

RACER INFORMATION PACKAGE

24th Annual



September 21, 2024

www.mindovermountain.com

#MOMARcumby

Mind Over Mountain Adventure Race

RACER INFO PACKAGE: CUMBERLAND

SEPTEMBER 21, 2024

1. WELCOME TO THE MOMAR!

Hello MOMAR racers,

We're thrilled about the upcoming MOMAR weekend, and we hope you are too. This marks our 24th season and the 44th edition of the Mind Over Mountain Adventure Race, and we're excited to announce another record turnout with 800 participants registered for race day.

Our dedicated course director, Kathy Campbell, has crafted another challenging route that will take you to hidden gems rarely explored by even the locals. Get ready for an awe-inspiring paddle with breathtaking views of the Comox Glacier, a mountain bike ride offering a mix of flow trails and classic technical sections, and a trek stage that will put your decision-making skills to the test.

We encourage you to read this message thoroughly, and if you have any lingering questions or uncertainties about any aspect of the race, please don't hesitate to reach out to us at info@mindovermountain.com for further clarification.

Adventurously yours,

Bryan Tasaka
Event Director

2. SCHEDULE OF EVENTS:

Friday, September 20	
5:00 – 9:30pm	Friday night racer registration at the Cumberland Village Park. Food truck will be on site.
5:30 – 8:00pm	Concert in the Park: Luke Blu Guthrie & From the Earth
5:30 – 7:30pm	MOMAR 101 Info Booth (get all your last minute questions answered)
Saturday, September 21	
6:45 am – 9:30 am	<p>BIKE DROP: The bike drop requires a bit more pre-planning and logistics. <u>Please read the following instructions carefully:</u></p> <ul style="list-style-type: none"> • In the racer package that you receive on Friday, there will be a Letter from the Race Director that will tell you the exact location of the bike drop. • On Saturday morning, you will park your vehicle near the Cumberland Village Park (where the race finishes). • Place your bike in the bike transition zone along with your bike gear (helmet, bike shoes, etc.). Remember to put your bike number on your handlebars. Do NOT bring a 'transition box' of any sort as you cannot leave anything behind during the race. • Once your bike is set, you will take the shuttle bus that will drive you to the start of the race. • You can leave a checked bag at the start line with our volunteer crew and we'll have it at the finish line. Your bag must be labeled with your bib number. • Enduro racers, please drop your bikes off early; but if you're doing the Sport then you can drop it off later. Plan your schedule accordingly.
Beginning at 6:45 am	<p>SHUTTLE BUS: Shuttle bus service begins from the bike transition zone to the Cumberland Lake Park Campground. Due to <u>very limited parking</u>, all racers are required to use the shuttle bus to get them to the start line. You will find out the shuttle pickup location on Friday night.</p> <p>Friends and family are allowed to take the shuttle bus to watch the start of the race; however, priority will be given to racers first. Pickup locations will be detailed in the Letter from the Race Director. Shuttles will be running until 12:00pm which means that if your friends do get a ride to the Comox Lake, they can now get a ride back to town. Parking is <i>extremely</i> limited at the Lake so we encourage your friends and family to use the shuttle.</p>
6:45 am for the Enduros 8:30 am for the Sport	<p>PERSONAL KAYAK DROP: If you are bringing <u>your own</u> kayak to the race, then you must take it to the Cumberland Lake Park Campground. There will be a designated area called the "Personal Kayak Zone" where you will drop off your boat. Make sure all your personal gear is clearly labeled with your race number. <u>You must do this first</u> before you drop off your bike. All of the kayak companies that are bringing boats directly to the race start will have them on the beach and ready by 7:30 a.m.</p>
7:45 am	Check in and maps released for the Enduro Course
8:30 am	Team captain safety meeting for the Enduro Course
8:45 am	Group photo (Sport AND Enduro Racers, volunteers too) at the beach.
9:00 am	Enduro Course Race starts at the Cumberland Lake Park Campground
9:05 am	Check in & Maps released for the Sport Course
9:30 am	Last shuttle bus departs from the bike transition zone
9:45 am	Team captain safety meeting for the Sport Course
10:30 am	Sport Course Race starts at the Cumberland Lake Park Campground
12:00 pm	Finish Line bar opens serving cold beer and local cider
4:00 pm	Dinner service begins (remember your dinner ticket)

5:00 pm	Race course closes. Anyone who does not finish by 5pm will be disqualified.
6:00 pm	If you left a boat or paddle equipment in the Personal Kayak Zone, then you must pick it up by 6:00 pm. We will have someone watching the gear during the day and you must show your bib number to claim your gear.
6:15 pm	Award ceremony
7:00 pm	Beer service ends
7:30 pm	Secured bike corral closes and you must pick up your bike by this time.

3. VENUE LOCATIONS

Friday Night Registration Party and the Awards Dinner:

Cumberland Village Park. Take Exit 117 West from the Island Highway and head towards Cumberland. Follow the signs to Cumberland and make a left on Dunsmuir Street. The Village Park is the BIG sports field on your right. You can't miss it. Dunsmuir Ave & 6th Street. [Map](#).

Start Line:

Cumberland Lake Park Campground: From Cumberland, get onto Comox Lake Road and take it all the way to the lake. [Map](#)

4. FRIDAY NIGHT REGISTRATION PARTY

All teams are required to come to the Cumberland Village Park ([map](#)) on Friday night to pick up their race package. In your package, you will find a **Letter from the Race Director** that will provide you with a few hints about the race course including the transition location for the race.

It'll be a festive night and we'll have cold beer, live music and a new line up of MOMAR-branded merch to purchase! One member from your team can check in the entire team, but it's best if your entire team shows up for the team photo.

We recommend you make plans to have your pre-race dinner at one of the may excellent restaurants in Cumberland. Specifically, we encourage you to visit **Riders Pizza, Cumberland Brewing Co.** or the **Waverly Pub**. We also have the [Phat Parrot](#) food truck on site.

5. GENERAL RACE COURSE INFORMATION

The course is approximately 30km for the Sport Course and 50km for the Enduro Course. Each course will feature plenty of elevation gain and loss that racers have come to expect from a MOMAR. We expect the first racers to finish the Sport Course in 3.5 hours and the Enduro Course in 4.5 hours.

a. Maps

The official course map will be given out on race morning at 7:45am for the Enduro Course and 9:05am for the Sport course. The map is NOT waterproof so you will need to keep this dry at all times; be sure to have a good map bag.

b. Paddle Stage

All paddling will take place on Comox Lake. Any non-oar locked water craft is permitted including kayaks, canoes, and outriggers. SUPs are allowed only if you can maintain a pace that allows you to stay with the main pack. Racers must wear an approved PFD at all times and have a whistle easily accessible.

The beach where the boats will be launched is sandy and/or pebbly. Since a majority of boats are rentals, racers must be respectful and not damage the kayak. Racers are NOT to ram kayaks into the beach. Course officials will be on-site and anyone caught in violation of this rule (ramming their kayak on the beach) will be given a 60 minute penalty.

Once you are on the beach, racers must carry their kayak up the beach to the designated spot of your rental company. There will be a "Personal Kayak Zone" for racers who have brought their own boats. Aside from your PFD, paddles, and other kayak specific gear, please do not leave any personal items in your rental kayak after the paddling stage.

If you are renting a kayak but have your own PFD and paddle, we will have a secured area to store them for you (please label all gear) or it is permitted to make arrangements with a friend to take them from you.

There will be a secured area on the beach for anyone who will be bringing their own kayak. Once you have finished the race, you will have to go back to the beach to retrieve your boat. You must pick up your boat by 6:00 pm. **Please LABEL all your personal gear (e.g. paddles, PFD, etc) with your race number.**

c. Trek Stages

The trekking stages will mostly be on trails and logging roads. You may have to do some off-trail trekking too. Wear sturdy shoes and watch your footing especially if it's wet. Expect to be on your feet for 10km for the Sport Course and 15km for the Enduro Course. You can expect the trekking to be split into two separate stages (one being the orienteering stage).

d. Mountain Bike Stage

Cumberland has unbelievable single-track for all abilities. This course has sections of gravel road, double track, easy single track, and a few intermediate to advanced cross-country trails. If mountain biking is your strength, then you're going to love this course! Portions of the mountain bike stage will be flagged (pink for Enduro and blue for Sport) and others not. Read the CP description notes on the map for more details. Total ride will be approximately 15km for the Sport Course and 25km for the Enduro Course.

e. Navigation

This race will require skills in map reading and navigation. The map will indicate the sections that are flagged and the sections that require you to navigate to the checkpoint. The map instructions will tell you if you need to get the checkpoints in numerical order if you can get them in any order. Be aware and read your map carefully. **Tips: Set your declination to 16 degrees East and know how to figure out bearing and distance from a map**

f. Transition Area

When you drop off your bike in the transition zone on the morning of the race, you can leave your bike related gear with the bike (e.g., helmet, bike shoes, tools, etc.). When you arrive back at your bike during the race, you must NOT leave anything behind or you will be penalized for littering.

g. Water Stations

There will be one water station on the course and at the main transition locations. The stations will be setup to refill your bottles/bladders only. Each station may have some other treats for you, but this is an ADVENTURE RACE so please expect the unexpected and be prepared for long distances between water stations. The aid stations will be indicated on the map.

h. CPs [Check Points]

There will be a series of CPs along the course and when you find one you will punch your Racer Passport. **You must collect all CPs in numerical order UNLESS specifically noted on the map's instructions.** Please note that some checkpoints are common between the Sport and Enduro course so racers must ensure they're at the right CP (noted by the tag on the flag).

i. Cut off Times

Exact times and locations will be detailed on the race map. Failure to make the mandatory cutoff times will result in your team being required to bypass certain CPs. Please keep your cutoff times in mind and plan your breaks accordingly.

6. BE SMART & BE SAFE

First Aid personnel will be situated throughout the course ready to respond to emergency situations. If you get lost, stay where you are. Use your whistle or pull out your cell phone and call our Safety Director at 604-802-2180 (program this number into your phone) or 911. If you are injured, wait for a passing team and have them call for help. Remember that you are required to have basic first aid items with you and we highly recommend you bring your cell phone with you.

IMPORTANT: Please note that if you DROP OUT of the race, you MUST come to the FINISH LINE and let the Lead Timekeeper know and return your Passport. If you do not do this and we start a search for your team, you will be charged for all search costs and you will be suspended from racing any future MOMAR events for two years.

There are bears in the area so always make some noise while racing... Also, please be courteous when overtaking hikers. Let them know you are approaching by calling out. We also recommend you wear safety glasses to protect your eyes. And watch out for wasps... seriously, they don't like adventure racers...

Certain CPs will require you to check in with course marshals; be sure to display your racer number on the FRONT of your body. This will help us keep tabs on your last location at all times and help focus our search to specific areas in the event you get lost.

8. MANDATORY GEAR LIST

The following items make up the final gear list for the race. We recommend that you use common sense when packing and think about your personal safety should something happen to you on course. Random gear checks could happen during your race and any missing items will result in a 5 minute team penalty.

Every RACER must carry the following:

- Emergency Space Blanket or garbage bag large enough to wrap most of your body.
- A long sleeve tech shirt and/or jacket
- Whistle – use if you get lost
- Water bottle or bladder capable of carrying 750ml+
- Race Number Plate – must be worn on the FRONT of your body and on the handlebars of your bike. You are NOT allowed to modify your number. MOMAR will supply.

Every TEAM must carry the following:

- Compass (declination setting recommended)
- Water proof map bag (e.g., ziplock) because the maps are not waterproof
- Race map (provided by organizers)
- Passport (provided by organizers)
- A First Aid Kit with a sufficient supply of items to treat an injury (e.g. bandaids, tensor, anti-inflammatory pills, antihistamine tablets for the wasp stings, etc.)
- Cell phone (put it in ziplock)

- Bike repair kit (what you bring is up to you, but we recommend having the right tools to fix your bike should something break).

For the KAYAK stage only, you must have the following items:

- Watercraft – limited to kayak, surf ski, outrigger, canoe, or paddleboard (maximum of two people per boat)
- Life jacket (Type III is best)
- Pump (if you're paddling an ocean kayak or canoe)
- Leash (if you're paddling a surf ski or paddleboard)

For the MOUNTAIN BIKE stage only, you must have the following items:

- Mountain Bike (no eBikes)
- Helmet (certified)

7. RULES & REGULATIONS:

Ranking:

- Teams will be ranked according to the number of Checkpoints they collect.
- In the event of a tie, the finishing time (less penalties) will be used to further rank teams.

Time Penalties:

- 15 minute penalty if you are caught out of visual range of you teammates.
- 15 minutes for receiving outside support from any non-racer.
- 15 minutes for the first traffic violation. Disqualification for the second.
- 15 minutes for littering.
- 15 minutes for using any form of listening device (e.g., iPod, walkman, etc). Disqualification for the second.
- 5 minutes for modifying your MOMAR bib number. You must wear it on the front and it cannot be folded or cut in any way.
- 5 minutes for each item that you do not have that is on the mandatory gear list.

You will be disqualified for the following reasons:

- You deviate severely from the flagged sections of the race course (discretion of the race director) in an attempt to short the course.
- If one of your teammates does not cross the finish line. In adventure racing, all members of a team must finish the course together. Thus, you are only as fast as your slowest racer. If a teammate decides they cannot go on, the remaining members may race unranked.
- For being a jerk, e.g., unsportsmanlike conduct to fellow racers, volunteers, or spectators.

Support Personnel: Absolutely no outside support personnel will be allowed along the race course except at the start and finish lines. 15-minute time penalties will be handed out to teams in violation. Team must be fully self-sufficient and plan provisions accordingly.

GPS: Although you are required to bring a cell phone and we're not going to ban you from wearing your GPS watch, we ask that in the spirit of good sportsmanship, you don't use the GPS function or use TrailForks to aid in navigation. If you want to track your distance and view it after the race, that's ok with us. We do recommend that you have TrailForks on your phone. Why? Well, if you do happen to get seriously lost or injured, then turn on your phone, figure out where you are, and use it to navigate your way out or call in for emergency response.

In the event of a dispute, please let the Race Officials know and we will do our best to resolve the issue fairly.

8. BE KIND TO YOUR KAYAK

During the MOMAR race, here are some suggestions on how to minimize damage to the rental kayaks.

- Sitting on the top deck of the kayaks will crack the shell of the kayak and affect the bulk heads and seams. It is important that the kayak maintains its water tight seal.
- Running the kayaks up onto the beach and dragging kayaks wears down the gel coat and eventually the fiberglass.
- When getting in and out of your kayak it is best that the kayak be floating in eight inches of water. If the shore has a steep drop off, turn the kayak sideways. This will prevent grinding the stern of the kayak into the shoreline.
- Nice lightweight fiberglass paddles will chip on the blades when they are used to push away from shore or from rocks.
- Keep the paddle in the kayak when you get to shore, throwing it up on to the beach only gives you something to trip over when you get out, the paddle could float away with the next wave or get damaged.

By following these guidelines, we can ensure that the kayak rental operators will continue to rent quality, well maintained, kayaks for racers.

9. SPECTATORS

Spectator locations will be announced at the morning of the race. The map will be posted on Facebook once it has been given out to the racers.

Follow us:

- Facebook: www.facebook.com/mindovermountain
- Instagram: www.instagram.com/mindovermountain
- And use the hashtag #MOMARcumby

10. THE FINISH LINE (1pm – 5pm)

Location: Cumberland Village Park

Time: We expect the first Enduro racers to cross the finish line at 1:30pm and the last at 5:00pm.

Finishers Mugs: All finishers will receive a custom MOMAR ceramic camp mug.

Refreshments: Bagels, fresh fruit, cookies, and chocolate + more! New this year – HOT DOGS!

Atmosphere Massage Hut: Where you can hang out, get a massage, and share stories with your fellow racers. We have 12 massage students from the West Coast College of Massage Therapy coming out from 1:30 – 6:30pm. Please bring some cash to make a donation.

Bike Pick-up: You must claim your bike after you finish the race. You must show your racer number in order to receive your bike. They will be secured until 7:30pm.

Cold beer: Purchase a cold beer and celebrate your accomplishments! Proceeds go the Cumberland Community Forest Society.

Kayaks: If you brought your own kayak to the race, you will have to go back to the beach at the end of the race and pick it up from the secured area. Please pick up your kayak as soon as possible. They will be secured until 6:00pm.

Results: Race results will be posted on Saturday night

11. THE BIG PRIZES THAT YOU MIGHT WIN

What's up for grabs for the racers, you ask? Here's some of the big prizes that we will be giving away:

TOP FINISHERS: 1st Place in each category will receive a medal, \$50 Gift Certificate from Frontrunners and 2nd Place will win a medal and a hat from Hornby Organics, and 3rd will receive a medal.

WIN A \$500 SHOPPING SPREE AT FRONTRUNNERS

How does a \$500 shopping spree at the best specialty running stores sound? With locations in Nanaimo, Westshore, and Victoria, this is the place to get fitted with your next pair of trail runners or technical clothing.

WIN A ONE NIGHT STAY AT PARKSIDE HOTEL & SPA

A prize package from [Parkside Hotel and Spa](#) will be awarded to the team closest (without going over) to a MYSTERY FINISH Time (clock time). The secret time will be kept in a sealed envelop and opened during the awards ceremony on Saturday. The team will win a one-night stay and a private theatre booking at the hotel to watch your favourite movie.

THE SPIRIT AWARD

Dress up and show the most spirit and you could win the highly coveted Spirit Award! The prize is a free team entry to your next MOMAR!

12. THE AWARDS DINNER

Stay for the Awards Dinner following the race. We'll have good music, cold beer, recognize the top racers in each category and give away some amazing prizes.

Where: Cumberland Village Park (right at the finish line)

When: Dinner will be served from 4:00 to 6:00pm.

Bring: It'll be picnic style so bring your own blanket or camp chair and find a spot under the big tent or around the field.

Dinner:

We're bringing in two amazing food trucks for the post race meal that's included with your race entry (served from 4-6pm). Each racer can choose from the seven options listed below and we have options for those with dietary restrictions too.

ACTION REQUIRED: Racers must log into RaceRoster and update their meal selection for the team. Selections from the list below must be made by September 11th.

TRUCK #1 - Greek 'n Go Food Truck:

Enjoy our pita wraps filled with either tender, juicy chicken or crispy falafel. Each wrap is made with soft, warm pita bread and topped with creamy tzatziki or hummus for vegans. We add fresh ripe tomatoes, white onions, for a burst of flavour. You can choose a side of our tangy Greek salad or crispy fries to complete your meal.

- Chicken Pita Wrap with Tzatziki and Greek salad OR fries
- Chicken Pita Wrap with Hummus and Greek salad OR fries

- Falafel Pita wrap with Tzatziki and Greek salad OR fries
- Falafel Pita wrap with Hummus and Greek salad OR fries
- Chicken Skewers with a side of Greek Salad or Fries and Tzatziki Dip (For people with Celiac)

TRUCK #2 - The Dragon Bowl:

Serving delicious and nutritious brown rice bowls featuring shredded kale, grated carrots and beets, toasted pumpkin and sesame seeds - all brought together with a decadent homemade dressing (tamari, tahini, apple cider vinegar and nutritional yeast making the dressing creamy, but dairy free). Each Dragon Bowl comes topped with double chicken or double tofu.

- Original Dragon Bowl with roasted beets and double tofu (vegetarian)
 - Original Dragon Bowl with double chicken
- We'll have the famous Cumberland Bakery donuts for dessert and vegan cupcakes too.
 - The meal is included in your entry fee, but you must have confirmed that you will be coming to the party to receive your dinner ticket at Friday Night Registration.
 - **Guest Tickets** must be pre-purchased from your [RaceRoster account](#). Deadline September 11th.
 - NOTE: If you have any dietary restrictions that can't be accommodated by the above menu, please email janine@mindovermountain.com.

Awards and Prizes: Starting at 6:15pm, awards and prizes will be given out to the top racers in each category. We also have numerous draw prizes available to all those lucky participants.

50/50 – We will be having a 50/50 draw at the awards so be sure to bring some extra cash. All proceeds will go to the Cumberland Community Forest Society.