

January 22, 2009

NEWS RELEASE

Contact: Al Neace, R2R Event Marketing Director
Phone: (509) 670-2808
Email: al@ncwdigital.com

Contact: Sheila Salmon, Race Director
Email: Sheila@r2r.org
Web site: <http://www.r2r.org>
<http://www.ncwsportsevents.com>

FOR IMMEDIATE RELEASE:

The 2009 Alcoa Ridge 2 River Relay will retain the original 6 leg course and hires a new Event Marketing Director, Al Neace of NCW Digital and a new Race Director, Sheila Salmon

WENATCHEE – **Alcoa's Ridge to River Relay, April 19, 2009**, will retain the **Traditional six-leg relay course** involving cross country skiing leg and downhill skiing/snowboarding leg at Mission Ridge, run leg from the base of Mission Ridge to Squilchuck, bike leg from Squilchuck to Monitor Park, kayak/canoe leg from Monitor on the Wenatchee River to the Columbia River and Walla Walla Point Park, and portage with a sprint to the finish line. **The Columbia Course** follows the same ski legs and run leg as the Traditional Course, bike leg from Squilchuck splits off in the Chatham Hill area and turns east toward the Columbia River to an exchange zone at Confluence State park, boat leg will paddle to the lagoon at Walla Walla Point Park and continue the race on the traditional portage/sprint to finish line. This is an opportunity for students, novice and recreational participants to race a modified bike course and water leg that are both shorter and less technically challenging than the Traditional Course. The bike leg is approximately 10 miles and the water leg is 3 miles. **The Eco Boomer Course**, ages 13-17 is a 14-mile challenge - starting at Lincoln Park, the Eco Boomers will run 3 miles around the park, bike the Columbia Course bike leg to Confluence Park, kayak to Walla

Walla Park, and run across the finish line. Sunday, April 19, 2009 is the 29th Anniversary of this Great Event! You can register online now at www.r2r.org.

Al Neace, owner of NCW Digital, Wenatchee, WA, www.ncwdigital.com was awarded the contract for Event Marketing and maintaining www.r2r.org and www.ncwsportsevents.com websites as well as exclusive Official Race Photography for Alcoa's Ridge 2 River Relay, Wenatchee World's Junior Ridge 2 River Relay, Wenatchee Valley Duathlon and Hot August Days events.

Sheila Salmon was named the new Race Director for the Alcoa's Ridge to River Relay, Wenatchee World's Junior Ridge to River Relay as well as the Wenatchee Valley Duathlon and Hot August Days. She has been a member of the Ridge to River advisory board for 9 years, participated in the race, coordinated various aspects of all four races and previously chaired the Junior Ridge to River Relay and the Wenatchee Valley Duathlon races.

The Wenatchee World's Jr. Ridge to River Relay race is for kids ages 5-12. This event will be held in Walla Walla Point Park on Saturday, April 4, 2009, starting at 10:00 A.M. Kids will run, paddle, bike, and navigate an obstacle course, and then team sprint to the finish. Registration is now available online at www.r2r.org.

The Wenatchee Valley Duathlon is a three-leg race consisting of two running legs and one bike leg. The event will be held at Confluence State Park Saturday, March 28, 2009. Register online at www.ncwsportsevents.com.

Hot August Days Tour of the Columbia Basin includes a 50 mile ride, a 100 mile ride, a 120 mile route and for those wanting a more challenging ride, a 150 mile ride. The event will be held Saturday, August 15, 2009. Register online at www.ncwsportsevents.com.

###