

# Race for the Rivers Race Checklist

## 20-Mile Race

→ Time for all NON K1 Paddlers: 8:00 am check-in, 8:45 am mandatory safety talk, 9:15 am launch

→ Time for all K1 Paddlers: 8:30 am check-in, 9:15 am mandatory safety talk, 9:45 launch

→ Meeting Point: Weldon Spring boat ramp

## 40-Mile Race

→ Time: 7:45 am check-in, 8:30 am mandatory safety talk, 9:00 launch

→ Meeting Point: Washington boat ramp

### Be sure to bring:

- Emergency contact form (download from website in advance)
- Waiver (download from website in advance)
- Personal Flotation Device (PFD)
- Glow stick (attached to PFD)
- Whistle (attached to PFD)
- Sufficient water and food for your journey
- Appropriate sun, bug, and rain protection

If you have not met your minimum pledge, you must pay at the registration table before racing. Cash, credit card, or checks accepted.