

# The Great Labrador Canoe Race

## LOCATION/ROUTES

### (Updated 23 August 2011)

#### EXPEDITION RACE 27-28 AUGUST 2011

##### Start Location – Day I

1. From Happy Valley-Goose Bay drive west (62.1 km) along the Trans-Labrador Highway (TLH).
2. At Edwards Brook bridge, continue an additional 1.7 km (i.e., 63.8 km total) before turning south off the TLH (at a yellow arrow sign), drive along path between cabins, turn to the right and continue 300 m, then turn left and continue 300 m before arriving at small parking area.
3. From parking area follow 10 minute walk to the right over hill and along path (blazed trail) to a beach on the Churchill River.
4. Teams may wish to bring in their canoes on the evening of 26 August (and leave at the start area or camp there at their own risk).

##### The Start – Day I

5. Participants must be registered and ready to depart by 0830 hrs with all required and advised equipment at least 30 minutes prior to the start.
6. The Start is planned for **0900 hrs on 27 August 2011**.
7. All participants will be timed from the Start. Depending on the number of participants, a mass start may be organized or teams may depart in sequence at approximately 1 minute intervals.

##### Check-In – Day I

8. Teams will paddle approximately 30 km along the Churchill River to a marked location approximately 1 km upstream of Muskrat Falls where they will land at the 'Old Portage Route'. Note that all teams should keep to the left (i.e., north) of marker buoys when approaching the Muskrat Falls area. For those who have not reached the landing area by the designated time (to be determined), they will be requested to participate in the shorter Classic Race on Day II.
9. Each team will be required to transport their watercraft, paddles, and life jackets eastward and up the STEEP hill (along the Old Portage Route) to the Check-In point (i.e., new Helicopter landing area) on the Muskrat Falls Access Road.
10. Time will be recorded for each team once these requirements are met.
11. Teams may choose to over night at this location or elsewhere.

##### Start Location – Day II

12. From HV-GB drive west 26.9 Km on the TLH before turning south on to the Muskrat Falls access road.
13. Drive approximately 300 m past the Check-In for Day I, to the main look-off (faces east and downstream) and park.
14. Teams will follow a path along edge of escarpment then descend along steep path to the downstream side of Muskrat Falls.

### **The Start – Day II**

15. Participants must be registered and ready to depart with all required and advised equipment at least 30 minutes prior to the start.
16. **The Start is planned for 0900 hrs on 28 August 2011.**
17. All participants will be timed from the Start. Depending on the number of participants, a mass start may be organized or teams may depart in sequence based on their times from Day I, at approximately 1 minute intervals.

### **Finish – Day II**

18. Teams will paddle approximately 35 km downstream along the Churchill River, under the bridge at the Causeway (i.e., Start of Classic Race) to a mandatory Portage that starts at the west end of Willow Island. Each participant must complete the portage with their canoe and receive a Race Medallion (that they will wear across the Finish line). The teams will then move to the south end of the island before setting their canoe back in the water.
19. Teams will continue downstream towards the finish line at Birch Island. Note that side channels may be used only if there is sufficient water – the canoe must remain in the water.
20. The time for Day II will be recorded once the canoe is deemed to have intersected the finish line.
21. The total time for both days will indicate the results of the Expedition Race.

## **CLASSIC RACE 28 AUGUST 2011**

### **Start Location**

1. From Happy Valley-Goose Bay drive west along the TLH.
2. Turn south on the highway towards Cartwright and the south coast of Labrador.
3. Drive to the causeway and off-load canoe and equipment, then park vehicle along the side of the TLH as directed – due to anticipated congestion here.

### **The Start**

4. Participants must be registered and ready to depart with all required and advised equipment at least 30 minutes prior to the start.
5. **The Start is planned for 1100 hrs on 28 August 2011.**
6. All participants will be timed from the Start. Teams will depart in sequence at from a sand dune (to the east of the Causeway) at 1 minute intervals.
7. Teams will paddle approximately 11 km downstream along the Churchill River, to a mandatory Portage that starts at the west end of Willow Island. Each participant must complete the portage with their canoe and receive a Race Medallion (that they will wear across the Finish line). The teams will then move to the south end of the island before setting their canoe back in the water.
8. Teams will continue downstream towards the finish line at Birch Island. Note that side channels may be used only if there is sufficient water – the canoe must remain in the water.
9. The time will be recorded once the canoe is deemed to have intersected the finish line.