail terrain in North America, with significant drops, sharp turns, exposed roots and crevices and loose rock most of which could be along the edge of a sharp cliff. **Rocks, roots, and clay soils are extremely slippery when wet.** The paddle course features Georgian Bay shoreline, which can have waves and shallow rocks. Conditions can change rapidly.

Watercraft Restrictions:

On the Subaru Long Course, watercraft is restricted to tandem & solo kayaks/surfskis and outrigger canoes. Any Long Course watercraft must be a minimum of 14 feet in length. For prizing purposes, the Suntrail Course and Subaru Duathlon will only award teams of 2 in canoes, and soloists in either a kayak, surfski, outrigger canoe, or SUP.

The Bruce Trail:

The Bruce Trail is a pedestrian trail. Please do not cycle on the trail unless specifically permitted by the landowner. Landowner permission has been obtained for sections where the cycle routes are on the Bruce Trail.

Wildlife:

In addition to physical hazards participants may encounter wildlife including but not limited to bears, coyotes, and Massasauga rattlesnakes, which are venomous, and which are protected under the Species At Risk Act. If you encounter wildlife, make noise and wave your arms.

The organization reserves the right to modify the rules at any time. Should a change, addition, or clarification be required the organization will communicate such changes using the event website, by communications to the email address on file for all registered participants, and by notification at the pre-race briefing.

RETRIEVING YOUR GEAR

All gear should be retrieved promptly after finishing. The transition area will not be monitored by event staff 45min. after the last possible finisher; 3:45pm on Saturday August 7th, or 7:15pm on Sunday August 8th.

IMAGE RIGHTS & SOCIAL MEDIA

As a condition of entry, each participant gives the race Organization the right to use pictures and film material taken during the race **to be used free of rights in the livestreaming and event photography**. All images and rights from the event are reserved. Promotional usage of racers image will be allowed with completion of the image release section in the event waiver forms. All unauthorized commercial use of images will be legally addressed. Racers are allowed to have sponsors marked on their race gear; however, the race bibs cannot be modified in any way and must be worn all the times.

By entering the race each racer and team member accepts these rules in full.

2021 SCHEDULE



BrucePower
Innovation at work.

FRIDAY AUGUST 6, 2021

8:00am onwards: Bluewater Park setup, volunteers welcome!

SATURDAY AUGUST 7, 2021

Race-Kit Pick-Up **Suntrail Course**

(1-hour before designated start time)

Suntrail Course Staggered Start times

Suntrail Course participants finish

7:00 AM – 9:45 AM

8:00 AM – 10:45 AM

9:30 AM – 2:45 PM

Race-Kit Pick-Up **Run Duathlon**

(1-hour before designated start time)

Run Duathlon Staggered Starts

Run Duathlon participants finish

7:30 AM – 7:45 AM

8:30 AM – 8:40 AM

10:00 AM – 12:40 PM

Last possible finisher

3:00 PM

Racer & Volunteer Meals Available at

Subway in Wiarton (487 Berford St, Wiarton, ON N0H 2T0)

Ride Smart Program for Kids

11:00 AM – 9:00 PM

TBD

SUNDAY AUGUST 8, 2021

Race-Kit Pick-Up **Subaru Long Course**

(Long Course Kit Pick-Up **Sunday Only** and 1-hour before designated start time)

Subaru Long Course Staggered Start Times

Subaru Long Course participants finish

7:00 AM – 8:30 AM

8:00 AM - 9:30 AM

1:30 PM – 6:30 PM

Last possible finisher

6:30 PM

Racer & Volunteer Meals Available at

Subway in Wiarton (487 Berford St, Wiarton))

12:00 PM – 9:00 PM

Notes:

- All paperwork must be filled out and submitted online prior to arrival at host site.
- Covid Pre-Screening Test performed morning of event on Canatrace App (please have completion screen available to show at kit-pick-up).
- All participants must have watched the pre-race briefing video prior to arrival.

RACE INFO

BPMR, presented by Bruce Power

Facebook: [/multisportrace](#)

Instagram [@multisportrace](#)

YouTube Keyword **BPMR**

Web: brucepeninsulamultisportrace.ca

Peninsula Adventure Sports Assoc


"Supporting Outdoor Sport on the Bruce"

Facebook: [/pasacanada](#)


Email: quepasacanada@gmail.com

Web: pasacanada.wordpress.com

MANDATORY GEAR

	SPRINT COURSES	SUBARU LONG COURSE
ALL STAGES		
Mask or face covering	✓	✓
Water Carrying Capacity	✓ 500 ml (pp)	✓ (750 ml pp)
Course Map (With safety and transition info) PROVIDED		✓
Whistle (on PFD for paddle but accessible for all stages)		✓
Small First Aid Kit:		✓
Pressure Dressing		✓
Emergency Blanket		✓
10 Band-aids		✓
Tensor Bandage		✓
Liquid Energy		✓  (pp)
Adhesive Tape		✓
ADDITIONAL CYCLING GEAR		
Helmet (Approved)	✓	✓
Mountain Bike, well-maintained	Recommended	Required
Closed-toe footwear	✓	✓
ADDITIONAL PADDLING GEAR (not required for RUN-BIKE-RUN)		
Life Jacket (Approved & worn at all times on the water)	✓ (pp)	✓ (pp)
Whistle	✓	✓
Bailer or pump (Unless boat has autobailer)	✓	✓
Throw Rope (minimum 15m)	✓	✓
Paddle for each participant in the boat	✓	✓
Watercraft (Approved)		✓
Kayak Skirt (properly fitted for boats with sit-in cockpits)		✓ & must be worn
Spare Paddle (Canoe teams only)	✓	


RECOMMENDED GEAR


	SPRINT COURSES	SUBARU LONG COURSE
ALL STAGES		
Fully-charged Cellphone	✓	✓
Whistle	✓	mandatory
Liquid Energy	✓  (pp)	mandatory
Hat or Buff	✓	✓
Acetaminophen (Tylenol) <i>and any of your personal medications</i>	✓	✓
Tensor Bandage	✓	mandatory
Blister care supplies (moleskin etc.)		✓
ADDITIONAL CYCLING GEAR		
Spare Bike Tube	✓	✓
Bike Tire Levers	✓	✓
Bike Pump	✓	✓
Bike Chain Repair Tool	✓	✓
Multi Tool (allen keys etc)	✓	✓
Checking Bike Brakes Prior to Race	✓ (pp)	✓ (pp)
ADDITIONAL PADDLING GEAR		
Waterproof Jacket/Merino or Synthetic Shirt	✓ (pp)	✓ (pp)
Paddle Float		✓

NOTES:

(pp) - item is required or recommended *per person*



 - item is included in racer welcome package

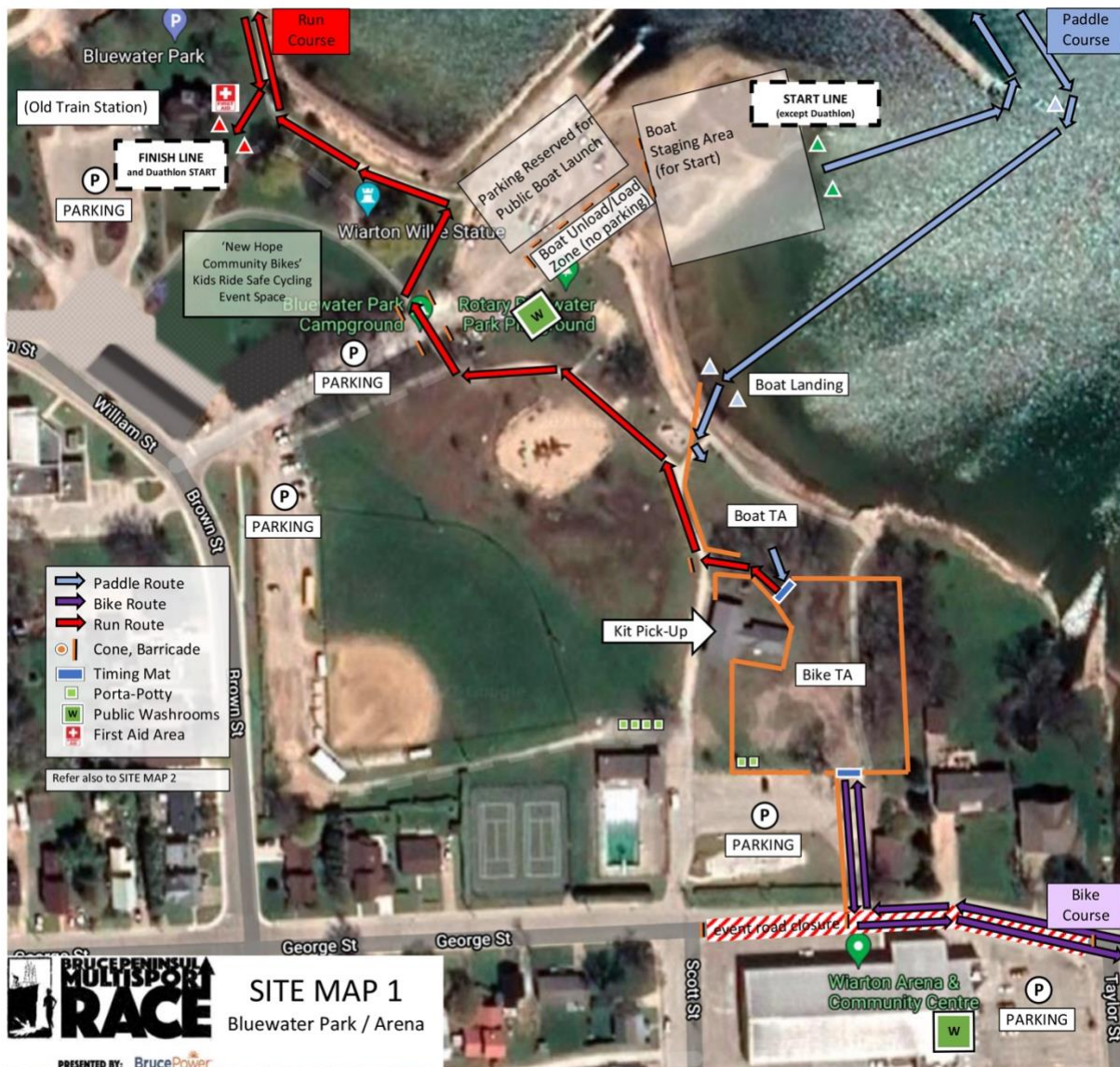
Paddling mandatory gear comes included with  or Explorer's Tread rental

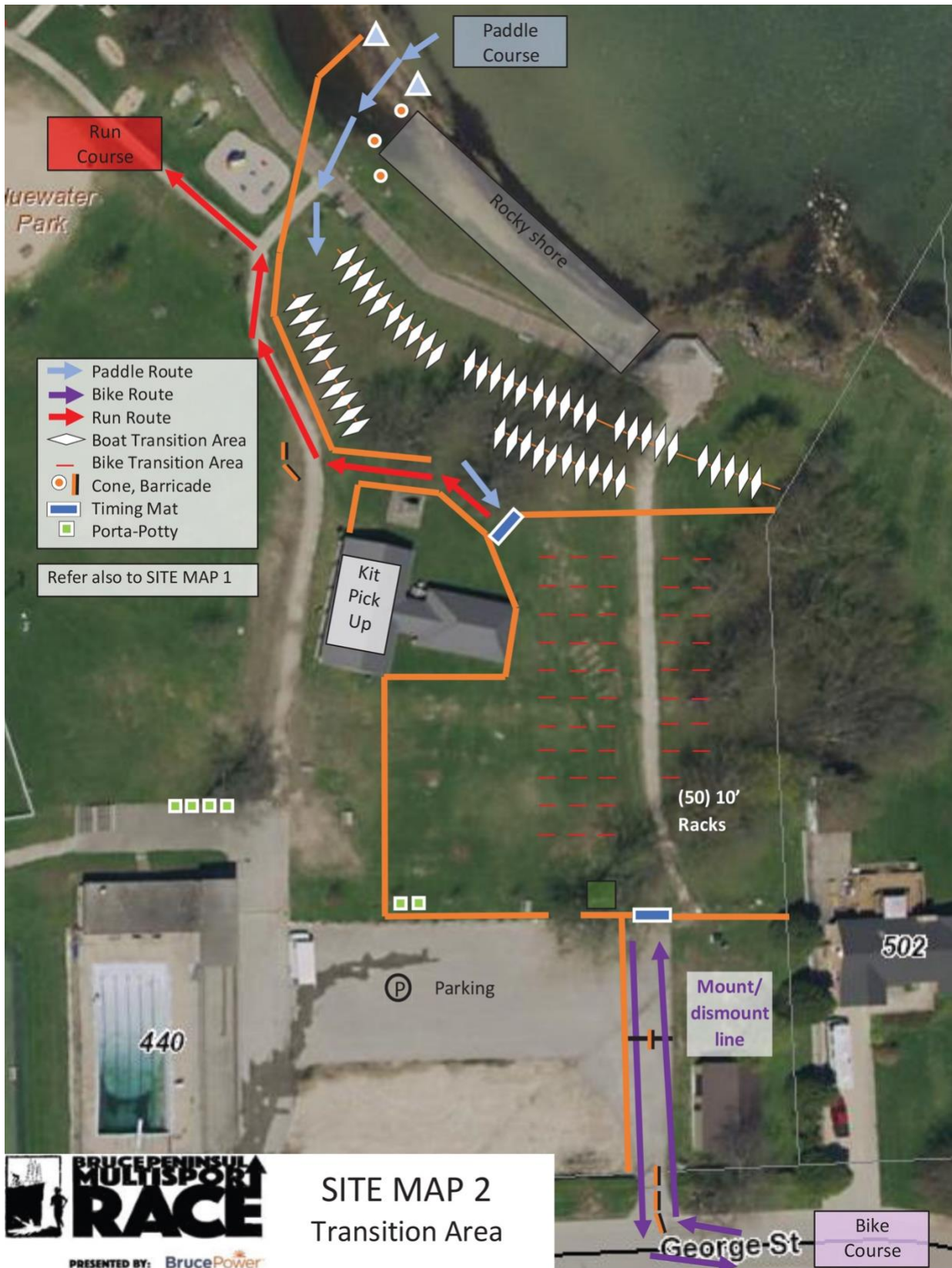
All paddling rental gear must stay with boat at end of paddling stage, including the long course whistle

Helmet not included in bike rentals

LONG COURSE: Road Bikes and Cyclocross bikes are not permitted. **SPRINT COURSES:** Mountain bikes are strongly recommended. If you do not have a well-maintained mountain bike, please rent one or be prepared for sections which you will find unrideable.

Appendix 1. Site Maps





Appendix 2. Course Maps

(note. Paddling routes will be out & back along either the north, or south shore depending on wind conditions)

BPMR Suntrail Course Run – 6 KM - Saturday August 7, 2021

<http://www.gmap-pedometer.com/?r=7599934>

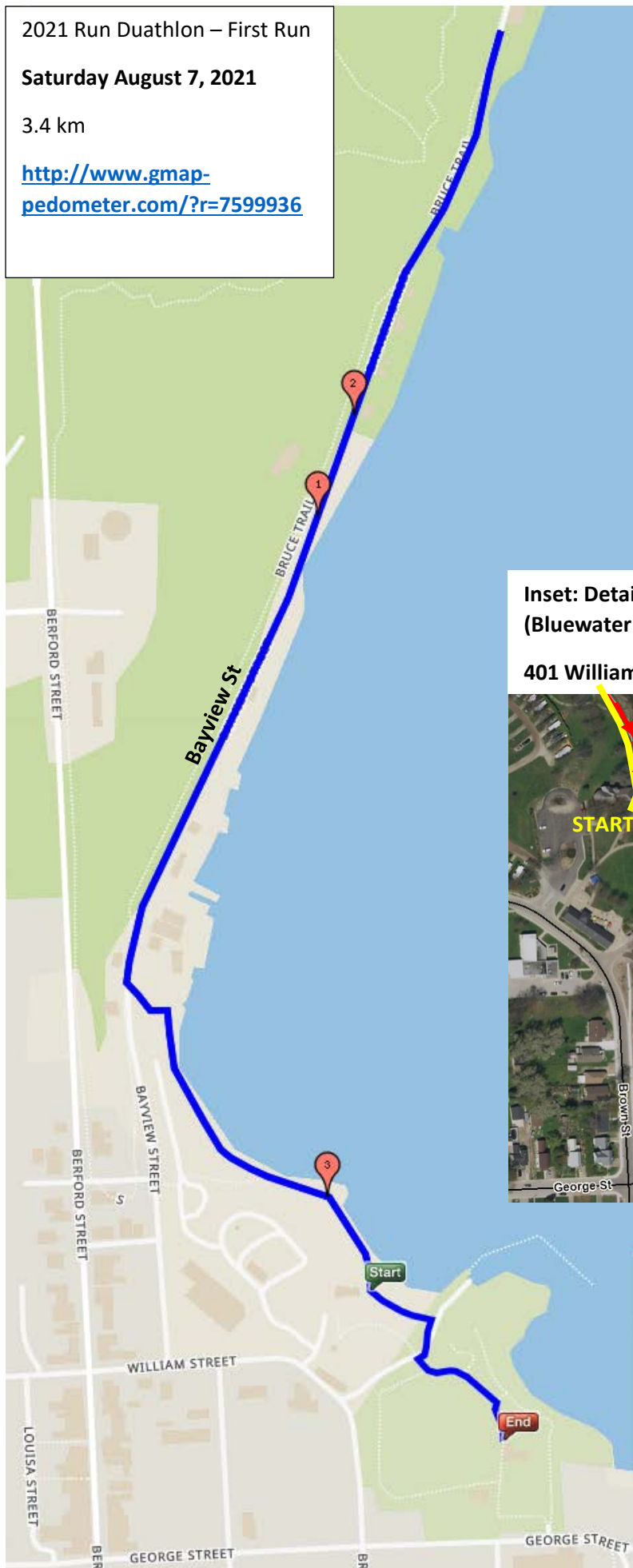


2021 Run Duathlon – First Run

Saturday August 7, 2021

3.4 km




<http://www.gmap-pedometer.com/?r=7599936>



Inset: Detail Map of Duathlon Run 1 Start / Finish
(Bluewater Park)

401 William Street Wiarton ON

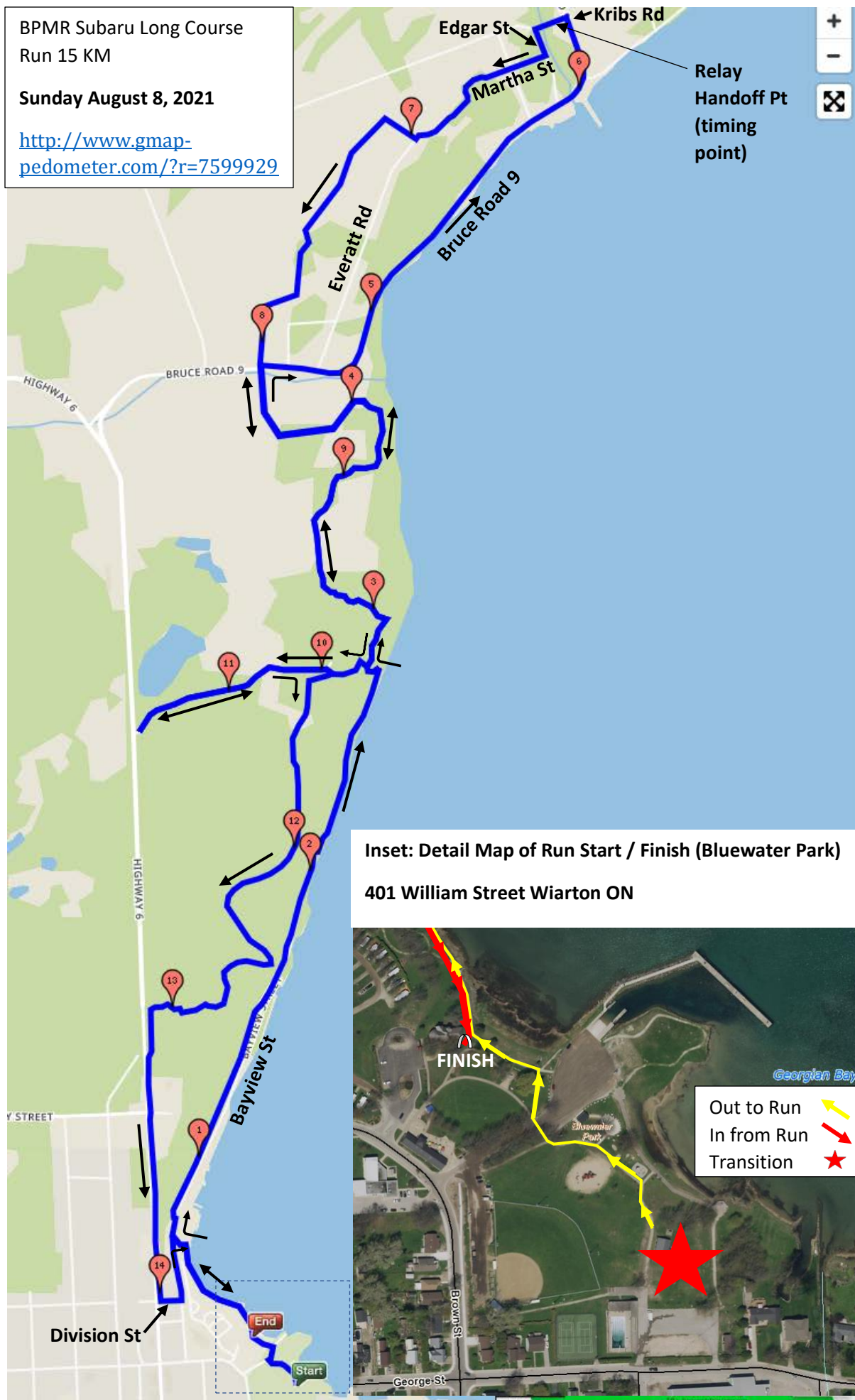


Out to Run 
In from Run 
Transition 

BPMR Subaru Long Course
Run 15 KM

Sunday August 8, 2021

<http://www.gmap-pedometer.com/?r=7599929>



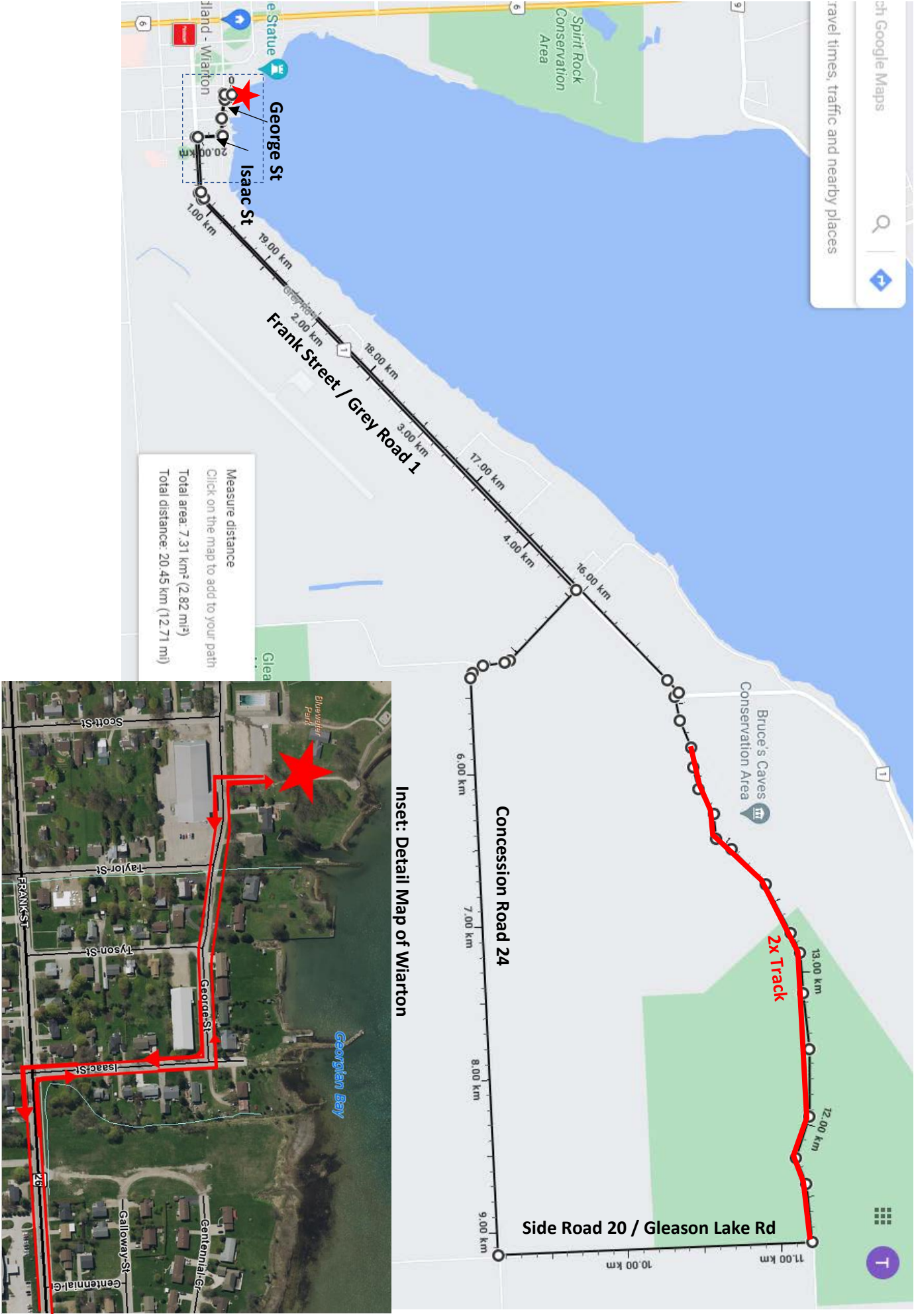
Relay
Handoff Pt
(timing
point)

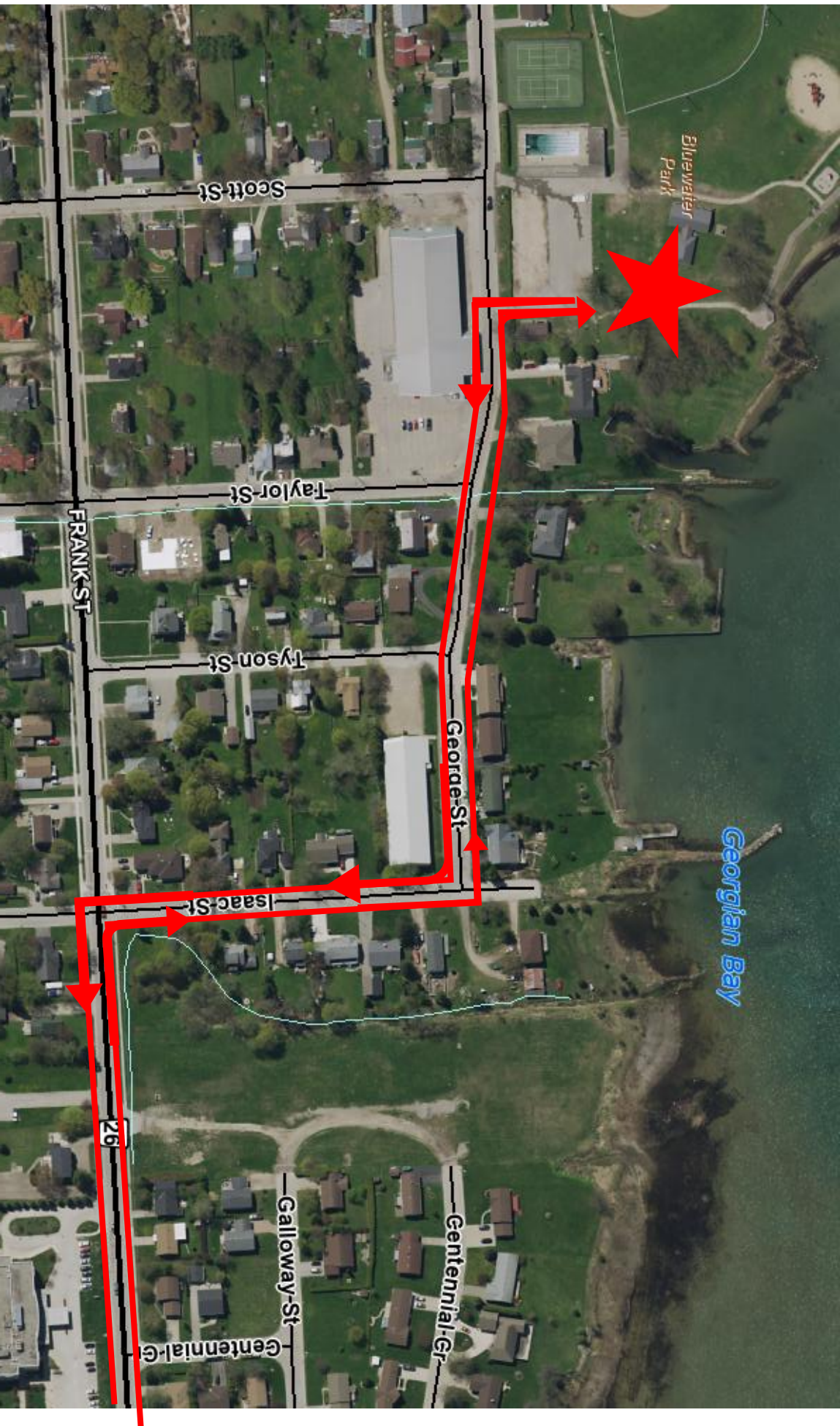
Inset: Detail Map of Run Start / Finish (Bluewater Park)

401 William Street Wiarton ON



BPMR Suntrail Course Bike Ride: 21 km – Saturday August 7, 2021





BPMR Subaru Long Course Bike Ride: 57 km

Sunday August 8, 2021

<https://www.gmap-pedometer.com/?r=7579872>

