



2026 Athlete Guide



September 12, 2026

8:00a Long course

9:00a Short course

Higgins Point

RACE DIRECTOR

MESSAGE

Welcome to the Jen McKenna Paddle and Run 6.0. It is time for another great year. We are excited that you are joining us, whether for the first time or the sixth.

We changed a bit of our long course to get athletes off Yellowstone Road. Their first run will now take place on the new event we have coming in June 2027 - The Fat Moose Backyard Ultra. We are excited. We did take a break from the dry bags this year and have reusable tots instead. Cool beanies and a long sleeve finish shirt are the awesome swag. And of course who could forget the great new award mugs. We are also excited about the Matt Grogan Challenge. Matt starts 15 minutes after the short course athletes. Every athlete he passes before the finish, we donate \$10 to local charities. So Cool!

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 11 - 3:00 to 6:00pm

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 12

6:30am Higgins Point venue opens

7:50am Long course athlete briefing

8:00am Long course start

8:50am Short course Athlete Briefing

9:00am Short course start

10:30am Paddle Course cut off

11:00am Awards at Higgins Day Park finish

12:00pm Event closes



COURSE DETAILS

PADDLE AND RUN



The event starts and finishes at Higgins Point in Coeur d'Alene, ID. There is plenty of parking available. The event begins with an in-water start just east of the Higgins 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.

Long Course:

Paddle 1: Athletes head east around Higgins Point, entering Blue Creek Bay. They will pass the turnaround point and head to the Blue Creek day use park on the east side (volunteers will be there to meet you). Athletes disembark, leaving kayaks/SUPs at the shore to begin Run 1.

Approximate distance: 1.35 miles

Run 1: Athletes will head down the dirt road to the Blue Creek Trailhead. Athletes head up the trail to Yellowstone Road, cross the Yellowstone Road to the parking lot. Following the course markers, athletes make a large around the Blue Creek trail system, ultimately ending back at Blue Creek Bay to start Paddle 2. **Approximate distance: 5.25 miles**

Paddle 2: Once athletes leave the day use park, they will paddle back to where the race started at Higgens Point, staying to the right side. **Approximate distance: 1.35 miles.**

Run 2: 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.

Short Course:

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: The course is the same course as Paddle 2 listed in the long course description above. **Approximate distance: 4 miles.**

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

TEAM OPTIONS

Short Course Team

This is our traditional two-person team option. One person is the paddler and the other person is the runner. The first team member starts and finishes the paddle portion while the second team member waits on shore for his/her teammate to return. Once tagged, the second team member runs the course on Centennial Trail and finishes at the Higgins Point day park. The runner is only one who wears the bib number.

Long Course Team

The long team has three team members: two runners and one paddler. Runner 1 is staged at the Blue Creek Trail head while Runner 2 stays at Higgins Point. This means Runner 1 needs to park over at Blue Creek to complete that portion. There is plenty of parking. The paddler starts the race, paddles to Blue Creek day park, tags Runner 1, and waits for the return. Runner 1 completes the Blue Creek Trail course. Once Runner 1 returns and tags the paddler, he or she heads back to Higgins Point and tags Runner 2. Runner 2 heads out on the Centennial Trail and finishes at the Higgins Point day park. Runner 1 returns back to Higgins point. Both runners will have bib numbers.

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

- Athletes receive a dry bag with other event details and swag, including a pair of DeFeet wool running socks.
- 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 long sleeve Finisher shirt.
- Awards will be given to the Top 3 men & women (short & long courses), and Top team (long and short courses).
- All athletes receive food and drink at the end of the race, including gluten free options and Athletic Brewing.
- Event photography is provided by MVRK Media and will be available on our event website.
- Timing results will be posted on our website after the race.
- 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



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