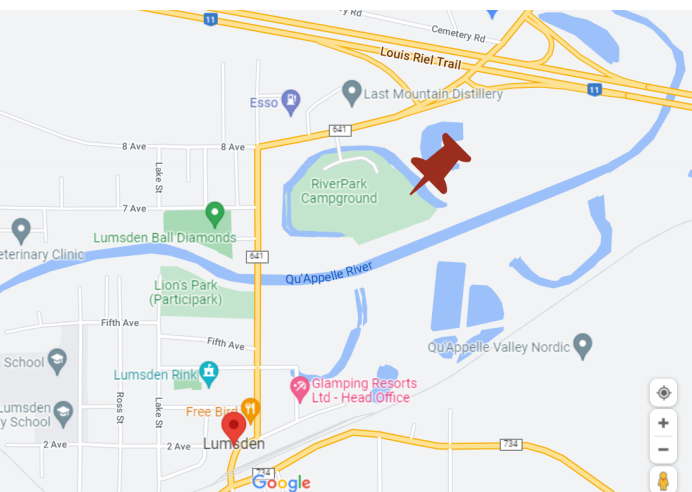




Lumsden is a vibrant, growing community of 1600 people, located in the heart of the Qu'Appelle Valley, 30 kms northwest of Regina on the Highway #11. Recognized nationally by Harrowsmith magazine in 2003 as the "prettiest" town in Saskatchewan.

Race headquarters will be at the [RiverPark Campground](#), close to the Merv Woods Boat house, located on the Qu'Appelle River.



Thanks to our sponsors
Marathon Canoe Racing Council



For more information have a look at the [RMCC web site](#)
or contact vincent@accesscomm.ca



2022 CANADIAN NATIONAL
MARATHON CANOE
CHAMPIONSHIPS
June 17th to June 19th

Proudly hosted by the Regina
Marathon Canoe Club

In the picturesque Lumsden
Qu'Appelle Valley





All races will be upstream/downstream on the meandering Qu'Appelle River. The river is a typical prairie river, with current, shallows, and submerged sticks and logs along the bank. The race course will follow the river upstream to a turning buoy and require a 180° turn to return downstream.

FRIDAY

- 1300 - Race Briefing
- 1400 - U14 & U17 - C1/K1 men and women - 16km
- 1402 - Masters - C1/K1 men and women - 20km
- 1404 - U20, Open - C1/K1 male and women - 20km

SATURDAY

- 0830 - Race Briefing
- 0930 - U14 & U17 - C2 mixed - 16km
- 0932 - Masters - C2 mixed - 20km
- 0934 - U20, Open - C2 mixed - 20km
- 1730 - Banquet - Dew Drop Inn, Lumsden

SUNDAY

- 0830 - Race Briefing
- 0930 - U14 & U17 - C2 men and women - 16km
- 0932 - Masters - C2 men and women - 20km
- 0934 - U20, Open - C2 men and women - 20km

Choose your boat class: Racing canoe (ie pro boat)
 Stock canoe (ie rec canoe)
 ICF kayak/canoe

Choose your age class*: U14, U17, U20, Open, or Masters
 **Master I (40-49yrs) to Masters VI - 10yr increments as of Jan 1st.

**For masters, all paddlers in boat must comply with age.

*To be eligible for awards, a class must have 4+ registered boats

EVENT QUICK FACTS

- Race headquarters will be at the [RiverPark Campground](#) meeting room.
- Race headquarters will open on Thursday June 16th. Paddlers can confirm their registration and pickup their race package.
- Cost is \$80/individual, \$200 for a family. Includes all races, banquet on Saturday night, awards and race package.
- There are lots of places to stay in Regina! If you prefer to camp, there are several camping spots reserved for our event at the [RiverPark Campground](#).
- Other nearby campgrounds include: [Craven World Campground](#) and [Happy Camper Campground RV](#)
- Excited to participate but can't spare the time to drive out? No worries, let [us know](#), fly into Regina and we will work to ensure you have a race ready canoe!

AWARDS

A unique feature of the Canadian marathon nationals are the medals. Host communities are encouraged to choose an award reflective of the culture in the area. This year, winners will be awarded a beaded lanyard, made by a local Indigenous artisan, Paula Robinson. Paula has been a dedicated supporter of the marathon community for over 30yrs.



SCHEDULE OF EVENTS