



2023 Athlete Guide



September 9, 2023

9:30am

Higgins Point

RACE DIRECTOR

MESSAGE

Welcome to the 2023 edition of the Jen McKenna Paddle and Run. I am excited that you are joining us for this fun event. Our little event keeps building each time. We are ready for another amazing year.

Our course is pretty much the same as last year. The out-and-back on Centennial Trail keeps things fun and safe, while providing that last little trail run hill at the end. Fun times!!! Check out the new interactive Google course map on our website too. Our event is known for cool swag and this year is no different. New design and color for our award mugs as well a great finisher item. I hope you all like it all.

Thank you so much for your support this year. I look forward to seeing you out there on race day.

Corey McKenna
Race Director

RACE SCHEDULE

Friday, Sept 8 - 3:00 to 6:30pm

Packet pick up at SafeSplash Swim School
3810 N. Schreiber Way
Coeur d'Alene, ID

****There is no race day packet pick up. Please make arrangements to have someone pick up your packet if you cannot make it. You will not be allowed to pick up your packet on race morning.**

Saturday, Sept 9

7:00am Higgens Point venue opens

9:10am Kayak/SUP drop off closes

9:15am Mandatory Athlete Briefing

9:25am Get ready for in-water start

9:30am Event starts

10:45am Paddle Course cut off

11:30am Awards at Higgens Day Park finish

12:30pm Event closes



COURSE DETAILS

PADDLE AND RUN



The event starts and finishes at Higgens Point in Coeur d'Alene, ID. There is plenty of parking available. The event begins with an in-water start just east of the Higgens Point boat launch. The water access point is east of the parking lot, near the I-90 overpass. Do not access the lake at the boat launch.

Paddle course: Athletes head east around Higgens Point, entering Blue Creek Bay. Athletes will stay to the right when approaching the I-90 bridge and enter Blue Creek Bay. Head to the boat turnaround point and double back, again staying to the right as you go under the bridge. Loop around Higgens point day park back to the same place you started.

Approximate distance: 1.6 miles

Run course: After dismounting from your kayak/SUP, run up the dirt hill, turning left and heading out west on the Centennial Trail to the turn around point on Bennett Bay hill. Double back on the trail heading up toward the day park. Athletes will loop around Higgens Point day park along the dirt trail, with a final climb up to the finish line.

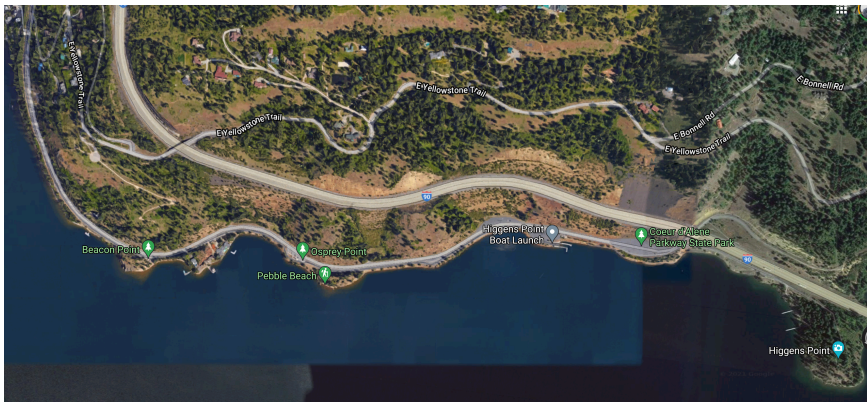
Approximate distance: 4 miles.

Paddle and Run Course Maps. You can also check out the course maps using the Google interactive map on the event website.



ROUTE DIRECTIONS

No	Miles	Turn	Directions
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EVENT RULES



A more comprehensive list of event rules is posted on the website, but here are some of the key rules to keep our athletes safe during race day:

- **You must have a current invasive species sticker, PFD, and whistle.** The sheriff's department will be checking for these items on race morning.

- Do not wear headphones once the event begins and until you cross the finish line.

- This is an open course so please be respectful of any non-athletes on the water and on the Centennial Trail.

- No tandem kayaks or canoes. Kayaks and SUPs must be powered by the use of arm only. You may not have a kayak that is powered by using legs.

- You must have a current invasive species sticker. Sheriff's department will be on hand with water safety and **will** be checking.

- You must wear or carry a PFD while on the water.

- Do not take selfies while on the water or run course. It puts people in danger. We will have a photographer taking pictures and we will post them after the event.

- Be respectful of other athletes and thank the volunteers who are out there to help.

- Have fun and be safe.



EVENT DETAILS



- Athletes **must** have the following equipment for the event:
 - **Kayak or SUP; paddle; Invasive species sticker**
 - **Life jacket (kayak or SUP) or PFD (SUP only)**
 - **Whistle or other signaling device**
 - **Shoes**
 - **Race bib number with timing chip**
- Athletes receive a dry bag with other event details and swag, including a Headsweats running visor.

- This is a **cupless event**, meaning the aid station and finish area will not have cups. You receive a silicon cup to use for all fluid.
- All finishers receive a 1/4 zip pullover sweatshirt.
- Awards will be given to the Top 3 men, Top 3 women, and Top team.
- All athletes receive food and drink at the end of the race, including Emma's homemade cookies.
- Hang out and visit our event sponsor booths, including a complimentary 15-min stretch from StretchLab.
- Event photography is provided by SevenNine Media and will be available on our event website.
- Timing results are provided by Negative Split.
- Thank our volunteers and sponsors because our event could not happen without them.



ABOUT JEN MCKENNA



Jen was born in 1977 and was diagnosed with cystic fibrosis. Throughout her lifetime, she accomplished some pretty remarkable things: finished several half marathons, an 18-mile trail run in Death Valley, a marathon walk, and several CF charity bike rides. She loved archery, firearms, fishing, and kayaking. In February 2019, she and her husband relocated to Chapel Hill, NC, to receive a double lung transplant. However, due to CF-related complications, she passed away on June 27, 2019. She is remembered for her kind and loving heart, her impact on the Cd'A community, and her passion for God. This event was created by her surviving husband, Corey McKenna, in honor of her.

EVENT SPONSORS



KootenaiHealth



the well·ness bar

juice • smoothies • acai bowls • espresso

