

Dear 20 Mile Racer

First let me say welcome aboard. We are very happy to have you participate in the Race for the Rivers 20 Mile Race.

This email contains everything you need to know about your participation in the 20 mile canoe and kayak race. Please read it carefully. If you have any additional questions please let us know. We will be happy to answer them for you.

If you have not yet made your minimum pledge you should do so soon. There are some neat prizes for racers and teams who exceed the minimum. You can also tell all your friends and relatives to log on and pledge their support. *The funds raised last year helped pull 10 tons of trash out of rivers and streams and pay for the proper disposal of 50 tires. In September we will be coordinating the planting of trees. We will also be working with St Charles County to mark 9,000 storm drains over the next few years. Your tax deductible contributions go a long way toward making these things happen.*

It is our goal first and foremost to have a safe and fun race. In that spirit please review all of the rules as posted on the website <http://racefortherivers.org>.

There are two waves launching from Weldon Spring.

- *All K1 classes*
- *Everyone else.*

Registration opens at 8:30.

Everyone Else: Mandatory Safety talk at 9:15. Launch at 9:30.

K1: Mandatory Safety talk at 9:30. Launch at 9:45

Registration will start near the Katy Trail entrance. Check in there first and then when instructed transport your boat to the ramp itself. There is a parking lot for the event just before you go over the levee. There is additional parking at the Katy Trail lot near 94. The lot at Weldon Spring is small. We need you to drop your boat and then move your vehicle as soon as possible. Off-loaded boats should be lined up in the GRASS on the left hand side of the circle. **No vehicles may be parked on the ramp or in the turning circle on the river side of the levy.** Boats provided by Big Muddy Adventures will be checked out on site. Make arrangements directly with Mike Clark.

Shuttle service is available. Seats are limited and the shuttle is unable to transport boats. Register on-line at <https://www.greenwaynetwork.org/get-involved/shuttle-registration.php>

When you arrive please be sure that you have:

- a filled out and signed copy of the waiver for each racer (We are required to have a paper copy even if you signed the electronic waiver.)
- meet the minimum pledge amount *The registration team will be able to accept cash, cards and checks at registration.*
- a filled out emergency contact form for each racer
- an approved PFD for each racer
- a whistle and a glow stick attached to the PFD
- Sufficient water, food and sunscreen for you to complete the race
- Programmed the Race Contact number 419-308-6393 into your cell phone and the phone of your ground crew

The Mandatory Safety meeting will be held at the boat ramp at Weldon Spring

Everyone else: 9:15

K1: 9:30

At this time we will go over the rules and answer any questions you have.

You will be assigned a boat number at registration. This number must be clearly displayed on both sides of your boat. All other numbers must be covered or removed for the duration of the race. Stand Up Paddlers, please use the tented numbers or otherwise ensure that our spotters and timers can see your number from both sides of the river.

In addition, you should please review the Paddler's guide found at River Miles (<http://rivermiles.com/mr340/paddlers-guide/>), the Safety tab at Missouri River Water Trail (<http://www.missouririverwatertrail.org/>) and the Boating Safety on the Lower Missouri River brochure (<http://www.dnr.mo.gov/water-trail/river-safety.pdf>) produced by the Department of Natural Resources. All of these are excellent sources of information about paddling on the Lower Missouri and will help to make your experience at the race a safe one.

For your safety while on the water there will be a support boat equipped with FRS radios for communication with each other. A member of the St Charles Amateur Radio Club will also be on board for instant communication with shore and emergency services. They will have water and basic first aid kits on board. *Please respect these volunteers and limit your stops along the route to emergencies only.*

Support crew volunteers are tightly coordinated to make sure that we have our racers covered. They float patterns and shift observers all along the river course. It is an amazing process.

The canoe and kayak races are real races. *They are not float trips.* Our support crews cannot hang around for a picnic or a swim. **Any team stopping for more than a necessary stop or emergency will be notified by the support boat that they are disqualified and will be withdrawn from the race and no longer under the supervision of the race officials and support boats.**

We thank you all for understanding and we hope you give a thumbs up to the support crews when you see them.

All Fire and Rescue squads along the course of the race have either been notified of the race or have participated in the safety planning. Some of them will also be running training exercises or be on standby alert as you are on the water. You can give them thumbs up if you happen to notice them along the way.

We are in contact with the local barge traffic. We will notify you of any anticipated barge traffic during the safety meeting. There may also be some dredges. You must give these vessels a wide clearance of at least 100 feet on all sides. They cannot stop or change course. You must avoid them.

We have had some reports of added turbulence due to construction underneath the I70 bridge. Stay in the main channel. A safety boat will be stationed there to assist in directing you through that passage. Please follow all instructions they provide. You will be given the most up-to-date information possible during the safety talk.

Visual checkpoints will be manned at several sites along your route. You do not have to stop at these points they are there to monitor your safety and progress. If you have difficulty while on the water you can signal the volunteers at these sights and they will be in instant communication with whatever services you require.

If at any time you need to withdraw from the race you should call the race director at 419-308-6393 as soon as possible so that we do not continue to look for you on the water.

The Missouri River race map is posted on the website. You may review it and plan your race accordingly. You will receive a version at registration. The racefortherivers.org website contains a link to from-the-water views of all checkpoints, visual checkpoints, over looks, forks in the river and landings. You may use those as an additional guide for your planning.

You will know you are approaching the finish line as you pass under the I 70 bridge. Start looking for the parked barges on your left. The finish line and pullout will be just beyond those barges also on the left. You will want to stay toward the left side of the channel once you pass the barges to make it easier to access the pullout locations.

The finish line is a flying finish directly out from the wing dam in Frontier Park just past the anchored barge. (For those of you who competed in the MR340 this is further down stream from Bishop's Landing where that race ended.) There will be a flag on or even with the wing dam to give you a visual cue and an official spotter will sound an audible horn to let you know that you have crossed the line and your time has been recorded. This is a flying finish. Our spotters will be watching from shore and from a stationary support boat. You will also need to call out your race number as you cross the line. If river conditions permit (you will be notified at the safety meeting), you will pull out at

Frontier Park just downriver from the wing dam where the spotter will be located. Race officials will be on hand to assist you from the river at that point. Should conditions not permit, you will go on to Blanchette Landing. From the finish line you will be able to see the Blanchette Landing boat ramp, just downstream and on your left, that is on Olive Street in St Charles. You may take your time to pull out of the water there. There is parking for your ground team and restrooms at Blanchette Landing. You will have a reserved spot on the festival grounds for your craft and equipment. It will be a good opportunity for you to share your experience with each other and with the festival goers.

You do need to be aware that there is a second race that will start at Washington, MO and end up at Frontier Park. It is likely that you will see the participants in the Race for the Rivers at some point during the day.

The Awards Ceremony for the 20 Mile Race will be held at 4:40 pm at the Pavilion in Frontier Park, St Charles. This is South of Blanchette Landing at 850 Riverside Drive. The awards for teams exceeding the minimum pledge amount will be given at this time as well. You are strongly encouraged to come to the Race for the Rivers Festival to be acknowledged at the ceremony and to talk with the people interested in paddle sports. There will be no vehicle access to Frontier Park until 5:30 pm. If you need to load your boat prior to that time, you will need to paddle down to Blanchette Landing and meet your ground crew there.

Hotel information is available on the FAQ page of the website. There is no camping in Frontier Park for this event.

Goody Bags will be distributed at Frontier Park after you come off the River. They include your **meal voucher**, t-shirt and other goodies from our sponsors. This year there will be additional food offerings, beer and activities for your ground crew as they wait for your return to the park. Your raffle ticket for the Poage Chevrolet #whereismysonic drawing will be in your goody bag. Fill it out and take it to the Poage Chevrolet booth. The drawing will be at 5pm.

A word about the boat ramps. Our permits to use the boat ramps require that we allow the general public access at all times. Please work with us to keep the ramps as clear as possible to insure your safety.

Directions to Weldon Spring Boat Ramp

Take Route 94 West from the 40/64 exit. Go about five miles to the MDC Weldon Spring Public Access site. This is identified by a brown MDC sign that simply says Weldon Spring Access. Turn South (left) into the MDC Weldon Spring site. The upper parking lot for the Katy Trail will be to your left. Stay on the main road (smaller roads will branch out to the right and then to the left) until you get to the lower parking lot. Be sure to park in the designated spots. The CWC will start on the river side of the levee. Please

keep your boat in the designated area and keep the boat ramp clear for any casual users who might be on site.

Directions from Weldon Spring, MO to St Charles Frontier Park.

Turn East onto Route 94 and follow it all the way to First Capitol in St Charles. Turn Right onto First Capitol. The park is on Riverside Drive one block past Main Street. You will see the pavilion directly in front of you when you come to the stop at Riverside drive.

Directions from Weldon Spring Boat Ramp, MO to St Charles Blanchette Landing.

Turn East onto Route 94 and follow it all the way to First Capitol in St Charles. Turn Right onto First Capitol. Turn Left onto 5th Street. Turn Right onto Olive Street. Olive Street ends at Blanchette Landing.

If at anytime you have questions, feel free to contact me directly either at this email address or on my cell phone 419.308.6393 or (636) 498-0772.

We look forward to seeing you all and having a fantastic day on the River.

--The Race for the Rivers team