



Ragnar Relay Chicago- *Frequently Asked Questions*

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

A: 5:30 am is the first available start time, and the last start time is 4:00 p.m.

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

A: No, you cannot leave your personal vehicle at any of the major or minor exchanges to be picked up at a later time. We suggest driving to the Start Line/Exchange 6 in your team vehicle. If you need to drive your personal vehicle to meet your team, find a public parking lot where your vehicle will not be ticketed or towed.

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's 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 come hang out?

A: No, we really do not have extra parking. The best place for friends and family is at the finish line.

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

A: You need to be there one hour before your assigned start time so you have enough time to check in and listen to a safety briefing.

Q: How many teams are starting at each time?

A: Generally, around 20-30 teams leave at each available start time. Start times are posted online.

Q: How many race bibs does each team receive?

A: Regular teams receive 12 bibs and Ultra teams receive six 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.

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 is stolen, flipped over, or moved?

A: We have course managers and staff patrolling the course throughout the race to maintain 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.

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 the pictures after the race.

Q: Will there be beer at the finish?

A: Yes. Beer will be available for purchase at the finish line, and each runner will get one free beer.

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

A: No, only your first van needs to be at the start.

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

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

Q: Are there showers?

A: Showers are available at Exchange 18 and 24.

Q: What about the safety of the road sections of the course?

A: We do everything we can to keep the course safe. We have police officers stationed along the course in crucial areas, and there are event signs to notify drivers.

Q: Where do you have water along the course?

A: We have water at all of the major exchanges and on legs where it is more difficult to support runners. These are noted on course maps and on the RagMag.

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, and flags are returned at the finish line. 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: Where do you pick up runner bibs?

A: Van 1 picks up their bibs at the start line, and Van 2 picks up at Exchange 6. Ultra teams will receive everything at the start line.



Q: Does the LED light need to be a specific color?

A: LED lights can be any color.

Q: When do we notify teams about last minute changes/construction?

A: Unexpected changes will be communicated during safety briefings and via text message and through volunteers and staff on course.

Q: What's the protocol in regards to inclement weather or lightning?

A: If there is lightning at the start of the race we reserve the right to delay starts until the lightning clears. If you see lightning on the course after the race has started, get your runner off the road and into the support vehicle. Make a note of the time and the location where you exited the course. If lightning clears within 1 hour put your runner back on the road where they left and make a note of the time. If lightning persists longer than an hour, move ahead to the next exchange. For every hour of lightning, you may move ahead one exchange. Keep close track of where and when you left the course and where and when you returned to the course. At the end of the race we will have a form available for you to report these locations and times. We will then calculate your average pace and apply this pace to the segment of the course that you missed.

Q: What if there's an unforeseen change and a volunteer can't show up last minute?

A: We understand that emergencies happen, and your team won't be disqualified if this is the case. If possible, send a text message to Race Command to let us know before the shift.

Q: If a runner is injured and we need to move runners between vans, where can we do that?

A: Runners can switch between vans at major exchanges.

Q: Are there designated sleeping areas at each exchange?

A: There will be designated outdoor and/or indoor sleeping areas at each major exchange.

Q: Will signs be illuminated at night?

A: There will be LED lights on signs during nighttime hours.

Q: If I start before nighttime hours but my leg finishes during nighttime hours – do I need to put safety gear on when nighttime hours start?

A: Safety gear needs to be worn when your leg begins during nighttime hours. If you start at 7:25 pm, you don't need to wear safety gear. If you start at 5:25 am, you need to wear safety gear.

Q: Should we print out the race bible before race day?

A: It's not required, but it is helpful to have on hand.

Q: Can we run with headphones?

A: The use of personal music devices with headphones while running is strongly discouraged. Runners with headphones must be able to hear traffic and be aware of their surroundings.

Q: Can Van 2 be at the Start Line?

A: Yes, Van 2 is welcome at that start line.



Q: Can both vans check-in at Start Line?

A: Ultra teams will check in once at the Start Line. For regular teams, Van 1 checks in at the start line, and Van 2 needs to check in at Exchange 6.

Q: Can vans arrive at major exchanges early?

A: Yes, the major exchanges are open to vans early.

Q: Can we bring alcohol to finish?

A: No, you cannot bring outside alcohol to the finish line.

Q: Can you run with knuckle lights rather than a headlamp?

A: Yes, knuckle lights are accepted as your head lamp or flashlight.

Q: Can you have a storage container above the van?

A: Yes, you can have a storage container above your vehicle.

Q: Are bike pacers allowed? Do pacers need to be a teammate?

A: Bike pacers are allowed during nighttime hours on running trails, and pacers need to be wearing the same nighttime gear as runners. Pacers do not need to be a teammate.

Q: Do van drivers need to have a reflective vest?

A: Like any runners on course, van drivers need to wear a reflective vest any time they are outside of their vehicle during nighttime hours.