**Runner Packet – ADK 2018**



(This document is an ongoing work in progress, designed to keep teams and runners aware of any major race or course specific issues)

**Pre-Race Items**

* **Pre-Race Packer Pick Up** will be held at Major Exchange #6 from 5pm to 8pm, on Thursday September 20, 2018.
	+ Address: Gavin Park, 10 Lewis Drive, Saratoga Springs, NY 12866
	+ GPS: (43.119367, -73.750812)
	+ RAGNAR GEAR TENT: The Ragnar Gear sales tent will be set up and available during the Pre-Race Packet Pick Up hours from 5pm to 8pm
* **Team Captains Meeting** will be held at Fleet Feet Sports Malta, from 7.15pm to 9pm on Thursday August 30, 2018
	+ Address: 37 Kendall Way, Ballston Spa, NY 12020

**Race Specific Items**

Check out these tools to help organize your team and get ready for race day

* [**The Captains Checklist**](https://www.runragnar.com/ragnar-road-blog/2016/08/stay-organized-ragnar-relay-captains-checklist/)
* [**The Captains Spreadsheet**](http://docs.google.com/spreadsheets/d/1TXHnbfYIcJhtpY4rPVMhs0j-PidO5_OMrtc0tWPKXLw/edit#gid=1058067164)
* [**Ragnar Packing List**](https://www.runragnar.com/ragnar-road-blog/2017/03/pack-ragnar-relay-2/)

**Course Specific Items**

* **Legs 14 – 17**: There will be a road paving project underway during the ADK 2018 race week. Construction will be shut down daily at 6pm, which is good news as our first runners should not reach Exchange 14 until just after 6pm. **IF** any teams reach Exchange 14 before 6pm, a short hold ***may be***implemented if necessary. Mike Henderson (Race Director) will keep all teams up to date on the projects progression.
* Please pay special attention to all **NO VAN SUPPORT LEGS**: Legs 4, 16, 17, 18, 19, 27, 28, 31, 32, 34, 35 & 36
* **Water Stations on Legs**: 15, 16, 17, 18(2), 27, 28, 31, 32, 34 & 36(2)
	+ **IMPORTANT NOTE**: Please make sure you are well prepared with ample water supplies on the legs that there are no Water Stations.
* **Food on Course**
	+ Exchange 7: Kings Ransom Farms: Menu items for sale include:
		- Milk, flavored milk, fruit, granola, variety of local fresh products.
	+ Exchange 12: Million Dollar Beach concessions stand. Menu items for sale will include:
		- Burgers, hot dogs, fries,
	+ Exchange 16: Local Exchange fundraiser – cash sales only (MH FIND OUT IF DOING AGAIN)
	+ Exchange 18: Ticonderoga Middle School. Menu items for sale will include
		- Past Meal ($12)
	+ Exchange 24: Essex County Fairgrounds. 2 vendors will be present selling food items for sale:
		- Reber Valley and Dacy Meadows: Menu Items for sale will include:
			* Coffee and hot chocolate, Homemade doughnuts, Soup, French toast sticks, breakfast sandwiches and burritos
	+ Exchange 30: Au Sable Valley Middle School. Men items for sale will include:
		- Coffee and hot chocolate and a pancake breakfast (fundraiser)
	+ Finish Line:
		- All runners will receive a fee wrap. 2 wraps will be available:
		- Harpoon Beer for sale: A variety of seasonal and year round beers will be available.

**Indoor and Outdoor Sleeping Locations**

* LIST LOCATIONS TBD

**Finish Line Amenities and Festivities**

* Ragnar Gear Sales: Enjoy browsing and shopping for all the new Ragnar Gear designs.
* Reebok Running Experience:
	+ Feel the Floatride! Our Reebok Experience Pros will be onsite with Try-ons and Sales for the Reebok Floatride and Harmony Road. Demo a pair and walk out with a FREE set of glow-in-the-dark Ragnar shoe laces. If you love the shoes, take advantage of our 20% off Race Day Sale!
	+ Captains, head over to the Reebok tents to receive a FREE stainless-steel Captain's pint glass for being the #bestcaptainever! And, don't forget to take your team picture in front of our Reebok Ragnar Relay backdrop.
	+ \*\*Captain's Pints are only available during the race and must be claimed in person at the Reebok Running Experience tent\*\*
* RXBAR:
	+ RXBAR is a cut above the rest, because their ingredients are real. It can be really hard to find a good bar that you can rely and trust upon, but the RXBAR will change all of that. With tons of different flavors you are destined to fall in love. Come sample these amazing protein bars with no B.S.
* Harpoon Brewery
	+ Celebrate your Ragnar achievement with a fresh craft beer from Harpoon. They will be on-site pouring a variety of their year round and seasonal beers, so there will definitely be a beer for you waiting on the other side of the finish line.