

OFFICIAL RACE GUIDE
U.S. BANK ELKHORN RELAY



ITEMS IN THIS RACE GUIDE ARE SUBJECT TO CHANGE.
Registered Teams will be notified of all changes.

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INTRODUCTION

This Guide contains important team information for the Elkhorn Relay. Team captains are responsible to be familiar with everything in this captain's packet. As team captain it is your responsibility to educate all team members on significant information and expected conduct. It is recommended that all runners are given the opportunity to read through the Race Guide.

All information in this document is subject to change.

Race Information

Race Name: Elkhorn Relay

Race director: Clayton Collins info@doomsdayracing.com

Online registration: www.ultrasignup.com

IMPORTANT DATES & INFORMATION

	DATE	PRICE
Early registration:	10/1/2016 – 12/31/2016	\$950
Standard registration:	1/1/2017 – 7/11/2017	\$1150
Substitutions:	Before 8/4/2016	

Change Team Name: Before 8/4/2016

RACE DAY! August 11-12th, 2017

OFFICIAL NIGHT RUNNING HOURS: 8:00PM – 6:00AM

All night running safety equipment, as outlined in the safety document, will be worn during these hours

BEFORE THE RACE

1. GETTING STARTED

1.A) To Do List

- o Start recruiting a 12 or 6 person team
- o Register and pay for the team online at www.ultrasignup.com *before* the deadline.
- o Register all team members online at www.ultrasignup.com *before* deadline.

1.B) Organizing a Team

There are three types of teams to choose from, a Regular Team (12 people running 3 legs each) and an Ultra Team (6 people running 6 legs each) and Walking Teams (4 people walking 4 legs each on modified course). All team, Ultra, Standard, and walking, will be classified as mixed teams regardless of composition and will compete in the same division.

Here are some tips that will make organizing a team easy

o If you don't know 12 runners, don't worry. You probably know 3 or 4 and they probably know 3 or 4. Teams made up this way (with friends of friends) are often the most fun. By the end of the race you'll have 11 great friends!

o **Split the duties.** Find someone that is a good leader and excited about the event. Put this person in charge of filling one of the vans. Now both of you just need to find 5 runners instead of 11.

o If you do not have 12 runners or do not want 12 runners, no problem. You can have **any number of runners** between 4 and 12 (see section 8). Any team with less than 4 runners needs to contact the race director about procedures and rules for the race.

o **Set a date** by which you want to send in registration and begin collecting entry fees from members of the team. Runners will feel more committed once they fill out an entry form and give you money. Many teams commit friends, but since the friends never pay or fill anything out, they don't feel committed. When it comes time to sign up they haven't trained and they back out.

o Once you have a few firm commitments register the team. Again, this will make the team feel more committed. You shouldn't have a hard time finding the rest of your runners. If worse comes to worse, there are always last minute runners looking for teams through our team finders (see 1.C).

1.C) Getting Ready

Once a team has been organized, we recommend the team meet several times prior to the event to work out logistics. It may be helpful to discuss the following things:

- o **Communication** between vehicles. Some segments of the race have limited cell phone coverage. Make a list of all cell phone numbers and be sure that cell phone batteries are fully charged. Some providers will get better service than others so try to have a variety of carriers. We also recommend the use of two-way radios.
- o What to do if runners get to an exchange and the next runner isn't there.
- o What to do if a runner and/or vehicle gets lost.
- o Where to get gas.
- o Where to eat. What types of food and drink to bring along.
- o What types of clothing and equipment everyone should bring. Weather is uncertain; be prepared for hot and cold weather extremes as well as rainy weather.
- o Resting for the off Van.
- o What to do in the event of an emergency.
- o Running at night.

1.D) Starting times

Starting times are based on accurate pace predictions, so it is critical for a successful event that each runner has an accurate 10K pace in their profile. These predictions are critical to a successful event and will allow us to place teams in starting slots that create the least amount of congestion on the course and have the team finishing at similar times.

To assign start times, we take each team members submitted 10k paces and get a team average. Then we calculate the teams projected finish time and attempt to start teams in an order that allows everyone to finish at approximately the same time. It is extremely important that the pace submitted for each team is accurate. If individuals have not participated in a competitive 10k recently, we strongly encourage them to run one before submitting a team pace. Alternatively, consider getting together as a team for training run at a competitive 10k pace.

PLEASE NOTE: Your team needs to have an average of at least an **11 minute mile pace**. If you have concerns about this for your team, please make sure and contact the Race Director.

1.E) Training

Good training will help make this an enjoyable race as well as help prevent injury. Below are a few recommended training guides and some helpful information. As with all training programs, please consult a physician first.

<http://www.teamoregon.com/publication/online/relays.html>

<http://www.rltreays.com/ffr-runner-training-for-a-relay>

2. REGISTRATION

2.A) Team Registration

Registration is available online and should be completed by the Team Captain. Simply click the

“Register” link on the Registration webpage and follow the instructions.

<https://ultrasignup.com/register.aspx?did=29979>

2.B) Team Name

When selecting a team name, please remember that this race is a family friendly event. Teams will travel through communities, near homes and schools. Teams are also encouraged to bring their families, friends, and support crew to the finish line. Please think about how children might respond to your team name when the announcer calls it over the loudspeaker. We need your help in showing respect to everyone at the event and the communities who graciously host us. If we feel your Team name is inappropriate you will receive an email from the Race Director asking you to select another name.

2.C) Individual Team Member Registration

Once the team has been registered and paid for online the team captain has until the registration closes to register each individual team member online (see registration deadlines on page 6 for more info).

2.D) Signing Online Waiver

All team members *must* sign a waiver in order to participate. You must first be associated with a team to sign the waiver. You should receive the waiver in conjunction with the team invite sent to you by your team captain. When accepting the invite, you will also have the opportunity to sign the waiver.

2.E) Participant Age Restrictions

Any participant under the age of 18 must have a parent or legal guardian sign a waiver. Any vehicle with one or more participant(s) under the age of 18 must also have at least 1 adult (25 or older). The individual over 25 doesn't have to be a runner but can be. Those under 12 years of age are prohibited. Doomsday Racing will consider formal requests for extraordinary circumstances through the Race Director.

2.F) Substitutions/Additions

If team members need to be changed (substituted or added) it must be done prior to close of registration, (see registration deadlines for exact dates). Substitutions/additions can be made at the start line but the runner must be present to sign the waiver.

2.G) Refund & Transfer Policy

Refund Policy: All registration fees are non-refundable.

Transfer Policy: Teams may transfer their registration to the following year's event. Teams may only transfer a registration once. When a transfer is made, the original price paid will be applied to the the following years event but the original registration price is not guaranteed unless registration was part of a Doomsday Racing promotional.

3. TEAM CHECK-IN

All race support vehicles (see 7A for additional info on support vehicles) must check in at the Start Line at least one hour before their official start time. Van 2 (if your team is using two vans) must check in at Exchange 6 at least one half hour prior to starting their legs. When checking in, each van must

present the following items:

- 1) 2 first aid kits (1 for each vehicle)
- 2) Glass chalk to write "CAUTION RUNNER ON ROAD" on team vehicles
- 3) At least 4 reflective vests (2 per vehicle)
- 4) At least 4 headlamps (2 per vehicle)
- 5) At least 4 red blinking LED lights (2 per vehicle)
- 6) Extra batteries
- 7) 2016 Elkhorn Relay Participant Waiver signed by all runners, drivers, pacers and volunteers
- 8) 2016 Elkhorn Relay Team Roster Form

*Ultra teams need to check in at the start enough equipment for 1 van.

*All van drivers must have a reflective vest for night time hours.

Teams will not be allowed to start until they show these items.

Every person outside the support vehicle will be required to wear a reflective vest during the nighttime hours.

Upon check-in at the start line, Van 1 and 2 will receive, crossing flags and a slap bracelet (used as a baton). (See section 14.F for info on safety training.)

TEAM TYPE

4. REGULAR RUNNING AND WALKING TEAMS

4.A) 12 Runners

Regular teams are made up of twelve runners. Each member of the team will complete three legs of the relay. Runners must run only one leg every set of twelve legs. Example 1, 13, 25.

4.B) Walking

Walking teams are made up of 4-6 Members. The team is required to set an order in which the participants will walk and they will maintain that rotation for the duration of the race.

4.C) Divisions

There will be four classifications for teams to register as:

- 1) Men - Two or less women on the team
- 2) Women - Two or less men on the team...
- 3) Co-Ed - At least 3 participants of the opposite gender
- 4) Masters - 8 Participants at or above 45

5. ULTRA TEAMS

5.A) 6 Runners

Ultra teams are made up of six runners. Each member of the team will complete six legs of the course. Runners must run only one leg every set of 6 legs.

5.B) Support

Ultra teams should make special preparations to provide support for their runners. We do not provide food or water. Since team members of Ultra teams are running longer legs, plan to stop frequently on support legs to give runners plenty of recovery food and drinks.

5.C) Divisions

There will be four classifications for teams to register as:

- 5) Men - 1 or less women on the team
- 6) Women - 1 or less men on the team...
- 7) Co-Ed - At least 2 participants of the opposite gender
- 8) Masters - 5 Participants at or above 45

5.D) All Other Rules and Logistics

Every rule that applies to 12 person teams applies to Ultra and Walking teams. Please review all of the rules and logistics for 12 person teams and contact us at info@doomsdayracing if you have questions.

6. OTHER TEAM SIZES

We do permit teams to run with any number of runners from 4 to 12 runners. Team's with any number of runners other than 6 or 12 should treat the open spots as injury runners. Teams may choose whichever spot they want as the "vacant runner" - but the legs must stay in the same pattern (every twelfth leg). For example, if spot #1 remained vacant, the legs that would need to be filled would be legs 1, 13, and 25. Those legs can be filled with 3 different runners, or one "super runner" can take on all three legs. Legs cannot be divided between 2 runners and will result in disqualification.

GENERAL RULES

7. SUPPORT VEHICLES

7.A) Support Vehicle Requirements

Support vehicles are used to transport the runners to and from each exchange point. It is suggested that regular teams use two vehicles to make it easier, although a single vehicle is allowed if there are seatbelts for all passengers and the vehicle adheres to all applicable local vehicle safety laws. Similarly, Ultra teams may choose to use one or two team vehicles, the recommendation is one van. Teams will provide their own vehicles. Teams are not allowed to have more than 2 vehicles per team. All vehicles will have a sign on the back that says "Caution Runners on Road". This sign will be provided by the teams, it can also be written on the car with car/window chalk.

7.B) Vehicle Restrictions

12 - 15 passenger vans are recommended whenever possible. Suburbans are also great vehicles. We recommended nothing smaller than a mini-van. We do not allow any vehicle wider than 6'6" and/or longer than 20'. Motorhomes, RV's, campers, trailers, buses or limos are not allowed on the course and/or at the exchanges by any team or spectator at any time. Failure to meet these standards will result in disqualification. For any doubts about the legality of team vehicle, please contact the race director prior to the race for approval.

7.C) Regular Van Rotation

Teams with two vehicles of six runners should utilize the following rotation: Van 1 contains runners 1-6 and Van 2 contains runners 7-12. Runner #1 from Van 1 begins at the starting line. Once the race starts, Van 1 travels to the first exchange point where runner #2 will prepare to run. Runners from Van 1 continue to run in order up to exchange point 6; this is the first major exchange in the race. At exchange 6, Van 2 should be waiting. At this point, runner #6 from Van 1 will hand the baton off to runner #7 from Van 2. Then, Van 2 continues along the racecourse rotating runners until the next major exchange point, exchange 12, where they will hand off to Van 1 again. This pattern continues until the Finish.

7.D) Ultra Van Rotation

We recommend one support vehicle for Ultra Teams. Teams utilizing two vans must honor the rules of rotation for regular teams.

7.E) Van Drivers

Van drivers do not need to be a member of the team; this can be nice for some teams because it allows all runners to rest between their legs. However, runners are allowed to assume the duty of van drivers, in which case driving assignments would be rotated amongst themselves.

7.F) Respect Local Residents & Communities

While traveling through the local communities, please remember we are guests and you should treat all residents with courtesy and respect. Going out of your way to thank locals will go a long way in helping the event return each year.

The following “Do Not’s” are not intended to cover the broad spectrum of issues regarding respect for local residents and businesses. Therefore, please use common sense while in residential areas (as in all areas). We reserve the right to penalize or disqualify any team based on a lack of respect for the communities traveled through.

- Do not honk horns or flash vehicle’s high beams during evening and morning hours while in residential areas
- Do not block any residential or business driveways
- Do not impede traffic by driving too slowly or by not properly pulling vehicle over to the side of the road when stopping
- Do not impede agricultural activities by blocking field access roads or by parking in fields

Note: This race will be taking place during harvest, expect large agricultural vehicle traffic (tractors, combines, trucks) on roadways.

7.G) Only One Race Vehicle per Exchange

Due to limited parking, only one vehicle per team is allowed to park at each minor exchange point. Vehicle 1 is allowed at exchange points 1-6, vehicle 2 is allowed at exchange points 6-12, etc. Both vehicles are allowed at every major exchange point (6, 12, 18, 24 and 30). If for some reason team vehicles need to meet, they must meet off the course or at a major exchange.

7.H) Park Only in Designated Areas

Some exchanges have limited parking and in some cases teams will be required to park along road shoulders. In the event of roadside parking, team vehicles are not allowed to park on the same side of the road 500 feet before and after the exchange chute. After the exchange point, vehicles can park at any legal roadside that *does not impede racers or traffic*. Team vehicles should always stay to the right of the white fog-line when parked along the road.

7.I) Runner Drop Off

Vehicles must drop off runners at least 300 feet prior to exchange points, if possible, or in a designated parking area. We ask that all runner drop-offs be brief.

7.J) Restricted Areas

Vans can stop to cheer on teammates at any legal spot along the race route that does not obstruct runners or traffic.

7.K) Van Communication

There may be some segments of the race where cell phone coverage will be spotty. Ask a few members of the team to bring cell phones. Make a list of all team member phone numbers and be sure that the batteries are fully charged. Some providers will get better service than others so try to have a variety of carriers. We also recommend the use of two-way radios.

7.L) Only 2 Race Vehicles per Team

Each team is allowed no more than two team vehicles. Spectators may park at any legal spot along the race route or at the major exchanges. Minor exchange parking is for team vans and volunteers only, as parking will be limited. Runners may leave and return to the course by meeting separate vehicles somewhere off the course or at major exchange points.

8. RUNNERS**8.A) Runner Rotation**

It is recommended that runners run in the same sequence for each segment of the race. For example, if a runner runs leg 3, he must also run leg 15 and leg 27. However, if legs are traded, runners must run only one leg per set of twelve.

8.B) Reflective Vests / Headlamps / LEDs

Each team must have at least (4) reflective vests, four (4) headlamps or flashlights, and four (4) LED "tail/butt" lights. These must be presented at time of check in (see section 5).

8.C) Injured Runners During Race

In the event of an injury, any of the remaining runners can replace the injured runner. With the exception of the leg in which the runner was injured, legs cannot be split in pieces. For example, if runner 3 is injured halfway through his or her first leg, any member of the team may complete the leg for him or her. Any member of the team can also fill in legs 15 and 27. Those legs can be filled with different runners, or one can fill in the remaining legs. A 13th member is not allowed to join the team in order to run the remaining legs. Once a runner drops out of the race, he or she cannot enter back into the race. If an I.V. is administered, the injured runner is no longer eligible to run.

8.D) Littering & Property Damage

Any runners who are reported to have damaged private or public property or to have littered, urinated or defecated on private or public property will be disqualified and will not be invited back. Toilets and trash cans will be provided at all exchange points.

8.E) Follow Race Officials Instructions

Race officials include staff and volunteers. Course volunteers at exchanges are considered Race Officials. They have authority to disqualify a team for rule violations, abusive behavior, or a team's failure to follow instructions given by volunteers. Abusive treatment or disregard for their authority will result in a strike or disqualification.

8.F) Follow Correct Route - navigation is responsibility of each team

Teams are responsible to make sure that their runners stay on the course. Vehicles may wait for their runners at critical points to direct them which way to go. If a runner gets off course, they are to return on foot or in their support vehicle to the point where they went off course and continue from there. Do not drive ahead to make up for the mileage that they may have added. Signage may be vandalized; be prudent in your knowledge of the course.

8.G) Visible Race Number

Team race numbers must be worn and visible on the front of each runner at all times while on the road. Bib numbers must be pinned to the outermost layer of clothing, including jackets, shorts, and reflective vests.

8.H) Use of Slap Bracelets

The team's baton (Slap Bracelet) should also be worn at all times while the current runner is on the road. Only runners wearing a Slap Bracelet will be allowed to exit the exchange chute to begin a new leg. This can be amended to whatever we decide to use.

8.I) No Pacing During Daytime Hours

Foot, bicycle and vehicle pacers are not allowed on the course during daytime hours. If a foot pacer or running companion is desired during nighttime hours it is allowed. Both runners must wear appropriate night apparel. Bicycle and vehicle pacing is not allowed at any time.

RUNNER ARRIVALS AND HOLDING TEAMS**9. HOLDING TEAMS DOCUMENT**

Accurate projections are critical to a successful relay. At any given spot along the race route we have the course set-up and volunteers in place for 6-12 hours. Based on your projections we will start your team in a way that will keep you within this window. If a team runs just one minute per mile faster than they projected, they will be 3 hours ahead of their projection by the end of the race. For some teams this could mean that they will be ahead of the set-up crew.

9.A) Penalties

If your team gets too far ahead of projections based on 10k times provided we may be forced to

hold your team at one of the major exchanges. If your team is held we will subtract the total time that you were held from your overall time but your team will be issued one strike.

9.B) Policies and Procedures

Getting ahead of the set-up crew:

We understand that it is impossible to perfectly predict your team's pace. We give teams a buffer zone before forcing them to stop at an exchange. If your team does get ahead of this buffer we will hold your team at one of the major exchanges. To avoid stopping your team again later in the race, we will determine the amount of time to be held by taking into account your current average mile time as well as the miles left to run. This will ensure your team stays within a reasonable range of its projected finish time.

Getting behind the clean-up crew:

If a team gets behind their projection and falls behind the clean-up crew, we will usually allow the team to stay on the course and finish the race, but we reserve the right to force teams to leave the course if it becomes a safety concern.

9.C) Accurately Projecting Times

It is very important to accurately project the times when you will arrive at major exchange points along the course. Please refer to the 'Official Holding Times' table on Page 6 of this document. If you need assistance in projecting your times and paces, please contact the Race Director.

HAVE FUN! BE SAFE!

In the event of an emergency call 911. Safety is our number one priority. There are many potential hazards in a race of this type including, but not limited to: automobile traffic, road conditions and weather. We ask that all teams please take appropriate precautions to ensure a fun and safe event. Please help us keep the race safe by focusing on being safe runners, safe support crews, and by helping us keep the race as a whole safe. Below are some basic guidelines and rules to help us all have a safe race.

10. SAFE RUNNER

When you are the "on" runner, abiding by the following rules and guidelines will help keep you safe.

10.A) Run Against Traffic and on proper surfaces

Runners are to run on the left shoulder of all roads (against traffic), using sidewalks or trails when available, unless signs or maps direct otherwise.

10.B) Be aware of traffic and obey traffic laws

Runners are to understand that they do not have exclusive use of the roadway and are required to obey all traffic laws. This includes stopping at traffic lights.

10.C) Running & Participating at Night

The following nighttime rules have been developed to help ensure the safety of ALL participants.

- o Official Nighttime Hours can be found on Page 6.
- o **ALL runners must wear night gear during the Official Nighttime Hours** – Reflective Vest, Headlamp (or flashlight) and Blinking LED Taillight.
- o **ALL participants must wear reflective vests during the Official Nighttime Hours** everywhere on the course, including exchanges.
- o Pacers may be used but **ONLY** during nighttime hours (see Page 6). Pacers **DO NOT** have to be a member of the team. Running pacers can run with the runner but **MUST** run in single file. Bike pacers are **NOT** allowed. Pacers **MUST** wear the same night safety gear as the runner (reflective vest, headlamp, and LED).
- o If you choose to have a van driver, who is not a runner, the driver must also adhere to these safety guidelines.

10.D) Personal Music Devices and Headphones

The use of personal music devices with headphones while running is strongly discouraged. In an overnight relay, roads are not closed during the race and participants are running through the night. This format requires that all runners be alert and aware of their surroundings at all times. Wearing personal music devices causes distractions and the inability to hear what is going on around the runner.

If you still choose to use them, you do so at your own risk and must meet the following requirements: 1. Wear only one headphone so you can hear traffic 2. Be aware of the sounds around you 3. Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling) Strikes will be given out if you are unable to hear instructions. Three strikes on any rule may result in disqualification for your entire team.

10.E) Running in the Heat

Staying hydrated is critical to having a fun and successful race, not to mention staying healthy and avoiding a heat related illness such as dehydration, heat exhaustion, or heat stroke. Hydration becomes especially critical during times of high heat index. The heat index (HI) is an index that combines air temperature and relative humidity to determine how hot it feels. If the HI is above 90°, heat cramps and heat exhaustion are possible. Above a HI of 105°, heat exhaustion is likely and heatstroke is probable with continued activity.

Teams must ensure their runners' safety by monitoring the condition of their runners before, during, and after each leg. Runners should pre-hydrate before each of their legs, hydrate while running, and re-hydrate after each of their legs. Water should be supplemented with electrolytes such as sodium tablets or sports drinks. Proper hydration is obtained when the runner has clear (light lemonade colored) and copious urine.

11. SAFE SUPPORT

When you are part of the support crew abiding by the following rules and guidelines will help keep you safe.

11.A) Safety Officer/Navigator

Each van will be required to have a safety officer/navigator that is awake and alert at all times. The safety officer is responsible for helping the team behave safely during the race. He or she must be seated in the front passenger seat and must have the safety guidelines and rules within reach at all times. The safety officer responsibilities may be rotated between team members. The safety officer must be someone other than the driver.

11.B) Exiting and being outside the vehicle

Remember that these are open roads. Every member of the team (including drivers) must have his or her own reflective vest. Everyone that is out of the vehicle on the course at night must wear a reflective vest. This includes exchanges, shoulders, roadways, and parking lots adjacent to the course. Reflective Vests must be worn during the Official Nighttime Hours (see Page 6). From DUSK TO DAWN, KEEP YOUR VEST ON. Other than the driver, everyone must exit the vehicle on the passenger side. We also encourage you to wear bright colored clothing at all times of day and light/bright clothing at night. Dark clothing is very hard to see at night.

11.C) Road Crossing

Any team member crossing the road must do so with an orange crossing flag, day or night. This applies to the support crew – not the “on” runner. Teams will be given flags at the safety briefings (see section 14.F). Two flags will be provided at the start to each van. The return of these flags is expected at the end of the race.

- o Obey all traffic/pedestrian laws
- o Cross at crosswalk if there is a crosswalk within sight
- o No crossing if there is a median
- o No crossing roads with more than two lanes (one lane in each direction)
- o Roads with a total 3 lanes or more may be crossed at crosswalks.

11.D) Vans

Teams' vehicles are to obey all traffic laws, which include but are not limited to:

- o Obeying speed limits (both minimum and maximum speed limits)
- o Not Stopping in the roadway
- o No Illegal U-turns
- o Pulling off the road completely when stopping/parking
- o No parking in non-legal parking areas
- o No following runners to illuminate the road for them, or to pace them
- o When parked, please turn off headlights so as not to blind oncoming traffic
- o Leave parking lights on so that the vehicle is visible to regular traffic
- o Please do not stop or slow down in places that will impede traffic or runners, and do not turn your hazard lights on

11.E) No Van Support Leg Rules

If a leg along the course is labeled as a “Non Van Support” leg (legs are labeled on the spreadsheet pp. 21), team participants need to obey the following rules:

- o Team members are NOT allowed out of their vehicle on the roadway. This includes the lane of traffic and the shoulder. Team members ARE allowed to get out of their vehicles in safe locations that are off the roadway (large pullouts, designated parking areas, etc.).
- o Teams vehicles may pull over where it is legal to cheer and monitor runners but must obey all traffic laws, not impede traffic in anyway, and be out of the lane of traffic. The support crew must remain in the vehicle.
- o If a runner is in distress and there is a safety concern, teams may assist their runner or a runner from any other team, but must obey all traffic and pedestrian laws in doing so.

Special Note: On ‘no van support’ legs runners need to make sure they are well hydrated before starting their leg and should carry water with them to ensure proper hydration throughout their run. All ‘no van support’ legs are labeled as such on the spreadsheet.

12. SAFE RACE

Help us keep the race safe by abiding by the following safety rules and by helping other teams to behave safely.

12.A) Prohibited Items on the Course

The following items are not allowed on the race course: rollerblades, unauthorized bicycles, dogs or other animals, baby joggers/strollers, scooters, skateboards, and any other device that may endanger others or put a runner at an advantage over the other participants.

12.B) Alcohol

While participating in the race, the consumption of alcohol is not allowed at any point along the course. Alcohol may be responsibly consumed at the finish line when city ordinances and permits allow.

12.C) Sleep in designated sleeping areas

Sleeping/resting must be done inside the support vehicle or inside designated sleeping areas. Exchanges 10, 13, and 26 are located at or near federal and state campgrounds. Teams will be expected to pay any fees associated with camping in the designated sleep areas if required. Exchange 20 is an additional designated sleep area that will be on private property and free. Please see *7F* for expectations of conduct and help us maintain a good relationship with the landowners. No one is allowed to sleep on the ground in any parking lot.

12.D) In the Event of an Emergency

In the event of serious emergency call 911. We will have limited medical staff on hand. First aid personnel will be stationed at all major exchanges. They will be equipped to handle only minor sports injuries. Please be aware of this and plan ahead for how you will handle any emergencies. It is the responsibility of each team to be aware of the location of hospitals and other medical facilities and their hours of operation.

In the event of an emergency notify the nearest race official, as they will be able to communicate with nearest medical personnel or call for an ambulance if the emergency is severe enough. If you are not near any race officials, please call the Race Director. If the

emergency is severe call 911, THEN the Race Director.

12.E) Help keep the race safe by reporting teams that are endangering themselves and others

We will have Course Marshals out on the course monitoring teams for safety and adherence to all rules. However, with the size of the course we cannot be everywhere at once. We are asking teams to help us keep the course safe by reporting teams that are violating any of the above rules. Violations reported by teams will be taken under consideration when determining if a team will be disqualified (teams will not be automatically disqualified for violations reported by other teams). To report violations:

Send a text message to 541-786-5245 and 541-805-9881

Please include the Who, What, Where, and When in your text message.

Please use this number to keep us informed. Send text messages if you see improper signage, unsafe conditions, if you become lost, etc.

ENFORCEMENT

13. RULE AND SAFETY ENFORCEMENT

Rules are enforced based on a “three strikes you’re out” policy. There will be 3 race officials monitoring the course to enforce rules. Teams will be notified via text message each time they violate a rule (cell phone numbers will be collected at the start line). If a team receives three strikes they must check in at the next major exchange. A Course Marshal will meet them to review the validity of each violation. If the Course Marshal deems that the violations are valid the team’s slap bracelet will be confiscated and the team must leave the course. If a team that has received three text messages fails to check in at a major exchange they will be automatically disqualified.

In addition to Course Marshals, teams will have the ability to text in rule violations. Course Marshals will determine the validity of all text messages received from teams.

Course Marshals may also disqualify teams on the spot without prior warning for what they deem to be serious rule violations.

POST RACE 14.AWARDS

Awards will be given to the overall winning team.

REFLECTIVE VEST REQUIREMENTS

Safety is our number one priority. *Doomsday racing requires every runner to have a reflective vest prior to getting on the course. Any participant (not just the active runner) who is outside of their team van during nighttime hours must wear a reflective vest, even van drivers. In street clothes at night, you are only visible to drivers up to 200 feet, in dark conditions. Most reflective vests make it so runners become visible to drivers up to 1200+ feet. Adding headlamps and flashing LED tail-lights provides increased visibility and safety.*

We receive many questions on reflective vest and what is acceptable. Reflective vests must have **reflective material across both shoulders AND around your waist**. The pictures below illustrate what types of reflective vests are acceptable.

APPROVED APPROVED APPROVED



Standard Reflective Vest Running Reflective Vests Reflective Harness

The following items are **not approved for use in the Elkhorn Relay**: homemade products, reflective sleeves, reflective belts, adhesive reflective tape, or reflective piping.

NOT APPROVED NOT APPROVED NOT APPROVED



Reflective sleeves

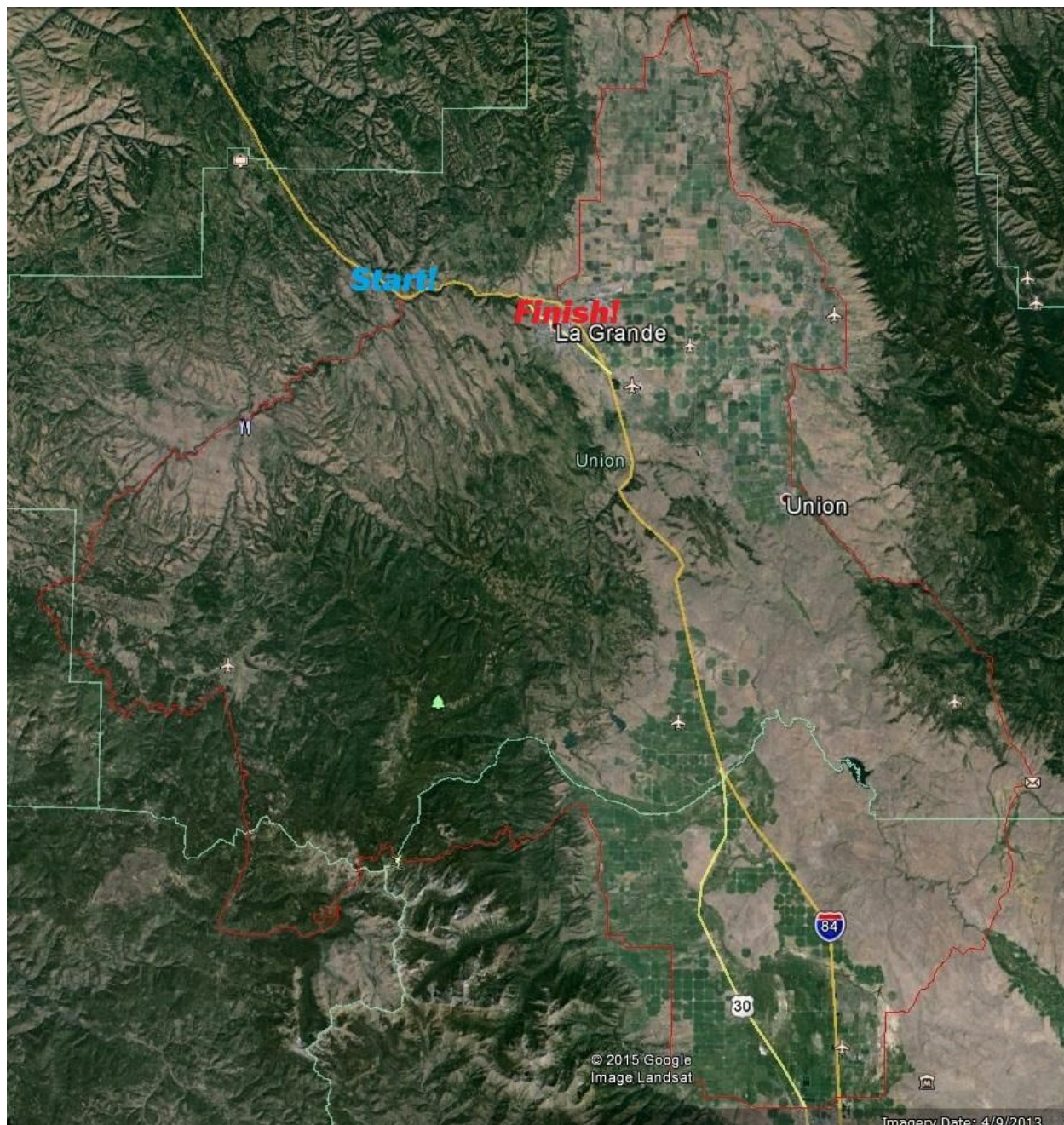
Reflective Belt

Clothing with Reflective Piping

Leg Information

Leg Number	Distance	Total Progress	Runner number	Special Instructions (11.E/12.C)
1	5.52	5.52	1	No Van Support
2	6.15	11.67	2	No Van Support
3	8.22	19.89	3	No Van Support
4	5.55	25.44	4	
5	4.9	30.34	5	
6	9.5	39.84	6	
7	6	45.84	7	
8	3.87	49.71	8	
9	4.48	54.19	9	
10	5.1	59.29	10	
11	6.85	66.14	11	
12	6.32	72.46	12	No Van Support
13	3.1	75.56	1	No Van Support / Designated Sleep Site
14	6.82	82.38	2	No Van Support
15	4.51	86.89	3	No Van Support
16	6	92.89	4	
17	5.39	98.28	5	
18	6.27	104.55	6	
19	4.93	109.48	7	
			8	Designated Sleep Site in Nazarene Church gymnasium/lawn.
20	3.48	112.96	9	
21	4.9	117.86	10	
22	4.86	122.75	11	
23	5.31	128.06	12	No Van Support
24	7.88	135.94		
25	6.24	142.18	1	
26	4.62	146.8	2	Designated Sleep Site
27	7.45	154.25	3	No Van Support
28	6.25	160.5	4	
29	5.43	165.93	5	Designated sleep site between 29 & 30.
30	7.57	173.5	6	
31	5.26	178.76	7	
32	4.8	183.56	8	
33	7.21	190.77	9	
34	5.42	196.19	10	
35	3.26	199.26	11	
36	5.14	204.59	12	Riverside Park finish line!

Course Map



The Short Rules and Safety

NOTE: It is important to remember that none of the roads will be closed to vehicular traffic during this relay. With that in mind, the following safety rules apply to all participants:

1. Active team vehicles will be required to turn their hazard lights on when pulled over on the course.
2. Alcohol will not be allowed on the course during the relay.
3. All runners will be required to read the Elkhorn Relay Safety Document which is included in the Captain's packets which will be available at Check-In.
4. All runners will be required to run on the shoulder or sidewalk and face oncoming traffic unless otherwise specified.
5. All state and federal traffic laws apply to all runners, drivers and pacers.
6. Between the hours of 8 pm and 6 am all runners will be required to run with a headlamp, a blinking LED light and a reflective vest. During these hours runners will not be allowed to begin their legs without these items.
7. Between the hours of 8 pm and 6 am every participant outside the team vehicle must be wearing a reflective vest except for at a designated exchange.
8. Bicycles are not permitted on the course.
9. Participants must be at least 12 years old on the day of the relay.
10. Participants under the age of 18 must have a parent/guardian sign the Relay Participant Waiver
11. Participants will not be allowed to cross a road with more than 2 lanes unless at a designated crosswalk.
12. Pets are not permitted to participate with runners on the course.
13. Present the following at Relay Start Check In:
 - o 2 first aid kits (1 for each vehicle)
 - o Glass chalk to write "CAUTION RUNNER ON ROAD" on team vehicles
 - o At least 4 reflective vests (2 per vehicle)
 - o At least 4 headlamps (2 per vehicle)
 - o At least 4 red blinking LED lights (2 per vehicle)
 - o Extra batteries
 - o 2016 Elkhorn Relay Participant Waiver signed by all runners, drivers, pacers and volunteers
 - o 2016 Elkhorn Relay Team Roster Form
14. Pacers may be used but ONLY during nighttime hours
15. Runners must always wear their team race number facing forward while running.
16. RV's or motorhomes are not permitted at the Exchanges.
17. Sleeping may only take place in team vehicles or at designated sleeping areas (refer to course map or information packet).

18. Team vehicles may not pace runners.
19. Team vehicles must seat at least 6 seat belted passengers but no more than 15 and be less than 20' long.
20. Teams must AVERAGE at least a 11 minute/mile pace.
21. Teams are encouraged to fill out the 2016 Elkhorn Relay Team Time on the leg detail maps and submit it at the Relay Finish Line to be eligible to win.
22. Teams must keep to the Team Roster Form unless someone gets injured. In the event of an injury or illness a member from that team may step in and run the injured teammates legs. Pacers, drivers or volunteers may not step in to run the injured teammates legs.
23. Teams must run/walk the entire relay course.
24. Teams will be allowed to aid their runner on the course during legs only when there is a pull out or designated parking area along the road.
25. Traditionally, each runner decides what place in the order that they want to run and then they occupy that same place each time through the set of 12 legs. This happens three times. I.e. if you're #1, you will also run 13th and 25th.
26. You may trade legs with another runner so long as you run at least 1 leg per set of 12 legs.
27. The mileage of each leg must be ran completely by the runner that started that leg.
28. In the case of a medical emergency, a team member may finish the leg, but the volunteers at the next transition must be notified.
 - o A 10 minute time penalty will added for a different runner completing the leg. If this happens, you must notify the volunteers at the next transition station.

Emergency Contact Phone List

- Grande Ronde Hospital La Grande: 541-963-2841
- St. Alphonsus Medical Center Baker City: 541-523-6461
- Baker County sheriff's office: 541-963-1017
- Union County sheriff's office: 541-523-6415
- Poison Control: 1-800-222-1222
- All emergency: 911
- Race Director 541-786-5245 and 541-805-9881 (text only)