



**OFFICIAL 2019 RACE BIBLE
LAKE MÄLAREN**

ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE

Race-specific details are found on the individual race webpage

TABLE OF CONTENT

INTRODUCTION.....	5
UPDATES.....	5
BEFORE THE RACE.....	5
1. GETTING STARTED	5
a) To Do List	5
b) Organising a Team	5
c) Find a Team.....	5
d) Getting Ready	5
e) Start Times	6
f) Training	6
2. REGISTRATION.....	6
a) Team Registration.....	6
b) Team Name.....	6
c) Individual Team Member Registration	6
d) Signing Online Waiver.....	6
e) Participant Age Restrictions	7
f) Substitutions/Additions	7
g) Refund & Deferral Policy	7
3. TEAM CAPTAIN MEETING AND MINUTES.....	7
4. TEAM CHECK-IN	7
TEAM TYPE.....	7
5. REGULAR TEAMS	7
10 Runners.....	7
6. ULTRA TEAMS.....	8
a) 5 Runners.....	8
b) Support	8
c) All Other Rules and Logistics	8
7. OTHER TEAM SIZES	8
8. POST RACE AWARDS.....	8
GENERAL RULES	8
9. SUPPORT VEHICLES.....	8
a) Support Vehicle Requirements.....	8
b) Vehicle Restrictions	8
c) Vehicle Numbers Must Be Clearly Displayed	9
d) Regular Vehicle Rotation	9

e) Ultra Vehicle Rotation	9
f) Vehicle Drivers.....	9
g) Respect Local Residents & Communities	9
h) Only One Race Vehicle per Exchange	10
i) Park Only in Designated Areas	10
j) Runner Drop Off	10
k) Cheer on team mates	10
a) Vehicle Communication.....	10
10. RUNNERS.....	10
a) Runner Rotation	10
b) Reflective Vests / Headlamps / LEDs	10
c) Injured Runners During Race.....	10
d) Mixed Division Injured Runners	10
e) Littering & Property Damage.....	11
f) Follow Race Officials Instructions.....	11
g) Follow Correct Route - Navigation is the Responsibility of Each Team	11
h) Visible Race Number.....	11
i) Use of Slap Bracelets	11
<i>RUNNER ARRIVALS AND HOLDING TEAMS</i>	<i>12</i>
11. HOLDING TEAMS DOCUMENT	12
a) Penalties	12
<i>Policies and Procedures</i>	<i>12</i>
b) Accurately Projecting Times	12
<i>HAVE FUN! BE SAFE!.....</i>	<i>12</i>
12. SAFE RUNNER	12
a) Run Against Traffic and on Proper Surfaces	12
b) Be Aware of Traffic and Obey Traffic Laws.....	13
c) Run and Bike Pacers.....	13
d) Personal Music Devices and Headphones.....	13
e) Running in the Heat.....	13
f) Runners on course during Night Time Hours	13
g) Participants on the course during Night Time Hours	13
h) "The Buddy Pass".....	14
13. SAFE SUPPORT	14
a) Safety Officer/Navigator	14
b) Exiting and Being Outside the Vehicle.....	14
c) Road Crossing	14
d) Vehicles.....	15
e) No Vehicle Support/No Pulling Over Leg Rules	15
f) Partial No Vehicle Support Leg Rules	15
14. SAFE RACE.....	15
a) Prohibited Items on the Course.....	15
b) Alcohol.....	15

c) Sleep in Designated Sleeping Areas..... 15
d) In the Event of an Emergency..... 16
e) Mandatory Safety Training Meeting at Start Line and Major Exchange 5 16
f) Bad Weather 16

ENFORCEMENT..... 16

15. RULES AND SAFETY ENFORCEMENT 16

RAGNAR REFLECTIVE VEST REQUIREMENTS 17

DIRECTIONAL SIGNS 18

INTRODUCTION

This packet contains important team information for the Ragnar Relay Series. 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 Race Bible. All information in this document is subject to change.

UPDATES

Items in this Race Bible are subject to change.

BEFORE THE RACE

1. GETTING STARTED

a) To Do List

- Start recruiting a 10 or 5 person team
- Register and pay for the team online at www.runragnar.com/se before the deadline
- Register all team members online at www.runragnar.com/se before the deadline

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
- 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

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 Lake Mälaren FB sida](#). 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.

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:

- Leg/Van assignments: Discuss who wants to run which legs and therefore, which van they will ride in.
- 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.
- What to do if runners get to an exchange and the next runner isn't there or 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 kilometres as a run pacer

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 kilometre, i.e. 5 min/km 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. To be assigned a start time, captains will get access to our race site to be able to fill in necessary data. This will be opened by 15 October.

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 7 min/km 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.

f) Training

Good training will help make this an enjoyable race as well as prevent injury.

2. REGISTRATION

a) Team Registration

Registration is available online and should be completed by the Team Captain. Simply click the "Register" link on the website and follow the instructions. After completing the registration process the team captain will receive an email confirming registration and assigning team number.

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.

c) Individual Team Member Registration

Once the team has been registered and paid for online the team captain has until the substitution deadline to register each individual team member online. If the team registers during the late registration period, then team members will need to be registered within one week of the date that the team registered. A separate online form must be filled out for each team member and each team member must read and accept the online waiver agreement.

d) Signing Online Waiver

Team captain signs an online waiver for him/herself and all other team mates via registration. It is the captains responsibility to make sure that all team members have read and understood the content of the waiver.

e) Participant Age Restrictions

All participants must be at least 18 years old.

f) Substitutions/Additions

If team members need to be changed (substituted or added), the team captain must log onto the team page and fill out the new team member's information. There is no charge for substitutions/additions made before the substitution/addition deadline. Late substitutions/additions can be made for a 200 sek fee per substitution or addition. Substitutions/additions can be made at the start line but the runner must be present to sign a physical waiver. You will be charged 200 sek per substitution on race day.

g) Refund & Deferral Policy

For refund policy rules we refer to the general terms and conditions found on the registration platform.

3. TEAM CAPTAIN MEETING AND MINUTES

Three weeks before the race there will be a Team Captain Meeting. Check the Updates section of the race website for date/time/location information and other specifics. 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/or meeting minutes will be emailed after the Team Captains Meeting has taken place, as well as be posted on the race website. Although attending the Team Captain Meeting is highly recommended, it is NOT required.

4. 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:

1. Two (2) flashlights or headlamps* (this means a team needs a total of 4)
2. Five (5) reflective vests* (team needs a total of 10)
3. 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

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, vehicle number, and crossing flags.

TEAM TYPE

5. REGULAR TEAMS

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. ULTRA TEAMS

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.

b) 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) and on non-support legs. 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.

c) 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.

7. OTHER TEAM SIZES

We do permit teams to run with any number of runners from 3 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.

8. POST RACE AWARDS

Awards will be given to the fastest three teams.

GENERAL RULES

9. SUPPORT VEHICLES

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.

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. 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.se@runragnar.com.

c) 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.

d) 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.

e) Ultra Vehicle Rotation

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

f) 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.

g) 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

h) 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 35). If for some reason team vehicles need to meet, they must meet off the course or at a major exchange.

i) 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*.

j) 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.

k) Cheer on team mates

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

a) 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. RUNNERS

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.

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).

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.

d) 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 legs for her. At least 15 legs (half) of the relay must be completed by female runners.

e) 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.

f) 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.

g) 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.

h) 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.

i) 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.

RUNNER ARRIVALS AND HOLDING TEAMS

11. HOLDING TEAMS DOCUMENT

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 min/km 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.

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.

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 km-time as well as the kilometres 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.

b) 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 5 of this document. If you need assistance in projecting your times and paces, please contact Customer Service.

HAVE FUN! BE SAFE!

Safe Runners – Safe Support – Safe Race

In the event of a serious emergency call 112. Safety is our number one priority. There are many potential hazards in a race of this type including, but not limited to: automobile traffic, road and trail conditions, and weather. We ask that all teams please take appropriate precautions to ensure a fun and safe event. Please help us keep the race safe by focusing on being safe runners, safe support crews, and by helping us keep the race as a whole safe. Below are some basic guidelines and rules to help us all have a safe race.

12. SAFE RUNNER

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

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.

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.

c) Run and Bike Pacers

- Run pacers are allowed at any time during the race day or night
- 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)

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:

- You must be able to hear traffic
- Be aware of the sounds around you
- Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling)

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.

e) Running in the Heat

Running in hot, humid, and sunny conditions can be taxing on the body. Know your limits. Keep an eye on your active runners and the runners from other teams. Know the signs of dehydration, heat exhaustion, and heat stroke. Pre-hydrate before your runs, hydrate during your runs, and re-hydrate after your runs. Electrolyte replacement is just as important as hydration. We recommend mixing in electrolytes with your water to optimize your electrolyte levels and stay hydrated. Proper hydration is obtained when the runner has clear (light lemonade colored) and copious urine. Keeping your core body temperature as low as possible is also a vital component of running in the heat. Dumping cold water on your head/neck and slowing your pace are two great ways to help keep your body's temperature under control. Also be sure to consult your doctor if you have a pre-existing condition that may be exacerbated by running in hot conditions.

Remember that the van is your mobile water station. Keep extra water available at all times as water stations are not provided by Ragnar. Reference the Ragnar App for leg support designation.

f) 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.

g) 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.

h) “The Buddy Pass”

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 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

13. SAFE SUPPORT

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

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.

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 5). From DUSK TO DAWN, KEEP YOUR VEST ON. We also encourage you to wear bright colored clothing at all times of day and light/bright clothing at night. Dark clothing is very hard to see at night.

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

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 o No illegal U-turns
- Pulling off the road completely when stopping/parking o 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 o 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
-

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.

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.

14. SAFE RACE

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

a) Prohibited Items on the Course

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

b) Alcohol

While participating in the race, the consumption of alcohol is not allowed at any point along the course and will result in instant disqualification and removal from the course. Alcohol may be responsibly consumed at the finish line.

c) Sleep in Designated Sleeping Areas

Sleeping/resting must be done inside the support vehicle or inside designated sleeping areas. Major exchanges 15 and 20 will have designated sleeping areas. No one is allowed to sleep on the ground in any car park.

d) In the Event of an Emergency

In the event of serious emergency call 112. We will have limited medical staff on hand. First aid personnel will be stationed at all major exchanges and the Finish Line. They will be equipped to handle only minor sports injuries. Please be aware of this and plan ahead for how you will handle any emergencies. It is the responsibility of each team to be aware of the location of hospitals and other medical facilities.

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 at **X**. If the emergency is severe, **FIRST call 112**, then notify Race Command.

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 flags and all other 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.

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.

ENFORCEMENT

15. 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

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 Vests

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

DIRECTIONAL SIGNS

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.



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.

