



By Nick Faris, national post

Venue

Minden Wild Water Preserve, Minden, Ont.

Venue acronym

MWW

Landmark status

Medium

The Preserve's whitewater course runs down a sliver of the Gull River, just south of Algonquin Provincial Park. It has hosted slalom World Cups and Canadian national time trials.

Other events at venue

None

Transit options

The venue is 200 kilometres northeast of Toronto — there is no public transit. Highway 35 meets Highway 401 out past Oshawa. It's the scenic route but it's the most direct. Once you get to Minden, there are probably signs pointing the way.

For exact directions, try:

Games Trip Planner

Schedule

July 18 Preliminary heats July 19 Finals

See the full competition schedule at the Pan Am website

How it works

Speed is ultimately the name

of the game — the fastest racer wins — but a gauntlet of obstacles makes finishing first a bit more complex. Racers must swirl around 25 gates, with time penalties assessed for different infractions: two seconds for touching a gate and 50 seconds for missing one completely. Racers go down the whitewater course one at a time, like in ski slalom.

Nations competing

A total of 35 boats (22 men and 13 women) have qualified: nine men and eight women in K1; eight men and five women in C1; and five men's pairs in C2.

Canada's team

Men.

K1 Ben Hayward, Edmonton

C1 Cameron Smedley, Dunrobin, Ont.

C2 Hayward and Smedley

Women

K1 Jazmyne Denhollander, Chilliwack, B.C.

C1 Haley Daniels, Calgary

Tournament format

Men and women compete separately, as do kayakers and canoeists. Boats go one down at a time. Racers compete in preliminary heats before the fastest advance to their respective finals.

Results from 2011

There were no slalom events at the 2011 Games.

Why it's worth watching

If you can make it to Minden, you'll get the chance to see one of the most uniquely demanding sports at the Games. Racers confront rocks, rapids and rollicking waves, careening down the course with nothing but a helmet, a paddle and their choice of boat. You'll also avoid gridlock in downtown Toronto.

Competition outlook

Expect two North Americans to duke it out for individual men's kayak gold: Canada's Hayward and Michal Smolen of the U.S. World rankings favour another American — Casey Eichfeld — in individual men's canoe, while Eichfeld and Devin McEwan will link up for the doubles race. Their

top challengers will be Hayward and Smedley.

Few Pan Am racers are anywhere near the top of international women's rankings, leaving Brazil's Ana Satila (38th) as the favourite in individual kayak. Satila is an even safer bet in canoe at 16th in the world, though Canada's Haley Daniels (27th) could pose a challenge.