

Dear 20-Mile Racer,

Welcome aboard! We're happy you're participating in the Race for the Rivers 20-Mile Race.

This letter 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 questions please let us know. We will be happy to answer them!

Minimum Pledge

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 your friends and relatives to log on and pledge their support.

These are just some of the projects the funds support:

- Pulling trash out of rivers and streams (one year we pulled 10 tons of trash out!)
- Paying for the proper disposal of tires (some years we found 50 tires!)
- Planting trees
- Marking storm drains

Your tax-deductible contributions go a long way toward making these things happen.

Start Times

Two waves launch from Weldon Spring:

- All K1 classes: Check-in at 8:30, mandatory safety talk at 9:15, launch at 9:45.
- Everyone else: Check-in at 8:00, mandatory safety talk at 8:45, launch at 9:15.

We will go over the rules and answer questions.

Check-In, Parking, and Boat Drop-Off

Check in at the Katy Trail entrance, 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. You must 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 levee. Boats provided by Big Muddy Adventures will be checked out on-site. Make arrangements directly with Mike Clark.

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.

Shuttle Service

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

What to Bring

When you arrive please be sure you have:

- a completed and signed copy of the waiver for EACH racer
- met the minimum pledge amount. The registration team accepts cash, credit cards, and checks
- a completed 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 as well as the phone number(s) of your ground crew

Safety First

It is our goal first and foremost to have a safe and fun race. In that spirit, please review the following:

Race for the Rivers rules:

<http://www.racefortherivers.org/10/the-race/race-rules.php>

Missouri River Paddle Guide:

<http://www.racefortherivers.org/49/the-race/race-packet/missouri-river-paddle-guide.php>

River Miles Paddler's Guide:

<http://rivermiles.com/mr340/paddlers-guide>

Missouri River Water Trail General Safety Guidelines:

<https://missouririverwatertrail.org/safety/general-safety-guidelines>

These are excellent sources of information about paddling on the Lower Missouri and will help make your experience at the race safe.

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 our racers are 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 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 will also be running training exercises or be on standby alert as you are on the water. Give them a thumbs-up if you happen to notice them!

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.

If you encounter a safety boat, 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 sites and they will be in instant communication with whatever services you require.

If 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 website contains a link to from-the-water views of all checkpoints, visual checkpoints, overlooks, forks in the river and landings. You may use those as an additional guide for your planning.

Finish Line

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 downstream 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 festivalgoers.

A second Race for the Rivers race starts at Washington, MO and ends at Frontier Park. You will likely see the participants at some point during the day.

Awards Ceremony and Festival

The awards ceremony for the 20-Mile Race will be held at 4:40 pm at the pavilion in Frontier Park. 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 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 in the FAQ section 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. Your ground crew can enjoy the food and activities at the festival while you race.

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 ensure your safety.

Directions to Weldon Spring boat ramp:

Take Route 94 West from the 40/64 exit. Go about 5 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. Park only 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 boat ramp 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 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 you have questions, feel free to call at 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