

About the Race

Kayak racing is a rapidly growing competitive sport. It's a fun way to get exercise and is an exciting event for spectators. Each race will begin with a mass start. Athletes will then circle a series of buoys, which mark a 2.5 mile course. Long-course paddlers will complete five laps that include a mandatory portage each lap. At the portages, racers will get out of their boats and carry them for 200 yards while running. Short-course paddlers will complete three laps of the course without portaging. The winner of each race is the first athlete to cross the finish line, and due to the tactics of paddling races, this means the race often comes down to a final paddling sprint to the finish line. **To see videos of the 2005 race, including portages, go to www.trianglepaddlers.com.**

Race Description, Sunday July 23

- ⇒ Long Race: 20 km (12 miles) with 4 portages (one boat category)
- ⇒ Short Race: 10 km (6 miles) no portages (two boat categories: 16' and under and over 16')
- ⇒ Racers' meeting at 9:00. Races begin at 9:30.

Space is limited, so register today.

Title Sponsor



Gold Medal Sponsors



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Silver Medal Sponsors



Bronze Medal Sponsors



Triangle Paddling Marathon



July 22nd & 23rd, 2006

**Lake Crabtree County Park
1400 Aviation Parkway
Morrisville, NC**



Registration Form

Race Clinic on Saturday, July 22nd with Robert Clegg — Space is limited

Learn from the best! World Marathon Kayak Master's Champion and US Team Member, Robert Clegg, will host a clinic for intermediate and advanced kayakers. The clinic is open to every one—not just racers. This unique opportunity for paddlers to improve their stroke technique by learning from one of the world's top paddlers.

- ⇒ Registration is limited to 15 paddlers. These spaces will fill fast.
- ⇒ The cost is \$50. Proceeds help support the Triangle Paddle Racing Club.
- ⇒ Contact Abel Hastings at 919-414-2260 to register.
- ⇒ More info available at www.trianglepaddlers.com.

Cookout at Lake Crabtree on Saturday, July 22nd

Join the Triangle Paddle Racing Club for a cookout at Lake Crabtree on Saturday night. Dinner will start at 7pm. Advanced tickets are required. Cost is \$8 per person.

Race Details, Race is on Sunday, July 23rd

All racers' meeting at 9 a.m.	Long race: 20 km with 4 portages
Races begin at 9:30 a.m.	Short race: 10 km, no portages (includes categories for short, <16'; and long kayaks, >16')

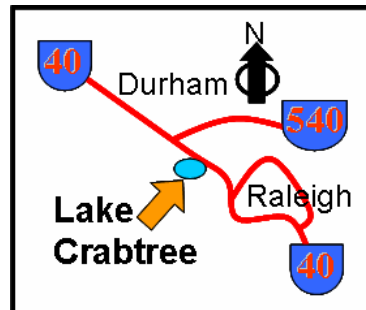
Directions to Lake Crabtree

From East

From I-40 westbound. Follow I-40 East to exit 285 (Aviation Parkway). Turn right at end of ramp onto Aviation Parkway. Follow Aviation Parkway for 1/2 mile and turn left into Lake Crabtree Park.

From West

From I-40 eastbound. Follow I-40 West to exit 285 (Aviation Parkway). Turn left at end of ramp onto Aviation Parkway. Follow Aviation Parkway for 1/2 mile and turn left into Lake Crabtree Park.



Triangle Paddle Racing Club is dedicated to promoting community and physical fitness through paddle sports. www.trianglepaddlers.com

Entry Fee: \$25 (Add \$10 late fee if postmarked after July 14th).

Name: _____

Address: _____

City: _____ State _____ Zip _____

email: _____

Phone: _____

Birth Date: _____ / _____ / _____

USACK # _____

T-shirt Size S M L XL XXL

(no t-shirt guarantee for late entries.)

Choose one from the following:

Men Women Jr.

Class (select one):

- Long Race
- Short Race (Boat shorter than 16 ft.)
- Short Race (Boat longer than 16 ft.)

Entry fee.....\$25

Late fee (if after 7/14).....\$10

Cookout: (# people x \$8).....+ \$ _____

TOTAL Enclosed.....

Send check and registration to:

Triangle Paddling Racing Club
8311 Buck Crossing Dr.
Durham, NC 27713

For more information on sponsorship, or if you would like to volunteer, contact Abel Hastings at 919-414-2260 or abelhastings@hotmail.com.