



HELL OR HIGH WATER 8
PARTICIPANT
INFORMATION
PACKAGE



ABOUT

ABOUT HELL OR HIGH WATER

THE RIVERS OF THE OTTAWA VALLEY ARE INCREDIBLE RESOURCES.

THE OTTAWA RIVER IS AMONG CANADA'S MOST HISTORIC WATERWAYS, A BACKBONE FOR THE DEVELOPMENT OF OUR NATION. THE PETAWAWA IS ONE OF THE FEW REMAINING WHITEWATER RIVERS IN "SOUTHERN" ONTARIO THAT REMAINS LARGELY UNTOUCHED; FREE OF MAJOR DAMS, AND ANY MAJOR INDUSTRIES AS IT FLOWS FROM THE HEART OF ALGONQUIN PARK. HOHW SEEKS TO ENSURE THAT THE RECREATIONAL VALUE OF THESE RIVERS IS MORE VISIBLE, AND CELEBRATED BY THE GENERAL PUBLIC.

IN CELEBRATION OF THE RIVERS AND THE RECREATIONAL OPPORTUNITIES THEY PROVIDE TO RESIDENTS, HOHW ORGANIZERS WITH THE SUPPORT OF OUR SPONSORS ARE ACTIVELY WORKING TO MINIMIZE THE COST OF PARTICIPATION. WE WANT TO SEE PEOPLE OUTSIDE, ENJOYING THE FRESH AIR, EXERCISE AND EXCITEMENT OF PADDLESPORTS.

THAT IS WHY HELL OR HIGH WATER WAS BORN BACK IN 2009, AND NOW IT HAS GROWN TO BECOME ONE OF THE LARGEST WHITEWATER RACES IN NORTH AMERICA.

ON SATURDAY, MAY 14, 2016 THE FIRST BOAT OF MANY WILL LAUNCH INTO THE WATERS OF THE PETAWAWA RIVER, MARKING THE OFFICIAL START OF THE EIGHTH ANNUAL HELL OR HIGH WATER WEEKEND. THE EVENT CELEBRATES THE WILD RIVERS OF THE OTTAWA VALLEY; COME CELEBRATE WITH US.

KIM BARRINGTON, PHILIP KOMPASS, BRAD WIPP, MIKE CROUZAT

HOHWPETAWAWA@HOTMAIL.COM

@HOHWPETAWAWA

<HTTPS://WWW.FACEBOOK.COM/EVENTS/512723042232710/>



SPONSORS

SPONSORS

HELL OR HIGH WATER IS MADE POSSIBLE THROUGH THE SUPPORT OF THE COMMUNITY.

TO ALL OUR VOLUNTEERS, SUPPORTERS AND FRIENDS... WE COULD NOT DELIVER THIS EVENT WITHOUT YOU! YOUR PATIENCE, UNDERSTANDING, GRACE AND HARD WORK HELP ENSURE THAT HUNDREDS OF PEOPLE ARE ABLE TO GET OUTSIDE AND EXPERIENCE THE WONDERFUL RIVERS WE ARE SO BLESSED TO HAVE IN THIS COMMUNITY.

IF YOU ARE ABLE TO LEND A HAND IN MAKING THIS EVENT A SUCCESS, PLEASE DON'T BE SHY. SEND AN EMAIL TO HOHWPETAWAWA@HOTMAIL.COM

HOHW 8_SPONSORS

NRS (WWW.NRS.COM) – TITLE SPONSOR
WHITEWATER ONTARIO
TRAILHEAD OTTAWA PADDLESHACK
WHITEWATER BREWING

ESPRIT RAFTING – EACH AND EVERY YEAR, JIM COFFEY AND HIS TEAM AT ESPRIT DELIVER A SAFE, AFFORDABLE AND EXCEPTIONAL QUALITY EXPERIENCE FOR ALL THE RAFT TEAMS THAT ENTER HOHW. HIS KNOWLEDGE OF THE RIVER, HIS TEAM'S SKILL AS GUIDES AND HIS WILLINGNESS TO TAKE ON THE CHALLENGE OF HOHW IS IRREPLACEABLE. MANY THANKS.

TOWN OF PETAWAWA – WE ENJOY A LOT OF SUPPORT FROM THE TOWN OF PETAWAWA'S PARK AND RECREATIONS STAFF – SPECIAL THANKS TO COLIN COYLE, MARK REINERT, KELLY WILLIAMS AND CYNDY PHILLIPS-MCCANN FOR THEIR TIME AND SUPPORT.



EVENT

SCHEDULE OF EVENTS

7:00 - REGISTRATION OPENS

14:00 - REGISTRATION CLOSSES

8:00 - 15:30 - GUIDED RAFT RACES (DEPART :00 AND :30)

8:00 - 10:00 - OPEN RIVER TIME / PRACTICE (PLEASE DEFER LINES TO RACING RAFTS)

10:00 - 16:00 - KAYAKS, CANOE AND RAFT RACES

- SHORT, CREEK, LONG AND SLALOM CLASSES. MEN'S AND WOMENS.

10:30 - 14:30 - CLIMBING WALL & INFLATABLES (FREE!)

13:00 - BOATERCROSS @ LOVERS. LEMANS STYLE START.

ALL DAY - PHOTO CONTEST! BRING THEM TO THE AWARDS PARTY.

ALL DAY - STAND UP PADDLE BOARD DEMO (FREE!)

ALL DAY - GREAT WHITEWATER ACTION! WATCH THE RACERS

ALL DAY - EXCELLENT PLAYBOATING AT CATWALK WAVE OR GOLF COURSE HOLE

ALL DAY - RUN THE REST OF THE RIVER, TWO MORE RAPIDS WAIT DOWNSTREAM

16:30 - AWARDS DINNER & AFTER PARTY (PETAWAWA LEGION), RAFFLES, PRIZES, MUSIC

17:00 - DINNER IS SERVED! \$10, ALL YOU CAN EAT BBQ!

RECEPTION SPONSOR: QUALITY INN & SUITES

19:00 LIVE AUCTION

19:30 DRAW FOR RAFFLE PRIZES COURTESY OF NRS AND TRAILHEAD PADDLESHACK

19:31 RACE STANDINGS ARE POSTED.

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SUNDAY - PADDLE THE UPPER PETAWAWA IN ALGONQUIN PARK.

THE AWARDS AND AFTER PARTY ARE WALKING DISTANCE FROM BLACK BEAR CAMPGROUND AND FROM A NUMBER OF LOCAL HOTELS (INCLUDING OUR SPONSOR QUALITY INN & SUITES). PLEASE STAY, PARTY, CELEBRATE, HAVE A FEW LAUGHS AND A FEW DRINKS BUT DON'T DRINK AND DRIVE. STAY THE NIGHT AT PADDLE TOMORROW.



EST  1972

nrs

DESIGNED IN
— IDAHO —



STAY

STICK AROUND A WHILE.

WE WOULD LOVE FOR YOU TO SPEND THE WEEKEND WITH US.

- It helps show the tourism value of whitewater.
- We worry about drinking and driving
- Camping is cheap.
- You can stick around and paddle the Upper Petawawa the next morning. It is a beautiful Class IV run, and arguably one of the best in the province.

CAMPING

Camping is available courtesy of CFB Petawawa at Black Bear Campground – 154 Lieven Road CFB Petawawa. The cost is \$5 per person per night and we ask that you pay at Registration on Saturday morning.

It is along the Ottawa River, about a 15 minute flatwater paddle from Golf Course Hole, or conveniently located at the obvious point, just off of Givensche Road on the CFB Petawawa property.

Campfires welcome, and we'll try to get you some firewood sorted out.

No excuses for drinking and driving, so stay the night and paddle the Upper Petawawa (Class IV) or something else locally (high water Ottawa, Petawawa Town Run, Sea Kayaking, SUP, ride the Forest Lea Trails...

Being right beside the Ottawa River, the canoeing, sea kayaking and fishing is awesome.

HOTELS:

QUALITY INN AND SUITES PETAWAWA:

<http://www.petawawaqualityinnandsuites.com/>

3119-B Petawawa Boulevard, Petawawa, ON, Canada, K8H 1X9

Phone: (613) 687-2855 Fax: (613) 687-4150

This hotel is not only sponsoring the reception/awards but has also offered a 10% discount on all room bookings for paddlers. Just ask for the "paddler special" or refer to Hell or High Water event.

Includes Free deluxe continental breakfast.



WHERE

KEY LOCATIONS

DON'T MISS A THING! DETAILS ON THE 'WHERE' OF HOHW

REGISTRATION & HEADQUARTERS:

Centennial Park (aka Catwalk), 18 Park Drive, Petawawa. Additional Parking is available at Town Hall & Fire Department which overlook Centennial Park. The parking is accessed off of Victoria Ave. Both are a two-minute walk from registration immediately downhill.

PUT-IN:

Just off of Wilson Ave, where the Walking Trail / Railbed meets the River. Take Victoria past "McDonalds". The street name becomes Portage Rd. Wilson Ave is your first right after crossing the railroad tracks, Follow it to the river and obvious access point.

TAKE-OUT:

If you wanted to run the entire Town Run section, continue downstream past the park. The first rapid is Suicide (class 4) then a short flat section and Golf Course Hole (Class III). There can be great playboating at Golf Course if the level is right.

DINNER / AWARDS:

The dinner and awards will be held at the Petawawa Legion. The big white building along the river's edge, just cross the main bridge in town. It is just a short walk from the racing. After three years of messed up dinners, we are taking matters into our own hands again. \$10 let's your eat until you're full, BBQ burgers, sausages, munchies and all the fixings. #noonegoeshomehungry

Raffle prizes, final results, cold drinks and good friends. Hope you can make it.

We welcome any and all people to come and join in the party. Racers and non-racers encouraged. If you have photos of the day, please bring them on and we can pop them up on the big screen.

\$10 gets you a full BBQ dinner with the fixins'. #noonegoeshomehungry

CAMPING:

Basic tent camping has again been offered up by CFB Petawawa at the Black Bear Campground located at 154 Lieven Road CFB Petawawa. The cost is \$5 per person per night and we ask that you pay at Registration on Saturday morning.

All other events are at Centennial Park / Catwalk.



HEAVEN

FOR KIDS OF ALL AGES

FUN FOR THE WHOLE FAMILY!

Hell or High Water offers fun for the whole family. In fact, from the very outset this event is about celebrating our rivers and the recreational opportunities they provide in our local communities. HOHW is family friendly and we warmly welcome you to attend. Although the race events themselves offer an exciting afternoon, there are many other ways to get involved.

CLIMBING WALL: Courtesy of RJ's Climbing Adventures (www.climbingadventures.ca) you are welcome to bring the kids to Centennial Park Catwalk and try your hand at this exciting sport.

INFLATABLES: Courtesy of RJ's Climbing adventures (www.climbingadventures.ca) we are welcoming kids to get airborne in this classic play structure.

PHOTOGRAPHY CONTEST : Take your best shot and send it in via email to hohwpetawawa@hotmail.com, tag it on twitter with #hohwpetawawa or bring it to the awards dinner at the Legion anytime after 4. We would love to have submissions for anyone, regardless of age. Submissions will be posted to the facebook page after the event.

SUP AND EQUIPMENT DEMO: There are always a selection of boats and stand up boards to try down at the Catwalk Pond. We'll have informal instruction and lifejackets. No cost.

THERE WILL BE A VARIETY OF FOOD VENDORS AND EQUIPMENT VENDORS, OR BRING A PICNIC LUNCH AND TAKE IN THE ACTION. RAIN OR SHINE.



NOT ONLY A SPONSOR, THE QUALITY INN AND SUITES HAS ALSO OFFERED A 10% DISCOUNT ON ALL ROOM BOOKINGS FOR PADDLERS. JUST ASK FOR THE "PADDLER SPECIAL" OR REFER TO HELL OR HIGH WATER EVENT. INCLUDES FREE DELUXE CONTINENTAL BREAKFAST.

WWW.PETAWAWAQUALITYINNANDSUITES.COM



KAYAK

KAYAKS, CANOES, ETC

CANADA'S BIGGEST RACE... AND IT IS FREE TO ENTER

In celebration of a free-flowing Petawawa, now and well into the future, there is NO COST for individual paddlers to participate in HOHW 8. This was made possible through the generous support of NRS, and the Whitewater Ontario and the River Advocacy Committee, who made a substantial contribution to cover the insurance costs for the participants. Thank you to Whitewater Ontario; please consider a membership in this important organization that works to protect the sport and rivers that we love so much.

COURSE:

The Petawawa River "Town" Section is a roughly 3 km stretch of river with rapids ranging from Class II to Class IV, and opportunity to push the limits in both directions if you wish to try harder lines. The race course will be roughly 1 km of this section, covering two Class III+ rapids and one Class III, with some boogie in the middle. The Race Course will be run from the major river right eddy at Railroad Rapid, and end when the racer touches the marker (with hand, paddle or boat) in the large eddy below Catwalk Rapid (Town Hall).

SAFETY:

All individual racers should be expected to be competent paddlers in Class 3+ rapids. Scouting and paddling the course in advance is highly recommended, both for safety and for speed. Paddlers should not expect that their safety is in any way assured. The organizers accept no responsibility for providing safety staff, equipment, medical care or a shoulder to cry on.

The same information applies to the self-guided (own equipment, guide and skills) raft teams. Information about the guided raft races come later.



RULES

FUN BUT FAIR, RIGHT?

CANADA'S BIGGEST RACE... BE PART OF THE ACTION

Speed rules. Fastest boat to the bottom wins.

Rafts depart at two minute intervals, individuals at one minute

Racers are responsible for being ready to go at their assigned time. If you aren't ready, too bad. No exceptions.

The arrival time at the finish is recorded.

Race time is established.

Don't argue with the timekeepers – they're volunteers

FINISH:

The Race Course will be run from the major river right eddy at Railroad Rapid, and end when the racer touches the marker (with hand, paddle or boat) in the large eddy below Catwalk Rapid.

SLALOM FORMAT (CANOES & KAYAKS)

This year the racers will be required to touch the slalom buoys or hanging markers with boat, paddle or hand (not simply eddy in/out). If you miss an eddy you are out of the race. At the awards party you will be asked to confirm if you got them all. Be honest please.

And, if you register for a slalom time, you are expected to race the slalom course in that time slot and not just give up and race to the bottom. It messes up our timing.

NOTES ON BOATS AND CLASSES:

Raft: Maximum six paddlers not including the guide .

Kayaks and canoes must not have a discernible keel. skegs must be removed or disabled. No sea kayaks or downriver boats.

Classes: SHORT: 7'0 feet and under (playboats essentially)

CREEK: 7'1– 9.0 (creek boats essentially)

XL: >9'0 (old school long boats and new era race boats)

Please indicate your size and model at registration. Race in the right time slot.

Kayaks must be plastic. No fiberglass in this race.

We encourage you to race both classes, plus slalom, plus the boatercross if you like.



EXTRA

ADDITIONAL EVENTS

CANADA'S BIGGEST RACE... BE PART OF THE ACTION

CRAZY_TRAIN – GIANT SLALOM

You are welcome to race both the traditional downriver style and the slalom. No additional cost.

Based on the popularity of the event, HOHW will again host an informal, recreational-style slalom event. Entirely optional, the Crazy Train course will be set by the local paddlers and meant to test, inspire and challenge even the most experienced of HOHW racers.

More 'giant slalom' than a traditional whitewater slalom, this event will see demarcated eddies that each paddler must enter, while working their way downstream. Paddlers are expected to eddy in (facing downstream) and eddy out (bow pointed upstream) and touch the marker bouy.

Due to fluctuating water levels, the exact location of the eddies will not be set until a few days before the event. Regardless, you can expect to work pretty hard to catch them all, and the lines will be tight. This is a great way to get to know the river, and consider some unconventional lines that may otherwise have been missed.

BOATERCROSS (1:00 @ LOVERS)

Racers will gather on the rock outcropping on river right just upstream of Lovers. The race will begin with "Le Mans" style footrace start and end at the finish bouy in the eddy below Catwalk (normal finish line).

Rules – Don't be a jerk. No hitting, punching, pulling of skirts, stealing of paddles or otherwise compromising the safety of the other racers. We know there will be some bumping and battles, but keep it clean, keep it fair and have fun. This event is purely for show, so make it a good one. I think we had only two swimmers last year and some great entertainment.



RAFT RACE

GUIDED RAFTS

CANADA'S BIGGEST RACE... BE PART OF THE ACTION.

All participants must come to the registration table on arrival the day of the event in order to sign the necessary waivers and pay the entry.

Speed rules. Fastest boat to the bottom wins.

Rafts depart at two minute intervals at a set time

Racers are responsible for being ready to go at their assigned time. If you aren't ready, too bad. No exceptions.

The arrival time at the finish is recorded. Race time is established.

Don't argue with the timekeepers – they're volunteers

Raft teams need at least one racer plus the guide left in the boat to finish their race...

COURSE:

The Race Course will be run from the major river right eddy at Railroad Rapid, and end when the racer touches the marker (with hand, paddle or boat) in the large eddy below Catwalk Rapid (town hall).

Maximum six paddlers not including the guide(s) supplied by Esprit Rafting). Helmets, wetsuits, PFDs and paddles are also provided.

Your team captain will receive your start time a week or two in advance. Please make sure this is circulated to all team members. Please plan to **be at least an hour early** in order to get the safety briefing, get dressed, pay the fee and meet your guide.

Please arrange payment through your captain. \$150 per team. Cash or cheque only please.

Spring is unpredictable in Ontario. Might be hot and sunny, or it might be cool and drizzly. Dress warmly both before and after the race. The water is still a bit chilly, and you will get wet. Although you don't notice the water temperature much when you are racing, a sweater and a toque help a lot once you get off the water.

Please join us at the afterparty for the awards, raffles and celebration. It's at the Petawawa Legion. \$10 gets you all you can eat BBQ and snacks.



QUESTIONS

GUIDED RAFTS - Q&A

YOU HAVE QUESTIONS... WE HAVE ANSWERS!

We've run Hell or High Water for seven years, and we find that each year, a lot of the same sorts of questions arise. Hopefully these details help you understand the mechanics of the event and address any of your questions.

1. Is the water cold?

A. Yes. Its May... but racers all have wetsuits, splash tops and lifejackets (provided free) which help alot. The air temperature is more of a concern really. Bring a sweater for after the race in case it is chilly.

2. Do I need to know how to raft?

A. No. ESPRIT Rafting has decades of experience in safely running commercial trips all across North and South America. They are one of the premier rafting outfitters in the world, and we're proud to have them guide the teams during the event. That said, I would hesitate to recommend it to non-swimmers.

3. Is it scary?

A. That depends on your outlook. The rapids are big enough to get the heart pumping, but they are deep and safe at this time of year.

4. Is it safe.

A. Yes. Aside from the occasional dunking (%50 of racers) and the odd minor scrape or bruise, we have an excellent safety record. In addition to the raft guides, each major rapid has a team of safety kayakers to help fish swimmers out of the water.

5. I don't have a full team yet. Can I still race or register?

A. Yes, of course. The cost is per boat. The boat takes a maximum of six racers plus a guide. You can racer with fewer people if you want. And yes, even if you don;t have a full team of 6t, you can register and just send in the names of team mates once you convince them to join up. Better to register early and save your spot, than wait too long and miss out.



QUESTIONS

GUIDED RAFTS - Q&A

6. How long are the races?

A. Each team gets two laps of the river. Most go slowly their first lap, and try a little harder the second, but it is entirely up to you. If you want to race it all out, go for it. If you prefer a tentative and slower line, that's OK too. Just tell your guide. From the time your arrive at registration to the time you hand in your helmet, it is roughly 2.5 hours.

7. What do we win?

A. The respect and admiration of your friends... or a sweet looking etched beer glass at the awards dinner.

8. How many other teams are there?

A. It varies, but you can bank on at least 30 other teams of six racing that day. We have had as many as 70 teams over the weekend, and about 100 kayakers.

9. Do you take credit cards.

A. No. Cash only and please try to arrange so the entire team in on hand to pay at one time, ideally through your caption when you arrive at registration. It makes life much easier.

10. Is there an age limit?

A. We ask that racers be at least 12 years old. We've had racers of all ages above that though.

11. When do I need to be there? What time do I race?

A. Start times are assigned a week or two before the event. The sooner you register the greater flexibility in getting your preference in start time. If you need a morning or afternoon slot, I can usually accommodate.

12. When will I race?

A. We set the times a week or so in advance, the earlier your register, the better your start time. Races start at 8 am (7 am arrival).

Any other questions, send them to hohwpetawawa@hotmail.com





Thanks to NRS and Rapid Magazine for the bibs for this year's race. They look really sharp. **Please remember to hand them back in after you are done racing though.** These bibs will be making an appearance at other races across the country over the coming year. Great to see some sponsors stepping up to move whitewater in this direction.



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Rapid Media is a proud supporter of **Hell or High Water 8**





**Hell or High Water is proudly presented by NRS.
Please support those businesses that support the paddling community.**



**For more information on Hell or High Water, or paddling on the Petawawa,
don't hesitate to contact us at hohwpetawawa@hotmail.com.**

**HOHW is sincerely grateful for the support of the Town of Petawawa in
bringing this event to life. The recreational opportunities in this community
are second to none. To learn more visit www.GuideToOutside.ca**