



COCA-COLA JR. RIDGE TO RIVER RELAY

CAPTAIN INFORMATION

WELCOME...

...to the eleventh-annual Junior Ridge to River Relay.

We have received your registration and you will find all the details about the race in this packet.

Important items to note:

- Packet pick-up will be Friday, May 21st from 1:00 to 6:00 pm at Walla Walla Point Park.
- Practice Day will be held Friday, May 21st from 4:00 to 6:00 pm- the evening before the event.
- Wenatchee Row and Paddle Club is offering a special kayak practice on Saturday, May 15 at 1:30 pm in the Walla Walla Park Lagoon. Please be sure to bring a life jacket.
- Don't miss the T-shirt contest day of race sponsored by Wenatchee Valley Follies Guild
- Awards to be presented at the finish of each race category
- NEW events! Solo adult or Family Team race through the junior course immediately following the junior race
- Official Venom "Pre-game Experience" at Walla Walla Point Park from 3-6 pm after the Junior events and just before their game that day.

Course Practice Day, May 21st: We will be set up for you to practice on the evening before the race in Walla Walla Point Park. Bring your team to the park and we will be glad to answer all of your questions. The runner and the biker can try out their legs of the race during Practice Day. The paddler can give the water leg a try (see schedule below). We will bring the boats and paddles to the park. Please bring the practice waiver provided with this document, signed by the paddler's parent/guardian along with a life jacket and towel. Life jackets will not be provided, but must be worn! The obstacle course racers will have a chance to preview the course as well. (The obstacle course may not be fully set up for the Practice Day.)

Packet Pick-Up: This will be held at Walla Walla Point Park. Parents can pick up their team bag between 1:00 - 6:00pm on Friday. We strongly encourage you to check in Friday so that you can make sure you have everything you need and we will have time to answer any questions. If you cannot make the Friday check-in, your team will need to check in at the registration table on race morning in Walla Walla Point Park. Come to the shelter at Walla Walla Point Park and check in according to the following schedule:

Race day Check-in time for is Approx. and start time is subject to change depending on number of participants.

Teams 11-13 (Blue Group) 9:00-9:30 for 10:00 start

Team 9/10 (Yellow Group) 9:30-10:00 for 10:30 start

7-8 (Lavender Group) 10:00-10:30 for 11:00 start

5-6 (Pink Group) 10:30-11:00 for 11:30 start

Iron Racers (Red Group) 11:00-11:30 for 11:50 start

Tandem Teams (Green Group) 11:00-11:30 for 12:10 start

NOTE: We would prefer you check-in on Friday, but if that is not possible, we ask that you check-in only during the assigned times. This will allow registration for other age groups to proceed smoothly and will also allow the start times for each division to remain as scheduled. Also note that while we make every effort to start on time, factors beyond our control may cause some waves to start a bit late. While this may happen, rest assured that we will never start a wave early. Your understanding is appreciated. If you choose to check-in on Friday at Walla Walla Point Park, you are welcome to do so anytime between 1:00-6:00pm.

** You will receive in your packet one (1) timing transponder commonly called "the timing chip" or "ankle bracelet" used to time the race. Please follow the simple instructions included in your bag at packet pick-up. The chip must be worn by the team runner during their leg of the race and as they cross the finish line with their team. This chip needs to cross the timing mat on your ankle at the finish line to provide accurate scoring. Not wearing the chip properly may prevent you from being timed. It is important that you return the ankle bracelet to a volunteer in the corral after you cross the finish line. If you still have your ankle bracelet after the race or were not present at the race please return it to RSVP at 1312 A Maple Street, Wenatchee WA 98801 by May 28, 2010. A **\$95 replacement fee** will be issued to the team captain if you do not return your timing chip.

What to bring: On race day, be sure your paddler brings a life jacket and your biker brings a helmet to the race. Life jackets and helmets will not be provided and your team will not be allowed to race without them. We will give you a team bag at check-in with your timing chip. The chip is to be worn by the team runner during their leg of the race and as they cross the finish line. Without this chip, your team will not receive a time. The time for your team stops when the chip crosses the mat at the finish line. If your runner does not have the chip on as they cross the finish line, the clock will not stop for your team. Corrections cannot be made to your teams time should this occur.

Your Coca-Cola Jr. Ridge to River shirts will be in your team bag, but you can wear your own team shirts on race day, especially if you are entering the **t-shirt contest**. We will give you your race numbers and safety pins in your team bag. **IT IS IMPERATIVE THAT YOU BRING THE BAG, WITH ALL OF ITS CONTENTS, TO RACE DAY. WE WILL NOT HAVE EXTRA SUPPLIES.**

WHAT DO I DO ON RACE DAY?

Gather Your Team Together: Get your team together near the shelter at Walla Walla Point Park. (If you are checking in on race morning, check in at the shelter and we will give you your team bag, but we highly encourage checking in on Friday.) Pin on your race numbers according to the flier in your team bag and go to your start places. Volunteers will show you where to stand and what to do.

T-Shirt Judging: If your team will be participating in the t-shirt contest, this is the perfect time to show us your creative abilities. Our friendly volunteers will have a booth set up next to the registration pavilion and will be waiting to see your shirts!

The Run Leg: The runner will need the timing chip from the team bag to start. Then, runners will go first to the start area next to shelter. The race will start after a countdown. The runner runs around the tennis courts to the lagoon and tags paddler. Then the runner goes to the team station on the south side of the obstacle course to wait for the rest of the team. The run leg will be slightly longer for teams in the ages 9-13 categories.

The Paddle Leg: Wear shoes that can get wet. Bring a towel, and dry shoes if you'd like, for after the paddle. The paddler will start out by waiting for the runner on the north end of the lagoon. Volunteers from the **Wenatchee Row and Paddle Club** will help the paddler into a

kayak. The paddler paddles across the lagoon where volunteers assist them out of the kayak. They will run about 10 yards to the biker who is waiting near the trail. Then, the paddler goes to the team station on the south side of the obstacle course to wait for the rest of the team.

The Bike Leg: The biker starts near the south end of the lagoon. Once the paddler tags the biker, then the biker can start. The bike course heads south on the paved trail. Racers in the 5/6 category will see a big sign directing them to their short cut. Other racers will go straight at that sign and finish by turning right further south, and then circling back to the team stations. The bike leg will be slightly longer for teams in the 11/12/13 category. Then, the paddler biker goes to the team station on the south side of the obstacle course to wait for the rest of the team.

The Obstacle Course: Both obstacle course racers will be going through the obstacle course together. After the biker tags the obstacle racers, they can then enter the course and start racing. The obstacle racers will go together, helping each other through the entire obstacle course. The course will bring them back to the team stations. They will do leapfrog, a wheelbarrow race, a sack race, a tunnel crawl, the hi-lo hurdles, a basketball shoot, the balance beam, a crab walk, a retro run... and there may be some surprises! The crew at **Biosports Physical Therapy** will be on-hand to assist athletes and have created the course to be age appropriate. Volunteers at every obstacle station will show racers what to do. The course will bring the obstacle course racers back to the team stations. Both obstacle racers must touch the team station post.

The Finish: As soon as the obstacle racers have finished, the team members portage the fun noodle to the finish line. The team can go even if everyone is not there yet. There will be a special flag-lined sprint lane for this portage. The team crosses the finish line and turns in their fun noodle and their timing chip to race officials. Team captains that do not return the timing chips on race day will be charged a \$95.00 fee. Medals, entertainment, ice cream, fruit, cookies and drinks are available for all of the racers.

Race photos: [NCW Digital](http://www.ncwdigital.com) is proud to be the "The Official Race Photographer" for the 2010 Coca-Cola 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 Online at: www.ncwdigital.com. We wish the best of luck to all racers and we will see you all on race day.

Awards: Awards to be presented at the finish of each race category! Shortly after the last wave of racers has finished a race category, there will be an awards ceremony at the finish line. Special recognition will be given for the top three finishers in each age category and the Winners of the t-shirt contest will be announced.

PARKING: Parking at Walla Walla Point Park is limited. To help ease congestion, our friends at LINK Transit are offering a FREE shuttle from the Shopko parking lot to the park. This shuttle is free to racers and families, as well as spectators, and will run every 15 to 20 minutes between 9:30-1:00pm. This is a great opportunity to meet your team off-site, ride the shuttle together and arrive directly at the registration booth- without the worry of finding parking! Cars parked in non-designated areas will be towed at the owner's expense. Shuttle riders should park on the North side of the Shopko building near Maple Street. Overflow parking is available in the NORTHEAST corner of the Lowe's Hardware parking lot.

If you have any questions, you can call the RSVP race office at 662-3461 or email us at sheila@r2r.org.

We'll see you at Practice Day on Friday, May 21st
AND
On RACE DAY on Saturday, May 22nd !

Please fill out waiver at the bottom and bring with you if you plan to practice the Paddle Leg

ACCIDENT WAIVER AND RELEASE OF LIABILITY

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, those caused by participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability (AWRL) form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me or my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: THE State of Washington, WSDOR, WSP RSVP, Wenatchee Valley Sports Council, and All Sponsors of Ridge to River, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during this event.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event.

I understand that this event or related activities, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers, and or assigns.

This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document; and, I understand its content.

PARENT GUARDIAN WAIVER FOR MINORS (Under 18 years old)

The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Paddlers Name (please print)	Age	Signature of Parent/guardian	Date