



YUKON RIVER QUEST

Newsletter May 2023



Photo credit Mark Kelly 2022

Race Schedule: it has been revised- minor changes are highlighted in yellow. The major thing to note is a 9 AM start for the whole fleet. Check <https://www.yukonriverquest.com/> and our Facebook page for regular updates as we get closer to race day.

Insurance: Your insurance must demonstrate it covers you for medical evacuation. Some possible providers for this are World Nomad, Manulife and Global Rescue.

Maps: order from Yukonbooks.com or Mac's Fireweed books. Mac's Fireweed, on Main Street, will be open Fri June 30 8am -9 pm, July 1 10-7, July 2 10-7.

Mandatory Equipment

It is your responsibility to have all your gear as per [YRQ Rules 2023](#) Appendix 1. This year, above all years, it is important you have your ducks in a row for this list. You will be arriving in Whitehorse around Canada Day on July 1. While there are lots of activities going on that weekend, there will be some store closures that could make topping

up your gear list tricky. You don't want to find out on Sunday that you don't have what you need and find the stores are closed on Monday for the holiday. While you can still get your optional bear spray from Canadian Tire, or rent it from an outfitter, you will want to be sure you have the quality of gear that you would want for survival.



Don't lose time before the race even starts!

If you are new or competing in a new category, you will be required to show you have the listed items at Registration. If something is deemed missing or inadequate, you are permitted to go and get it. Other veterans may not have a gear check at registration, but there will be random gear checks the morning of the race. If you are not in compliance, you will be assessed a **time penalty**.

Some items from the **Mandatory Equipment List** people always get stuck on:

c) Each paddler must have an approved **Personal Flotation Device** (see Rule 18) with the following **attached**:

- i. Whistle
- ii. Emergency space bivy sack (eg Coghlan's Emergency Bag, <https://www.coghlan.com/products/emergency-bag-9815>)
- iii. Firestarter
- iv. Waterproof matches/lighter.

h) **River Map** (available for purchase in Whitehorse or from yukonbooks.com). It is strongly recommended that these be copied onto waterproof paper or laminated.

j) **Basic First Aid Kit** (one kit per 3 paddlers, two kits for 4-8 paddlers) including:

- i. 2 - 4x4 sterile gauze dressings
- ii. 2 - 3x4 telfa pads (non-stick burn pads)
- iii. 1 roll 2" crepe bandage (or co-adhesive bandage such as Coban) <https://www.firstaidcanada.com/product/crepe-bandage-7-6cm-x-2-5m/>
- iv. assortment of waterproof adhesive bandages (Band-aids, Elastoplasts)
- v. Roll of 1" waterproof adhesive tape, or an equivalent amount of duct tape
- vi. 4 antiseptic wipes
- vii. Blister dressing: 2 4"x4" Burn or bed sore dressings eg Duoderm Ultrathin, Spenco 2nd Skin, Dr. Scholl's Blister Treatment <https://stevens.ca/product/duoderm-extra-thin-cgf-dressing-10cm-x-10cm-box-of-10--360-187955>



- viii. Scissors
 - ix. Anti-chafing cream/ointment (eg. Nothing Butt, Body Glide, Sports Balm Chamois Balm)
 - x. Needle or safety pin (should be sterile)
- Suggested items: painkiller – eg Tylenol, ASA (Aspirin); anti-inflammatory – Naproxen,

Ibuprofen; Anti-diarrheal medication eg loperamide (Imodium); Antacid (eg Gaviscon, Tums) and/or anti-gastroesophageal reflux (heartburn (eg. Pepcid).

- k) One **sleeping bag** per person rated to -5C.
- l) Enough **free-standing tent(s)** to house all members of the team (based tent's stated capacity)
- n) Two extra layers of **warm clothing** (tops and bottoms) are contained in a dry bag.
- o) Backpack **stove and fuel** with a pot capable of boiling 16 oz. of water.



Where in the World?

Take a look at the YRQ race map and you can see where in the world your competition is!
Submit your GPS tracking signal ASAP to Peter. Keep that on your radar!

Support Crews

Only a handful of you have indicated who your support people are. This is a very important person who helps ensure your success in the race! Enter your support person or people into your team information. If you do not have a Support Crew you will need to pay \$75/person to have this support provided for you in Carmacks as outlined in the rules. Please send us an email at info@yukonriverquest.com to request our support services.

Accommodations in Dawson

Be sure to book a place to stay as soon as possible. If you are having difficulty finding something contact the Dawson City Visitor Information Centre. vic.dawsoncity@gov.yk.ca
867-993-5566

Return Trip from Dawson

Travel can be arranged through Husky Bus service. One bus leaves Saturday July 8 at 12:00 right after the awards ceremony and for folks who want to explore Dawson City, the next one leaves Monday July 10 at 12:00. Be sure to arrange how your boat will get back to Whitehorse. <https://klondikeexperience.com/husky-bus-transportation/> 867 993-3821

Final Registration

Please ensure you have filled in your Racer Shirt Size on-line. Shirts are being ordered soon. A blank shirt size means Large. Once we close our on-line registration, you will receive a time slot for your team to register in person on Sunday July 2. It is mandatory that all racers attend, you have your GPS functional, insurance, and you have all your paperwork in order.

Please reach out to me if you have any questions!

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