

Sir Norman Watson Classic

Saturday, August 6th, 2011

20th running

What you can expect at the race

Registration 8am to 9pm:

All teams must have their paid entry form (entry is \$225 per team) signed and submitted by 9am. Each team member must have his or her name, age and sex clearly stated on the entry form beside his or her event. Any participant under the age of 18 must have their form signed by a parent or guardian. If you are not an ATA member you will need to pay a \$5 additional fee for insurance.

All teams must have their canoes inspected. All canoes must have a bailer, towropes, pfd's and paddles.

If you need to rent a boat MEC and U of C outdoor programs are your best bet.

MEC > http://www.mec.ca/Main/content_text.jsp?FOLDER%3C%3Efolder_id=2534374302887042

U of C outdoor programs http://www.calgaryoutdoorcentre.ca/gear_rentals/canoe_kayak_raft_rentals

All registered teams must have their race day bag which will include t-shirts, race pinneys, 1 free beer or pop ticket and reception tickets (also used for draw prizes).

Race announcements 9am to 9:30am

All team members should be present. People who are participating in the road race event could volunteer to help mark trails for the runner and mountain bike events. If you are interested in helping out please let the registrar know.

We will review what to expect when doing the different events in the race. Please refer to this page for that review.

Mountain Bike starts at 10am.

Mountain Biking will have a mass start on Sentinel Road. All riders must have an approved helmet and only Mountain bikes with tires of 26 inches or less are allowed. No cycle cross please. The riders will proceed towards the train station and turn left at the station parking lot (2nd lot or the one without canoes). From there they will go across the bridge and go right when they cross and follow the tramline trail proceeding up towards Lake Louise.

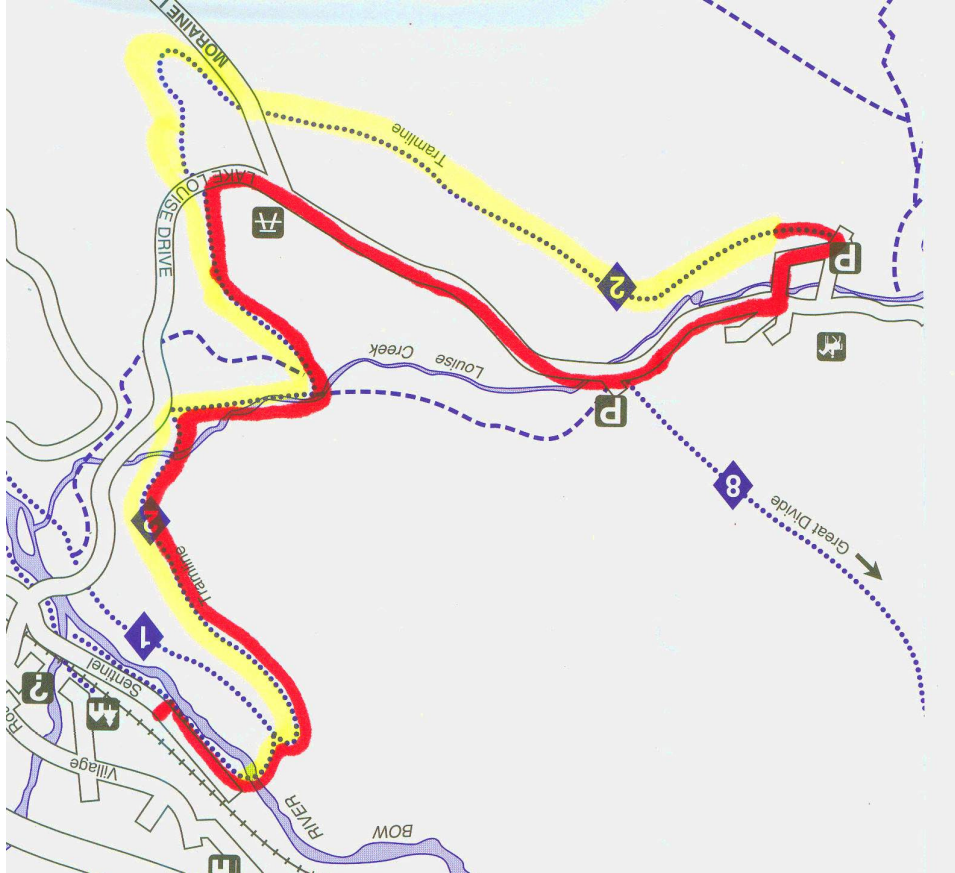
Follow the trail until you reach Lake Louise Drive (1st paved road), turn right and proceed up Lake Louise drive on the right hand side of the road. Please yield to traffic at all times and respect the rules of the road. You will continue up Lake Louise drive until you see Deer Lodge on your right hand side prepare to turn left towards the Chateau Parking Lot. Remember you will be required to yield to traffic. You will cross Louise Creek and immediately take a left onto the tramline trail.

From here you will go downhill towards the Moraine Lake Road. When you come to Moraine Lake Road you must look both ways and yield to traffic. When you cross Moraine Lake Road go straight and don't try to take the shortcut on the left or you will be disqualified. From here you will go down to Lake Louise Drive. You will cross here

and again watch for traffic as you must yield to traffic. From here proceed down the Tramline toward the station. When you get to the bottom be careful of the last turn before the bridge and prepare to tag your runner on the other side of the bridge.

The MTB is about 8km's long and you will go up and down about 400 ft in total. Make sure you have water and ride carefully.

Here is your MTB map. Note: red trail is up and yellow trail is down.

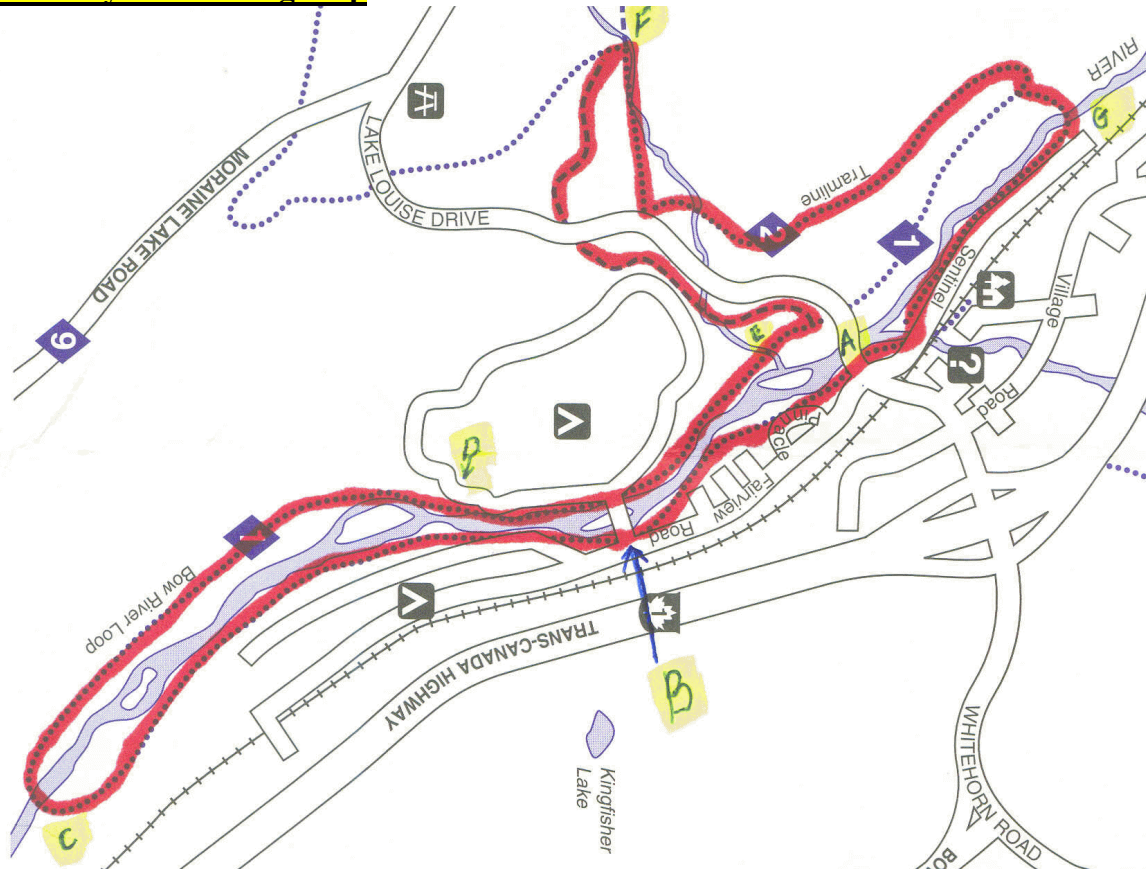


The run

The runner will take the hand off at the Train Station Bridge and proceed towards the campground on the north west side of the bow river. You will run on the trail for approximately 500 yards and find yourself running on the right hand side of Sentinel Road. Stay on the right hand side please. Another 500 yards will have you across the pipestone river and you will soon see the trail on your right. Take the trail and the next thing you know you will be crossing Lake Louise Drive. Cross it and be careful of Traffic.

Continue on the bow river loop trail and your next crossing will be the campground road. Continue on and the trail will become quite a bit twistier and slightly narrow. Soon you will find a pedestrian bridge on your right so cross it. You will run across 1 more bridge that will take you across the bow river. After you cross turn right. Continue on towards the tent campground.

Here is your Running Map



When you reach the trailer court you will encounter the electric fence. If you need to open the gate make sure you only put your hands on the yellow handle otherwise you could get a little jolt of electricity.

Once you cross the gate continue on the trail and soon you will cross the campground road again. Be careful of traffic and go straight across the road towards Lake Louise drive. Just before you get to Lake Louise drive you will encounter another electric fence. Same rules touch only yellow plastic on the gate and you will be fine.

Once you get to Lake Louise drive follow the markings and go left up along Louise creek. Follow this trail, which will get progressively steeper as you go. Soon you will encounter some stairs and then you will cross through a tunnel under Lake Louise drive. Keep going and the next thing you will run into is the tramline Trail.

At the tramline trail go right and proceed down towards the station.

When you get to the bottom you will hear the roar of cheering fans. You will run across the bridge and tag your paddling team.

Paddling

All canoes must have manual bailers, spare paddle and tow ropes. All paddlers must have pfd's on as well.

The paddling really doesn't require any directions. Just simply paddle at the best of your ability and follow the river for 27km until you reach Castle Mountain. At Castle you will cross under the bridge and pull in on your left hand side.

The bow river has some significant white water and you need to be careful. Paddle so you are far away from sweepers and make sure you and your partner have clear communication.

If you should capsize make sure you grab the end of your towrope and swim to shore. When you get to the shore simply hold on to the towrope and let the boat drift into shore. If you can paddle the route once before the race you will perform better and be safer for the race.

When you get to Castle Mountain your time will be taken and when the last boat comes in the race will temporarily stop.

Road bike

The road bike race will begin about 300 meters west of castle mountain junction. The race will commence with a staggered start in 30-second intervals. The order will be the order in which you registered for the race.

Riders are responsible for respecting the rules of the road at all times. You will be riding on the highway 1A heading west towards Lake Louise.

Each rider must have an approved helmet. We recommend that you carry a tool kit so you are prepared to repair a flat tire or broken chain. Your teammate can hold their bike while they wait for the start call but no pushing or you will be penalized 15 seconds. Also no drafting at any time or this will lead to penalties or disqualification. Anyone caught touching a vehicle or drafting behind a vehicle will be disqualified.

In the event of a breakdown the rider must do their own repair with the tools they have. If you do your own repair there is no penalty. If you accept help from your teammates or anyone else there will be a penalty of 1 minute. You may use a different bike if you like and the penalty would still be 1 minute.

The only turn you need to make is just before the end of the race. You will turn right onto Whitehorn road and do a fairly big climb towards the ski hill. The finish line will be at fish creek road.

Sir Norman Watson Classic Entry Form Saturday Aug 6, 2011

RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT

**BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS
PLEASE READ CAREFULLY!**

Each team member must initial they have read this clause.

MTB _____ RUN _____ Canoe 1 _____ Canoe 2 _____ Road Bike _____

Full payment must accompany registration form.

Form must be filled out and signed by all your team mates before it will be accepted

- One registration form and completed waiver form required for each team. Please print clearly.
- Entries must be made by Friday July 29^h 2011 by 7pm. Fee is \$225 per team.
- Entry limited - Register Early!

Team Name: _____

Contact Person: _____

Street Address: _____

City: _____ Province: _____ Postal Code: _____

Phone #: _____ e-mail: _____

Team Category (you must check one)

Open	Mixed: Minimum of 2 females	___ Women's
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ATHLETE'S WAIVER

Each team member must sign the waiver. Your team is permitted to race only when all waivers are completed and submitted. No exceptions.

Note: Any athletes under the age of 18 must have waiver signed by themselves and their parent or guardian

In consideration of my accepting this entry, I hereby, for myself, my heirs, executors, and administrators, waive and release any and all right or claim to damages I may have against the organizers holding this race, their agents, representatives, successors and assigns, and the race sponsors, for any and all injuries I may sustain during the course of the event. I also agree that any photographs taken of me during the entire Sir Norman Watson Classic event may be used for publicity purposes. I have read and agree to comply with all the rules.

ANSI or CSA APPROVED HELMETS ARE MANDATORY FOR THE CYCLING EVENTS.

Name (please print clearly)	M or F	Age	Signature	Event
				MTB
				Run
				Canoe
				Canoe
				Road Bike