



OFFICIAL 2020 RACE BIBLE

VERSION 1 - 12/08/2019

- ALL INFORMATION IN THE RACE BIBLE IS SUBJECT TO CHANGE -

[Official Ragnar Relay UK Website](#)

[Official Ragnar Relay UK Facebook Page](#)

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INTRODUCTION

This Race Bible contains important team information for the Ragnar Trail Relay. Team Captains are responsible for being familiar with the following information and educating their team members on anything significant. However, it is recommended that all runners read through the Trail Race Bible.

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UPDATES

It is important that all teams make sure 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 the most current version.

Version 1: 12th August 2019

Version 2:

Version 3:

Version 4:

Version 5:

Version 6:

CONTACT INFORMATION

Ragnar Website	www.runragnar.com
Email Address	info@runragnar.co.uk
Telephone Number	0345 872 2932
Facebook Page	RagnarRelayUK
Facebook Event	Ragnar Trail UK 2020

IMPORTANT DATES

Team Registration	13/08/2020 - 24/04/2020
Team Name Change Deadline	08/05/2020
Online Runner Invite Deadline	22/05/2020
Start Time Assigned	w/c 11/05/2020
Ragnar Event	13 th – 14 th June 2020

TEAMS, CATEGORIES AND DIVISIONS

TEAM SIZES

Our standard team sizes are *REGULAR* (8 people running 3 loops each) and *ULTRA* (4 people running 6 loops each). However, you can run with any number between 2 and 8. Please contact Ragnar if you wish to run as a team of two as there are additional procedures and rules for the race. Solo runners and teams with more than 8 runners are not allowed to participate.

REGULAR

Runners must run in the same sequence for each segment of the race, every eighth loop. For example, Runner 1 would run loops 1, 9 and 17. Runner 3 would run loops 3, 11 and 19 etc.

For more information see: [Maps and Legs](#)

ULTRA

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 a time. (i.e. the first runner would 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

Teams with any number of runners other than 4 or 8 should treat the open spots as an 'injured runner'. Teams may choose whichever spot they want as the 'injured 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. These loops can be filled with 3 different runners or one 'super runner' can take on all three loops.

AGE RESTRICTIONS

Any participant under the age of 18 must have a parent/guardian sign a waiver. Any team with a participant under the age of 18 must also have an adult with them at the race. Those under 16 years of age are restricted.

CATEGORIES AND DIVISIONS

Each standard team will be classified in one of the following categories and divisions:

CATEGORIES

MEN – Regular teams and Ultra teams must have all male runners

WOMEN – Regular teams and Ultra teams must have all female runners

MIXED – Regular teams must have a split of at least 7-1 / Ultra teams must have a split of at least 3-1

DIVISIONS

OPEN – Regular/Ultra teams that do not fit another division

CORPORATE – Regular teams must have 7+ runners that work for the same company. Ultra teams must have 3+

CROSSFIT – Regular teams must have 7+ runners from the same gym. Ultra teams must have 3+

REGISTRATION

RECRUITING A TEAM

Here are some tips that will make organising a team easy:

- If you don't know 7 other runners, don't worry! You probably know 2 or 3 and they probably know 2 or 3. Teams made up this way (with friends of friends) are often the most fun. By the end of the race you'll have 7 great friends!
- Remember, you don't have to have 8 runners - you can have any number between 2 and 8. You'll just have to run a bit further!
- If you're struggling to find a team of runners/you're a runner looking for a team, then please email Ragnar who may be able to assist.

- The Team Captain can make use of the existing Ragnar community through social media too - check out the Facebook Event Page ([Ragnar Trail UK 2020](#)).

REGISTERING A TEAM

- Set a date by which you want to register your team online. Runners will feel more committed once they pay for their portion of the team entry. Please note, the entry fee for the whole team is due at the time of registration.
- Registration is available online 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.
- 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. Each team member must accept the invite, fill out the online form, and read and accept the online waiver agreement.

TEAM NAME/COSTUME

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. If you're not sure, email us and we'll let you know.

PLEASE NOTE: We are a LEAVE NO TRACE event and therefore feathers, glitter and balloons are strongly discouraged.

REFUND/TRANSFER/DEFERRAL POLICY

REFUND POLICY: Once you have registered and paid for your entry, you have 2 weeks within which to contact us in order to request a refund. Following this two-week period, all entry fees become non-refundable.

TRANSFER POLICY: Teams may transfer from the Ragnar UK Trail event to the Ragnar UK Road event only.

DEFERRAL POLICY: You may defer your entry to either of the Ragnar UK events. Your deferral from 2020 to 2021 must be completed within the general entry registration window and you may only defer your entry once

TRANSFER AND DEFERRAL FEE: You will incur a £200 deferral/transfer fee (£100 for ultra), which will be deducted from the original price paid. The remainder of the original fee will then be applied to the new registration fee and you will be required to pay the difference.

WHAT'S NEXT?

TEAM MEETINGS

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

- Loop Allocation
- Food and Drink
- Clothing
- Camping Equipment
- Transport
- Trail Race Bible
- Important Dates/Deadlines

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 medical professional first.

PLEASE NOTE: Your team needs to have an average of at least 11-minute/mile road 10k pace in order to finish in the specified timeline. If individuals have not participated in a competitive 10k recently, we strongly encourage them to run one before the event to ensure an accurate 10k pace. Alternatively, consider getting together as a team for a training run at a competitive 10k pace.

Remember, pace means how long it takes you to run one mile (minute/mile) at your race pace and not how many minutes it takes overall to complete the 10k.

RUNNING GEAR & CAMPING GEAR

Trail running is different to road running, so make sure you check out the [Ragnar Trail Ultimate Packing List](#) for a comprehensive list of everything you'll need!

Each runner must have a headlamp and a water container. We will not be providing any cups and therefore suggest that each participant brings two containers/cups – one for cold liquid and one for hot liquid. We will provide water and hot drinks but you need to bring the container.

RUNNER SUBSTITUTIONS/ADDITIONS

If a team member can no longer participate, the Team Captain can remove them from their team and invite a new runner to replace them.

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, click on the invite button. There is no charge for substitutions/additions made before the Online Runner Invite Deadline.

ON THE DAY

DIRECTIONS

RACE VENUE ADDRESS:

Bracelands Campsite
Forest of Dean
Bracelands Drive
Coleford
GL16 7NP

DIRECTIONS:

[Google Maps](#)

[Written Directions](#) – click on the 'Location' tab.

PARKING

Each team is permitted to bring two cars maximum.

CHECK IN

Teams can arrive at the venue from Friday midday and are able to check in to the race at the HQ Tent from 4pm. Captains should have their team number ready to provide to volunteers during check in.

Please check-in at least 2 hours before your team's start time to give yourself adequate time.

If you wish to stay additional days at Bracelands Campsite, outside of the event (Friday and Saturday). Then please contact the campsite directly on 01594 837258.

All participants will then be asked to watch a safety video lasting approximately 12 minutes. It 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.

Upon check-in the Team Captain will receive:

- Team Bib
- Timing Chip
- Bib Belt
- Participant T-Shirt Tickets (*t-shirts can be collected at HQ Tent at any time*)
- Saturday Night Dinner Tickets
- Rubbish and Recycling Bags

CAMPSITE SET-UP

Upon arrival at the venue, teams will be directed to their pitch which will be approximately 8m x 8m.

CAMPSITE

AMENITIES

Food, showers, drinking water and activities will be available at the Village.

FOOD

We provide a Saturday night dinner to each runner and strive to have great meal options to purchase for all other meals during the event. We recommend that you also bring team food, treat it like a camping trip with friends! Specific meal options will be confirmed nearer the event.

ACTIVITIES

There will be several activities available at the Village, these will be confirmed nearer the event.

CAMPSITE FIRES & GENERATORS

Campfires, gas-powered generators, charcoal/wood burning, propane fire pits or fire rings are NOT permitted.

Solar powered/battery powered generators are allowed in the camping area. Propane stoves and small propane heaters are permitted but must be continually monitored by someone when in use.

RUBBISH/RECYCLING

Pack it in, pack it out! If you bring it with you, you need to take it home – this includes any empty packaging. When you leave, your campsite should look exactly like it did before you arrived. Ragnar will have rubbish and recycling bins for the event waste but teams are responsible for the disposal of their own waste.

Dogs

Dogs are permitted in the campsite and in the village but must remain on a lead at all times. Dogs are not permitted on the course under any circumstances.

COURSE RULES

FINISHING EARLY

Based on your teams 10k paces, we will start your team at a time that will help ensure that you finish between 9am and 6pm on Sunday. If your team finishes before 9am on Sunday, grab a nap, come back at 9am to run under the arch as a team and pick up your medals. *Please note medals will not be available before 9am.*

TAKE NOTHING

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

LEAVE NOTHING

Remember, LEAVE NO TRACE. No littering. Leave nothing but footprints. Any runners who are reported to have damaged private/public property or to have littered or defecated on the course will be disqualified and will be banned from future events.

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.

PROHIBITED

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

No dogs on the course. We love dogs too but this is a safety issue for participants and for the dogs. However, they're welcome in the campsite and the village.

DRONES

Use of drones at Ragnar Trail events is prohibited without special approval.

PACING RULES

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. Any runner who does not feel comfortable running a night-time loop by themselves should run with a buddy.

If a runner does not want to run their leg alone then they have several options:

Option A: Runners may run with ONE pacer at any time. Pacer and runner should run single file when passing another runner or being passed. Note that all pacers must sign a waiver when they check-in if they are not already on the team. The use of a pacer ensures that no legs are skipped and the team remains eligible to be placed in their relevant division.

Option B: Recruit a "buddy" to run the night leg with them. The buddy runner can skip a different leg during the race.

Option C: Skip the leg altogether and buddy up to run with a teammate on another leg during the race.

DETAILS

- If you choose the Buddy Pass option, inform Race Command which loop you are doubling up on, and which loop is being skipped.
- If you choose to use a pacer but not skip another loop during the race, this is NOT the Buddy Pass, it is "pacing," and you do not need to inform Race Command.
- The team cannot simply skip the loop and begin the next. The team should calculate the team's pace and return to the loop after the estimated time.
- Teams who utilize the buddy pass will be placed in the Unofficial Division. Teams will still receive shirts and medals and be able to finish like all other teams, however they are not eligible to place in their respected divisions.

RACE RULES

RULES & SAFETY

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 (mobile 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.

INJURED RUNNER

In the event of an injury, any of the remaining runners can replace the injured runner.

Loops cannot be split into piece, with the exception of the loop in which the runner was injured. 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. Another 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.

FOLLOW INSTRUCTION

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

FOLLOW ROUTE

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 marking. Be prudent on your knowledge of the course.

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.

SLAP BRACELET

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

REPORT VIOLATIONS

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 ask teams to help us keep the course safe by reporting teams that are violating any of the above rules. To report violations please send a text message to Race Command (number TBC), please include the Who, What, Where and When in your text message. This number can also be used to report improper signage, unsafe conditions, usage of the buddy pass, if you become lost etc.

SAFETY

Safety is our number one priority. There are many potential hazards in a race like this and 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 and safe campers.

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. 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 volume (not yelling).
3. Be able to hear other runners trying to pass you.
4. Be able to hear your own footsteps.

ALCOHOL

The consumption of alcohol is highly discouraged during the event. Alcohol greatly increases the risk of dehydration, as well as affecting 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. Please no fire-walking or carrying burning sticks. Any children must be supervised around the fires at all times. Ragnar will provide a bonfire where possible, **however individual team campfires are not permitted under any circumstances.**

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.

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.

A Medic Tent will be located in the Village and will be open one hour before the first teams start time through the end of the race. In order to provide the best care possible, we strongly encourage our teams to bring first aid kits and treat their own minor first aid issues. Our medics are there to focus on medical issues, not minor first aid issues.

BAD WEATHER

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

AWARDS/RESULTS

Preliminary results link will be posted on the website after the race. Participants will have a short time to request clarification and loop changes. Then results will be made final within one week of the race. Teams will not be allowed to change their division/classification after they've checked in.

AWARDS FOR:

Regular Men – 1st, 2nd, 3rd

Regular Women – 1st, 2nd, 3rd

Regular Mixed – 1st

Regular Corporate Men – 1st

Regular Corporate Women – 1st

Regular Corporate Mixed – 1st

Ultra Men – 1st, 2nd, 3rd

Ultra Women – 1st, 2nd, 3rd

Ultra Mixed – 1st

Ultra Corporate Men – 1st

Ultra Corporate Women – 1st

ADDITIONAL AWARDS FOR:

Best Team Name

Best Campsite

Best Costume

Overall Favourite Team