



# OFFICIAL 2019 RACE BIBLE WHITE CLIFFS

[Official Ragnar Relay UK Website](#)

[Official Ragnar Relay UK Facebook Fan Page](#)

Items in this Race Bible are subject to change  
Race Specific Details are found on Page 5

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## INTRODUCTION

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This packet contains important information for the Ragnar Relay Series. Team Captains are responsible for being familiar with everything in this packet and for educating all team members on significant information. It is recommended that all runners read through the Race Bible. All information in this document is subject to change.

## UPDATES

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### **ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE**

**It is important that all teams make sure 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 with the one online.**

Version 1 uploaded: 28<sup>th</sup> November 2018

## RACE INFORMATION

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**Race Name:** Reebok Ragnar Relay White Cliffs  
**Race Contact:** [info@runragnar.co.uk](mailto:info@runragnar.co.uk) | 0345 872 2932  
**Facebook Event:** <https://www.facebook.com/events/284580732394357/>  
**Race Charities:** Various – please see [website](#) for details

## IMPORTANT DATES & INFORMATION

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REGISTER YOUR TEAM ONLINE AT:	
Team Registration	29/11/2018 – 28/02/2019
Start Time Assigned	w/c 19/08/2019
Volunteer Registration	<a href="https://www.runragnar.uk/volunteer">https://www.runragnar.uk/volunteer</a>
Final Online Runner Invite Deadline	30/08/2019
Final Team Name Change Deadline	16/08/2019
Team Captain's Meeting (all address details will be sent to Team Captains)	TBA
OFFICIAL NIGHT TIME RUNNING HOURS	TBA

## OFFICIAL HOLDING TIMES

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Exchange	Hold teams arriving before:	Allow held teams back onto the course at:	Course Takedown:
5	TBA	TBA	TBA
10	TBA	TBA	TBA
15	TBA	TBA	TBA
20	TBA	TBA	TBA
25	TBA	TBA	TBA

# BEFORE THE RACE

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## 1. Getting Started

### 1.A) To Do List

- Start recruiting a 10 or 5 person team
- Register and pay for the team online at [www.runragnar.co.uk](http://www.runragnar.co.uk) before the deadline
- Register all team members online at [www.runragnar.co.uk](http://www.runragnar.co.uk) before the deadline
- Encourage friends and family to register online as a volunteer at [www.runragnar.co.uk](http://www.runragnar.co.uk)

### 1.B) Organising a Team

The two team types to choose from are regular team (10 people running 3 legs each) and ultra team (5 people running 6 legs 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.

Here are some tips that will make organising a team easy

- If you don't know 9 other runners don't worry. You probably know 3 or 4 and they probably know 3 or 4. Teams made up this way (with friends of friends) are often the most fun. By the end of the race you'll have 9 great friends!
- Find someone that is a good leader and excited about the event. Put this person in charge of filling one of the vehicles. Now both of you just need to find 4 runners instead of 9
- If you do not have a total of 10 runners or do not want 10 runners, no problem. You can have any number of runners between 4 and 10 (see section 8). Any team with less than 4 runners needs to contact Customer Service about procedures and rules for the race
- Set a date by which you want to send in registration and begin collecting entry fees from members of the team. Runners will feel more committed once they fill out an entry form and give you money. Many teams commit friends, but since the friends never pay or fill anything out, they don't feel committed. When it comes time to sign up they haven't trained and they back out
- Your team needs to have an average of at least an 11 minute per mile pace in order to finish the course in the specified timeline (This is your TEAM pace not your individual pace)
- Once you have a few firm commitments register the team. Again, this will make the team feel more committed. You shouldn't have a hard time finding the rest of your runners. If worst comes to worst, there are always last minute runners looking for teams through our Ragnar community (see 1.C)

### 1.C) Find a Team

If your team is looking for runners, the team captain can make use of the existing Ragnar community through our social channels. Check out our Ragnar Relay UK Facebook Fan Page. This is also a great way to find a team should you wish to run and not currently be part of one – teams looking for runners will be able to contact you.

Within the fan page, each race is listed under the 'events' section. Reach out and communicate with runners and teams on either page.

If you are coming from the US please use Twitter and tag us using @RagnarRelayUK and mention #teamfinder. We will share your message on the Facebook events page

## 1.D) Getting Ready

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

- Communication between vehicles. Some segments of the race have limited mobile phone coverage. Make a list of all mobile phone numbers and be sure that everyone brings a mobile phone charger. Some providers will get better service than others so try to have a variety of carriers. We also recommend the use of two-way radios
- What to do if runners get to an exchange and the next runner isn't there
- What to do if a runner and/or vehicle gets lost
- Where to get petrol
- Where to eat. What types of food and drink to bring along
- What types of clothing and equipment everyone should bring. Weather is uncertain; be prepared for hot and cold weather extremes as well as rainy weather
- Running at night, and if anyone is willing to run extra miles as a run pacer

## 1.E) Start Times

Start times are based on accurate pace predictions, so **it is critical for a successful event that each runner has an accurate 10k pace in their profile**. This should be formatted as minutes per mile, i.e. 10 min/ mile pace. To accurately project a team's pace, take each individual runner's 10k race pace and calculate an average team pace. Teams that misrepresent their pace will be penalised.

Accurate paces allow us to place teams in starting slots that create the least amount of congestion on the course.

You must have 6 of your 10 runners on a regular team or 3 of 5 for Ultra teams in order to be assigned a start time.

**It is extremely important that the pace submitted for each team is accurate.** If individuals have not participated in a competitive 10k recently, we strongly encourage them to run one before submitting a team pace.

Alternatively, consider getting together as a team for training run at a competitive 10k pace.

**PLEASE NOTE:** Your team needs to have an average of at least an 11 minute mile pace in order to finish the course in the specified timeline. Should your team fall far enough behind pace that you are falling behind course closure times listed in the Ragnar app, Ragnar staff will work with your team to get you back within the course support limits. If you have concerns about this for your team, please make sure and contact Customer Service.

## 1.F) Training

Good training will help make this an enjoyable race as well as prevent injury. Training information will be available on our website shortly, so please keep checking back. As with all training programs, please consult a physician first.

## 2. Registration

### 2.A) Team Registration

Registration is available on line and should be completed by the Team Captain. Simply click the "Register" link next to the race on the Registration webpage and follow the instructions. After completing the registration process the Team Captain will receive an email confirming registration. A **non-refundable entry fee** is due at the time of online registration.



## **2.B) Team Name**

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

## **2.C) Individual Team Member Registration**

Once the team has been registered and paid for online the team captain has until the deadline to register each individual team member online (see registration deadlines on page 6 for more info). A separate online form must be filled out for each team member and each team member must read and accept the online waiver agreement.

## **2.D) Signing Online Waiver**

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

## **2.E) Participant Age Restrictions**

Any participant under the age of 18 must have a parent or legal guardian sign a waiver. Any vehicle with one or more participant(s) under the age of 18 must also have at least 1 adult (25 or older) preferably serving as either a driver or safety officer in the vehicle. The individual over 25 doesn't have to be a runner but can be. Those under 16 years of age are prohibited. Ragnar will consider formal requests for extraordinary circumstances through Customer Service.

## **2.F) Substitutions/Additions**

If team members need to be removed from your team and another person added, you will need to contact the customer service team at [info@runragnar.co.uk](mailto:info@runragnar.co.uk) to cancel the runner that is no longer taking part.

Once that runner has been cancelled, you will then be able to log in and invite your new runner to register in the same way as you invited the previous runner to join the team.

Substitutions/additions can be made at the start line but the runner must be present to sign the waiver. You will be charged £20 per substitution on race day.

## **2.G) Refund & Deferral Policy**

**Refund Policy:** Once you have paid for your entry, you have 2 weeks within which to contact us, in writing at [info@runragnar.co.uk](mailto:info@runragnar.co.uk), in order to request a refund. Following this two-week period, all entry fees become non-refundable.

**Deferral Policy:** You may defer your entry to the following year's event in the UK. Your deferral from 2018 to 2019, must be completed within the general entry registration window, by the 28<sup>th</sup> February 2019, and you may only defer your entry once.

You will incur a £300 deferral fee (£200 for an ultra or 5-pack), 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.

If you defer from 2019 to 2020 and the event that you wish to defer out of reaches 'wait list' status, as indicated by a wait list button on the race specific page of the website, teams may only defer out of the event if a replacement team is found. You will be emailed once the 2020 registration opens, and you will have to complete your deferral entry within the registration window.

### **3. Volunteers**

Volunteers are the heart and soul of Ragnar. They are like glitter duct tape – they hold our operation together and do it with style.

Without our volunteers we wouldn't be able to stage such an epic race for our runners, so if you're a runner that knows friends and family who would love to join in the fun, then ask them to head to our website for more information and the opportunity to sign up.

All volunteers must:

- **Be at least 14 years old. Anyone under 17 must be accompanied by a responsible adult over 25**
- Individually register for a shift on the Ragnar website during the volunteer registration period noted on page 6. Volunteer shifts are first come, first choice.
- Provide their own transportation to and from their assigned location
- Wear their official volunteer hat while at their assigned location
- Be physically able to perform their assigned duties
- Be willing to fulfil any assigned volunteer time
- Be willing to fulfil their entire shift at an assigned location
- Provide their own food and drink during shift (we will have water bottles for volunteers)

#### **3.A) SWAT Volunteers & Exchange Managers**

Ragnar will also accept a limited number of SWAT volunteers and Exchange Managers. SWAT volunteers will be scheduled for a longer shift with more responsibilities. Exchange Managers manage one exchange point along the course.

SWAT and Exchange Managers are scheduled by-application only. Positions are limited. The crew is typically built 45-90 days in advance of the race. If you know someone who would like to be a part of the crew, please contact [volunteer@runragnar.co.uk](mailto:volunteer@runragnar.co.uk).

### **4. Team Captain Meetings and Minutes**

Three weeks before the race there will be a Team Captain Meeting. During the meeting we will discuss the rules and any concerns/comments the Team Captains have, as well as last minute changes. If Captains are not able to attend the meeting, they are welcome to send another team member in their place, and meeting minutes will be emailed after the Team Captains Meeting has taken place, as well as posted on the race website.

## 5. Team Check-In

Vehicle 1 must check in at the start line at least one hour before their official start time. Vehicle 2 must check in at exchange 5 at least one hour prior to starting their legs. When checking in, each vehicle must present the following items:

- Two (2) flashlights or headlamps\* (this means a team needs a total of 4 )
- Five (5) reflective vests\* (team needs a total of 10)
- Two (2) LED tail-lights\*(team needs a total of 4)

\*All payments due on race day will occur at Exchange 5 for the entire team.

\*Ultra teams need only check in once at the start with enough equipment for 1 vehicle.

\*All vehicle drivers must have a reflective vest for night time hours; an additional reflective vest per driver must be brought if drivers are not running

*Teams will not be allowed to start until they show these items. **Every person outside the support vehicle will be required to wear a reflective vest during the night-time hours.** It is mandatory that you have enough vests for every member of your team.*

Upon check-in at the start line, Vehicle 1 will receive runner bibs, vehicle number, and a slap bracelet (used as a baton). If the team captain is in Vehicle 2, he/she is not required to be at the start. In this event send one representative from the team to check-in instead. **Upon check-in at exchange 5, Vehicle 2 will pay for any race day late runner registration fees for the entire team before receiving runner bibs and vehicle number.**

## TEAM TYPE

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### 6. Regular Teams

#### 6.A) 10 Runners

Regular teams are made up of ten runners. Each member of the team will complete three legs of the relay. Runners must run in the same sequence for each segment of the race – every tenth leg. For example, if a runner runs leg 3, he/she must also run leg 13 and leg 23.

#### 6.B) Divisions

There are three divisions in the Regular Team category (Open, Over 40/M40 and Over 50/M50) and three classifications within each division (Men's, Women's and Mixed). To qualify for the mixed division, teams must have a minimum split of 3 and 7. To be in the women's division the team must have a minimum of 8 women, and to be a men's team you must have at least 8 men. **Team divisions and classifications are final the Friday 1 week post race with the final race results.**

### 7. Ultra Teams

#### 7.A) 5 Runners

Ultra teams are made up of five runners. Each member of the team will complete six legs of the course. Ultra teams can choose to run one of the following two ways 1.) run two legs back to back three times (i.e. the first

runner would run legs 1-2, 11-12, 21-22) OR 2.) Run 6 times, 1 leg at time (i.e. the first runner will run legs 1, 6, 11, 16, 21, 26). All runners on the team must choose the same format and cannot switch formats during the race.

### **7.B) Divisions**

The same divisions exist for the Ultra Teams (Open, Over 40 and Over 50) and three classifications within each division (Men's, Women's and Mixed). To qualify for the mixed division teams must have a split of at least 2 and 3. To be in the women's division the team must have 4 female runners minimum, and to be in the men's division must have a minimum of 4 male runners. **Team divisions and classifications are final the Friday 1 week post race for final race results.**

### **7.C) Support**

Ultra teams should make special preparations to provide support for their runners. We do not provide food or water except at major exchanges (every 5th exchange). Since team members of Ultra teams are running longer legs, plan to stop frequently on support legs to give runners plenty of recovery food and drinks.

### **7.D) All Other Rules and Logistics**

Every rule that applies to 10 person teams applies to Ultra teams. Please review all of the rules and logistics for 10 person teams.

## **8. Other Team Sizes**

We do permit teams to run with any number of runners from 4 to 10 runners. Teams with any number of runners other than 5 or 10 should treat the open spots as injury runners. Teams may choose whichever spot they want as the "vacant runner" - but the legs must stay in the same pattern (every tenth leg). For example, if spot #1 remained vacant, the legs that would need to be filled would be legs 1, 11, and 21. Those legs can be filled with 3 different runners, or one "super runner" can take on all three legs. A leg cannot be split between 2 runners and will result in disqualification if done.

## **9. Post-Race Awards**

Awards will be given to the first 3 finishers from each classification within each division, and the top three in the event overall.

There will be additional prizes available to the winner in a variety of categories, as determined by Ragnar. These will include first corporate team, first CrossFit team, and first charity team as examples. Your entry into these categories will be determined in the entry form. **Team divisions and classifications are final the Friday 1 week post race. Teams are still encouraged to check their division on their team profile the Sunday before race day to ensure they are in the correct division.**

# GENERAL RULES

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## **10. Support Vehicles**

### **10.A) Support Vehicle Requirements**

Support vehicles are used to transport the runners to and from each exchange point. It is suggested that Regular teams use two vehicles to make it easier, although a single vehicle is allowed if there are seatbelts for all passengers and the vehicle adheres to all applicable local vehicle safety laws.

Similarly, Ultra teams may choose to use one or two team vehicles, the recommendation is one vehicle. Teams will provide their own vehicles. Teams are not allowed to have more than 2 vehicles per team.

### **10.B) Vehicle Restrictions**

You may make use of any vehicle that will accommodate your team safely and provide enough seatbelts for all passengers. We do however recommend you consider the use of a people carrier or mini bus where possible, as this will provide you with more comfort during your time in the vehicle.

We do not allow any vehicle wider than 2m and/or longer than 6m.

We recommend that all vehicles are under 2m in height due to restrictions at the entrances to some of the exchange points.

Motor-homes, RV's, campers, trailers, buses or limos are not allowed on the course and/or at the exchanges by any team or spectator at any time. Failure to meet these standards will result in removal from the course. For any questions about the legality of a vehicle, please contact [info@runragnar.co.uk](mailto:info@runragnar.co.uk).

### **10.C) Regular Vehicle Rotation**

Teams with two vehicles of five runners should utilise the following rotation: Vehicle 1 contains runners 1-5 and Vehicle 2 contains runners 6-10. Runner #1 from Vehicle 1 begins at the starting line. Once the race starts, Vehicle 1 travels to the first exchange point where runner #2 will prepare to run. Runners from Vehicle 1 continue to run in order up to exchange point 5; this is the first major exchange in the race.

At exchange 5, Vehicle 2 should be waiting. At this point, runner #5 from Vehicle 1 will hand the baton off to runner #6 from Vehicle 2. Then, Vehicle 2 continues along the race course rotating runners until the next major exchange point, exchange 10, where they will hand off to Vehicle 1 again. This pattern continues until the finish line.

Vehicle numbers will be distributed at check-in. These numbers are peel and stick numbers that must be placed on the outside rear window of each vehicle. Do not create a blind spot. Teams using just one vehicle should post both vehicle numbers in their windows so they are allowed at each exchange point.

### **10.D) Ultra Vehicle Rotation**

We recommend one support vehicle for Ultra teams. Teams utilising two vehicles must honour the rules of rotation for regular teams.

### **10.E) Vehicle Drivers**

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

### **10.F) Respect Local Residents & Communities**

While travelling through the local communities, please remember we are guests and you should treat all residents with courtesy and respect.

- Remember to respect other path users and give them the right of way (Love the locals)

Going out of your way to thank locals will go a long way in helping the event return each year. The following “Do Not’s” are not intended to cover the broad spectrum of issues, so use common sense while in residential areas.

We reserve the right to dismiss or disqualify any team based on a lack of respect.

- Do not honk horns or yell out vehicle windows during evening, night, and morning hours while in residential areas
- Do not block any residential or business driveways
- Do not impede traffic by driving too slowly or by not properly pulling vehicle over to the side of the road when stopping

### **10.G) Only One Race Vehicle per Exchange**

Due to limited parking, only one vehicle per team is allowed to park at each minor exchange point. Vehicle 1 is allowed at exchange points 1-5, vehicle 2 is allowed at exchange points 5-10, etc. Both vehicles are allowed at every major exchange point (5, 10, 15, 20 and 25). If for some reason team vehicles need to meet, they must meet off the course or at a major exchange.

### **10.H) Park Only in Designated Areas**

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

### **10.I) Runner Drop Off**

Vehicles must drop off runners at least 150m prior to exchange points before parking. We ask that all runner drop-offs be brief.

### **10.J) Restricted Areas**

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

### **10.K) Vehicle Communication**

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

#### **10.L) Only 2 Race Vehicles per Team**

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

#### **10.M) Vehicle Numbers Must Be Clearly Displayed**

Teams must clearly display team numbers on both vehicles. Entrance into certain exchanges is dependent on vehicle number visibility. Vehicle numbers will be distributed at check-in. These are peel and stick numbers that must be placed on the outside rear window of each vehicle. Do not create a blind spot. Teams using just one vehicle should post both vehicle numbers in their windows so they are allowed at each exchange point.

### **11. Runners**

#### **11.A) Runner Rotation**

Runners must run in the same sequence for each segment of the race. For example, if a runner runs leg 3, he/she must also run leg 13 and leg 23.

#### **11.B) Reflective Vests / Headlamps / LEDs**

Each team must have at least ten (10) reflective vests, four (4) headlamps or flashlights, and four (4) LED "tail/butt" lights. These must be presented at time of check in (see section 5).

#### **11.C) Injured Runners During Race**

In the event of an injury, any of the remaining runners can replace the injured runner. With the exception of the leg in which the runner was injured, legs cannot be split in pieces.

For example, if runner 3 is injured half way through his or her first leg, any member of the team may complete the leg for him or her. Any member of the team can also fill in legs 13 and 23. Those legs can be filled with different runners, or one can fill in the remaining legs. An 11th member is not allowed to join the team in order to run the remaining legs. Once a runner drops out of the race, he or she cannot enter back into the race.

#### **11.D) Littering & Property Damage**

Any runners who are reported to have damaged private or public property or to have littered, urinated or defecated on private or public property will be dismissed from the course and will not be invited back. Toilets will be provided at all exchange points, and rubbish bins will be available at the major exchanges.

#### **11.E) Follow Race Officials Instructions**

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

#### **11.F) Follow Correct Route - Navigation is the Responsibility of Each Team**

Teams are responsible to make sure that their runners stay on the course. Vehicles may wait for their runners at critical points to direct them which way to go. If a runner gets off course, they are to return on foot or in their

support vehicle to the point where they went off course and continue from there. Do not drive ahead to make up for the mileage that they may have added. Signage is occasionally moved; be prudent in your knowledge of the course, and bring copies of the route legs with you in your vehicles.

#### **11.G) Visible Race Number**

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

#### **11.H) Use of Slap Bracelets**

The team's baton (slap bracelet) should also be worn at all times while the current runner is on the road. Only runners wearing a slap bracelet will be allowed to exit the exchange chute to begin a new leg.

#### **11.I) No Bike Pacing During Daytime Hours**

Bicycle pacers are not allowed on the course during daytime hours, but run pacers are allowed at all times (see section 13.C).

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## **RUNNER ARRIVALS AND HOLDING TEAMS**

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### **12. Holding Teams Documents**

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

#### **12.A) Penalties**

If your team gets too far ahead of projections we may be forced to hold your team at one of the major exchanges for a couple of hours. If your team is held, we will subtract the total time that you were held from your overall time but your team will be issued a violation.

#### **12.B) Policies and Procedures**

##### Getting ahead of the set-up crew:

We understand that it is impossible to perfectly project your team's pace. We give teams a buffer zone before forcing them to stop at an exchange. If your team does get ahead of this buffer we will hold your team at one of the major exchanges. To prevent your team from getting ahead of the set up crew again later in the race, we will determine the amount of time to be held by taking into account your current average mile time as well as the miles left to run.

##### Getting behind the clean-up crew:

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



### 12.C) Accurately Projecting Times

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

Important locations and times (*The following table is just an example, official times will be listed on page 6.*)

Exchange	Hold teams arriving before:	Allow held teams back onto the course at:	Course Takedown
5	Friday 11:00 am	Friday 2:00 pm	Friday 8:30 pm
10	Friday 3:15 pm	Friday 5:45 pm	Saturday 11:00 pm
15	Friday 7:30 pm	Saturday 9:30 pm	Saturday 3:00 am
20	Saturday 12:15 am	Saturday 2:15 am	Saturday 7:00 am
25	Saturday 4:45 am	Saturday 6:15 am	Saturday 1:15 pm

## HAVE FUN! BE SAFE!

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Safe Runners – Safe Support – Safe Race

### 13. Safe Runner

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

#### 13.A) Run Against Traffic and on Proper Surfaces

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

#### 13.B) Be Aware of Traffic and Obey Traffic Laws

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

#### 13.C) Run and Bike Pacers

- Run pacers are allowed at any time during the race day or night
- Bike Pacers are allowed on trails during Ragnar defined night time hours
- Pacers DO NOT have to be a member of the team but are required to sign a waiver at check-in
- Running pacers can run with the runner but MUST run in single file
- Pacers MUST wear the same night safety gear as the runner (reflective vest, headlamp, and LED)

#### 13.D) Personal Music Devices and Headphones

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

1. You must be able to hear traffic

2. Be aware of the sounds around you
3. Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling)

Safe Use Tactics:

- When running you should be able to hear your 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.

### **13.E) 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 heat index. The heat index (HI) is an index that combines air temperature and relative humidity to determine how hot it feels. If the heat index is above 32°C, heat cramps and heat exhaustion are possible. Above a HI of 41°C, heat exhaustion is likely and heat stroke is probable with continued activity.

Teams must ensure their runners' safety by monitoring the condition of their runners before, during, and after each leg. Runners should pre-hydrate before each of their legs, hydrate while running, and re-hydrate after each of their legs. Water should be supplemented with electrolytes.

## **14. Running, Pacing, Participating at Night, and the Buddy Pass**

### **14.A) Runners on course during Night Time Hours**

ALL runners must wear night gear during the Official Nighttime Hours – reflective vest, headlamp (or flashlight) and blinking LED tail light.

### **14.B) Participants on the course during Night Time Hours**

ALL participants must wear reflective vests during the Official Nighttime Hours if out of the team van anywhere on the course, including exchanges.

### **14.C) Run and Bike Pacers**

- Run pacers are allowed at any time during the race day or night
- Bike Pacers are allowed on trails during Ragnar defined night time hours
- Pacers DO NOT have to be a member of the team but are required to sign a waiver at check-in
- Running pacers can run with the runner but MUST run in single file
- Pacers MUST wear the same night safety gear as the runner (reflective vest, headlamp, and LED)

### **14.D) Van Driver**

If you choose to have a van driver, who is not a runner, the driver must also adhere to these safety guidelines.

### **14.E) "The Buddy Pass"**

#### **Double up on a Leg and Skip a different Leg During the Race**

If a runner does not want to run their night leg alone they have two options:

**Option A:** Recruit a team member or “buddy” to run the night leg with them. The buddy runner can skip a different leg during the race.

**Option B:** Skip the night 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 leg you are doubling up on, and which leg is being skipped
- If you choose to use a pacer but not skip another leg during the race, this is NOT the Buddy Pass, it is “pacing,” and you do not need to inform Race Command
- Runners cannot start on the leg after the skipped leg, until the estimated time it would have taken to run that leg has elapsed. For example, the team cannot simply skip the leg and drive ahead to the next exchange and start up again. The team should calculate the team’s pace and return to the course after the estimated time
- Teams must check in with the volunteers at the restart exchange to ensure the team is recorded as back on the course
- 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

## **15. SAFE SUPPORT**

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

### **15.A) Safety Officer/Navigator**

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

### **15.B) Exiting and Being Outside the Vehicle**

Remember that these are open roads. Every member of the team (including drivers) must have his or her own reflective vest. Everyone that is out of the vehicle on the course at night must wear a reflective vest. This includes exchanges, shoulders, roadways, and car parks adjacent to the course. Reflective vests must be worn during the Official Night-time Hours (see page 6). From DUSK TO DAWN, KEEP YOUR VEST ON. We also encourage you to wear bright coloured clothing at all times of day and light/bright clothing at night. Dark clothing is very hard to see at night.

### **15.C) Road Crossing**

Any team member crossing the road must follow the below:

- Obey all traffic/pedestrian laws
- Cross at pedestrian crossing if there is one in sight
- No crossing if there is a central reservation
- No crossing roads with more than two lanes (one lane in each direction)

- Roads with a total 3 lanes or more MUST be crossed at pedestrian crossings

#### **15.D) Vehicles**

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

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

#### **15.E) No Vehicle Support/No Pulling Over Leg Rules**

If a leg along the course is labelled as a "No Vehicle Support/No Pulling Over" leg, team participants need to obey the following rules:

- Vehicles are NOT allowed to pull over and support their runners from ANY location along these legs.
- Vehicles are also NOT allowed to stop anywhere along these legs and must proceed directly to the next exchange to await their runner.

Special Note: On 'No Vehicle Support/No Pulling Over' legs, runners need to make sure they are well hydrated before starting their leg and should carry water with them to ensure proper hydration throughout their run.

Water will be provided for runners at major exchanges only, where they can fill up their own water bottles ahead of No Vehicle Support/No Pulling Over' legs.

#### **15.F) Partial No Vehicle Support Leg Rules**

If a leg is designated as "Partial No Vehicle Support" the same "No Vehicle Support" rules will apply only to certain sections of the leg. These sections will be marked on the leg maps found online and within the Ragnar App.

### **16. Safe Race**

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

#### **16.A) Prohibited Items on the Course**

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

#### **16.B) Alcohol**

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

### **16.C) Sleep in Designated Sleeping Areas**

Sleeping/resting must be done inside the support vehicle or inside designated sleeping areas. Location of sleeping areas to be confirmed. No one is allowed to sleep on the ground in any car park.

### **16.D) In the Event of an Emergency**

In the event of an emergency notify the nearest race official, as they will be able to communicate with nearest medical personnel or call for an ambulance if the emergency is severe enough. If you are not near any race officials, please text Race Command: **07860018173**. If the emergency is severe, **FIRST call 999**, then notify Race Command, **by text: 07860018173**.

### **16.E) Mandatory Safety Training Meeting at Start Line and Major Exchange 5**

There will be a mandatory safety training at the race start line for vehicle 1 and at exchange 5 for vehicle 2 (Ultra teams need only attend safety training at the start). Each team is required to have all team members attend the safety training.

The Safety training will last approximately 10-15 minutes. Each vehicle will pick up race materials after training. Along with other items picked up, teams will pick up vehicle bib stickers which need to be displayed on all team vehicles. Please arrive at least 1 hour early to the start line or exchange 5 to give yourself adequate time to attend safety training.

### **16.F) 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, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, etc.

### **16.G) Heat**

If there is extreme heat during the race we reserve the right to hold teams until the temperature drops. In this scenario, we would have teams skip ahead 1 leg for every 1 hour of Heat Hold. Race officials at each exchange will document teams' stop and restart times. Teams will not be allowed to restart before their designated restart time. If teams restart after their designated restart time, the difference will be added to their overall result times. During a Heat Hold all teams are encouraged to get off of the course, out of the sun, and not to proceed to their next exchange until 15 minutes prior to their restart time. After the race, Ragnar will apply each team's average pace to the legs that were skipped. Note that if a Heat Hold is in place, your team is still responsible for attending the start line /exchange 5 for race check-in and the safety training before skipping to their re-start exchange.

### **16.H) Lightning**

If there is lightning at the start of the race we reserve the right to delay starts until the lightning clears. If you see lightning on the course after the race has started, get your runner off the road and into the support vehicle. Make a note of the time and the location where you exited the course. If lightning clears within 1 hour put your runner back on the road where they left and make a note of the time. If lightning persists longer than an hour, move ahead to the next exchange. For every hour of lightning, you may move ahead one exchange. Keep close

track of where and when you left the course and where and when you returned to the course. At the end of the race we will have a form available for you to report these locations and times. We will then calculate your average pace and apply this pace to the segment of the course that you missed. In this way we will adjust all overall race times. Only teams that have taken accurate notes will be given official times.

#### **16.I) Heavy Rain and Flooding**

If a runner encounters flooded areas that are impossible to cross, get your runner into the support vehicle, and drive the runner ahead where the road is no longer flooded to continue running his or her leg. Keep track of how far your vehicle drives ahead by 0.1 mile and report the mileage and speed travelled at the finish line. We will take your team's overall average pace, the mileage and speed driven and adjust your team's time accordingly. Only teams that have taken accurate notes will be given official times.

If there is heavy rain or flooding we reserve the right to postpone or cancel certain legs of the route should conditions become such that it jeopardises the safety of runners i.e. extremely wet and slippery underfoot. On these occasions, Race Command will text to inform you which sections of the route are closed and which leg you should drive on to. Race Officials will record stop and restart times, along with which leg you have stopped at and then restarted at. After the race, the time take to travel from your stopping point to your restart point will be removed from your overall time, and then Ragnar will apply the team's average pace to the legs that were skipped.

#### **16. J) Strong Winds**

If there are strong winds during the race, we reserve the right to hold teams until the wind dies down or to close certain sections of the route. On these occasions, Race Command will text to inform you which sections of the route are closed and which leg you should drive on to. Race Officials will record stop and restart times, along with which leg you have stopped at and then restarted at. After the race, the time take to travel from your stopping point to your restart point will be removed from your overall time, and then Ragnar will apply the team's average pace to the legs that were skipped.

#### **16. K) Wildlife/Open Range Rules**

If a runner encounters any wildlife that is aggressive on the course, get your runner off the road and into your support vehicle. The vehicle should drive ahead and let the runner out at a safe and reasonable distance ahead of the wildlife to continue his or her leg. Keep track of how far your vehicle drives ahead by .10 of miles and report the mileage and speed travelled at the finish line. We will take your team's overall average pace, the mileage and speed driven and adjust your team's time accordingly. Only teams that have taken accurate notes will be given official times.

#### **16.L) Report Other Teams Breaking Safety Rules**

We will have Course Marshals out on the course monitoring teams for safety and adherence to all rules. However, with the size of the course we cannot be everywhere at once. We are asking teams to help us keep the course safe by reporting teams that are violating any of the above rules. To report violations:

#### **Send a text message to Race Command (number to be confirmed)**

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

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

## ENFORCEMENT

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### **17. RULES AND SAFETY ENFORCEMENT**

Rules are enforced based on a “three strikes you’re out” policy. There will be race officials monitoring the course to enforce rules. Teams will be notified via text message each time they violate a rule (mobile phone numbers will be collected at the start line and exchange 5). If a team receives three safety violations a Course Marshal will meet them to review the validity of each violation. If the Course Marshal deems that the violations are valid, the team’s slap bracelet will be confiscated and the team must leave the course.

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

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

## RAGNAR REFLECTIVE VEST REQUIREMENTS

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

We receive many questions on reflective vest and what is acceptable. Reflective vests must have **reflective material on the front, back and shoulders**. The pictures below illustrate what types of reflective vests are acceptable. The color of the vest does not matter, just the amount of reflective material.

### APPROVED



Standard Reflective Vest

### APPROVED



Running Reflective Vest

### APPROVED



Reflective Harness

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

### NOT APPROVED



Reflective Sleeves

### NOT APPROVED



Reflective Belt

### NOT APPROVED



Clothing with Reflective Piping

For questions please contact Customer Service at [info@runragnar.co.uk](mailto:info@runragnar.co.uk)



## DIRECTIONAL SIGNAGE

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Along the course there will be signs that communicate to the runners which direction to go, on what side of the road to run, which exchange they are at, etc.

Please run to the sign before following the instruction. Do not follow the instruction before or after the sign. These signs are blue, and around 1m high, attached to road cones. Flashing red LED lights are attached to each for visibility during night-time hours.



## ADDITIONAL NIGHT-TIME DIRECTIONAL SIGNAGE

On areas of the route further off road, there will be different signage on the night-time legs, which will be fully reflective. These are small square signs, placed at floor level, so you can view them when looking down and forward. There will be a flashing red LED light on each of the signs.

As with the other signs please run up to the sign fully before following the instruction. Do not follow the instruction before or after the sign.

