

**COVID Health Measures:** Teams must abide by all public health measures in place at time of race. Failure to comply will result in disqualification. Covid health measures are subject to change without notice.

The following document provides racers and their support crew a better idea of what to expect at the Bridge Site Checkpoint. The document is divided into sections with general information pertinent to all sections followed by other details specific for mandatory Support Crews and all canoe and kayak racers.

**Note: Carmacks checkpoints subject to change based on water levels**



Figure 1. Coal Mine Campground to the Bridge Site



Figure 2. Approaching the Bridge Site Checkpoint CP3 (B)

### General Information

**Location:** Approximately 2 hours from Whitehorse on the North Klondike Hwy. Once in Carmacks, turn left onto Freegold Rd. just past the Tatchun Centre General Store. At the T intersection, turn right and proceed past the Recreation Centre for 300 m to the Bridge Site Checkpoint CP3 (B).



Figure 3. Arriving in Carmacks

**Checkpoint opens at 06:00 Thursday morning.**

#### Arrival/Departure Times:

All teams must arrive at the Bridge Site Checkpoint CP3(B) within 34 hours of the start.

- 19:00 Thursday evening for the 9am start group
- 22:00 Thursday evening for the noon start group

All teams must depart within 42 hours of the start or by 06:00 Friday morning – close of checkpoint

Support crews need to be at the Bridge Site prior to racer arrival, and be ready to support their paddlers. Watch “**Carmacks In**” time on the race tracker/leaderboard to approximate your team’s arrival time.

#### Mandatory Layovers

There are two layovers for the race, the first is Carmacks, and the second is Minto.

# Yukon River Quest Briefing Notes – Carmacks

## Bridge Site Checkpoint – CP3 (B)

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- Teams **must stop** in Carmacks **and** Minto, but may choose to divide their mandatory 10-hour rest time between the two checkpoints as they see fit.
- Support crews must assess their teams, even if the plan is to stop and go if they are in adequate condition to continue. First aid personnel are available nearby.
- Teams arriving in Carmacks after 16:00 on Thursday must stop for at least 3 hours.

Layover example: A team may decide to stop 3hrs in Carmacks and the remaining 7 hrs in Minto or stop 0hrs in Carmacks and 10hrs Minto, but they must inform a volunteer in Carmacks of their decision.

**Withdrawals:** Written notification is required if withdrawing from the race. (\$100 penalty if race officials are not notified before checkpoint closes). If/when you remove your boat from the staging area, please inform one of the volunteers.

### Bridge Site Amenities

Services are limited at this location. Areas will be cleared for tent sites and portable toilets will be available. There is no running water on site. The Recreation Centre is available and offers flush toilets, showers, a spot to fill jugs and a place to sit/rest.

### Fees

- Support crews not sleeping at the campground must still pay a small day use fee to use the facilities. A volunteer in a high visibility vest will come around to register you and collect cash. (No credit/debit cards)
- Camping Fees: If staying overnight, support crews must pay a camping fee. A volunteer in a high visibility vest will come around to register you and collect cash. (No credit/debit cards)  
Racer camp fees are included in the race registration fee.
- There are no plug-ins for RVs at this location
- NO reservations. ALL sites are on a first come first served basis.
- If you are not staying in the campground, let us know at time of registration.

### Washroom Facilities:

- 3 portable toilets located near the boat launch area
- Washrooms and showers are located in the Recreation Centre which is an 8 minute walk from the boat launch area.
- Public laundry services are available at Hotel Carmacks located behind the Tatchun Centre General Store. Hours are 08:00 to 22:00 (a code will be provided to gain access after hours)

# Yukon River Quest Briefing Notes – Carmacks Bridge Site Checkpoint – CP3 (B)

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- Bring change for the washers and dryers.

## Food:

- Tatchun Centre General Store
- [Gold Panner Restaurant](#)
- The Roadside Grill (on right side of highway just before the Tatchun Centre General Store which is on the left)
- [Coal Mine Campground Canteen](#)
- [Sunshine Restaurant](#)

## Water:

- Potable water is available at the Recreation Centre but you may wish to bring a jug to your campsite

**Internet/Wi-Fi:** Limited access to WiFi available at the Recreation Centre.

**Dogs:** Please do not bring your dog. Issues have arisen in the past (at the Coal Mine Campground) with noise, bites, and messes. It can also get very hot at this location, making it unsafe for your pet to be in a vehicle.

- Stay in middle of straight channel passing Coal Mine Campground Checkpoint, then head for the island on the left and follow the right side of its shore. Make sure you are lined up to get to the left side as soon as you pass the island.
- Fast water! Be sure to stay left so you don't miss the checkpoint.
- As you approach the bridge, stay left, close to shore. You will see the orange timing line flag just under the bridge. Slow down. Caution! Stay clear of the pier.
- The take out is at the boat launch area on the left, just past the timing line flag. Volunteers and your support crew will greet you and assist with your boat and getting you to shore. There are no docks here so anticipate getting wet feet.

## Approach to Carmacks CP3 (B)

The Bridge Site Checkpoint CP3 (B) is on river left, just under the Carmacks bridge.

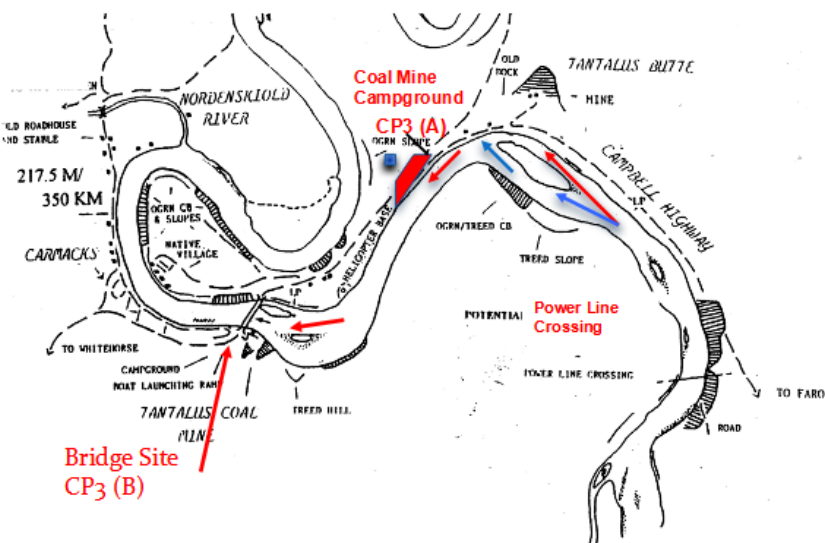


Figure 4. Approaching the Bridge Site Checkpoint

## Canoe & Kayak Briefing

All teams must have support crew available to assist them at the Bridge Site Checkpoint.

- The river current is quite strong. When passing Coal Mine Campground Checkpoint on river right, get over to river left well before the bridge. When approaching the bridge, stay left and stay clear of the bridge piers. Look for the orange timing line flag on the left shore and slow down as soon as you reach it. The take out is less than 50 m beyond that point.

**Landing:** The boat launch area has calm water but be prepared when crossing the eddy line. Have bow and stern lines ready to pass to the volunteers and/or your support crew.

- Volunteers on shore will hold the boat lines, while support crews help their racers out of the boat. To ensure safety of all volunteers and racers, all gear stays in the boats until they are taken to the staging area.
- **Personal flotation devices/lifejackets must be worn when in or near the water's edge**
- Support crews escort their racers to the camp/food area, then return to carry the boat to the staging area.
- Turn your tracking device off while resting in the checkpoint.
- Support crews inspect and clean their team's boat at the staging area and provide all the necessary information/care that their racers might need. There is usually first aid personnel available at the checkpoint in case of any health issues that need to be addressed.

### Leaving the Bridge Site Checkpoint:

- Remember, if you have been selected for a random gear check, ask your support crew to have it done prior to your departure time.
- Replace batteries and turn on your tracking device.
- Waterfront volunteers will direct the placement of your boat at shore for departure.
- Wait for the timer's departure countdown before proceeding.

## Support Crew Briefing

Read through the racer notes (above) that apply to your team.

There is limited RV and vehicle parking available at the Bridge Site Checkpoint. Take care to park vehicles efficiently or as directed by volunteers. Boat trailers are stored at a separate location. Please ask volunteers for directions.

**Designated Areas:** Refer to the site map on page 1 for location of these areas

**Quiet area** – for racers only

**Support camping and cooking area** – for common activities

**Staging Area** – for C1's, C2's, K1's, K2's

The Bridge Site checkpoint is a former campground with a road leading to the boat launch area. The area close to the water is spacious and flat. Waterfront volunteers are stationed here to direct support crews on proper procedures for assisting their racers to disembark and launch. Personal flotation devices/lifejackets are required. Bring your own if you have one. We have a limited supply.

1. Teams have a short distance between the timing line located just under the bridge and the takeout area on river left (less than 50m). Be ready to receive your team at the shore. It is recommended to wear rubber boots or close toed shoes.
2. The bowline must be immediately accessible to support crews and/or volunteers.
3. Volunteers on shore direct the boat while support crews help racers out of the boat. To ensure safety of all volunteers and racers, **all gear stays in the boats until they are carried to the staging area.**
4. To avoid congestion, escort racers to the camp area once they have disembarked, then return to carry the boat to the staging area.

## Support Crew Checklist

- Make sure that you have all items necessary for the checkpoint, prior to leaving Whitehorse
  - o Food, camp stove/kitchen utensils, etc.
  - o Clothing
  - o Tent, sleeping bag, etc.

# Yukon River Quest Briefing Notes – Carmacks

## Bridge Site Checkpoint – CP3 (B)

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- Medications
- Spare batteries
- Change for showers, laundry
- Money for food if concession items are desired
- Repair kits, first aid kits, etc
- Set up racer tent, sleeping bag, sleeping mat, clean clothes/toiletries in the Quiet Area
- Prepare food/meal for racers
- Escort racers -to shore
- Carry canoe/kayak to staging area
- Turn off tracking device
- Racers' needs taken care of – food, water, medical, shower, clothing, sleep, updates
- Check in with medic if necessary
- Boat cleaned and equipment re-organized
- If selected for random gear check, ensure ample time to complete it prior to departure time. (1 in 6 teams will be selected)
- Carry canoe/kayak to departure area
- Replace batteries and turn tracking device on
- Get racers into boats
- Await timer countdown for departure
- Take a well-deserved break!
- Clean up, pack up, and leave

### How important is a Support Crew?

Very important! A support crew is an integral part of a racer's success. It can be challenging work, but well worth the effort. Your job is equal parts team coordinator, cheerleader, camp cook, laundry service, repair person, and cleaning staff. So, what can the support crew do to make that difference?

When you see racers arriving at the Bridge Site [Checkpoint](#), they're very grateful to see you, and you learn very quickly how hard the race can be, and whether the racer is going to continue. Paddlers who do not have a good support crew waiting for them will always find it harder to get back in the boat.

The first boats generally arrive in Carmacks shortly after 06:30 Thursday morning and the last boats depart Friday morning somewhere between 04:00 and 05:00. So between those hours, racers are trying to get some sleep – a quiet area for them is important.

- Attend to medical issues and seek medical attention if necessary.
- Have food and beverage ready to go.



- Make sure shower items are ready. Have the correct change, towels and toiletry kits are nearby, and clean dry clothes ready to go.
- Tents are not especially soundproof, so plan for noise. Avoid the use of generators, playing loud music, and have ear plugs on hand.
- Have their tent, sleeping bag, pad, dry clothes, eye mask, and any other requirements set up and ready to go prior to arrival.
- While the racer is sleeping, clean the boat, recheck the gear list, lay out clean/dry clothes, prepare food, hot water, redress wounds, replace batteries, etc.
- Turn off the tracking device, and replace batteries.
- Remember, there is a random gear check in Carmacks, and your team might be selected.
- Make sure you have enough time to accomplish these tasks and leave ample time for the team to depart without being too stressed.
- Find people to help you carry your boat to the water. Note: It gets harder to find people later in the evening.
- Racers like to know their standing in the race and any other interesting race information, so having some details that you can pass on to them is generally appreciated.
- Be ready to help in Minto and Dawson – and consider helping other teams, not just your crew. They all deserve your support for completing this race.

Lastly, if you have a moment, take a picture of your racer getting out of their boat so they have something to look back on. A picture is worth a thousand words.

There will be checkpoint staff in Carmacks early Wednesday evening if you have any further questions. Any specific questions regarding facilities at the Bridge Site can be directed to the YRQ Race Director: [director@yukonriverquest.ca](mailto:director@yukonriverquest.ca).

From the YRMPA crew, we hope all racers and support crews have a positive experience at the Carmacks Bridge Site checkpoint.