

Greetings YRQ racers and happy 2022!

This is the first of a monthly newsletter that will be sent to you with information and updates for the race. All newsletters will be posted on our website under News, on our FB page and in the Racer Forum. In order to ensure that all registrants are receiving these messages, please CONFIRM receipt of this email by answering the questions listed further down.

Spotlight:

Meet the Race Director!

Mia Lee has raced the Yukon River Quest multiple times in addition to volunteering when not racing. You would often see her welcoming tired paddlers into Carmacks and Dawson. A resident of the Yukon for over 25 years, Mia enjoys cross-country skiing, dinner parties with friends, going on remote canoe trips, sitting in front of her wood stove with a latte, and walking dogs. She has a background in recreation and teaching and has organized many events over the years, including the Kluane Chilkat International Bike Relay (although not fully, as her first year was the year that COVID decided to rear its head). Mia is excited to meet all of you in June 2022.



Updates and information:

Making payment:

Due to the current Omicron situation, the board of directors has decided to wait until March 1 to request payment. This gives you an opportunity to withdraw if necessary, without penalty.

On March 1 we begin accepting racers fees (at least 50% must be paid to secure your spot in the race). Full payment is due March 21. Please refer to the Refund Schedule in Section 7 of the Race Rules on our website for further details.

Boat rental fees are also due by March 21 (beginning March 1), less the deposit you have already paid.

Pre-Race Briefing: Before making payment, all racers **are required** to watch the Pre-Race Briefing slideshow. We are working on final edits now, so it will be available in February for viewing. Check the YRQ website under Rules and Preparation / Racer Briefings.

If you haven't booked your **travel and accommodation**, do it now. There's some helpful information on our [FAQ page](#).

Accommodation: If you have not been able to secure a room in Dawson City, keep trying. Tour operators block book rooms a year in advance and typically, several rooms open up in spring.

Travel: Air North, our local airline offers a 10% discount on flights. To access the promo code, go [here](#)
[Driving Force Whitehorse](#) offers a 10% discount on car rentals. Indicate that you are with the Yukon River Quest.

Buying maps: If you are having a hard time finding Mike Rourke's Yukon River maps, try our local book store, [Mac's Fireweed](#).

What this event is all about – A racer's perspective: If you are new to the race, Chris Parker has a great video of the 2019 YRQ from his perspective as a SUP racer. Actually, this is a great video for anyone to watch as it gives a well rounded view of the race from challenges with weather, to the beauty of the river, to comradery, to fatigue, hallucinations.....and much more. [Check it out!](#)

Carmacks Checkpoints: Which team goes to which checkpoint in Carmacks? Stay tuned...we'll provide info in the February newsletter.

Assessing Risks: The Board learned a lot last year from the COVID and flooding situation. We've been working hard on risk management this year and have contracted a wilderness risk management expert to assist us. As part of the plan, we are implementing a traffic light system based on our current assessment of the various risks to the race that we will report on each month. We look at a number of factors on a continual basis to come up with a 'green' (race is going ahead), 'yellow' (some issues may affect the race) or 'red' (serious stuff is happening: stay tuned) assessment.

Based on our current assessments, we are GREEN for the 2022 YRQ.

What we need from you:

Please reply to this email with the following information:

You are being asked to give us a prediction of your race time. "Why?", you might be wondering.

As those of you who have previously raced know, we have a bit of a space crunch at the start line,

especially when water levels are up. And you can paddle for hours and hours and hours once you are off the lake and never see another boat.

To deal with these issues, we are splitting the fleet at the start line. Please note that there is NO ADVANTAGE OR PENALTY to your race time in starting earlier or later, based on several race simulations we have run. By starting those racers with longer times first, we can create more of a 'pack' of boats going down the river, which increases the likelihood of having another team nearby should you need or want them. This also reduces the length of time we need volunteers at checkpoints.

Estimated finish time – please highlight or bold the category that applies to you:

- a) Under 56 hours - faster paddlers, depending on the category
- b) Over 56 hours - slower paddlers

These times do not include the mandatory layover time.

If you are new to the race, here is a guide to help you estimate your finish time. These are estimated flat water paddle speeds (how far you've travelled in one hour), assuming you stay in the current and are healthy throughout. (Thanks to Margo Millette for developing this)

6 km/hr = Approx 61 hours

7 km/hr = Approx 55 hours 45 min

8 km/hr = Approx 51 hours 30 min

8.5 km/hr = Approx 49 hours 15 min

9 km/hr = Approx 47 hours 45 min

Also, please let us know what your goal is:

- a) Competitive
- b) Aiming to be competitive or,
- c) Non-competitive.

Once you have made full payment and are committed to the race, we will need the following from each racer (but please feel free to do this sooner if you like!):

Complete bios

Name, email, phone #, country, gender, age (optional)

Shirt size

Complete waivers

Sleep strategy for Carmacks and Minto – you must rest a total of 10 hours

Tracking device ([link here](#))

Secure your boat rental (if applicable)

Thanks everyone. Happy training!

Mia and the Yukon River Marathon Paddling Association team