

# RACER INFORMATION PACKAGE

26<sup>TH</sup> Annual



September 19, 2026

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#MOMARcumby

# Racer Information Package – Cumberland, September 19, 2026

## Schedule of Events

### Friday, September 18 – Cumberland Village Park

#### Schedule:

- **5:00–9:30 pm** – Racer Registration (mandatory)
- **5:30–8:00 pm** – Concert in the Park (Easy Street)
- **5:30–7:30 pm** – MOMAR 101 Info Booth (ask your last-minute questions)

#### Logistics:

- 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 many excellent restaurants in Cumberland. Specifically, we encourage you to visit **Riders Pizza, Cumberland Brewing Co.** or the **Waverley Pub**.

### Saturday, September 19

#### Schedule:

- 6:45 am – Enduro Bike Drop / Shuttles Begin
- 7:45 am – Enduro Check-In & Maps Released
- 8:30 am – Enduro Course Safety Meeting
- **9:00 am – Enduro Race Start**
- 9:05 am – Sport Check-In & Maps Released
- 9:30 am – Last Shuttle Departs
- 9:45 am – Sport Course Safety Meeting
- 10:00 am – Quest Check-In & Maps Released
- **10:30 am – Sport Race Start**
- 10:45 am – Quest Course Safety Meeting
- **11:30 am – Quest Race Start**
- 12:00 pm – Finish Line Beer Garden Opens

- 12:30 pm – Last shuttle bus leaves Cumberland Lake Park
- 3:00 pm – Dinner Service Begins
- 5:00 pm – Course Closes (must finish by this time)
- 6:00 pm – Pickup your kayak if you left it at the beach
- 6:15 pm – Awards Ceremony
- 7:30 pm – Bike Corral Closes

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## Logistics

### Venue Locations:

- **Friday Night Registration Party and the Awards Dinner:** Cumberland Village Park. Dunsmuir Ave & 6<sup>th</sup> Street. [Map](#).
- **Saturday Start Line:** Cumberland Lake Park Campground. [Map](#)

### Bike Drop (Enduro/Sport):

- Location revealed in your Friday race package.
- Drop bike + gear (helmet, shoes, etc.).
- No transition boxes allowed.
- Enduro racers drop early; Sport racers may drop later.

### Personal Kayak Drop:

- If you are bringing your own 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. Do this first before taking your bikes to transition.

### Shuttle Service:

- Begins 6:45 am from bike transition zone → Cumberland Lake Park Campground.
- Mandatory for all racers (limited parking).
- Friends/family may ride if space allows.

### Bag Check:

- You can leave a checked bag at the start line with our volunteer crew and we’ll have it at the finish line (retail tent). Your bag must be labeled with your bib number.
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## Course Overview

- **Quest:** ~20 km | Fastest finish ~2.5 hrs
- **Sport:** ~30 km | Fastest finish ~3.5 hrs
- **Enduro:** ~50 km | Fastest finish ~4.5 hrs

## Maps

- Released race morning (75–90 mins before your start).
- Maps are *not waterproof* – bring a waterproof map bag.

## Paddle Stage – Comox Lake

- Any non-oar-locked watercraft permitted (kayaks, canoes, outriggers, SUP if you can keep pace).
- Must wear an approved PFD and carry a whistle.
- **NEW RULE - Enduro Racers:** 2 x 5 km laps (10 km total). If your first lap takes longer than 45 mins, you cannot start lap two. You will miss CP#1 and receive a 60-min penalty.
- Respect rental kayaks: no ramming into shore, no dragging boats. Penalties apply.

## Trekking Stages

- Expect to be on trails, logging roads, and some off-trail.
- Sport: ~10 km and Enduro: ~15 km (split into 2 stages) | Quest: 15 km (1 stage)

## Mountain Bike Stage

- Mix of gravel logging roads, double track, singletrack, and advanced blue/black trails.
- Sport: ~15 km | Enduro: ~25 km.
- E-bikes not permitted.

## Navigation

- Map reading and checkpoint navigation required.
- Set compass declination to **16° East**.

## Transitions

- Leave only bike gear at transition zone.
- Nothing can be left behind after use.

## Water Stations

- Limited! Bring enough fluids to cover long gaps. See map for aid/water station locations.

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## Safety & First Aid

- First Aid teams stationed throughout the course.
- If lost: **stay put**, use whistle, call **604-802-2180** (program this number), or call 911.
- If you are injured, wait for a passing team and have them call for help on your behalf.
- Each racer must carry basic first aid + a cell phone.

### If You Drop Out:

- Report to the **Finish Line Lead Timekeeper**.
- Return your Passport.
- Failure to check out = search launched. You may be charged costs and suspended from MOMAR for 2 years.

### Course Reminders:

- Wildlife: Make noise (bears/cougars).
- Hikers: Call out when passing.
- Eye Safety: Wear protective glasses.
- Wasps: They *really* don't like racers!

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## Checkpoints (CPs)

- Punch your Passport at each CP.
  - Some checkpoints are common between the three courses so racers must ensure they're at the right CP (confirm the CP number on the tag).
  - Collect in numerical order unless map says otherwise.
  - Some CPs monitored by marshals – display bib number on the front of your body.
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## Mandatory Gear

### Each Racer:

- Emergency blanket or large garbage bag
- Long sleeve tech shirt or jacket
- Whistle
- Water bladder/bottle (750 ml+)
- Race number (front of body + bike handlebars)

### Each Team:

- Compass (with declination)
- Waterproof map bag
- Race map (provided)
- Passport (provided)
- First aid kit (bandages, tensor, pain relief, antihistamines, etc.)
- Cell phone (in ziplock)

### Kayak Stage:

- Approved boat (kayak, surfski, outrigger, canoe or paddleboard)
- PFD
- Pump (for ocean kayak/canoe)
- Leash (for surf ski/SUP)

### Mountain Bike Stage:

- Mountain bike (no e-bikes)
- Certified helmet
- Repair kit (recommended)

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## Rules & Penalties

**Ranking:** Based on CPs collected. Ties broken by time (minus penalties).

### Penalties:

| Infraction                   | Penalty |
|------------------------------|---------|
| Out of teammate visual range | 15 mins |
| Outside support              | 15 mins |

|                         |                 |
|-------------------------|-----------------|
| Traffic violation (1st) | 15 mins         |
| Traffic violation (2nd) | DQ              |
| Littering               | 15 mins         |
| Modified bib number     | 5 mins          |
| Missing mandatory gear  | 5 mins per item |

### **Disqualification:**

- Severe course deviation / short-cutting
- Teammate fails to finish
- Unsportsmanlike conduct

### **GPS Devices:**

- Phones and watches allowed but don't use GPS navigation apps during the race.
- TrailForks permitted only if you are lost/injured and need to exit safely.

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## Kayak Care

Help us keep rental boats in good shape:

- Don't sit on the deck.
- Don't run boats onto shore or drag them.
- Enter/exit in 8+ inches of water.
- Don't use paddles to push off rocks/shores.
- Keep paddles inside the boat when landing.

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## Spectators

- Spectator spots announced race morning.
- Maps posted on Facebook after release.

Follow & Share:

**Facebook:** mindovermountain

**Instagram:** @mindovermountain

**Hashtag:** #MOMARcumby

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## Finish Line (1–5 pm) – Cumberland Village Park

- **Expected First Finish:** 1:30 pm | **Course Closes:** 5:00 pm
  - **Finisher Swag:** Custom MOMAR camp mug
  - **Food:** Bagels, fruit, cookies, chocolate, *and hot dogs!*
  - **Massage Hut:** 12 students from West Coast College of Massage Therapy offering massages (donations welcome)
  - **Beer Garden:** Cold local beer + cider (proceeds to the Cumberland Community Forest Society)
  - **Bike Pickup:** Secure until 7:30 pm
  - **Kayak Pickup:** Must collect by 6:00 pm
  - **Results:** Posted Saturday night
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## Awards & Prizes

### Top Finishers:

- 1st: \$50 GC from Frontrunners + medal
- 2nd: medal
- 3rd: medal

### Big Draws:

- \$500 Frontrunners Shopping Spree
  - One-night stay + private theatre at Parkside Hotel & Spa (Mystery Finish Time)
  - **FCU Spirit Award:** Prize package from First Credit Union + free team entry to next MOMAR (best costumes/energy)
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## Awards Dinner – Cumberland Village Park

- **Dinner Service:** 3–6 pm
- **Menu:**
  - Greek 'n Go – Pita wraps (chicken, falafel, lamb/beef gyro) + salad or fries
  - Dragon Bowl – Rice bowls (chicken or tofu, kale, carrots, beets, seeds, vegan dressing)
  - Phat Parrot – Gourmet burgers (meat/vegan) with bun or lettuce wrap + fries
  - Dessert – Cumberland Bakery donuts + vegan cupcakes

**Action Required:** Log in to RaceRoster by **Sept 10** to select your meal + purchase guest tickets.

**Awards Ceremony:** Begins at 6:15 pm

**50/50 Draw:** Proceeds to the Cumberland Community Forest Society

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**Questions?** Please contact:

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