



2005 USA Canoe & Kayak Wildwater Team Trials

Nantahala River, March 5th and 6th, 2005

Hosted By: The Nantahala Racing Club, Wesser NC

Get Ready to Race!

Come race with us at the 2005 USA Canoe & Kayak Wildwater Senior and East Coast Junior Team Trials on the Nantahala River on March 5th and 6th, 2005. Paddle for fun, fitness or compete for a spot on the USA Wildwater Team. The team will represent the USA at the 2005 World Cups and Pre-World Championships in England, Wales & Ireland. A junior team of paddlers under age 18 will also be selected to compete at the Junior World Championships in Italy.

Team Trials Information For Racers

Note - 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.

Race Format - Team Trials will consist of two sprint races – (both on Saturday March 5th, 2005, where the times will be combined for a sprint result), and a single classic race on Sunday March 6th, 2005. Saturday's sprint course will start a little above Nantahala Falls and end at the old road bridge approximately 2 minutes downstream. Sunday's classic race will start above Quarry Rapid and finish at the same old road bridge at the Nantahala Outdoor Center approximately 28 minutes downstream. The length of these courses resembles the length of the races at the Pre-World Championships in Bala, Wales, and is about 10 minutes longer than the typical classic course raced on the Nantahala.

International Designation – We have asked the International Canoe Federation to designate 2005 Wildwater Team Trials on the Nantahala as an international event. As such all competitors will receive points towards an international ranking in 2005. Race organizers have sent invitations to over-seas countries and participants from the UK, Italy, Germany, South Africa and Chile have already accepted. We anticipate more will follow. Race entry fees are waived for international competitors, however, they must still pay for event insurance by becoming a one-day member of USACK.

Race Schedule - A competitors meeting will be held on Friday, March 4th, 2005 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) 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.

All athletes competing at the Team Trials (juniors and seniors) must be current members of USA Canoe & Kayak (USACK). One-day memberships will be available at the event. Become a paid member at www.usack.org

The **USA Senior Wildwater Team** that will race at the 2005 Wildwater World Cups and Pre-World Championships in England, Wales & Ireland, will be selected as follows:

1. Athletes must declare their intention to compete in the Pre-World Championships and/or World Cups prior to competing at the Team Trials. There will be a tick box on the registration form to declare your intentions. There will also be a show of hands at the competitors meeting. The International Canoe Federation has designated 2005 as an international developmental year for Wildwater Racing and as a result, rivers for the World Cup events will be somewhat easier than in previous years. 2005 World Cup events are World Cup 1 (Sprint), May

15th, Nottingham UK; World Cup 2 (Classic), May 18th, Washburn UK; World Cup 3 (Sprint) & 4 (Classic), May 21st & 22nd, Limerick Ireland; World Cup 5 (Sprint) & 6 (Classic) and Pre World Championships, May 28th & 29th, Bala Wales.

2. The winner in each class (K1, K1W, C1 & C2) during each race (sprint & classic) will earn a spot on the USA Wildwater Team. In the event that the winner of a race has already earned a spot on the Team in one of the previous races, then the next finishing boat in that class will be selected to the team. However, the winner in each class must still be within the minimum percentages as described below.
3. A total of six boats per class will be selected to the USA Team. Remaining spots on the team will be selected by combining the percentages off of the winners from the Sprint and Classic. Those with the lowest combined percentage will fill the remaining team positions. In simple terms, the racers with the lowest combined percentages will be eligible for selection. However, the boats being selected in each class must still be within the minimum percentages as described below.
4. To be eligible to fill these remaining team positions, a competitor must finish at least one of the races (sprint or classic) within a minimum percentage off the fastest boat at the event. These minimum percentages are listed below and also available on www.usawildwater.com

CLASS	MIN %
K-1 =	23% (Twenty three percent off the fastest boat at the event)
K-1W =	33% (Thirty three percent off the fastest boat at the event)
C-2 =	38% (Thirty three percent off the fastest boat at the event)
C-1 =	38% (Thirty eight percent off the fastest boat at the event)

The **USA Junior Wildwater Team** that will race at the 2005 Junior Wildwater World Championships in Italy will be selected as follows:

1. A total of two races will be contested. Race one will be on the Nantahala River March 5th & 6th 2005 and race two will be on the Arkansas River, Colorado on June 17th & 18th 2005. Each race will select two people per class (K1, K1W, C1, C2) to represent the Junior Team, so that a total of 4 people per class are selected at the end of race two in Colorado.
2. Athletes must declare their intention to compete in the Junior World Championships prior to competing at the Team Trials. There will be a tick box on the registration form to declare your intentions. There will also be a show of hands at the competitors meeting. The 2005 Junior World Championships are July 28th-31st 2005 in Vipiteno, Italy.
3. The winner in each class during each race at the Nantahala River will earn a spot on the USA Junior Wildwater Team. The first and second place boats, in each class, at the Colorado race will also earn spots on the USA Junior Wildwater Team. In the event that the winner of a race has already earned a spot on the Team in one of the previous races, then the next finishing boat in that class will be selected to the Team.
4. A total of four boats per class will be selected to the Junior World Championships. In the event that fewer than two boats in a class qualify for the Junior Team at the Nantahala venue, then the respective number of boats in that class can be selected at the Colorado venue to fill all four available spots.
5. Juniors qualifying for the World Championships must possess a valid passport and have proof of health insurance that will cover medical emergencies while traveling in Europe.

Safety - The Nantahala is primarily a Class Two river, with the occasional Class Three rapid including Nantahala Falls. Because of the ease of self-rescue on the Nantahala, race safety will only be provided at key rapids including Nantahala Falls. 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. Additionally, equipment may 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 may result in disqualification.

Releases - A dam 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 www.nantahalapower.com/nantahala/lakes/schedules/

Directions – You'll find driving directions to the Nantahala at www.noc.com/river-nantahala-faq.htm#directions

Airports – The closest airports are Asheville NC (70 minutes) and Knoxville TN (2 hours). The closest major 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 at hipgrave@earthlink.net

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) Also checkout Lakeview at Fontana (www.lakeviewnc.com) conveniently located between the Nantahala and Bryson City.

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 top, drop your vehicle at the take-out, and bum a ride off a boater back to the top. The Nantahala Outdoor Center will also shuttle you for a small fee.

Registration - To register for the race, download a registration form from www.usawildwater.com as it becomes available or contact the race director at hipgrave@earthlink.net. Race registration forms will be available no later than December 1st, 2004 and are due no later than February 21st 2005 to avoid an additional late registration fee.

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 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.

NRC Glacier Breaker Wildwater Race - Tune up for Team Trials at the NRC Glacier Breaker Wildwater Race on Sunday, February 27th, 2005. This classic only race will be held on the Nantahala's Ledges to Walking Bridge course. Contact the Nantahala Racing Club at 828-488-2175, ext 108, visit the NRC web site at www.nrcrhinos.com or www.usawildwater.com for registration information or register on race day.

We look forward to seeing you!

Contact:

Chris Hipgrave
Nantahala Racing Club
2005 Wildwater Team Trials Race Director
P.O.Box 1946, Bryson City NC 28713 USA
Office # 828.488.1377
Cell # 828.508.9475
eFax # 607.348.9945
hipgrave@earthlink.net

Resource Center:

www.canoeicf.com
www.coachrx.com
www.greatsmokies.com
www.lakeviewnc.com
www.nantahalapower.com
www.noc.com
www.nrcrhinos.com
www.usack.org
www.usawildwater.com



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Name: _____

Street: _____ City: _____

State: _____ Zip: _____ Country: _____

Telephone: _____ Email: _____

Date of Birth: _____ USACK #: _____

PLEASE CIRCLE BOAT TYPE: WILDWATER WAVEHOPPER OTHER _____

PLEASE CIRCLE CLASSES: K1 K1W C1 C2, Partner Name: _____

PLEASE CIRCLE CATEGORY: SENIOR JUNIOR

DO YOU PLAN TO RACE IN EUROPE? YES NO

REGISTRATION FEES: \$25.00. Non-refundable. All competitors must be current USACK members OR pay an additional \$5 for a one-time event membership. All registration forms and fees are due by February 21st 2005. You will pay an additional \$5 late fee if you register after this date or register at the event.

MAKE CHECKS PAYABLE TO: "Nantahala Racing Club"

MAIL FORMS & FEES TO: Mail completed registration form, USACK Waiver & race fee to:

"Nantahala Racing Club, 2005 Wildwater Team Trials, P.O.Box 1946, Bryson City NC 28713"

CONTACT: Chris Hipgrave, 2005 Wildwater Team Trials Race Director
Nantahala Racing Club
Office # 828.488.1377
Cell # 828.508.9475
eFax # 607.348.9945
hipgrave@earthlink.net



USACK Waiver, Indemnification, and Release of Liability

In consideration of being allowed to participate in any way in the USACK, Inc. athletics/sports program, and related events and activities, the undersigned, for him/herself, his/her personal representatives, heirs, and next of kin:

1. Agree that prior to participating, he/she each will inspect the facilities and equipment to be used, and if he/she believes anything is unsafe, he/she will immediately advise his/her coach or supervisor of such condition (s) and refuse to participate.
2. Acknowledges and fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from his/her own actions, inaction's or negligence, but the actions, inaction's or negligence of others, the rules of play, or the conditions of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assumes all foregoing risks and accept personal responsibility for the damages following injury, permanent disability, or death.
4. Releases, waives, discharges and covenants not to sue the USACK, its affiliated clubs, their respective administrator, directors, agents, coaches, and other employees of the organization, other participants sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event, all of which are hereafter referred to as releasees, from any and all claims, liability demands, losses, or on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.
5. Agrees to indemnify and save and hold harmless the releasees from any loss, liability, damage, or cost they incur due to the presence of the undersigned in any way competing, officiating, observing, or working for, or any purpose participating in the event.

THE UNDERSIGNED HAVE READ THE ABOVE WAIVER, INDEMNIFICATION AND RELEASE, UNDERSTANDS THAT HE/SHE HAS GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGNS IT VOLUNTARILY.

Signature of Participant _____ Date _____

Printed Name of Participant _____ Date of Birth _____

Waiver and Release of Liability for Minors

In consideration of being allowed to participate in any way in the USACK, athletics/sports program, and related events and activities, the undersigned, for him/herself, his/her personal representatives, heirs, and next of kin:

1. Agree that the parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating, he/she should inspect the facilities and equipment to be used, and if the participant believes anything unsafe, he or she will immediately advise their coach or supervisor of such condition (s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inaction's or negligence, but the actions, inaction's or negligence of others, the rules of play, or the conditions of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assumes all foregoing risks and accept personal responsibility for the damages following injury, permanent disability, or death.
4. Releases, waives, discharges and covenants not to sue USACK, its affiliated clubs, their respective administrator, directors, agents, coaches, and other employees of the organization, other participants sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event, all of which are hereafter referred to as releases, from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims to property, caused or alleged to be caused on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.
5. Agrees to indemnify and save and hold harmless the releasees from any loss, liability, damage, or cost they incur due to the presence of the undersigned in any way competing, officiating, observing, or working for, or any purpose participating in the event.

THE UNDERSIGNED HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT THEY HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

Signature of Parent or Guardian _____ Date _____

Printed Name of Parent or Guardian _____ Relationship _____

Printed Name of Participant _____ Date of Birth _____

Address of Participant _____

City _____ State _____ Zip _____

Club/Organization _____