



**RAGNAR**



**SUNSET**

**RACE BIBLE**

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## 1. INTRODUCTION

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

## 2. UPDATES

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

## 3. RACE INFORMATION/IMPORTANT DATES & INFORMATION

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

## 4. SUSTAINABILITY

Ragnar realizes the importance of organizing socially and environmentally responsible events. To that end, Ragnar Sunset Series will strive to reduce waste, minimize climate impact, involve the local community, and promote health. We implore you to help us with this goal. Carpool to the event, purchase carbon offsets for your team travel, don't use disposable plates/silverware/cups/napkins, stay away from food with excessive packaging, you know...reduce, reuse, recycle. Ragnar works with each venue and community to make the event sustainable for the venue and the community. To reduce the carbon footprint of the race, please limit your cars to two cars per team.

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

## 5. GETTING STARTED

### 5A. To Do List

- Start recruiting a 2 or 4-person team. All teams will consist of 2 or 4 team members. See section 7B for teams that would like to run an Ultra distance.
- Register and pay for the team online at <https://my.ragnarrelay.com/> before the close of registration\*.
- Invite all team members to register online at <https://my.ragnarrelay.com/> before the online deadline\*. Team members can be added to the team roster on race day for a \$20/runner fee
- Check your team's assigned start time 4-6 weeks prior to the event.

\*See the "Important Dates" section of the race webpage for specific dates.

### 5B. Getting Ready

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

These deadlines can be found on the "Important Dates" section of the race webpage.

## 5C. Team Name and Costumes

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

## 5D. Start Times

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

## 6. DIVISIONS & CLASSICATIONS

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

<b>Classification</b>	<b>Standard (4 runners)</b>	<b>Ultra (2 runners)</b>
Men	3 or 4 men	2 men
Women	4 women	2 women
Mixed	1 or 2 men	1 man and 1 woman

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

## 7. RUNNER ORDER

### 7A. Standard Teams

Regular teams are made up of 4 runners. Each member of the team will complete one loop of the relay.

### 7B. Ultra Teams

Ultra teams will consist of 2 runners. Each runner will complete 2 loops of the course. Runners are required to exchange runners between loops.

## 8. TEAM SIZES

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

## 9. REGISTRATION

### 9A. Team Registration

Registration is available online and should be completed by the Team Captain. Follow the [Registration](#) link on the Ragnar Sunset Experiment webpage and follow the instructions. After completing the registration process the team

captain will receive an email confirming registration. A non-refundable entry fee for the ENTIRE TEAM is due at the time of online registration.

#### 9B. Individual Team Member Registration

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

#### 9C. Waivers

All team members must sign a waiver in order to participate. Team captains sign their waiver online when they register the team. All other runners and volunteers on the team will sign their waivers online when they accept the online invite from the team captain. Any runner or volunteer added to the team roster one race day will need to sign a waiver at the HQ Tent before they can run or volunteer. Any participant under the age of 18 must have a parent or legal guardian sign the Waiver at the end of this Race Bible, bring the signed Waiver with them to the race, and turn it into the HQ Tent before they can run or volunteer.

#### 9D. Participant Age Restrictions

Any participant under the age of 18 must have a parent or legal guardian sign the Waiver at the end of this Race Bible, bring the signed Waiver with them to the race, and turn it into the HQ Tent before they can run or volunteer. Any team with one or more participant(s) under the age of 18 must also have at least 1 adult (25 or older) with them at the race. The adult should remain with team at no cost and can pace minor runners. However, the adult cannot be a runner on the team if it is a High School Team (see Section 6A). Those under 12 years of age are restricted, however Ragnar will consider formal requests for extraordinary circumstances through the Race Director and Safety Director.

#### 9E. Runner Substitutions/Additions

If a team member can no longer participate the team captain can remove them from their roster and invite a new runner to the team. To remove a member of your team simply click on the remove runner button on your team captain's page. To add a member to your team simply click on the invite button on your team captain's page and enter the new runner's email address and send them the invite. There is no charge for substitutions/additions made before the substitution/addition deadline (see Section 3 for dates and deadlines). Substitutions/additions can be made on race day for a \$20/runner fee and the added runner must sign a waiver. See section 9D for minor waiver requirements.

#### 9F. Team Refund/Transfer Policy

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

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

If a transfer request is made after regular registration ends, a \$75 transfer fee will be deducted from the original price paid. All transfers must be approved two weeks prior to the day before the race starts (Friday).

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

## 10. VOLUNTEERS

No Volunteer Requirement for the Ragnar Sunset Series.

## 11. RACE DAY ARRIVAL INFO

### 11A. Directions

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

### 11B. Parking

Each of the Race Venues have different parking rules and regulations. Race specific parking information will be posted on the race webpage and race Runner Packet. Teams will be limited to ONE vehicle per team.

### 11C. Check-In

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

### 11D. Race Day Roster Changes

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

### 11E. Participant Shirts

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

### 11H. Amenities – Food, Drinks, Activities

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

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

### 11I. Trash and Recycling

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

## 12. COURSE RULES

### 12A. Take Nothing

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

### 12B. Leave Nothing

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

### 12C. Stay on the Course

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

### 12D. Spectators

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

### 12E. No Dogs

No dogs on the course or in the Festival Area. We love dogs too but this is a safety issue for participants and for the dogs.

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

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

### 12G. Drones

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

### 12H. Prohibited Items on the Course

The following items are not allowed on the race course:

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

## 13. RACE RULES

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



### 13A. Runner Rotation

On a regular team each runner will complete the loop one time. For ultra teams each runner will complete two loops. All exchanges will take place within the Festival Area.

### 13B. Injured Ultra Runner During the Race

If an Ultra team has an injured runner during one of the first two loops, the remaining team member has the option to complete the remaining loop. In this scenario the Ultra team will not qualify as a top finisher.

### 13C. Follow Race Officials Instructions

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

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

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

### 13E. Visible Race Number

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

## 14. SAFETY

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

### 14A. Running in the Heat

Staying hydrated is critical to having a fun and successful Ragnar race, not to mention staying healthy and avoiding a heat related illness such as dehydration, heat exhaustion, or heat stroke. Hydration becomes especially critical during times of high Apparent Temperature. The Apparent Temperature (AT) is a measurement of heat stress on the human body that combines air temperature, relative humidity, wind speed and solar radiation levels. If the apparent temperature is above 78°, heat cramps and heat exhaustion are possible. Above an AT of 89°, heat exhaustion is likely and heat stroke is probable with continued activity.

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

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

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

#### 14B. Personal Music Devices & Headphones

The use of personal music devices with headphones while running is strongly discouraged. If 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)
- Be able to hear “on your left” from runners trying to pass.

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.

#### 14C. Animals on the Course

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

#### 14D. Alcohol

While participating in the race, the consumption of alcohol is highly discouraged. Alcohol greatly increases the risk of dehydration. Alcohol also affects 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 Festival Area, when and where city ordinances and permits allow. Please note that each venue will have different rules and regulations regarding alcohol.

#### 14E. In Case of Injury/Emergency

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

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

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

#### 14F. Bad Weather

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

## 15. AWARDS/RESULTS

Awards will be given to the top 3 finishers from each category within each division for teams who complete all 4 loops. There will also be an award for best team name, the best costumes (no feathers or glitter), and overall favorite team. Preliminary results links will be posted the website after the race. Participants will have a short time to request clarification changes and then results will be made final within one weeks of the race. Teams will not be allowed to change their division/classification after they check-in to the race. See the race website for specific dates on when results will be posted.