

### Directions to Lake Crabtree

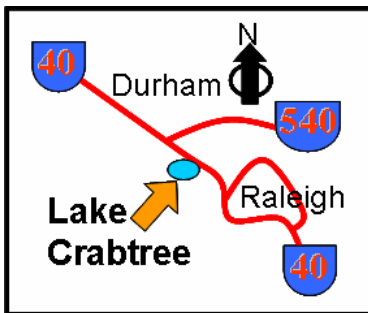
**1400 Aviation Pkwy, Morrisville, NC**  
**Off I-40, near the RDU airport**

#### **From the East**

Follow I-40 westbound 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.

#### **From the West**

Follow I-40 eastbound 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.



### **Race Description** **Saturday, Oct. 13th**

- ⇒ Long Race: 12 miles (20 km)
- ⇒ Short Race: 6 miles (10 km)
- ⇒ Recreational race: 2 miles
  
- ⇒ Racers' meeting at 9:30 a.m.
- ⇒ Races begin at 10:00 a.m.

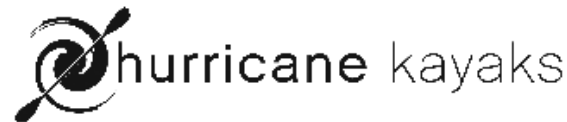
**Space is limited, so register today!**

For more information on sponsorship, or if you would like to volunteer, contact Abel Hastings at 919-414-2260 / [abelhastings@hotmail.com](mailto:abelhastings@hotmail.com).

### Title Sponsor



### Gold Medal Sponsors



Homes of   
[Raleigh.com](http://Raleigh.com)

### Silver Medal Sponsors



# 2007

# Triangle Paddfest



***Saturday***  
***October 13, 2007***

**Lake Crabtree County Park**  
**Morrisville, NC**

**Presented by**  
**Triangle Paddle**  
**Racing Club &**



**Registration Form (one per participant)**

**About the Race**

**12-mile and 6-mile Races**

The long (12 mi) and short (6 mi) race begin with a mass start. Athletes will then circle a series of buoys, which mark a 3-mile course. Long-course paddlers will complete four laps. Short-course paddlers will complete two laps of the course. 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.

**Racers' meeting for 12 and 6-mile races at 9:30 a.m.  
Races (12 and 6-mile races) begin at 10:00 a.m.**

**Recreational Kayak Race**

This race will be 2 miles long and is intended for recreational kayaks only. (Lake Crabtree County Parks has a limited number of recreational kayaks for rent. 919.460.3390)

**Racers' meeting for Recreational Kayak Race at noon.**

**Join us for Clinics After the Race from 2 to 4 p.m.**

Several post-race clinics will be offered by expert paddlers. Select from clinics providing instruction on

- ⇒ Stroke technique
- ⇒ Training plans
- ⇒ Endurance racing
- ⇒ And more!

**Space is limited. Clinic cost is an additional \$20.**

**Triangle Paddle Racing Club**

The Triangle Paddling Club (TPRC) is dedicated to promoting community and physical fitness through paddlesports. The TPRC's roots began with a group of local marathon kayakers that paddled together on the weekends. The TPRC hosts a series of time trials and coached workouts aimed at improving fitness and technique while building community spirit. In the summers of 2005 & 2006, the TPRC sponsored the Triangle Paddling Marathon events. Event proceeds will go toward building a boathouse at Lake Crabtree County Park, the TPRC's home base. Join and learn more about the TPRC at [www.trianglepaddlers.com](http://www.trianglepaddlers.com).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

T-shirt Size: S M L XL XXL

(No t-shirt guarantee for late entries.)

**Race (Select one):**

- 12-mile race       6-mile race
- 2-mile recreational race

**Boat (Select one):**

*Kayak*

- ICF K1       ICF K2, Partner \_\_\_\_\_
- Sea Kayak       Surf Ski

*Canoe*

- C1 Rec       C2 Rec, Partner \_\_\_\_\_
- C1 Racing       C2 Racing, Partner \_\_\_\_\_

(Classes will be consolidated when less than 4 boats.)

**Select one:**

- Male       Female

**USACK #** \_\_\_\_\_

Non-USACK members must pay 1-day membership fee of \$10.

**Entry Fee**.....\$20\_\_

**1-day USACK Membership**.....\$10\_\_

**Late fee (if postmarked after Oct. 1)**.....\$10\_\_

**Clinics**.....\$20\_\_

**TOTAL Enclosed**..... \$

**Send check and registration form to:**

**Triangle Paddling Racing Club**

**8311 Buck Crossing Dr.**

**Durham, NC 27713**