



## Racer and Support Team Information

### **Race Overview:**

The KR 255 is a paddling race that follows the entire 255 mile length of the Kentucky River. Racers begin at the confluence in Beattyville, KY and paddle to the mouth of the River at the Ohio in Carrollton, KY. Race boats are given exactly 100 hours to complete the distance. There are 14 Lock/Dam sites on the Kentucky River, racers will be required to portage around each of these sites. The Asbury University Center for Adventure Leadership is operating the race with permission from the Kentucky River Authority and primary sponsorship provided by Kentucky American Water.

## **Rules**

1. All racers must attend the mandatory race check-in and safety meeting on Monday, June 20. Check-in is from 4-7pm, with the Safety Meeting following from 7-8pm, at the Beattyville Community Center, 500 Happy Top Road, Beattyville, KY 41311
2. The Kentucky River 255 will officially start at 8am Eastern time on June 21, 2016. The starting point is at the Beattyville Boat Ramp (It is just upstream on Water Street in Beattyville), Mile 254.9 in Beattyville, KY. Boat Ramp address is 100 Water Street, Beattyville, KY. All boats will start together.
3. The race officially ends at exactly 12:00 (noon) on June 25, 2016, (100 hours) or when the last boat has reached Point Park Ramp (Ohio mile 545.7L) 255 miles downstream, whichever comes earlier. Teams still on the Kentucky River after 12:00 (4:00pm) on June 24 are electing to continue independently of the race, as are teams that are disqualified during the event for falling behind the 100 hour pace yet choose to continue paddling.
4. Each race craft must be propelled exclusively by paddle power (double or single blade) while on the water. No rowing configuration is permitted. No sail or kite is permitted.
5. All participants agree to appear in this Event related media coverage free of charge.
6. For any "shortcut" to be legal, it must have a flow of river water through it. Overland portages are not allowed except for the noted portages around the locks/dam.
7. Outside assistance that provides intentional aid in the forward progress of a Canoe/Kayak/SUP is not allowed. This includes towing, wake riding, deflection of wind and "rafting up". However, limited interaction between the competitor race craft, as is the case in most canoe and kayak marathon races, is acceptable. This will be restricted to only wake riding and wind deflection. No towing of race craft is permitted.

8. A support crew or individual with their own vehicle capable of transporting the craft they are supporting is required for each boat on the water. This support crew must have a knowledge of the relative location of the craft they are supporting and the condition of the racers in that craft at all times. Race officials may contact support crews for this information at any time, day or night, during the duration of the event. Virtual support crews are also allowed, but must be able to assist physically if called upon in case of withdrawal or disqualification from the event. Event staff cannot transport racers and their boats beyond the lock and dam adjacent property, in other words, we can help you get to the road, but you will need a ride for you and your boat to meet you there. A virtual support crew is REQUIRED to have means of electronic tracking of their craft and may be called upon for this information at any point, day or night, during the event.

9. Infractions of any rule during the Event will be grounds for time penalties or disqualification to be reasonably and fairly determined by the Race Committee.

10. Deliberate littering of the river is illegal. Teams must keep their waste in their craft and either transfer it to their support team or go ashore themselves to dispose of it properly.

11. All team members should understand that there are serious risks involved in this endeavor. Those risks include, but are not limited to, the large and small power craft on the river; the risk of exhaustion on the water; paddling at night; becoming lost; impediments in the river including strainers, bridge pilings, docks, floating debris, and other unexpected items; lock and dam hazards including, pinning, washing over, or being caught by the lock and dam in some other way; portages over rough and uneven terrain; exiting and entering the water at undeveloped locations; emergencies in an isolated setting; and capsizing in an isolated setting. These risks could result in exposure, injury, pain, emotional discomfort, loss of property, or even death. It is the responsibility of every racer to exercise good judgement at all times and to take precautions for their wellbeing and be aware of and attempt to manage all risks associated with the event. Constant vigilance, clear thinking, and quick reactions will be essential at all times. The race staff will not be present for the majority of the time and make no claim to keeping racers or their support teams safe. Reasonable steps are being taken to manage the risks inherent in this event, but any attempt to remove all risks would fundamentally change the nature of the event. If anyone is not comfortable with assuming full responsibility for all risks associated with the event, they should not participate. All team members (racers and support personnel) will enter this race at their own risk and will not hold this event's organizers, judges, officials, or sponsors liable for accidents, loss or damage of property, injury, or loss of life.

12. Team leaders must be at least 18 years of age on June 20th, 2016. Second racers on a tandem team must be at least 16 years of age on June 20th, 2016 and accompanied in their craft by a legal guardian. This same legal guardian must also sign on all paperwork for racers under the age of 18.

13. All participants in this Event, including paddlers and other team members must agree to the "American Canoe Association Waiver and Release of Liability".

14. Multiple teams may not share paddlers, however teams may share support crews.

15. There will be race staff/volunteers at each lock and dam. These will serve as checkpoints. Not all lock and dam properties will be accessible to support crews, but we will make every effort to include all possible support crew access locations along the route in the race materials. The lock and dam points will serve as checkpoints throughout the race. Teams will be required to check in with race staff/volunteers at each lock and dam portage point. If a team chooses to withdraw from the race between these checkpoints, every effort must be made to notify race officials of this withdrawal as soon as possible. If a team arrives at a lock and dam checkpoint after the posted time, race staff/volunteers will inform the team that they have been disqualified from the race. Any team that chooses to get back in the water after they have been disqualified is doing so as an independent paddler and not as a part of the race. They will no longer be insured or checked with by race officials and will not be trailed by the sweep craft. If a team is disqualified due to time at a checkpoint, we will make efforts to help the craft and racers access the nearest road so that their support team can pick them up.

16. Each racer must have in their possession or wear a U.S. Coast Guard approved life preserver at all times while on the water. A whistle and an emergency chemical night light must also be attached to each life preserver at all times. This is per the United States Coast Guard and the Kentucky State Law.

17. Boating at night is dangerous and the organizers of this event do not require teams to do this. The decision to paddle at night is made solely by each team. The following guidelines are provided to minimize the risk of serious injury. Full navigation lights are required for night travel. This is proscribed by Kentucky State boating law. <http://www.boat-ed.com>. This would include red/ green lights on the bow and a white stern light. Paddlers should also have an LED or chemical light affixed to PFD in case of emergency. A white light (flashlight) for signaling should also be aboard. Each dam and lock portage point will be illuminated with some sort of light and with a flag indicating the portage location.

18. Boating in the foggy conditions is dangerous and is neither required nor recommended. Assistance from race officials may take hours, especially in adverse conditions, and all racers need to be prepared to self-rescue and hike out if needed.

19. The lock and dam system helps make this race epic, but also poses a significant potential risk. Checkpoints are at each lock and dam site along with race staff / volunteers. When approaching a lock and dam portage point, please approach on the lock side. All take out's and put ins are on the lock side to reduce the danger of floating over the dam. There will be signage to alert the boaters of the lock and dam ahead but diligence is needed and knowing your location on the river at all times is absolutely necessary. Use extra caution if boating at night and stay vigilant in these areas.

20. We are given permission to use each dam and lock by the Kentucky River Authority and are expected to follow any rules and regulations on those particular sites. While at those locations, stay off the lock walls and in the designated areas only. There will be people staged at those locations to identify those areas. There may be some areas that are difficult to take out or put in and may require extra time. So be careful!!!

#### Craft Requirements

21. There are no restrictions on the design of the canoe/kayak.

22. The original craft must be paddled from start to finish. Repairs may be made to the craft during the race, but other alterations are not permitted.

23. Any part of the craft (rudders, outriggers, etc.) which will be below the water line during any portion of the race must be "on board" from start to finish. A space must be available on each side of the canoe/kayak close to the bow on which to affix the official race number. Each team may choose their own 4 digit number upon entry on a first come, first served basis. Race numbers are to be affixed by the racers themselves, prior to the start of the race.

24. In formulating the rules that govern this event, every effort has been made to foresee all situations and problems that may arise, however, officials of the Kentucky River 255 retain the right to change or amend these rules at any time without liability or recourse from any party regardless of the circumstances. Should such changes or amendments be made, every effort will be made to notify all entrants.

## **KR 255 2016 - Logistical Notes**

As stated in the rules for the race, each team will require a support crew that knows their whereabouts at all times. This support crew is a team's primary risk management tool. These support crews can be virtual (requires a GPS tracking ability) or physical (required to be aware of teams location on the water at all times). The following is intended to help support crew's with logistical preparation. There are certain checkpoints (locks) that will not be accessible by support crews. We will attempt to provide accurate information regarding the best access points for each pool of the race and we have also provided the Kentucky River Authority Navigation charts. Support crews are however responsible for themselves and their team. Please avoid trespassing to access your team; most of the river bank on the route is private property. Your best plan is to make contact with your team at approved checkpoints and at public boat ramps.

Support Crews must follow all stated race rules. Additionally, support crews are responsible for removing their team from the race in the event of a withdrawal or disqualification. Race officials will notify the support crew of a disqualification and expect the support crew to take steps to quickly come to the disqualification point to transport their team. In most cases, this will be at the checkpoint Lock. In the event that it is at one of the inaccessible locks, race support will help the racers gain access to the nearest public road to be picked up by their support team. This location is noted with the instructions for all of the inaccessible checkpoint Locks. Google Maps will be a huge asset for support crews. Especially when paired with the Kentucky River Authority Navigation Charts available at <https://www.uky.edu/WaterResources/assets/docs/KentuckyRiverNavigationCharts2011.pdf>. One can find all the public and private boat ramps needed using these two methods. Below we state the best access points for each pool, but you are ultimately responsible for getting good reconnaissance information. Another good asset will be the late 90's gif maps at <http://ukcc.uky.edu/maps/> these are highway and road maps for every county in Kentucky. The race will pass through Lee, Estill, Madison, Clark, Fayette, Jessamine, Garrard, Mercer, Woodford, Anderson, Franklin, Owen, Henry, and Carroll Counties. Maps for all of these counties are available at the above link.

In the event of an emergency, a team or support crew should notify race operations ASAP. In most cases, race staff will be able to assist with whatever issue is at hand. However, there are some scenarios where the level of emergency may require outside emergency management personnel to be contacted. In the information for each pool, there is a contact for that personnel for the use of racers, support crews or race operations staff. Please do not contact emergency management personnel or call 911 unless the situation is a genuine emergency.

**Pool 14 –**

- This pool is the race start; there is easy access at the boat ramp in Beattyville (where all teams will put in to start the race).
- The pool is 6 miles long and the next access is at the end of the pool at Lock 14 in Heidelberg.
- Racer target time at this lock is 1021 Tuesday, there will not be an enforced disqualification or cutoff at this lock, all racers will be allowed to continue to Lock 12 before cutoff times are enforced.
- Lock 14 portage is on river right.
- Lee County Emergency Management, Eugene Barrett, 606-464-4100

**Pool 13 -**

- This pool is accessible at two points in Heidelberg; below Lock 14, where races reenter the river after the first portage, and just downstream on river left at the ramp below the bridge. This ramp marks the last accessible point for support teams until the ramp on Miller Creek Rd. outside of Ravenna. This is the longest single stretch where you will not be able to access your team for support.
- Pool 13 is 9.1 miles long.
- The target time for pool 13 is 1355 Tuesday, but there will not be a cutoff enforced at this point. All race entrants will be allowed to complete pool 12 regardless of time.
- Support is not permitted at Lock 13.
- Lock 13 portage is on river left.
- Lee County Emergency Management, Eugene Barrett, 606-464-4100

**Pool 12 –**

- This pool is accessible at the public ramp on Miller Creek Rd. There is no support access anywhere else on pool 12.
- Pool 12 is 19 miles long.
- Cutoff time for the checkpoint at Lock 12 is 2122 Tuesday.
- There is no support access at Lock 12. Teams disqualified at Lock 12 will be instructed to paddle back to the boat ramp at Miller Creek Rd. to connect with their support crew.
- Lock 12 portage is on river right.
- Estill County Emergency Management, Ronnie Riddle, 606-723-6533

**Pool 11 –**

- The pool is accessible from the boat ramp in Irvine just under the bridge and at the ramp located at the end of Drowning Creek Road near Bybee.
- There is no access at Lock 11 for support teams.
- Disqualifications will be transported to Lock 11 Rd. Off of Noland Creek Rd. in Estill County and must be picked up there by the support crew.
- Pool 11 is 19.9 Miles Long
- Cutoff time for the checkpoint at Lock 11 is 0510 Wednesday.
- Lock 11 portage is on river right.
- Estill County Emergency Management, Ronnie Riddle, 606-723-6533



**Pool 10 –**

- The best access on pool 10 for support is at the Mouth of the Red River. There are ramps on both sides of the Kentucky here. The Madison County ramp is near College Hill and the Clark County Ramp is off Ferry Road. There is a private ramp that may be usable by support teams near Ford Kentucky on Four Mile Rd. It is called Whitley's Dock. There is excellent support access at Lock 10 as it is located on Boonesborough State Park.
- Pool 10 is the second longest pool in the race at 24.6 miles in length.
- Cutoff time at the checkpoint at Lock 10 at Boonesborough is 1449 Wednesday.
- Lock 10 portage is on river left.
- Madison County Emergency Management, Howard Logue, 859-624-4787

**Pool 9 –**

- Pool 9 is accessible at Lock 10, at the ramp in the state park, and at the ramp below I-75 off old Richmond Rd. There is to be NO SUPPORT ACCESS at valley view ferry. Lock 9 is accessible for support teams.
- Pool 9 is 18.9 miles long.
- The cutoff time at Lock 9 is 2214 Wednesday.
- Lock 9 portage is on river right.
- Madison County Emergency Management, Howard Logue, 859-624-4787

**Pool 8 –**

- Pool 8 is accessible at Lock 9, at the boat ramp on Poseyville Rd. in Garrard County, and at the end of Sulphur Well Rd. in Jessamine County. There is no support access at Lock 8 due to the construction happening there.
- Pool 8 is 17.6 miles long.
- The cutoff time at Lock 8 is 0508 Thursday.
- If a team is disqualified support will be notified and should pick up their team at the entrance to the construction site on Lock 8 rd. in Jessamine County.
- Lock 8 portage is on river right.
- Jessamine County Emergency Management, Johnny Adams, 859-887-2922

**Pool 7 –**

- Pool 7 has good ramp access at Camp Nelson under US 27. There is access at Lock 7 in High Bridge.
- Pool 7 is 22.9 miles long.
- Cutoff time at Lock 7 is 1407 Thursday.
- Lock 7 portage is on river right.
- Jessamine County Emergency Management, Johnny Adams, 859-887-2922

**Pool 6 –**

- Pool 6 can be accessed at Lock 7, at Palisades Rd. in Mercer County near US 68, at Cummins Ferry Rd near Nonesuch in Woodford County, and at Oregon Rd. in Mercer County. There is no support access at Lock 6.
- Pool 6 is 20.8 Miles Long.
- Cutoff time at Lock 6 is 2216 Thursday.
- If a team is disqualified at Lock 6 they will be instructed to paddle upstream a short distance to the boat ramp at Oregon Rd. in Mercer County and meet their support crew there.
- Lock 6 portage is on river right.
- Jessamine County Emergency Management, Johnny Adams, 859-887-2922
- Woodford County Emergency Management, Andrew Chandler, 859-873-3170

**Pool 5 –**

- Pool 5 can be accessed at the boat ramp in Tyrone. There is no support team access at Lock 5.
- Pool 5 is 14 miles long.
- Cutoff time at Lock 5 is 0345 Friday.
- If a team is disqualified the support crew will be notified and should meet their team at the Gate on Lock 5 road in Anderson County.
- Lock 5 portage is on river left.
- Woodford County Emergency Management, Andrew Chandler, 859-873-3170

**Pool 4 –**

- Pool 4 access is available at multiple ramps and parks in and around Frankfort as well as at Lock 4.
- Pool 4 is 17.2 miles long.
- Cutoff time for Lock 4 checkpoint is 1030 Friday.
- Lock 4 portage is on river left.
- Woodford County Emergency Management, Andrew Chandler, 859-873-3170
- Franklin County Emergency Management, Tom Russell, 502-352-2065

**Pool 3 –**

- Access to pool 3 is available at the ramp on Steele Branch Rd. and at Elkhorn Creek. There is also access at Lock 3 off Fallis-Gest Rd..
- Pool 3 is 23 miles long.
- Checkpoint cutoff time at Lock 3 is 1931 Friday.
- Lock 3 portage is on river left.
- Franklin County Emergency Management, Tom Russell, 502-352-2065

**Pool 2 –**

- Pool 2 access is available at Lock 3, and at the Checkpoint portage takeout located in Lockport at Lock 2.
- Pool 2 is 11 miles long.
- Checkpoint cutoff time at Lock 2 is 2350 Friday.
- Lock 2 portage is on river left.
- Owen County Emergency Management, Larry Karsner, 502-514-1186
- Henry County Emergency Management, Jody Rucker, 502-845-7760

**Pool 1 –**

- Access to pool 1 is available at the Gravel Ramp below Lock 2, at the boat ramp on Harlin St. in Gratz, at the ramp at the mouth of Eagle Creek and at Lock 1.
- This is the longest pool at 27 miles.
- The checkpoint cutoff time at Lock 1 is 1025 Saturday.
- Lock 1 portage is on river right.
- Carroll County Emergency Management, Ed Webb, 502-732-7019

**Ohio River Pool –**

- The final section of the race is to the Mouth of the Ohio in Carrollton. Access to this section is at Lock 1 and at Point Park in Carrollton.
- This is the shortest section at 4 miles
- The cutoff is the end of the race at noon on Saturday.
- The finish is on the Ohio River on the River Right side of the Kentucky less than 200 feet from the meeting of the rivers.
- Carroll County Emergency Management, Ed Webb, 502-732-7019