

Dam to Dam Paddle

Sat., & Sun., Oct. 24/25, 2009

Application/Race Rules and Regulations

REGISTRATION:

Contestants may register by check via USPS to:

Friends of Outdoor Chattanooga
200 River St., Chattanooga, TN 37405

- **Do not send cash in the mail.**
- Register Online at EdgeReg.com

ENTRY FEES: ALL ARE NON-REFUNDABLE

- \$75.00 per person.
- Mailed registrations must be received by 4:00 p.m., Thurs., Oct. 22
- Online registration on EdgeReg.com closes at 11:59 p.m. on Thurs., Oct. 22.
- Entries are not final until a signed waiver and fees are received.

AGE REQUIREMENTS:

Entries are open to adults 18 years and older.

QUALIFICATIONS:

- **This event is for highly-experienced and physically fit kayakers and canoeists ONLY!!!!**
- Entrants will paddle roughly 50 miles of water in two days, unsupported, in a rugged environment. Paddlers should expect to maintain a 2-4 mph pace with minimal breaks and to be on the water for 7+ hours each day.
- Participants must be able to perform self rescues should their kayaks/canoes swamp.
- **IF AT ANY TIME DURING THE EVENT OUTDOOR CHATTANOOGA BELIEVES THAT YOU ARE ENDANGERING YOUR SAFETY OR THE SAFETY OF OTHERS, YOU WILL BE ASKED TO COME OFF OF THE WATER WITHOUT A REFUND.**

WHAT TO EXPECT ON THE WATER:

Strong head winds, choppy water, motorboat wakes, strong currents, rain, cold temperatures, and infrequent opportunities to stop.

GEAR REQUIREMENTS:

- U.S. Coast Guard-approved PFD
- Tow line or painter
- Paddle
- Bilge Pump or Bailer
- Whistle
- Camping gear: tent, sleeping bag and pad
- Enough food for two lunches, snacks and two days of paddling
- Water/sports drink for one day of paddling (Refill at Pot Point on Saturday)
- Additional gear suggestions on next page

REST STOPS – Saturday, Oct. 24

- **Destination – Pot Point Cabin 25 miles**
Launch on N. Chickamauga Creek at Greenway Farm
- Rivermont Park (RM 468) Rest rooms at Champion Tennis Club
- Coolidge Park (RM 464) Rest rooms at Outdoor Chattanooga
- Williams Island (RM 455) Privy at Blueway campsite dock, river right side of island
- Suck Creek Boat Launch (RM 453.3) **FINAL CHECK POINT** – 6 miles to go. You must reach this point no later than 3:00 p.m. or you will be pulled from the water
- Pot Point (RM 447) – Destination

REST STOPS – Sunday, Oct. 25

- Sullivans Landing (RM 440) – Bait and Tackle Store – Rest Room
- Hales Bar Campground and Marina (RM 431) – **FINAL CHECK POINT** – 4.5 miles to go. You must reach this point no later than 3:30 p.m. or you will be pulled from the water
- TVA Shellmound Rec. Area (RM 425.5) – **FINISH. CONGRATULATIONS!!!!**

Dam-to-Dam Paddle Schedule

Friday, October 23

6:30 p.m.

Mandatory pre-race meeting at Greenway Farm, 5051 Gann Store Rd., Hixson, TN. Events packet pickup and orientation will happen at this time. Overnight camping will be available at the farm for those coming in from out of town.

Saturday, October 24

7:00 – 9:00 a.m.

Registration, safety inspection, and launch from N. Chickamauga Creek boat launch, Greenway Farm, 5051 Gann Store Rd., Hixson, TN.

9:30 a.m.

Gear shuttle leaves for Pot Point. Any gear not in the van by this point will have to be packed on the river.

3:00 p.m.

Deadline for check point at Suck Creek. Anyone arriving later than 3:00 p.m. will be shuttled to Pot Point.

6:00 p.m.

Pasta Dinner at Pot Point Cabin

Sunday, October 25

6:30 – 8:00 a.m.

Breakfast at Pot Point Cabin. Launch any time after.

3:00 p.m.

Deadline for check point at Hales Bar Marina and Campground. Anyone arriving later will be shuttled to Shellmound Recreation Area.

4:00 p.m.

Shuttles begin returning to Greenway Farm

5:30 p.m.

Last Shuttle leaves for Greenway Farm

7:00 p.m.

Informal supper (optional) at Hixson eatery at participants' expense (location TBA).

Recommended Kayaking Gear:

1 gal. of drinking water per day
Sports Drink
High-protein snacks
River Chart (Available at the TVA Map Store)
Compass
Cell Phone (Service may be sporadic in the TN River Gorge)
Extra Paddle
Paddle float
First Aid Kit
Spray Skirt
Extra Clothes (Layers)
Rain Gear
Sun Screen
Bug Repellant

Camping Gear

Flashlight or Head Lamp
Tent w/ Rain Fly
Sleeping Bag
Sleeping Mat
Toiletries
Extra Dry Clothes
Clothesline for hanging wet gear