



**2010 USA Canoe/Kayak Wildwater Senior Team Trials & East Coast Junior Team Trials
Nantahala River, March 27-28th, 2010**

Hosted By: The Nantahala Racing Club, Wesser NC

Come race with us at the 2010 Wildwater Senior Team Trials and East Coast Junior Team Trials on the Nantahala River March 27th and 28th, 2010. Paddle for fun, fitness or compete for a spot on the USA Wildwater Team. The Team will represent the USA at the 2010 World Cups and World Championships. A Junior Team of paddlers under age 18 will also be selected.

Team Trials Information For Racers

Please note that this information may change as the need arises and at the discretion of race organizers. Check back at www.usawildwater.com frequently for the latest updates. This event will be part of the US Open which will also include an International Slalom event.

Race Format - Team Trials will consist of two Sprint races both on Saturday March 27th, 2010 where the times will be combined for a sprint result; and a single Classic race on Sunday March 28th, 2010. Saturday's sprint course is on the Nantahala River and will start a little above Patton's Run rapid located at the Forest Service put-in at the head of the river, and will end at below Patton's Run rapid, approximately 100 seconds downstream. Sunday's European style classic race is on the Nantahala River and will start at Ferebee Park put-in and finish below the Ledges Rapid approximately 3 miles downstream.

International Designation – We have asked the International Canoe Federation to designate 2010 Wildwater Team Trials as an international event. As such all competitors will receive points towards an international ranking in 2010. Race organizers will send invitations to over-seas federations. Race entry fees are waived for international competitors; however, they must still pay \$5 for event insurance by becoming an event-only member of USACK.

Race Schedule - A competitors meeting will be held on Friday, March 26th, 2010 at the Nantahala Outdoor Center, Wesser, NC where the final race schedule will be announced. A complete but tentative event schedule will be made available well in advance of the event on www.usawildwater.com

Classes - The classes will be men's kayak (K-1), women's kayak (K-1W), men's single canoe (C-1), women's single canoe (W-C1) and men's tandem canoe (C-2). Juniors will have the same classes. Plastic boats will have a K-1 and K1-W class. Other classes will be added as the need arises. You may race in no more than two (2) classes.

Team Selection - All paddlers are encouraged to race, but in order to be selected for the USA Wildwater Team you must meet the official team selection criteria as established by the USACK Wildwater Committee and the International Canoe Federation. These criteria are available on www.usawildwater.com and www.canoeicf.com. All athletes competing at Team Trials (juniors and seniors) must be current members of USA Canoe/Kayak (USACK). Event-Only membership will be available at the event. Verify membership or become a paid member at www.usack.org or (704) 348-4330

Safety - The Nantahala is primarily a Class II river, with the occasional Class Three rapid. Because of the ease of self-rescue on the Nantahala, race safety will only be provided at key rapids. If you are not comfortable with self-rescue, please reconsider your participation.

Boat Inspection – Wildwater boats, pfd's and helmets will be inspected prior to the race. All boats will be checked for adequately installed and inflated airbags per ICF rules. Additionally, equipment will be re-inspected during and after the race to determine if ICF specifications are met. Be sure your equipment qualifies before you start! Boat specifications and rules can be reviewed at the ICF Wildwater site (www.canoeicf.com). It is the racers responsibility to familiarize themselves with the ICF rules and make sure that their equipment meets these standards. Failure to meet these requirements will result in disqualification.

Releases - Dams owned by Duke Power controls the water flow in the last 8 miles of the Nantahala before Fontana Lake. Race starts may have to be adjusted to meet the release schedule. If you're coming to the Nantahala to train, you may want to check the dam release schedule at ...

<http://www.duke-energy.com/lakes/nantahala/nan-scheduled-flow-releases.asp>

Airports – The closest airports are Asheville NC (70 minutes) and Knoxville TN (2 hours). The closest major international airport hubs include Charlotte, NC (2.5 hours) and Atlanta, GA (2.5 hours).

Available Boats – For those of you flying or driving large distances or those new to wildwater without the necessary equipment, a small number of boats are available. These boats include composite K1's, C1's and C2's and a number of Wavehoppers and Fastwaves. This equipment is owned by the Nantahala Racing Club and is available on a first come first serve basis. Contact the race director early to reserve your equipment.

Accommodation - The Nantahala Gorge can be crowded and parking may be a challenge if the weather is warm. Make your lodging and camping reservations for race weekend early. If you are coming up to train before the race, you'll find many area campgrounds closed until April. Try the Nantahala Outdoor Center's Base Camp for an inexpensive alternative (828-488-2175 or www.noc.com) or refer to Swain County's Chamber of Commerce listing of area lodging (www.greatsmokies.com)

Rafts - While race organizers will work with area companies, some raft and private boater traffic on the Nantahala may be unavoidable. The Nantahala is wide and over taking easy in most situations. A simple shout as you approach private boaters is usually enough for them to move out of your way.

Shuttles - A shuttle will be provided to the start on both race days. If you are at the Nantahala training on weekends, it is fairly easy to leave your boat at the put-in, drop your vehicle at the take-out, and thumb a ride off a boater back to the top. The Nantahala Outdoor Center will also shuttle you for a small fee or for free if you are a NRC member.

Registration - To register for the race, download a registration form from www.usawildwater.com as it becomes available. Early registration is recommended.

Volunteers - Got a friend who is coming with you? Race organizers would be grateful for any volunteers who can help out race weekend. Contact race organizers to volunteer.

Training Weekends - Join Wildwater racers of all skill levels for a weekend of training on the Nantahala. Use these informal get-togethers to learn the river, share a shuttle, or head to nearby Lake Fontana for a technique workout. Training weekends will start in January and will be posted on www.usawildwater.com These weekends are informal so come prepared to take a turn running shuttle and to be responsible for your own safety.

We look forward to seeing you!

Resource Center:

International Canoe Federation	www.canoeicf.com
USA Canoe/Kayak	www.usack.org
USA Wildwater	www.usawildwater.com
Nantahala Outdoor Center	www.noc.com
Swain County Chamber	www.greatsmokies.com