



SOULFLOW PADDLE COMPANY

## KCPO SUP CUP

Presented by



**KOOTENAY**  

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**PDL**

## **09:00 a.m. Saturday, July 14 - 2000 metres.**

Welcome to the 5th annual KCPO Stand Up Paddle Board Race.

We look forward to welcoming you all in Canmore and thank you for your support of KCPO and Grizzly Mountain Events. Please don't hesitate to contact us if you have any questions or concerns after reading through the following information.

**Race Package Pick Up** - will take place at Rebound Cycle on Friday, July 13 from 3 p.m. until 5 p.m. at [www.reboundcycle.com](http://www.reboundcycle.com) - 902 Main Street in Canmore.

**Race Morning Package Pick Up** - will also be available on race morning at Quarry Lake beach from 07:30 – 08:30 a.m.

**Warm Up Paddle** - is permitted anytime before 08:45 a.m.

**Free Kids Event** – 12 years and under. Start Time 08:30 a.m. One 500m Loop of the lake. All kids receive a finisher's medal but no timing or results.

**Pre Race Briefing** - All paddlers will then be asked to exit the water in time for our pre-race briefing at 08:50 a.m.

### **Wave Start Times**

Wave 1 - 09:00 - All Men – All Board Types

Wave 2 - 09:01 – All Women – All Board Types

**Distance 2000m** = 2 laps. Check [www.grizzlyevents.ca](http://www.grizzlyevents.ca) for course map.

**Awards, Snacks and Draw Prizing** - will take place on the beach at approximately 09:45 a.m.

### **Grizzly Events Go Cupless**

Out of respect for our environment, all future Grizzly Events will be going cupless. In recent years cupless events have become standard industry practice and we are proud to join the movement. Please bring your own receptacles for post event refreshments.

We look forward to welcoming you all at the beach, bright and early on Saturday morning.



**Tony Smith - Grizzly Mountain Event Director.**