

The Lackawanna River Conservation Association (LRCA) is pleased to announce our FOURTH Lackawanna River Virtual Paddle Challenge. We challenge all our regular Canoe-A-Thon kayak & canoe paddlers and newcomers to join in on this paddle sport competition on the Lackawanna River.

Two Courses Available:

- "Archbald Whitewater Challenge" 12-mile course from David Maslar Park on Laurel Street in Archbald to Sweeney's Beach in Scranton. FOR EXPERIENCED KAYAKERS & CANOERS ONLY!
 This course contains Class 2 and Class 3 whitewater in the five miles between Archbald and Olyphant
 - "Blakely Challenge" 8-mile course from Blakely Borough Recreation Complex to Sweeney's Beach in Scranton. Calm with some whitewater.

 Both courses end at Sweeney's Beach in the Pine Brook Neighborhood in Scranton.

Prizes:

• Metals presented to First, Second, and Third place winners in each Male and Female class for each course at RiverFest, Saturday September 24, 2022.

Paddle advisory: The best levels for paddling the Lackawanna River are when the USGS Archbald Gage reads out between 2.4 feet and 3.6 feet. LRCA recommends that paddlers check the Gage readings to plan for their Virtual Paddle Challenge run. A day or so of moderate to heavy rain can raise the river's level into the 2.4 foot to 3.6 foot window and it will stay in the window for a few days after the rain event. Keep your eye on the weather, check the Gage and get out and PADDLE! The Virtual Paddle Challenge is open all Summer whenever the Gage shows the river is up!

Reminder: We suggest small groups of two to six individuals to run the course(s) within sight of one another and be prepared to render aid to fellow paddlers if necessary. We discourage groups larger than 10 paddlers. Fish Commission Regulations require the use of PFD's and require each paddler to have a whistle or other noise making devise on their person.

RULES & REGISTRATION:

Kayakers and canoers are required to read these rules for the Lackawanna River Virtual Paddle Challenge

- Click here to pay your **<u>REGISTRATION FEE</u>**
- If kayakers and canoers wish to compete in both events, they need to register for each event separately.
- Competitors must follow social distancing guidelines. We suggest groups of two to six individuals. We discourage groups larger than 10 vessels.
- Please keep in mind that you or your group are responsible for your own safety as there will not be ambulance or safety spotters on sight.
- Wear a PFD and have a whistle or horn to signal for help if needed as per PA Boat Regulations.
- Choose your own day and time to run one or both courses between dawn on Monday, March 14, 2022, to 5:00PM on Monday, September 19, 2022.
- Upon course completion fill out your **REPORT FORM** to be officially entered and considered for prizes.
- Report your data honestly.

To record your time:

- Start time = as soon as your keel leaves the shoreline.
- Finish time = when your bow hits the landing beach.
- Lapse time = subtract your finish time from your start time.
- Record River Gage at launch site (see information below for details).
- Times to the closest approximate hour, minute, and second.
- Record times and River Gage information on the contest report form then submit.

To record River Gage information:

Record from the <u>USGS Archbald Gage</u>

Record within four (4) hours from your launch:

- Date
- Current time
- River's depth
- Discharge rate in cubic feet per second from the graphs on the gage webpage