



## ADIRONDACKS 2015 TEAM CAPTAIN MEETING

### KEYS TO MAKING RAGNAR ADK A SUCCESS

- **PRELOAD THE APP:** Fortunately our app and all of the information can be preloaded so that areas of poor cell reception are not an issue. Prior to the event you can open the app using a reliable wi-fi network, click on your race, and click on each page to preload the contents. Make sure that each button/topic you anticipate using gets opened. Leg Maps can be further bookmarked by clicking on the small heart at the top right corner to favorite a leg map.
- **NO DOGS AT EXCHANGE 6:** If you bring Fido along as team mascot, he needs to stay in your van at Exchange 6. No exceptions. So that we don't have a number of dead dogs in hot vans, we strongly discourage bringing dogs altogether.
- **COURTESY:** A motivating part of the culture at Ragnar is to track kills (runners you pass) and see who can get the most on their three (or six) legs. NOT part of the culture at Ragnar is to make derogatory or offensive remarks or gestures to the people you pass. Should you pass someone, offer encouragement, a high-five, or don't say/ insinuate anything. Pats on the back or a "good game" might terrify someone "in the zone" so please refrain from those as well.
- **VAN DECORATIONS:** At Ragnar we have been hesitant to censor the fun and astoundingly clever innuendos you all come up with because we recognize the need to let loose and show off creativity. We have always had a list of profanity and other vulgar words that we would not allow, but most everything else was free game.

In an effort to be more courteous to the communities we run through and the groups we use for volunteers, we need to clean up our act. We have reached the point where communities are denying our requests to come back because they see our event as vulgar and distasteful. We use a number of churches and schools and volunteer groups from those institutions who deserve a more family-friendly event. So if your van has drawn pictures of anatomy, we will help you wash it off. If your team name is more appropriate for the Kama Sutra than for an event that uses the local church for an exchange, we are going to ask you to change it. Yes, even if you have used the name the past seven times you have run Ragnar and you already have your team shirts printed. Our community relationships are of the highest priority because they make our events possible.

- **SWEET HAPPENINGS:** In the app under "Event Details" you will find the Sweet Happenings. The Sweet Happenings are your new best friend. They will tell you where to find free showers. They will tell you all the fundraisers along the course that only accept cash. You will want to review the Sweet Happenings before and during the race and bring piles of cash so that you can participate in all the fun. Ragnar doesn't benefit from those fundraisers: the \$3 you pay to sleep on a gym floor helps fund an 8<sup>th</sup> grade whale watching tour. Some highlights that the Race Director recommends:
  - Exchange 6: Pulled Pork food truck, also has vegetarian options
  - Exchange 7: Fresh off the farm chocolate milk and real maple syrup

- Exchange 12: Soak your sore legs in Lake George, enjoy a grilled burger, grab a free shower and enjoy the last indoor plumbing you will see 'til Placid, then catch some sleep on the beach
- Exchange 18: Sleep inside a warm and dark gym after a hearty pasta meal
- Exchange 24: Coffee from Reber Valley Snack Shack and a Breakfast Burrito with all local ingredients from DaCy Meadow Farms. I am working on getting a masseuse who will charge \$1/min for massages, stay tuned for more details. Indoor sleeping at the school next door is also in the works.
- Exchange 28: You will smell the bacon and eggs as you roll in, and probably see the breakfast line out the door
- Exchange 30: Pancake breakfast. A Ragnar tradition and the best pancakes you will ever taste (partially due to exhaustion, sleep deprivation, and the effects of altitude)
- Finish Line: Free massage, free beer, free soup or smoothie (don't forget your runner bib, it will have tear-off tabs)

## **RAGNAR RELAY SERIES TAKES STRIDES TO GO GREEN**

This year one of our major priorities is to make the Ragnar Relay Series more sustainable. We are determined to make small changes that will add up in a big way.

- **Trash Liners for Each Van:** Van 1 and Van 2 will receive three clear trash liners, and one blue trash liner at the start line and Exchange 6. There will NOT be trash at Minor Exchanges, instead, please use the trash liners and dispose of the trash properly at designated dumpsters at the Major Exchanges. If there are onsite trash cans at Minors, please do not fill them with your bags, please wait until you get to a Major and leave your trash there.
- **Recycling:** We will have recycling at major exchanges 6, 12,18,24,30 and the finish line. Please use the blue trash liners for recycling items and dispose recycling at recycling bins at these locations. You only get one recycling liner for the whole race, but you can shake out the contents at each Major and continue to use the liner if you don't want to pack it around in your vehicle.
- **Reusable Water Bottles:** We are strongly encouraging runners to use re-useable water bottles. Bring a big cooler of water in your van, and fill up your smaller water bottles as needed. At the Major Exchanges we ask that you use your own water bottle to reduce the amount of paper cups at our races.

## **Sustainability and YOU**

We're all in this together. Just like conquering a Ragnar Relay wouldn't be possible without your team; our mission to become more sustainable won't be possible without you. Here are some other tips for how to be more sustainable during the most unforgettable weekend of the year!

- **Don't Idle:** When you are pulled over on the side of the road cheering for a teammate, or waiting at an exchange area, turn your car off.

- **Be Costume Conscious:** Feather boas, sparkles and streamers are all things that can accidentally trash the course. When you are coming up with team costumes and van decorations, make sure that nothing could inadvertently fly off and cause a mess.
- **Carpool:** By running a Ragnar Relay, you'll automatically be carpooling as you traverse some of the most beautiful areas the country has to offer. What about carpooling to the start line, finish line, pre-race party and training runs? It's more fun to have a co-pilot anyways.
- **Leave it better than you find it:** See a GU packet or gum wrapper on the course? Maybe someone accidentally dropped trash from their van? These things happen. Pick it up and leave it better than you find it! (Bonus: karma points for you.)

## OTHER IMPORTANT CHANGES FOR 2015

- Like all runners, we've got drawers full of technical shirts – many smell bad. This year we wanted to have a race shirt that looked amazing, felt awesome and was something we would be proud to wear, no matter the cost. The shirts are a 50/50 cotton-poly blend that is soft, will hold up over time, and still has a slight technical feel. In the end, we spent more money on shirts than we have before but we ended up with something you'll be proud to wear during and after your run.
- T-shirts will be pre-packaged and given out at Start Line only. Van 1 will pick up shirts for the entire team and distribute to Van 2 when you meet up.
- Each of the 36 legs have been designated one of three ways: Support, Limited Van Support or No Van Support/No Pulling Over. Each map on the app and online explicitly says what the leg's support designation is.
  - On support legs, teams are allowed to support their runner along the course: leapfrog your runner, keep them hydrated, BE SURE TO DRIVE THE SPEED LIMIT so you don't enrage the local traffic.
  - Limited Van Support: Vans may support and exit vehicle, however, vehicles MUST be pulled over in a safe, legal area on the runner side of the road. Team members are not allowed to cross the road to support.
  - No Van Support/No Pulling Over: Vans are NOT allowed to pull over and support their runners from ANY location along these legs. Vans are also NOT allowed to stop anywhere along these legs and must proceed directly to the next exchange to await their runner. All No Van Support legs that are over 4 miles will have at least 1 water station between exchanges.
- NIGHT TIME HOURS – 6:00pm -7:00am

## REMINDERS

- Volunteers – Pay for volunteer option closes on September 11. If your volunteers don't show up for their shift, your team will be disqualified. We would rather not disqualify teams so please sign up your volunteers and recruit a few backups just in case. Final volunteer confirmations are scheduled to go out via email 7 days before the race, and will connect your volunteers with their shift manager. Please have your volunteers contact the volunteer coordinator at [volunteers@ragnarrelay.com](mailto:volunteers@ragnarrelay.com) if they do not receive this confirmation
- **Please remember to thank the volunteers everywhere you go. We couldn't do it without them!!**
- Final deadline to add runners: September 22. After this date, you may add runners and have them sign waivers when you check in at the Start Line or Exchange 6.
- Lost and Found at the Race – we often have clothing items, electronics, wallets and other personal effects turned in to the staff. Those items are collected and taken to the finish line. Participants can check in at the Ragnar HQ tent at the finish line to see if a lost item has been turned in. If not

claimed at the finish line, important items such as wallets will be sent to the Ragnar Office. All clothing items will be donated to the race charity the Saturday evening of the race. If you do not claim your items at the race, you can request them through Ragnar Customer Service at [customerservice@ragnarrelay.com](mailto:customerservice@ragnarrelay.com)

- Race Bibs: All runners must have their team number pinned to the front of their shirt or shorts, on the outermost layer of clothing on the front of their body

## **CHECK IN FOR PRE-RACE PACKET PICK UP AND START/EXCHANGE 6**

1. Van 1 (runners 1-6) and Van 2 (runners 7-12) can both check in at the Pre-Race Packet pick up on Thursday September 24. This will be at the start line: 19 Roosevelt Dr, Saratoga Springs.
2. If not planning to attend the Pre-Race Packet Pick Up, Van1 should plan to be at the Start Line one hour before their start time to complete check in, and Van 2 should plan to be at Exchange 6 one hour before runner 6 is scheduled to arrive according to the pace calculator.
3. You do not need both vans present. Vans can check in separately. **YOU NEED ALL MEMBERS OF YOUR VAN PRESENT TO CHECK IN AND COMPLETE THE SAFETY BRIEFING, EVEN AT THE PRE-RACE PACKET PICK UP.**
4. Registration –
  - a. *Step 1: Check In/Safety Gear Check* – Each van will need to show that they have – 2 Flashlights/Headlamps (4 total per team), 6 Reflective Vests (12 total per team), 2 LED Tail Lights (4 total per team). If teams do not have these items at the start line they will not be allowed to start the race.
  - b. *Step 2: Safety Briefing* All members on your team are required to attend a 10 minute Safety Briefing Video.
  - c. *Step 3: Flag Check Out* Each Van will check out 2 flags. (more info in the safety section)
  - d. *Step 4 Goodie Bag* Each Van will receive 6 race numbers, and 1 Goodie Bag
5. T Shirts- Will only be given out at the Start Line. If you van 1 attends the Pre-Race Packet Pick Up, they still need to

## **SAFETY**

Our safety rules are continually updated in order to minimize the inherent risks associated with an overnight relay. Here are the highlights:

1. Any team member, who is not currently the “runner”, must carry an orange reflective flag when crossing any street, day or night. Van 1 will check out 2 flags at the Start Line; Van 2 will check out their 2 flags at Exchange 6. Flags must be returned at the finish line, or a \$15 charge per flag will be charged to the Team Captain.
2. There will be race officials monitoring all race rules along the course. Teams will be observed throughout the race to make sure they are following the rules. Teams will be notified by text message when a rule violation has occurred. If a team receives 3 violations they will be disqualified. Race officials may also disqualify teams on the spot without prior warning for serious rule violations.
3. No sleeping in parking lots. You must sleep on the grass, in designated sleeping areas, or in your vehicle at exchanges.
4. If you see a team cheating or violating any rules you may report teams by sending a text message to the Ragnar Safety Hotline, 661-RAGNAR1 (661-724-6271). Instructions regarding this process will be covered in the safety briefing on race day.
5. There will be first aid stations at all the major exchanges (6, 12, 18, 24, 30) and at the finish line. First aid personnel will be able to respond to minor injuries and heat exhaustion.
6. If your heat exhaustion is severe enough to require an IV you will be transported to the nearest hospital to receive it and will not be allowed to run your remaining legs.

7. In the event of a major medical emergency (i.e. any life threatening condition or injury that requires immediate medical attention) call 911. Once you have called 911, please notify Race Command via text (661-RAGNAR1) as soon as possible so that we can provide you with assistance.
8. There will be a list of the closest ER to each major exchange listed in the Ragnar App. Should you need one of them, refer to that list.

## RUNNING ON THE COURSE

1. All runners must run on the left side of the road (into traffic) unless directed otherwise. Always run on the side walk if it is an option.
2. **Follow the Signs.** There will be signs at intersection where you will be changing direction (and in confusing sections of the course). Ragnar turn signs are 'Touch and Go'. This means that runners should not turn until they are close enough to bear hug the sign. By following the 'Touch and Go' method you will always be on the correct side of the road. If you turn too early you may be on the wrong side of the road and may miss the next sign.
3. Vehicles are not allowed to follow racers to illuminate the road for them, or to pace them. Foot pacers during night time hours must also wear the required safety gear along with runner.
4. **Be Respectful.** We depend on the cooperation of local communities and ask that you be respectful and help us maintain a good relationship. Any runners who violate this rule (i.e., littering, defecating, and honking in residential areas at night) will be disqualified and will not be invited back.
5. **Lost Runner Protocol.** If you believe your runner is lost text Race Command your team number, leg number, and area you believe your runner ran off course. Leave your next runner and a teammate with a cell phone at the exchange and send the van out to look for the runner. If you have not found your runner after 20 mins text Race Command and Ragnar will send out staff to assist.
6. **Supporting Your Runner.** We encourage each team to spend time out on the course supporting their runner. When supporting your runner please park off the side of the road in a safe and legal parking area. Do not park on private property. Any teams driving at unsafe speeds, slow or fast, will be given a penalty. Always use your crossing flags when crossing the road to give support.

## EXCHANGE PROTOCOL

1. Please park in designated parking areas and if volunteers are directing you, please be respectful and follow their instruction. If the parking spots do not have lines, please park as efficiently as possible, ie no 8 foot gaps between vehicles.
2. No vehicles longer than 20'. Motor homes, pulled trailers, buses or limos are not allowed on the course by any team or team support (15 Passenger Vans are allowed). If you have doubts about the legality of your vehicle, please contact [customerservice@ragnarrelay.com](mailto:customerservice@ragnarrelay.com).
3. We have toilets at every minor exchange, with the same or more units available at the major exchanges. Utilize the facilities provided, not mother nature.

## PACE PROJECTIONS & HOLDING TEAMS DOCUMENT

Be aware of your team's pace as they will move through the course. If you don't already have it, you can download a pace calculator from the Updates page. The next timing tool to use is the Holding Teams Document, which is also on the Updates page, in the Race Bible, and listed in the App.

### ***Using the Holding Teams Document and Pace Calculator:***

- Make sure your team does not arrive at major exchanges before the hold time. Your team will be held back for 2.5 hours and will receive a time penalty.

- Make sure that your team will not fall behind the “Course Takedown” times
- Your team should be arriving at the finish line by 8:00pm.

## TEAM DIVISION & CLASSIFICATION

By default all teams are listed as “mixed open”, so if your team is competitive, it is important that you make sure your division and classification is listed correctly on your team page. There are many divisions. Use the table below to see where your team belongs.

DIVISION	REQUIREMENT
Open	One or more under 30
Submasters	All 30 or over
Masters	All 40 or over
Corporate	Nine employees or family of employees
High School	Students ages 14-18
Public Service	Nine military/firemen/law enforcement officers

Within in each division there are 3 gender classifications. View the table below to see where your team belongs.

CLASSIFICATION	REGULAR (Teams of 12)	ULTRA (Teams of 6)
Men	7-12 men	4-6 men
Women	All women	All women
Mixed	6 or more women	3 or more women

All divisions and classifications can be adjusted by the team captain on your team page. **The last day to change divisions and classifications will be: Tuesday September 22.** After that date, adjustments can no longer be made.

## VAN TAGGING

We understand and encourage the idea of tagging other vans that you see along the course. We just ask that you do so in a way that will not harm another vehicle. Tagging is forbidden when it does damage to the paint, wrap on the vehicle, or vehicle itself. Teams found tagging vehicles in a harmful way may be charged for damages. Instead we encourage you to:

- Make awesome team magnets and stick them on cars when you see them in the parking lots or along the course.
- Use washable paint markers and mark on vehicle windows only. Make sure it is not offensive!
- Have decals made that are reusable. You can stick them on a surface and they can be peeled off without removing any paint etc.
- Make team gear (hats, shirts, cups, water bottles, etc.), have extras, and share the wealth! Pass them out along the course.
- Get creative! Do anything you can think of, just make sure it isn’t permanent and won’t damage the vehicle you’re sticking it to.

## FREQUENTLY ASKED QUESTIONS

Q: What are the earliest and the latest start times?

A: 4:45 a.m. is the first available start time; last start time is at 1:00 p.m.

Q: Can I leave my personal vehicle at Start or Exchange 6 on Friday and then come back to pick it up later in the weekend?

A: Exchange 6 will not allow vehicles to be left, but there is a Walmart nearby where runners have left vehicles in the past for the Friday night. A limited number of vehicles can be left at the start line: contact the Race Director for specific directions and it will be first come, first served.

Q: Why do the legs and course maps change?

A: From year to year, we need to adjust things to accommodate additional teams. In addition, with permitting through some of the different cities, we rely on the local towns to accommodate the race; it is a give and take relationship. With that, we ask teams to respect residents at night and avoid honking their horns, playing loud music, or making too much noise near houses.

Q: What is the van parking like at the major exchanges, can friends and family park and come hang out?

A: No, We really do not have extra parking. The best place for them is at the Finish line.

Q: How early do we need to be at the start line before our start times?

A: It is best to usually get there about one hour before your assigned start time so you have enough time to do the safety briefing.

Q: How many teams are starting at each time?

A: Generally, around 10-20 teams leave at each available start time. We post start times online.

Q: How many race bibs does each team receive?

A: Regular teams receive 12 bibs and Ultra teams receive 6 bibs – there should be one for each runner.

Q: Can a team use just one vehicle?

A: Absolutely – teams often like to use one vehicle to save on costs, fuel consumption, emissions, etc. If you choose to use only one van, remember to place both van numbers in your vehicle so that you are allowed at every exchange.

Q: What do the runners hand off with?

A: Teams will receive slap bracelets that they will pass from runner to runner at each exchange.

Q: What if we lose the slap bracelet?

A: If you lose the slap bracelet, you can simply touch/slap/clap hands in the exchange chute and continue. When you or your other van reach the next Major, find the Manager of that location who will have extras.

Q: How many mile markers do you have? How do you mark the course?

A: We place “one mile to go” signs before every exchange. We do everything we can to make them accurate, but they might vary by a tenth of a mile in some cases. Our course directional signs are 12” x 42” blue reflective vertical panels. At night, we place red LED lights on each sign so that runners know they are approaching a course marker.

Q: What happens if a sign gets taken?

A: We have course managers and staff patrolling the course throughout the race who maintain the signs and replace any that may be stolen, knocked over, turned, etc. Still, the best plan is to make sure your runners know their legs – this is the best way to avoid getting lost.

Q: Where and when do we take the team photos?

A: We take team photos at the finish line after the runners receive their medals, and we will post after the race.

Q: Will there be beer at the finish?

A: Yes. One free beer per runner (tab on your bib) and additional Sierra Nevada will be available for purchase at the finish line. Come ready to party!

Q: Do all 12 runners have to be at the start line?

A: No, only your first van needs to be at the start. They will receive the bibs, safety pins, goodie bags and t-shirts for the whole team, and they can hand everything over to the second vehicle at exchange 6.

Q: Will there be Ragnar Merchandise for sale at the race?

A: Yes, Ragnar Merchandise will be for sale at the Exchange 6 and at the finish line.

Q: Are there Showers?

A: Showers are available at Exchange 12 for FREE, Exchange 18, Exchange 28, and Exchange 30 for a small donation.

Q: Do I need to submit a roster or report the order my runners will run in?

A: No, you are not required to submit a roster. You can change the order your runners run in up until you start the race. Once you start, runners are to stay in sequential order.

Q: What is the rule regarding the orange flags?

A: The large orange flags are checked out at the Start Line and Exchange 6. They are to be used when any team member, not running at the time, crosses a road. Flags should be used day or night. Runners are not expected to run with the orange flags.

Q: What if we lose reception or there is bad reception on the course and we can't access the Ragnar App?

A: Fortunately our app and all of the information can be pre-loaded. Prior to the event (we recommend Thursday night before the race) you can open the app **using a reliable wi-fi network**, click on your race, and click on each page to pre-load the contents. Make sure that each button/topic you anticipate using gets opened. Leg Maps can be further bookmarked by clicking on the small heart at the top right corner to favorite a leg map.

## **Get Social! 2015 Social Media Contests**

### **NEW Find Your Inner Wild Video Contest**

Win a FREE team to the 2016 Ragnar Relay of your choice! There's something special that happens when you pile 12 people in 2 vans and set off to accomplish something extraordinary. The journey of a Ragnarian is filled with crazy costumes, decked out vans, unforgettable scenery, team bonding, and a personal quest to find what makes you feel young, wild and free. We challenge you to capture a short video of that includes these moments, and anything else that makes the Ragnar experience special and unique for you. FIND out all the details and enter your video [HERE!](#)

### **NEW Find Your Inner Wild Instagram Contest - #MyInnerWild #RagnarADK**

**Ragnarians are everyday people who don't settle for mediocrity.** We wake up early, deck ourselves out in crazy costumes, push ourselves to new limits, cheer on strangers, ring our cowbells loud and enjoy the challenges that running a 200-mile overnight running relay presents. Over 2 days and 1 night, there will be moments of uncertainty, doubt, joy, laughter, team bonding and overcoming. We challenge you to embrace all of these moments and find what makes you feel young, wild and free.

Here is your assignment: We've handpicked 8 categories that are unique and special to Ragnar. Upload a photo of that relates to each category to Instagram and tag your photos with #MyInnerWild, #RagnarADK and @RagnarRelay. We can't wait to follow your unforgettable adventure:

### **Chase The Sun**

It's not every day you get to chase the sunrise, chase the sunset and then chase the sunrise again.

### **Unforgettable Scenery**

The best way to experience 200-miles of breathtaking beauty? By foot, of course.

### **Sponsor Love**

Our sponsors love you, so let's show them some love, too! Find them at Exchange 6 and the finish line!

### **Super Volunteers**

It takes superhuman effort to put on a race the size of Ragnar. We salute the people who volunteer their time to make it happen.

### **Bragnar**

You've earned those medals, celebratory beverages, a rockstar team photo moment and the right to be a little goofy at the finish line with your team (sleep deprivation, anyone?).

### **Ragnar Van**

This is where the magic happens. Show us how you transform a white 12-passenger van into something spectacular.

### **Only at Ragnar**

There are just those moments that are #OnlyAtRagnar. Ragnar Relays is a "judge free zone."

### **Ragnar Team Selfie** presented by Scott James Jewelry

Usie? Wefie? Seflie on a stick? Whatever you want to call it and however you want to do it - take a pic with your team! Scott James jewelry will reward the best team photo with 12 Ragnar keychains.

I <3 Ragnar #RagnarADK

### **The Nitty Gritty:**

To officially enter the Find Your Inner Wild Instagram Contest, tag photos that relate to the 8 categories with #MyInnerWild, #RagnarADK and @RagnarRelay. The hashtags for the categories are optional but encouraged on each photo (#chasethesun, #unforgettablescenery, #sponsorlove, #supervolunteers, #bragnar, #onlyatragnar, #ragnarteamsselfie). To increase your chances of winning enter multiple photos for each category. All work must be original. By entering the contest, entrants agree to have their photos, names and/or Instagram names on our website, social media or email, and used by us for any purpose, at any time, without any fee or other form of compensation. We reserve the right to disqualify users, without notice, and for any reason. Ragnar Staff will pick the winner of the Find Your Inner Wild Instagram contest based on number of photos uploaded, "likes" on photos and staff favorites. One (1) winner will win a \$150 Ragnar Merchandise Gift card. Winner will be announced and contacts within a week of the Ragnar Relay race.