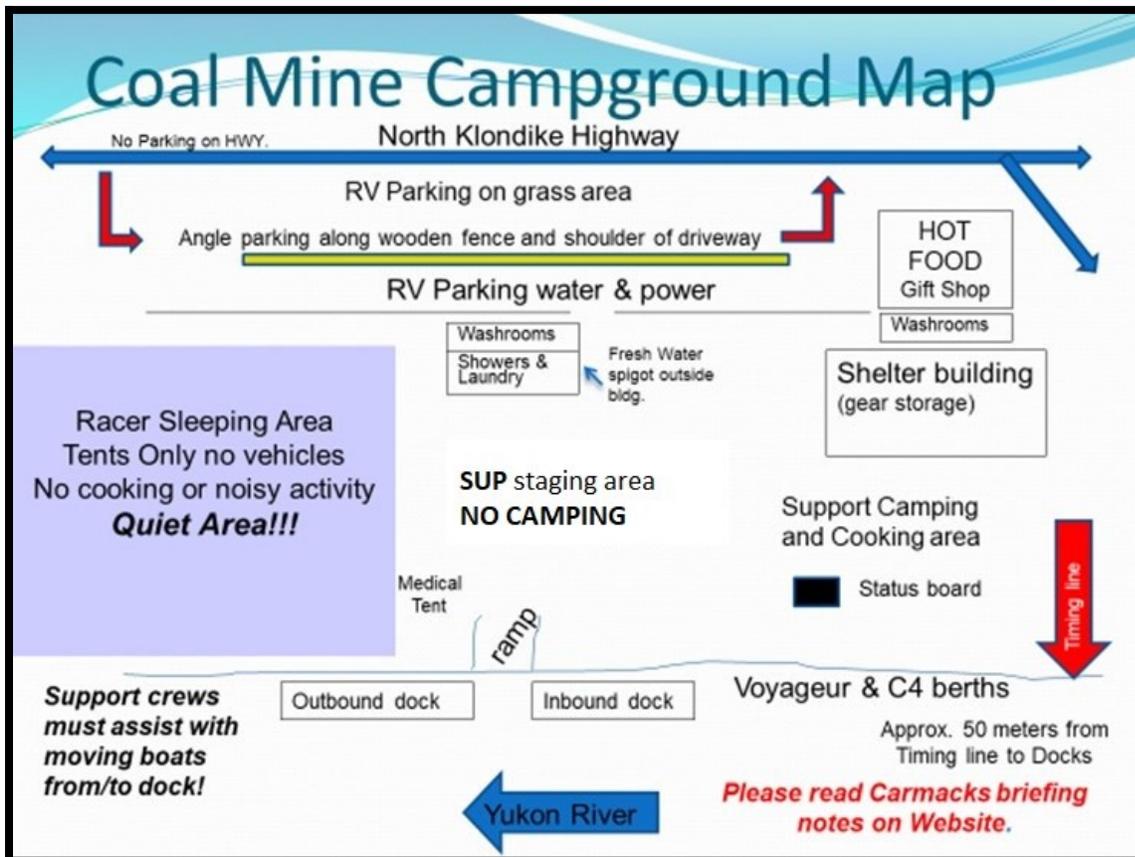


COVID Health Measures: Teams must abide by all public health measures in place at time of race. Failure to comply will result in disqualification. Covid health measures are subject to change without notice.

For Half Race teams, Voyageurs, C4s and SUPs:

This document provides racers and their support crew an idea of what to expect at the Coal Mine Campground Checkpoint. The document is divided into 4 sections with general information pertinent to all sections followed by other details specific for mandatory support crews, Voyageur/C4 and SUP racers.

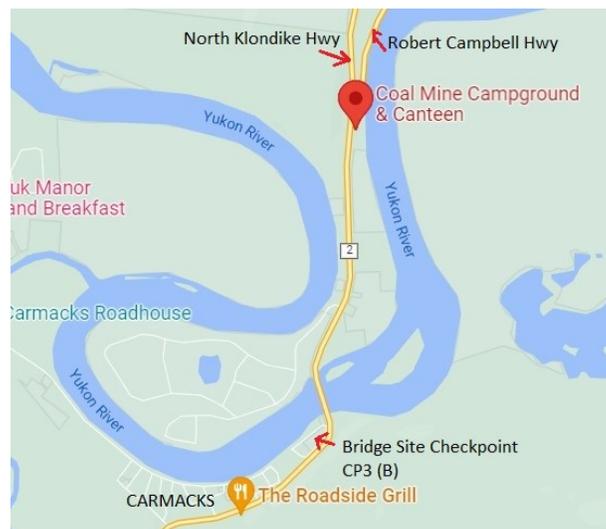
Figure. 1 - SITE MAP (map not to scale)



General Information

Location: The Coalmine Campground Checkpoint CP3 (A) is located approximately 2 hours from Whitehorse on the North Klondike Hwy. Once in Carmacks, proceed over the large blue Yukon River bridge and continue 1.5 km. On the right, just before junction with Robert Campbell Highway, you'll find the campground.

Figure 2. Getting to Coal Mine Campground Checkpoint



Checkpoint opens at 06:30 Thursday morning.

Arrival/Departure Times:

All teams must arrive at the Coal Mine Campground Checkpoint CP3 (A) 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 Coal Mine Campground 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. If you have a voyageur trailer, please take it to the storage area a short distance from the Coal Mine Campground on the Robert Campbell Hwy. Please ask campground staff or volunteers for directions.

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

- 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 to determine if they are in adequate condition to continue, even if the plan is to stop and go. First aid personnel are available nearby.
- Teams paddling for 28 hours or longer from the start must stop in Carmacks for at least 3 hours.

Layover example: A team may decide to stop 3hrs in Carmacks and the remaining 7hrs 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.

Campground Information

The Coal Mine Campground is a family run business, and the staff do an amazing job of accommodating our needs and providing excellent service. Please remember to thank owners, Dale and Samantha and their staff when you see them. Support crews, please help wherever you can by picking up garbage, cleaning the shower when your racer is finished, etc.

Any person not sleeping at the campground must still pay a small day use fee to use the facilities. If you are **not** staying in the campground, let us know at time of registration.

NO reservations. ALL sites are on a first come first served basis.

Fees:

- Any person not sleeping at the campground must still pay a small day use fee to use the facilities. Register at the Campground Office to pay.
- Camping Fees: Support crews must pay their own camping fees separately. Register at the Campground Office to pay a daily fee and to learn of check-in/check-out times.
- Racer camp fees are included in the race registration fee.

Washroom Facilities

- 1 Men's and 1 Women's bathroom located in front of wash-house for racers
- Support crews, please use your RV toilet or access the gender neutral bathrooms to the right of the Campground Office
- Coin operated showers located behind the wash-house (\$3 Canadian dollar coins)
- Washing machines and dryers located behind the wash-house
- Laundry soap is available in the Campground Office

Concession / Food Services

- Open daily from 07:00 – 21:00 (based on demand – hours may be extended)
- The concession accepts cash, debit, or visa
- Support crews must be self sufficient with food preparation. This includes heating of meals and refrigeration of perishables. The canteen staff are not permitted to handle food from outside their facility.

Internet/Wi-Fi: Once registered at the campground, you will be given a code for access.

Note: access is limited at this location.

Dogs: Please do not bring your dog. Issues have arisen in the past 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.

Figure 3. Racers Approach to the Coal Mine Campground CP3 (A) (map not to scale)

- Power line crosses river 2km out. Then a short straight section followed by a bend left with large island mid-river.
- **Stay Right!** Safest & easier approach is to go **RIGHT** of the island. If you go **Left** of the island, you will need to stay right and paddle hard after island to get River Right for the proper approach to CP3 (A). **MASK UP!!!**
- **FAST WATER – HIGH RIVER!** The timing line is marked by **orange cones/flags, 50 metres** upstream of the dock. After crossing the timing line, you should be no more than **5 metres** from the shore. Teams should come **straight in alongside dock**. **Toss your bow line to the crew on the dock**, and they will assist you. Voyageurs also toss your stern line. SUPs are to kneel when approaching the dock.

Approach to Carmacks CP3

Checkpoint 3 (A) is at Coal Mine Campground on River Right, 1km before the Carmacks bridge.

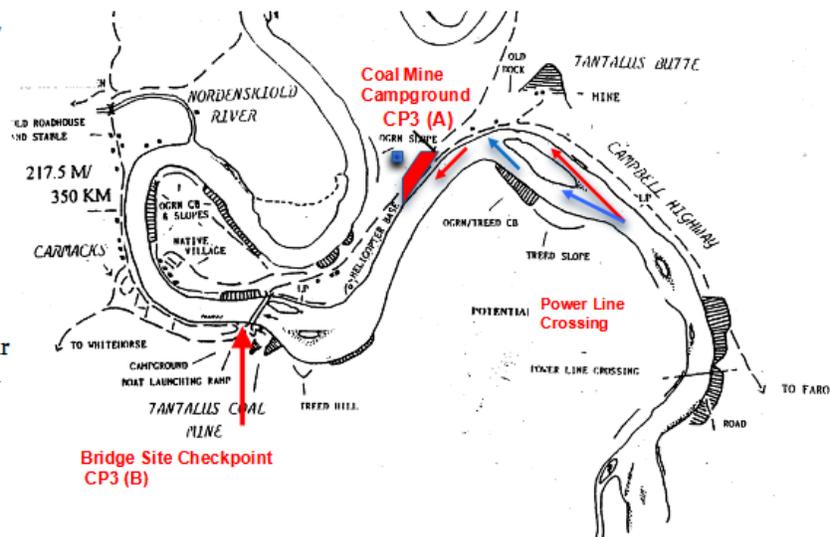
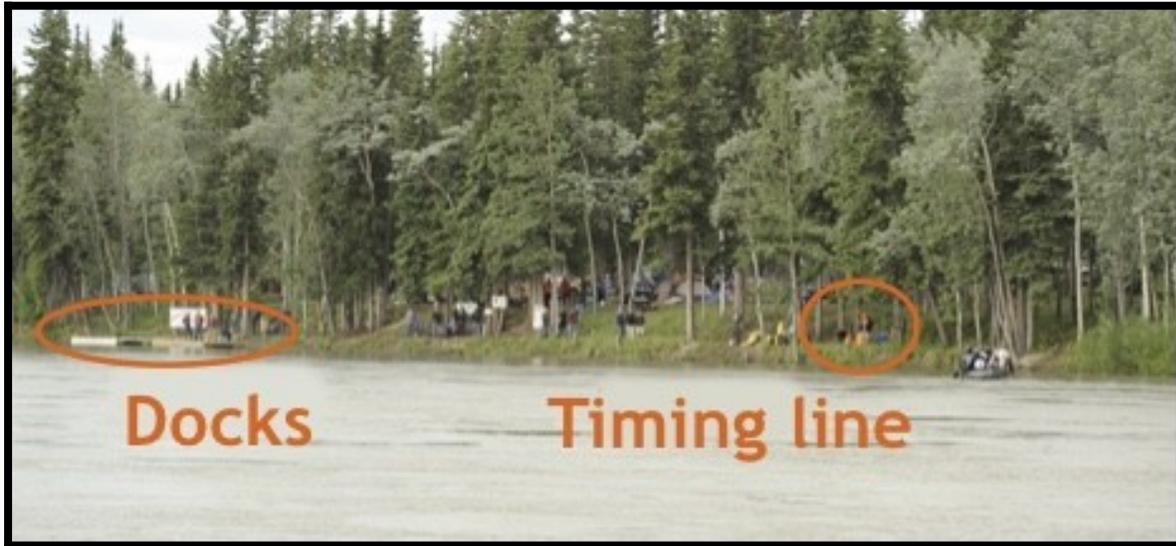


Figure 4. Timing line location



Voyageur & C4 briefing

All teams must have a support crew available to assist them at the Coal Mine Campground Checkpoint.

Docking: Stay close to shore (approximately 5 meters/16 -17ft), slow down after passing the timing line and concentrate on lining your boat up parallel to the dock which is about 50m/150ft from the timing line. Have bow and stern lines ready to pass to the volunteers on the dock.

Warning: The river current is strong here. Keep the stern in tight to the dock to prevent it from swinging in to the current. If you see volunteers and support crew on the dock waving their arms, you are likely too far out in the current – they are waving you in.

- Volunteers on the dock will direct the boat, while support crews help racers out of the boat.
- All gear stays in the boats until they are safely tied up along shore or are taken to the staging area.
- Bow and stern lines need to be accessible to volunteers when approaching the dock.
- Support crews need to get their team to shore as quickly as possible and then be ready to assist with lining the voyageurs and C4s back up the shoreline to their staging area. Depending on the number of C4s and the available shoreline, it may be necessary to store some C4s in the SUP staging area.

The following 2 pictures show examples of voyageurs coming into the dock



Figure 5. Correct approach
Nice and slow and parallel to dock



Figure 6. Incorrect approach
Coming in at an angle and too fast

- If multiple voyageurs or C4s arrive closely together, only one can pull up to the inbound dock. Others will be directed to the shore.

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- Remember to turn your tracking device **OFF** while resting in the checkpoint.
- Get some rest and let your support crew get to work.
- Support crews will inspect and clean the team's boat at the staging area and provide all the necessary information/care that their racers might need.
- First aid personnel are usually available at the checkpoint in case of any health issues that need to be addressed.

Before leaving Coal Mine Campground Checkpoint:

- If you have been selected for a random gear check, ask your support crew to have it done well before your departure time.
- Remember to replace batteries and turn your tracking device **ON**.
- Voyageurs and C4s will leave from the shoreline at their staging area or from the outbound dock.
- Wait for the timer's departure countdown before proceeding.



Figure 7. Voyageur leaving from shoreline

SUP Briefing

All teams must have a support crew available to assist them at the Coal Mine Campground Checkpoint.

Docking: Stay close to shore (approximately 5 meters/16 -17ft), slow down after passing the timing line and line your board up parallel to the dock. Have your tether line ready to pass to volunteers on the dock.

Arrive and depart while kneeling. We ask SUP racers to kneel on their board as they come into the dock. This procedure has worked well since the introduction of SUPs to the race.



- Volunteers and your support crew will be on the inbound dock to assist you.
- Volunteers on the dock secure the board while your support crew helps you to shore. To ensure safety of all volunteers and racers, **all gear stays on the SUP until it is taken to the staging area.**
- SUPs are passed from the dock to the shoreline (using the bowline or SUP tether line) and are carried to the staging area by support crews.
- Remember to turn **OFF** your tracking device while resting in the checkpoint.
- Support crews provide all necessary information/care for their racer followed by removing gear from the board, cleaning, and restocking.
- First aid personnel are usually available at the checkpoint in case of any health issues that need to be addressed.

Before leaving Coal Mine Campground Checkpoint:

- If selected for a random gear check, ask your support crew to have it completed well before your departure time.
- Replace batteries and turn **ON** your tracking device.
- Carry SUPs to the outbound dock.
- 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 Coal Mine Campground. Take care to park vehicles efficiently or as directed by our volunteers. Boat trailers are stored at a separate location. Please ask campground staff for directions.

Upon arrival at Coal Mine Campground: Set up your site in the designated area. Volunteers in high visibility vests are available to direct you.

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 SUPs and possible C4s

Safety: Inbound and outbound docks have one or two volunteers available to direct racers and support crews on proper procedures for disembarking and launching. Personal flotation devices/lifejackets are required.

Spectators: We ask that spectators and specifically small children stay off the docks and away from the launch area during the race, to avoid anyone from falling into the river.

- Teams have approximately 50m/150ft of distance from the timing line to the dock to slow their boat down and line it up parallel to the outside edge of the dock.
- The bowline must be immediately accessible to volunteers on the dock.
- Volunteers on the dock direct the boat while support crews help racers out of the boat. Support crews need to get them from the dock to shore.
- To ensure safety of all volunteers and racers, **all gear stays in the boats until they are tied up along shore or are taken to the staging area.**
- Voyageurs and C4s need both bow and stern lines available when approaching the dock. The dock is small, so once racers have exited the boat, please proceed to shore.
- Support crews need to get their team to shore as quickly as possible and then be ready to assist with lining the voyageurs and C4s back up the shoreline to their staging area. Depending on the number of C4s and the available shoreline, it may be necessary to store some C4s in the SUP staging area.

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- SUPs are passed from the dock to the shoreline (using the SUP tether line) and then carried up to the staging area.
- If there are multiple SUPs arriving closely together, 2 can be accommodated at the inbound dock and 1 at the outbound dock. The shoreline is too steep to disembark.
- If multiple voyageurs or C4s arrive closely together, only one can pull up to the inbound dock. Others will be waved to shore.

Support Crew Checklist

- Make sure that you have all necessary items for the checkpoint, prior to leaving Whitehorse
 - Food, camp stove, kitchen utensils, etc.
 - Clothing
 - Tent, sleeping bag, etc.
 - 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 from dock to shore
- Carry SUP or line voyageur/C4 canoes 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 SUP or line voyageur/C4 canoe to outbound dock (several voyageur canoes and C4 teams prefer to leave directly from the staging area)
- Replace batteries and turn tracking device on
- Get racers into boats/onto SUPs
- 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

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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 Coal Mine Campground 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, Friday morning. So between those hours racers are trying to get some sleep, and 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 setup 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.

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There will be checkpoint staff in Carmacks early Wednesday evening if you have any further questions. Any specific questions regarding facilities at the Coal Mine Campground can be directed to the YRQ Race Director: director@yukonriverquest.ca

From the YRMPA crew, we hope all racers and support crews have a positive experience at the Carmacks Coal Mine Checkpoint.