



LEGEND

- Run Leg
- Paddle Leg
- Bike Leg
- Obstacle Course
- P** Parking
- R** Registration Check-In

Jr. Ridge to River is made possible by the following sponsors:



Haglund's Trophies • Costco • Key Bank • Premier One Properties • Van Doren Sales • Dr. David Parks • WRAC • S.P.O.R.T. Gymnastics

VOLUNTEERS NEEDED - CALL (509) 662-3461

Non-Profit Org.
U.S. Postage
PAID
Permit #1
Wenatchee, WA

JR. RIDGE 2 RIVER
Presented by the Wenatchee World
1312 A Maple St.
Wenatchee, WA 98801
phone : 509.662.8799
fax : 509.663.3894
e-mail : chance.harris@r2r.org
web : ww.wr2r.org



Saturday, April 19, 2008

**REGISTER EARLY!
PARTICIPATION IS LIMITED**

Check out our fun and exciting ENTERTAINMENT line-up after the race!
Racers and parents will enjoy the fun we have planned right before the awards.

JR. RIDGE 2 RIVER REGISTRATION FORM

Event Date: April 19, 2008

Each team of 5 racers is in the age group of the oldest member, on race day.

NOTE! We have revised our racing categories! Incomplete entries WILL NOT be accepted.

The Registration fee is \$70 per team, \$45 per Tandem Team and \$28 per Solo Iron racer.

A \$20 late fee will be added if registered after April 9, 2008.

TEAM NAME: _____

SELECT YOUR RACING CATEGORY:

- | | | |
|--------------------------------------|---|--|
| <input type="checkbox"/> Tandem Team | <input type="checkbox"/> Solo Iron Boy/Girl - Ages 9-10 | <input type="checkbox"/> Solo Iron Girl - Age 11 |
| <input type="checkbox"/> Ages 5 - 6 | <input type="checkbox"/> Ages 11 - 12 Boys | <input type="checkbox"/> Ages 11-12 Mixed Boys & Girls |
| <input type="checkbox"/> Ages 7 - 8 | <input type="checkbox"/> Ages 11 - 12 Girls | <input type="checkbox"/> Solo Iron Boy - Age 12 |
| <input type="checkbox"/> Ages 9-10 | <input type="checkbox"/> Solo Iron Boy - Age 11 | <input type="checkbox"/> Solo Iron Girl - Age 12 |

Adult Contact _____ Phone Number _____

Address _____ City _____ State _____ Zip _____

E-mail Address _____ **Captain's packets will be sent electronically.**

RELEASE OF LIABILITY WAIVER STATEMENT ► READ BEFORE SIGNING

In consideration of those being allowed to participate in any way in the Wenatchee World's Jr. Ridge to River Relay and related events and activities, including the practice day, the undersigned:

1. Agree that prior to participating, they will inspect the course and facilities, and if they believe anything is unsafe, they will immediately advise the Race Committee of such conditions and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions, or negligence, but the actions, inactions, or negligence of others, including, but not limited to falls, contact with other participants, the effects of the weather, vehicular or boat traffic, and the condition of the roads, rivers, paths, or the rules of the race. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. We shall not enter this event unless we are medically able and properly trained. We agree to abide by any decision of a race official relative to our ability to safely compete in the event.
4. Assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability, or death.
5. Release, waive, discharge and covenant not to sue the Ridge to River Relay Association, its affiliated clubs, their respective administrators, directors, agents, other participants, sponsors, and owners and lessees of premises used to conduct the event, all of which are hereinafter referred to as "releasees," and any and all liability to each of the under signed, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise.
6. In addition to all of the above points, agree that the parent(s) or legal guardian(s) will instruct the minor participant that prior to participating he or she will inspect the facilities and the course to be used, and if the participant believes anything is unsafe, he or she should immediately advise the Race Committee of such conditions and refuse to participate.
7. The Team Captain agrees to pay \$75.00 to Milliseconds Timing if the team chip is not returned by Wednesday, April 23, 2008.

TEAM ROSTER - Incomplete entries can not be accepted.

The undersigned have read the foregoing waiver and release, understand that they have to give up substantial rights by signing it, and sign it voluntarily.

RUNNER/IRON

NAME _____ AGE _____ SCHOOL _____ PHONE NO. _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PARENT / GUARDIAN SIGNATURE _____ **SHIRT SIZE:** Youth Med (10-12) Youth LG (14-16) Adult M L XL 2X

PADDLER/IRON

NAME _____ AGE _____ SCHOOL _____ PHONE NO. _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PARENT / GUARDIAN SIGNATURE _____ **SHIRT SIZE:** Youth Med (10-12) Youth LG (14-16) Adult M L XL 2X

BIKER/IRON

NAME _____ AGE _____ SCHOOL _____ PHONE NO. _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PARENT / GUARDIAN SIGNATURE _____ **SHIRT SIZE:** Youth Med (10-12) Youth LG (14-16) Adult M L XL 2X

OBSTACLE COURSE

1 NAME _____ AGE _____ SCHOOL _____ PHONE NO. _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PARENT / GUARDIAN SIGNATURE _____ **SHIRT SIZE:** Youth Med (10-12) Youth LG (14-16) Adult M L XL 2X

2 NAME _____ AGE _____ SCHOOL _____ PHONE NO. _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PARENT / GUARDIAN SIGNATURE _____ **SHIRT SIZE:** Youth Med (10-12) Youth LG (14-16) Adult M L XL 2X

RUN

One team member runs around the soccer field to the lagoon.

PADDLE

One team member paddles the length of the lagoon. Boats and paddles will be provided, but bring a life jacket (required).

BIKE

The biker rides a course south in the park to the team stations near the obstacle course.

OBSTACLE COURSE

Two members of the team work through the obstacle course together. The course is specially designed by the team of therapists at Biosports to focus on functional activities that build skills like agility, balance and teamwork. The course may include leapfrog, wheelbarrow race, sack race, tunnel, hi lo, basketball shoot, tennis ball catch, balance beam, circle of trust, crab walk and retro run.

TEAM SPRINT

All five team members portage a fun noodle to the finish line.

New for 2008: The Wenatchee World's Junior Ridge To River Relay will be timed using a chip-timed system. This will provide highly professional and accurate results to all entries. The Wenatchee World's Junior Ridge to River Relay will be broadcast live thanks to our friends at KPQ 560 AM!

Be sure to bring your radios to listen to all the action.

REGISTRATION INSTRUCTIONS...

REGISTRATION OPENS: JANUARY 1, 2008

REGISTRATION CLOSES: APRIL 9, 2008

Registration is limited! Sign up early. Incomplete registrations will not be accepted.

1. Print the team name at the top of the form as you would like it to appear in the media. Fill out the roster completely. The adult contact is the person we will send race information to: The race office cannot accept incomplete rosters. Parent signatures can be completed as late as April 18th, the Practice Day, but team member names must be included on the form when submitting the entry with payment. Call us if you need help.
2. **The registration fee for each team is \$70 per team, \$45 per tandem team and \$28 per solo Iron racer. A \$20 late fee will be added if registered after April 9, 2008.** Make checks payable to Ridge to River Relay. Mail registration form and fee to: **Jr. Ridge to River, 1312 A Maple Street, Wenatchee, WA 98801. A \$20 change fee will be added after April 9, 2008.**
3. Once you have registered, a registration packet containing detailed descriptions of race day, start times, maps and other important information will be sent to the adult contact via e-mail or postal mail.
4. There will be a practice day for all of the participants on the evening before the race, Friday, April 18 at Walla Walla Point Park. More details will be sent after you register.
5. If you have any questions, please call us at (509) 662-8799 or e-mail chance.harris@r2r.org.

Office Hours: Monday - Thursday 7:30 a.m. - 3:00 p.m.

SPECIAL NOTE TO PARENTS:

Ridge to River is taking every precaution to provide a safe course for the participants of this event. Three hundred volunteers will be present on the course to guide the racers and encourage them as they participate. The Run and Bike legs are primarily on the Apple Capital Recreational Loop Trail. Some portions of the race are on grass and some are on the Apple Capital Recreational Loop Trail. The water leg is in the enclosed lagoon at Walla Walla Point Park. The kayaks and paddles are specially designed for children and they are very stable. Certified lifeguards will be present, as well as adult paddlers in safety boats. Kindergartners and First Graders will race a shorter course on the Run, Paddle, and Bike legs. A practice day for the entire course is scheduled for Friday, April 18th in Walla Walla Point Park.

APPROXIMATE RACE MORNING SCHEDULE - SATURDAY, APRIL 19 (subject to change)		
AGE GROUP	CHECK-IN TIME	APPROX. START
11-12 Boys Team	9:00-9:30	10:00
11-12 Girls Team	9:00-9:30	10:10
11-12 Mixed Team	9:00-9:30	10:20
9-10	9:30-10:00	10:30
7-8	10:00-10:30	11:00
5-6	10:30-11:00	11:20
Iron Racers	11:00-11:30	11:40
Tandem Teams	11:00-11:30	12:10

NCW Digital is proud to be the "The Official Race Photographer" for the 2008 Alcoa's Ridge 2 River and the Wenatchee World's Junior Ridge 2 River Relays. We will be capturing all of the race action from start to finish with high quality photos that you may purchase at the finish line or Online at: www.ncwdigital.com. We wish the best of luck to all racers and we will see you all on race day.

Awards ceremony after the race at the finish line

► FREE ICE CREAM FOR EVERYONE AT THE FINISH COMPLIMENTS OF COSTCO WHOLESAL

► ALL RACERS RECEIVE A WENATCHEE WORLD'S JR. RIDGE TO RIVER T-SHIRT & MEDAL

Call us if you can volunteer to help at The Wenatchee World's Jr. Ridge to River, 509.662.3461.