

Paddling Skills Certificate Addendum

This information is provided for the instructor/agent to enhance the proficiency/testing experience for racers.

Instructor(s) please note: Racers will use 16' tandem Old Town/Mohawk canoes. Tandem inflatable kayaks (light wt. made by AIRE) may be used in the Endorphin FIX, depending on water conditions. The decision will be made prior to the race, racers may not know this decision until the race brief. Canoe paddles are provided for the canoes and kayak paddles for inflatables. **INSTRUCTORS: please use a 16' tandem canoe for skill/proficiency testing.**

Racers must provide their own Coast Guard approved type III lifejacket and dry bag of some sort. General knowledge of boat handling (paddle strokes/ferrying) as well as reading water is necessary i.e. getting the boat to go where you want it to. Racers will need to understand and show proficiency in self-rescue and safe swimming positions, as well as using a throwbag to recover a teammate or other racer. Racers will have mandatory gear to be carried with them at all times and need to understand how to stow and secure it. Discussion of portaging would be useful, as it pertains to packing/carrying gear and the boat.

All competitors are advised that the Organization reserve's the right to disallow their participation on the river section due to fatigue, inadequate equipment or knowledge. Such teams will receive a time penalty and be advanced to the next leg of the race.

Mega-Dose 4 day race, James River VA

The James River outside of Lynchburg is a pool drop river with an average gradient of 12-15' per mile. The rapids are wide and made up of lots of short ledge drops that can be very technical at lower water levels. The river can be run at most anytime of year. Average flow is 700-2000 cfs.

Racers may use their own paddles (canoe or kayak), but will have to carry it throughout the race. The Mega-Dose is an UNSUPPORTED race. We have a mandatory gear/safety check prior to race start (no on the water testing as in the BEAST). They will be followed in various places along the river by the staff.

Endorphin FIX 2 day race, New River Gorge WV

The New River, along its upper reaches in the southern part of the New River National Park, is mostly made up of class II and III rapids. The gradient is from 12-15' per mile. Average flow is 3000 cfs although it is known to become high very fast. The riverbed is made up of sandstone and is a mixture of boulders and ledges. The river is considered a pool-drop river and the pools can be very deep (30') and long- up to 1 mile in some places-with afternoon headwinds.

Racers may use their own paddles (canoe or kayak), but will have to carry it throughout the race. The FIX is an UNSUPPORTED race. We have a mandatory gear/safety check prior to race start (no on the water testing as in the BEAST). They will be followed in various places along the river by the staff.

THE ODYSSEY 1 day race, James River VA

The James River outside of Lynchburg is a pool drop river with an average gradient of 12-15' per mile. The rapids are wide and made up of lots of short ledge drops that can be very technical at lower water levels. The river can be run at most anytime of year. Average flow is 700-2000 cfs.

Racers may use their own paddles (canoe or kayak), but will have to carry it throughout the race. The ODYSSEY is an UNSUPPORTED race. We have a mandatory gear/safety check prior to race start (no on the water testing as in the BEAST). They will be followed in various places along the river by the staff.