

 DITTO DASH
RACE DAY GUIDE
 RUN THE TRAIL. PADDLE THE RIVER.
DITTO LANDING • HUNTSVILLE, ALABAMA



 **FRIDAY, SEPTEMBER 18**

 **PACKET PICKUP**

FLEET FEET | 1:00–6:00 PM

2722 Carl T Jones Dr SE, Unit 2B

Huntsville, AL 35802

Pick up your race packet on Friday.

 **NO DAY-OF-RACE REGISTRATION**

Registration will **NOT** be available on race day.

 **SATURDAY, SEPTEMBER 19**

RACE DAY SCHEDULE

TIME	ACTIVITY	LOCATION
6:00–7:15 AM	 Kayak Drop-Off	East Harbor
6:00–7:30 AM	 Check-In & Insurance Waiver Turn-In	Large Pavilion at Ditto Landing
6:45 AM	 Safety Briefing #1	Large Pavilion
7:15 AM	 Safety Briefing #2	Large Pavilion
7:45 AM	 FINAL Safety Briefing	Large Pavilion
8:00 AM	 ALL KAYAKERS IN THE WATER	Kayak Launch — 4 Start Waves
12:00 PM	 AWARD PRESENTATION	Large Pavilion at Ditto Landing

 **BRINGING YOUR OWN KAYAK?**

DROP YOUR KAYAK AT EAST HARBOR BEFORE CHECKING IN AT DITTO LANDING.

Kayak Drop-Off: 6:00–7:15 AM

After dropping off your kayak, proceed to the **Large Pavilion at Ditto Landing** for check-in and waiver turn-in.

 **SHUTTLE**

A shuttle will transport participants **from their vehicle to the kayak launch.**

 **WRISTBAND REQUIRED**

When you check in and turn in your **insurance waiver**, you will receive a **Ditto Dash wristband**.

 **NO WRISTBAND = NO WATER ENTRY**

Participants **MUST be wearing their wristband** to enter the water and participate in the paddle portion of the race.

Put it on when you receive it — and KEEP IT ON!

 RACE DAY LOCATIONS

 EAST HARBOR

Kayak Drop-Off

6:00–7:15 AM

 LARGE PAVILION AT DITTO LANDING

Check-In & Waiver Turn-In

6:00–7:30 AM

 LARGE PAVILION AT DITTO LANDING

Award Presentation

12:00 PM

 THE DITTO DASH

PADDLE → TRANSITION → RUN

Approximately 5-MILE PADDLE

Around beautiful **Hobbs Island**

THEN

5K RUN

Through Ditto Landing along the

Tennessee River Greenway

RACE SOLO OR AS A TWO-PERSON RELAY

Ages 18–100

 WATER SAFETY — REQUIRED

EVERYONE ON THE WATER MUST WEAR A CORRECTLY FITTING PFD.

This requirement applies to:

Participants • Safety Personnel • Volunteers • All Other Individuals on the Water

 NO PFD = NO WATER ACCESS

Please have your PFD properly fitted and ready **before entering the water.**

 SAFETY BRIEFINGS

All participants must attend a safety briefing before getting on the water.

6:45 AM • 7:15 AM • 7:45 AM

 7:45 AM IS THE FINAL SAFETY BRIEFING.

 RAIN OR SHINE

THE DITTO DASH HAPPENS RAIN OR SHINE!

Please **prepare for weather conditions** and dress appropriately for race day.

Stay hydrated and come prepared for the day's conditions.



MEDICAL ASSISTANCE

HEMSI WILL BE ON-SITE

If you need medical assistance during the event, HEMSI personnel will be available on-site to assist.



RACE DAY CHECKLIST

- ☐ Kayak & paddle
 - ☐ **Correctly fitting PFD**
 - ☐ Required safety equipment
 - ☐ Running shoes & race gear
 - ☐ Hydration
 - ☐ Weather-appropriate clothing
 - ☐ Check in & turn in insurance waiver
 - ☐ **GET YOUR WRISTBAND**
 - ☐ **WEAR YOUR WRISTBAND TO THE WATER**
 - ☐ Attend a safety briefing
 - ☐ Know your start wave
 - ☐ **HAVE FUN!**
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MORE THAN A RACE

The Ditto Dash celebrates the connections between **waterways, trails, and communities** that make the Tennessee Valley a premier outdoor recreation destination.

Proceeds support the missions of:

Tennessee RiverLine • Singing River Trail • Ditto Landing



PADDLE THE RIVER.



RUN THE TRAIL.



EXPERIENCE THE DITTO DASH.

RAIN OR SHINE — WE'LL SEE YOU AT DITTO LANDING!

