



## WELCOME TO THE 29th ANNUAL

# ALCOA'S RIDGE TO RIVER RELAY Sunday, April 19, 2009

[www.r2r.org](http://www.r2r.org), E-mail: [sheila@r2r.org](mailto:sheila@r2r.org)

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### WE HAVE RECEIVED YOUR REGISTRATION

Please note that Alcoa's R2R will start at 9:30am this year. This packet is being sent to Team Captains and Iron participants. We need **you** to share this information with your team members and with your support team members.

Are you feeling some pressure as team captain? If you are a first time team captain, you may be wondering about your job description. Here are some pointers:

### CHECK THE LABEL

Have we posted your entry to the correct division? Check the electronic or mailing label on this packet and notify us **immediately** if the team name or the division shown is incorrect. If there are any changes to be made, please call the Ridge to River Office, (509) 670-7687 or e-mail: [sheila@r2r.org](mailto:sheila@r2r.org).

### IMPORTANT NOTES

We are always looking for ways to improve Alcoa's Ridge to River Relay. For the 2009, we plan to use chip timing (a state-of-the-art timing system) the same type of system that is used by professional races all over the world. Relative to other "chip" systems, this superior technology is

capable of accurately scoring 80 participants per second over a track width of 36 feet without the use of oversized mats with a narrow range. Each team/iron racer will be given a chip that will provide timing information for the timing company. If you are an iron racer, secure this chip to your ankle. Adventure Duo teams will get two chips to provide the splits for each team member. If you are a team, this chip needs to be on your ankle, and must be handed off during the exchanges. We recommend cyclists wear the chip on their left ankle to avoid interference with their chain ring. There are two important points with regard to your chip: first, you must cross the timing mats at each exchange zone. These will be clearly marked and will allow us to provide accurate splits. If you don't cross the mat, or the chip is not on your ankle, you won't be getting a split. And, be sure your sprinter is wearing your team's chip as they cross the finish line. Your team's time ends when your chip crosses the finish line. Second, your chip needs to be returned to race officials at the end of the race. If you fail to return your chip, your team captain will be charged a **\$75.00** replacement fee.

The ECO Boomers division will be offered again this year. This is the event that those young adults have been waiting for. 13 to 17-year olds can step up and race with the rest of us. ECO Boomers run, bike, and paddle. This three stage event starts in Lincoln Park with the 3-mile run leg. They will bike the same route set for the Columbia course, and paddle from Confluence Park to Walla Walla Point Park.

We want to encourage those folks that have always wanted to participate in R2R just for the fun of it to enter the Really Rec Division (Couch Potato Division). This division will be untimed and for the fun of "just doing it!"

We are continuing to update the rules and divisions. This has been done in an effort to enhance competition and provide a racer-friendly event. Both the rules and divisions have been simplified and we hope these additions will add to your enjoyment of the race.

## TEAM MEETING

Now that you have received this packet, schedule a team meeting. Get everyone together to plan your race strategy. Plan how your teammates will get to their exchange zones and to the beginning of the portage after they finish their leg of the race.

## RACE DAY STRATEGY

Just how does everyone get to the start of their leg of the race and then get to the boat landing for the portage? One idea is to have the skiers and the runner go up to the mountain zones in the same vehicle. The skiers can proceed straight to Walla Walla Point Park after completing their legs. The biker could take a car to Squilchuck and the runner could then use that car to come down. It seems as if the skiers could pick up the runner, but in reality they would have a difficult time doing so because access to Squilchuck State Park becomes the racecourse and is closed during the race, plus there is no parking on the road below the park. Either of the two cars suggested in this plan could pick up the biker at Monitor, or, a car could be left at the designated parking at Monitor in advance for the biker to use to get to the finish. The Apple Capital Loop Trail will be available for bikers to ride from Confluence State Park to Walla Walla Point Park, and there is plenty of parking at Confluence- however, the park may require a fee to park your vehicle. Friends and family are often recruited to assist with transportation.

## READ THE RULES

The Ridge to River rules have been updated for 2009 and we recommend that you familiarize yourself with the rules attached. You can also view the rules at [www.r2r.org](http://www.r2r.org).

## PRE-RACE REGISTRATION

Pre-race registration is on Saturday, April 18, from 5:00 to 7:00 p.m. at Walla Walla Point Park, located at 1351 Walla Walla Avenue in Wenatchee (across from Town Toyota Center).

Your team will need to meet there to pick up the team bag and pass out the t-shirts, race numbers, and the timing chip. The team bag contains race numbers, safety pins, timing chip, t-shirts, free goodies and last minute announcements for your team members. At least one member of each team must be in attendance at registration. **Your team will be given the team bag only after all team members have signed the registration waiver. Did you register online? If yes, plan to have all of your team members present to sign the waiver at registration. If someone has failed to sign, then you will not be issued race numbers and will not be allowed to start.** If one of your team members cannot be present at the Saturday night registration, then you should contact the race office to make arrangements to get a signature to us in advance. Minors 17 years old and younger must have parent/guardian signatures on the waiver statement.

Representatives from the various exchange zones will be available at Walla Walla Point Park to answer your questions about each leg of the race.

A short Sunday morning registration is available if necessary, but Saturday evening registration is strongly recommended. The Sunday morning pre-race registration is mandatory if you cannot attend on Saturday night. Sunday morning registration is from 7:00 to 8:00 a.m. at the Ridge to River finish line area in Walla Walla Point Park.

## RACE NUMBERS

Race numbers will be distributed at the Pre-race Registration at Walla Walla Point Park on Saturday night before the race. Iron and Tandem will be given extra ID with a large Tyvek "S" for their support team members to be used at the exchange zones with restricted access such as Monitor Park. To avoid scoring errors and a penalty for your team, it is important that your support members wear only the "S" ID, and not a race number.

Iron, tandem and the team sprinter need to wear their number on the **front** when portaging and sprinting.

## SUPPORT TEAM IDENTIFICATION

At Mission Ridge on race morning, racers, support team members, officials, and designated media representatives only will be allowed to ride the chair lift to the start. A lift ticket must be presented at the bottom of Chair 1 to board the lift. Lift tickets for the racers and support team lift tickets are provided in the team bag.

At the start of the water leg, single-person vessel participants are allowed to have a support person or race volunteer assist them to the water. Tyvek "S" identification is provided in the team bag for this support person since the boat storage area is accessible only to racers and support team members.

## **TEAM MEMBERS PARTICIPATING IN MORE THAN ONE LEG**

We would prefer that you race in consecutive legs because of the high traffic volume on the mountain roads. If you do plan to leapfrog in the mountain zones, then you are asked to be driven down Squilchuck and Mission Ridge roads by a friend so that you will not have to deal with thinking and driving at the same time during this exciting (stressful!?) adventure. You will be driving on the "race course" until reaching the intersection of Squilchuck and Methow. Please use extreme caution around runners and bikers who are involved in their leg of the race. Be cautious not to startle them or interfere with their progress in any way. Vehicles are not allowed to pass on the "race course" during the race; this means Mission Ridge Road and Squilchuck Road above the Methow/Squilchuck intersection. The Sheriff's deputies will cite those who exceed the speed limit or who pass on the mountain roads and on Easy Street during the race.

## **SQUILCHUCK ROAD CLOSURE**

Each team member needs to have a way to get to his/her zone and a way to get to Walla Walla Point Park to start the portage. **Remember: Squilchuck Road is closed to uphill traffic at 9:30 A.M. This road is a racecourse for runners and bikers after 9:30 A.M., and only racers coming down the hill, volunteers at their stations, and cars exiting the area will be on the road between 9:30 a.m. and 2:00 p.m.** Please observe posted speed limits at all times.

## **ROUTE FOR DESCENDING THE MOUNTAIN**

**NORDIC SKIERS AND IRON AND TANDEM SUPPORT TEAM MEMBERS:** Nordic skiers and support team members must either walk down the mountain or ski down the designated run. Spectators should not attempt to view the race start or the Nordic leg of the race. Racers, support, officials, and the designated media representatives only will be allowed to ride the chair lift on race day. They must present a lift ticket (provided in the team bag) at the bottom of Chair 1. The chairlift will not be carrying people down the mountain, so it is highly recommended

that cross-country skiers and support people bring downhill skis with them to use for a safe descent.

All persons who are transporting both Alpine and Nordic boots and skis on the chair lift should wear their Alpine gear and carry their Nordic gear so that they can get on and off the lifts in the most efficient manner.

**No foot-loaders on the chair.**

## **CYCLISTS**

Cyclists will travel in the **left** lane from Squilchuck Park. This road will be closed to uphill traffic, beginning at the Methow Street intersection from 9:30 a.m. - 2:00 p.m. Cyclists will turn on Methow Street off Squilchuck and follow the road to Crawford. **At this point, cyclists will travel the rest of the race in the right lane.** Drafting is not allowed, and a penalty will be assessed if a biker is observed drafting during the bike leg. Ignorance of drafting techniques is not an excuse. You may not ride within two bike lengths behind another bike. **400 bikers will be on your leg of the race, so please ride safely: hold your line and do not cut severely to one side or another while on the course.**

*Equipment left at Squilchuck State Park must be picked up before 3:00 p.m. Race Day when the park will be locked.* Cyclists must make their own arrangements for transporting their equipment from Wenatchee River County Park to Walla Walla Point Park to the finish area. Liability precludes us from transporting bicycles to the finish zone. Although there is a designated area for bike storage, it is not a guarded security zone, and we recommend that unattended bikes be locked.

Please note that there are no water stations along the bike course.

## **WATER LEG**

### **Wenatchee River County Park (Monitor Park)**

**Boats may be left with the Boy Scouts at the County Park at Monitor the evening before the race for a small donation to the Boy Scouts. Any canoe left in the canoe launch area will be removed before official check-in begins. Participants who chain their canoes to trees in the canoe/kayak launch area will receive a time penalty. Columbia Course boats may *not* be left at Confluence State Park on Friday night. Columbia Course boats will be accepted at Confluence beginning at 7:30 a.m. race morning.**

### **Kayaks**

Kayaks must have a race number in order to be placed in the launch area. Tape the number to

the top deck of the kayak so that it can be read by scorers at the boat landing as you approach the end of the water leg on race day. Check-in for Iron, Tandem, and Pro boats is between 5:30 p.m. and 8:00 p.m. the evening before the race. Arrangements should be made with the Boy Scouts for security. Kayaks and canoes will also be accepted on race day between 6:00 a.m. and 10:30 a.m.

### **Canoe**

Check-in will be from 6 a.m. to 10:30 a.m. on race day. Cars may not be left in the County Park on race day. The access road that goes directly into the park will close to racer car traffic at 9 a.m. Parking has been arranged with Boswell's Furniture, located across the highway from the County Park. Each canoe must have race numbers on each side of the bow at check-in.

The Washington State Patrol will strictly enforce the prohibition against parking on US Highway 2 while transporting your boat into the County Park.

### **Confluence State Park**

Columbia Course boats may *not* be left at Confluence State Park on Saturday night. Columbia Course boats will be accepted at Confluence beginning at 7:30 a.m. race morning.

## **RACE NUMBERS ARE PLACED ON BOATS TO BE CHECKED IN AT THE PARKS**

Tape the race numbers, provided in your team bag, to the right and left front portion of the boat. One number on the top/front/right of kayaks. Be sure that you have marked your boat with your team numbers from the team bag before taking the boat to the check-in table at the parks. Remember: scoring volunteers at the boat landing must be able to see your number.

## **PARKING AT WENATCHEE RIVER COUNTY PARK (MONITOR) AND CONFLUENCE PARKS**

Monitor: Parking is not allowed day of race in the park. Please park at Boswell's on race day, use the pedestrian bridge to cross SR 2 from the parking lot to the County Park. Cars leaving Boswell's parking lot at Monitor are required to use Easy Street rather than SR2 to access Wenatchee. This will not result in a delay for racers traveling to Walla Walla Point Park. At Confluence, the parking lot is adjacent to the check-in area near the dock and swimming bay,

and parking is not restricted during the race. However, Confluence Park Rangers may be charging a fee for parking. Parking has been arranged at Boswell's across SR2.

## **BIKER-TO-BOATER EXCHANGE AT MONITOR**

Bicyclists will be directed to take their bicycles on the overpass over the highway and to Boswell's parking lot for loading. There will be no participant vehicle traffic into the park during the race. Bikers: do not stop to change shoes or clothing in the exchange zone. Move off of the actual exchange zone, away from incoming bicycle traffic. Iron and Tandem have a designated changing area at each zone near the exchange.

## **THE PORTAGE/SPRINT LEG**

**Be sure your team's sprinter is wearing the team chip. Your finish time ends when the sprinter crosses the final timing mat at the finish line. If the sprinter is not wearing the chip, the clock will continue to run. Corrections CANNOT be made should this happen to your team!** Because of the congestion caused by a combination of multiple incoming canoes, fatigued racers, and excited family and friends, the canoe portage stops short of the finish line and a sprinter completes the race with a 100-yard sprint to the finish line. The sprinter can be any member of your team who has participated in one of the previous legs (meaning: xc ski, dh ski, run, bike, or water leg), and he/she must have his/her race number visible on the **front** and be wearing the timing chip during the sprint. When the boat crosses the line in the transition zone, the sprinter may start. The sprinter will not be allowed to stand in the transition zone waiting for the team, and incoming teams will not be announced in this area. We advise the sprinter to get the timing chip from the boaters and then portage or jog with the portagers to the transition zone. Volunteers will assist portagers with their canoe or kayak when they get to the transition zone. Watch for the sign that says "DROP CANOES HERE".

## **EXCHANGE ZONE TIME LIMITS**

Each exchange zone will remain open until the exchange zone coordinator determines that it would be unsafe or unreasonable to continue to wait for participants. Skiers will be escorted off of the course if the ski patrol feels that their skill level is not adequate to complete the ski leg safely. Race officials have the authority to close the course if a late racer is in danger of racing after the volunteers have left the traffic corners and will

sweep the bike course. If this should occur, transportation will be made available to the next exchange zone. Water rescue officials sweep the water leg and will monitor the progress of late racers. Race officials and sheriff's deputies will determine the need to close the water leg.

## THE REFEREE

The Referee will be in a clearly marked area near the finish line in Walla Walla Point Park. If you or one or more of your team members do not complete the race due to equipment failure, or for any other reason, then you must report this situation to the referee at the finish line to avoid scoring errors for other teams. **If you have equipment failure and are transported by car or other means to an exchange zone or the finish, please do not pass through the exchange zone or cross the timing mats wearing your timing chip or race number.** Please report your situation to the referee table at the finish line. Everyone will appreciate the improvement in scoring accuracy that this courtesy will provide.

## DOGGIE FRIENDS

Although we all love dogs, please do not bring your dogs to the park during the race.

## FINAL RESULTS

Timing chips must cross each timing mat in the exchange zones in order for your split times to register. Final results will be available at our website: [www.r2r.org](http://www.r2r.org). Contact the race office after the race if you do not have internet access.

## RACE DAY ASSISTANCE

If you need assistance on race day, look for a Ridge to River volunteer. There are 1200 volunteers on the course on race day! We will do our best to make the day an enjoyable one. Each exchange zone has a designated coordinator who works to provide a top-quality event. Questions, suggestions, or concerns can be taken to the Coordinator at each zone or can be addressed to the Ridge to River Race Committee, 1312 A Maple Street, Wenatchee, WA 98801 or email the race director at [sheila@r2r.org](mailto:sheila@r2r.org).

## THE WEATHER

Ridge to River has a tradition of good weather. However, participants who begin or end in the Mission Ridge area should be prepared for cold weather. Bikers are advised to dress warmly; you can anticipate cold temperatures at the start of your leg. Water leg participants should plan to

wear wool or synthetic clothing, not cotton clothing. Check the weather forecast on race weekend. The 2002 race was a real eye opener. It showed just how fast the water conditions in the Wenatchee River can change. If conditions warrant, R2R officials, water safety and Chelan County Sheriff representatives may find it necessary to change the river course. This decision will be made as early as possible, although it may not be in time to let racers know before the start of the race. The change would bring all the bikes into Confluence State Park, shortening the bike and water legs of the traditional Wenatchee course. We will make all attempts to keep the bike leg as long as possible by adding a loop in the Lower Sunnyslope area. The water leg of the race would head up (north) the Columbia River around a buoy, then down to the normal finish.

## ACCOMMODATIONS

Make your reservations with Wenatchee area motels early. **ASK FOR THE RIDGE TO RIVER RATE WHEN MAKING YOUR RESERVATIONS.** About half the racers come from out of town, filling most of the rooms in Wenatchee on race weekend. For more information regarding accommodations in Wenatchee, contact the Wenatchee Valley Sports Council at (509) 663-3723, [sports@wenatcheevalley.org](mailto:sports@wenatcheevalley.org).

## EQUIPMENT RENTAL INFORMATION

Arlberg Sports  
(509) 663-7401

Second Wind Bicycle & Nordic Shop  
(509) 884-0821

## TEAM PUBLICITY

You may mail or email publicity information to the race office regarding your team. Does your team have an interesting story or race strategy? Are you challenging a specific team this year? Is there something unusual or unique about your team? The media is interested in human interest stories. Email: [sheila@r2r.org](mailto:sheila@r2r.org). And, don't forget to email us your race stories after the race!

## ALCOA'S RIDGE TO RIVER SOUVENIR CLOTHING

Souvenir items with the 29<sup>th</sup> Annual Ridge to River logo will be available at the Saturday night registration, and on Race Day near the finish line.

## PHOTOGRAPHER

NCW Digital is proud to be the "The Official Race Photographer" for the 2009 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](http://www.ncwdigital.com). We wish the best of luck to all racers and we will see you all on race day.

## KIWANIS' ANNUAL RIDGE TO RIVER FINGER LICKIN' BARBECUE

The Eastmont Kiwanis Club will again be serving a delicious BBQ dinner at the finish line in Walla Walla Point Park. Bring your team members, family, and friends to the BBQ and celebrate the race.

## CAMPING

Lincoln Rock  
State Park  
(509) 884-8702

Confluence State Park  
(509) 664-6373

## RIDGE TO RIVER AWARDS

The top three finishers in each division are presented an award. Award presentations to be held within 30 minutes after the majority of racers have completed each division. All racers receive a 2009 Ridge to River participant shirt.

## LOST AND FOUND

Before the race, mark all of your equipment with your team number to assist us in returning lost and found items and to avoid accidental equipment swaps at the exchange zones. The Lost and Found Table will be located at the Finish

Zone in Walla Walla Point Park. A \$5.00 donation is requested from racers retrieving their gear from Lost and Found.

## RACE RESULTS

Official results will be available on our website: [www.r2r.org](http://www.r2r.org).

## CONTACT US WITH YOUR REGISTRATION CORRECTIONS...OR TO VOLUNTEER TO HELP WITH THE RACE

If you have corrections to your registration on or before April 1, or if you would like to volunteer to help with the race, contact Ridge to River at (509) 670-7687 or [sheila@r2r.org](mailto:sheila@r2r.org). Please contact us immediately if you wish to change your division. **There will be a \$20.00 fee for division changes after April 13, and division changes will not be accepted after the Saturday night registration, April 18.**

## LOOKING FOR MORE CHALLENGE?

Now under the direction of the Retired Senior Volunteer Program, we offer several events throughout the year, including the Wenatchee Valley Duathlon and Hot August Days. To learn more, visit [www.ncwsportsevents.com](http://www.ncwsportsevents.com). Alcoa's Ridge To River Relay racers receive a discount on entry into both events.

Registration is at a high level again this year, and we are anticipating a great race! Plan to celebrate the 29<sup>th</sup>-Annual Ridge to River with us at the awards ceremony following the completion of each race division in beautiful Walla Walla Point Park. Invite your family and friends to celebrate Alcoa's Ridge to River with us, enjoying good food and an incredible race!

**SEE YOU AT THE  
29<sup>TH</sup> ANNUAL  
ALCOA'S RIDGE TO RIVER RELAY  
AND PLEASE, TRAIN SAFELY...**