

Dear Race for the Rivers Paddler

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

This email contains everything you need to know about your participation in the Race for the Rivers 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. On September 27, we will be coordinating the planting of 1,600 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> .

Registration will begin at 7:45 am at the Washington, Missouri Boat Ramp at the end of Lafayette Street (Directions below). Parking for the event is in the lot just downriver from the actual boat ramp. When you arrive please be sure that you have:

- waiver (We are required to have a paper copy even if you signed the electronic waiver.)
- met the minimum pledge amount *The registration team will be able to accept cash and checks at registration. They will not be able to take credit card pledges.*
- 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 and food for you to complete the race
- Programmed the Race Contact number 419-308-6393 into your cell phone and the phones of your ground crew.

The Mandatory Safety meeting will be held at the boat ramp at Washington, MO at 8:30 am on Saturday Morning. 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 boats equipped with FRS radios for communication with each other. A member of the St Charles Amatuer 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.

Our support volunteers are tightly coordinated to make sure that we have our racers covered. They float patterns and shift observers all along the river course. The canoe and kayak races are real races. *They are not float trips.* **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 a 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.

There is construction taking place under the 40 bridge. We will update river conditions and safe passage on the R4R twitter feed and FB page. Listen carefully to instructions concerning safe passage at the safety meeting.

Visual checkpoints will be manned at several sites along your route. You do not have to stop at these points they are to monitor your safety and progress. They will read your number in the order you arrive. If you have difficulty while on the water you can signal the volunteers at these sites 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 notify the nearest safety boat and 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 have one mandatory check point. It is at the Weldon Spring boat ramp about half-way along the course. You must pull up close enough to the left side of the river where the radio crew is located for them to read your boat number. As soon as they have your number they will give you an audible and/or visible signal to let you know you may proceed. They will read number in the order you arrive. You do not have to exit the river at this point, but there are restrooms, water and minimal first aid available in addition to the race officials and radio operators for communications purposes.

You will know you are approaching the finish line as you pass under the I 70 bridge. Start looking for the casino and parked barge 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 barge at the casino 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. Look for the red flag on the left hand side of the river. (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 Weldon Spring and end up at Frontier Park. It is likely that you will pass the participants in the Clean Water Challenge.

The Awards Ceremony will be held at 4:40 pm at the Pavilion in Frontier Park, St Charles. This is South of Blanchette Landing on 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. This year there will be additional food offerings, beer and activities for your ground crew as they wait for your return to the park.

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.

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.

Hotel information is available on the FAQ page of the website. There is no camping in Frontier Park for this event. Camping is available at the city of St Peters Lake 370 Park.

Goody Bags will be distributed at the Greenway Network Booth on the Festival grounds, after you come off the River. They include your t-shirt, **meal voucher**, and some cool things from our sponsors. 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.

Directions to the Washington, MO boat ramp.

From Interstate 70 to Warrenton and take Route 47 south. *There is construction on route 47 South of Warrenton. Check local conditions or plan an alternate route.* Once you cross the bridge into Washington you will turn West (right) onto 5th Street toward downtown Washington. Turn (right) North on Lafayette Street and proceed to the river front. You will cross the railroad tracks and go forward to the boat ramp. Parking is in the furthest lot to the right.

From Route 94 to Dutzow and then go South on Route 47. Once you cross the bridge into Washington you will turn West (right) onto 5th Street toward downtown Washington. Turn (right) North on Lafayette Street and proceed to the river front. You will cross the railroad tracks and go forward to the boat ramp. Parking is in the furthest lot to the right.

From Route 100 to Washington then go North on Route 47. Turn West (left) onto 5th Street toward downtown Washington. Turn (right) North on Lafayette Street and proceed to the river front. You will cross the railroad tracks and go forward to the boat ramp. Parking is in the furthest lot to the right.

Directions from Washington, MO to St Charles Frontier Park.

The most direct route is to take route 47 North out of Washington. Turn East onto Route 94 at Dutzow 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. Parking will be available at Blanchette Landing (where you may pull out of the river) and at Bishop's Landing at the upriver end of Frontier Park.

From Interstate 44 turn right on Route 47 north to Washington. Turn left (West) onto 5th Street toward downtown Washington. Turn (right) North on Lafayette Street and proceed to the river front. You will cross the railroad tracks and go forward to the boat ramp. Parking is in the furthest lot to the right.

Directions from Washington, MO to St Charles Blanchette Landing.

The most direct route is to take route 47 North out of Washington. Turn East onto Route 95 at Dutzow 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.

--cmw and the entire Race for the Rivers Team