



SOULFLOW PADDLE COMPANY

KCPO SUP CUP

Presented by



KOOTENAY

PDL

09:00 a.m. Sunday, July 05 - 2000 metres.

Welcome to the 6th 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 Saturday, July 4th from 3 p.m. until 5 p.m. at 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 for course map.

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

