

MISSION RIDGE LIFT LINE AND WAVE START SCHEDULE

- Check the time to be in the lift line. Mission Ridge is a 20-30 minute drive from Wenatchee. Your race number is colored. Use that color and the name of your division to find your wave in the chart below.
- The race starts at the top of Mission Ridge at 9:30 a.m. By using the chart below, you can determine the actual start time of your division. Squilchuck Road will close to uphill traffic at 9:30 a.m. All of your team members except the boaters need to be above the Methow/Squilchuck intersection, where the road is closed, before 9:30 a.m.
- At 9:30 a.m., Squilchuck and Mission Ridge Roads will close to uphill traffic. That lane becomes the race course for the runners and bikers. During the race, cars may come down those roads, but cannot enter Squilchuck State Park via the access road. Therefore, it is recommended that each team arrange transportation for the skiers and the runner, and separate transportation for the biker. The skiers can come down together after finishing their leg of the race. The runner can use the biker's car to come down after finishing the run. The biker will need transportation from Monitor to return to the start of the portage in Walla Walla Point Park. Contact the race office to sign up for the Shuttle Bus from the Finish back up to Mission Ridge after the race. Email sheila@r2r.org.
- Eco Boomers will start at 9:30 a.m. at Lincoln Park.

| Mission Ridge Wave # 1 | Mission Ridge Wave # 2 | Mission Ridge Wave # 3 | Lincoln Park Eco Boomers |
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| Lift Line: 7:30 a.m. Start Time: 9:30 a.m. | Lift Line: 7:50 a.m. Start Time: 9:45 a.m. | Lift Line: 8:20 a.m. Start Time: 10:00 a.m. | Start time: CANCELLED |
| <ul style="list-style-type: none"> • IRON RACERS | <ul style="list-style-type: none"> • ALL PRO TEAMS • TANDEM TEAMS • ADVENTURE DUO | <ul style="list-style-type: none"> • ALL REC • ALL COLUMBIA COURSE | <ul style="list-style-type: none"> • ALL ECO BOOMERS |

2009 Adult Race Weekend Schedule

| Saturday, April 18 | |
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| 5:00 to 7:00 p.m. | Pre-Race Registration, Walla Walla Point Park - 1531 Walla Walla Avenue (across from Town Toyota Center) . All teams and iron persons are encouraged to attend. Pick up your pre-race team bag and racer information will be available. (If you registered on line, all races must sign the waiver at pre-race registration to receive race packet) join us at the finish line for music, the beer and wine garden will be open and for a nominal fee Garlini's will be serving up your prerace pasta. |
| 5:30 to 8:00 p.m. | Racers competing in the Wenatchee Course may stage boats at Wenatchee River County Park (Monitor). |
| Sunday, April 19 | |
| 7:00 to 8:00 a.m. | Pre-Race Registration, Walla Walla Point Park Mandatory if you cannot attend the Saturday night registration . Limited registration; try to attend on Saturday night. |
| 7:30 a.m. | First Wave: Iron Racers and board Chair 1 at Mission Ridge |
| 7:50 a.m. | Second Wave: Adventure Duo and Tandem teams and ALL Pro teams board Chair 1 at Mission Ridge |
| 8:20 a.m. | Third Wave: All Columbia Course participants(including Columbia Iron) and All Rec teams board Chair 1 at Mission Ridge |
| 9:30 a.m. | Alcoa's 29 th anniversary of the Ridge To River Relay begins at the top of Mission Ridge and Squilchuck Road closes to uphill auto traffic. Eco Boomers begin at Lincoln Park. |
| 11:00 noon | Eastmont Kiwanis Finger Lickin' Barbecue opens near the finish line, Walla Walla Point Park. |
| Approx. 11:45 p.m. | First teams cross the finish line. |
| Approx. 30 minutes after each division finishes | Awards Ceremonies begin at the finish line! |

