



New for 2018!! - Adaptive Wave

PLEASE READ THIS INFORMATION BEFORE REGISTERING FOR THE ADAPTIVE WAVE.

To be eligible for the Adaptive Wave, participants must have one of the following conditions:

- Mental/Cognitive disabilities diagnosed by a medical professional
- Physical disability diagnosed by a medical professional
- Amputation of major extremity

This race consists of a 3-mile paddle on the Catawba River and a 5K walk, run, or cycle on the Piedmont Medical Center Trail. The river portion of the the race contains two class I rapids with rocks and swift current in some places. The walking, running or cycling portion is 5k (3.1 miles) with steep hills throughout and the trail is ten foot wide and paved. If possible when you register, please let us know what watercraft you will be using (single kayak, tandem kayak, Bellyak, stand up paddleboard) and how you will complete the land portion of the race. If you don't have this information when you register, you will be able to provide it at a later time.

Stay tuned to our website and Facebook event for information about practice sessions we'll be hosting on the Catawba River to prepare participants for the race.

<https://www.facebook.com/events/167097950607687/>

Mental/Cognitive Disability

Any participant with a diagnosed mental or cognitive disability will need to take an on-water clinic with Blake Center, adaptive kayaking instructor for the City of Rock Hill. This clinic is free and is intended to help ensure that all participants have experience paddling this section of the Catawba River.

Physical Disability

If you have lower extremity issues or are paralyzed you can use a hand cycle or a recumbent bicycle on the 5K portion of the paved trail. Both water entry and exit are zero degree entries and are paved to the water. We will have volunteers at both launches to assist with transitions.

Visually impaired participants must have a guide for the duration of the race, for both the on-water portion and the run. We will have a limited number of on-water and running guides available if needed.

Next steps?

Register on the website at

<https://runsignup.com/Race/SC/RockHill/PumpHouseRiverRun>. City of Rock Hill staff will email you a questionnaire so we can better understand your needs and help your race process run as smoothly as possible.

If you have any questions about the race, paddling clinics for the race, or whether or not you meet the adaptive criteria please contact Blake Center at (803) 325-2682 or at alloutdoors@cityofrockhill.com.