

SECTION 6 - ULTRA TEAMS

ULTRA TEAMS

Ultra teams are made up of six runners. Each member of the team will complete six legs of the course.

Ultra teams can choose to run one of the following ways:

- 1.) run two legs back to back three times (i.e. Runner 1 would run legs 1-2, 13-14, 25-26)
- 2.) Run 6 times, 1 leg at time (i.e. Runner 1 will run legs 1, 7, 13, 19, 25, 31).

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

DIVISIONS

There are three divisions in the Ultra category: Men's, Women's and Mixed. To qualify for the mixed division teams must have at least 3 women. To be in the women's division the team must be all women. Team divisions and classifications are final the Friday 1 week post race for final race results.

SUPPORT

Ultra teams should make special preparations to provide support for their runners. 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. All teams should plan on being fully self-supported.

VEHICLES

Ultra teams may choose to use one or two team vehicles, the recommendation is one van. Teams will provide their own vehicles. Teams are not allowed to have more than 2 vehicles per team. We recommend one vehicle for Ultra teams. Teams utilizing two vans must honor the rules of rotation for regular teams (Only 1 vehicle is allowed at each minor exchange).

START TIMES

Start times for Ultra Teams are based on accurate pace predictions, so **it is critical for a successful event that each runner has an accurate Half Marathon pace (pace per mile while running a half marathon) in their profile**. This should be formatted as minutes per mile, i.e. 8 min/mile pace. 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 need to do the following:

1. Log into your account
2. Access your team's profile page and ensure all paces are present and accurate

****You must have 4 of 6 runner paces loaded in order to be assigned a start time.****

We do our best to start Ultra Teams before 10:00 AM due to the challenge of running as a 6-man team. If you are certain your team will finish in time and would like a later start time, please contact your Race Director.

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 the Race Director.