

TSALI CHALLENGE

2010

Paddle Run & Bike

#

ENTRY FORM

TEAM NAME: _____

DATE: -- Email: _____

Name #1:

Address:

City / State / Zip: / /

Phone Number: -- Gender: Age:

Signature: _____

DATE: -- Email: _____

Name #2:

Address:

City / State / Zip: / /

Phone Number: -- Gender: Age:

Signature: _____

DATE: -- Email: _____

Name #2:

Address:

City / State / Zip: / /

Phone Number: -- Gender: Age:

Signature: _____

CLASSES: **START TIMES:**

- OPEN MALE
- OPEN FEMALE
- MASTER MALE 40+
- MASTER FEMALE 40+
- GRANDMASTER 60+

Costs:

Individual \$45 pre entry
 (First 200 Individual Entries get a T-shirt)

Team \$90 pre entry
 Late Fee \$10

Deadline for Pre entry Price is Wednesday
 before the race @ 10pm EST.

SATURDAY:
 9AM OPEN WOMEN
 & ALL MASTERS
 1PM OPEN MEN

SUNDAY:
 9 AM TEAM RELAY

- TEAMS:**
- CO-ED
 - MEN
 - WOMEN

Please make checks to
 GONE RIDING
 10915 SW 58th Ave Rd
 OCALA, FL 34476

Total \$ Enclosed:

352 873-9279

GONERIDING.COM

Please note:

* All parking alongside the **paved road** must be on the **outside of the white lines** or you will be subject to a ticket and or tow.

* Parking is **very tight** at this venue, if you or your team could **car pool** to the event site as much as possible it would be appreciated.

* Camping in the campgrounds is **first come first serve**.

* Riders will be able to set up **mini support camps** during the event along the left side of county line road (the feed zone area of the course) but **no vehicles or fires** are allowed.

Directions: from Bryson City : take US 19 South for 9 miles, turn right on NC 28 for 5.5 miles, turn right at the sign for 1.5 miles (gravel road).

Cost: \$2 per user per day **Lodging:** [Mountain Bear Cabins](#) 866-586-8058
Lodging - Resort: [Fontana Village](#) (800) 849-8858 Please call ahead (828) 498-2211 or (800) 849-2258 **Motel:** Sleep Inn – Bryson City (9 miles away) (828) 488-0326
Camping: Tumbling Waters Campground (828) 479-3814 or www.tumblingwaters.com / Primitive camping at trail head (828) 479-6431 - call ahead as space is limited and is on a first come first serve basis. **Also** more activities and restaurants at [Nantahala Outdoor Center](#)

Food and restrooms: No food on site (BYOF) restrooms on site. **Phone:** Cheoah District: 828-479-6431 **Web:**

The Tsali Challenge is *the* triathlon for adventurous athletes. Racers compete at Western North Carolina's Tsali Recreation Area, just outside of Bryson City. The course kicks off with a 3-mile lake paddle on Fontana Lake, and then moves to a 5-mile trail run. Finally, the single- and double- track trails at Tsali will feature the final leg of the race, a 12-mile mountain bike ride. Race solo on Saturday, or with a team on Sunday.

Important! You must bring your own bike and watercraft/paddle (we recommend a mountain bike, to be prepared for all kinds of different surfaces). Racers must also have a PFD and bicycle helmet. We recommend that you wear water-resistant clothing for the paddling leg.

Solo Competitor Classes

Individual racers compete on Saturday, in five race classes.

*Open Men

*Open Women

*Master Men 40+

*Master Women 40+

*Grandmaster: 60 years+

Master classes are open to racers 40 years and older. However, those racers have the option of racing the more competitive Open classes.

Team Challenge

Teams consisting of two or three athletes compete on Sunday.

Registration

Call 352-873-9279 or online at www.goneriding.com

Fees

\$45 for solo racers on Saturday

\$90 for teams on Sunday

Fee includes t-shirt if you are one of the first two hundred "Individual" entries.

We will accept entries the morning of the race \$10 late fee applies.

Schedule

Saturday

7:30 a.m. - 12 p.m. --Registration at Tsali. Racers are asked to arrive early to complete registration.

8:30 a.m. --Open Women, Masters Women, and Masters Men Competitors' Meeting. Lake Fontana at Tsali.

9 a.m. --Race starts for Open Women, Masters Women, and Masters Men.

12:30 p.m. --Open Men Competitors' Meeting. Lake Fontana at Tsali.

1 p.m. --Race starts for Open Men.

Sunday

7 a.m. - 8 a.m. --Registration at Tsali.

8:30 a.m. --Team Challenge Competitors' Meeting. Lake Fontana at Tsali.

9 a.m. --Race starts for Team Challenge.

Bring your own boat and bike!

Racers are asked to provide their own boat, bike, helmet, PFD, paddle, and running shoes. Racers may use any type of boat. Boats are handicapped based on design.

Award ceremonies follow each race. Race results will be posted on our Web site www.goneriding.com

Last Minute Tips for Tsali Challenge Triathlon First Time Racers

1. Don't try anything new on race day. Try out your bike, running shoes, boat, paddle, food and drink (energy drinks, water, etc) in training to make sure they work well.
2. If there are only a few weeks left before race day there is no time like the present to get started. Even if you haven't done any base miles, this race is short enough to survive with a few simple preparation "bricks." A sample brick would be to paddle 30 minutes before going for a 20 minute run. Training your body to get used to running after a paddle is fun--with all the blood in your arms from kayaking, your first 10 minutes of running might be closer to walking.
3. There are only water stations at transition areas, so we suggest you carry your own. Practice carrying and drinking your water in training.
4. Get to Tsali at least one hour before the start to give yourself time to park, put your equipment in the transition area and go to the bathroom 10 million times.
5. Bring someone to help you. It'll make your day go smoother.
6. Eat and drink easily digestible things at each transition area (examples: bananas, energy bars, defizzed cola, water)
7. Paddle whatever boat you feel most comfortable in. The boat handicap system was designed so that if you only have access to a slower boat, your start time is before the faster boats to make everything more fair.
8. When approaching another boat, you will get sucked into their side or stern wake. Be prepared to get

bobbled by this. Unless you know how to ride a wake, stay at least four feet away from other boats.

9. At the paddle/run transition, staff (our boat-herders) or your support person will help you get out of your boat and put your boat on shore for you. It is worth waiting for help to get out of your boat or else you will fall into the lake. With all the blood rushing around in your arms your legs, your appendages will feel like lead.

10. The first 200 yards of the run are up a steep hill. You might as well walk. The next two miles are easy. Don't blow out, because the final two are almost all uphill.

11. The bike segment starts off easy and gets progressively harder. Granny gears rule, especially because your legs will feel whooped from the run.

12. There are a few technical sections. If your skills are sketchy, it is better to get off and walk, or you may crash, and you will struggle to regain your momentum.

13. Save some energy for the final long climb up to County Line Road. It's downhill from there.

14. Celebrate your finish by drinking lots of fluid. It will flush out lactic acid so you'll be able to brush your hair and walk the next day.

HISTORY

When the Tsali Challenge Triathlon began, a group of highly regarded international competitors that trained and worked around the Nantahala Outdoor Center developed a boat handicap system. The system ensured the best paddler--and not the person with the most expensive boat--was rewarded. Since then, paddling has gone through radical changes, and along with it, canoes and kayaks of all different shapes, sizes, designs, materials and speeds. With this rise in canoe and kayak availability, some Tsali Triathlon racers have been looking for an advantage with handicap-bending boats. Those without a broad choice of boats at their disposal have been left at a disadvantage. The Tsali Challenge organizers have now developed a simpler, yet more comprehensive, handicap system.

EQUATION

Boat speeds are determined by many factors, but most importantly by water-line length and width. A long, narrow boat will move faster through the water than a short, wide boat. So the new system is derived by dividing your manufacturer's stated boat length in inches by the manufacturer's stated boat width in inches.

For example:

A Liquidlogic Saluda is 12-ft., 1-inch (145 inches) long and 27.5-inches wide. $145/27.5 = 5.27$. A Necky Chatham 18 Composite is 17-ft. 9-inches (213 inches) long and 20-inches wide. $213/20 = 10.65$.

Think of the resulting number as your potential for speed. The bigger the number, the faster the boat should move; therefore, the shorter your boating time at the Tsali Triathlon should be.

TESTING

Once a simple system of identifying speed potential was developed, we collected data for more than 300 commonly used canoes and kayaks to get a base. Speed numbers ranged from 2.86 up to 14.82. For 10 months, testing took place over set distances to establish time marks for multiple boats. The data was used to establish a simpler handicap system that should more fairly reward the best paddlers. While no system is perfect, we feel that the new system is a huge step forward in flattening the boat advantages. We will continue to refine this system with each Tsali Triathlon.

CAVEATS

The major caveat to the length divided by width equation is when it is applied to racing kayaks with wings - the Wavehopper, Fastwave, ICF-specified wildwater boats, and the Eliminator. If your kayak has wings, you must apply the same equation of length divided by width and then multiply the result by 1.275 to establish your effective handicap. For example:

Perception Wavehopper = $158 \text{ inches} / 24 \text{ inches} = 6.58 \times 1.275 = 8.39$

RESULTS

To establish your handicap, consult your boat manufacturer's catalog or Web site and divide boat length in inches by maximum boat width in inches. Match up the corresponding number on the table below to find your handicap.

- 1) Divide your boat manufacturer's stated length in inches by the manufacturer's stated width in inches. Note the resulting number.
- 2) Does your boat have wings? If so, multiply the result by 1.275. Note the resulting number.
- 3) Refer to the handicap table below to identify which category your resulting number falls into and your starting handicap for the Tsali Challenge Triathlon.

Kayaks (All kayaks use double bladed paddles and are paddled solo)

Less than 4.25 - Handicap = 0 minutes

4.25 - 5.00 - Handicap = 1 minute

5.01 - 6.00 - Handicap = 2 minutes

6.01 - 7.00 - Handicap = 3 minutes

7.01 - 8.00 - Handicap = 4 minutes

8.01 - 9.50 - Handicap = 5 minutes

9.51 - 11.00 - Handicap = 6 minutes

11.01 or more - Handicap = 7 minutes

Canoes (All canoes use a single bladed canoe paddle and are paddled solo)

Less than 5.25 - Handicap = 1 minute

5.26 - 5.75 - Handicap = 2 minutes

5.76 - 6.50 = Handicap = 4 minutes

6.51 - 6.75 = Handicap = 5 minutes

6.75 or more - Handicap = 6 minutes

--Chris Hipgrave, High Performance Director - USA Canoe & Kayak Olympic Team