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Introduction

This packet contains important team information for the Ragnar Ontario Trail Relay. Team captains are responsible to be familiar with everything contained in this packet and to educate all team members on significant information. It is recommended that all runners read through the Trail Race Bible. All information in this document is subject to change.

Updates

ITEMS IN THIS TRAIL RACE BIBLE ARE SUBJECT TO CHANGE. Registered teams will be notified of all changes. It is important that all teams make sure that they have an updated version of the Official TRAIL RACE BIBLE. Use the following list of updates to determine if the TRAIL RACE BIBLE you have downloaded is current with the one online.

UPDATED – Month/Date/Year – Section of change and summary

- 08/05/19 – Making the document a bit more Canadian ‘eh
- **1/30/19** - Updated information on
 - Team campfires - Propane stoves and small propane heaters must be continually monitored by someone when in use. In addition to propane fire pits, fire rings are not allowed at team campsites.
 - Dogs at races - Service dogs must remain under control at all times.
 - Rules and safety enforcement - Trail has adopted a similar rule enforcement policy to the Road Relay policy of “three strikes you're out.” Teams receiving three valid violations at a race will have their bib confiscated and the team must leave the venue.

Race Information / Important Dates & Information

Race specific information, including important dates, can be found on the race specific website under the Dates / Updates tab. The race specific Runner Packet (link on the race 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, information on Gear Drop and Parking, 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.

Sustainability

Ragnar realizes the importance of organizing socially and environmentally responsible events. To that end, Ragnar Trail Relays 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, purchase carbon offsets for your team travel, don't use disposable plates / silverware / cups / napkins, stay away from food with excessive packaging, 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

We are a cupless race. 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.**

Getting Started

To Do List

- Start recruiting an eight (8) or four (4) person team, plus one volunteer (regular teams only).
- Register and pay for the team online at www.2mev.com before the close of registration*.
- Invite all team members to register online on your team page before the online deadline*. Team members can be added to the team roster on race day for a \$20/runner fee.
- Register for a volunteer shift on your profile before the online deadline*. Or make the “Pay for Volunteer” payment before the online deadline*. Select a volunteer shift (Regular teams only – Ultra teams are not required to provide a volunteer). Volunteer shifts can be selected onsite on race day but the options are limited at that point.
- Check your team’s assigned start time 1-2 weeks prior to the event.

*See the “Dates/Updates” section of the race webpage for specific dates.

Organizing a Team

The two team types to choose from are regular team of eight (8) people running three (3) loops each or an ultra team of four (4) people running six (6) loops each. Each regular team will be classified as a male, female, or mixed team and will compete in one of several divisions. Each ultra team will compete as a male, female or mixed team and will compete in one of several divisions.

Here are some tips that will make organizing a team easy

- If you don't know seven (7) other runners don't worry. You probably know three (3) or four (4) and they probably know three (3) or four (4). Teams made up this way (with friends of friends) are often the most fun. By the end of the race you'll have seven (7) great friends!
- If you do not have eight (8) runners or do not want 8 runners, no problem, you can have any number of runners between three (3) and eight (8) - see Other Team Sizes section. Any team with less than three (3) runners needs to contact the race director about procedures and rules for the race.
- Set a date by which you want to register your team online and then begin collecting entry fees from members of the team. Runners will feel more committed once they pay for their portion of the team entry. Many team captains ask their friends but then never get a firm commitment. When it comes time for their friends to sign up, they haven't trained and they end up back out. Don't be in this camp.
- 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.

Finding Runners / Finding a Team

We recommend using the [Facebook Event Page](#) or the [Ragnar Canada Facebook Page](#)

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:

- What to do if a runner finishes their leg and the next runner isn't in the transition 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.
- Running at night.
- Assigned Start Time, arrival to the event, and transportation
- Read over the Trail Race Bible, Race Webpage, and especially the race specific Runner Packet
- Deadlines for team name changes, signing up for or paying for a volunteer shift, runner additions to roster, etc. These deadlines can be found on the "Important Dates" section of the race webpage.

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 some common-sense standards. At a bare minimum, not to be cheeky, but we don't want to see your cheeks, keep them covered (should you trip near some Poison Ivy you'll thank us).

Start times

Starting times are based on accurate pace predictions, it is critical for a successful event that each runner has an accurate 10km 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 10km. 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 not participated in a competitive 10km 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 10km 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**.

PLEASE NOTE: Your team needs to have an average of at least seven (7) min/km, or 11-minutes/mile, road race 10km pace in order to finish in the specified timeline. If you have concerns about this for your team, please make sure and contact the Race Director.

Finishing Early

Based on your team's average 10km road race pace that you submitted, we will start your team at a time that will help ensure that you will finish between 8am and 4pm on Sunday. If your team finishes before 8am on Sunday, grab a nap, come back at 8am to run under the arch as a team and pick up your medals. *Please note medals **will not** be available before 8am.*

Training

Good training will help make this an enjoyable race as well as prevent injury. A [training guide](#) can be found on the race webpage in the Training section. As with all training programs, please consult a physician first.

Trail Running Gear and Camping Gear

Trail running is different than road running and thus the gear needed changes. Check out a list of essential trail running and camping gear for the event [here](#).

- Headlamp - Every person (runner, friends, family, crew, etc.) at the race should have a good headlamp. We recommend one with 70 lumens or more.
- Water Container – Every runner should run with a water container of some sort. Some of the loops will have water stations but all will be CUPLESS WATERSTATIONS. There will also be a water station in the Village but it will also be a CUPLESS WATERSTATION.

Divisions & Classifications

There are multiple divisions and classifications available for your team. Review the [Trail Relays Divisions and Classifications table](#) on our website 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. *Please note that there are some divisions available for Road Relay races that are not applicable to Trail Relays.*

High School Teams

To be classified as a High School Team, ALL of the team must be students ages 12-18. This is mandatory to qualify for High School pricing. See Participant Age Restrictions section for additional requirements.

Runner Order

Regular Teams (8 Runners)

Regular teams are made up of eight (8) runners. Each member of the team will complete three (3) loops of the relay. Runners must run in the same sequence for each segment of the race, every eighth loop. For example, if a runner runs loop three (3), they must also run loop 11 and loop 19.

Ultra Teams (4 Runners)

Ultra teams are made up of four (4) runners. Each member of the team will complete six loops of the course. Ultra teams can choose to run one of the following two ways:

1. Run two loops back to back three times (i.e. the first runner would run loops 1-2, 9-10, 17-18) **OR**
2. Run 6 times, 1 leg at time (i.e. the first runner will run loops 1, 5, 9, 13, 17, 21).

All runners on the team must choose the same format and cannot switch formats during the race.

Other Team Sizes

We permit teams to run with as few as two (2) runners, as many as eight (8) runners, and anything in between. Solo runners and teams with more than eight (8) runners are specifically not allowed to participate. Any two (2)-person team must contact the Race Director for approval and procedures/rules for the race. Teams with any number of runners other than four (4) or eight (8) should treat the open spots as injury runners. Teams may choose whichever spot they want as the "vacant runner"- but the loops must stay in the same pattern (every eighth leg). For example, if spot #1 remained vacant, the loops that would need to be filled would be loops 1, 9, and 17. Those loops can be filled with three (3) different runners, or one "super runner" can take on all three loops.

Registration

Team Registration

[Registration](#) is available online for each race and should be completed by the Team Captain. Simply click the “Register” link on the race 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.

Individual Team Member Registration

Once the team has been registered and paid for online, the team captain has until the Online Runner Invite deadline to invite each individual team member to register online (see the Dates / Updates tab of the race website 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 fee.

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

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 Trail 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 can camp with the team at no cost and can pace minor runners. However, the adult cannot be a runner on the team if it is a High School Team (see High School Teams section). Those under 12 years of age are restricted, however Ragnar will consider formal requests for extraordinary circumstances through the Race Director.

Runner Substitutions/Additions

If a team member can no longer participate, the team captain can remove them from their roster and invite a new runner to the team. To remove a member of your team simply click on the remove runner button on your team captain’s page. To add a member to your team simply 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 Online Runner Invite deadline (see the Dates / Updates tab of your

race for specific dates). Substitutions/additions can be made on race day for a \$20/runner fee and the added runner must sign a waiver. See Participant Age Restrictions section for minor waiver requirements.

Team Refund/Transfer Policy

All entry fees are non-refundable. Transfer Policy: Teams may transfer their registration to any Ragnar race (Road, Trail, Black Loop, Sprint, or Sunset), excluding sold out races, 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 \$300 transfer fee (\$150 for ultra) will be deducted from the original price paid. 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 race specific webpage, 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 \$300 transfer fee (\$150 for ultra) will be deducted from the original price paid.

Volunteers

Regular Team Volunteer Requirements

Each Regular Team Must Provide One Volunteer (Ultra teams don't have to provide a volunteer)

Each regular team is required to fill one volunteer shift. Volunteer shifts will be 3 hours in length, so runners are able to fulfill a volunteer shift in between running their loops. Teams can also have a non-runner volunteer for their team or pay \$120 for a volunteer to be recruited by Ragnar through a local non-profit. The person who signs up for the volunteer shift is not the one who has to show up to work the volunteer shift, as long as someone volunteers for the shift on behalf of your team (meaning you can change volunteers right before the shift). **Failure to fulfill volunteer requirements will result in disqualification.**

Volunteer shift sign-up will open up approximately one month before the race (see the Dates / Updates tab of your race for specific dates). The following are prerequisites for volunteers:

- Be at least 16 years old
- Sign a waiver – either online or at volunteer check-in. See Participant Age Restrictions section for minor waiver requirements.
- Wear a reflective vest (provided by Ragnar) while at their assigned location
- Be physically able to perform their assigned duties
- Be willing to fulfill their entire shift at an assigned location
- Provide their own food and drink during shift

Ultra Team Volunteer Requirements

Ultra teams teams **DO NOT** have to provide a volunteer

Pay for Volunteers

In lieu of provide a volunteer, teams have the option of paying \$120 for Ragnar to recruit volunteers through a local non-profit. Ragnar's partner charity(s) will receive a donation when they provide a volunteer for your team.

Team captains can pay for a volunteer online on their team captain's page before the Pay for Volunteer Deadline (see Dates / Updates tab of the race website for specific dates). Teams can pay for volunteers onsite on race day upon check-in at the HQ Tent.

Race Day Arrival Info

Directions

Check the [race webpage](#) and [Runner Packet](#) for the race venue address and directions.

Parking

Updated information for parking is located in the Runner Packet. We ask that teams bring NO MORE than 2 vehicles to the race.

Check-In

Team captains can check-in to the race at the HQ Tent on Friday anytime after the venue opens to teams OR on Saturday two hours before their team's assigned start time, starting at 7:30 AM. If you have an early start time on Saturday morning, we recommend checking in Friday night. Captains should know their team number ahead of time, and have that number handy to provide to volunteers during check-in. Captains will be emailed their team's Start Time and Team Number approximately two (2) weeks before the event. Upon check-in, the team captain will receive the team bib (also the timing chip), a bib-belt, volunteer shift reminder w/ instructions, confirmation of the team division/classification, shirt tickets for each runner on the team's roster, Saturday night dinner tickets for each runner on the team's roster, a trash and recycle liner to be used at the team's campsite, and some other goodies. Teams will not be allowed to change their division/classification after they complete the check-in process.

Race Day Roster Changes

Every runner should be added to the team roster prior to the Online Runner Invite Deadline (see Dates / Updates tab of the race website for specific dates). 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 Participant Age Restrictions section for minor waiver requirements. The team captain will then receive shirt tickets and Saturday night dinner tickets for any runners added to the team's roster.

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.

Campsite Selection and Setup

Upon arrival at the venue, teams may choose their own campsite. We don't assign specific campsites but we do ask that your team takes up less than 300sq/ft (approximately 17' x 17'). Staking out a spot near the Village (main event area) will mean that you are in the middle of the action and have a shorter distance to walk back and forth between your campsite/Village during the event. Selecting a spot on the edge of camp may give you a little quieter (i.e. better sleep?), if you are into that sort of thing, but it also means you will have further to walk back and forth during the event. Spouses, family and friends are welcome to stay with your team during the race but should plan to fit within your team's 300sq/ft campsite.

Team Campsite Fires & Generators

Campfires and gas powered generators are NOT allowed at team campsites during the race at any time. Ragnar will provide a group bonfire (depending on the venue and area burn restrictions) but individual team campsite fires are not allowed. Propane stoves and small propane heaters are allowed but must be continually monitored by someone when in use. Propane fire pits or fire rings are NOT allowed. No charcoal, wood burning, or open flames are permitted at any time. Ragnar will provide a solar powered charging station for phones but individual team campsite generators are not allowed. Solar powered/battery powered generators are allowed in the camping area.

Amenities – Food, Showers, Activities

Food – Although every race is different, we provide a Saturday night dinner to each runner and strive to have great meal options for purchase for all other meals during the event. Check out the race specific Runner Packet for all of the details on food. We recommend that you also bring team food. Treat it just like a camping trip with 7 friends. And please note, Ragnar strives to provide vegetarian options at all meals but other food preferences (gluten-free, vegan, etc) are not always available. Please consider bringing your own food if you have specific dietary requirements.

Showers, Activities, etc. – Each venue offers different special amenities. Some have showers, some ziplines, and some horse rides, and more. Check out the race specific Runner Packet for all of the details on amenities. If a specific amenity is not listed on the webpage, that venue does not have that amenity.

Trash and Recycling

Pack it in, pack it out. Treat this adventure just like a backcountry camping trip. If you bring it, you need to take it home. When you leave, your campsite should look exactly like it did before you arrived. Ragnar will have trash, recycling, and compost for the event waste but teams should deal with their own waste. Please make your best effort at recycling, composting, and reducing waste.

Course Rules

Many of these rules follow the principles of **LEAVE NO TRACE**. You should know and practice these principles outside of the race, whenever you are on the trails.

Take Nothing

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

Leave Nothing

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

Stay on the Trail

Run only on designated trail surfaces. Cutting switchbacks or running next to the trail increases our footprint on the natural environment. When multiple trails exist, run on the one that is the most worn. No cutting the course. Call out "on your left" when trying to overtake another runner and allow other runners to pass you.

Run Over Obstacles

Run single file in the middle of a trail, even when laden with a fresh blanket of snow or mud. Go through puddles, not around them. Running around mud, rocks, or downed tree limbs widens trails, impacts vegetation, and causes further and unnecessary erosion. Use caution when going over obstacles, but challenge yourself by staying in the middle of the trail.

No Dogs

No dogs on the course. No dogs in the campsite. No dogs at the event. We love dogs too but this is a safety issue for participants and for the dogs. Service dogs are allowed at the event, but they must remain under control at all times.

Pacing Rules (Buddy pass NOT Offered on Trail)

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. 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. We do not offer the Buddy Pass at Trail races.

Trail running at night under a blanket of stars can be one of the best experiences. It can also be thrilling and even a little frightening to hear a deer rustling in the bushes as you run past. But just because it is thrilling, doesn't mean that it is dangerous. At Ragnar, we are very focused on safety. Any safety concerns on a course or specific loop will be addressed quickly during the race. In an extreme case, this could include "holding/closing" one of the loops or the entire course for a portion or entirety of the race. ***The "Buddy Pass" as offered at Ragnar (Road) Relays is not offered at Ragnar Trail Relays.*** Any runner who does not feel comfortable running a nighttime loop by themselves should run with a pacer. Any team who skips a loop (IE – runs less than the full 24 loops) will receive a DNF on the official race results.

Drones

Non-official use of drones at Ragnar Trail events is prohibited without special approval.

Prohibited Items on the Course

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

Race Rules

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

Rules and Safety Enforcement

Rules are enforced based on a "three strikes you're out" policy. There will be race officials monitoring the event to enforce rules. Teams will be notified in person whenever possible or via text message if they receive a rule violation (cell phone numbers are collected during registration). If a team receives three violations, a race official will meet them to review the validity of each violation. If the race official deems that the violations are valid, the team's bib will be confiscated and the team must leave the venue.

In addition to race officials, teams will have the ability to report rule violations to HQ in the Village. Race officials will determine the validity of all reports received from teams. Teams looking to report rule violations should be prepared to provide race officials with the team number or name and a detailed explanation of the violation.

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

Runner Rotation

Runners must run in the same sequence for each segment of the race, every eighth leg. For example, if a runner runs leg 3, he/she must also run leg 11 and leg 19. See Ultra Teams section for info on Ultra team rotation.

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 loop in which the runner was injured, loops cannot be split in pieces. For example, if runner 3 is injured half way through his/her first loop, any member of the team may complete the loop for him/her. Any member of the team can also fill in loops 11 and 19. Those loops can be filled with different runners, or one runner can fill in both of the remaining loops. A 9th member is not allowed to join the team in order to run the remaining loops. Once a runner drops out of the race, he/she cannot enter back into the race. If an IV is administered, the injured runner is no longer eligible to run. If you are uncertain about completing the race by the 6pm cut off time please see a staff member to discuss your options.

Mixed Division Injured Runners

The same rules and regulations for Mixed Division apply as described in the above section. If, however, the injured runner is female and her dropping out causes there to be more males than females on the team, then only female runners may finish her loops for her. At least 12 loops (half) of the relay must be completed by female runners.

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.

Follow Correct Route, navigation is 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 have been placed along the course but sometimes runners overlook markings; be prudent in your knowledge of the course.

Visible Race Number

Team race bibs must be worn and visible on the front of the runner at all times. Timing Chips are to be worn on your ankle to ensure accuracy.

Use of Slap Bracelets

At the start of each leg, the runner will be given a slap bracelet that corresponds with the colour of the runner's loop. By that we mean that a runner on the red loop will have a red slap bracelet.

SAFETY

Safety is our number one priority. There are many potential hazards in a race of this type including, but not limited to: trail conditions, weather, and wild animals. Additional race specific hazards are found in the race specific Runner Packet found on the race website. We ask that all teams please take appropriate precautions to insure a fun and safe event. Please help us keep the race safe by focusing on being safe runners, safe campers, 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.

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 each of their loops, hydrate while running, and re-hydrate after each of their loops. Water should be supplemented with electrolytes such as NUUN, etc. Proper hydration is obtained when the runner has clear (light lemonade-coloured) 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 Village but not necessarily along the course. Be a responsible trail runner and carry your own water and nutrition during your loops.

Water Container – Every runner should run with a water container of some sort. Some of the loops will have water stations but all will be CUPLESS WATERSTATIONS. There will also be a water station in the Village but it will also be a CUPLESS WATERSTATION.

Personal Music Devices & Headphones

The use of personal music devices with headphones while running is **strongly discouraged**. Trail running 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. Be aware of the sounds around you.

2. Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling).
3. Be able to hear “on your left”. Listen for other runners trying to pass you.

Safe Use Tactics

1. When running you should be able to hear your own footsteps, if you can't your volume is too high.
2. Run with one earphone out and one in, again you should be able to hear your own footsteps.

Wild Animals

The solitary nature of trail running can be exhilarating but trying to be as quiet as possible is not a good strategy in the backcountry. 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.

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 you choose to consume alcohol it must be consumed responsibly in the Village area, when and where city ordinances and permits allow.

Bonfires

Bonfires have functioned as catalysts for bonding experiences for thousands of years. Who doesn't like roasting s'mores while listening to someone strumming a 6-string. We are bringing the fire to the event (depending on the venue and area burn restrictions) but you have to bring good sense. Dangerous behavior around the bonfires is unacceptable. No fire-walking or carrying burning sticks. Any children brought to the event must be supervised around the fires at all times. Ragnar provides a group bonfire but individual team campsite fires are not allowed.

In Case of Injury / Emergency

If you are injured while running out on the course, NEVER cut across country as a shortcut back to the Village. Continue to follow the trail markings back to the Village or go backwards along the course to get back to the Village. If you can't walk, just sit down along the trail. We will get someone out to help 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 Village and will be open and available beginning one hour before the first teams 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 notify a Race Official.

Mandatory Trail Safety Video before team check-in

Teams are required to watch our Safety Video before checking in. **Everyone** is required to watch the safety video before they run, but you do not have to have your entire team watch the video together before you can check in. The Safety Video will last approximately 12 minutes and will cover things such as trail markings, what to do in case of an injury, trail ethics, and what you can expect at the race. Please arrive at the race at least 2 hours before your team's start time to give yourself adequate time to watch the Safety Video and check-in. If a team member arrives after the last showing of the safety video, their team captain is responsible for sharing the information from the video with them.

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.

Awards / Results

Awards will be given to the top 3 finishers from each category within each division for teams who complete all 24 loops. There will also be an award for best team name, the best campsite, best costumes (no feathers or glitter), and overall favourite team. Preliminary result links will be posted the website after the race. Participants will have a short time to request clarification and loop changes and then results will be made final within one week 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.

Ragnar Trail Relay - Race Release and Waiver

As a condition of my participation in the Ragnar Trail Relay (the “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 Ragnar Events LLC, Ragnar Holdings LLC, MultiSport Canada Productions Inc. and their respective investors, officers, directors, managers, members, agents and employees; Ragnar Relay race officials and volunteers; and 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 (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, the village or other race-related venues, and also including any camping activity before or after the Event. 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 contractual representations and agreements:

- I know that this Event, which takes place both in daylight and at night, is held primarily on rough trails but sometimes may also be 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: illness; traveling to and from the event; camping before or after the Event; falls; collisions with pedestrians, vehicles, other participants, wild animals, and fixed or moving objects; the effects of weather, including temperature extremes and humidity; traffic accidents; the negligence of myself and/or others, including Releasees; and trail conditions, road conditions, including without limitation darkness and surface conditions such as loose sand, roots, rocks, uneven ground, and/or pot holes.

I am aware of and appreciate all of these risks. I understand that wild animals, snakes, insects, 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 wild animals and vehicle traffic during the race present certain risks including animal attack and 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 am also aware that if there is a camping activity before or after the Event (a) the parking area may be multiple miles away from the camping area, and (b) if there should be adverse weather, a fire, or other Act of God, it is possible that that I could be placed in uncomfortable, and perhaps even dangerous, circumstances, notwithstanding evacuation plans and any shuttle services or emergency and medical vehicles and services that may be available.

I further understand that the Releasees are not responsible for lost/stolen/damaged items from vehicles or campsites.

- 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 Trail 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.
- 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 trail race and I further agree that race officials may authorize necessary emergency treatment for me.
- 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.
- Having read this waiver 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 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 attorney’s fees and costs), and inconvenience to person or property (collectively, “Losses”) of any kind or nature whatsoever arising out of my participation in this Event, even though such liability may arise out of negligence or carelessness on the part of Releasees.

- 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, MultiSport Canada Productions Inc. to use my image or likeness for Event promotional purposes.
- I understand the Event registration fees are nonrefundable. I have read the Trail Race Bible and agree to abide by the rules and conditions contained therein.
- 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 agreement, 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 agreement 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.
- 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, certain severe weather conditions such as severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, severe weather conditions where significant damage or altercations to the race course occur, or any other force majeure event.

PRINT NAME: _____

SIGNATURE: _____

DATE OF BIRTH: _____

DATE OF SIGNATURE: _____

Minor Waiver - Complete if Runner / Volunteer is below the age of 18

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.

PARENT NAME: _____

PARENT SIGNATURE: _____

DATE OF SIGNATURE: _____