

Pacific Northwest Challenge – Hosted by Sand Point Outrigger Canoe Club and Kikaha O Ke Kai Outrigger Canoe Club

Race Information

Pacific Northwest Challenge 2022 – Sunday August 27th, 2023

Location: Magnuson Park, Seattle, WA

7751 63rd Ave NE, Seattle, WA 98115

Registration:

Race Day Registration at red tent at race site. Please bring completed registration forms (one per team), waivers (one per paddler), and **cash or checks** made out to **Sand Point Paddling Club**.

PayPal will also be accepted at registration (but we will ask for a few extra dollars to cover fees if this option is used).

Registration Fee: Includes Sand Point Outrigger post race food for racers

Adult Racer - \$45.00

Keiki Racer - \$20.00 (if participating in one of the four adult race courses)

Schedule:

07:00AM – Check In opens (ends at 9:00AM)

09:30AM – Safety meeting

10:00AM – All Races Start

03:00PM – (approx.) Keiki Race (TBD)

03:30PM – (approx.) Food served

04:00PM – (approx.) Awards and Raffle

Safety:

There will be two safety boats monitoring the races. Each canoe is required to have on board one PFD per paddler (total of six) at all times. No exceptions. Additionally all racers and escort boat skippers are required to attend the 9:30AM Safety meeting.

Race Courses:

There will be four different race formats to choose from to suit your ability level and number of paddlers. Similar to last year, there will be the Magnuson Park beach changeout race, the long-distance iron race, the water changeout race and the featured race will be the 30-mile beach relay race, with designated beach change locations around Lake Washington. Feedback was very positive on last year's beach relay race and we have extended the distance this year based on racer feedback.

MAGNUSON PARK BEACH CHANGE RACE – 15.5 miles

Canoe classes: Unlimited or Traditional

Age divisions: Open division only

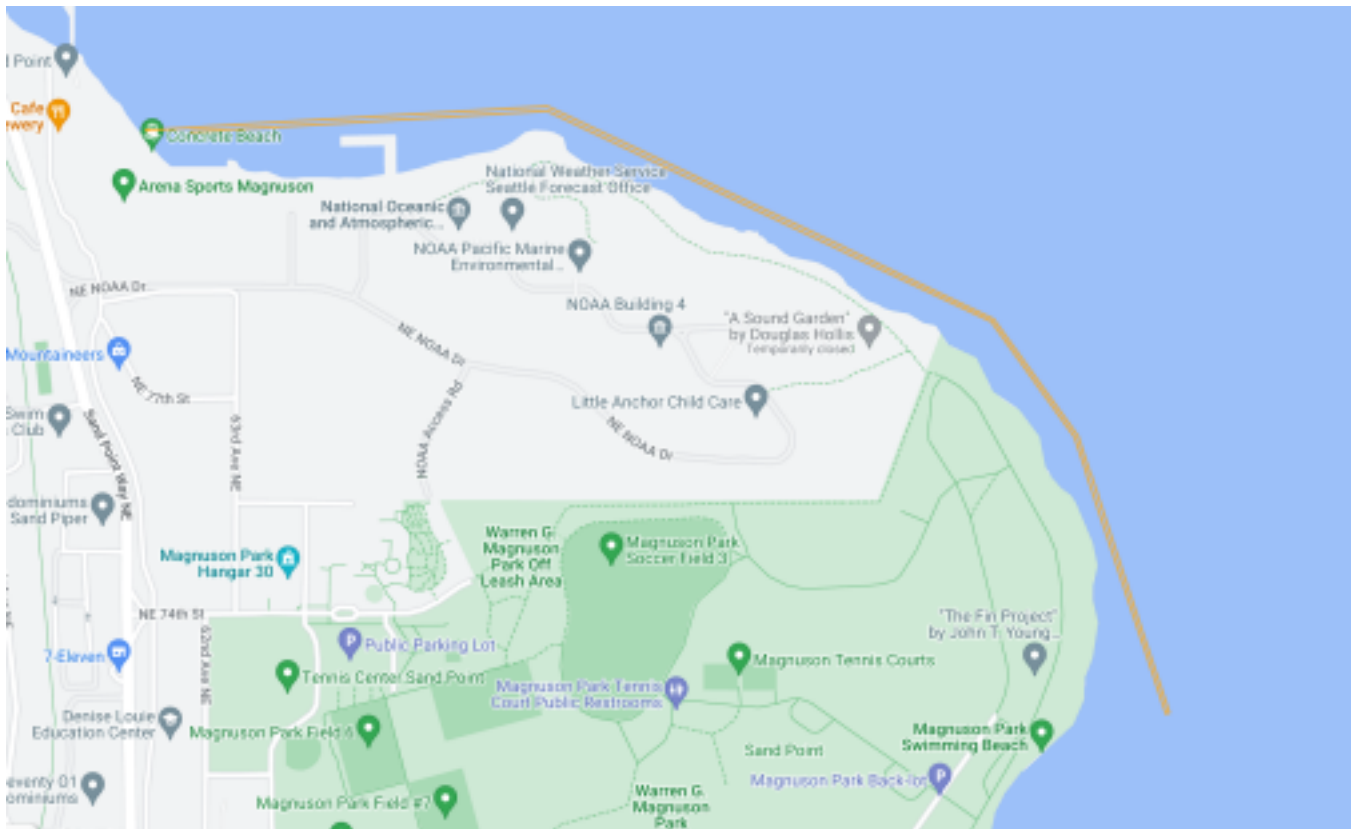
Women's Crew: Any number of female paddlers only

Mixed Crew: Any number of male and female paddlers

Men's Crew: Any number of male paddlers only

Race course: Crews will start at Magnuson Park/Sand Point Beach, and finish at the Sand Point Pier. Crews will complete six laps from the Sand Point Beach, to the speed limit buoy just north of the swim platform, and back again. Turns around the buoy will be made in a counter-clockwise fashion. Beach changes will happen within 20-feet of shore at the Sand Point Beach. Crews may change any number of paddlers that they choose.

Race course map:



LONG-DISTANCE IRON RACE – 19 miles

Canoe classes: Unlimited or Traditional

Age divisions: All PNWORCA age divisions

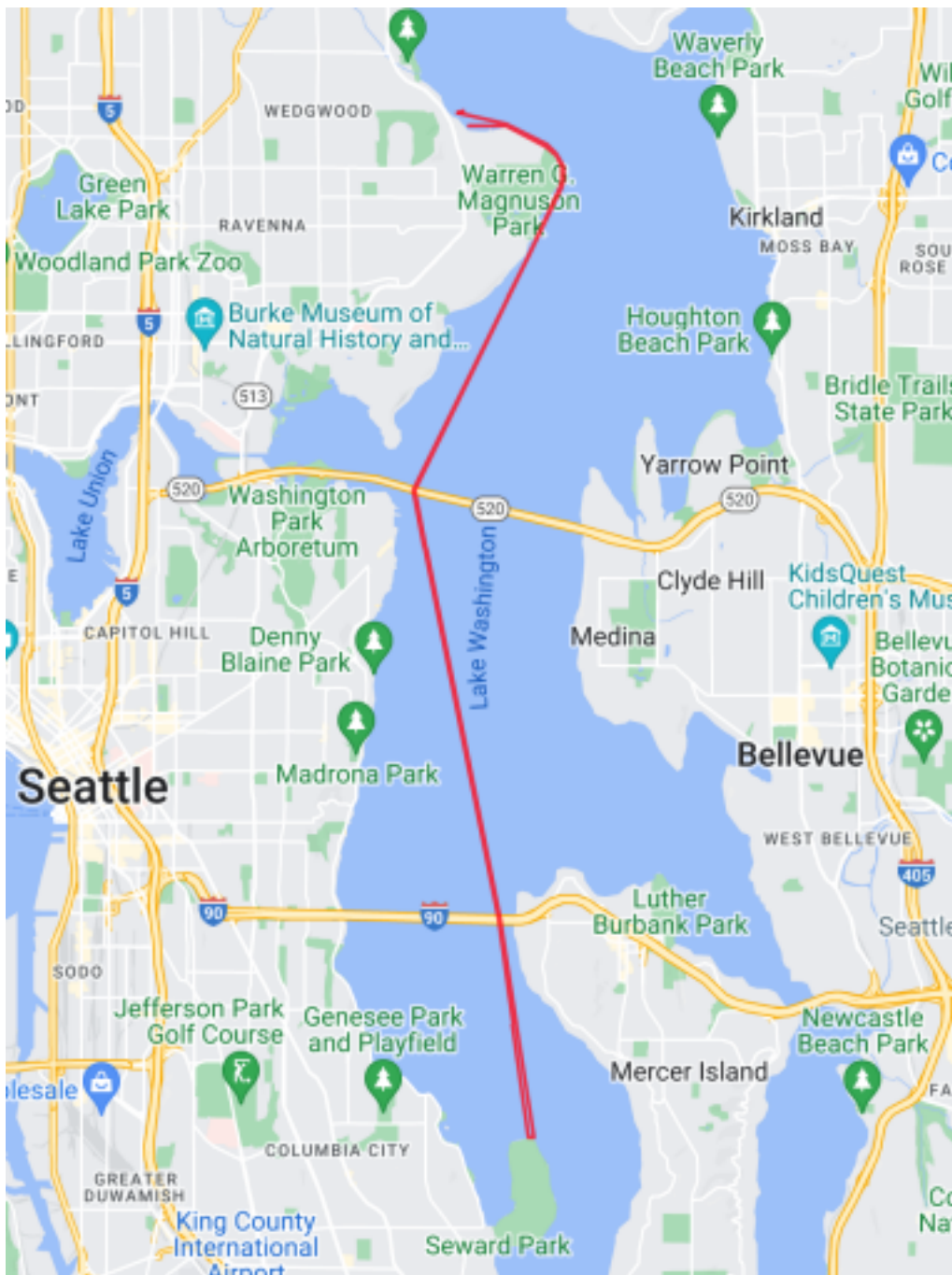
Women's Crew: No male paddlers

Mixed Crew: No more than 3 male paddlers

Men's Crew: 4 or more male paddlers

Race course: Crews will start at Magnuson Park/Sand Point Beach, and finish at the Sand Point Pier. Crews must pass through the WEST highrise of the Hwy 520 Bridge when headed both north and south. Crews must pass through the east highrise of the I-90 Bridge when headed both north and south. Crews will do a counter clockwise turn on the buoy that will be positioned at least 100 yards north of the northernmost point at Seward Park. No paddler changes are allowed.

Race course map:



WATER CHANGEOUT RACE – 28 miles

Canoe classes: Unlimited or Traditional

Age divisions: All PNWORCA age divisions

Women's crew: Up to 10 paddlers

Mixed crew: 5 women and 4 men – 9 total paddlers

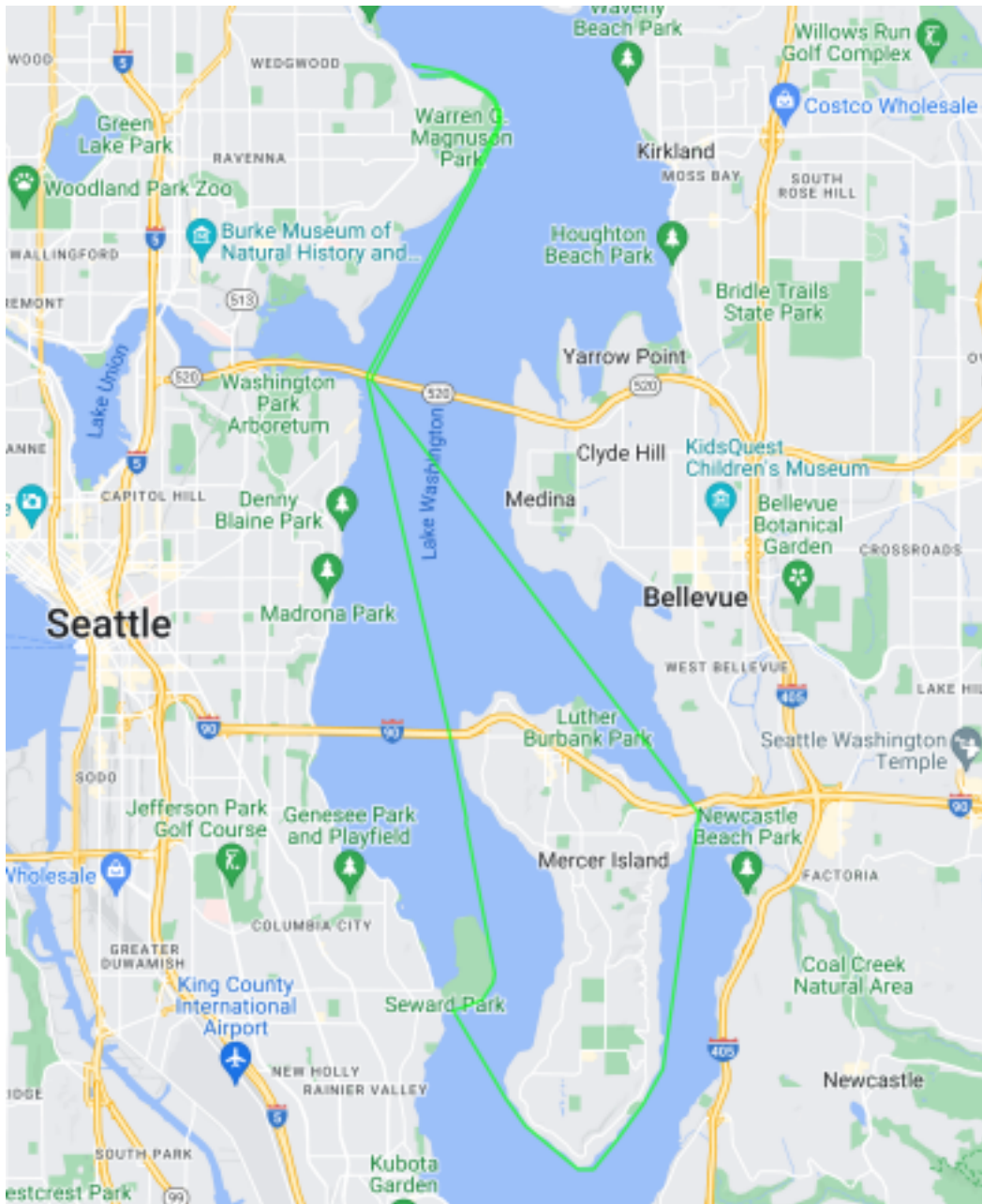
Men's crew: Up to 9 paddlers

Race course: Crews will start at Magnuson Park/Sand Point Beach, and finish at the Sand Point Pier. Crews must pass through the WEST highrise of the Hwy 520 Bridge when headed both north and south. Crews must circumnavigate Mercer Island in a counter-clockwise fashion. When headed south, crews must pass through the east highrise of the I-90 Bridge. Crews must go around the speed limit buoy in the bay on the south side of

Seward Park.

Crews may change as many paddlers as they would like at any interval they choose. The first water change cannot happen until 20-minutes after race start.

Race course map:



LAKE WASHINGTON RELAY RACE – 30 miles

Canoe classes: Unlimited or Traditional

Age divisions: Open division only

Women's Crew: Any number of female paddlers only

Mixed Crew: Any number of male and female paddlers

Men's Crew: Any number of male paddlers only

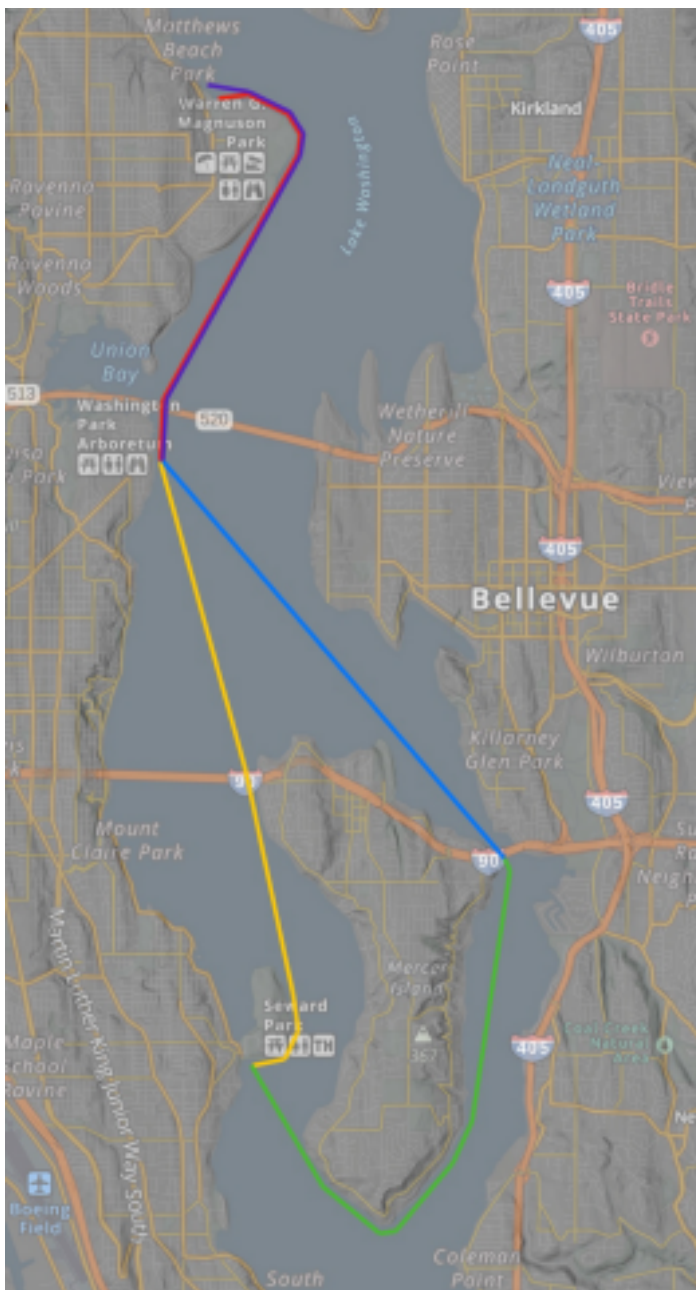
Race course: Crews will start at Magnuson Park/Sand Point Beach, and finish at the Sand Point Pier.

The feature race is the Beach Relay. 30-miles, starting and finishing at Sand Point. Relief paddlers will drive to and from each change spot. There will be eight legs between 3-7 miles each. We are finalizing the course but to give a sense here is last year's course.

THIS IS LAST YEAR'S COURSE AND ALTHOUGH THIS YEAR'S WILL BE SIMILAR, THERE WILL BE UPDATES

Crews must pass through the WEST highrise of the Hwy 520 Bridge when headed both north and south. When headed south, crews must pass through the east highrise of the I-90 Bridge. All crews must pull within 20-feet of shore at the designated beach change locations. At each beach change location crews may change out any number of paddlers they choose. The beach change locations, in order, are: Madison Park, South Bay at Seward Park, Mercer Island Boat Ramp, and Madison Park (again). Relief paddlers will drive to each beach change location to make their paddler changes.

Race course map: Leg 1 (red) – 4.6 mi. Leg 2 (yellow) – 6.5 mi. Leg 3 (green) – 6.3 mi. Leg 4 (blue) – 5.25 mi. Leg 5 (purple) – 4.7 mi.



Any additional questions can be directed to
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