

4th ANNUAL SHORE TO SHORE PADDLE RACE

Saturday, June 18, 2011, 9am

The Shore to Shore Paddle Race is a race from Brighton Beach in Bolinas to the main lifeguard tower on Stinson Beach. Registration begins at 7:30 AM on the 18th and the race will begin at 9:00 AM sharp. The approximate length of the course is 2.75 miles for the short leg and 7 miles for the long leg. Race divisions are broken down by gender, age, and type of craft. The divisions will include Surfboard, Paddleboard, SUP, Kayak, Outrigger, and Tandem. If there is a type of craft or category not listed that you would like to paddle, please contact Live Water for further instruction.

Each entry includes a delicious lunch, cool t-shirt, and give away items.

Entry fee: Adults, \$50, Minors, \$30. Water safety will be provided by National Park Service Lifeguards and the Marin County USAR Swift Water Rescue Team.

Shuttle service is available from Stinson Beach to Bolinas starting at 7:00 AM. There will be no shuttle back to Bolinas at the end of the race.

Heats:

Appropriate heats will be determined as we receive entry forms. Each heat and start time will be assigned to each racer at the registration table on race day.

Where to get the shuttle:

Shuttle service begins at 7 AM on June 18th and ends at 8:30. We will have both passenger and equipment transport to Bolinas. You can catch the shuttle in the Stinson Beach central parking lot, near the central picnic area. There is an office building in the parking lot behind the main lifeguard tower you can use as a landmark.

Personal Items drop off:

We will have an area for personal items to be dropped off at the start of the race in Bolinas. The items will be transported back to Stinson while you are paddling. These items will not be left unattended, and will be ready for you at the finish line. The personal items drop off will help racers have towels and warm clothes at the start and finish lines. If you choose to use this service, please keep all items in one bag, as we will not be responsible for any loose objects. It's a good idea to label your personal belongings.

At the start of the race:

Each competitor must check in with the registration table to paddle. Racers will receive a competition number, the appropriate heat start time and other important race information. There will be an aerial map of the course so racers can plan their approach. Next to the map will be a set of race rules and information. Please read this list! There will also be a pre-hab table with water and sunscreen.

During the race:

Buoys will be set every few hundred yards for a guideline.

At the end of the race:

Each racer must round the last buoy with their left shoulder, and cross the finish line with their craft. Please do not leave any boards in the finish line area! Times will be made available for each racer at the conclusion of the race. The finish line area will have any personal items that were dropped off and a re-hab table.

A **BBQ lunch** provided by the **Parkside Café** will begin at noon for all competitors. Spectators are invited to join for a suggested donation. BBQ oysters donated by Drakes Bay Oyster Co. will be included at the lunch.

An award ceremony will take place after the lunch. The winner of each heat will be presented with a Shore to Shore trophy.

The after race BBQ and award ceremony will be held in the central picnic area, in the park behind the main lifeguard tower.

Showers:

Restrooms and showers are located approximately 100 yards North from the finish line on the beach at the central restrooms

The Shore to Shore Paddle Race is brought to you by Live Water Surf Shop and is a benefit for the Stinson Beach Junior Lifeguard Program and the Surfrider Foundation

4th Annual Shore to Shore Paddle Race
Entry Form

Name: _____ **Age** _____

Email: _____

Address: _____

Phone# _____ **Male:** _____ **Female:** _____

Type of water craft: _____

Length of water craft: _____

Will be competing in _____ **long leg or** _____ **short leg**
T-shirt size ___ **S** ___ **M** ___ **L** ___ **XL** ___ **XXL**

Mail entry form and payment to:

Live Water Surf Shop, P.O. Box 162, Stinson Beach, Ca.
94970. Contact phone number: 415-868-0333,

Email: info@livewatersurfshop.com

Please make checks payable to the Stinson Beach Junior
Lifeguards

Race Divisions:

Surfboard: under 12', over 12'

Paddleboard: under 12'6, 14' and under, and unlimited

SUP: under 12'6, 14' and under, and unlimited

Kayak

Outrigger

Tandem: Any other two-person paddle team, and father-daughter.

Age Divisions:

Minors: under 18

Men's under 39

Men's 40+

Women's under 39

Women's 40+