

Paddle for HD 1st Annual Kayak & Paddleboard Race

to support



Find out more at: hdreach.org

2016 Race Guide

Event Date: Saturday, June 4th, 2016

Location: Creekside Park, New Bern, NC

Race Time: 9:00 AM

Who may enter: Kayakers and paddle boarders of all skill levels.

Divisions:

1. Boys Junior (17 and Under)
2. Girls Junior (17 and Under)
3. Adult Men
4. Adult Women

*Please note that divisions may be modified based on the number/age of participants.

Registration: Please email Grant DeHaven (Race Coordinator) at grant.dehaven@gmail.com to register for the race no later than May 20th. If you miss the deadline, no worries, contact Grant for entry. Grant will obtain your name and division information. Additionally, he will forward you the Race Guide. A registration fee of \$20 will be required the day of the race for each participant. All registration fees will be combined and sent as a donated contribution to HDReach. Checks can be made payable to HD Reach and are tax deductible.

Arrival Time: Please arrive on race day no later than 8:30 AM, as we anticipate a start time of 9:00 AM. The check-in table will open at 8:00 AM. Proceed through the park until you arrive at the Creekside Park waterside parking lot. A table will be set up in order to check-in all racers, collect registration fees, assign racer bibs (with numbers), and provide a pre-race brief.

Race Course: The race will be a 2.25 mile route on Brice's Creek. Racers will start at Creekside Park and paddle northwest for approximately 1.125 miles. Racers will be directed to proceed around a small island and begin the trek back to Creekside Park for the finish. Three safety personnel (on kayaks) will be along the route to monitor racers and slow any boat traffic.

Finishing the Race: Upon reaching the finish line, the time keeper will provide your time/bib number to the record keeper. Racers should exit the water at this time and remain clear of the finish line area.

Heats: Due to the width of Brice's Creek, race heats may be used in order to stagger racers and prevent overcrowding the creek during the race. Implementation of heats will be decided by the Race Coordinator upon solidification of participation.

Award Ceremony: At 11:00 AM or as otherwise announced, awards will be handed out to first place finishers from all divisions.

Equipment:

1. Kayaks/Paddleboards: Racers should be prepared to bring their own equipment, unless a kayak or paddleboard has already been reserved for the event. If parking begins to fill up, participants will be requested to drop off their kayak/paddleboard at the waterside area and move their vehicles to larger parking areas within Creekside Park.

2. Required Equipment: Both state and federal regulations require that a Type I, II or III personal flotation device in good condition and of appropriate size be accessible for each person onboard a recreational vessel, including canoes, kayaks, rowboats and other non-motorized craft. For this event, all racers must be wearing a life vest. Safety is of utmost importance and these rules will be strictly enforced. All racers must bring the appropriate devices on race day. For more information, visit

<http://www.ncwildlife.org/Boating/LawsSafety/BoatingRegulations.aspx>.

Safety Policies:

1. Safety First: Everyone on the water is a "Safety" and needs to look out for other participants and patrons on the water. If anything appears unsafe, or if someone is in trouble, please disregard the race and provide assistance. There will be three safety kayakers staggered on the route. Please seek their assistance when needed by visually locating them and waving your paddle in the air. Racers are encouraged to bring whistles for safety purposes.

2. Open Waterway: Please be advised that Brice's Creek is an open waterway and other paddlers and boaters can move freely on the creek during the race. Additionally, there is NOT a "no wake zone" established in the racing area, so please be cognizant of this as you paddle and be aware of those around you. Boaters should be slowing down to prevent wake for paddlers (good boatmanship), however this is no guarantee. Race Safety personnel will attempt to warn and slow boaters. Paddlers should be cautious around turns and stay as far to the right of the creek as possible.

3. Route Obstructions and Wildlife: Brice's Creek contains some obstacles that are close to and/or protrude the surface (e.g. stumps, etc). Racers should be aware of this and steer clear

of these obstacles. Additionally, a variety of animals, to include snakes, call Brice's Creek home. Racers should stay clear of and not mess with any the wildlife in the area.

4. *Physical Exertion:* Paddling can be a physically-demanding activity, especially if racing. Please paddle at a pace that is comfortable and sustainable. If you have any underlying health issues, please use addition caution. All racers will be paddling at his/her own risk. If a racer feels light-headed, out of breath, or in any other duress, they should stop. If assistance is needed or if a racer cannot finish, a safety kayaker is to be located.

5. *Accountability:* The Race Coordination Team will not officially end the race until all racers report back in at the finish line. Please do not depart the race course for any reason without notifying a safety kayaker on the route.

6. *Inclement Weather:* The Race Coordination Team will track weather conditions and the race is subject to cancellation/postponement if there are any safety concerns associated with inclement weather conditions. If weather forecasts facilitate an announcement before race day, the race coordinator will attempt to contact those who have registered.

Questions: For questions pertaining to the race, please contact Grant DeHaven at grant.dehaven@gmail.com and/or (859) 625-4733.

Waiver of Liability: All participants will be required to fill out the enclosed "Waiver of Liability" prior to participating in the racing event. Parents/Guardians must sign for anyone below the age of 18.

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Waiver of Liability

The undersigned participant in the above event does hereby release, indemnify, and hold harmless Paddle for HD event planners/volunteers from any and all claims, liabilities, demands, damages, actions or causes of action of any kind or character (including without limitation, attorney's fees, costs, and expenses) that may arise by reason of participant's death or personal injury, or damage to participant's property, as a result of participation in this event. Participant understands that during his/her participation in the event he/she is subject to the event rules and policies, as well as appropriate federal, state, and local laws. Participant understands and agrees that this Waiver of Liability is binding upon his/her executors, administrators, personal representatives, collectors, heirs, successors, and assigns.

Signature of Participant/Guardian: _____

Printed Name: _____

Signature of Witness: _____

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Race Course Map

