



**PRESS RELEASE:
FOR IMMEDIATE RELEASE**

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NANTAHALA RACING CLUB ANNOUNCES NEW LOOK FOR WINTER SCHEDULE

Wesser, NC. Today the Nantahala Racing Club announced its new schedule of winter 2005 wildwater races and training camps. The new schedule places more emphasis on endurance training and reduces the number of winter training camps.

OCTOBER 15TH RACE: Suwannee River Challenge 52 mile down river race, starting in Fargo GA and ending in White Springs FL. Moderate current and a little whitewater. Visit www.aca1.com or contact hipgrave@earthlink.net.

NOVEMBER 18TH – 20TH ROAD TRIP: USA Canoe & Kayaks Coaches Conference, Colorado Springs CO. This inaugural event is open to Olympic and non-Olympic discipline coaches alike. Visit www.usack.org for further details.

NOVEMBER 24TH – 27TH THANKSGIVING CAMP AND RACES: Contact hipgrave@earthlink.net
24th – Afternoon “Bridge to Bridge” race. Mass start. Fontana Lake.
25th – Morning training camp at the NRC. Afternoon individual time trial. 4.5 miles. Up to class 2.
26th – Morning training camp at the NRC. Afternoon distance race. 2-3 hours. Up to class 3.
27th – Morning Sprint Race. Mass start elimination style. Class 3.

DECEMBER 3RD RACE: Jiffy Marathon Race, Tuckasegee River. Dillsboro to Bryson City. 20 miles. Up to Class 3. Contact hipgrave@earthlink.net

DECEMBER 4TH RACE: Jiffy Wildwater Race, Tuckasegee Gorge. Dillsboro River Company to Tuckasegee Outfitters. 5 miles. Class 3. Contact hipgrave@earthlink.net

FEBRUARY 11TH – 12TH CAMP: Wildwater Team Trials Training Weekend (Location TDB). Training location will either be on the team trials river or one that resembles its feel and difficulty. Contact hipgrave@earthlink.net

FEBRUARY 25TH – 26TH RACE: Little Tennessee/Tuckasegee Double Header. Each race will be 15-20 miles in length. Difficulty up to class 3. Contact hipgrave@earthlink.net

MARCH 11TH – 12TH CAMP: Wildwater Team Trials Training Weekend (Location TDB). Training location will either be on the team trials river or one that resembles its feel and difficulty. Contact hipgrave@earthlink.net

The Nantahala Racing Club is a not-for-profit canoe and kayak whitewater racing organization based in Wesser, North Carolina. For more information on their programs, races and other performance paddling opportunities, visit www.nrcrhinos.com, email rhino@main.nc.us or call 828.488.2174 extension 108.