



CANOE TO THE SEA 2004



presents the best One Day Canoe Outing in the Maritimes
Saturday, 12 June, 2004

An historic marathon race course, for individuals and 2-person teams.
Total of 25 km. including 4 lakes and 7 portages.

Plus an alternative 1-hour Recreational Race and Family Paddle for all skill levels. For details see map of the race course on the back of this form.



MARATHON RACE ROUTE

START/FINISH: Holding Pond, Fairbanks Centre, Shubie Park - Dartmouth

COURSE: Lake MicMac and Lake Banook, Portage to Canal, Lake Charles and Lake William with return to the Canal and finish at the Holding Pond



REGISTRATION INFORMATION

Registration: 9:00 am - 10:00 am at the Fairbanks Centre at Shubie Park, Dartmouth
Cost: \$ 25.00 per person. (\$5.00 discount for card carrying NSMCRA members)
Includes BBQ tickets, draw prize tickets & one "dry fit" racing shirt.

Start Time: 10:30 am, Sunrise Beach, Lake MicMac (Race meeting: 10:00 am)

Race Course: One full loop from Dartmouth to Waverley and back, a total of 25 km including 7 portages. Winds and waves may be problematic to inexperienced racers. There will be signs directing paddlers through the portages. The Start will be at Sunrise Beach on Lake MicMac. Paddlers will circle to the right of the islands and then go under the bridge at Lake Banook. Returning to the portage in Shubie Canal. The race follows the Deep Cut to Lake Charles and the short portages at Porto Bello into Lake William. All boats will do a full loop of Lake William, turning clockwise around a buoy at the Village of Waverley (by the Irving Station). Returning south through Porto Bello into Lake Charles. The Finish is located at Fairbanks Centre, Shubie Park.

Race Time: Will vary, but approximately 3 hours.

Race Categories: Pro Boats and ICF class boats only.

Please Note: This race is not for recreational canoeists, this race is for experienced paddlers!



RECREATIONAL RACE & FAMILY PADDLE

START/FINISH: Holding Pond, Fairbanks Centre, Shubie Park - Dartmouth

COURSE: Historic Deep Cut & Lake Charles



REGISTRATION INFORMATION

Registration: 10:00 am - 11:00 am at the Fairbanks Centre, Shubie Park, Dartmouth

Cost: \$25.00 per canoe/kayak; (includes BBQ tickets, draw prize tickets & one "dry fit" racing shirt)

Course Start Time: 11:30 am (Race meeting: 11:00 am)

Course Length: 9 Kilometers in length starting at the Holding Pond (Lock 3) - Fairbanks Centre, in Shubie Park and covering the historic Deep Cut and all of Lake Charles, with one loop of the holding pond at the start.

Course Time: 1.5 hours

* Extra Shirt: \$20.00

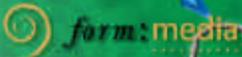
For course information
and directions :

www.chebucto.ca/sportfit/nsmc/csea04.htm
Doug Archibald (902) 883-9759
Allan Billard (902) 463-0817

The Prizes:

Bar-B-Que for ALL PARTICIPANTS
Lots of great Draw Prizes FOR EVERYONE
Hi Quality Stanfields 'AC' Training Shirt First place Trophies
and Canoe Equipment in all raced categories

Prepared by



the trail shop
hopes you enjoy



CANOE TO THE SEA

Turn Buoy

WAVERLEY

Lake William



Portage (200m)

Portage (100m)

Waverley Road

Lake Charles

Portage (480m)

SHUBIE PARK

Lake Micmac

HALIFAX

Halifax Harbour

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CANOE TO THE SEA
2004 Canal Challenge



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