

## **WENATCHEE WORLD'S JR. RIDGE TO RIVER RELAY CAPTAIN INFORMATION**

[Print the Captain Information](#)

### **WELCOME...**

To the ninth-annual Wenatchee World's Junior Ridge To River. We are proud to bring you this event as part of the 28th--annual Ridge To River Relay celebration.

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

PLEASE NOTE: The changes we made for 2007 will stay for 2008! Please read on.

\*\*We have replaced the wristbands with a timing chip. This chip needs to cross the timing mat on your ankle at the finish line. This will provide accurate scoring. The chip is the transfer item and must be worn by the team runner during their leg of the race and as they cross the finish line. The chip needs to be returned at the finish line or a fee of \$75.00 will be issued to the team captain.

We have added a tandem category so that teams of two may now race together.

Practice Day will now be held Friday, April 18- the evening before the event.

Practice Day is Friday, April 18th! We have a special Practice Day set up for you 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. This is also when you can pick up your team bags. The runner and the biker can try out their legs of the race at any time on Practice Day. The paddler can give the water leg a try. We will bring the boats and paddles to the park. A waiver that must be signed by the paddler's parent or guardian is enclosed. Bring the waiver to the park on Practice Day 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 review a video of the course. The course itself will not be fully set up for the Practice Day. Parents are allowed to check-out copies of the video prior to the Practice Day. Call the race office at 662-8799 to reserve your copy. This will be done on a first-come, first-served basis and you will be allowed to review this copy for 3 business days.

Practice Waves for Lagoon Viewing of Obstacle Course  
Ages 11-12, Blue, 4:00PM Ages 5-6, Pink, 4:00PM  
Ages 9-10, Yellow, 4:30PM Ages 11-12, Blue, 4:30PM  
Ages 7-8, Lavender, 5:00PM Ages 9-10, Yellow, 5:00PM  
Ages 5-6, Pink, 5:30PM Ages 7-8, Lavender, 5:30PM  
IRON & TANDEM RACERS may practice at any time.

Packet Pick-Up: This will be held at Walla Walla Point Park during the Practice times. Teams can pick up their team bag between 4-6:00pm. We strongly encourage you to check in during this Friday event so that we will have time to answer all of your questions and you can make sure you have everything you need. If you cannot make the Friday night 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:

Age Group:	Check-in time:	Approx. start time
11-12 (Blue Group)	9:00-9:30	10:00
9-10 (Yellow Group)	9:30-10:00	10:30
7-8 (Lavender Group)	10:00-10:30	11:00
5-6 (Pink Group)	10:30-11:00	11:30
Iron Racers (Red Group)	11:00-11:30	11:50
Tandem Teams (Green Group)	11:00-11:30	12:10

NOTE: 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 4:00-6:00pm.

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 Wenatchee World's 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. IF YOU PICK UP YOUR TEAM BAG ON FRIDAY, 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?

Check Your Team In: 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. 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 the crew at Sylvan Learning Center your creative abilities. Our friends from Sylvan Learning Center 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 on the grass next to the soccer field. The race will start after a countdown. The runner runs around the soccer field to the lagoon and passes the timing chip to the 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 9-10 and 11-12 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 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 category.

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 flaglined 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 \$75.00 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 2008 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 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.

**Awards:** Shortly after the last wave of racers has finished the race, there will be an awards ceremony at the finish line. Special recognition will be given for the top three finishers in each age category. Winners of the t-shirt contest will be announced by the team from Sylvan Learning Center.

**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 race office at 662-8799 or email us at [Jennifer@r2r.org](mailto:Jennifer@r2r.org)

We'll see you at Practice Day on Friday, April 18th  
AND

On RACE DAY on Saturday, April 19!