

THE COCA-COLA'S
JUNIOR R2R RELAY
MAY 21, 2011
CAPTAIN INFORMATION

WELCOME...

...To the Eleventh-Annual Junior R2R 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 20th from 1:00 to 6:00 pm at Walla Walla Point Park.
- Practice Day will be held Friday, May 20th from 4:00 to 6:00 pm- the evening before the event.
- Don't miss the T-shirt contest day of race May 21st sponsored by Wenatchee Valley Follies Guild
- Awards to be presented at the finish of each race category
- **NEW Course and Events! The beginning of the Race includes BASKETBALL DRIBBLE, then you tag off to the runner, (Run Course has been modified) Runner tags the Biker who will head South on a revised Cycling Course. THERE WILL BE NO KAYAK LEG in this year's race. Biker will tag the TWO Obstacle Course team mates who will go through the NEW Obstacle Course provided by Trinity Inflatables. www.trinityinflatables.com . After the two team mates have gone through the course, they will tag up with the rest of the team at the Obstacle Course Team Station and then all team members will go through all parts of the Trinity Inflatables Obstacle Course together. Once through the course, the team will sprint to the Finish Line.**

Course Practice Day, May 20th: The course 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 basket ball Dribbler can practice dribbling, please bring your basketball, runner and the biker can try out their legs of the race during Practice Day. Trinity Inflatables will have the entire Obstacle Course set up for you to go through as well.

Packet Pick-Up: This will be held at Walla Walla Point Park. Parents can pick up their team bag between 1:00 - 6:00 pm on Friday, May 20th. 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 packet pick-up, 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 is Approximate and start time is subject to change depending on number of participants.

Iron Racers check in 8:00 - 8:30 for 9:00 Start

Tandem Teams check in 8:30 - 9:00 for 9:30 start

Teams 13-14 check in 9:00-9:30 for 10:00 start

Teams 11-12 check in 9:30-10:00 for 10:30 start

Team 9-10 check in 10:00 - 10:30 for 11:00 start

Teams 7-8 check in 10:30-11:00 for 11:30 start

Teams 5-6 check in 11:00-11:30 for 12:00 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 27, 2011. 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 basket ball Dribbler brings a **basketball** and your biker brings their **bike and a helmet** to the race. (No helmet, then they will not be able to race) Basketballs 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 judging will take place BEFORE your race.

THE START!

The Basketball Dribbler: The race will start after a countdown. The Dribbler will line up at the race Start line. The Dribbler will run to the Handball Court with the basketball, dribble the ball around a course set up, and then run with the ball around the outside of the handball Court to tag the Runner. After this leg the Dribbler goes to the Obstacle Course Team Station and waits for the other team members.

The Run Leg: After being tagged by the Dribbler, the runner runs around the Tennis Courts to the other side of the Playground Area and tags the Bicycler. After this leg the runner goes to the Obstacle Course Team Station and waits with other team members. The run leg will be longer for ages 9-14 categories.

The Bike Leg: The Biker starts just North of the "Playground" area. Once the Runner tags the Biker, 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. All other racers will go straight pass that sign and turn right further South down the bike course, and then circle back to the bike transition area. The bike course from here will be on the grass until the transition area. The Biker will get off of their bike and run to tag the two Obstacle Course team mates. After this leg, the Biker goes to the Obstacle Course Team Station and waits with other team members

The Obstacle Course: Fun and new Obstacle Course is being provided by Trinity Inflatables. The items used for the obstacle course will be the Iceberg Challenge and the Outlaw and the HoopShot Challenge. Check them out at www.trinityinflatables.com. After the two Obstacle Course team mates go through the course, they will tag up with the rest of their team. Then the whole team will go through all parts of the Trinity Inflatables Obstacle Course.

The Finish: As soon as all racers have finished the obstacle course, the whole team will portage, as one group, to the Finish Line. The team cannot go until all team members are at the meet up point. There will be a special flag-lined sprint lane for this portage. The team crosses the finish line and turns 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 is proud to be the “The Official Race Photographer” for the 2011 Coca-Cola Junior Ridge 2 River Relay. They will be capturing a Photo of your team at the Finish Line only and will be mailed to one of the team members that will include a photo for each member. Finish Line photos will also be available Online at www.ncwdigital.com. They will not be taking photographs of the other stages of the race, so you may bring your own camera to capture the various stages.

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. You might want to carpool. Please park in designated areas only. Cars parked in nondesignated areas will be towed at the owner’s expense. Overflow parking is available across the street in the Town Toyota Center parking lot.

If you have any questions, you can call the RSVP race office at 662-3461 or email us at bropp@aol.com.

We’ll see you at Practice Day on Friday, May 20th

AND

On RACE DAY on Saturday, May 21st !

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.

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 and the Parent or Guardian of each racer has signed the entry form