

CHAMPION OF THE CRESCCENT



Stand Up For Youth
Mental Health



* Paddler
Package
2024



Presenting Sponsor:



Thank you for standing up for youth mental health!

Champion of the Crescent is BC's only annual stand up paddle board charity event in support of youth mental health programs. Surrey Memorial Hospital is the regional centre for youth mental health, supporting kids from all over the Lower Mainland. Stats show that 1 in 5 children and youth will experience some form of mental health problem. The impact of this is felt in Surrey, where 1 in 3 residents are under the age of 19.

All proceeds from our event will support youth mental health programs in Surrey, funding things like:

- Art, Music and Recreation Therapy programs
- Sensory interventions
- Therapeutic writing

>> Schedule

7:30am	Registration opens / Shuttle service begins
8:00am - 8:30am	Paddler orientation (optional)
8:30am - 8:50am	Opening ceremonies
9:00am - 12:00pm	Races
11:00am - 1:30pm	Lunch open
11:00am - 2:00pm	Bar open
1:00pm	Award ceremonies
2:00pm	Event ends
2:30pm	Shuttle service ends

>> Parking & Shuttle Bus

Participants are required to park at Crescent Park Elementary School (2440 128th Street). A complimentary shuttle service will be available **from 7:30am – 9:00am and 11:00am – 2:30pm**. Teams are encouraged to drop off their gear and teammates at the park before going to the shuttle parking lot as space on the bus may be limited.

How does the race work?



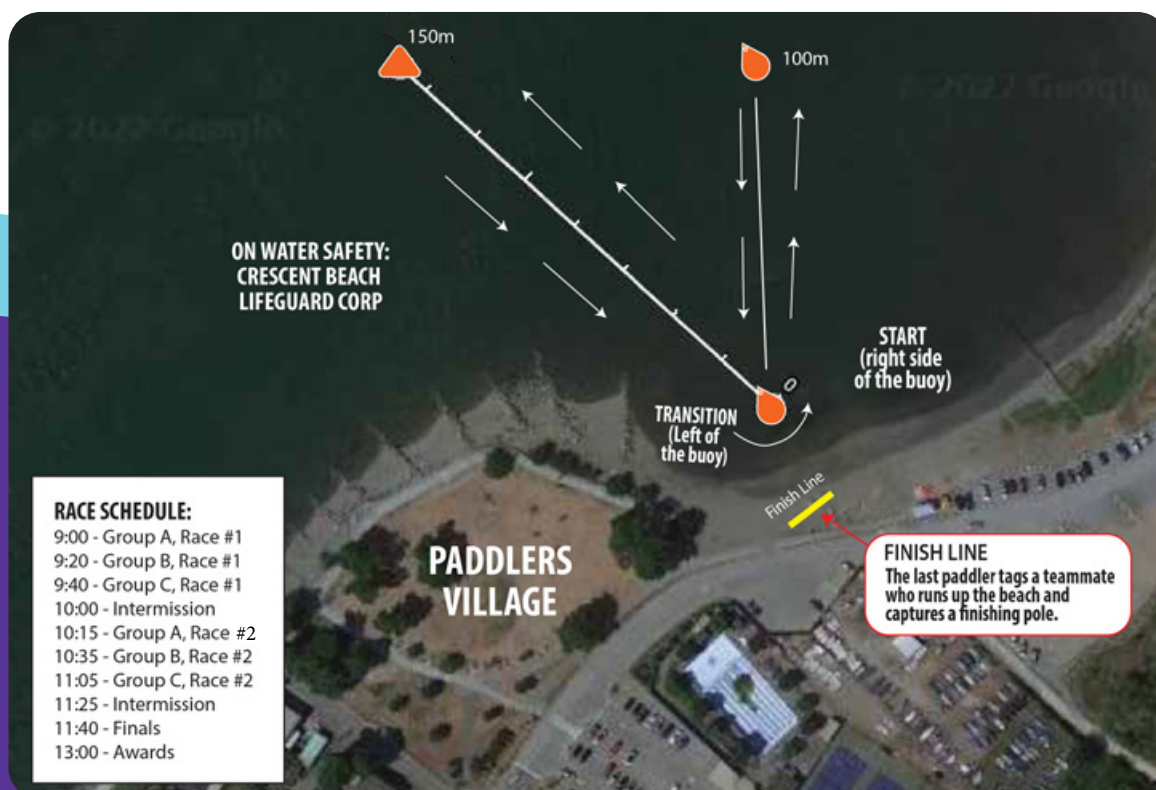
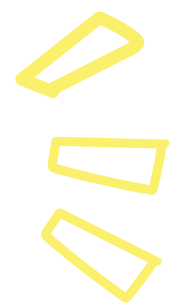
The Start: The first paddler from each team starts ON their board with their teammates holding them steady. The race starts when they hear the air horn.

Where You Go: There are two buoy on the course. One buoy is 150m from the start and the second is 100m from the start. Two people from each group must paddle around the 150m buoy and two must paddle around the 100m buoy. Everyone must do the 150m buoy first, then alternate to the 100m, then the other 150m and finishing with the 100m buoy. You must always turn counter-clockwise and then head back to the beach.

The Transition: Racers will tag off with their next teammate in the transition zone and continue counter-clockwise around the buoy closest to shore.

Last Racer: When the fourth and final racer completes their lap, they must tag any teammate in the transition zone who then runs up the beach to the finish line and takes a finishers 'stake'.

Format: Teams are split into three groups and each team competes in two qualifying races. The top five teams from each group, based on their combined finish result, will advance to the finals. Rankings will be based on the LOWEST combined score where 1 point is awarded to the team that finishes first, 2 points to the second place team, 3 points to the third place team, and so on.



>> What's included with our team entry?

- A 10x10 tent
- Paddleboard, paddle and life-jackets
- Coffee provided in the morning. Snacks available throughout the day
- Lunch and two cold beverages of your choice per team member
- Swag bags

>> What should we bring?

- Sunscreen, sunglasses, water bottle, and a hat
- Battery pack to charge your phone
- Lawn games to play when you're not racing
- Floaties so you can swim in the ocean

Note: chairs will not be provided at the event, so please bring your own chairs or beach blankets

>> What's included with our meal?

- Burger (Beef, Chicken, or Veggie)
- Pasta Salad
- Corn on the Cob
- Snacks



>> Can we bring guests to the event?

You're welcome to bring extra guests to the event to cheer you on! We will have extra lunches available for purchase. The cost is \$25 for lunch (beverages sold separately).

>> What can we win?

The top three teams will win trophies and prizes. Prizes will also be awarded for Above and Beyond to the team that raises the most funds through peer-to-peer fundraising, and the Sea Turtle Cup.

>> Show your team spirit!

We encourage everyone to share their fun experience on social media throughout the day with the hashtag **#PaddleSHF24**. There will also be cowbells available for purchase during the day so guests can cheer on their favourite teams!

>> How else can I support Surrey Hospitals Foundation?

Your support today ensures that patients have access to the care they need, close to home.

Good health is essential to a good life. That's why we're determined to keep you and your family healthy. Your donations help. With your generous support, we're able to fund more best-in-class facilities, more life-changing medical equipment and attract and retain highly-skilled and dedicated doctors, nurses and specialists.

