

Welcome to Junior Gap2Gap 2020



We have received your registration and assigned you a team number. Please note the number at the top of this letter as it will make the packet pickup more efficient. Only individual competitors and team captains will receive this letter, but all participants and parents should read the information enclosed. This valuable information contributes to making race day a great experience for you.

Remember the best team race wear and best team name contest! This year, we will be judging your team names and race wear just before the awards ceremony, so please be lined up with your team near the stage.

Kayak Practice – 2 practice (Note dates have changed)

- **Wednesday May 27th and Thursday May 28th (packet pickup)** from approximately 5:30 pm to 6:30 pm. There will be volunteers on hand to assist the kayaker from each team to practice their skills on Reflection Pond in Sarg Hubbard Park. (Parents welcome to help)
- **Please inform the kayaker on your team of these times.**
- The boats (Ocean Kayak Yak Boards) and paddles will be furnished, but each racer must provide their own PFD (life jacket) and helmet.

Packet Pickup

- **Packet pickup will be Thursday, May 28th from 2:00 pm - 6:00 pm in Sarg Hubbard Park at the Greenway Office, 111 S. 18th Street.**
- Last-minute packet pickup will be from 7:00 am - 7:45 am on Saturday, May 30th at the Information Booth in Sarg Hubbard Park. ***Please use this time only if absolutely necessary.***
- Anyone from your team may pick up and sign for the packet, which will contain bib numbers, pins, pinning instructions, and other pertinent information as well as your event T-shirt(s).

Sarg Hubbard Park (Race start and finish)

- From the south, take exit 33 (Yakima Avenue/Terrace Heights) off I-82. Take the right fork on the exit, and turn right (east) towards Terrace Heights. Turn right onto 18th Street (the second right) at the Yakima Greenway Foundation sign. Follow 18th Street to the right. Sarg Hubbard Park is just ahead on your left.
- From the north, take exit 33b (Yakima Avenue/Terrace Heights) off I-82. Turn left (east) towards Terrace Heights. Turn right onto 18th Street (the second right) at the Yakima Greenway Foundation sign. Follow 18th Street to the right. Sarg Hubbard Park is just ahead on your left.

Parking

- 18th Street will be closed in front of Sarg Hubbard Park for the race. Turn onto 17th Street at the traffic light between the Bob Hall Auto Lots then turn left for race parking.
- For everyone's safety, please follow the directions of our parking volunteers.

Lost & Found

- Lost & Found will be at the Information Booth in Sarg Hubbard Park.
- Please label all of your equipment. The Yakima Greenway Foundation will not be responsible for lost equipment.
- If you are missing anything after race day, please call the Yakima Greenway Foundation office at 509-453-8280.

Aid Stations

- There will be aid stations with water along the run and bike paths and at the finish line.

First Aid

- There will be an ambulance and Advanced Life Systems medical staff in Sarg Hubbard Park. Ask for help from one of our volunteers if you need it!

Estimated Race Start Times

8:10 am	13-14 years-old, BLACK bib numbers 1100-1599
8:20 am & 8:30 am	11-12 years-old, RED bib numbers 2100-2599
8:40 am, 8:50 am, & 9:00 am	9-10 years-old, RED bib numbers 3100-3599
9:10 am	7-8 years-old, BLUE bib numbers 4100-4599

The starting times are subject to change depending on the number of participants.

Schedule

Thursday, May 21st

3pm T-shirt deadline

Thursday, May 28th

3:00 pm

REGISTRATION CLOSES (No exceptions)

2:00 pm - 6:00 pm

Packet pickup in Sarg Hubbard Park at the Greenway Office

Saturday, May 30th

7:00 am - 7:45 am

Last minute packet pickup

7:45 am

Mandatory pre-race meeting at stage in Sarg Hubbard Park

8:10 am

Race begins

10:30 am (Estimated)

Race wear & team name contests

10:45 am (Estimated)

Awards ceremony

***Mandatory pre-race meeting** – any changes to the day's schedule or courses will be announced at this time. A responsible person from each team **MUST** attend so they can pass this information onto other team members.

Bib Number & Race Packet Information

Your race packet should include:

5 numbered bibs (1100-4599) **ONE** on the **FRONT** of **EACH** team member. The kayaker should attach the bib to the **FRONT** of their PFD (life jacket)

1 bike frame number Attach in the "V" of your bike frame with twist ties

1 wrist band Must be transferred to each team member at exchange points

1 racer tag Attach to wrist band (this is pulled off at finish line)

Safety pins

13-14 year olds: **BLACK** bibs with numbers 1100-1599

11-12 year olds: **RED** bibs with numbers 2100-2599

9-10 year olds: **RED** bibs with numbers 3100-3599

7-8 year olds: **BLUE** bibs with numbers 4100-4599

*Iron/Solo racers will have the appropriate colored bib for their age group.

Kayak: Ages 9-14 will complete ONE lap around the buoys of the pond.

Ages 7-8 will not complete the kayak portion of the race.

For the safety of all participants: parents and spectators MUST stay off the course

- All racers should stay on the course at all times. If a racer must leave the course for any reason, they must re-enter the course from the place they had left the course.
- The team member and equipment that start a leg must finish that leg.
- The race committee reserves the right to **DISQUALIFY** any entrant who does not abide by the race rules, interferes with other competitors, displays unsportsmanlike conduct, intentionally covers the race number, or has help from someone other than those designated with a support bib.
- Any assistance by anyone other than a race official will be grounds for immediate disqualification. Monitors will be present on the course to provide any needed assistance.

- **STAMPS:** The runner will be given a **stamp on their racer tag** (attached to the wristband) at the start line prior to the runner starting the race. The runner and biker will be given a **stamp on their racer tag** at their designated turnaround (color-coded to match their bib color). Wristbands will be passed to the next team member at each exchange and each team member must wear the wristband through each leg of the race. The wristband must be turned in to race officials at the finish line. **Failure to get ALL stamps ON THE RACER TAG will result in disqualification even if the needed stamp is on the hand of the team member.**
- **Support: Only SOLO competitors** are allowed **ONE (1)** support person to help with equipment changes during the race. An "S" (Support) bib will be provided in your packet for this purpose. **Please verify that the support bib is in your packet before leaving packet pick-up.** Only persons wearing numbers (racers) and "S" bibs (support members) are allowed in the exchange areas. If you have a child who is not a solo racer, but will be completing back-to-back legs of the race, you must notify race officials at packet pick-up so you can be given an "S" bib if you wish to help your child with their equipment during the race.

Run Leg

- ❖ The starting line will be at the entrance to Sarg Hubbard Park.
- ❖ No pacers or escorts **(that means no adults or non-participants on the course).**
- ❖ 7-8 year olds will run to the turn-around point just past the Terrace Heights Bridge for a 3/4-mile run.
- ❖ 9-12 year olds will run to the turn-around point north of the Oxford Inn for a 1-mile run.
- ❖ 13-14 year olds will run to the turn-around point north of the railroad trestle for a 3-mile run.
- ❖ The runner will hand off the wristband to the biker at the exchange near the Greenway office at Sarg Hubbard Park.

Bike Leg

- ❖ ANSI-approved helmets are required and must be buckled at all times.
- ❖ Non-functioning bikes must either be repaired by the participant or pushed in.
- ❖ 7-8 year olds will turn around at the end of the levy (before it drops down into Sherman Park)
- ❖ 9-12 year olds will turn around just before entering the Humane Society parking lot.
- ❖ 13-14 year olds will go to the turnaround near the south end of the Jewett Pathway (under the Hwy 24 bridge and almost all the way to the southern end of the pathway in Union Gap near the mall).
- ❖ The biker will hand off the wristband to the steeple chase participant at the exchange southeast of the playground/upper parking lot of Sarg Hubbard Park.

Field Dash

- ❖ This is a run with a few Hoppity Hop obstacles to cross, bales of hay, hirrdles. No cleated or spiked shoes allowed.
- ❖ 7-8 year olds will run past the Sarg Hubbard sign along the path on the west side of the park heading south and hand off the wristband to their obstacle course leg teammate right next to the exercise station. There will be a sign that says 'Steeple Chase to Obstacle Course Exchange'.
- ❖ 9-14 year olds will run around the pond to the north side of the bleachers to hand off the wristband to the kayak teammate.

Water Leg (Age 9-14 only)

- ❖ The race will supply all boats (Ocean Kayak Yak Boards) and paddles to racers.
- ❖ Kayakers will get wet.
- ❖ The course will be determined on race day by weather/wind conditions.
- ❖ Life jackets (PFDs) and helmets are required and must remain on until after the exchange. Bike or skating helmets are acceptable.
- ❖ Numbers must be attached to the outside **FRONT** of the PFD.
- ❖ 9-14 year old will circle the pond **ONCE** by staying on the outside of the ring of buoys, exit the water by being pulled back on the dock.
- ❖ The kayaker will exit the dock and hand off the wristband to the obstacle course racer who is waiting in the exchange area (same area as Steeple→Kayak exchange).

Obstacle Course

- ❖ No cleated or spiked shoes allowed.
- ❖ Runners **will** get wet as they slide down the giant water slide near the finish line.
- ❖ Participants must follow the designated course through all obstacles.
- ❖ Monitors will judge the successful completion of each obstacle.
- ❖ If racers get off course or miss an obstacle, they must go back to that spot and begin again.
- ❖ The obstacle course for the 7-8 year-olds will begin near the exercise station and run south towards the pond. The actual obstacles will be arranged on the flat ground above the bleacher by the pond.
- ❖ The obstacle course for the 9-14 year-olds will begin on the south end of the bleachers by the pond and run up the hill heading east into the obstacles.
- ❖ The obstacle course will end at the race finish line near the tent in Sarg Hubbard Park.

Finish Line

To help get better and faster results like last year, the finish line will put the finisher through a narrow chute where the bib numbers will be recorded. There is to be **NO** team member crossing the finish line except the obstacle course racer with the wristband. **If the racer leaves the chute prior to having their bib number recorded, attempts to cut in line, or more than one team member crosses the finish line, you will be DISQUALIFIED, even if you finished first!**

Take care of yourself while racing and after the event. Make sure to drink plenty of water, especially if it's hot. ***Remember to have fun and be safe!***

All proceeds from the Gap-2-Gap Relay races benefit the Yakima Greenway. The Yakima Greenway Foundation is a privately funded organization committed to conserving, enhancing, and maintaining the Yakima Greenway as a continuing living resource for future generations. Without support of tax dollars, it maintains 20 miles of paved pathway, three parks, fishing lakes, and river access landings plus protected and natural areas along the Yakima and Naches Rivers. Facilities are free and open to the public year round.

Thank you for helping us 'Maintain the Legacy'!