



2020 RACE BIBLE

ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE.

Race-specific details can be found on the individual race webpage & in the runner packet.
Check the Updates tab of the individual race pages for additional information.

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1. INTRODUCTION

This packet contains important team information for the Ragnar Sunset Series. Team captains should be familiar with the information in this packet and ensure that all team members are aware of the significant information. It is recommended that all runners read through the Race Bible. All information in this document is subject to change.

2. UPDATES

ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE. It is important that all teams ensure that they have an updated version of the Official Race Bible. Use the following list of updates to determine if the Race Bible you have downloaded is current.

- **May 17, 2019 Updates**

- Getting Started, added information to input 10k paces.
- Classifications, edited information regarding mixed divisions classifications.
- Registration, added information regarding no available race day registration.
- Team Refund/Transfer, edited to include transfers to Sunsets & Sprint events.
- Runner Rotation, clarifying rotation between 1 loop and 2 loop courses.
- Injured Ultra Runner, edited information

3. RACE INFORMATION/IMPORTANT DATES & INFORMATION

Race specific information, including important dates, can be found on the race specific website on the Dates/Updates tab. A Runner Packet (link on the race specific website) will be the most up to date source of information for the race. The Race Director will update the Runner Packet with course and schedule changes, as well as any safety concerns. Check the Runner Packet frequently as it is a living document and will be continually updated as the race draws closer. The Runner Packet may be printed if strongly desired. However, since the packet is continually updated, the digital format will give you the most up to date information.

4. SUSTAINABILITY

Ragnar realizes the importance of organizing socially and environmentally responsible events. To that end, Ragnar Sunset Series will strive to reduce waste, minimize climate impact, involve the local community, and promote health. We implore you to help us with this goal. Carpool to the event, bring a reusable water bottle, you know...reduce, reuse, recycle. Ragnar works with each venue and community to make the event sustainable for the venue and the community. To reduce the carbon footprint of the race, please limit your cars to two cars per team.

CUPLESS RACE

All Ragnar Sunset Series races are cupless events. Every participant (runner, volunteer, friend, family, crew, etc.) should bring two cups, one for cold liquid and one for hot liquid. We will provide water, hot chocolate, and coffee but you need to bring the container, this includes WHILE YOU ARE RUNNING.

5. GETTING STARTED

5A. To Do List

- Start recruiting a 2 or 4-person team. All teams will consist of 2 or 4 team members. See section 7B for teams that would like to run an Ultra distance.
- Register and pay for the team online at <https://my.ragnarrelay.com/> before the close of registration*.

- Invite all team members to register online at <https://my.ragnarrelay.com/> before the online deadline*. Team members can be added to the team roster on race day for a \$20/runner fee
- Ensure all team members have an update 10k pace input into their team profile.
- Check your team’s assigned start time 4-6 weeks prior to the event.
*See the “Important Dates” section of the race webpage for specific dates.

5B. Getting Ready

- What to do if a runner finishes their loop and the next runner isn’t in the Festival Area.
- What to do if a runner gets lost.
- What to eat. What types of food and drink to bring.
- What types of clothing, running gear, and camping equipment everyone should bring. Weather is uncertain; be prepared for hot and cold weather extremes as well as rainy weather.
- Assigned Start Time, arrival to the event, and transportation.
- Read over the Race Bible, Race Webpage, and especially the race specific Runner Packet.
- Deadlines for team name changes, runner additions to roster, etc.
These deadlines can be found on the “Important Dates” section of the race webpage.

5C. Team Name and Costumes

We encourage clever and witty team names, as well as unique and creative team costumes. However, we ask that you keep your team name and team costumes Family Friendly. What is Family friendly? A good rule of thumb, if you have to ask, it probably isn't. We reserve the right to request team name changes as well as change your team costume if found obscene or indecent according to the FCC standards. At a bare minimum, not to be cheeky, but we don't want to see your cheeks, keep them covered.

5D. Start Times

Starting times are based on accurate pace predictions, it is critical for a successful event that each runner has an accurate 10K road race pace in their online profile. Note that pace means how long it takes you to run one mile (minutes/mile) at your race pace and not how many overall minutes it takes to complete the 10K. These predictions are critical to a successful event and will allow us to place teams in starting slots based upon the team’s overall pace. If individuals have 5 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. When assigning starting times, we consider the difference between road and trail running, the difficulty of the course, elevation above sea level, as well as the pace of all of the runners on the team. Therefore, it is extremely important that the pace submitted for each runner is accurate.

6. DIVISIONS & CLASSICATIONS

View the tables below to see which division and classification your team belongs. Teams will not be allowed to change their division/classification after they check in on race day.

Classification	Standard (4 runners)	Ultra (2 runners)
Men	3 or 4 men	2 men
Women	4 women	2 women
Mixed	2 men & 2 women	1 man and 1 woman

Division	Requirement
Open	One or more under 40 years old
Masters (not gender specific for classification)	All over 40 years old

7. RUNNER ORDER

7A. Regular Teams

Regular teams are made up of 4 runners. Depending on the loop distance, each runner will complete the loop once or twice. Please refer to the Course section of the website for race specific information.

7B. Ultra Teams

Ultra teams will consist of 2 runners. Depending on the loop distance, each runner will complete the loop two or four times. Please refer to the Course section of the website for race specific information.

8. TEAM SIZES

We permit teams to run with as few as 2 runners and as many as 4 runners. For teams of 3, one runner is required to complete the additional loop(s).

9. REGISTRATION

9A. Team Registration

Registration is available online and should be completed by the Team Captain. Follow the [Registration](#) link on the Ragnar Sunset Experiment webpage and follow the instructions. After completing the registration process the team captain will receive an email confirming registration. A non-refundable entry fee for the ENTIRE TEAM is due at the time of online registration.

Race day registration is NOT available, but existing teams can add new runners to their team for a \$20 late fee.

9B. Individual Team Member Registration

Once the team has been registered and paid for online, the team captain has until the deadline to register each individual team member online (see registration deadlines in section 3 for more info). The team captain must send an invitation from the online team profile. Each team member must accept the invite, fill out the online form, and read and accept the online waiver agreement. Each runner added to the team roster on race day will be charged a \$20 late fee.

9C. Waivers

All team members must sign a waiver in order to participate. Team captains sign their waiver online when they register the team. All other runners and volunteers on the team will sign their waivers online when they accept the online invite from the team captain.

Any runner or volunteer added to the team roster one race day will need to sign a waiver at the HQ Tent before they can run or volunteer.

Minors

Any participant under the age of 18 must have a parent or legal guardian sign the Waiver at the end of this Race Bible, bring the signed Waiver with them to the race, and turn it into the HQ Tent before they can run or volunteer.

9D. Participant Age Restrictions

Any participant under the age of 18 must have a parent or legal guardian sign the Waiver at the end of this Race Bible, bring the signed Waiver with them to the race, and turn it into the HQ Tent before they can run or volunteer. Any team with one or more participant(s) under the age of 18 must also have at least 1 adult (25 or older) with them at the race. The adult should remain with team at no cost and can pace minor runners. Those under 12 years of age are restricted, however Ragnar will consider formal requests for extraordinary circumstances through the Race Director and Safety Director.

9E. Runner Substitutions/Additions

If a team member can no longer participate, the team captain can remove the runner from their online roster and invite a new runner to the team. The runner must be removed first, in order to open a spot for the new runner. Teams may only consist of up to 4 runners in the online profile. If you are unable to send an invite, it is likely because your team is full. Simply remove the runner and resend the invitation to the new teammate.

To remove a member of your team, click on the remove runner button on your team captain's page. To add a member to your team, click on the invite button on your team captain's page and enter the new runner's email address and send them the invite. There is no charge for substitutions/additions made before the substitution/addition deadline.

Substitutions/additions can be made on race day for a \$20/runner late fee and the added runner must sign a waiver. See section 9D for minor waiver requirements.

9F. Team Refund/Transfer Policy

Refund Policy: **All entry fees are non-refundable.**

Transfer Policy: Teams may transfer their registration to any Ragnar Relay (Road, Trail, Sunset or Spring), excluding sold out Ragnar Relays, within 12 months of the Ragnar Relay for which they were originally registered. Teams may only transfer a registration once. When a transfer is made, the original price paid will be applied to the new relay registration fee. In cases where the new relay registration fee is more than the original price paid, the team will be required to pay the difference. In cases where the new relay registration fee is less than the original price paid the difference will not be refunded.

***If a transfer request is made after regular registration ends, a \$75 transfer fee will be deducted from the original price paid. Registration periods can be found on the main race page of each event. All transfers must be approved two weeks prior to the day before the race starts (Friday).

If a Ragnar Relay reaches "wait list" status, as indicated by a wait list button on the Ragnar Relay locations page (www.runragnar.com), teams may only transfer to another Ragnar Relay if a replacement team is found. If a transfer is made after a Ragnar Relay is in "wait list" status, a \$75 transfer fee will be deducted from the original price paid.

10. VOLUNTEERS

No Volunteer Requirement for the Ragnar Sunset Series!

11. RACE DAY ARRIVAL INFO

11A. Directions

Check the race webpage and race specific Runner Packet for the race venue address and directions.

11B. Parking

Each of the Race Venues have different parking rules and regulations. Race specific parking information will be posted on the race webpage and race Runner Packet. Please Carpool.

11C. Check-In

Team captains can check-in to the race at the HQ Tent on Saturday after the venue opens to teams. Venues will open 2 hours prior to the first start time, unless otherwise indicated on the Runner Packet. Race specific open and close times can be found on the race webpage and Race Runner packet. Teams are encouraged to check-in at least one hour prior to their start time. Captains should know their team number ahead of time, and have that number handy to provide to volunteers during check-in. Captains can find their team number online on their team's page at [Ragnar Runner Page](#). Upon check-in, the team captain will receive one team bib (also the timing chip), one bib-belt, confirmation of the team division/classification, shirt tickets for each runner on the team's roster, and other goodies. Teams will not be allowed to change their division/classification after they complete the check-in process.

11D. Race Day Roster Changes

Every runner should be added to the team roster prior to the Online Runner Invite Deadline (see Section 3 for dates and deadlines). However, we know that changes happen. Teams often have last minute runners fill in due to injury or complications. If a runner needs to be added to the team or the roster needs to be changed after the Online Runner Invite Deadline, it can be done on race day at the HQ Tent. Ragnar charges a \$20/runner fee to change or add runners to the roster on race day. Any new runners will need to sign a waiver before running. See section 9C for minor waiver requirements. The team captain will then receive shirt tickets and Friday night dinner tickets for any runners added to the team's roster.

11E. Participant Shirts

When the Team Captain checks into the race at Ragnar Race HQ they will receive shirt tickets for each runner on the team's roster. Participants can pick up their shirt at the HQ Tent anytime during the race.

11H. Amenities – Food, Drinks, Activities

Food – Although every race is different, food options will be available for purchase during the event. Check out the Course: Ragnar Village section of the race webpage and the race specific Runner Packet for all of the details on food. We recommend that you also bring team food. Treat it like a picnic with your running buddies! Also, please note that Ragnar strives to provide vegetarian options at all races but other food preferences (gluten-free, vegan, etc) are not always available. Please consider bringing your own food if you have specific dietary requirements.

Beer Garden, Activities, etc. – Each venue offers different amenities. Check out the Festival Area section of the race webpage and the race specific Runner Packet for all of the details on amenities. If a specific activity is not listed on the webpage, that venue does not have that activity.

Alcoholic Beverages

Teams are not allowed to bring outside alcohol into the venue.

11I. Trash and Recycling

If you bring it, you need to take it home. When you leave, your team area should look exactly like it did before you arrived. Ragnar will have trash and recycling for the event waste but teams should manage their own waste. Please make your best effort at recycling and reducing waste.

12. COURSE RULES

12A. Take Nothing

Take nothing but photos. Leave natural or historic objects as you find them, this includes wildflowers and native grasses. Removing or collecting course or trail markers is serious vandalism that puts others at risk.

12B. Leave Nothing

No littering. Leave nothing but footprints. Gel wrappers with their little torn-off tops and old water bottles don't have a place on the course. Consider wearing apparel with pockets that zip or a hydration pack that has a place to secure litter you find on the course. Any runners who are reported to have damaged private or public property or littered or defecated on the course will be disqualified and will not be invited back. Toilets and trash cans will be provided in the Festival Area. Costumes are highly encouraged but they should not end up on the course. Any costumes or decorations with feathers, glitter, etc. will not be permitted.

12C. Stay on the Course

Courses will run on both trail and road surfaces. You are required to run only on the designed course. When available runners should utilize sidewalks and crosswalks. When the course is on trails, please remain on the designated trail. Cutting switchbacks or running next to the trail increases our footprint on the natural environment. No cutting the course. Call out "on your left" when trying to overtake another runner and allow other runners to pass you.

12D. Spectators

Spectators are welcome to attend the event and enjoy the amenities offered in the Festival Area. Please note that any free food or drink options will only be available for registered participants.

12E. No Dogs

No dogs on the course or in the Festival Area. We love dogs too but this is a safety issue for participants and for the dogs. Ragnar will make an exception for [ADA Registered Service Animals](#).

12F. Pacing Rules (Buddy Pass NOT offered at the Ragnar Sunset Series)

Running pacers are allowed during the race. Runners may run with ONE pacer at any time (humans only, sorry no dog pacers). Runners are not allowed to have more than one pacer at a time. When on trails the pacer and runner should run single file when passing another runner or being passed. Bicycle pacers are never allowed on the course. Note that all pacers must sign a waiver if they are not already on the team roster.

12G. Drones

The use of drones at Ragnar Sunset Series events is prohibited without special approval. Please contact the Race Director prior to the event.

12H. Prohibited Items on the Course

The following items are not allowed on the race course:

- Bicycles
- Dogs or other animals
- Baby joggers/strollers
- Alcohol
- Any other device that may endanger others or put a runner at an advantage over the other participants.

13. RACE RULES

Violations of rules listed in the Race Bible will be reviewed by the Race Director. Violations may result in disqualification.

13A. Runner Rotation

On a regular team each runner will complete the loop once or twice (**dependent on course distance). For ultra teams each runner will complete two or four loops (**dependent on course distance). All exchanges will take place within the Festival Area. Please refer to the Course section of the website for race specific information.

For 1 Loop & 2 Loop courses: Runners must complete the course in the same sequence for each segment of the race.

For course with 1 Loop

- Regular Teams: Run 1 loop, with an exchange between runners.
- Ultra-Teams: Preferably run 1 loop, with an exchange between runners to keep with the relay style. Although Ultra Teams are permitted to complete the loops back to back if desired.

For Courses with 2 Loops:

- Regular Teams: Run 1 loop, with an exchange between runners, and repeat. Each person will exchange twice. Regular teams are NOT permitting to run loops back to back.
- Ultra-Teams: Preferably run 1 loop, with an exchange between runners to keep with the relay style. Although Ultra Teams are permitted to complete the loops back to back if desired.

13B. Injured Ultra Runner During the Race

If an Ultra team has an injured runner during the race, the remaining team member has the option to complete the remaining loop(s). In this scenario the Ultra team will not qualify as a top finisher.

13C. Follow Race Officials Instructions

Race officials include staff and volunteers. Course volunteers 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 instruction will result in disqualification.

13D. Follow Correct Route, navigation is the responsibility of each runner

Runners are responsible to make sure that they stay on the course. If a runner gets off course, they are to return on foot to the point where they went off course and continue from there. Markings and course directionals have been placed along the course but sometimes runners overlook markings; be prudent in your knowledge of the course.

13E. Visible Race Number

Team race bibs must be worn and visible on the front of the runner at all times. This bib and race belt (provided to every team at check-in) is also the timing chip.

14. SAFETY

Safety is our number one priority. There are many potential hazards in a race of this type including, but not limited to: road conditions, trail 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 and safe support crews. Below are some basic guidelines and rules to help us all have a safe race.

14A. Running in the Heat

Staying hydrated is critical to having a fun and successful Ragnar 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 Apparent Temperature. The Apparent Temperature (AT) is a measurement of heat stress on the human body that combines air temperature, relative humidity, wind speed and solar radiation levels. If the apparent temperature is above 78°, heat cramps and heat exhaustion are possible. Above an AT of 89°, heat exhaustion is likely and heat stroke is probable with continued activity.

Teams must ensure their runner's safety by monitoring the condition of their runners before and after each leg. Runners should pre-hydrate before their loop(s), hydrate while running, and re-hydrate after each of their loops. Water should be supplemented with electrolytes. Proper hydration is obtained when the runner has clear (light lemonade colored) and copious urine. Slowing your pace and applying a wet cloth to the head and back of the neck are effective methods of keeping your core body temperature down. If you are worried about the condition of one of your runners, please visit the Medic Tent.

Water will be available in the Festival Area but not necessarily along the course. Be a responsible runner and carry your own water and nutrition during your loops. Check the course map for indications of a water stop.

Water Container – Every runner should run with a water container of some sort. Some of the courses will have water stations, but all will be CUPLESS WATER STATIONS. There will also be a water station in the Festival Area, but it will also be a CUPLESS WATER STATION.

14B. Personal Music Devices & Headphones

The use of personal music devices with headphones while running is strongly discouraged. If choose to use headphones, you do so at your own risk and must meet the following requirements:

- You must be able to hear traffic
- Be aware of the sounds around you

- Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling)
- Be able to hear “on your left” from runners trying to pass.

Safe Use Tactics:

- When running you should be able to hear you own footsteps. If you can't, your volume is too high.
- Run with one earphone out and one in. Again, you should be able to hear your own footsteps.

Violations will be given out if you are unable to hear instructions. Three violations on any safety rule will result in disqualification for your entire team.

14C. Animals on the Course

Ragnar Sunset Series course will include both road and trail running. If you encounter animals on road portions of the course, please alert the nearest race official. When running on trails trying to be as quiet as possible is not a good strategy. Startling wildlife can cause a dangerous situation. Making noise while you are running will help alert wildlife of your presence and keep you safe. If you do see a wild animal, common practice is to make noise and to keep your distance.

14D. Alcohol

While participating in the race, the consumption of alcohol is highly discouraged. Alcohol greatly increases the risk of dehydration. Alcohol also effects perception and equilibrium, two things that are highly important while trail running. If your team chooses to consume alcohol it must be consumed responsibly in the Festival Area, when and where city ordinances and permits allow. Please note that each venue will have different rules and regulations regarding alcohol.

Teams are NOT allowed to bring outside alcohol into the event.

14E. In Case of Injury/Emergency

If you are injured while running out on the course, NEVER cut across the course as a shortcut back to the Festival Area. Continue to follow the trail markings back to the Festival Area or go backwards along the course to get back to the Festival Area. If you can't walk, please remain in the same location and our staff will come get you.

We will have limited medical staff on hand. In order to provide the best care possible, our medics are there to focus on medical issues, not minor first aid issues. Teams are strongly encouraged to bring first aid kits and treat their own minor first aid issues. A list of recommended items for first aid kits can be found in the Packing List on the Updates section of each race webpage.

A Medic Tent will be located in the Festival Area and will be open and available beginning one hour before the first start time through the end of the race. In the event of an emergency notify the nearest race official, as they will be able to communicate with the Medic Tent. If the emergency is severe call 911, then contact a Race Official.

14F. Bad Weather

The race will occur rain or shine. However, under certain severe weather conditions where significant damage or alterations to the race course occur, we reserve the right to cancel the event, shorten the event, and/or hold teams until the weather improves. There will be no refunds given if the race is canceled due to weather. Conditions that may result in a race being canceled or delayed include but are not limited to the following: severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, etc.

15. AWARDS/RESULTS

Awards will be given to the top 3 finishers from each category within each division for teams who complete all required loops. Preliminary results links will be posted the website after the race. Participants will have a short time to request clarification changes and then results will be made final within one weeks of the race. Teams will not be allowed to

change their division/classification after they check-in to the race. See the race website for specific dates on when results will be posted.

Some races will also provide awards for best team name, the best costumes (no feathers or glitter), and overall favorite team. Refer to the updates section of the race for more information.

16. CODE OF CONDUCT

At Ragnar, fun is a priority, but it's also important to us to provide a safe and enjoyable event and to protect the interests and safety of all participants, volunteers, staff, and bystanders. In order to do this, we have developed a Code of Conduct.

The following are examples of unacceptable conduct:

- Theft or unauthorized removal, use, or operation of other's private property
- Alcoholic beverages not consumed in a responsible manner or in violation of local ordinances or permits
- Boisterous or disruptive activity, including assaults on other participants or Ragnar Staff and volunteers, horseplay, fighting, verbal or physical threats, abuse or similar activities
- Insubordination
- Disregard of safety rules
- Sexual or any other type of harassment or discrimination
- Any behavior that endangers the health, safety, or well-being of any participants, volunteers, staff or bystanders
- The use or distribution of any illegal drug or other substance
- Violation of any local, state or federal statute, regulation or law
- Use of profanity, insults, or any other type of verbal abuse or obscene gestures
- Any other violation of any rules, regulations or safety guidelines imposed by Ragnar

Participants who choose not to adhere to this Code of Conduct will be subject to penalty, including, but not limited to disqualification, immediate expulsion from the event, revocation of any future registrations and prevention from participating or attending future Ragnar events. No refunds will be given. Notwithstanding, Ragnar reserves the right to refuse participation, attendance or registration of any individual for any reason.

We expect all participants to act with mutual respect for everyone so we can all have the best possible race experience.

**RAGNAR PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT
Ragnar Sunset Series 2019**

Ragnar Form

As a condition of my participation in the above-described Event as a runner, volunteer or otherwise, I hereby covenant not to sue, and agree to release from liability, the Ragnar Relay Series, together with its founders, owners, officers, directors, managers, agents and employees, including but not limited to (a) Ragnar Events LLC, Ragnar Holdings LLC, Reebok International Limited, and their affiliates and their respective investors, officers, directors, managers, members, agents, employees, successors, heirs, assigns, executors, and administrators; (b) Ragnar Relay Series race officials and volunteers; and (c) any and all other sponsors, suppliers, agents, independent contractors and other personnel in any way assisting or associated with this Event (collectively the "Releasees"). This Race Release and Waiver of Liability, and Assumption of Risk (this "Release") is a contract with legal and binding consequences and it applies to all activities relating to the Event, whether located on the race course, exchanges or other Event-related venues. I have read this Release carefully before signing, and I understand what it means and what I am agreeing to by signing.

In consideration of the acceptance of my application for entry or participation as a volunteer in this Event by one or more Releasees, I hereby freely agree to and make the following additional contractual representations and agreements:

1. I know that this Event, which takes place both in daylight and at night, is held on open roads and is a potentially hazardous activity. I voluntarily assume full and complete responsibility for all risks associated with participating in the Event and for any injury or accident that may occur during my participation in this Event, including by way of example and not limitation: (a) illness; (b) traveling to and from the event; (c) falls; (d) collisions with pedestrians, vehicles, other participants, and fixed or moving objects; (e) the effects of weather, including temperature extremes and humidity; (f) traffic accidents; (g) the negligence of myself and/or others, including Releasees; (h) animal attacks; and (i) road conditions, including darkness and surface conditions such as pot holes.
I am aware of and appreciate all of these risks. I understand that both vehicle traffic and spectators will be present along the race course and that police protection will not be provided. I know that the presence of vehicle traffic during the Event increases the risk of motor vehicle accidents involving participants, spectators, and/or other vehicles, and that such accidents can result in death or serious injury. I further understand that the Releasees are not responsible for lost/stolen/damaged items from vehicles.
2. As a condition of my participation, I agree to abide by all traffic and pedestrian laws and regulations and to follow any and all of Releasees' safety instructions, including all rules and conditions set forth in the Race Bible, which is available on the Ragnar Relay Series website, www.ragnarrelay.com. I understand that my failure to do so may result in serious injury or death and may be grounds for my disqualification from this Event.
3. I acknowledge that I should not enter and participate in this Event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this road race and I further agree that race officials may authorize necessary emergency treatment for me.
4. I represent and warrant that (a) my team and I will participate fully in all of the safety training provided by the Ragnar Relay Series, and (b) they and I agree to adhere to the rules and regulations included in such safety training.
5. Having read this Release and knowing and assuming these risks, and in consideration of the acceptance of my participation, I hereby for myself, my heirs, my executors, administrators or anyone else who might claim on their own behalf or my behalf (collectively my "Successors"), covenant not to sue, and FOREVER WAIVE, RELEASE, DISCHARGE, and HOLD HARMLESS Releasees from any and all claims, injuries, damages, liabilities, causes of action, and expenses (including without limitation consequential damages, incidental damages, and attorney's fees and costs), and inconvenience to person or property (collectively, "Losses") of any kind or nature whatsoever arising out of or related to my registration or participation in this Event, even though such losses may arise out of negligence or carelessness on the part of Releasees. If and to the extent any court of competent jurisdiction finds this release and waiver to be unenforceable, I nevertheless agree that the Releasees' liability to me and my Successors for Losses (under any legal theory or claim, including without limitation tort liability) shall not exceed the total dollar amount of registration fees paid by me.
6. In exchange for my being permitted to participate in the Event, and understanding there will be no additional compensation to me, I hereby authorize Ragnar Events LLC, Reebok International Limited, the other Releasees, and their respective affiliates to use my image or likeness for race promotional purposes, including marketing, social media, advertisements, and other promotional materials.
7. I understand the Event registration fees are nonrefundable. I have read the Race Bible and agree to abide by the rules and conditions contained therein.
8. I acknowledge and agree that it is prohibited for any unmanned aerial system (more commonly known as a "drone") to be flown above the Event course at any time during the Event, or while Event participants, either immediately before or after the Event, are in the vicinity of the Event course.
9. I acknowledge and agree, for myself and my Successors, that the above representations are contractually binding, and that should I or my Successors assert a claim contrary to what I have agreed to in this Release, the claiming party shall be liable for the expenses (including legal fees) incurred by the Releasees in defending such claim. This Release may not be modified orally, and a waiver or modification of any provision shall not be construed as a waiver or modification of any other provision herein or as consent to any subsequent waiver or modification. I consent to the release by any third party to Releasees and their insurance carriers of my name and medical information that may relate to any injury or death I may suffer arising from my participation in the Event. Every term and provision of this Release is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable.
10. I acknowledge and agree that there are no refunds if the Event is cancelled or delayed due to causes beyond Releasees' control, including but not limited to, acts of God, war, strikes or labor disputes, fires, riots, terrorism, vandalism, accident, government orders, failure to obtain necessary permits or approvals or consents, severe weather conditions such as severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, severe weather conditions where significant damage or alterations to the race course occur, or any other force majeure event.
11. I acknowledge and agree that any disputes, including any legal action, arising out of my registration or participation in this Event, shall be brought exclusively in the courts of Salt Lake County, Utah, and shall be governed by the laws of the State of Utah. I submit myself to the jurisdiction of such courts for all such purposes.
12. I agree to return Ragnar safety flags on the final day of the Event. If flags are not returned, the credit card used during registration may be charged \$15 per flag to cover replacement costs.

Participant Name (or Guardian): _____ Age: _____ Date of Birth: ___/___/___ Male ___ Female ___
Minor Name: _____ Age: _____ Date of Birth: ___/___/___ Male ___ Female ___
Home Address: _____ Home Tel.: (____) _____

Team Name _____

Email _____

Ragnar Release Signature

X _____
Signature of Participant

_____/_____/_____
Date Signed

RAGNAR MINOR WAIVER
CONSENT AND RELEASE BY PARENT OR GUARDIAN

I am the parent or guardian of the above-named minor (my "Child"). My Child is fit for the Event, and I (and, if I am married, my spouse) consent to my Child's participation. I have read and I understand the above Release. In consideration of allowing my Child to participate, I (and, if I am married, my spouse) consent to the foregoing Release and agree that its terms shall likewise bind me (and, if I am married, my spouse), my Child, and our respective heirs, legal representatives, assignees, and anyone else who might claim on their own behalf or mine or my Child's behalf. I (and, if I am married, my spouse) hereby forever release and discharge, and shall defend, indemnify and hold harmless Releasees, from every claim (including without limitation a claim of loss of consortium), liability, cause of action, and expense that I (and, if I am married, my spouse) or my Child or any other person may allege against any of the Releasees (including medical expenses and reasonable legal fees and costs) as a direct or indirect result of injury or death to me or my Child because of my Child's participation in the Event, whether caused by the negligence of my Child, the Releasees, or others, to the maximum extent permitted by law. I (and, if I am married, my spouse) covenant not to sue Releasees on my behalf or on behalf of my Child for any claim arising from my Child's participation in the Event. If I am married, I am signing this Release also in behalf of, and as authorized agent for, my spouse.

(Signature of Parent or Guardian)

Revised 11/2015