



Race Day Info Sheet

Saturday, September 12, 2020

Thank you for participating in the 10th Annual **Great River Race**! You will be one of 30 teams paddling to win – but in the end, ***everybody wins*** as all race proceeds benefit the Canoemobile program, connecting Minnesota youth to the outdoors and addressing the academic achievement gap.

The Great River Race is a 6-mile canoe race from Hidden Falls Regional Park, around Pike Island, and back to Hidden Falls. *Please note the route may change based on river levels and weather.*

This is a **staggered start race** – the type often used in competitive rowing regattas held on rivers. Boats will cross the starting line in flights of 4-6 boats. *It doesn't matter what number you are in the launch sequence; your official time begins when your bow crosses the starting line.* You never know who is winning in a staggered start race until the end when all split times are calculated. Your goal in a staggered start race is to work together to move your boat quickly, safely, and efficiently towards the finish line – and to safely pass as many boats as possible along the way.

You will be racing in a 24' Voyageur canoe, led by an experienced Wilderness Inquiry boat captain in the stern. Paddles and life jackets will be provided for all racers. Each canoe will carry a dry bag for small personal items. *Note that all on-the-water times presented here are estimated.* A strong tail wind could make the race go faster; a strong head wind could slow us down.

In case of emergency: If your family needs to reach you while you're on the water, they should contact Nell Holden (612-202-4510). She will be on-site and in radio contact with the race all day.

Race Detailed Itinerary

- 8:15-8:45am **ARRIVE at the North Gate of Hidden Falls Regional Park**, which is located near the intersection of South Mississippi River Blvd. and Magoffin Ave. in Saint Paul (1313 Hidden Falls Dr., Saint Paul, MN 55116). Teams are strongly encouraged to carpool, bike or use public transit, as parking is very limited. If you choose to drive, race volunteers will direct you to parking. For a spot in the park, please arrive early. Overflow street parking will be available in the adjacent neighborhood. Upon arrival, check in and meet your team. Restrooms, coffee, and snacks will be provided.
- 9:00am **Brief program and RACE OVERVIEW**, with an explanation of race route.
* During the program, your team will be given a bow number. When your team is called, your team captain should go to the stage to get your canoe's stern flag.
- 9:30am **Team Huddles**: Gather with your team at an assigned equipment tarp. Select paddles and life jackets. Your Wilderness Inquiry Leader (Sterner) will provide a quick paddle demo and safety talk. Your team can discuss race strategy before final preparation.
- 9:45am First Flight of canoes moves to the **canoe launch** area. We will launch flights of 4-6 canoes at a time, at the direction of the course master.
- 10:00am Paddles in the water. **RACE BEGINS!**
- 11:30am **First boats finish**. We estimate that canoes will cross the Finish Line at Hidden Falls between 11am and 12pm.
* *After landing, your Wilderness Inquiry boat captain will guide you in carrying gear and the canoe to a staging location.*
- 12:00pm **PICNIC LUNCH / AWARDS CEREMONY**
Join your fellow racers for the post-race celebration, with lunch and live music. Once everyone has their lunch, trophies will be awarded for first, second and third place. A Team Spirit award will also be presented. Be sure to grab your Great River Race t-shirt at the lunch tent!
- 1:00pm Great River Race concludes.
- 1:00pm – ?? **Great River Race After-Party**: Join with your team and others at BlackStack Brewing (755 Prior Ave. N., Saint Paul, MN 55104) for a post-race pint and toast! Mention that you are with Wilderness Inquiry and receive a dollar off each beer purchased.

Personal Packing List for the Great River Race

To ensure safety and comfort on race day, we recommend that you wear/bring the following clothing and gear:

Clothing, Outerwear, and Gear

- T-shirt, ideally in a quick-dry fabric such as polypropylene or nylon
 - * We encourage teams to coordinate colors and to show your team spirit! Costumes are welcome too. Judges will be watching and selecting a team to receive the Spirit Award.*
- Shorts or zip-off pants, ideally in a quick-dry fabric such as poly-propylene or nylon
- Jacket or sweater
- Shoes that you can get a little wet and dirty. You may want to also wear wool socks (Smartwool works great), to keep your feet toasty even if they get wet.
- Rain jacket or poncho
- Baseball cap or other brimmed hat to protect you from sun and rain
- Water bottle

Optional Items

- Sunscreen / lip balm
- Sunglasses
- Camera
- Small daypack for personal items

** Paddles and life jackets will be provided for all racers. You can bring your own life jacket if you prefer, but you must use a Wilderness Inquiry paddle during the race.*

** Each boat will have one dry bag for personal items. It is recommended, however, that you protect cameras, wallets, phones, etc., by storing them in Ziploc plastic bags.*