

# RAGMAG

 WASHINGTON DC 

## SWEET HAPPENINGS

*Exchanges are like mini-parties*

**PG.10**

## MAJOR MAP MOJO

**PGS. 19-72**

## TAG YOUR PHOTOS

**#RagnarDC**

# INSTAGRAM CONTEST!

*There's a reason you wore a tutu* **PG.12**

THE RAGMAG HAS GONE DIGITAL! [RAGNARRELAY.COM/RACE/DC](http://RAGNARRELAY.COM/RACE/DC)





# PALE ALE

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In 1980, we created a beer highlighting the bold flavors and piney-citrus aromas of whole-cone Cascade hops. Today, our all-natural, can-conditioned Pale Ale offers opportunities to taste craft in a new way, with the same quality and flavor you've come to expect. Where will you and your Pale Ale go?



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WWW.SIERRANEVADA.COM

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@SierraNevada

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TO 1 METER



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**NITE) IZE<sup>®</sup>**



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The GoMotion "Wearable Light" system mounts at the waist or sternum level to provide a cleaner, more stable light source. It allows you to tailor the light beam from narrow to wide, and from way out in front to down at your feet. Each vest or belt has a red flashing light at the back and full reflective front and back, making it the best all-in-one safety product for your Ragnar race.



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\*Not clinically proven for all applications

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WASHINGTON DC 2015

# RACE DIRECTOR SPOTLIGHT

*Oh, Captain, my captain*



Perhaps one of Ragnar’s most playful race directors, Tian is often found singing, traveling and hanging out with hairy friends (the four-legged kind). Read on to learn more about her.

**Hometown:** Bountiful, UT

**Favorite hobbies:**

Food (mostly eating, sometimes cooking), music, nerd’ing out with books, watching European soccer, and travel.

**Past experience race directing:**

This is my first race as director though after September I will have worked every course in our road series!

**Hobbies:**

Pretending to snowboard and run and hanging out with furry four legged creatures.

**Favorite quote:**

“I hope you live a life you’re proud of. If you find you’re not I hope you have the strength to start all over again” – Eric Roth who wrote the screenplay for Benjamin Button

**Cookies or cake?:**

Nutella. “Straight out of the jar” style is totally my jam.

**Favorite vacation spot:**

Florence, Italy and anywhere on the East Coast!

**Charity work:**

Primary Children’s Hospital, Hong Kong Dog Rescue, and The Salt Lake Road Home.

**Something that no one else knows about you:**

My favorite member of One Direction is actually Liam, not Harry. HUGE misconception.



# SWEET HAPPENINGS

## START LINE

ROCKY GAP STATE PARK: FLINTSTONE, MD.

**FRI. 4:00AM - 3:00PM**

GEAR CHECK  
CHECK-IN  
SAFETY BRIEFING (VAN 1)  
HYDRATION STATION  
RAGNAR GEAR/MERCH  
NITE IZE

## EXCHANGE 3

GREEN RIDGE STATE FOREST

RAGNARLIEST LEG ON THE COURSE.  
SURPRISE GOODIE FOR THE RUNNER  
THAT CONQUERS THIS TOUGHIE.

## EXCHANGE 6

LITTLE ORLEANS CAMPGROUND:  
31661 GREEN FOREST DRIVE, LITTLE ORLEANS, MD

**FRI. 8:30AM - 7:30PM**

GEAR CHECK  
CHECK-IN, SAFETY BRIEFING (VAN 2)  
HYDRATION STATION  
FIRST AID STATION  
HOT SHOWERS AND CONVENIENCE  
STORE AT CAMPGROUND HQ  
SIERRA NEVADA  
NUUN  
BONDI BAND  
TOMTOM  
MUSCLE MONSTER  
PEACE TEA  
GO MOTION  
EMPIRE EMBLEMS  
SCOTT JAMES JEWELRY  
PEAR SPORTS  
PRO COMPRESSION  
KRAVE JERKY  
JAYBIRD

## EXCHANGE 12

CLEAR SPRING HIGH SCHOOL: 12630  
BROADFORDING RD., CLEAR SPRING, MD 21722

**FRI. 4:00PM - SAT. 1:00AM**

FIRST AID STATION  
HYDRATION STATION  
INDOOR AND OUTDOOR SLEEPING  
CLEAR SPRING HS ATHLETIC DEPT  
FUNDRAISER:  
\$1 - HOT SHOWERS, \$6 - PASTA  
DINNER, VARIOUS YUMMY BAKED  
GOODS FOR SALE - BRING CASH

## EXCHANGE 18

SOUTH MOUNTAIN CREAMERY: 8305 BOLIVAR RD.  
MIDDLETOWN, MD 21769

**FRI. 9:00PM - SAT. 5:30AM**

FIRST AID STATION  
HYDRATION STATION  
OUTDOOR SLEEPING  
DELICIOUS SHAKES, BURGERS,  
AND FOOD FOR SALE BY  
SOUTH MOUNTAIN CREAMERY.

## EXCHANGE 24

SOUTH GERMANTOWN ADVENTURE  
PLAYGROUND: 17920 GERMANTOWN PARK DR,  
GERMANTOWN, MD 20874

**SAT. 3:00AM - 12:30PM**

FIRST AID STATION  
HYDRATION STATION  
OUTDOOR SLEEPING  
FREE GRANOLA AND FRUIT  
COFFEE  
HOT CHOCOLATE

## EXCHANGE 30

GEICO HEADQUARTERS: 4698 WILLARD AVE.,  
CHEVY CHASE, MD

**SAT. 5:30AM - 5:00PM**

FIRST AID STATION  
HYDRATION STATION  
OUTDOOR SLEEPING

## TEAM RWB FUNDRAISER:

\$5 - PANCAKES, \$10 - DELUXE  
BREAKFAST PLATE, HOT CHOCOLATE,  
AND COFFEE - BRING CASH!

## FINISH LINE

NATIONAL HARBOR SOUTHPOINTE, GPS:  
38.779391, -77.019591

**SAT. 8:00AM - 9:00PM**

FIRST AID STATION  
RAGNAR HQ/LOST & FOUND/SHIRT  
EXCHANGE  
HYDRATION STATION  
RAGNAR GEAR/MERCH  
FREE LITTLE CAESAR'S PIZZA  
FREE BEER!  
AFTER FIRST FREE BEER IT  
WILL BE \$5 A GLASS  
MUSIC  
TEAM PHOTOS  
NUUN  
BONDI BAND  
PEACE TEAM  
MUSCLE MONSTER  
GO MOTION  
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KRAVE JERKY  
SCOTT JAMES JEWELRY  
TOMTOM  
EMPIRE EMBLEMS  
SIERRA NEVADA  
FREE MESSAGES

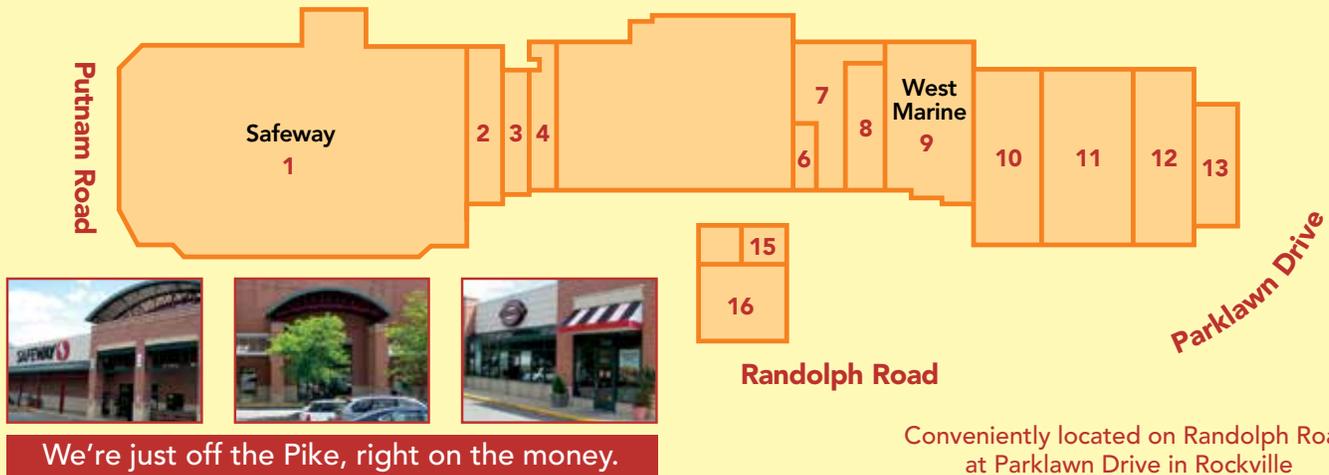


# Loehmann's Plaza

Special for RAGNAR Relay Runners!

Receive special race day coupons from our stores and eateries, plus a FREE gift!

One free gift per person. While supplies last.



## Boston Market



## Boston Market..... 16

984-0990 • bostonmarket.com  
 Mon-Fri 10:30am-10pm • Sat 11am-10pm  
 Sun 11am-9:30pm  
 At Boston Market, everything is fresh! Rotisserie chicken, meatloaf, fresh turkey, fresh sides and desserts. Catering available.



## Chuck E. Cheese ..... 11

468-2492 • chuckecheese.com  
 Sun-Thurs 9am-10pm • Fri-Sat 9am-11pm  
 Where a kid can be a kid!



## Congressional Bank ..... 13

984-6000 • congressionalbankonline.com  
 Mon-Thurs 9am-5pm • Fri 9am-6pm  
 Congressional Bank is proud to be the first bank to receive the prestigious Montgomery County certification as a truly "Green Business".



## Dollar Tree ..... 10

231-6097 • dollartree.com  
 Mon-Sat 9am-9pm • Sun 10am-7pm  
 Shop for floral supplies, decor, party supplies, office supplies, arts & crafts, toys and games, health and personal care items, kitchen and tableware items and more!



## El Patio ..... 7

231-9225 • elpatiointernational.com  
 Mon-Thurs 9am-9pm • Fri-Sat 9am-10pm • Sun 9am-8pm  
 We are a family owned restaurant that serves traditional home-style meals from Argentina in a comfortable dining atmosphere.



## Flynn & O'Hara..... 2

838-8958 • www.flynnohara.com  
 Mon, Wed, Fri 9:30am-8pm • Tue, Thu 9:30am-6pm  
 Sun Closed  
 The leader in school uniforms for over 40 years.



## Hair Systems..... 4

770-0358  
 Mon-Wed 10am-9pm • Thu, Fri 9am-7pm • Sat 9am-6pm  
 A full-service salon featuring complete hair care services, facials, threading, nail care and waxing.



## Lifestyle Day Spa..... 3

468-9770  
 Mon-Thurs 10am-8pm • Fri-Sat 9am-8pm • Sun 11am-6pm  
 Lifestyle Day Spa offers manicures, pedicures, facials and massage in a relaxing, comfortable environment.



## Royal Martial Arts..... 8

770-1007 • rockvilletkd.com  
 Mon-Fri 1pm-9pm • Sat 10am-5pm • Sun Closed  
 We teach Tae Kwon Do and Hapkido, plus abacus training and mental math, fitness and fun!



## Safeway ..... 1

770-3665 • safeway.com  
 Open Daily 5am-Midnight  
 Everything you'd expect from Safeway, including a pharmacy, Signature Cafe Deli and fresh produce.



## Sherwin Williams ..... 12

984-7124 • sherwin-williams.com  
 Mon-Fri 6:30am-6pm • Sat 8am-5pm  
 Sun 10am-4pm  
 Homeowner paints, stains and supplies.



## Subway ..... 15

881-4672 • subway.com  
 Mon-Sat 8am-9pm • Sun 8am-8pm  
 Come to Subway for home-grown flavor and goodness. Fresh ingredients make our subs, salads and sides delicious. Now serving breakfast!



## W.F. Tailor ..... 6

881-7142  
 Mon-Fri 7:30am-7pm • Sat 8am-6pm • Sun Closed  
 Complete, professional dry cleaning services, shoe repair and alterations.



## West Marine ..... 9

230-0945 • westmarine.com  
 Mon-Sat 9am-7pm • Sun 9am-5pm  
 At West Marine, we have all the boating and watersports gear, supplies and accessories you will ever need!

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# UNFORGETTABLE MOMENTS

CAPTURE THE UNFORGETTABLE MOMENT INSTAGRAM CONTEST - #RAGNARDC

CAPTURE YOUR BEST RAGNAR RELAY MOMENTS AND SHARE YOUR EXPERIENCE ON INSTAGRAM! LET LOOSE, DECORATE YOUR VANS, CHEER, CHANT, SING, HAVE FUN AND RUN YOUR BUTT OFF. USE THE #RAGNARDC HASHTAG, TAG @RAGNARRELAY AND ADD YOUR TEAM NAME AND NUMBER TO THE CAPTION OF YOUR PHOTOS TO ENTER THE UNFORGETTABLE MOMENT INSTAGRAM CONTEST. WE WILL GO THROUGH ALL OF THE INSTAGRAM PHOTOS TAGGED WITH #RAGNARDC AND PICK THE WINNING PHOTOS FOR THE FOLLOWING CATEGORIES:

## TEAM CATEGORIES WHOLE TEAM WINS

### UNFORGETTABLE VAN

We want to see your decorated, pimped out Ragnar vans.



### UNFORGETTABLE TEAM PRESENTED BY SCOTT JAMES JEWELRY

Embrace what it means to be Ragnarian - from starting an unplanned dance party, to cheering on other runners and anything else you do that makes the Ragnar experience more fun for everyone on the course.



scott & james  
SPORT COLLECTION



### UNFORGETTABLE COSTUMES

Tutus? Santa suits? Speedos? Show us your threads!



### UNFORGETTABLE FINISH

After you've conquered Ragnar Relay share your team's excitement. Let's see how you celebrate!



## INDIVIDUAL CATEGORIES PHOTOGRAPHER WINS

### UNFORGETTABLE ONLY AT RAGNAR MOMENT

There are just those moments that are just so magical, hilarious and Ragnarian that they can only happen during an unforgettable overnight 200ish mile relay.



### UNFORGETTABLE RAGNAR RELAY VIDEO

PRESENTED BY nuun

We want to see how you've captured the Ragnar experience. Now's the time to get in touch with your inner Spielberg.



### UNFORGETTABLE SCENERY

Ragnar Relays take place in the most beautiful places in the country. We want to see those unforgettable views, day or night.



#### The Nitty Gritty:

To enter the contest you must follow Ragnar Relay (@RagnarRelay) on Instagram. Share your photos using the #RagnarDC hashtag and tag @RagnarRelay on your photos. Add your team name and number in the caption of your photos so that Ragnar Events can contact you if you win. There is no limit to how many photos you can enter into the contest. The winning photos will be uploaded to the Ragnar Relay Series Facebook Page (Facebook.com/TheRagnarRelaySeries) within a week from when Ragnar Relay - Washington DC ends. Winners will be notified by Ragnar Staff via email.

# GENERAL RULES

REMEMBER THAT SAFETY BRIEFING... YOU SAID YOU'D READ THIS STUFF, AND YOU WANT TO BE READY FOR THE POP QUIZ.

## VANS

### Team Vehicle Requirements

We suggest two vehicles for Regular teams, although we do allow a single vehicle provided there are seatbelts for all passengers and the vehicle adheres to all applicable local vehicle safety laws. Similarly, Ultra teams may choose to use one or two team vehicles (we recommend one). Teams provide their own vehicles.

### Vehicle Restrictions

We recommend 15 passenger vans whenever possible. Runners will have a lot more room to relax. Suburbans are also great vehicles. We recommend nothing smaller than a mini-van. We do not allow any vehicle wider than 6'6" and/or longer than 20'. Motor-homes, RV's, campers, trailers, buses or limos are not allowed on the course and or at the exchanges by any team or team support at any time. Failure to meet these standards will result in disqualification. For any doubts about the legality of team vehicle, please contact Ragnar prior to the race for approval.

### Regular Van Rotation

Teams with two vehicles of six runners should utilize the following rotation: Van 1 contains runners 1-6 and Van 2 contains runners 7-12. Runner #1 from Van 1 begins at the starting line. Once the race starts, Van 1 travels to the first exchange point where runner #2 will prepare to run. Runners from Van 1 continue to run in order up to exchange point 6; this is the first major exchange in the race. At exchange 6, Van 2 should be waiting. At this point, runner #6 from Van 1 will hand the baton off to runner #7 from Van 2. Then, Van 2 continues along the race course rotating runners until the next major exchange point, exchange 12, where they will hand off to Van 1 again. This pattern continues until the Finish. Van numbers will be distributed at check-in. These numbers need to be visible in the front windows. Teams using just one vehicle should post both van numbers in their windows so they are allowed at each exchange point.

### Van Drivers

Van drivers do not need to be a member of the team; this can be nice for some teams because it allows all runners to rest between their legs. However, runners are allowed to assume the duty of van drivers, in which case driving assignments would be rotated amongst themselves. Van drivers do not count as 1 of your 3 volunteers.

### Respect Local Residents & Communities

While traveling through the local communities, please remember we are guests and you should treat all residents with courtesy and respect. Going out of your way to thank locals will go a long way in helping the event return each year.

The following "Do Not's" are not intended to cover the broad spectrum of issues regarding respect for local residents and businesses. Therefore, please use common sense while in residential areas (as in all areas), we reserve the right to penalize or disqualify any team based on a lack of respect for the communities traveled through.

- Do not honk horns or flash vehicle's high beams during evening and morning hours while in residential areas
- Do not block any residential or business driveway
- Do not impede traffic by driving too slowly or by not properly pulling vehicle over to the side of the road when stopping
- Absolutely no littering, urinating or defecating in public locations; there are toilets and trash bins at every exchange along the route. Anyone in violation of this rule will be immediately disqualified and will not be allowed back in subsequent years.

### Only One Race Vehicle per Exchange

Due to limited parking, only one vehicle per team is allowed to park at each minor exchange point. Vehicle 1 is allowed at exchange points 1-6, vehicle 2 is allowed at exchange points 6-12, etc. Both vehicles are allowed at every major exchange point (6, 12, 18, 24 and 30.) If for some reason team vehicles need to meet, they must meet off the course or at a major exchange.

### Park Only in Designated Areas

Some exchanges have limited parking and in some cases teams will be required to park along road shoulders. In the event of roadside parking, teams' vehicles are not allowed to park on the same side of road as the exchange chute 500 feet before and after the chute. After the exchange point, vehicles can park at any legal roadside that does not impede racers or traffic. Team vehicles should always stay to the right of the white fog-line when parked along the road.

### **Runner Drop Off**

Vehicles may drop off runners at least 500 feet prior to exchange points before parking. We ask that all runner drop-offs be brief.

### **Restricted Areas**

Vans can stop to cheer on teammates at any legal spot along the race route that does not obstruct runners or traffic.

### **Van Communication**

There may be some segments of the race where cell phone coverage will be spotty. Ask a few members of the team to bring cell phones. Make a list of all team member phone numbers and be sure that the batteries are fully charged. Some providers will get better service than others so try to have a variety of carriers. We also recommend the use of two-way radios.

### **Only 2 Race Vehicles per Team**

Each team is allowed no more than two team vehicles. Spectators may park at any legal spot along the race route or but not at exchanges. Exchange parking is for team vans and volunteers only, as parking will be limited. Runners may leave and return to the course by meeting separate vehicles somewhere off the course.

### **Van Numbers Must Be Clearly Displayed**

Van numbers will be distributed at check-in. These numbers are peel and stick paper that must be placed on the outside rear window of each van. Do not create a blind spot. Teams using just one vehicle should post both van numbers in their windows so they are allowed at each exchange point.

## **RUNNERS**

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### **Runner Rotation**

Runners must run in the same sequence for each segment of the race. For example, if a runner runs leg 3, he/she must also run leg 15 and leg 27.

### **Reflective Vests / Headlamps / LEDs**

Each team must have at least twelve (12) reflective vests, four (4) headlamps or flashlights, and four (4) LED "tail/butt" lights. These must be presented at time of check in. Ultra teams only need half of these items.

### **Injured Runners During Race**

In the event of an injury, any of the remaining runners can replace the injured runner. With the exception of the leg in which the runner was injured, legs cannot be split in pieces. For example, if runner 3 is injured half way through his or her first leg, any member of the team may complete the leg for him or her. Any member of the team can also fill in legs 15 and 27. Those legs can be filled with different runners, or one can fill in the remaining legs. A 13th member is not allowed to join the team in order to run the remaining legs. Once a runner drops out of the race, he or she cannot enter back into the race. If an IV is administered, the injured runner is no longer eligible to run.

### **Mixed Division Injured Runners**

The same rules and regulations for Mixed Division apply as described in the above section. If, however, the injured runner is female and her dropping out causes there to be more males than females on the team, then only female runners may finish her legs for her. Female runners must complete at least 18 legs (half) of the relay.

### **Littering & Property Damage**

Any runners who are reported to have damaged private or public property or to have littered, urinated or defecated on private or public property will be disqualified and will not be invited back. Toilets and trash cans will be provided at all exchange points.

### **Follow Race Officials Instructions**

Race officials include staff and volunteers. Course volunteers at exchanges 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 authority will result in a strike or disqualification.

### **Follow Correct Route, Navigation is Responsibility of Each Team**

Teams are responsible to make sure that their runners stay on the course. Vehicles may wait for their runners at critical points to direct them which way to go. If a runner gets off course, they are to return on foot or in their support vehicle to the point where they went off course and continue from there. Do not drive ahead to make up for the mileage that they may have added. Signage is occasionally moved; be prudent in your knowledge of the course.

### **Visible Race Number**

Team race numbers must be worn and visible on the front of each runner at all times while on the road. Bib numbers must be pinned to the outer most layer of clothing, including jackets, shorts, and reflective vests.

## Use of Slap Bracelets

The team's baton (slap bracelet) should also be worn at all times while the current runner is on the road. Only runners wearing a Slap Bracelet will be allowed to exit the exchange chute to begin a new leg.

## Pacing

Pacers may be used but ONLY during nighttime hours. Pacers DO NOT have to be a member of the team. Running pacers can run with the runner but MUST run in single file. Bike Pacers are NOT allowed. Pacers MUST wear night safety gear (reflective vest, headlamp, and LED).

## VOLUNTEERS

### Failure to Fulfill Volunteers Requirements

Each team within 100 miles of any point on the course is required to provide 3 volunteers or pay for volunteers. Failure to fulfill volunteer requirements will result in disqualification.

## HOLDING TEAMS

### Understanding Projections and Start Times

Accurate projections are critical to a successful Ragnar Relay. At any given spot along the race route we have the course set-up and volunteers in place for about a 12-hour window. Based on your projections we will start your teams in a way that will keep them within this window. If a team runs just one minute per mile faster than they projected they will be 3 hours ahead of their projection by the end of the race. For some teams this could mean that they will be ahead of the set-up crew.

### Getting Ahead of the Set-up Crew

We understand that it is impossible to perfectly project your teams pace, so we give teams a buffer zone of 1-3 hours (buffer gets bigger further into the race) before forcing them to stop at an exchange. If your team gets ahead of this buffer we will hold your team at one of the major exchanges.

### Falling Behind the Clean-up Crew

If a team gets behind the projection and falls behind the clean-up crew we will usually allow the team to stay on the course and finish the race, but we reserve the right to force teams to leave the course if it becomes a safety concern.

### Important Locations and Times (ALL TIMES PACIFIC)

Exchange	Hold teams arriving before:	Allow held teams back onto the course at:	Course Takedown
6	Friday Sept 12th 9:25 AM	Friday Sept 12th 12:00 PM	Friday Sept 12th 7:00 PM
12	Friday Sept 12th 3:05 PM	Friday Sept 12th 6:00 PM	Saturday Sept 13th 12:45 AM
18	Friday Sept 12th 8:05 PM	Friday Sept 12th 10:15 PM	Saturday Sept 13th 5:15 AM
24	Friday Sept 12th 1:40 AM	Saturday Sept 13th 3:45 AM	Saturday Sept 13th 12:15 PM
30	Saturday Sept 13th 4:15 AM	Saturday Sept 13th 6:30 AM	Saturday Sept 13th 5:45 PM

### Emergency Rooms (closest to course)

Location	ER Name	Address	Phone
EX 6	Western Maryland Health Systems	12500 Willowbrook Rd, Cumberland, MD 21502	240-964-7000
EX 12	Meritus Medical Center	11116 Medical Campus Road, Hagerstown, MD 21742	301-790-8000
EX 18	Frederick Memorial Hospital	400 W 7th St, Frederick, MD 21701	240-566-3300
EX 24	Shady Grove Adventist	19731 Germantown Rd, Germantown, MD 20874	301-444-8000
EX 30	Sibley Memorial Hospital	5255 Loughboro Rd NW, Washington, D.C., 20016	202-537-4000
FINISH	Fort Washington Medical Center	11711 Livingston Road, Fort Washington, MD 20744	301-292-7000

## **In the event of a serious emergency call 911, then text 661-RAGNAR1 (661-724-6271)**

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

## **Safe Runner - When you are the "on" runner abiding by the following rules and guidelines will help keep you safe.**

### **Run against traffic and on proper surfaces**

Runners are to run on the left shoulder of all roads (against traffic), using sidewalks or trails when available, unless signs or maps direct otherwise.

### **Be aware of traffic and obey traffic laws**

Runners are to understand that they do not have exclusive use of the roadway and are required to obey all traffic laws. This includes stopping at traffic lights.

### **Running at night**

The following nighttime rules and suggestions have been developed to help insure the safety of all participants.

- Runners starting their legs between the Official Nighttime Hours must wear one reflective vest, wear one headlamp (or carry a flashlight), AND one blinking LED on their backside.
- Pacers may be used but ONLY during nighttime hours. Pacers DO NOT have to be a member of the team. Running pacers can run with the runner but MUST run in single file.

### **Headphones**

The use of personal music devices with headphones while running is strongly discouraged. In an overnight relay, roads are not closed during the race and participants are running through the night. This format requires that all runners be alert and aware of their surroundings at all times. Wearing personal music devices causes distractions and the inability to hear what is going on around the runner. If you still choose to use them, you do so at your own risk and must meet the following requirements:

1. Hear traffic
2. Be aware of the sounds around you
3. Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling)

Strikes will be given out if you are unable to hear instructions. Three strikes on any rule may result in disqualification for your entire team.

## **Safe Support - When you are part of the support crew abiding by the following rules and guidelines will help keep you safe.**

### **Safety Officer/Navigator**

Each van will be required to have a safety officer/navigator that is awake and alert at all times. The safety officer is responsible for helping the team behave safely during the race. He or she must be seated in the front passenger seat and must have the safety guidelines and rules within reach at all times. The safety officer responsibilities may be rotated between team members. The safety officer must be someone other than the driver.

### **Exiting and being outside the vehicle**

Remember that these are open roads. Adhere to following rules and guidelines:

- Every member of the team (including drivers) must have his or her own reflective vest. Everyone that is out of the vehicle on the course at night must wear a reflective vest. This includes exchanges, shoulders, roadways, and parking lots adjacent to the course. Reflective Vests must be worn during nighttime hours. From DUSK TO DAWN, KEEP YOUR VEST ON. Other than the driver, everyone must exit the vehicle on the passenger side. We also encourage you to wear bright colored clothing at all times of day and Light/Bright clothing at night. Dark clothing is very hard to see at night.

### **Road Crossing**

Any team member crossing the road must do so with an orange crossing flag, day or night (This applies to the support crew - not the "on" runner) Teams will be given flags at the safety briefings. Two flags will be provided at the start to Van 1 and two flags will be provided at Exchange 6 for Van 2. A credit card deposit of \$15 is required for each flag, but that amount will not be charged to the cards if they are returned at the finish.

- Obey all traffic/pedestrian and jay walking laws.
- Cross at crosswalk if there is a cross walk within sight.
- No crossing if there is a median.
- No crossing roads with more than two lanes. (One lane in each direction).

- Roads with a total 3 of lanes or more may be crossed at cross walks.

## **Vans**

Teams' vehicles are to obey all traffic laws, which include but are not limited to:

- Obeying speed limits (both minimum and maximum speed limits)
- Not Stopping in the roadway
- No Illegal U-turns
- Pulling off the road completely when stopping/parking
- No parking in non-legal parking areas
- No following runners to illuminate the road for them, or to pace them
- When parked, please turn off headlights so as not to blind oncoming traffic
- Leave parking lights on so that the vehicle is visible to regular traffic
- Please do not stop or slow down in places that will impede traffic or runners and do not turn your hazard lights on

## **No Van Support**

If a leg along the course is labeled as a "no-van-support" leg (legs are labeled in the RagMag), team participants need to obey the following rules:

- Team members are not allowed out of their vehicle on the roadway. This includes the lane of traffic and the shoulder. Team members are allowed to get out of their vehicles in safe locations that are off the roadway (parking lots, parks, etc.)
- Teams are not allowed to provide water or food to their runner during these legs
- Teams' vehicles may pull over where legal to cheer and monitor runners but must obey all traffic laws and not impede traffic in anyway; they must stay out of the lane of traffic. If there is no way to exit the vehicle without walking or standing on the roadway (lane of traffic or paved shoulder) the support crew must remain in the vehicle.
- If a runner is in distress and there is a safety concern, teams may assist their runner or a runner from any other team, but must obey all traffic and pedestrian laws in doing so

**Special Note:** On no-van-support legs runners need to make sure they are well hydrated before starting their leg and should carry water with them to insure proper hydration throughout their run. All "no-van-support" legs are labeled as such in the RagMag. All no-van-support legs over 4 miles long will have at least one water station. No-van-support legs over 8 miles long will have at least two water stations.

## **Safe Relay - Help us keep the race safe by abiding by the following safety rules and by helping other teams to behave safely**

### **Prohibited Items on the Course**

The following items are not allowed on the race course: rollerblades, bicycles, dogs or other animals, baby joggers/strollers, scooters, skateboards, and any other device that may endanger others or put a runner at an advantage over the other participants.

### **Alcohol**

While participating in the race, the consumption of alcohol is not allowed at any point along the course. Alcohol may be responsibly consumed at the finish line when city ordinances and permits allow.

### **Sleep in Designated Sleeping Areas**

Sleeping/resting must be done inside the support vehicle or inside designated sleeping areas. Major exchanges 12, 18, 24, and 30 will have designated sleeping areas. No one is allowed to sleep on the ground in any parking lot.

### **In the Event of an Emergency**

**Minor Medical & First aid** - Transport runner to First Aid Station (Major Exchanges & Finish Line)

**Serious Medical Issue** - Transport runner to an Emergency Room

**Major Medical Issue** - **Contact 911 and then text in for to 661-RAGNAR1 (661-724-6271)**

We will have limited medical staff on hand. First aid personnel will be stationed at all major exchanges. They will be equipped to handle minor sports injuries. Please be aware of this and plan ahead for how you will handle any emergencies. It is the responsibility of each team to be aware of the location of hospitals and other medical facilities and their hours of operation.

### **Mandatory Safety Training Meeting at Start Line and Major Exchange 6**

There will be a mandatory Safety Training meeting at the race Start Line for van 1 and at Major Exchange Six for van 2. (Ultra teams need only attend safety training at the start) Each team is required to have all team members, who are present, attend the Safety Training. The Safety Training will last approximately 10-15 minutes. The safety packet includes items that need to be displayed in the vehicle along with the safety rules. Please arrive at least 1 hour early to the Start Line and Exchange Six to allow adequate time to attend Safety Training.

## **Lightning**

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 you've started running, 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, make a note of the time and turn this in at the finish line. If lightning persists longer than an hour, move ahead to the next exchange where you will receive a Lightning Hold Card. For every hour of lightning, you will move ahead one exchange. This Lightning Hold Card will be used to keep track of where and when you left the course and where and when you returned to the course. Turn these in at the exchange where you restart. After the race we will calculate your average pace and apply this pace to the segment of the course that you missed. In this way we will adjust all overall race times.

## **Bad Weather**

The race will occur rain or shine. However, under certain severe weather conditions where significant damage or alterations to the racecourse occur, we reserve the right to cancel the event. 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 electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, etc.

## **Wildlife/Open Range Rules**

If a runner encounters any aggressive wildlife on the course, get your runner off the road and into your support vehicle. The vehicle should drive ahead and let the runner out at a safe and reasonable distance ahead of the wildlife to continue his or her leg. Keep track of how far your van drives ahead by .10 of miles and report the mileage and speed traveled at the finish line. We will take your team's overall average pace, the mileage and speed driven and adjust your team's time accordingly. Only teams that have taken accurate notes will be given official times.

## **Flooding**

If a runner encounters flooded areas through which he or she cannot run, have your runner get into the support vehicle, drive the runner ahead where the road is no longer flooded to continue running his or her leg. Keep track of how far your van drives ahead by .10 of miles and report the mileage and speed traveled at the finish line. We will take your team's overall average pace, the mileage and speed driven and adjust your team's time accordingly. Only teams that have taken accurate notes will be given official times.

## **Help Keep the Race Safe by Reporting Teams that are Endangering Themselves and Others**

We will have Course Marshals out on the course monitoring teams for safety and adherence to all rules. However, with the size of the course we cannot be everywhere at once. We are asking teams to help us keep the course safe by reporting teams that violate any of the above rules. Violations reported by teams will be taken under consideration when determining if a team will be disqualified (teams will not be automatically disqualified for violations reported by other teams). To report violations:

Send a text message to Race Command at 661-RAGNAR1 (661-724-6271)

Please include the Who, What, Where, and When in your text message.

Please use this number to keep us informed. Send text messages if you see improper signage, unsafe conditions, if you become lost, etc.

Race Command will send out mass text messages to your vans if there is pertinent information we feel needs to be sent out regarding the race. They will be sent to the phone number you provided at Start or Exchange 6 when you checked in. If you have an additional phone number that would like to receive these updates, simply text Race Command with the request and the number will be added to our list.

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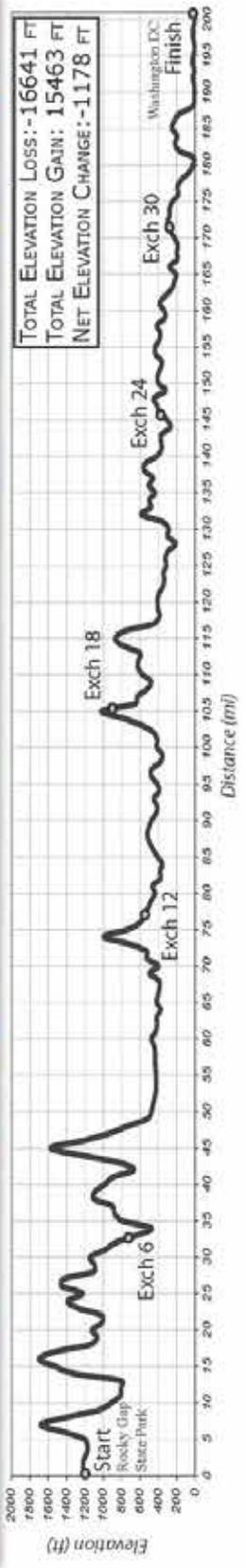
# **ENFORCEMENT**

## **RULE AND SAFETY ENFORCEMENT**

Rules are enforced based on a "three strikes you're out" policy. There will be 12 race officials monitoring the course to enforce rules. Teams will be notified via text message each time they violate a rule. (cell phone numbers will be collected at the start line and exchange 6) If a team receives three strikes they must check in at the next major exchange. A course marshal will meet them to review the validity of each violation. If the course marshal deems that the violations are valid, the team's baton will be confiscated and the team must leave the course. If a team that receives three text messages fails to check in at a major exchange they will be automatically disqualified.

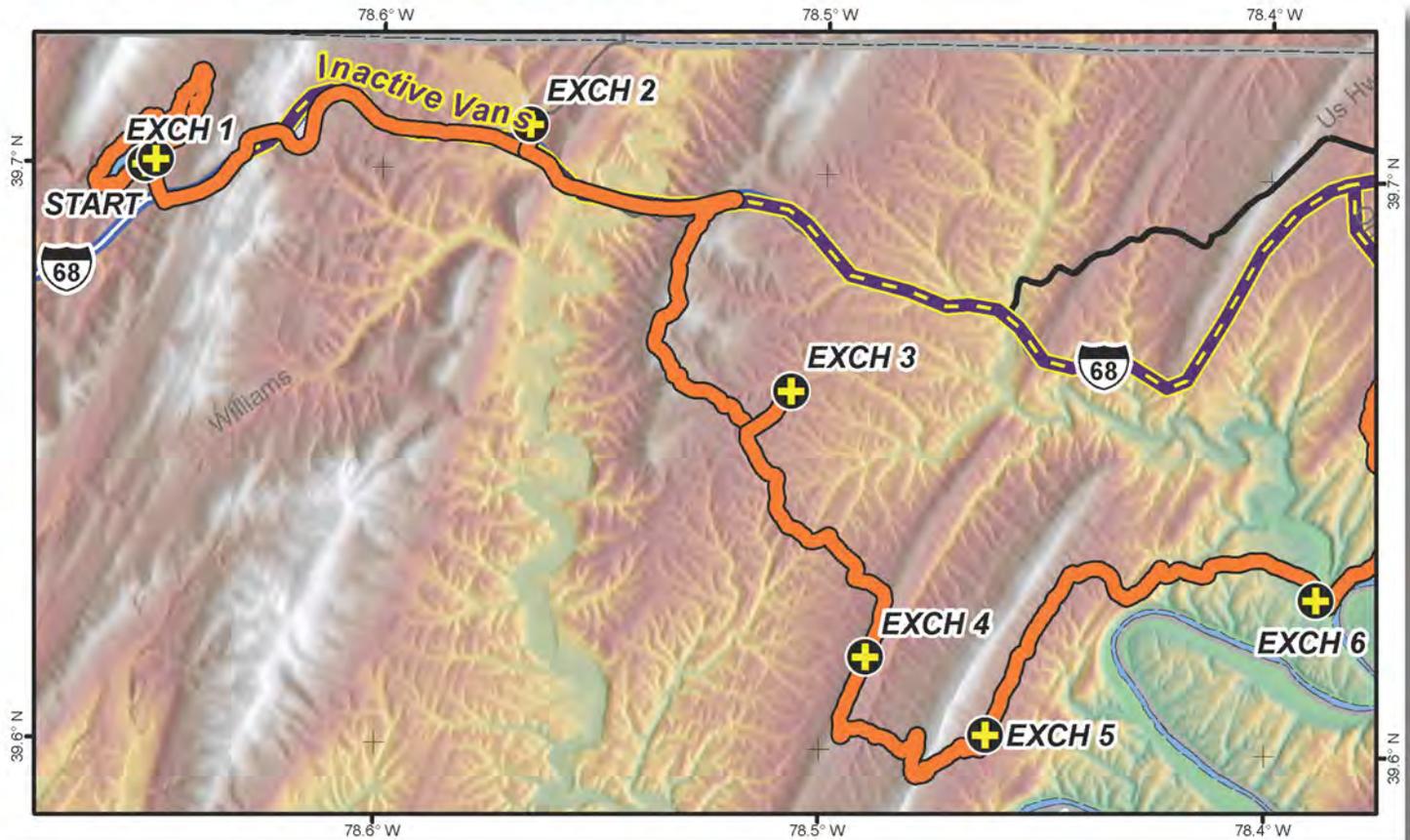
In addition to course marshals, teams will have the ability to text in rule violations. Course Marshals will determine the validity of all text messages received from teams.

Course marshals may also disqualify teams on the spot without prior warning for what they deem to be serious rule violations. Immediate disqualifications include, but are not limited to, use of drugs or alcohol on the course, and violating any of the rules in the section entitled - Respect Local Residents and Communities.



- Exchange
- Tenth-Mile Marker
- Mile Marker
- Runner Route
- Van Route
- Water Station
- Trail Entrance and Exit
- Trail Entrance
- Trail Exit
- No Van Support Segment

# VAN 1 -- LEGS 1-6 -- 33.6 MILES



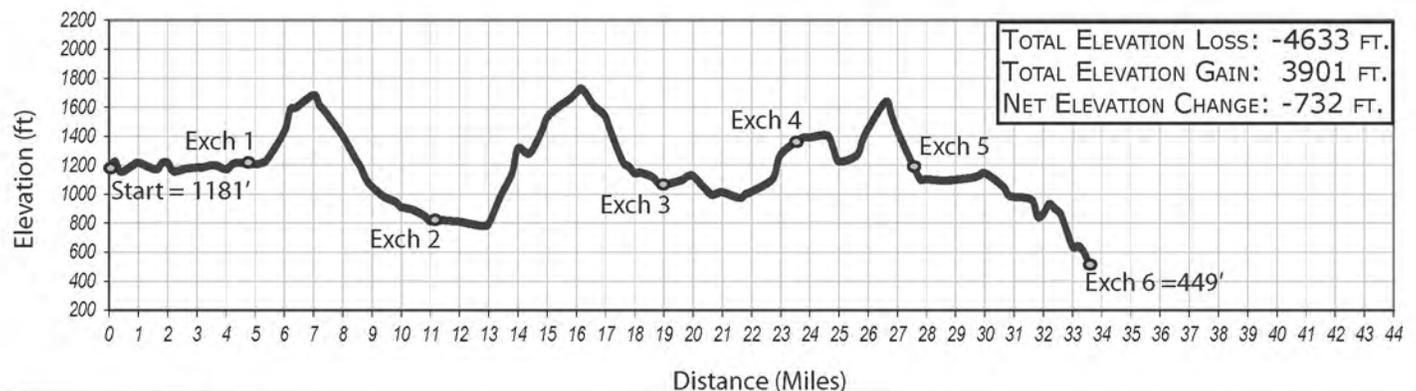
## Overview:

The race begins at stunning Rocky Gap State Park and Resort. After an awesome trail run around the lake, the course meanders through the small town of Flintstone. The route then takes a challenging, but breathtaking turn through Green Ridge State Forest.

## Inactive Van Directions:

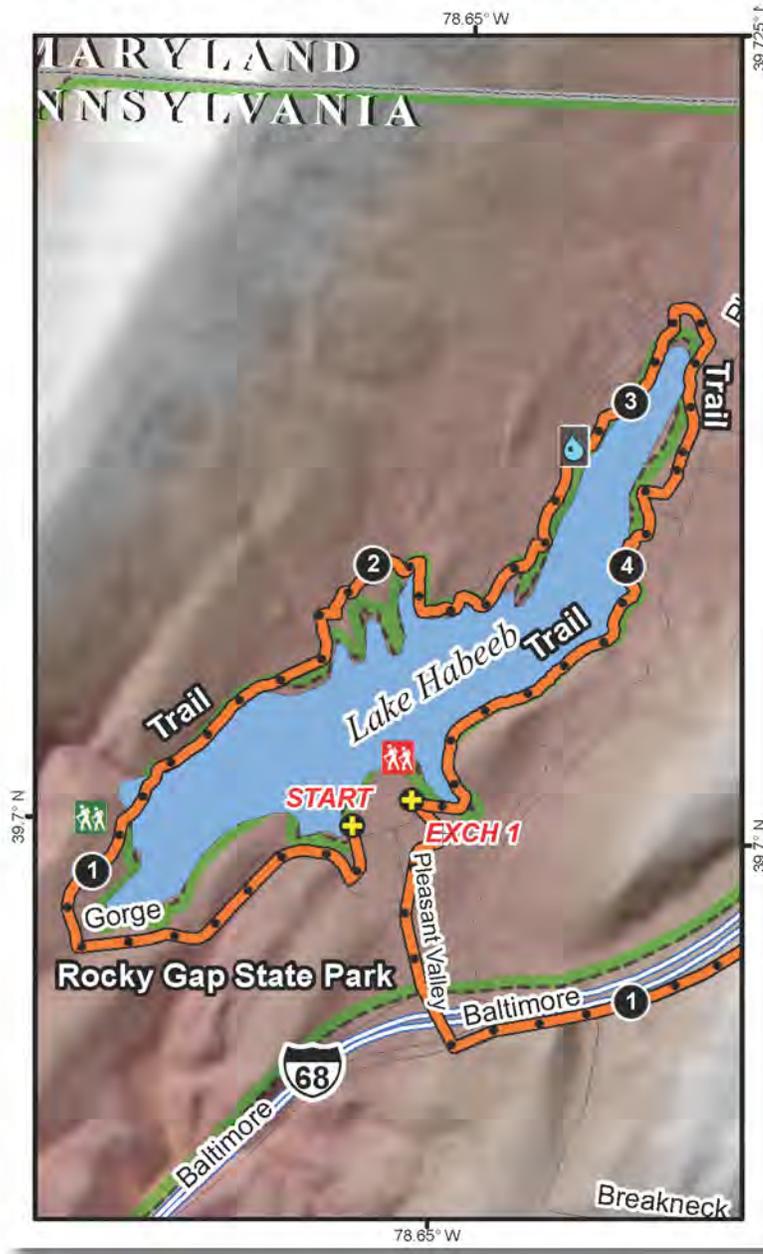
- 0.0 From Start Line head South on Lake Shore Drive exiting Rocky Gap State Park.
- 0.6 Lake Shore Drive becomes Pleasant Valley Road NE
- 0.8 Turn Left onto I-68 East towards Hancock
- 17.9 Take Exit 68 – Orleans Road
- 18.2 Turn Right onto Orleans Road heading South. Stay on

- 21.4 Orleans Road heading South Bear Right on Orleans Rd when it intersects with High Germany Road. Continue on Orleans Road heading South
- 23.6 Bear Right on Orleans Rd when it intersects with High Germany Road a second time
- 23.8 Arrive at large field that is Exchange 6.



LEGS 1-6

# LEG I -- 4.9 MILES -- MODERATE



### LEG NOTES:

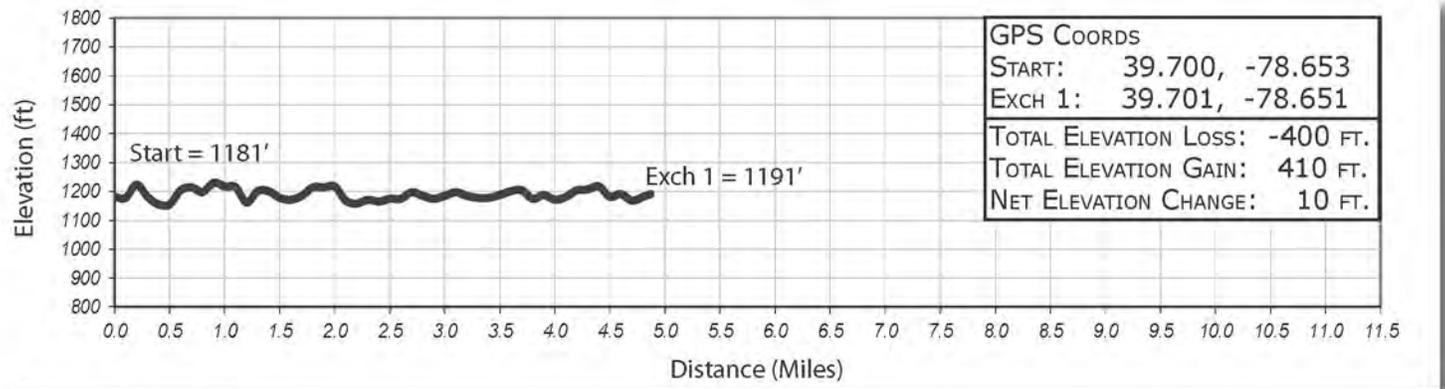
Start line is located at beautiful Rocky Gap State Park, Lake Shore Dr, Flintstone, MD 21530. Runners are on the Lakeside Loop Trail for the entire leg.

Enter State Park on Lake Shore Drive and proceed through Ranger shed and into large parking lot. Ragnar is taking care of your park fee for the day. Starting line on grassy area down by lake.

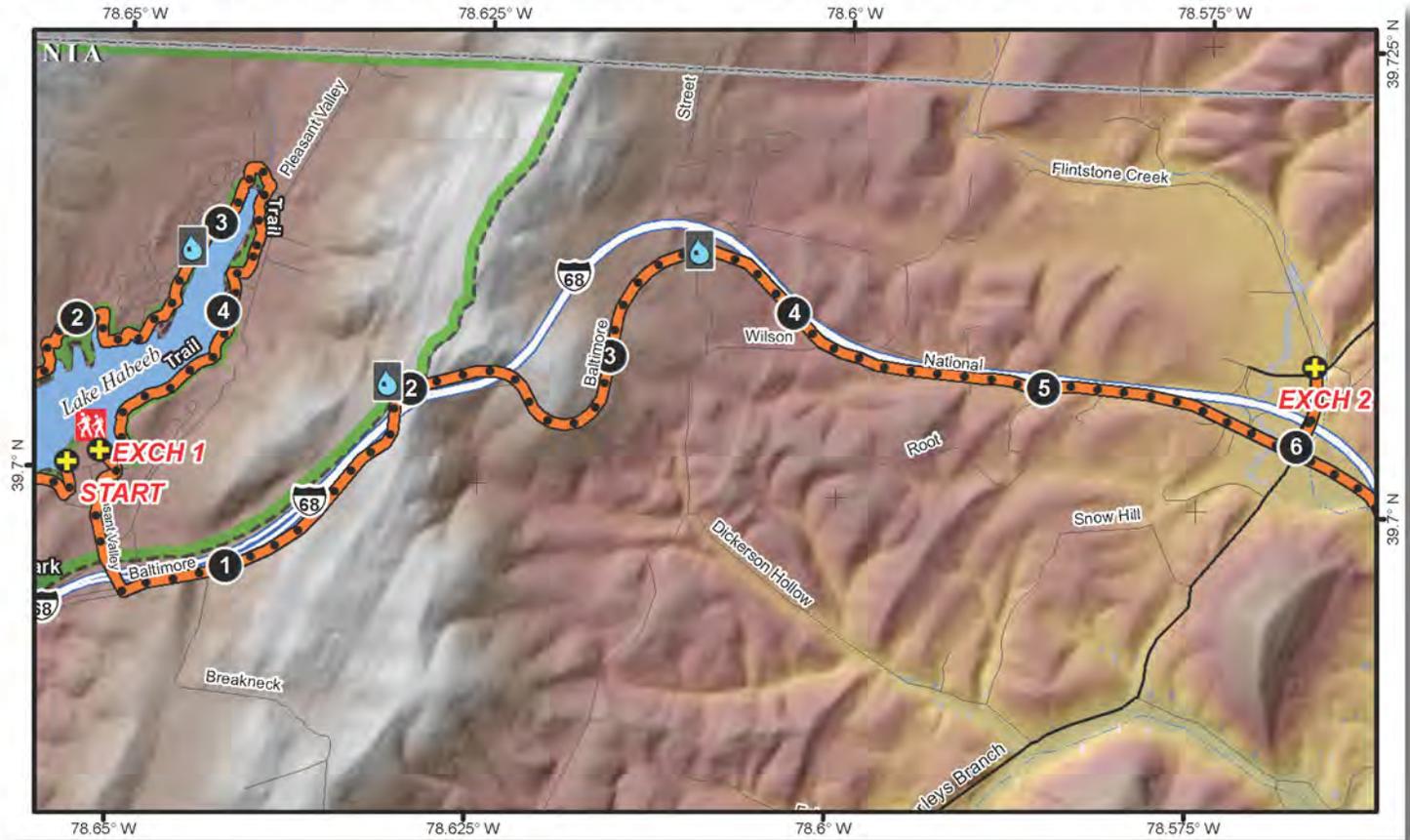
Vans should stay parked at Rocky Gap for this Leg. One aid station will be provided at a half way point on the trail for runners. Since the runners will have no contact with their vans on this leg, we encourage them to take any necessary water/aid with them that they think they will need. PLEASE USE CAUTION ON THIS LEG, TRAIL IS VERY RUGGED. Always follow signs for the LAKESIDE LOOP TRAIL around the lake. Trail is marked by LARGE ORANGE hash marks on the trees. Trail stays down close to lake. Please see mile marker descriptions.

### LEG LEGEND:

- 0.0 Depart Start Line heading South/West.
- 0.1 Turn Right onto Gorge Road
- 0.2 Stay Straight on Gorge Road
- 0.8 Turn Right through Gate towards dam
- 1.27 Arrive at Bridge and start of trail
- 1.65 Stay Straight
- 1.84 Cross Bridge
- 1.89 After Bridge Stay right on Lakeside Loop Trail
- 2.27 Stay Left and follow orange hash marks on tree
- 2.48 Bridge and then right on Lakeside Loop Trail
- 2.92 Right onto Lakeside Loop Trail
- 3.13 Right onto Lakeside Loop Trail
- 3.20 Right down to Boat Ramp
- 3.25 Straight across Beach
- 3.30 Straight onto Lakeside Loop
- 3.65 Right turn off trail onto Campground Rd, run w/ traffic
- 3.76 Right back onto Trail
- 4.07 Stay Straight on Trail
- 4.26 Right through parking lot and back onto trail
- 4.88 Arrive at Exchange 1 near the Start Line



# LEG 2 -- 6.3 MILES -- VERY HARD -- NO VAN SUPPORT



**EXCHANGE 2**  
 Flintstone Volunteer Fire Co  
 21701 Flintstone Drive NE,  
 Flintstone, MD 21530

Fire Co, park in gravel parking areas as directed. No van support leg.

**LEG LEGEND**

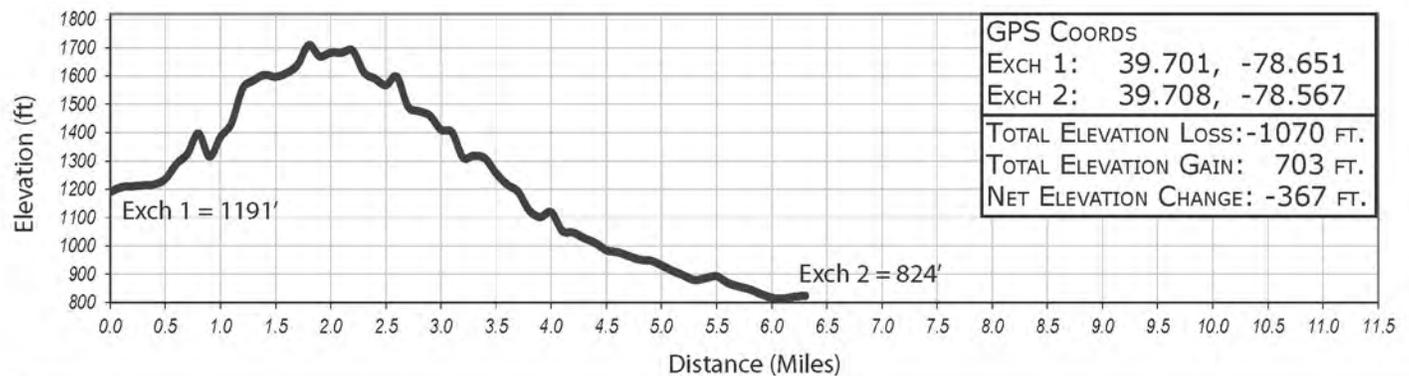
- 0.0 Depart exchange 1 at Rocky Gap State Park on Lake Shore Dr. Road name changes to Pleasant Valley Rd
- 0.6 Turn Left (East) onto SR-144 running against traffic Stay on SR-144 into Flintstone
- 6.0 Turn Left (North) onto Black Valley Road
- 6.3 Arrive at Exchange 2

**LEG DESCRIPTION**

Leg begins with a steep 2 mile climb out of Rocky Gap then a good downhill run as you enter the quaint town of Flintstone on the historic National Pike.

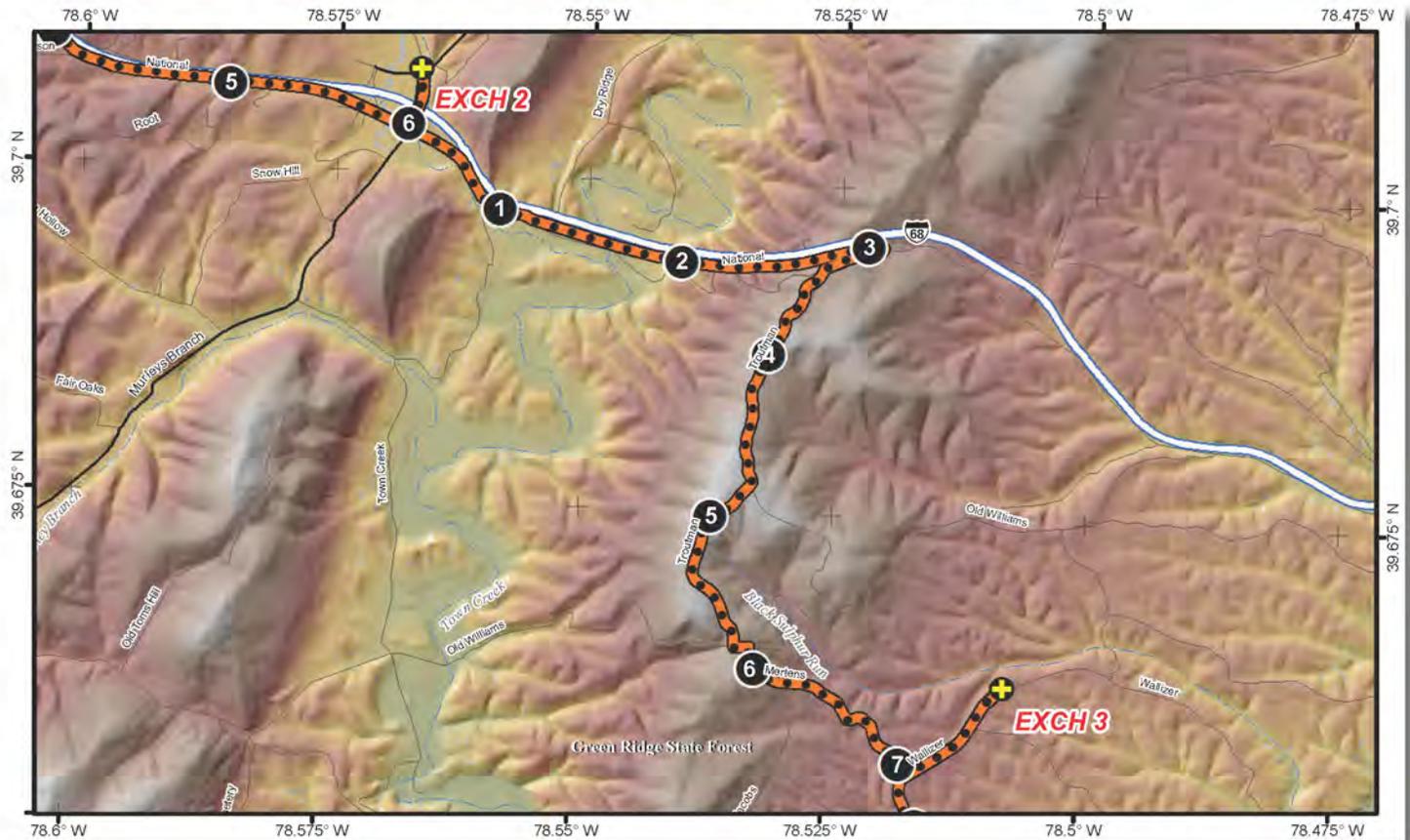
**LEG NOTES**

Exchange located at Flintstone Volunteer



**LEG 2**

# LEG 3 -- 7.8 MILES -- YOU'VE GOT TO BE KIDDING ME!



**EXCHANGE 3**  
 Mountain Bike Field – Green Ridge State Forest  
 Approx – 25173 Wallizer Rd  
 Flintstone, MD 21530

into the leg you will reach the High Point on the course 1732 ft. Don't forget to dust that dirt off your shoulder and pick up your belt buckle for bragging rights in the van!

on this leg, it is tough!

### LEG DESCRIPTION

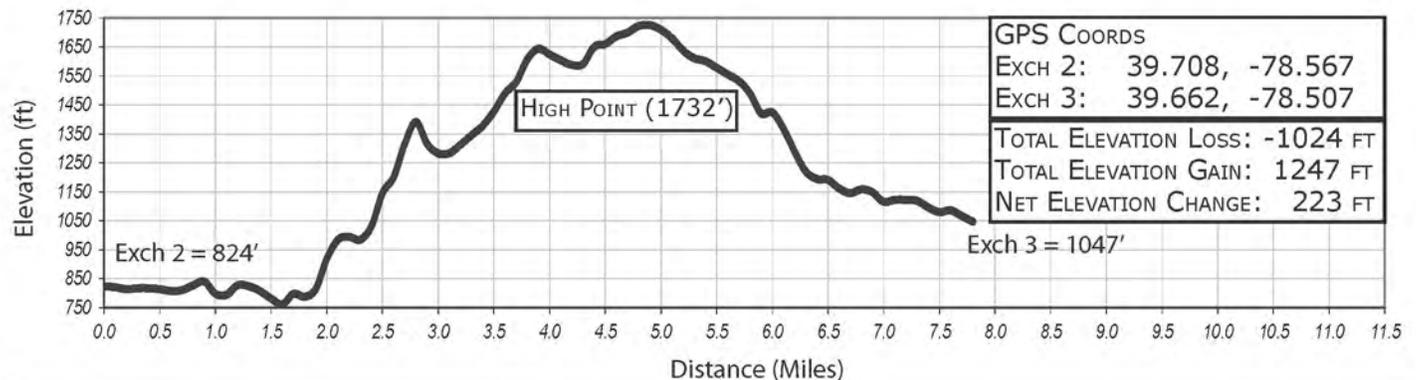
Leg takes you out of Flintstone on the National Pike and heads into the thick forests of Green Ridge State Forest. Buckle up and get ready for a serious climb! With a total elevation gain of 1194 ft this is the toughest leg on the course. The last 3.5 miles are on dirt and gravel roads so be prepared for dust. At approx. 4.8 miles

### LEG NOTES

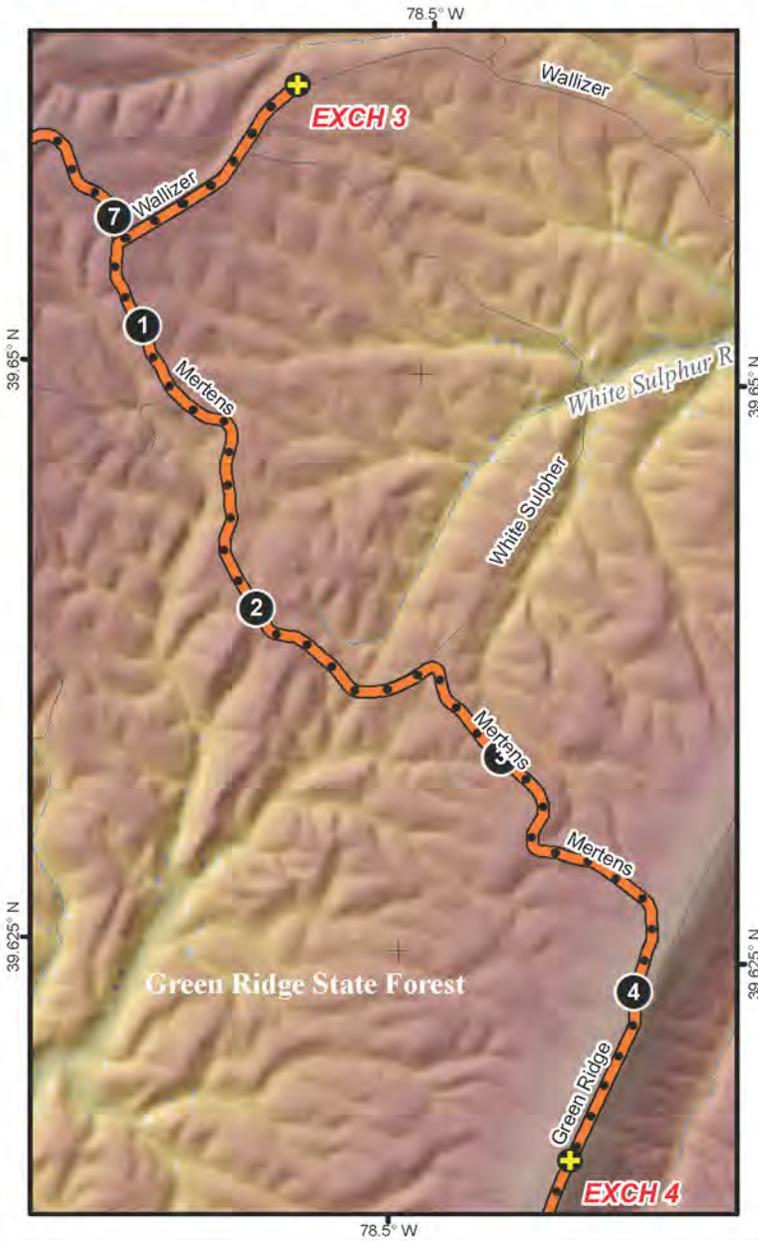
Exchange located at the Mountain Bike Field in Green Ridge State Forest. Park in the field on the grass. **PLEASE DRIVE SLOW ON DIRT/GRAVEL PORTIONS OF THIS LEG TO CREATE LESS DUST FOR RUNNERS and ONLY PULL OVER WHERE YOU WILL NOT IMPEDE TRAFFIC – NARROW ROAD!!** RUNNERS- bring adequate aid/water with you

### LEG LEGEND

- 0.0 Depart Exchange 2 running back (S) on Black Valley Rd
- 0.3 Turn LEFT (E) on SR-144 running against traffic. Stay on SR-14 until Giplin Rd
- 3.1 Turn Right (S) onto Gilpin Rd
- 3.5 Turn Left (S) onto Troutman Rd
- 5.8 Turn Left (E) onto Old Williams Rd
- 5.9 Immediate RIGHT (S) onto Mertens Ave



# LEG 4 -- 4.5 MILES -- HARD



## EXCHANGE 4

Warrior Mountain Overlook  
 Approx - 13770 Green Ridge Rd  
 Oldtown, MD 21555

## LEG DESCRIPTION

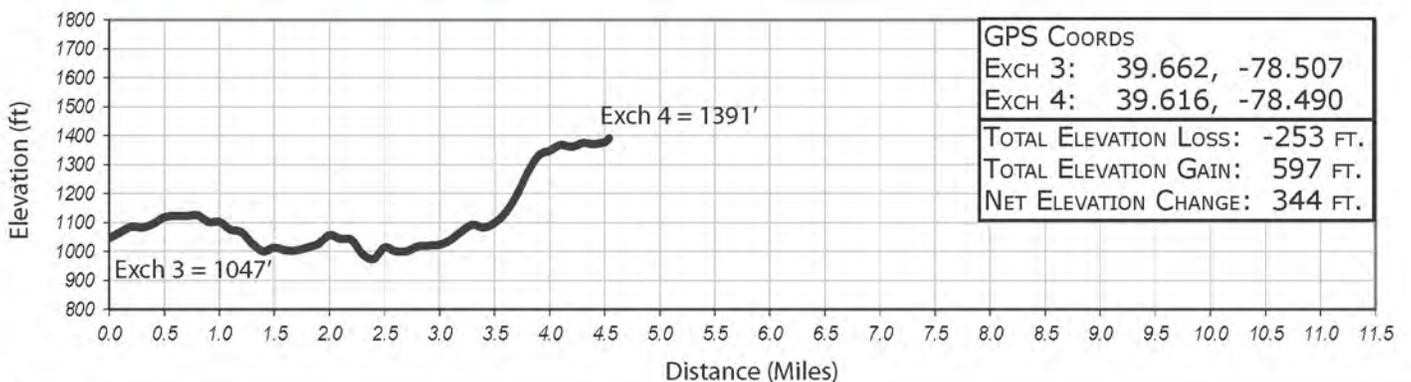
Leg continues through the quiet roads of Green Ridge State Forest

## LEG NOTES

Exchange located on the side of Green Ridge Rd at Warrior Mountain Overlook. Due to the narrow road, please use care when parking and pulling out. Parallel park down the East side of Green Ridge Rd to allow for traffic to pass in both directions. Due to the lack of parking at this exchange, we ask that you do not linger here longer than necessary. PLEASE DRIVE SLOWLY ON DIRT/GRAVEL PORTIONS OF ROAD TO CREATE LESS DUST FOR RUNNERS.

## LEG LEGEND

- 0.0 Depart Exchange 3 and return (W) on Wallizer Rd
- 0.7 Turn Left (S) onto Mertens Ave
- 2.7 Stay on Mertens Avenue heading East
- 4.1 Bear Right (S) onto Green Ridge Rd
- 4.5 Arrive at Exchange 4



# LEG 5 -- 4.1 MILES -- VERY HARD



## EXCHANGE 5

Oldtown Orleans Rd – Power pole Clearing  
Just North of Mertens Ave/Oldtown Orleans Rd

## LEG DESCRIPTION:

Leg 5 continues through Green Ridge Forest and boasts some of the most magnificent views. Switchbacks and some steep climbs await you. Prepare for dust. VANS – THIS ROAD HAS A FEW NARROW PARTS, USE CAUTION, WATCH FOR RUNNERS AND DRIVE SLOWLY. ONLY PULL OVER IN LARGE PULLOUTS, DO NOT STOP ON

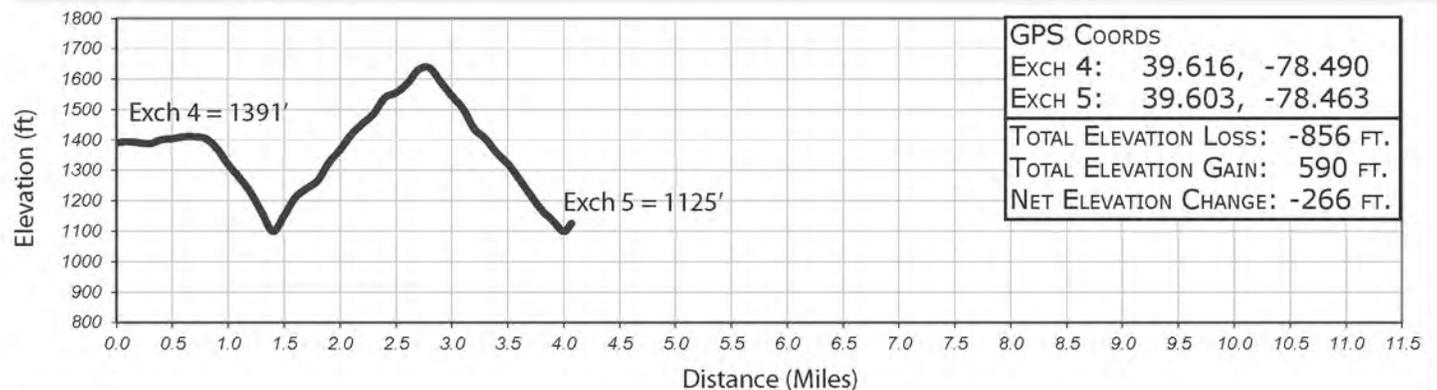
THE ROAD ITSELF. GO SLOW – CREATE LESS DUST!

## LEG NOTES:

Exchange located at the Power pole clearing on Oldtown Orleans Rd. Due to narrow road, please use care when parking and pulling out. Parallel park down the west side of Oldtown Orleans Rd to allow for traffic to pass in both directions. Due to the lack of parking in the area, please do not linger here longer than necessary.

## LEG LEGEND

- 0.0 Depart Exchange 4 heading South on Green Ridge Rd
- 1.0 Bear Left (S) onto Mertens Ave. Stay on Mertens Avenue as it crosses E Valley Road and Stafford Road
- 3.9 Turn Left (N) onto Oldtown Orleans Rd
- 4.1 Arrive at Exchange 5



## GPS COORDS

EXCH 4: 39.616, -78.490

EXCH 5: 39.603, -78.463

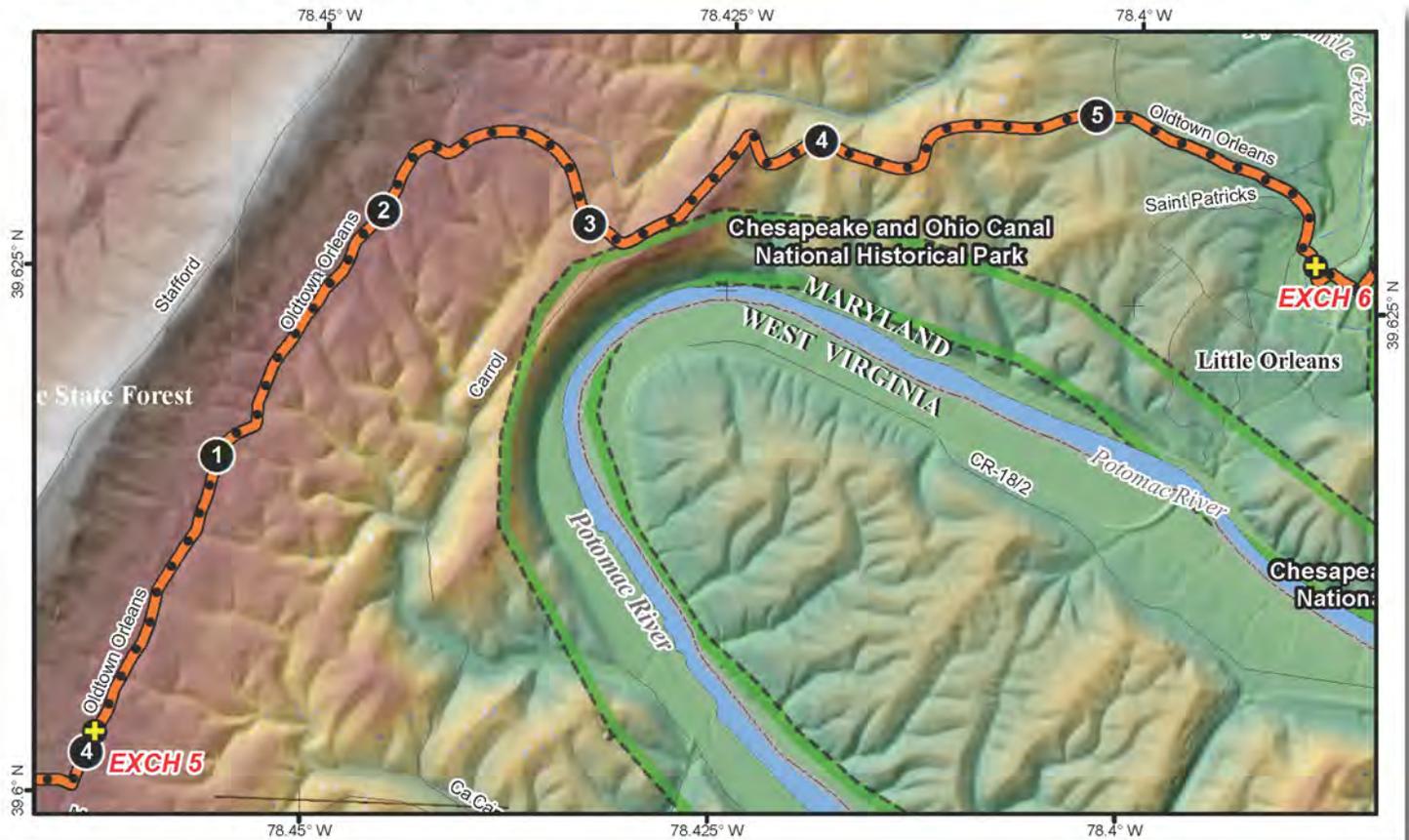
TOTAL ELEVATION LOSS: -856 FT.

TOTAL ELEVATION GAIN: 590 FT.

NET ELEVATION CHANGE: -266 FT.



# LEG 6 -- 6.0 MILES -- HARD



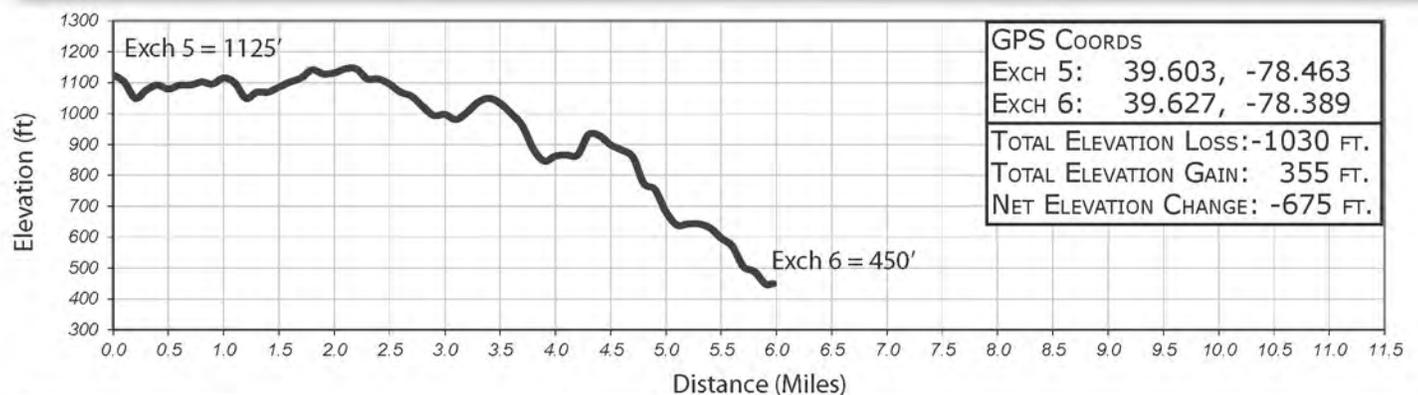
**EXCHANGE 6**  
 Little Orleans Campground  
 31661 Green Forest Dr,  
 Little Orleans, MD 21766

**LEG DESCRIPTION:**  
 Leg 6 will take you along rolling forest roads and into the second oldest city in Allegany County – Little Orleans.

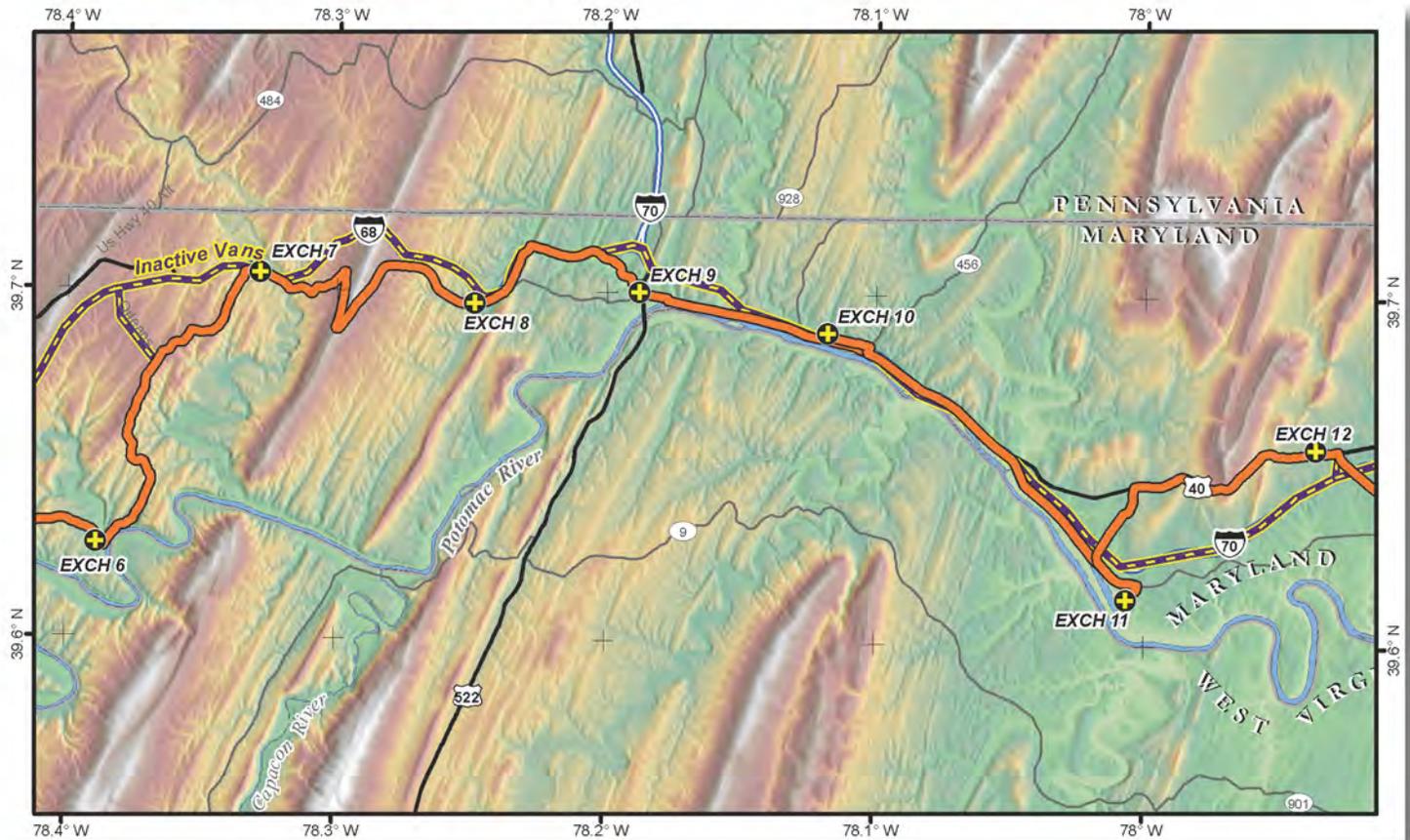
**LEG NOTES:**  
 Exchange 6 is located in the large field just south of the Little Orleans Campground and across the bridge. Park in the field and enjoy the festivities as Van 2 takes over! Showers and General Store available for use at the main campground area (separate from the actual exchange location and back up Oldtown Orleans Rd about 0.40 miles – you will pass

the entrance on the way to the exchange).

**LEG LEGEND**  
 0.0 Depart Exchange 5 heading North on Oldtown Orleans Rd  
 Stay on Oldtown Orleans until past Little Orleans Campground  
 6.0 Arrive at Exchange 6



# VAN 2 -- LEGS 7-12 -- 41.9 MILES



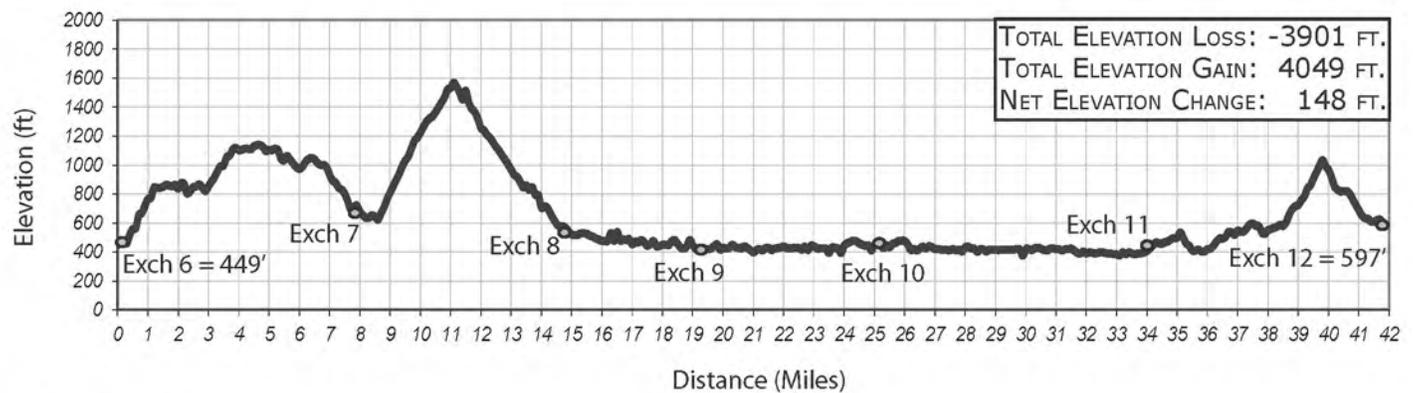
## Overview:

Route continues East along the National Pike, over Sideling Hill and into Hancock. From there runners will enjoy the Western Maryland Rail Trail into Big Pool then local roads into Clear Spring.

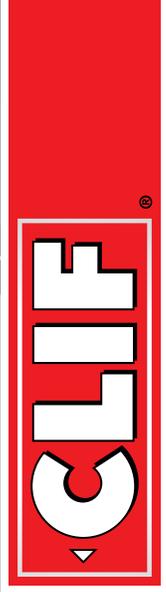
## Inactive Van Directions:

- 0.0 Depart Exchange 6 and turn Left heading North on Orleans Rd. Stay on Orleans Road.
- 5.6 Turn onto I-68 Eastbound
- 17.6 I-68 intersects with I-70 at Hancock. Take I-70 Eastbound towards Hagerstown
- 34.3 Take Exit 18 at Clear Spring
- 34.7 Turn Left onto Clear Spring

- 35.3 Road (SR-68) heading North
- 35.7 Turn Left on Cumberland Street (SR-40) heading West
- 35.7 Arrive at Exchange 12, Clear Spring Schools on Right.



## LEGS 7-12



# SHOT



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**RAGNAR RELAY**





# RAGNAR NUTRITIONAL TIPS

*Keep yourself running strong.*

## BEFORE:

1-3 hours prior to workout or competition a balanced mix of carbs, including fiber, protein and a modest amount of fat will help sustain energy levels.



## DURING:

The body needs constant nourishment during an activity lasting longer than 1 hour. To maintain energy levels and keep from crashing, nutrition should be consumed every 20-30 min. during activity.

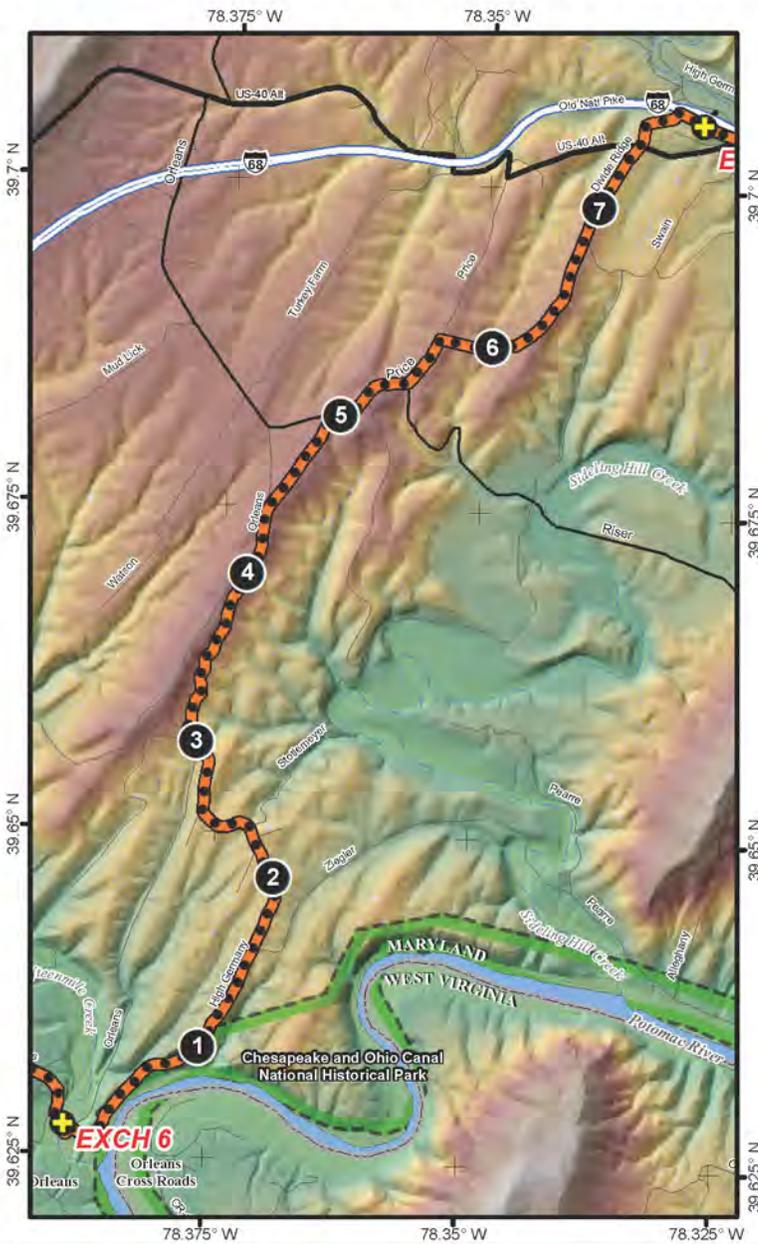


## AFTER:

Within 30-120 minutes of finishing an activity, protein should be eaten for optimal and maximum muscle recovery.



# LEG 7 -- 7.9 MILES -- VERY HARD!



## EXCHANGE 7

Gas Station  
35206 National Pike NE,  
Little Orleans, MD 21766

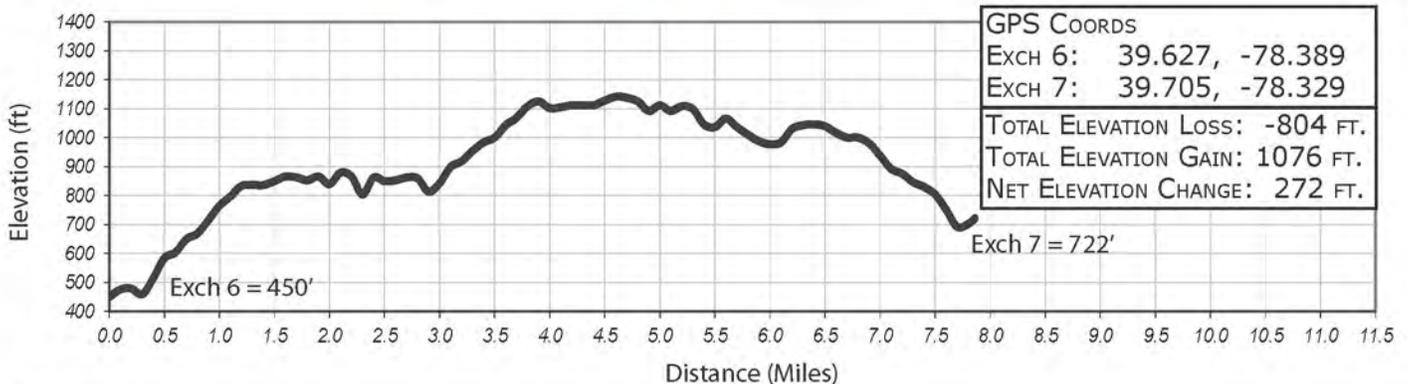
## LEG DESCRIPTION:

Leg has a good steady climb out of Little Orleans for the first 4.5 miles then a gradual downhill as you connect to National Pike

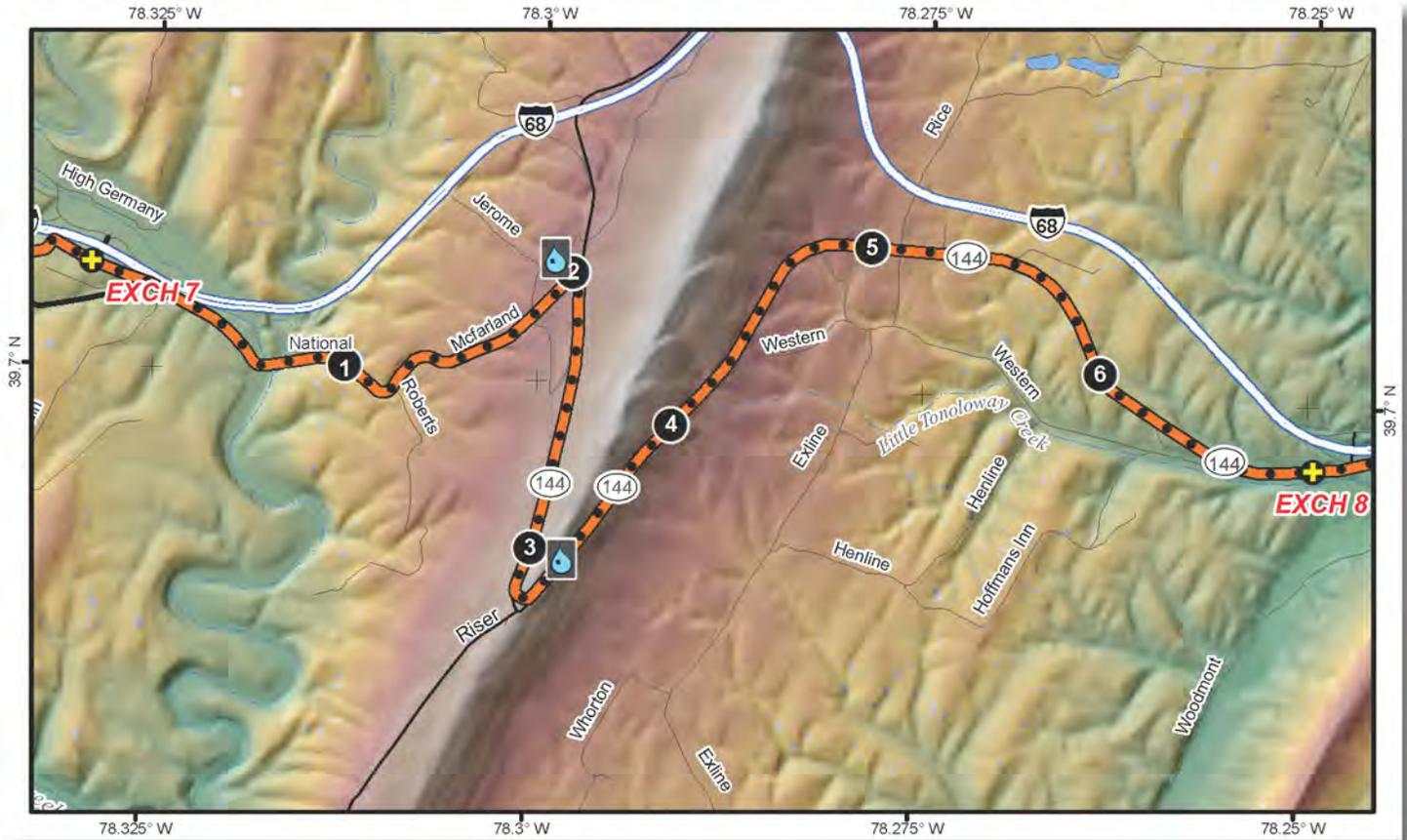
**LEG NOTES:** Exchange is located at the gas station just off I-68. Please use caution around the exchange with team vans and other traffic coming in and out of the gas station. Parking located in dirt/gravel area adjacent to gas station. Good chance to check the fuel gauge and stock up on snacks!

## LEG LEGEND

- 0.0 Depart Exchange 6 and turn RIGHT on High Germany Rd
- 0.2 Go through Rail Tunnel and turn Left continuing North on High Germany Rd. Stay on High Germany Rd until it connects to Orleans Rd
- 2.9 Turn Right (N) onto Orleans Rd
- 4.4 Turn Right (E) onto John O Price Rd
- 4.9 Bear Right (E) onto Price Rd
- 5.7 Turn Right (E) onto Divide Ridge Rd Stay on Divide Ridge Rd until meeting US-40 (National Pike)
- 7.7 Turn Right (E) onto US-40 (National Pike)
- 7.9 Arrive at Exchange 7



# LEG 8 -- 6.8 MILES -- WHAT THE HILL?! -- NO VAN SUPPORT

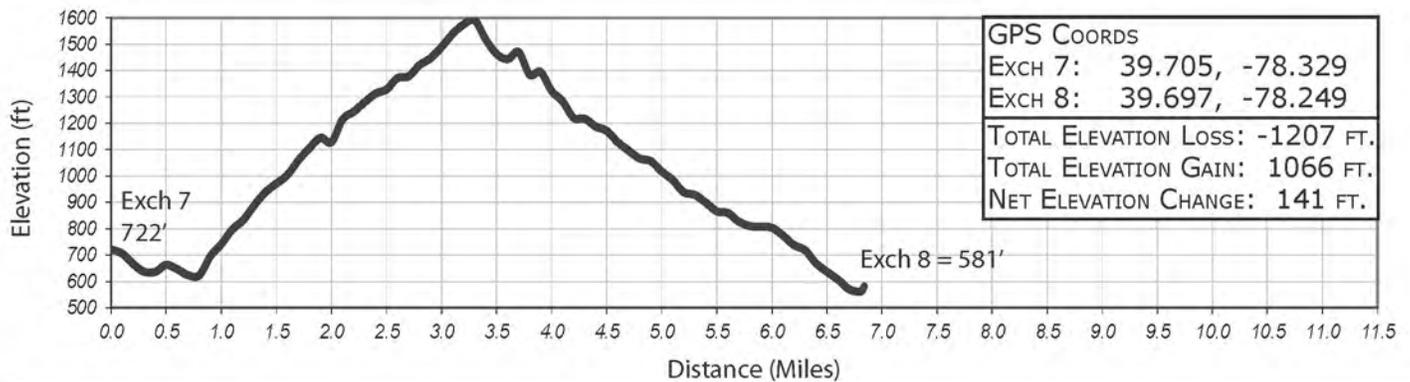


**EXCHANGE 8**  
3850 Western Pike  
Hancock, MD 21750

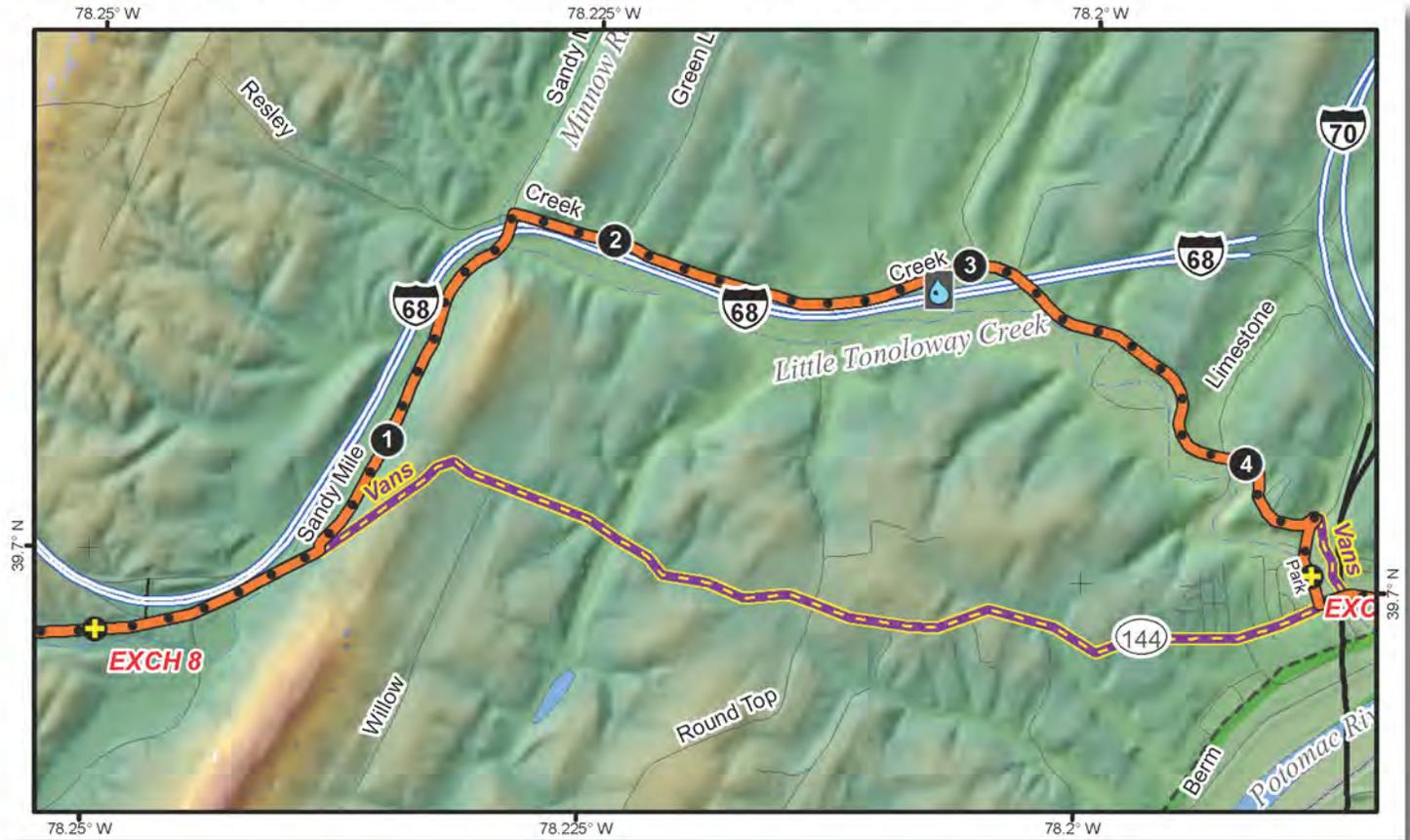
**LEG DESCRIPTION:**  
Leg leads you up and around the hairpin turn on Sideling Hill with a good downhill slope into the next exchange. This is the second most difficult leg on the entire course with a total elevation gain of 1,020 feet! Get ready, stay hydrated, and conquer the beast!

**LEG NOTES:**  
We have a few water stations available, but runners should bring enough water with them. No Van Support leg (absolutely no getting out of the vehicle between the exchanges)

LEG LEGEND	
0.0	Depart exchange 7 heading East on US-40 (Old National Pike)
2.0	Stay on US-40 (SR-144) and take a RIGHT after Jerome Rd heading Uphill. Stay on US-40 (SR-144) until arriving at Exchange 8
6.8	Arrive at Exchange 8



# LEG 9 -- 4.5 MILES -- MODERATE -- NO VAN SUPPORT



**EXCHANGE 9**  
Widmeyer Park  
220 Park Rd, Hancock, MD 21750

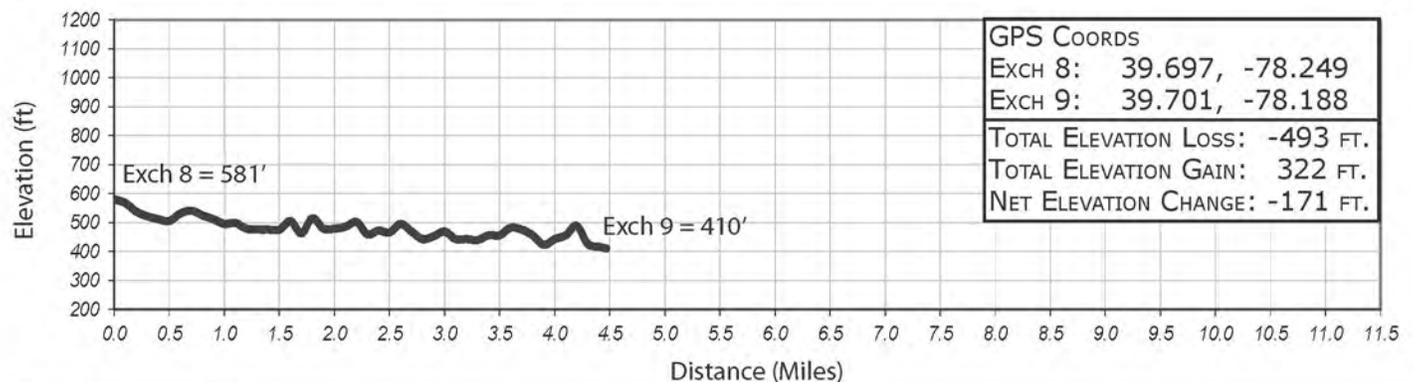
caution throughout the park while parking/pulling out. **USE CAUTION RUNNING ON WINDING ROAD, BE ALERT!** No Van Support.

- VAN DIRECTIONS:**
- 0.0 Depart Exchange 8
  - 0.7 Continue STRAIGHT on SR-144 (Western Pike/Main St)
  - 3.6 Turn LEFT (N) into Widmeyer Park
  - 3.7 Arrive at Exchange 9

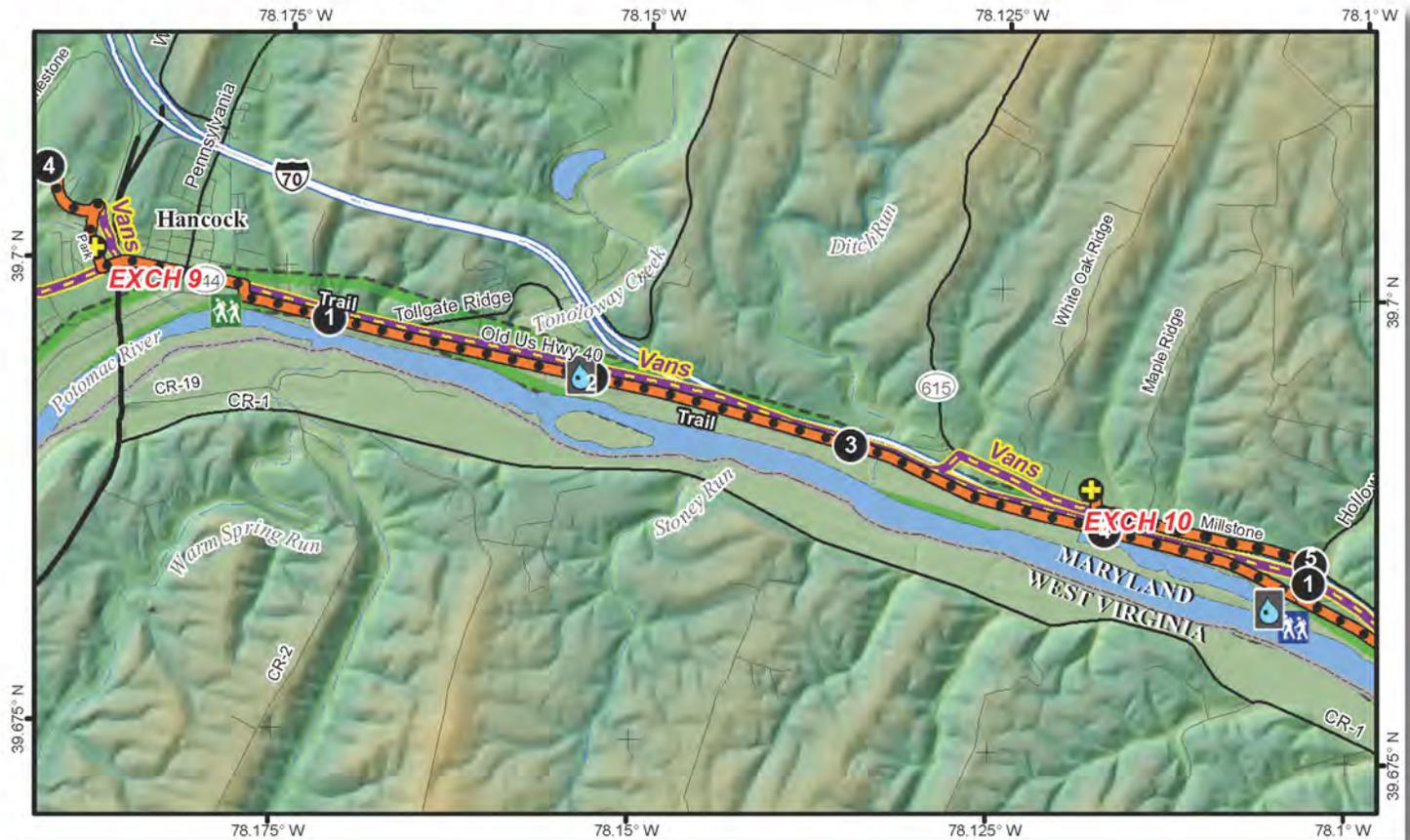
**LEG DESCRIPTION:**  
Leg crosses I-68 and onto local residential roads into the Town of Hancock. Please respect residents.

- LEG LEGEND**
- 0.0 Depart Exchange 8.
  - 0.7 Turn LEFT (N) on to Sandy Mile Rd
  - 1.7 Turn RIGHT (E) on to Creek Rd
  - 4.3 Take HARD RIGHT on to Park Rd
  - 4.5 Arrive at Exchange 9.

**LEG NOTES:**  
Exchange is located at Widmeyer Park. Parking located in the park. Please use



# LEG 10 -- 5.9 MILES -- MODERATE



**EXCHANGE 10**  
 Hancock Church of God  
 7528 Millstone Rd  
 Hancock, MD 21750

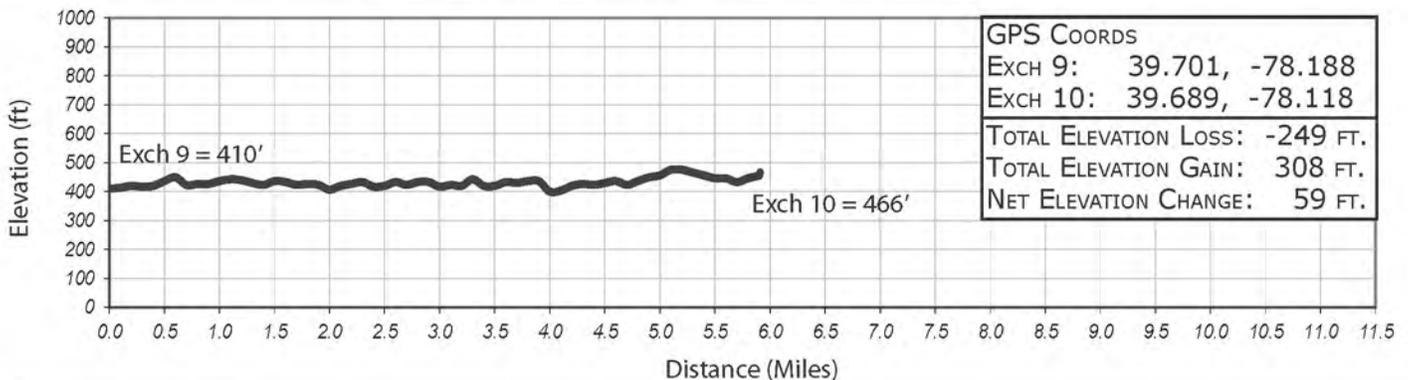
**LEG DESCRIPTION:**  
 Nice flat leg through Hancock and on the Western Maryland Rail Trail. Vans will not be able to support on this leg, runners are on a trail. Runners should bring water with them.

**LEG NOTES:**  
 Exchange located at the Hancock Church of God. Please be respectful of church property

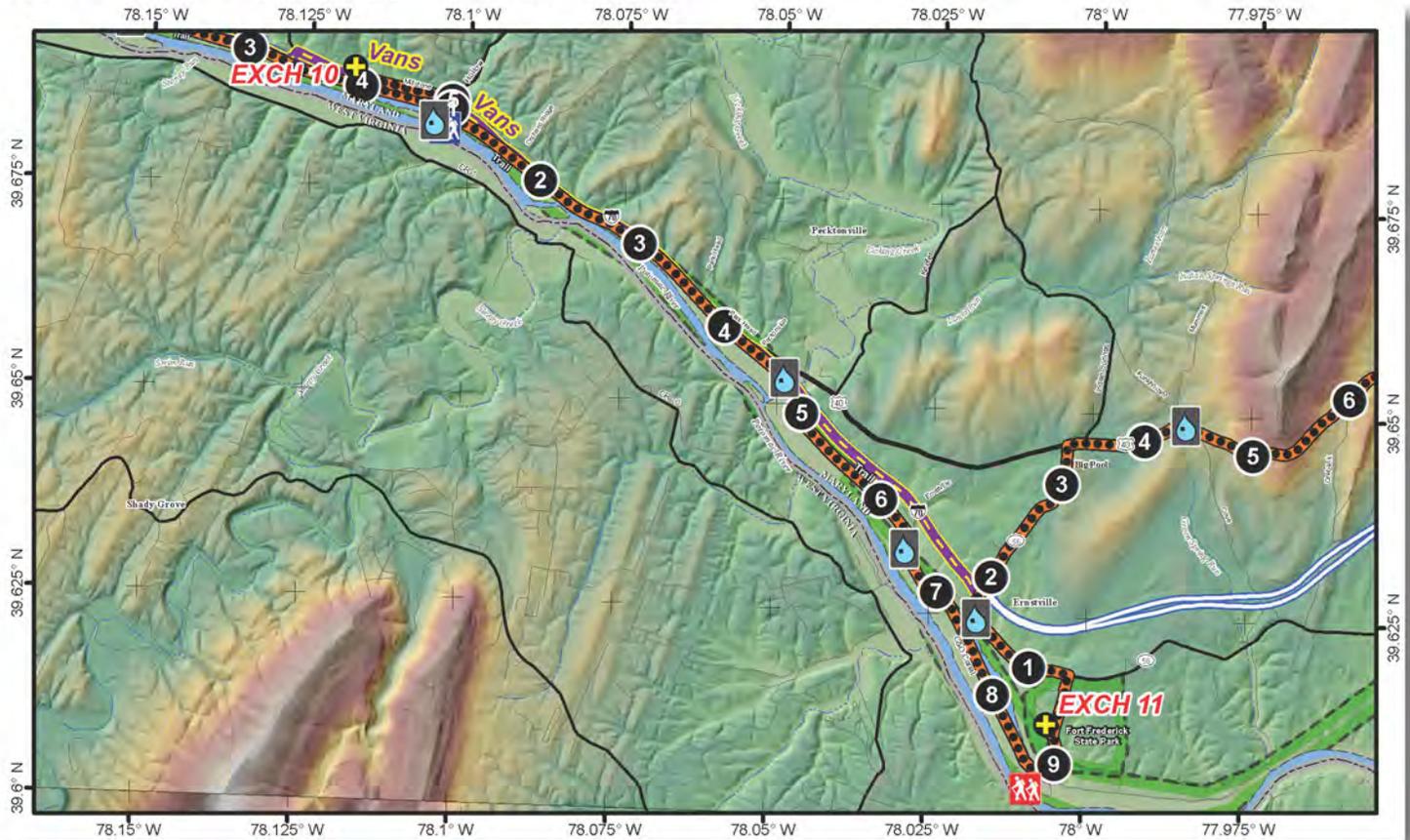
and surrounding homes/businesses.

- LEG LEGEND**
- 0.0 Depart Exchange 9 and head LEFT (E) on Main St running against traffic
  - 0.5 Cross the street at Church Street and enter the Western Maryland Rail Trail
  - 0.6 Runners continue on trail
  - 4.8 Exit trail near Hollow Rd heading North
  - 4.9 Turn LEFT on Millstone Rd
  - 5.9 Arrive at Exchange 10

- VAN ROUTE**
- 0.0 Depart Exchange 9 and head LEFT (E) on Main Street
  - 2.3 Take Ramp onto I-70/US-40
  - 3.0 Take LEFT Exit #5
  - 3.1 Turn RIGHT at end of ramp (E) onto SR-615 (Millstone Rd)
  - 3.8 Arrive at exchange 10



# LEG II -- 9.4 MILES -- VERY HARD



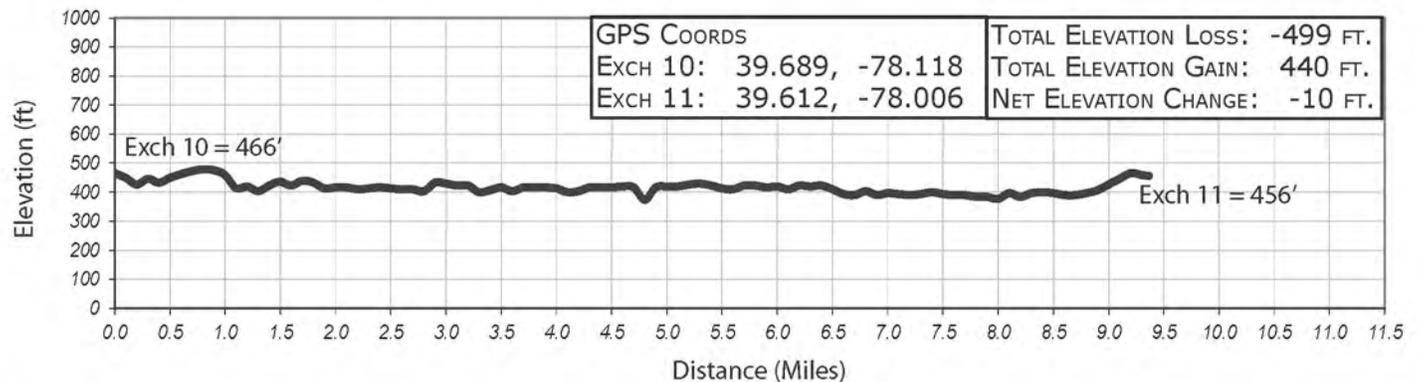
**EXCHANGE 11**  
Fort Frederick State Park, 11100 Fort Frederick Rd, Big Pool, MD 21711

**LEG DESCRIPTION:**  
Leg continues down the Western Maryland Rail Trail and ends at Fort Frederick State Park. This is a long leg on a trail with little access points, runners should bring all the water/aid they need with them.

**LEG NOTES:**  
Exchange located at Fort Frederick State Park. Please be respectful of park property.

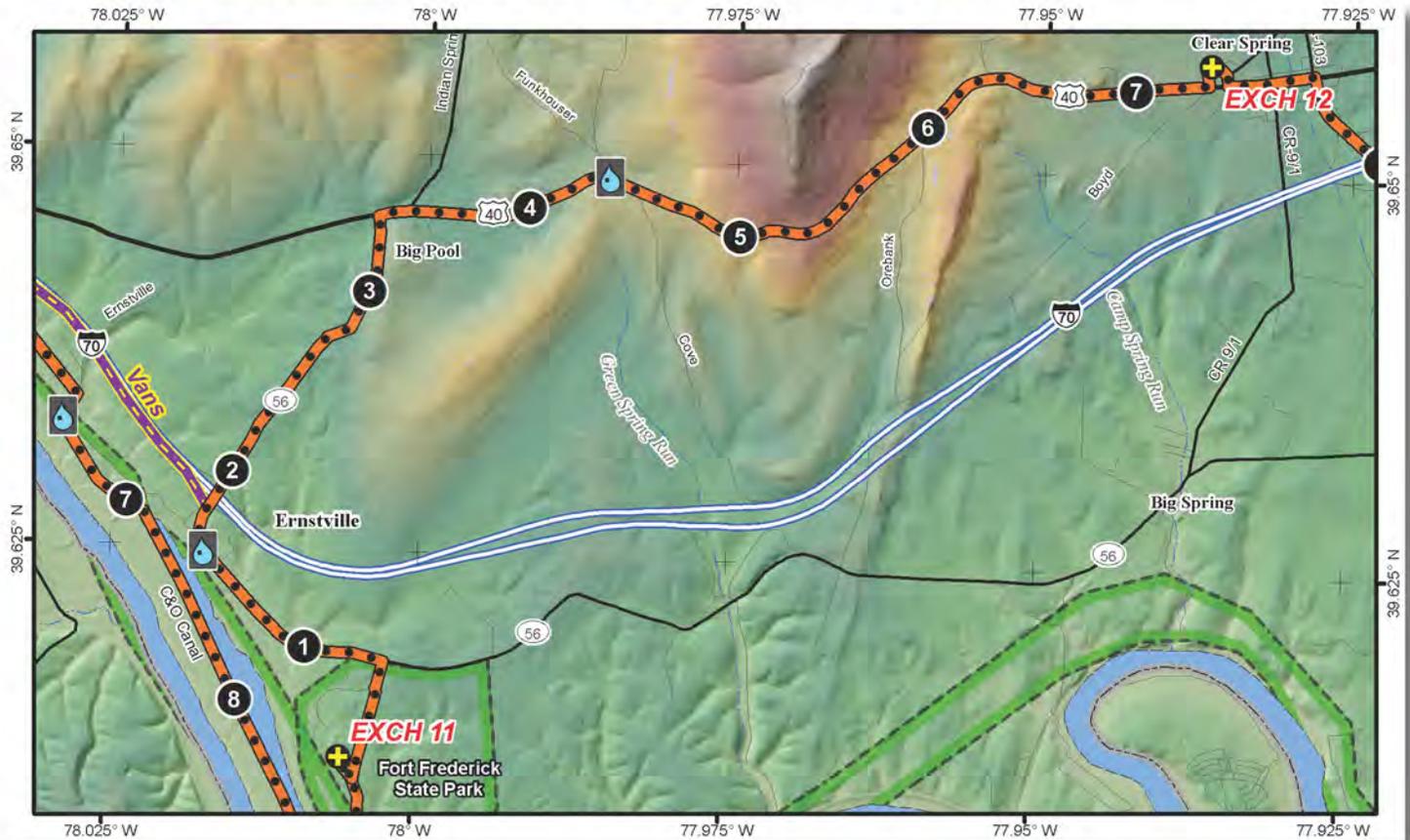
LEG LEGEND	
0.0	Depart exchange 10 heading East on Millstone Rd
0.9	Turn RIGHT on Hollow Rd, enter Western Maryland Rail Trail parking
1.1	Turn LEFT onto trail continuing (E) towards Big Pool
6.4	At Erntsville Rd, runners will exit the Western Maryland Rail Trail and enter the C&O Canal
9.0	Runners exit the C&O Canal at Fort Frederick State Park
9.4	Arrive at Exchange 11

VAN ROUTE	
0.0	Depart Exchange 10 heading East on Millstone Road
1.0	Take RIGHT onto RAMP for I-70
1.2	Merge on I-70 towards Big Pool
7.2	Take Exit 12 and turn RIGHT off of ramp
8.5	Turn RIGHT into Ft Frederick St Park
8.6	Bear RIGHT to go to the Visitors Center
9.2	Arrive at Exchange 11



LEG II

# LEG 12 -- 7.4 MILES -- HARD -- NO VAN SUPPORT



**EXCHANGE 12**  
 Clear Springs High School  
 12630 Broadfording Rd  
 Clear Spring, MD 21722

**LEG DESCRIPTION:**  
 Local roads from Big Pool into Clear Spring. Traffic Coning on US-40 (National Pike) is for runners.

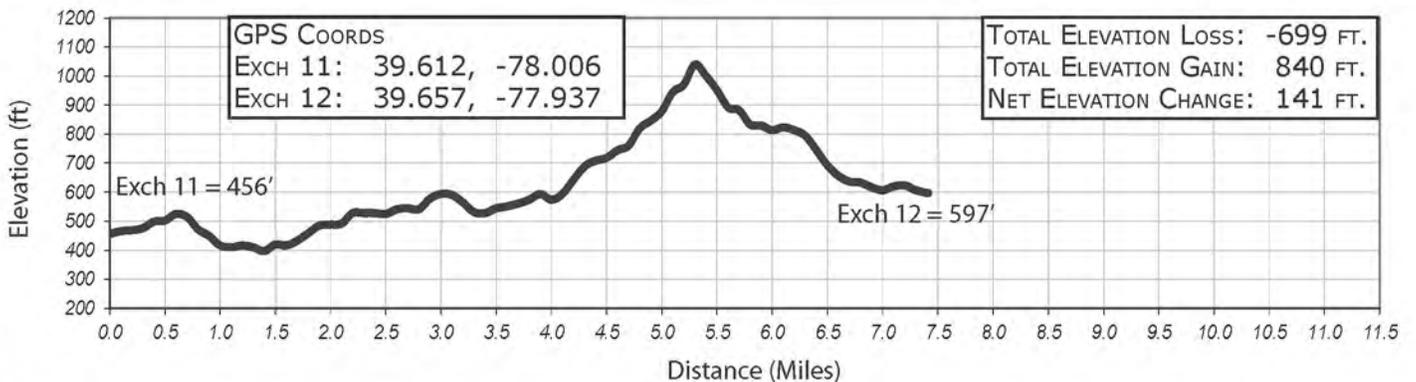
**LEG NOTES:**  
 Exchange at Clear Spring High School.  
 Hot Showers and Hot Food awaits you!

Make sure and thank the volunteers at the High School for hosting us. All proceeds from this school fundraiser will help the Clear Spring High School Athletic Department. **BE ALERT ON THIS LEG! US-40 HAS HIGHER SPEEDS.** No Van Support Leg.

**LEG LEGEND**

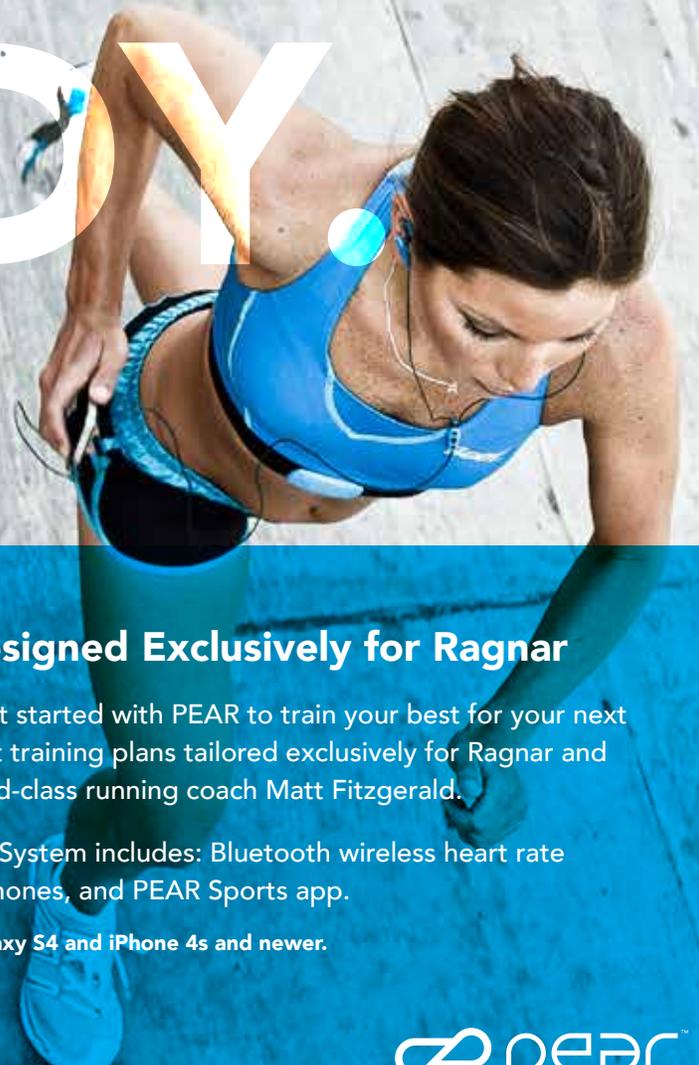
0.0 Depart Exchange 11 heading North out of Fort Frederick State Park

- 0.6 Turn LEFT on Big Pool Rd (SR-56)
- 1.9 Big Pool Rd crosses over I-70 after the Gas Station
- 3.3 Turn RIGHT (E) onto US-40 (National Pike)
- 7.4 Arrive at Exchange 12





# GET RAGNAR READY.



## Training Plans Designed Exclusively for Ragnar

Everything you need to get started with PEAR to train your best for your next Ragnar race. Four different training plans tailored exclusively for Ragnar and developed by PEAR's world-class running coach Matt Fitzgerald.

The PEAR Mobile Training System includes: Bluetooth wireless heart rate monitor, Stride sport earphones, and PEAR Sports app.

\*Compatible with Samsung Galaxy S4 and iPhone 4s and newer.

For more information go to [PEARSPORTS.COM/RAGNAR-RELAY](http://PEARSPORTS.COM/RAGNAR-RELAY) or [RAGNARRELAY.COM/TRAINING](http://RAGNARRELAY.COM/TRAINING)



# 10 COMMANDMENTS OF RAGNAR TRAINING

Presented by  PEAR sports

Training for a Ragnar event isn't rocket science, but there are plenty of ways to screw it up if you don't know what you're doing. Obey these 10 commandments and you will make your team proud.

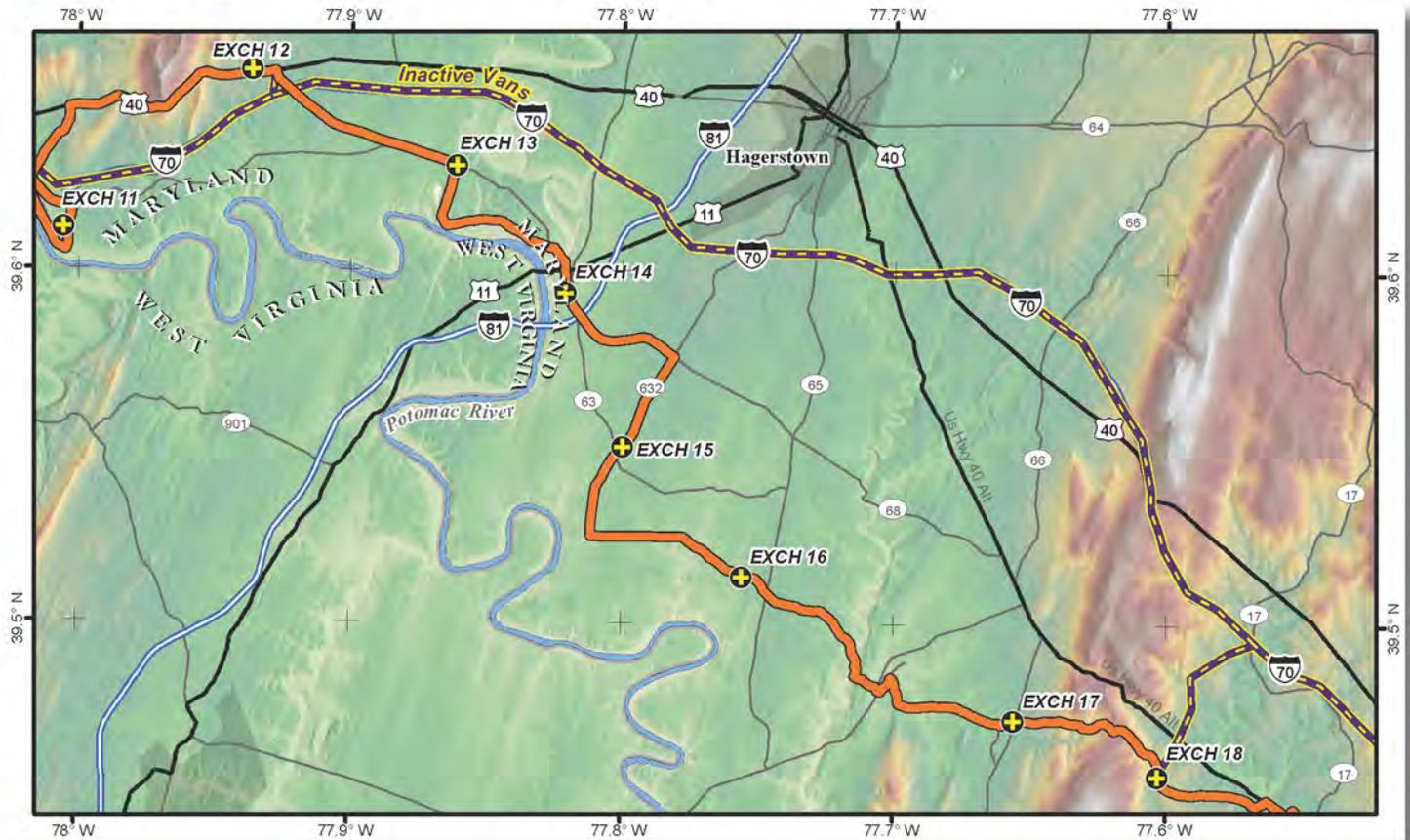
- 1 Give yourself enough time. Building peak running fitness is a slow process. Ideally, you'll devote at least 12 weeks to focused preparation for your Ragnar event.
- 2 Train "backwards." When planning your training, start by planning your most challenging week of training, which should come two to three weeks before the race. Think about the kinds of workouts and the overall training load you need to be able to handle by that point in order to achieve your race goals and schedule accordingly. Then move backwards on the calendar, making your training a little easier each week until you arrive at a starting point, where the workouts and overall training load should be appropriate for your current level of fitness.
- 3 Use the 80/20 rule. This rule stipulates that 80 percent of your training time shall be spent at low intensity (where you're able to talk comfortably) and 20 percent at moderate and high intensities. This is what elite runners do, whereas most recreational runners do less than half of their training at low intensity.
- 4 Run a lot. The more you run, within your personal limits, the fitter you will become. If you obey the 80/20 rule and do most of your running at low intensity, you will be able to run more without burning out.
- 5 Train in phases. The first several weeks of your Ragnar training should constitute a base phase, where you focus mainly on increasing your overall training mileage to develop basic aerobic fitness, endurance, and durability. From there, move into a specific phase for a few weeks. During this period you will do challenging workouts that approximate the demands of racing so that your body is specifically prepared for them. Finally, complete a taper phase of one to two weeks. During this phase you will sharply reduce your training volume while continuing to do some high-intensity work to rest and sharpen for race day.
- 6 Use step cycles. A step cycle is a three- to four-week cycle where the training load is high and increasing until the last week of the cycle, which is a recovery week. Reduce your training volume by 20-30 percent during this week.
- 7 Obey the hard-easy rule. Fast runs and long runs both count as "hard" runs. Generally, you should do two runs per week that include faster efforts plus one long run. These runs should be separated by easy days of training so that you are relatively fresh and ready for the hard ones. The exception comes the final weeks of "specific" training when it's a good idea to do back-to-back fast runs to prepare your body for the challenge of running multiple Ragnar relay legs.
- 8 Hit the hills. There are hills (and usually plenty of them) on every Ragnar course. In order to be prepared for them you need to include hill running regularly in your training. We recommend doing both hilly long runs and hill repetitions—short, fast uphill intervals.
- 9 Cross-train. It's a good idea to do at least one cardio workout such as bicycling each week. This will reduce the pounding your legs are subjected to without sacrificing fitness. It will also give you a running alternative to readily fall back on whenever you're injured or sore and running isn't a good idea. If you can find the time, try to squeeze in at least two functional strength workouts each week as well. This will further reduce your injury risk and improve your running performance by boosting the efficiency of your stride.
- 10 Listen to your body. Training plans should be written in pencil, not ink. Think of your training plan as a best-case scenario, representing the training you will do if absolutely nothing goes wrong. But something always goes wrong, so be ready and willing to make appropriate adjustments whenever you are too sore, tired, or sick to do the run you planned for a given day.



MATT FITZGERALD

Training plans designed by world-class coach Matt Fitzgerald - running coach, fitness expert, certified sports nutritionist, and author of *Racing Weight* and *The New Rules of Marathon Nutrition*.

# VAN I -- LEGS 13-18 -- 29.9 MILES



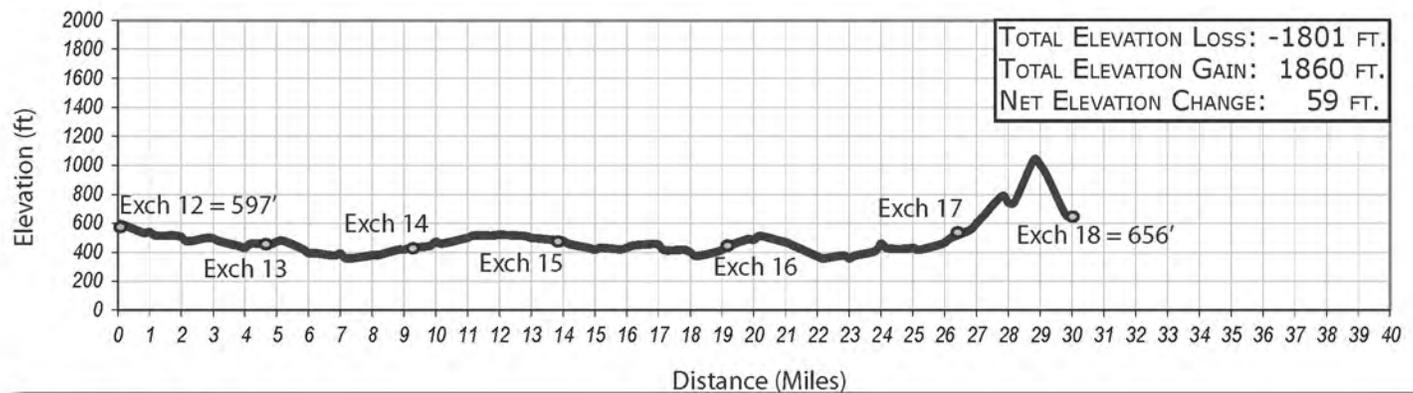
## OVERVIEW

The route takes a turn through several Civil War Era towns such as Williamsport, Downsville, and over historic South Mountain and across the Appalachian Trail. Enjoy the rolling hills and quiet residential roads.

## Inactive Van Directions:

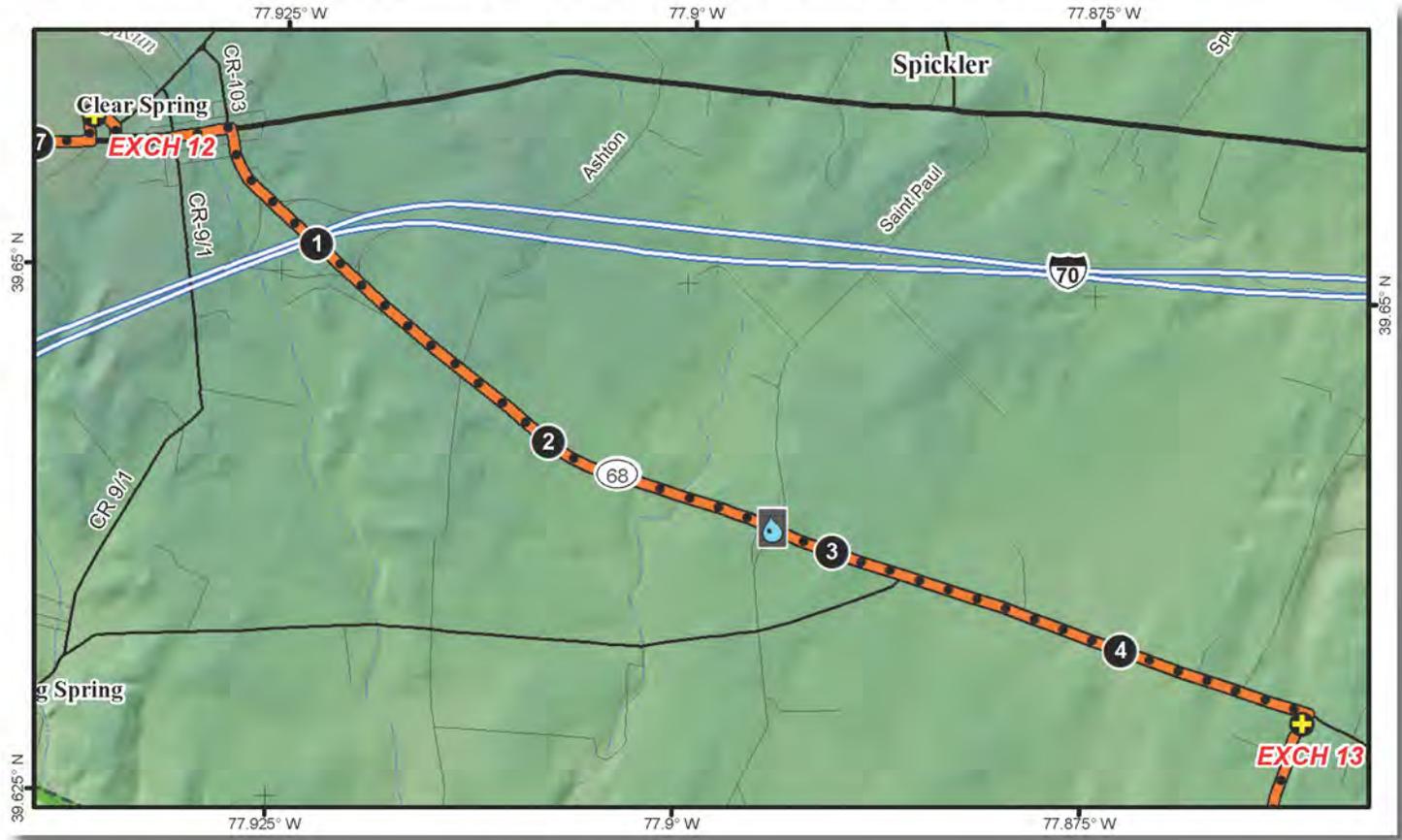
- 0.0 Depart Exch 12, east on US-40
- 0.4 Turn RIGHT (South) onto SR-68 (Mill Street/Clear Spring Road)
- 1.0 Take Ramp (LEFT) onto I-70 [Dwight D Eisenhower Hwy]
- 25.0 At exit 42, turn RIGHT onto Ramp

- 25.3 Take Ramp (RIGHT) onto SR-17 [Myersville Rd]
- 25.4 Turn RIGHT (West) onto Milt Summers Rd
- 26.3 Turn LEFT (South) onto Mt Tabor Rd
- 28.2 When Mt Tabor Road meets US-40 (National Pike) continue straight through. Road name changes to Bolivar Rd
- 29.1 Arrive at Exch 18



## LEGS 13-18

# LEG 13 -- 4.7 MILES -- MODERATE -- NO VAN SUPPORT



## EXCHANGE 13

Pinesburg Mennonite Church  
14706 Bottom Rd  
Williamsport, MD 21795

## LEG DESCRIPTION:

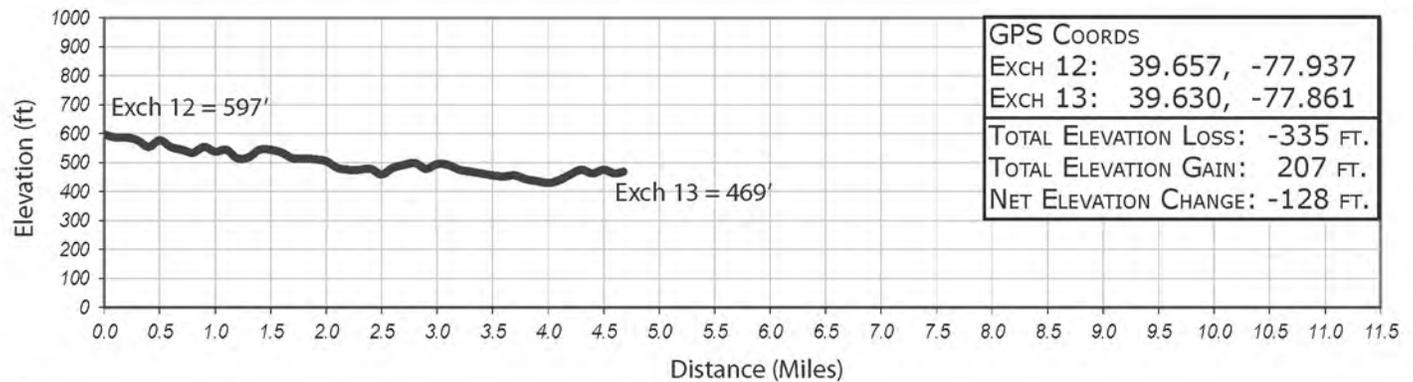
Gradual downhill leg through the outskirts of Clear Spring and Williamsport.

## LEG NOTES:

Please be respectful of church property.  
No Van Support leg.

## LEG LEGEND

- 0.0 Depart Exchange 12 heading East on US-40
- 0.4 Turn RIGHT (S) onto SR-68 (Mill Street/Clear Spring Rd)
- 4.6 Turn RIGHT (S) onto Bottom Rd
- 4.7 Arrive at Exchange 13



# LEG 14 -- 4.5 MILES -- MODERATE



## EXCHANGE 14

American Legion  
400 American Legion Dr  
Williamsport, MD 21795

## LEG DESCRIPTION:

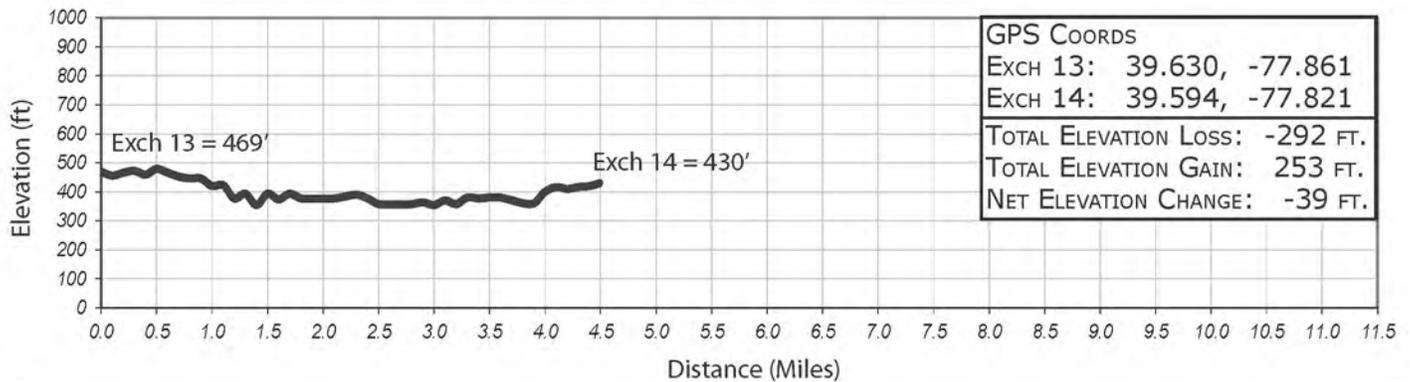
Easy Leg into the quaint town of Williamsport.

## LEG NOTES:

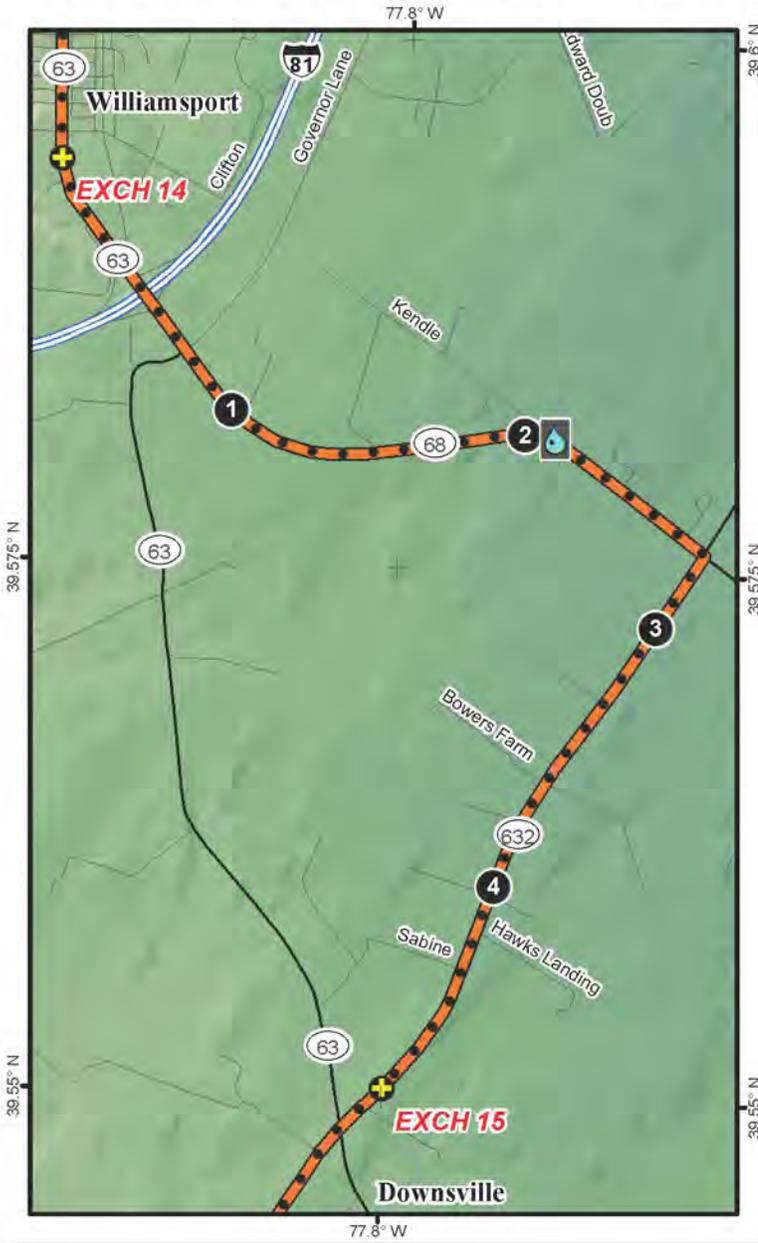
Exchange located at the American Legion building in Williamsport.

## LEG LEGEND

- 0.0 Depart Exchange 13 on Bottom Rd heading South
- 1.2 Bottom Rd bends left (E). Stay on Bottom Rd
- 3.5 Bear Right (SE) onto SR-68 (Clear Spring Rd)
- 4.0 Clear Spring Rd becomes Conococheague St
- Stay on Conococheague Street
- 4.5 Arrive at Exchange 14



# LEG 15 -- 4.8 MILES -- MODERATE -- NO VAN SUPPORT



## EXCHANGE 15

Downsville Christian Church  
8641 Downsville Pike  
Williamsport, MD 21795

## LEG DESCRIPTION:

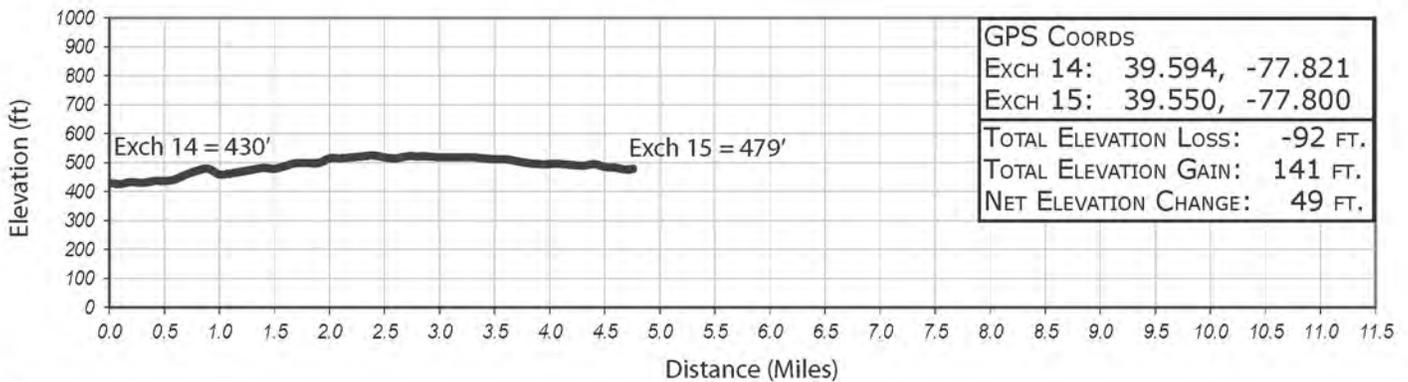
Relatively flat leg taking runners out of Williamsport and into Downsville.

## LEG NOTES:

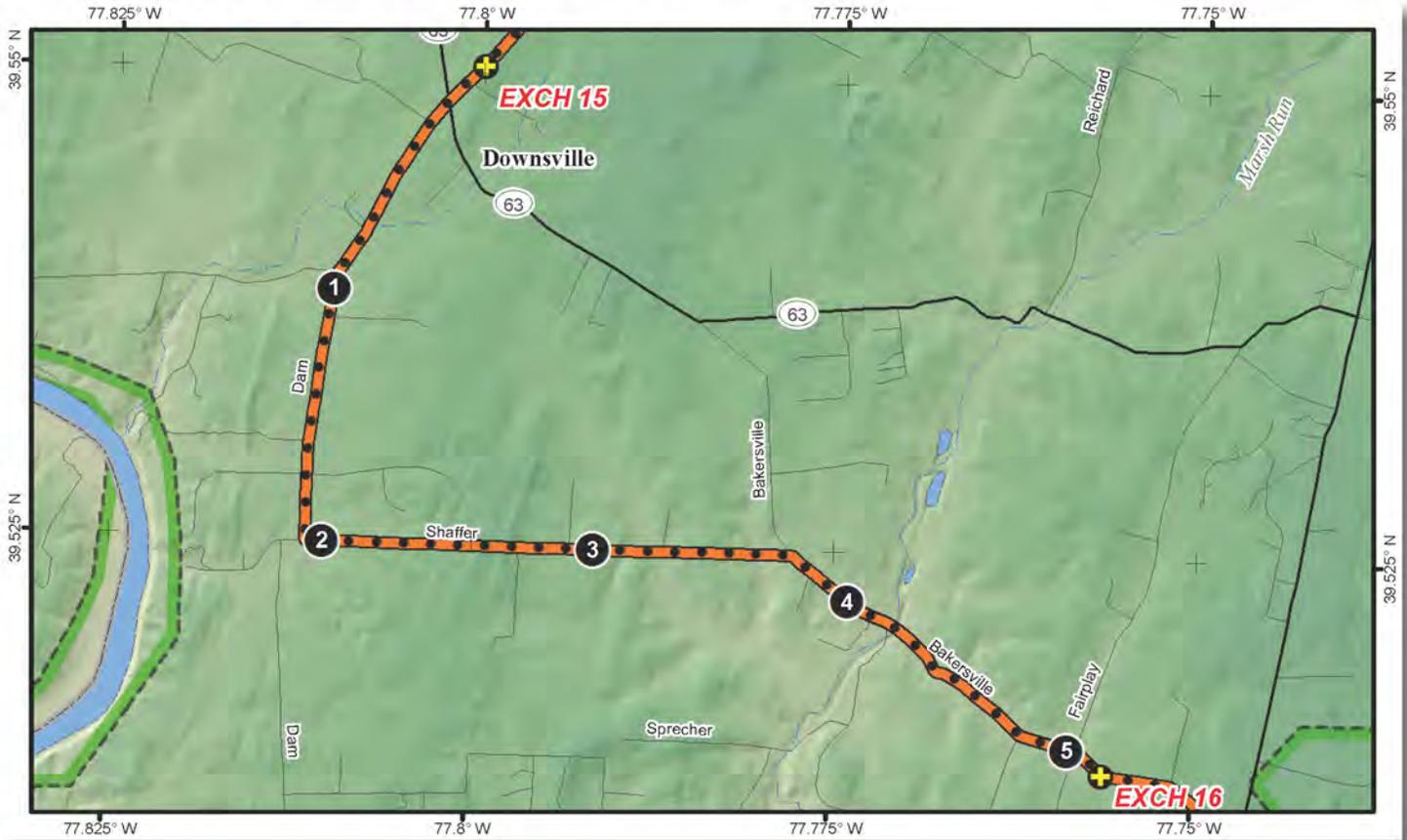
Exchange located at Downsville Christian Church. Extra parking located next door at the Downsville Ruritan Club. Due to the limited parking here, we ask that you please do not linger here longer than necessary. Please use caution when running by the on/off ramps of I-81. Be Respectful of Residents.

## LEG LEGEND

- 0.0 Depart Exchange 14 on Conococheague St (SR-68) heading South
- 0.5 Road name changes to Lappans Rd
- 2.7 Turn RIGHT (SW) onto SR-632 (Downsville Pike)
- 4.8 Arrive at Exchange 15



# LEG 16 -- 5.2 MILES -- MODERATE



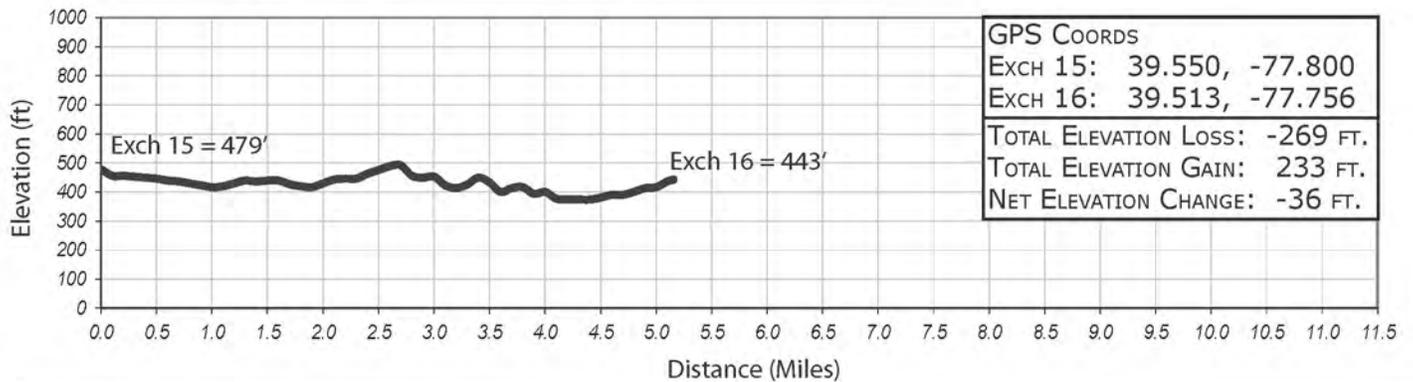
**EXCHANGE 16**  
 Salem Evangelical Lutheran Church  
 17626 Bakersville Rd  
 Boonsboro, MD 21713

do not linger here longer than necessary.

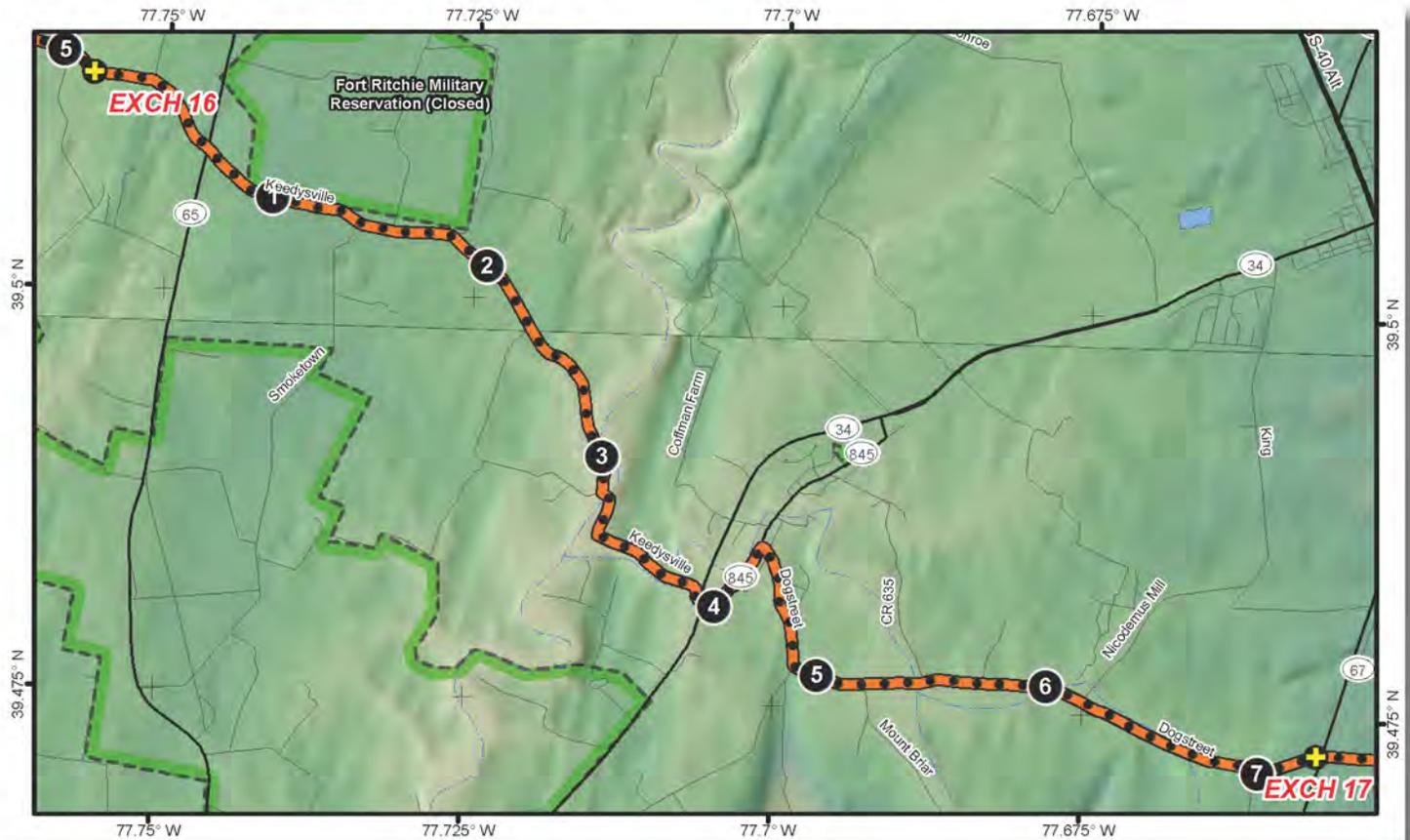
**LEG DESCRIPTION:**  
 Enjoy the rolling hills as you make your way from Downsville on quiet country roads to Bakersville.

- LEG LEGEND**
- 0.0 Depart Exchange 15 heading South on Downsville Pike (SR-632)
  - 0.2 Road name changes to Dam Number Four Rd
  - 1.9 Turn Left (E) onto Shaffer Rd
  - 3.7 Bear Right (SE) onto Bakersville Rd
  - 5.2 Arrive at Exchange 16

**LEG NOTES:**  
 Exchange located at Salem Evangelical Lutheran Church, please be respectful of church property. Parking is limited so please



# LEG 17 -- 7.3 MILES -- HARD



**EXCHANGE 17**  
 Mt. Carmel Church  
 5753 Mt. Carmel Church Rd  
 Keedysville, MD 21756

**LEG DESCRIPTION:**  
 Rolling hills continue! To the north of you is Fort Ritchie Military Reservation, and to the South, the famed Antietam Battlefield. Leg wraps up beyond Keedysville proper.

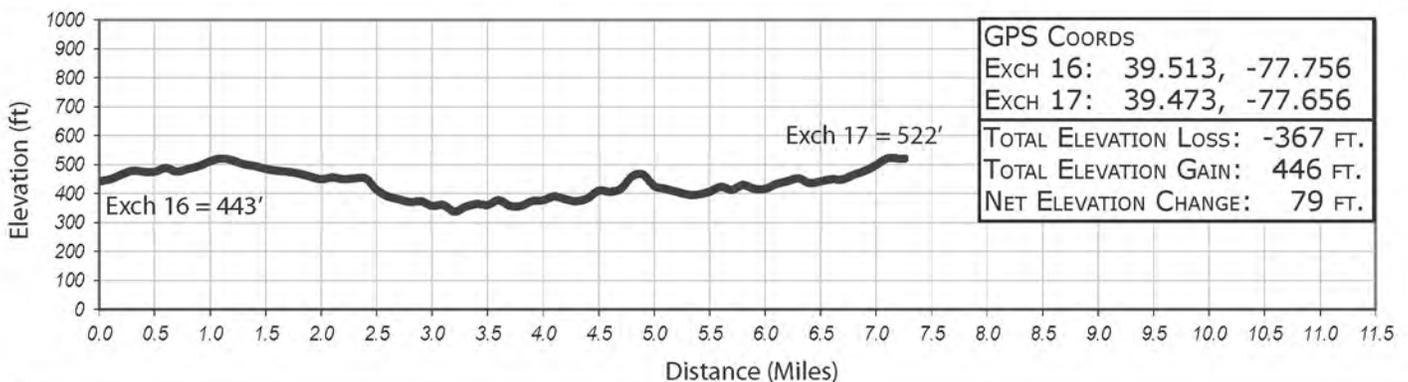
**LEG NOTES:**  
 Exchange located at Mt. Carmel Church.

Please be respectful of this property and surrounding areas.

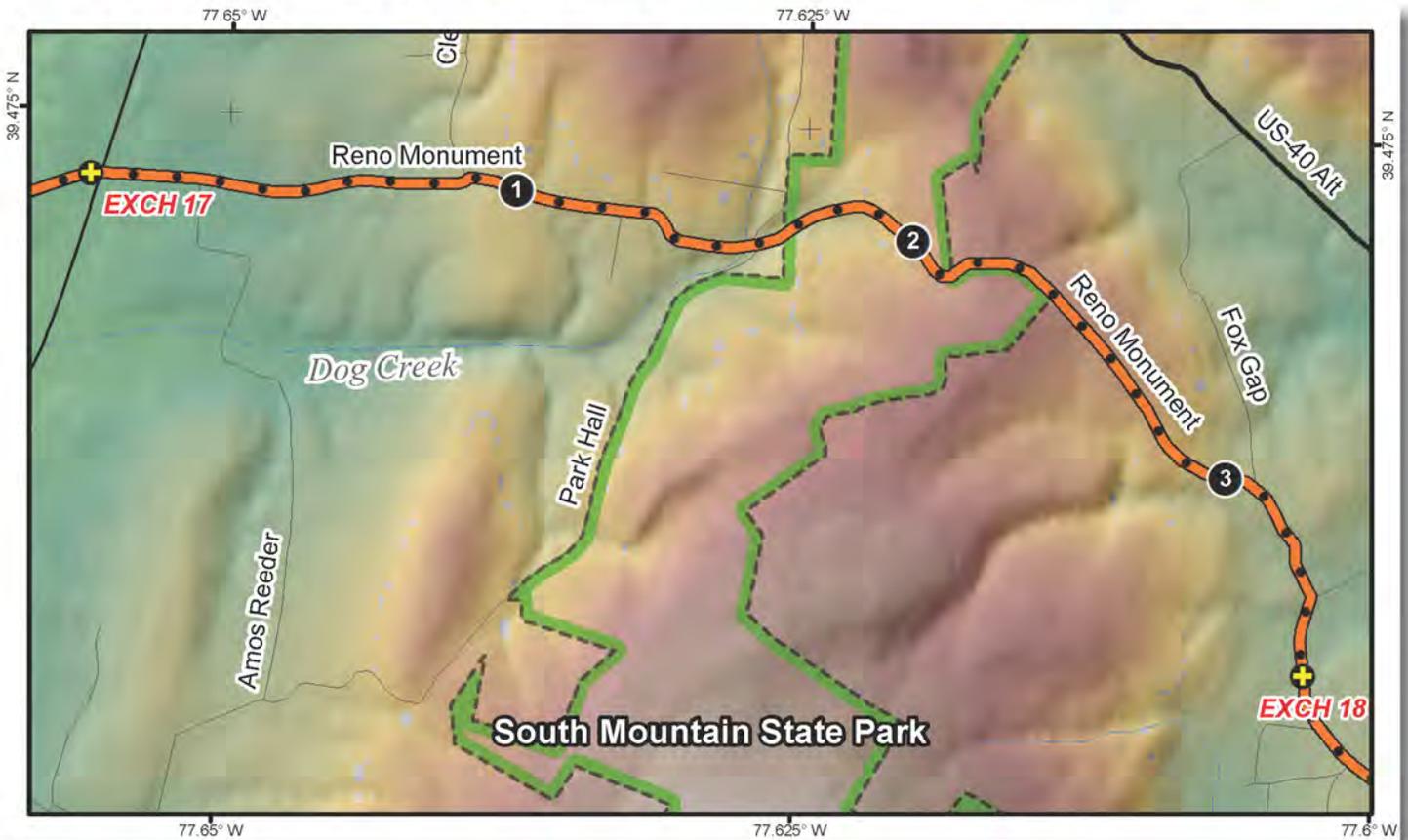
**LEG LEGEND**

- 0.0 Depart Exchange 16 on Bakersville Rd heading East
- 0.6 Cross Sharpsburg Pike and road becomes Keedysville Rd
- 3.2 Stay on Keedysville Road, crossing Antietam Creek
- 3.9 Continue straight through Shepherdstown Pike

- 4.0 Road bends left and become Main St (SR-845)
- 4.3 Turn RIGHT (E) onto Dogstreet Rd
- 4.9 Turn LEFT (E) to stay on Dogstreet Rd
- 7.0 Turn LEFT (E) on to Mt Carmel Church Rd
- 7.3 Arrive at Exchange 17



# LEG 18 -- 3.5 MILES -- MODERATE



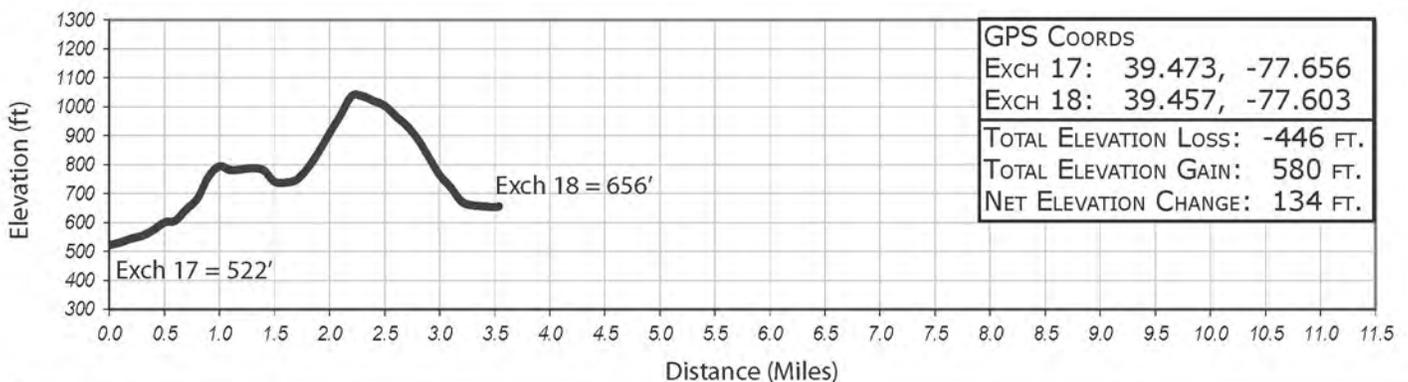
**EXCHANGE 18**  
 South Mountain Creamery  
 8303 Bolivar Road  
 Middletown, MD 21769

**LEG DESCRIPTION**  
 Challenging uphill climb over South Mountain culminating at South Mountain Creamery!

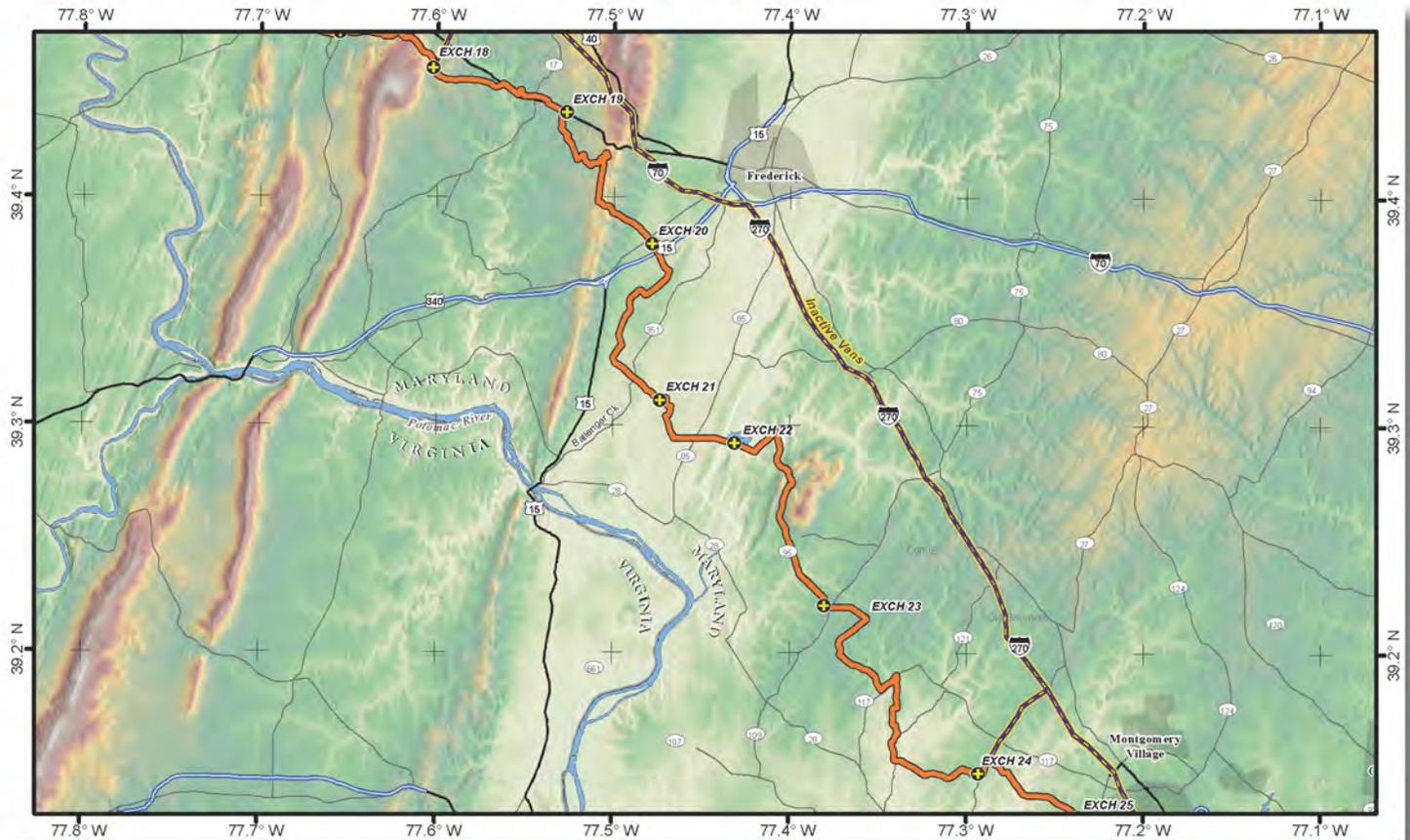
**LEG NOTES**  
 Exchange located at South Mountain Creamery. Yummm! Creamery store and festivities will be open through the night for Ragnar runners.

**LEG LEGEND**  
 0.0 Depart Exchange 17 continuing east.  
 1.6 Keep going. Climb that hill!  
 3.4 Turn RIGHT (S) on Bolivar Rd.

3.5 Arrive at Exchange 18.



# VAN 2 -- LEGS 19-24 -- 40.8 MILES



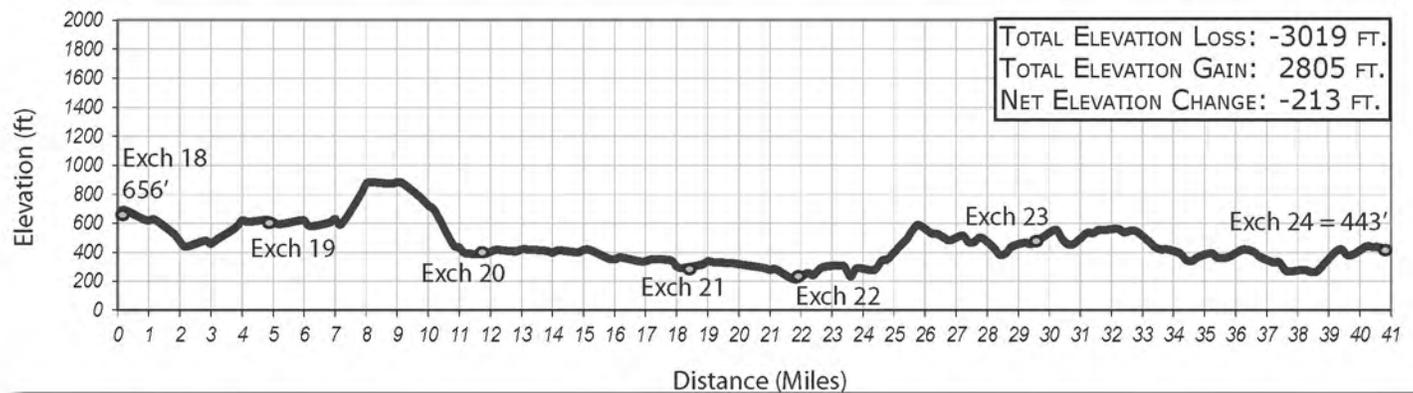
## OVERVIEW

Roll along! Get ready for rolling legs over the next 6 legs as you make your way through the historic towns of Middletown, Braddock Heights, Adamstown, over Sugarloaf Mountain and into the outskirts of Germantown.

## INACTIVE VAN DIRECTIONS

- 0.0 Depart Exch 18 on Bolivar Rd
- 0.9 Road name changes to Mt Tabor Rd
- 2.8 Turn RIGHT (East) onto Milt Summers Rd
- 3.7 Turn LEFT (North) onto SR-17 [Myersville Rd]
- 3.7 Take Ramp (RIGHT) onto I-70
- 14.5 At exit 53, take Ramp (RIGHT) onto I-270
- 32.2 At exit 15B-A, turn RIGHT onto Ramp
- 32.5 Take Ramp (RIGHT) onto SR-118 [Germantown Rd]

- 35.7 Turn RIGHT (West) onto Germantown Park Dr
- 35.9 Arrive at Exch 24



## LEGS 19-24

**RUN.  
STYLISH.**



# CUSTOM TEAM GEAR

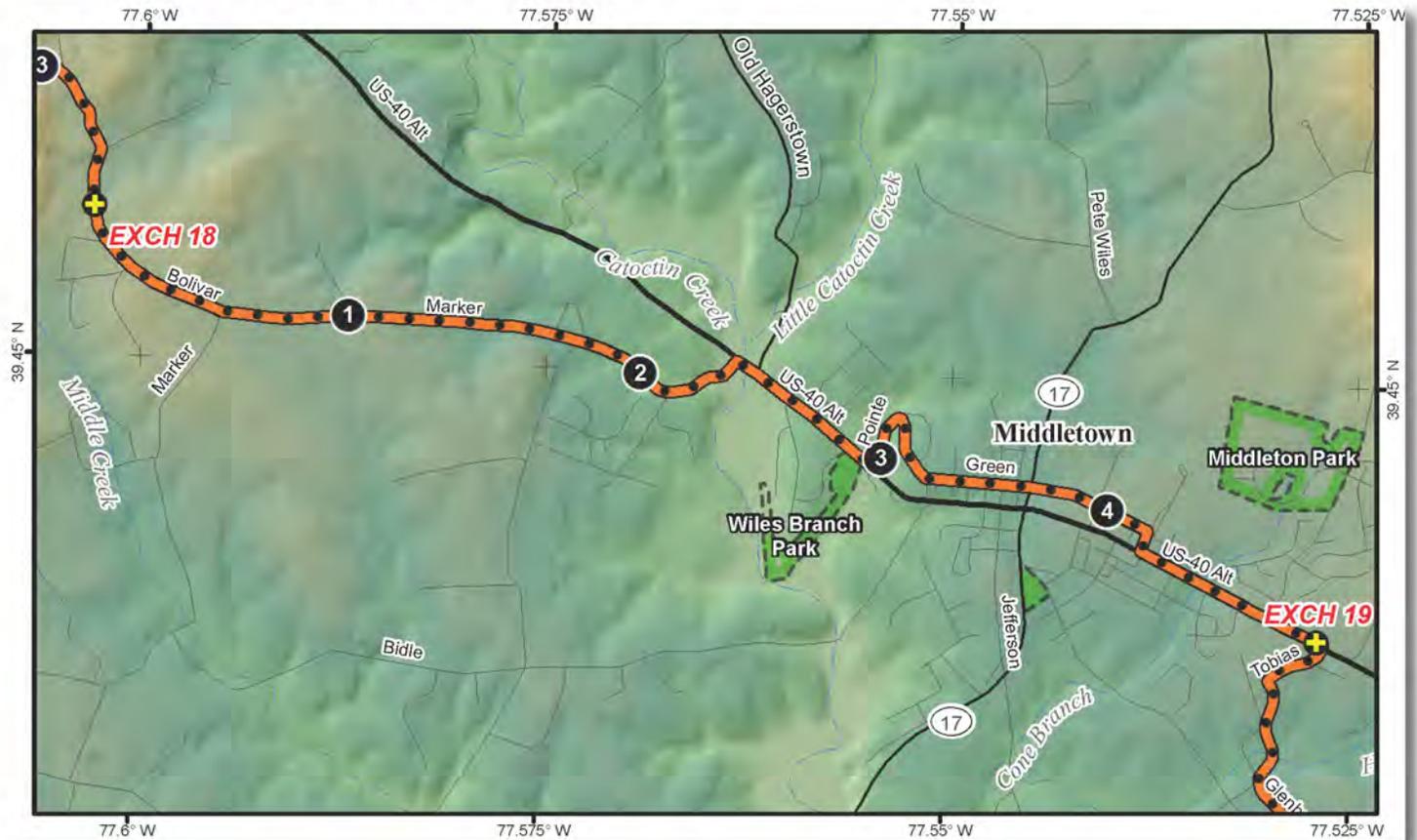
Ragnar Relay® and SweatVac® Performance Wear have partnered to provide your team with hassle-free, affordable team technical shirts and hats that will make your group run faster, stay drier, and look better than your average cotton-clad bunch. (We can't guarantee that "faster" part.)



OR  
THERE

SweatVac.com | 800.359.2514 | facebook.com/SweatVac  
Visit our website or call today to get your order started! There are no setup fees and the lowest minimums around. Run Stylish!

# LEG 19 -- 4.9 MILES -- MODERATE



**EXCHANGE 19**  
 Town Center Shopping Center – CVS  
 805 Main St  
 Middletown, MD 21769

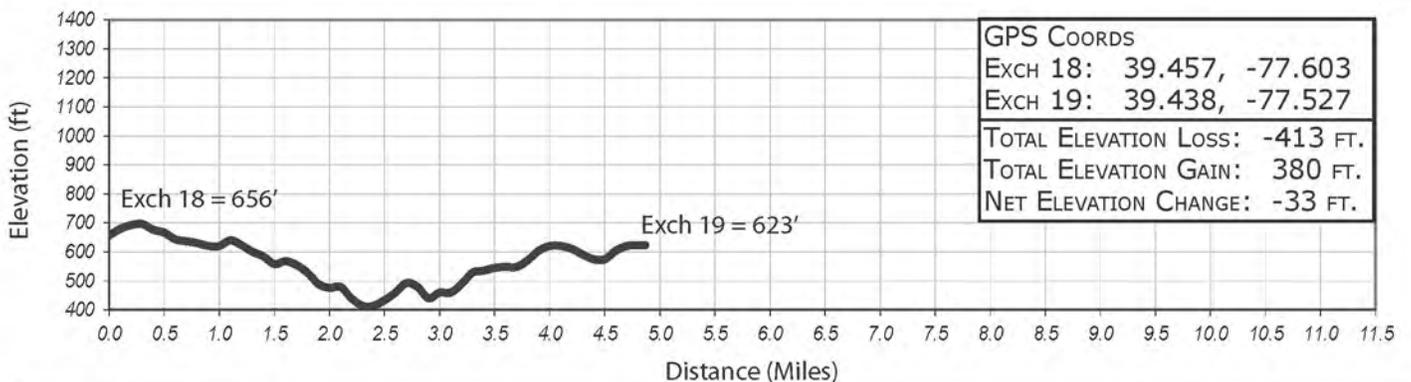
**LEG DESCRIPTION:**  
 Rolling hills down into the town of Middletown. USE CAUTION ON ROADS LEAVING CREAMERY AND BE RESPECTFUL OF RESIDENTS IN MIDDLETOWN.

**LEG NOTES:**  
 Exchange located at CVS Strip Mall.  
 Toilets located on the Left (West) side of the CVS.

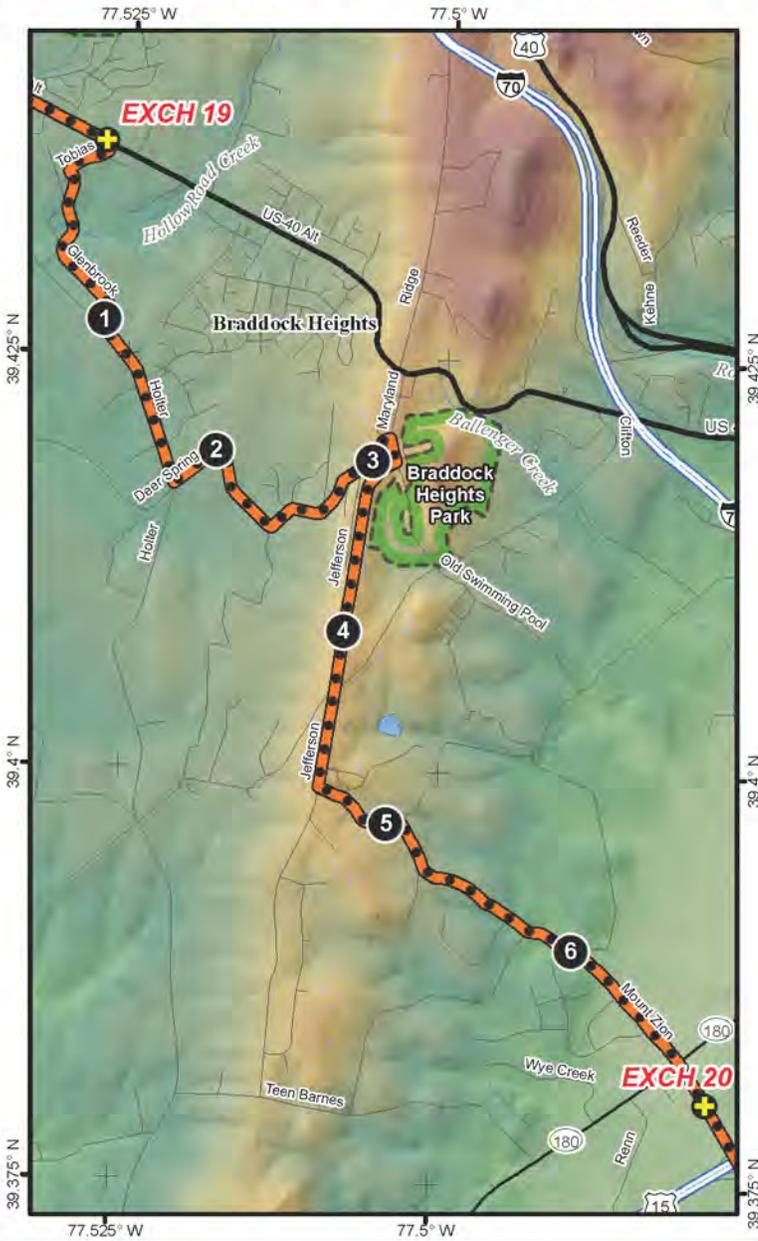
**LEG LEGEND**

- 0.0 Depart Exchange 19 on Bolivar Road heading South
- 0.6 Bear Left (E) onto Marker Rd
- 2.4 Turn Right (E) onto US-40 (Old National Pike)
- 2.9 Turn LEFT (N) on North Pointe

- 3.1 Terrace
- 3.1 Turn RIGHT (E) on Green St
- 3.4 Stay Straight onto Green St
- 4.1 Turn RIGHT (S) on Schoolhouse Dr
- 4.2 Turn LEFT (SE) on Main Street (US-40)
- 4.9 Arrive at Exchange 19



# LEG 20 -- 6.9 MILES -- HARD



## EXCHANGE 20

Gladhill – John Deere Tractor Store  
5509 Mt. Zion Rd.  
Frederick, MD 21703

## LEG DESCRIPTION:

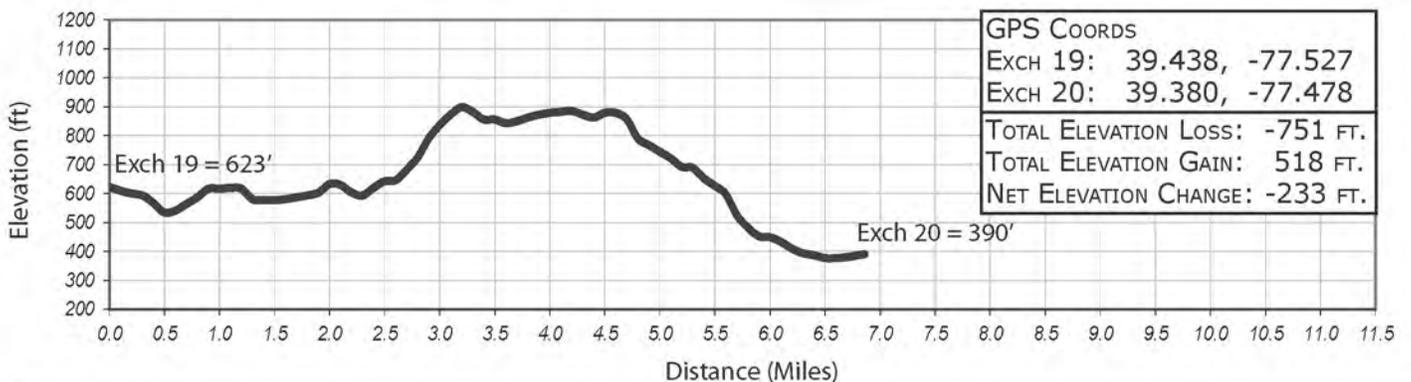
Leg takes you out of Middletown up into Braddock Heights and down into the outskirts of Frederick

## LEG NOTES:

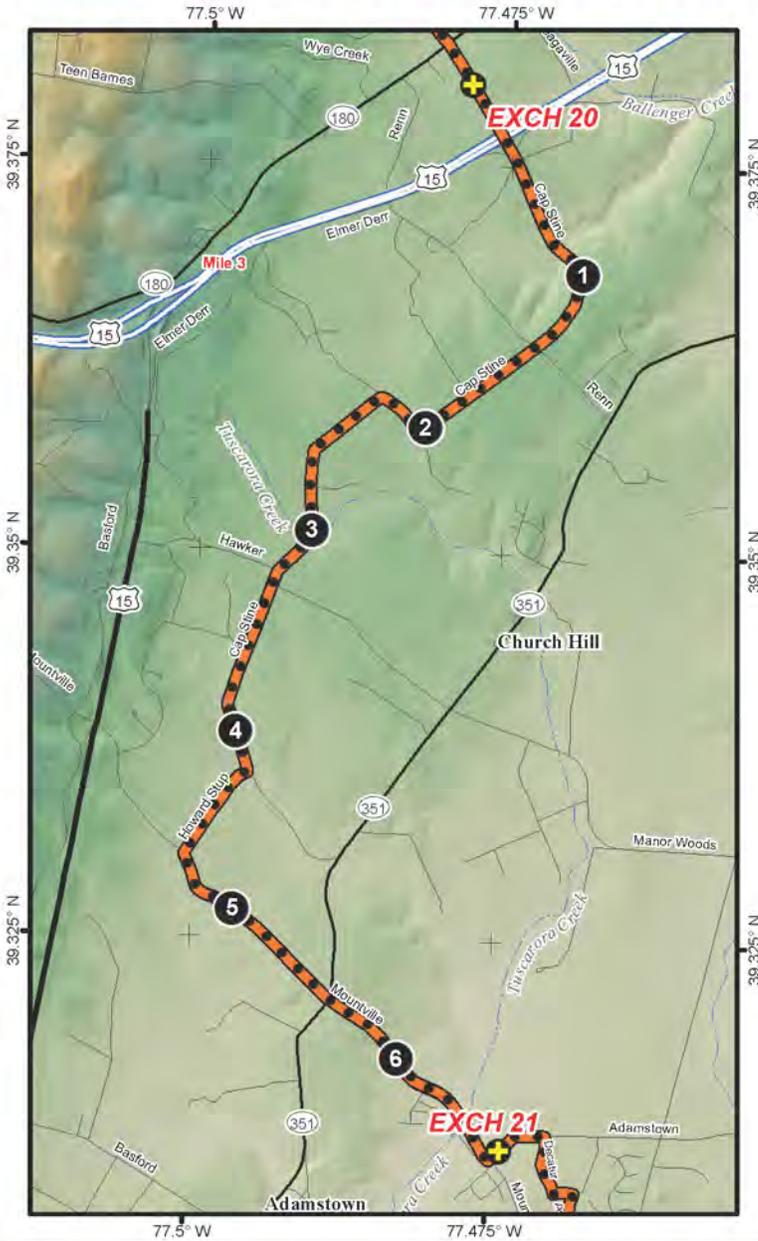
Exchange located at Gladhill's John Deere Tractor Store. Park in large grass area as directed.

## LEG LEGEND

- 0.0 Depart Exchange 19 on US-40 and Turn RIGHT (S) at light onto Middletown Pkwy
- 0.6 Turn LEFT (SE) on Glenbrook Dr  
Stay on Glenbrook Dr
- 0.9 Turn RIGHT (SW) on Brooklodge Ln
- 1.0 Turn LEFT (SE) on Holter Rd
- 1.8 Turn LEFT (NE) on Deer Spring Rd
- 2.0 Bear Right staying on Deer Spring Rd at Southridge Way
- 3.1 Turn RIGHT (S) on Maryland Ave
- 3.2 Take immediate next RIGHT (W) onto Jefferson Blvd
- 4.7 Turn LEFT (E) on Mt. Zion Rd  
Stay on Mt. Zion Rd
- 6.9 Arrive at Exchange 20



# LEG 21 -- 6.7 MILES -- MODERATE



## EXCHANGE 21

Trans-Tech Industries  
5520 Adamstown Rd  
Adamstown, MD 21710

## LEG DESCRIPTION:

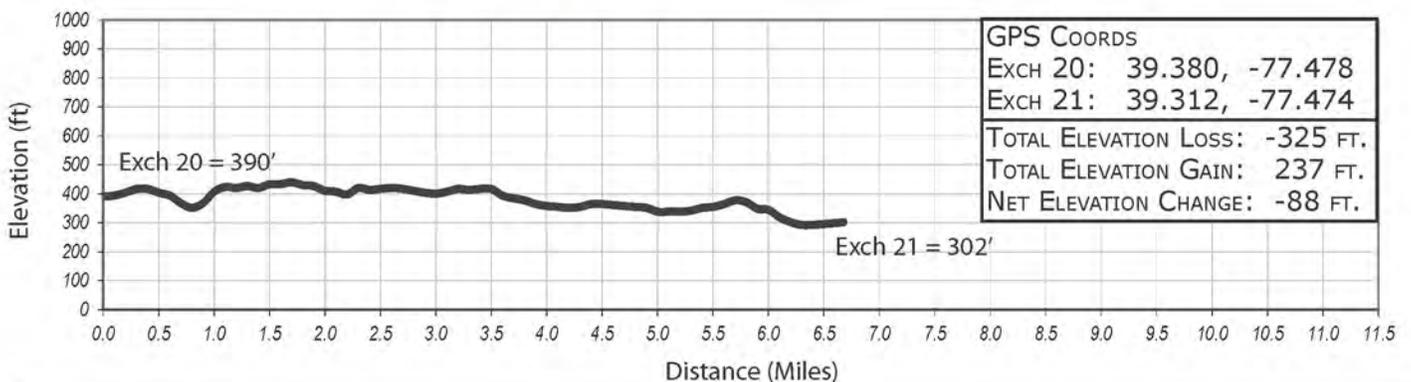
Welcome to farming country! Relatively flat leg through rural farmland. PLEASE USE CAUTION AND BE ALERT ON COUNTRY ROADS.

## LEG NOTES:

Exchange located at Trans-Tech Industries, park in parking lot.

## LEG LEGEND

- 0.0 Depart Exchange 20 on Mt. Zion Road heading Southeast
- 0.3 Road name changes to Cap Stine Road
- 1.4 Continue STRAIGHT on Cap Stine Rd through Renn Rd
- 4.2 Bear Right (SW) on Howard Stup Rd
- 4.7 Turn LEFT (S) on Mountville Rd
- 6.6 Turn LEFT (NE) on Adamstown Rd
- 6.7 Arrive at Exchange 21



# LEG 22 -- 3.5 MILES -- EASY



## EXCHANGE 22

Lilypons  
6800 Lilypons Rd  
Adamstown, MD 21710

## LEG DESCRIPTION:

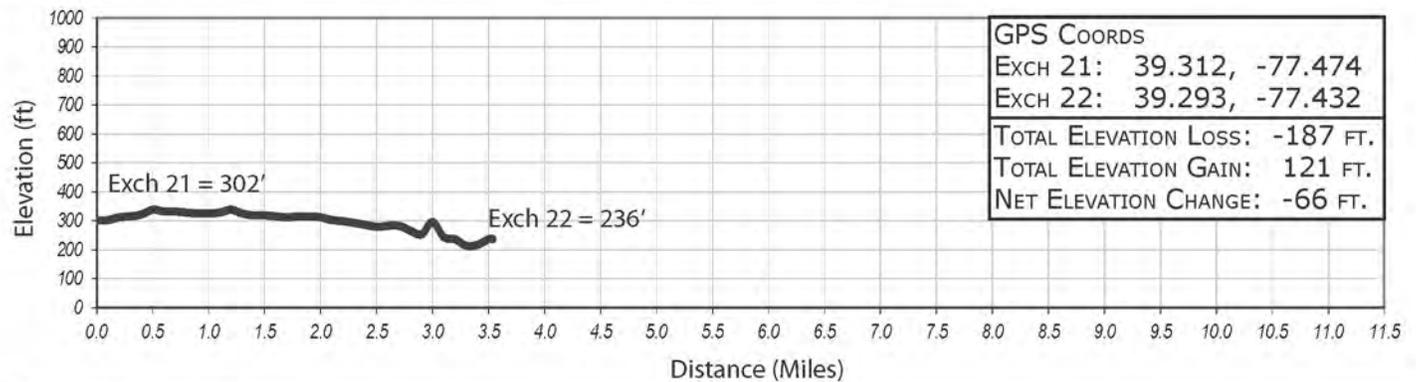
Another relatively flat leg through rural Frederick

## LEG NOTES:

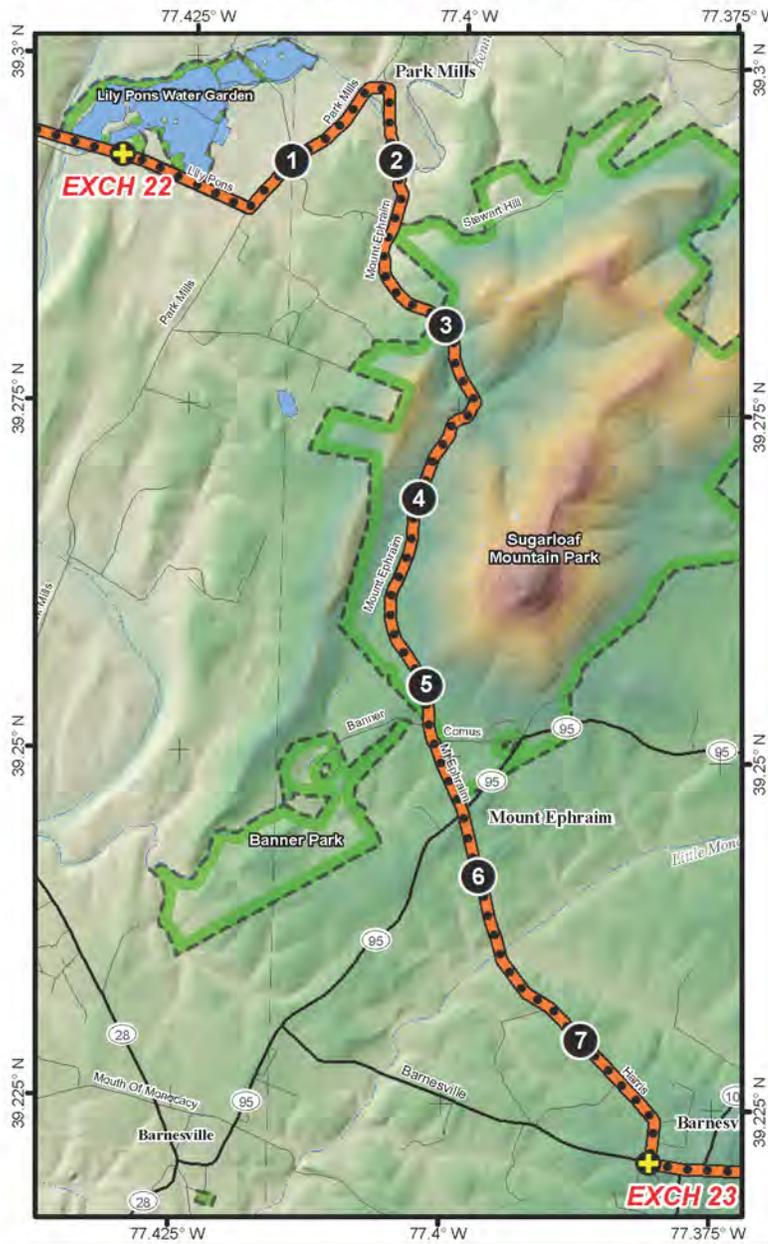
Exchange located at Lilypons. Park in gravel area inside gate and in field as directed.

## LEG LEGEND

- 0.0 Depart Exchange 21 and take immediate RIGHT (S) onto Decatur Dr
- 0.5 Turn LEFT (E) on Union Ridge Ct
- 0.6 Turn RIGHT (S) on Inwood Dr
- 1.0 Turn LEFT (SE) on Mountville Rd
- 1.6 Turn RIGHT (S) on New Design Rd for a brief moment
- 1.7 Immediate Left (E) on Oland Rd, which becomes Lilypons Rd
- 3.5 Arrive at Exchange 22



# LEG 23 -- 7.8 MILES -- VERY HARD

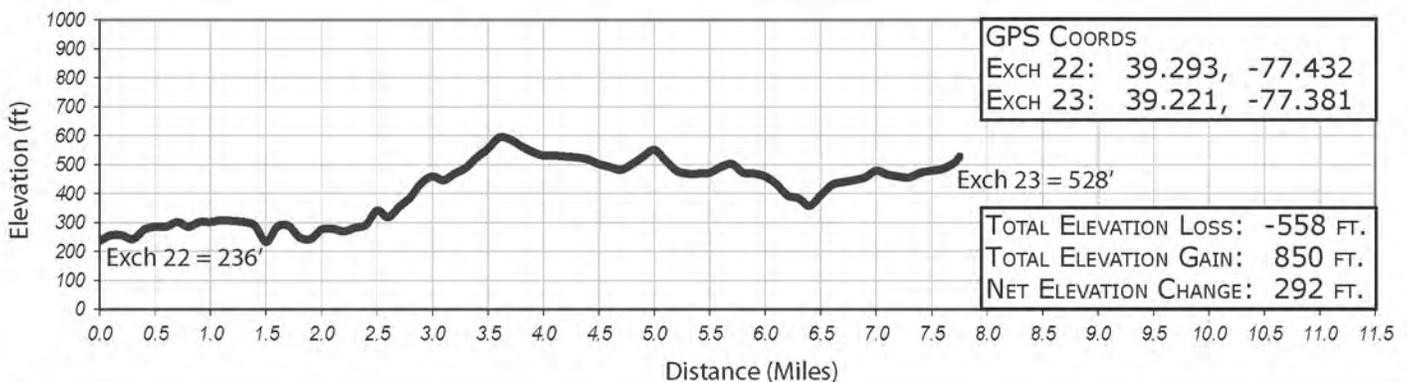


**EXCHANGE 23**  
 St Mary's Catholic Parish  
 18232 Barnesville Rd, MD

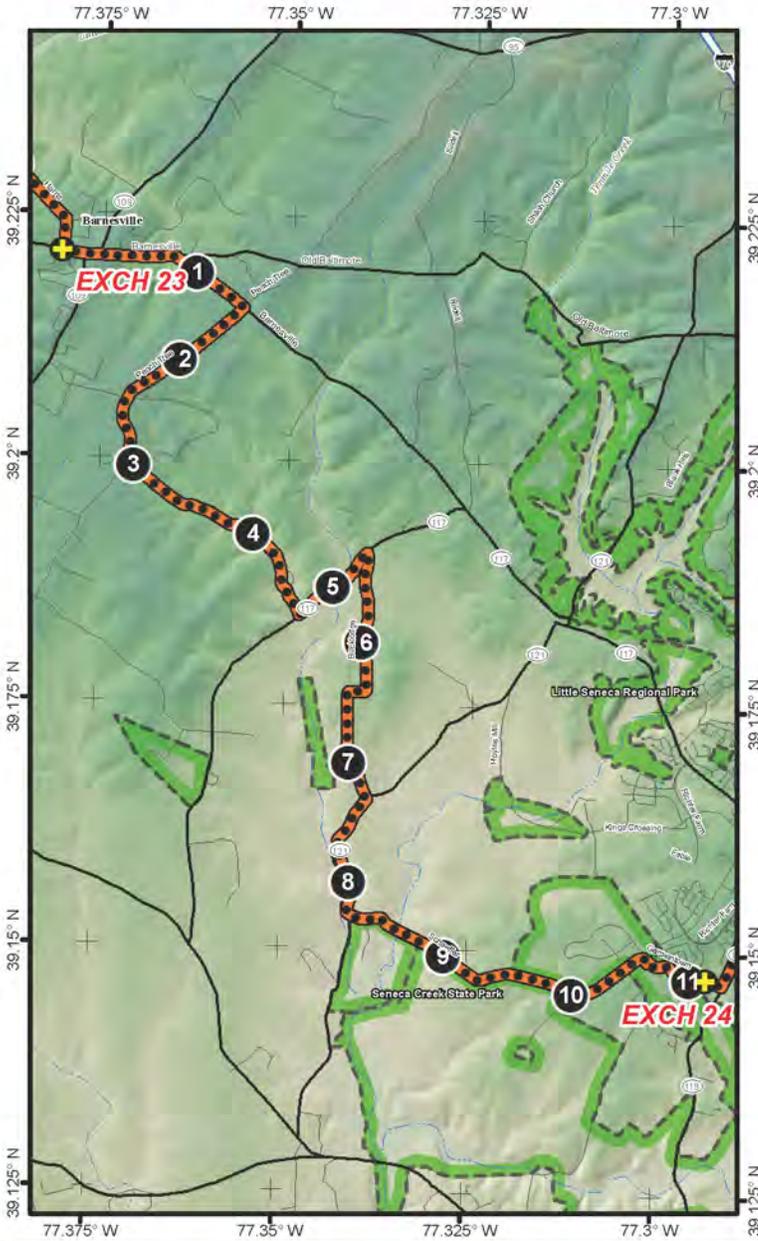
**LEG DESCRIPTION:**  
 Leg takes you through the historic and beautiful Sugarloaf Mountain Park. Leg begins on paved roads, turns dirt through the park, then returns to quiet country roads. Use caution in these areas, especially at night. **DIRT ROAD IS ROUGHT AND NARROW – BE ALERT! DRIVE SLOW TO CREATE LESS DUST. PLEASE BE RESPECTFUL OF RESIDENTS AND PRIVATE PROPERTY THROUGH THIS AREA. DO NOT STOP/IMPEDE TRAFFIC ON DIRT SECTION OF THIS LEG.**

**LEG NOTES:**  
 Challenging leg with uphill climbs, narrow dirt roads and a good long distance. Be prepared! Exchange located at St Mary's Catholic Parish.

- LEG LEGEND**
- 0.0 Depart Exchange 22 on Lilypons Rd
  - 0.7 Turn LEFT (NE) on Park Mills Rd
  - 1.5 Turn RIGHT (E) on Bear Branch Rd
  - 1.6 Turn RIGHT (S) on Mt Ephraim Rd
  - 5.7 Stay on Mt Ephraim Rd through dirt portion
  - 5.7 Bear LEFT (S) on Harris Rd
  - 7.8 Arrive at Exchange 23



# LEG 24 -- 11.1 MILES -- VERY HARD



## EXCHANGE 24

South Germantown Park – Adventure Playground  
 Parking  
 17920 Germantown Park Dr  
 Germantown, MD 20841

## LEG DESCRIPTION:

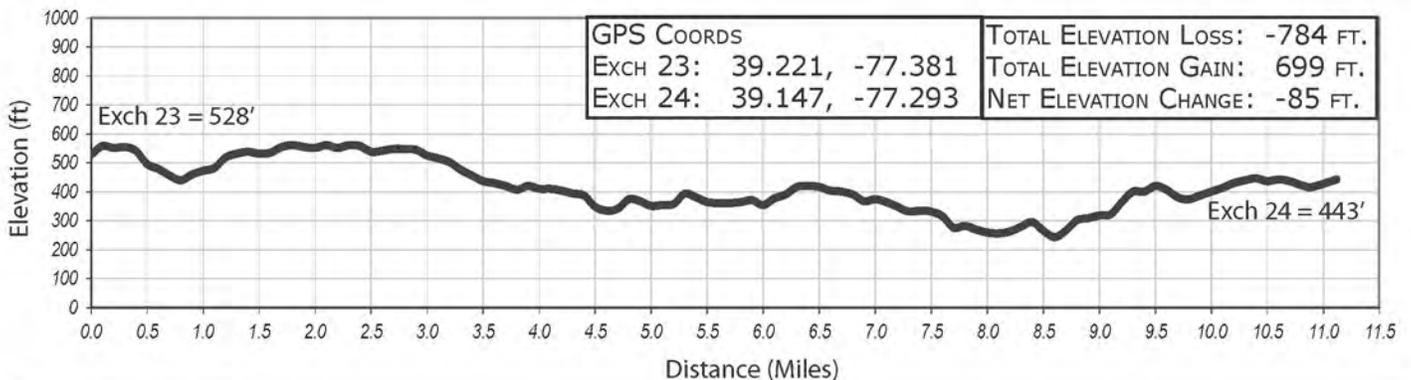
Rolling hills all the way to the Exchange.

## LEG NOTES:

Exchange located at Adventure Playground Parking

## LEG LEGEND

- 0.0 Depart Exchange 23, heading West on Barnesville Rd
- 0.2 Keep Straight on Barnesville Rd
- 0.8 Barnesville Rd bears Right
- 1.4 Turn RIGHT (W) onto Peach Tree Rd
- 2.9 Turn LEFT (SE) on Whites Store Rd
- 4.7 Turn LEFT (E) on Bucklodge Rd
- 5.3 Turn RIGHT (S) on Old Bucklodge Ln
- 7.3 Turn RIGHT (SW) on White Ground Rd
- 8.2 Turn LEFT (E) on to Schaeffer Rd
- 9.3 Continue on Schaeffer Rd as it winds left
- 10.6 Turn RIGHT (E) on to Germantown Park Dr at roundabout, following paved trail
- 11.1 Arrive at Exchange 24



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---



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**TOMTOM**   
RUNNER CARDIO  
GPS WATCH

# VAN I -- LEGS 25-30 -- 27.0 MILES

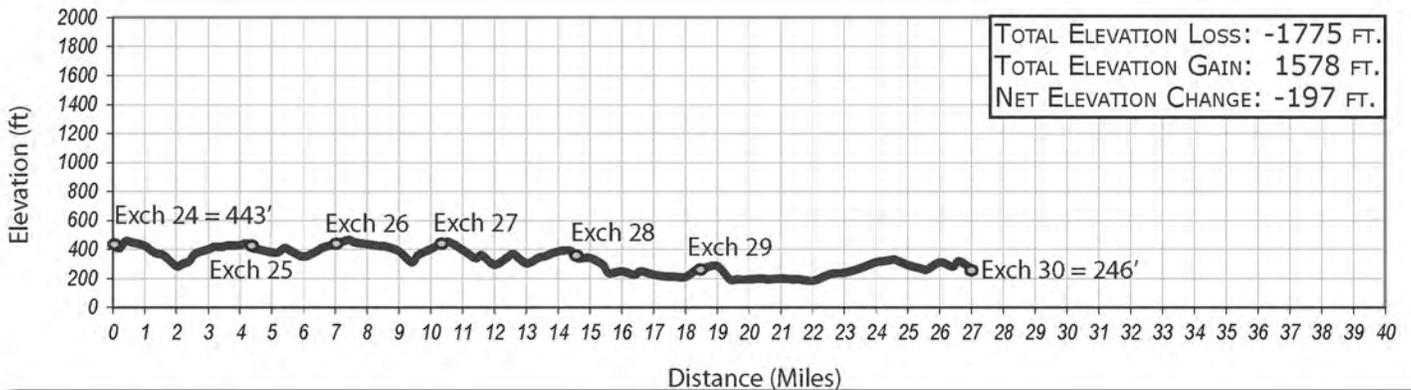


## OVERVIEW

First legs take you through into the suburbs of Germantown, Rockville, Kensington, and into Bethesda/Chevy Chase. Rock Creek Trail, here we come!

## INACTIVE VAN ROUTE

0.0	Depart Exchange 24, and turn left (N) onto Germantown Rd / SR-118	23.6	Turn Right onto Willard Ave
3.2	Turn RIGHT onto ramp for I-270 heading South	23.7	Arrive at Exchange 30
18.2	I-270 Merges with I-495 Take I-495 Eastbound		
19.7	Take Exit 33 Connecticut Ave (SR-185) and head South		
21.8	Turn RIGHT onto Bradley Lane (SR-191) heading West		
22.5	Turn LEFT onto Wisconsin Ave		



## LEGS 25-30

# LEG 25 -- 4.2 MILES -- MODERATE

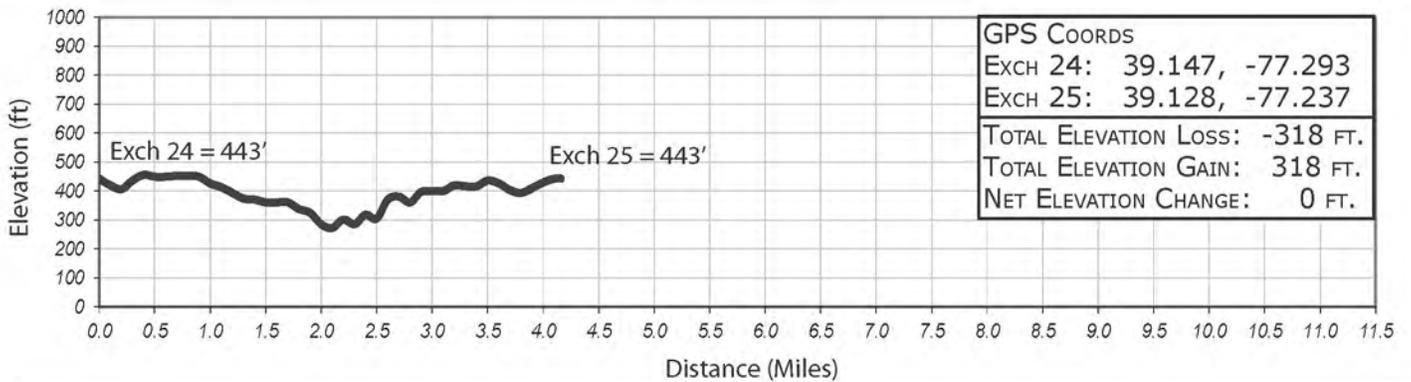


**EXCHANGE 25**  
 Medimmune  
 One Medimmune Way  
 Gaithersburg, MD 20878

**LEG DESCRIPTION**  
 Nice leg through the outskirts of  
 Germantown and into Gaithersburg

**LEG NOTES**  
 Exchange located at Medimmune Office  
 Building

LEG LEGEND	
0.0	Depart Exchange 24 on Germantown Park Dr heading East
0.1	Turn LEFT (N) onto Germantown Rd
0.7	Turn RIGHT (S) on Richter Farm Rd running on sidewalk with traffic
1.4	Turn RIGHT (S) onto SR-119 (Great Seneca Hwy)
4.2	Arrive at Exchange 25



**LEG 25**

# LEG 26 -- 2.8 MILES -- EASY



**EXCHANGE 26**  
 Katherine Thomas School  
 9975 Medical Center Drive  
 Rockville, MD 20850

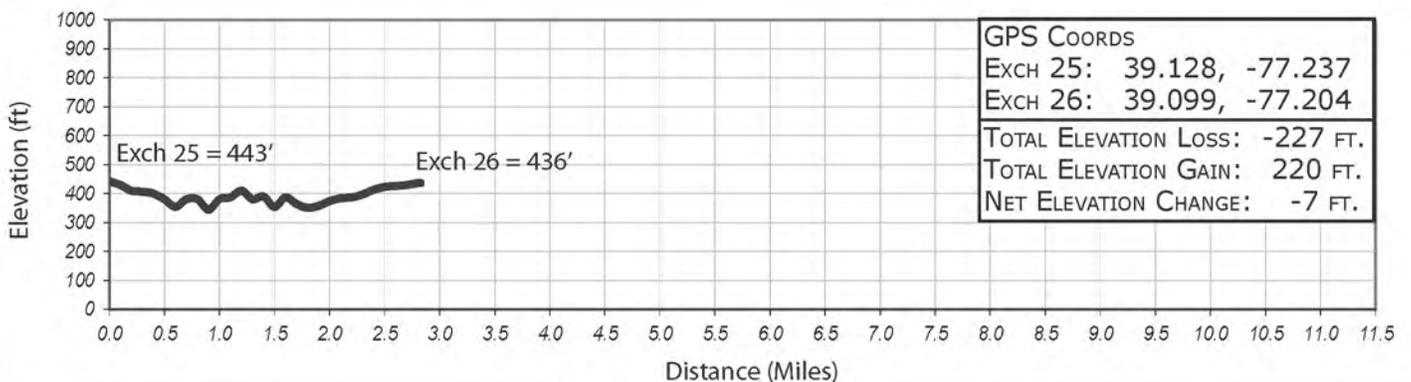
**LEG DESCRIPTION**  
 Short run along Great Seneca Hwy

**LEG NOTES**  
 Exchange located just off Great Seneca Hwy at Katherine Thomas School

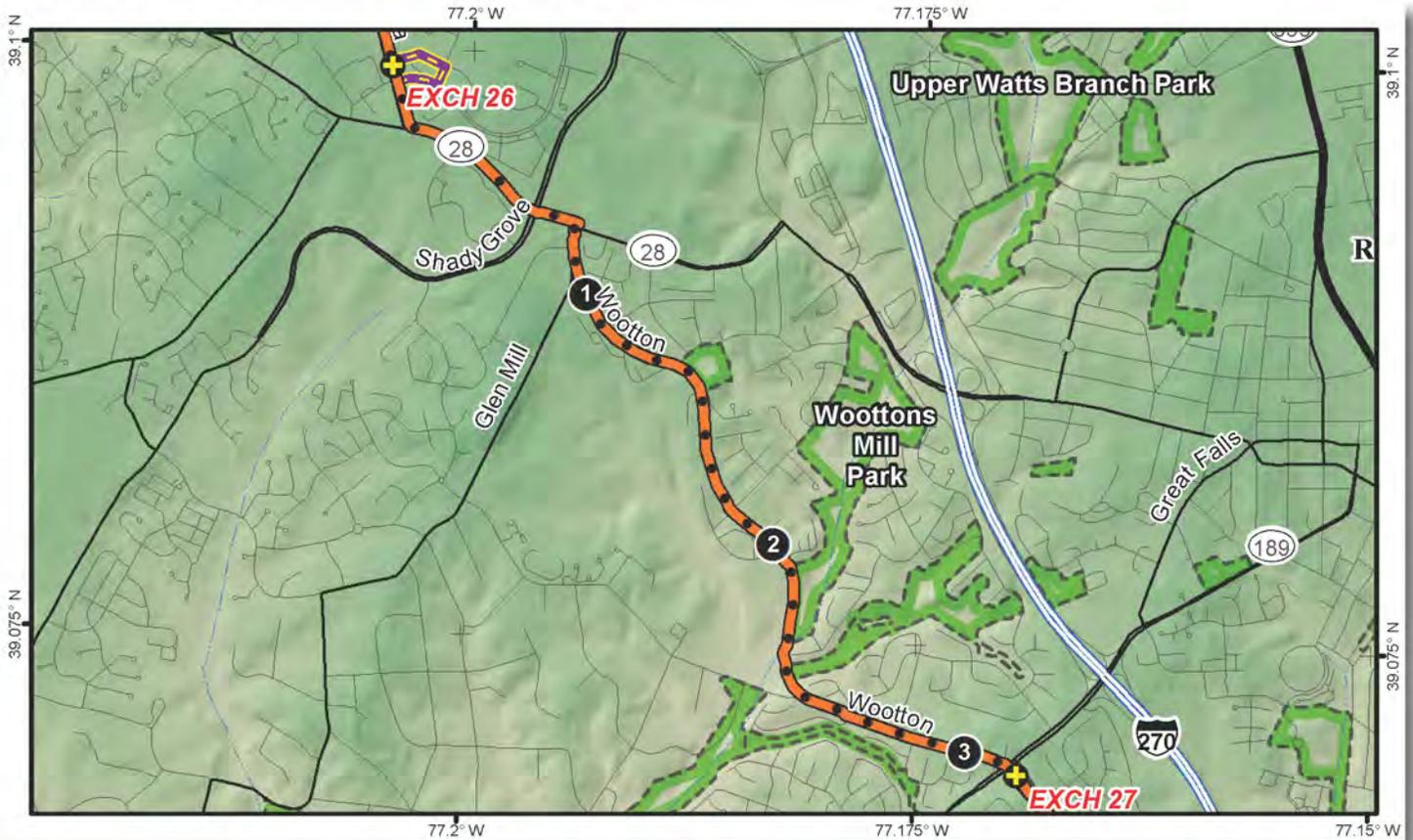
**LEG LEGEND:**  
 0.0 Depart Exchange 25, continuing southeast on Great Seneca Hwy  
 2.8 Arrive at Exchange 26.

**VAN LEGEND:**  
 0.0 Depart Exchange 25  
 2.8 Turn LEFT (E) on Medical Center Dr  
 2.9 Turn LEFT (N) on Broschart Dr  
 3.0 Turn LEFT (W) on to Medical Center Way to enter Katherine Thomas School Parking. Arrive

at Exchange 26



# LEG 27 -- 3.2 MILES -- EASY



## EXCHANGE 27

Lutheran Church of the Cross  
Rockville, MD 20852

## LEG DESCRIPTION:

Leg leads into the suburbs of Rockville.

## LEG NOTES:

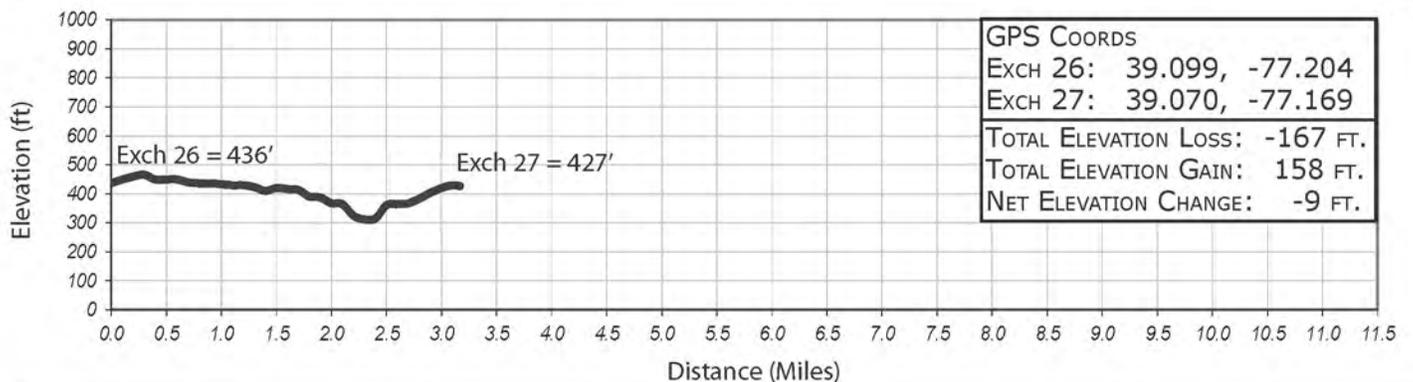
Exchange located at Lutheran Church of the Cross

## LEG LEGEND:

- 0.0 Depart Exchange 26 heading South on Great Seneca Hwy
- 0.2 Turn LEFT (E) on Darnestown Rd
- 0.8 Turn RIGHT (S) on Glen Mill Rd
- 0.9 Keep STRAIGHT on Wootton Pkwy
- 3.2 Exchange located on Millennium Trail just after the intersection of Falls Rd and Wootton Pkwy  
Arrive at Exchange 27

## VAN NOTE:

- 0.0 Depart Exchange 26 heading South on Great Seneca Hwy
- 0.2 Turn LEFT (E) on Darnestown Rd
- 0.8 Turn RIGHT (S) on Glen Mill Rd
- 0.9 Keep STRAIGHT on Wootton Pkwy
- 3.2 Turn LEFT on Falls Rd and immediate right into church parking lot. Church is located on the corner of Falls Rd and Wootton Pkwy.





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# LEG 28 -- 4.5 MILES -- MODERATE



## EXCHANGE 28

Loehmann's Plaza Shopping Center  
5200 Randolph Rd  
Rockville, MD 20852

## LEG DESCRIPTION:

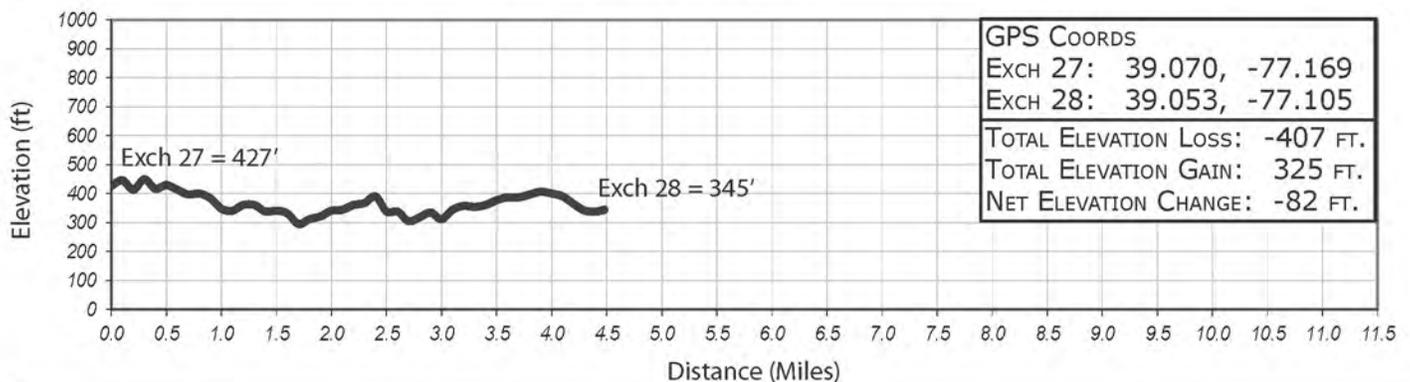
Leg continues to take runners through Rockville as we near the Rock Creek Trail.

## LEG NOTES:

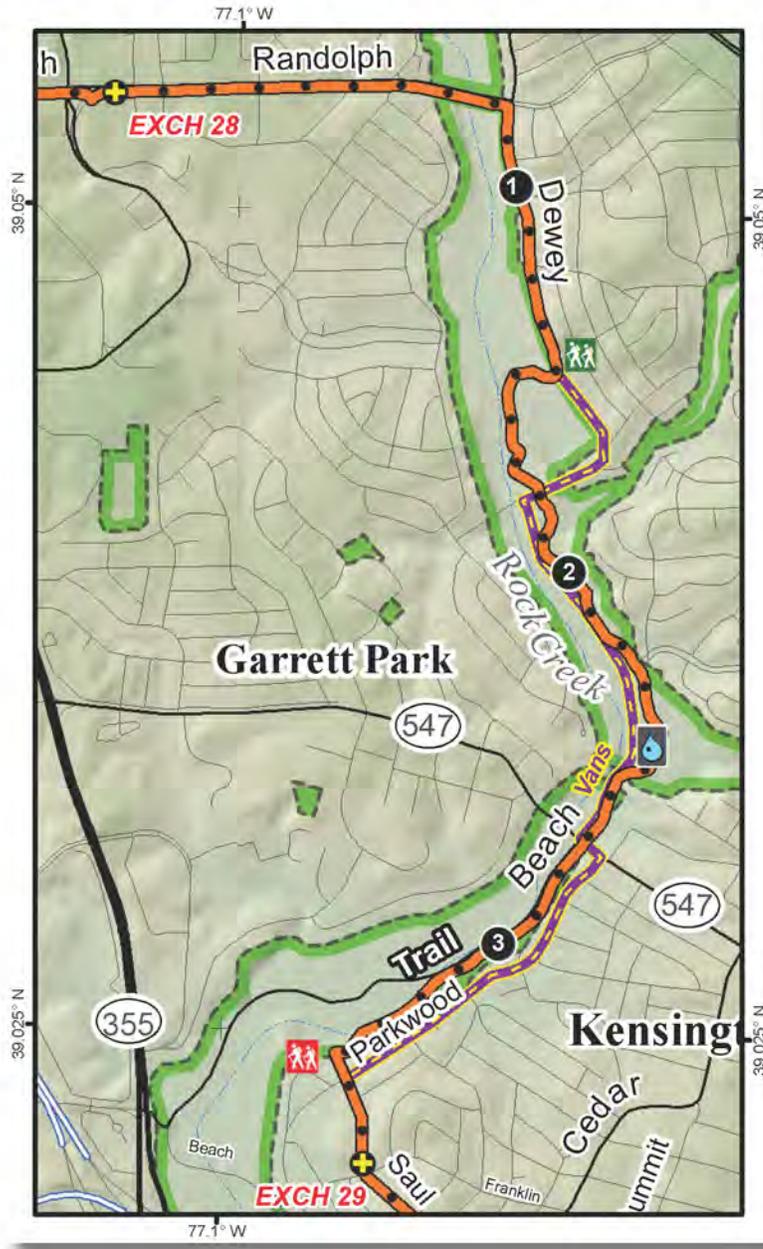
Exchange located at Loehmann's Plaza Shopping Center

## LEG LEGEND

- 0.0 Depart Exchange 27 on Wootton Pkwy
- 0.9 Turn RIGHT (S) on Tower Oaks Blvd
- 1.9 Turn LEFT (E) on Montrose Rd
- 2.6 Montrose Rd splits and becomes Montrose Rd and Montrose Pkwy. Turn LEFT (NE) on Montrose Rd
- 3.2 Turn RIGHT (S) on Jefferson St.
- 3.3 Turn LEFT (E) on Montrose Pkwy
- 4.0 Montrose Pkwy becomes Randolph Rd
- 4.5 Arrive at Exchange 28



# LEG 29 -- 3.7 MILES -- EASY



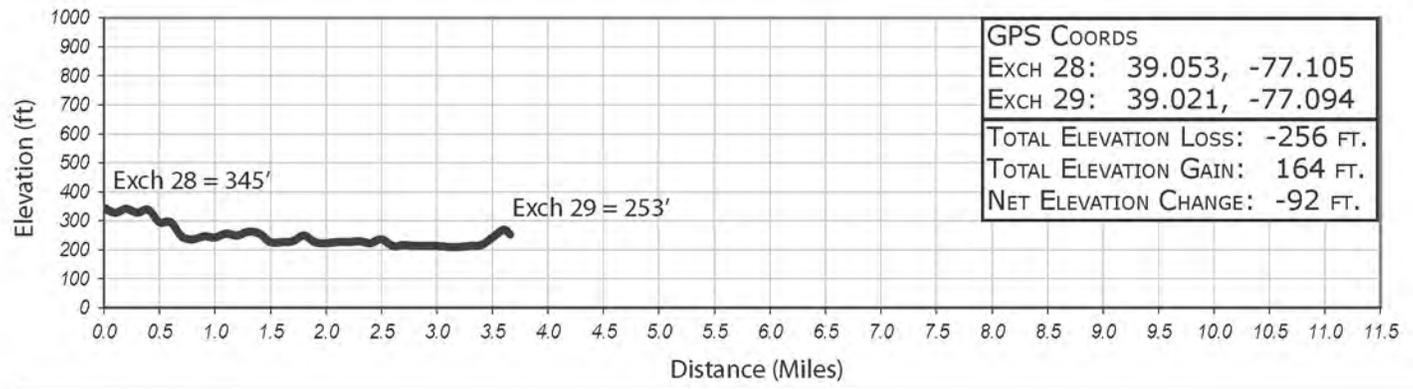
**EXCHANGE 29**  
 Kensington Parkwood Elementary School  
 4710 Saul Rd  
 Bethesda, MD 20814

**LEG DESCRIPTION:**  
 Nice and flat. Runners are on the trail almost the entire leg and will be separated from the support van. Please make sure to take any water/aid that you feel you might need with you. Ragnar will have water stations on the trail.

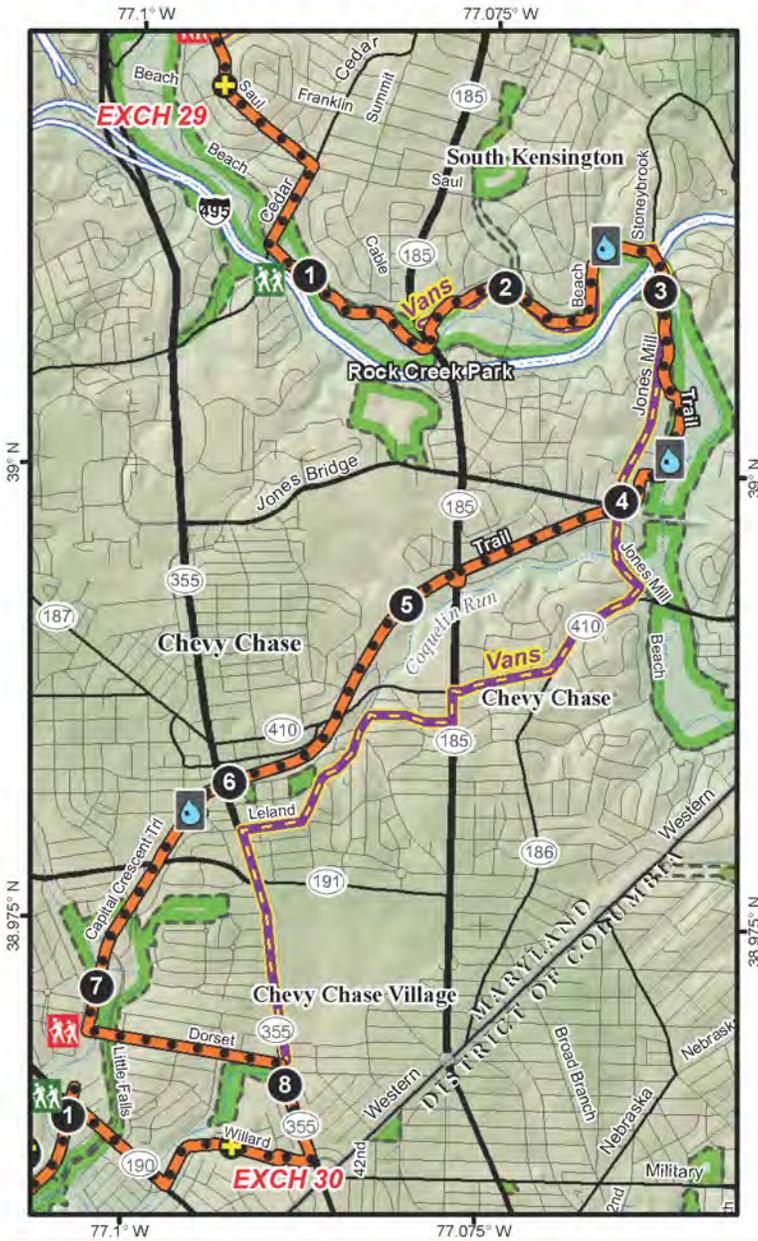
**LEG NOTES:**  
 Exchange located at Kensington Parkwood Elementary School just off the Rock Creek Trail. Please respect the school property and residents.

- LEG LEGEND**
- 0.0 Depart Exchange 28 on Randolph Rd, running with traffic on sidewalk
  - 0.8 Turn Right (S) on Dewey Rd
  - 1.4 Turn Right (W) off of Dewey Rd to enter Rock Creek Trail (Fernhill Rd is on the left)
  - 1.8 Rock Creek Trail parallels Beach Dr
  - 3.4 Exit Rock Creek Trail at Saul Rd
  - 3.7 Arrive at Exchange 29

- VAN ROUTE**
- 0.0 Depart Exchange 28 on Randolph Rd heading East
  - 0.9 Turn RIGHT (S) onto St Dunston Lane
  - 1.0 Turn RIGHT (W) onto Bennion Road
  - 1.1 Take immediate LEFT (S) onto Dewey Rd
  - 1.8 Keep RIGHT onto Garrett Park Rd
  - 2.0 Turn LEFT (S) onto Beach Dr
  - 2.8 Turn LEFT (SE) onto Knowles Ave
  - 2.9 Take immediate RIGHT onto Parkwood Dr
  - 3.6 Turn LEFT (S) onto Saul Rd
  - 3.8 Arrive at Exchange 29



# LEG 30 -- 8.6 MILES -- VERY HARD



GEICO Headquarters, 4608 Willard Ave  
Chevy Chase, MD 20815

## LEG DESCRIPTION

Leg continues down the Rock Creek Trail, onto the Capital Crescent trail and wraps up GEICO's world headquarters.

## LEG NOTES

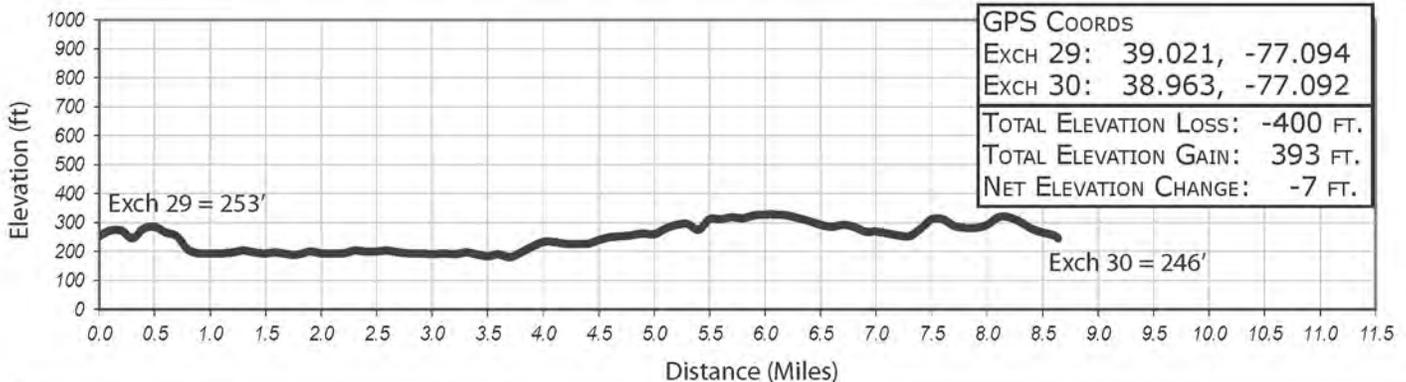
Exchange located at GEICO's headquarters in Chevy Chase.

## LEG LEGEND

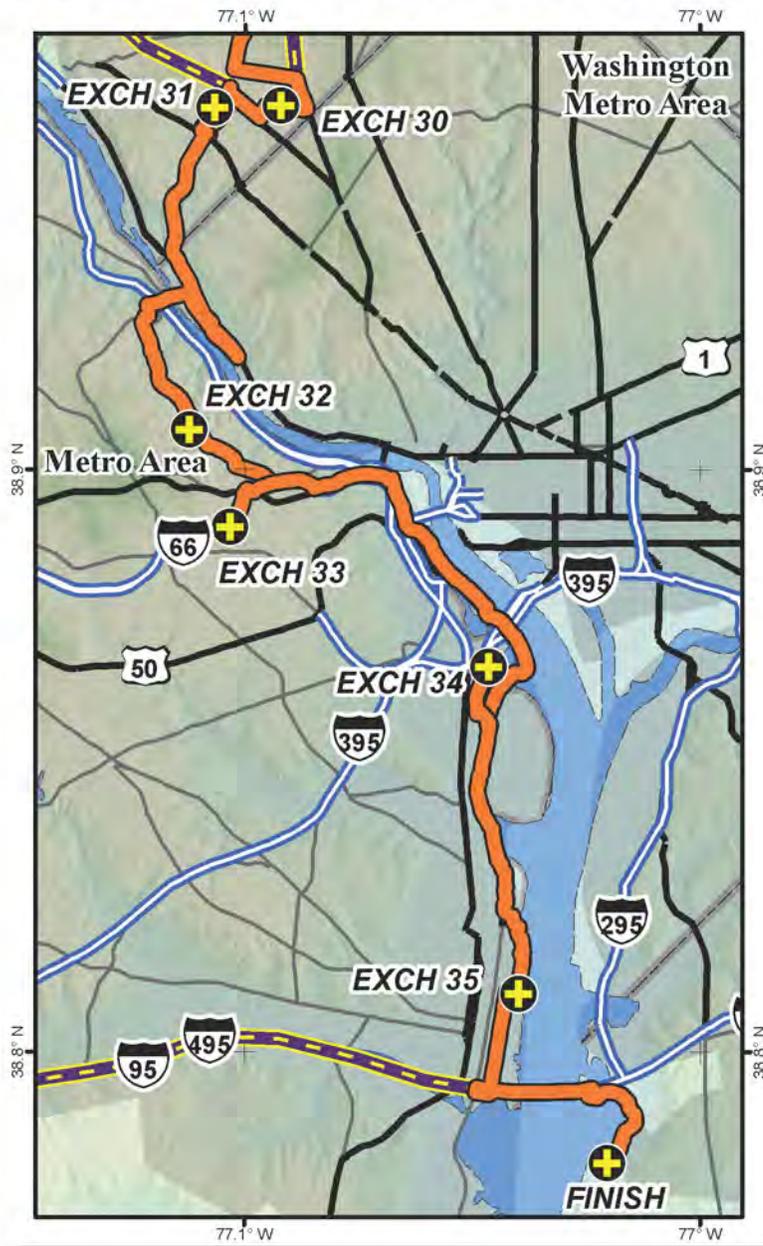
- 0.0 Depart Exchange 29 (E) running with traffic on Saul Rd
- 0.5 Turn RIGHT (S) on Cedar Ln running with traffic
- 0.8 Turn LEFT (E) on Beach Dr
- 0.9 Turn LEFT to enter the Rock Creek Trail
- 4.0 Exit Rock Creek Trail and Enter Capital Crescent Trail near Jones Mill Rd and Jones Bridge Rd. Stay on Capital Crescent Trail through Bethesda
- 7.2 At Dorset Ave, Exit Capital Crescent Trail
- 7.2 Turn LEFT (E) on Dorset Ave
- 7.9 Turn RIGHT (S) on Wisconsin Ave running with traffic
- 8.3 Turn RIGHT (W) on Willard Ave
- 8.6 Arrive at Exchange 30

## VAN ROUTE

- 0.0 Depart Exchange 29 heading East on Saul Rd
- 0.5 Turn RIGHT (S) on Cedar Ln
- 0.8 Turn LEFT (E) on Beach Dr
- 1.5 Stay on Beach Dr
- 2.8 Turn RIGHT (S) on Jones Mill Rd (under 495)
- 3.8 Turn RIGHT (SW) on Twin Forks Lane
- 3.9 Bear Right (W) on SR-410 (East-West Hwy)
- 4.7 Turn LEFT (S) on Connecticut Ave
- 4.8 Turn RIGHT (W) on Aspen St
- 4.9 Road name changes to Chatham Rd
- 5.0 Bear Left (W) on Aspen St
- 5.2 Turn LEFT (S) on Maple Ave
- 5.3 Keep STRAIGHT on Leland St
- 5.7 Stay on Leland St through Wisconsin Ave
- 5.9 Road changes to Woodmont Ave
- 5.9 Turn LEFT back onto Leland St
- 6.1 Road name changes to Hillandale Rd
- 6.5 Turn LEFT (S) onto Little Falls Pkwy
- 6.6 Turn LEFT (E) onto Dorset Ave
- 7.5 Turn RIGHT (S) onto Wisconsin Ave
- 7.9 Turn RIGHT (W) onto Willard Ave
- 8.2 Arrive at Exchange 30



# VAN 2 -- LEGS 31-36 -- 27.3 MILES



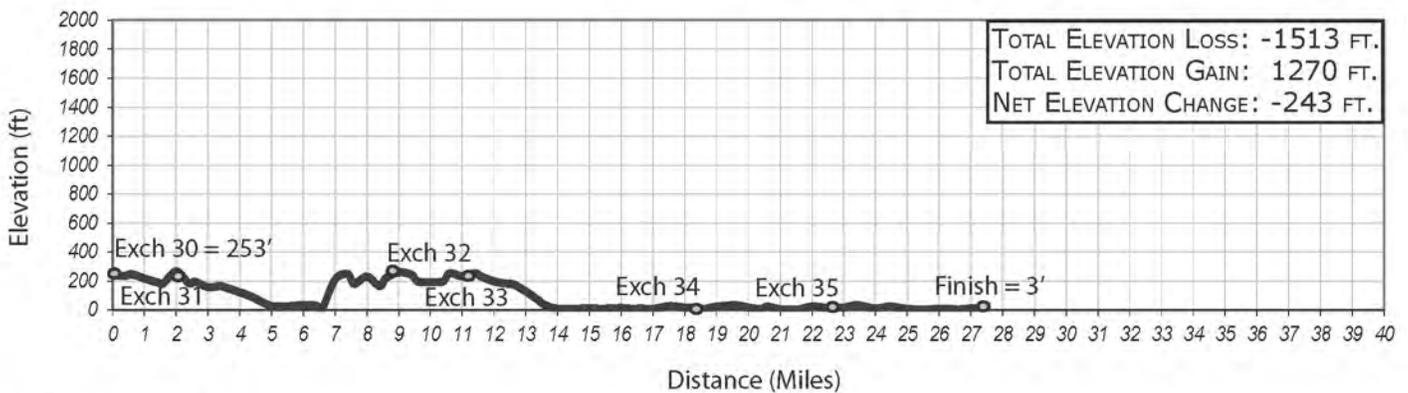
## OVERVIEW

This is it! The Ragnar Festivities await you on the shores of the Potomac in National Harbor. Final legs take you through Washington DC, Arlington, and Alexandria crossing the Woodrow Wilson Bridge into National Harbor.

## INACTIVE VAN ROUTE

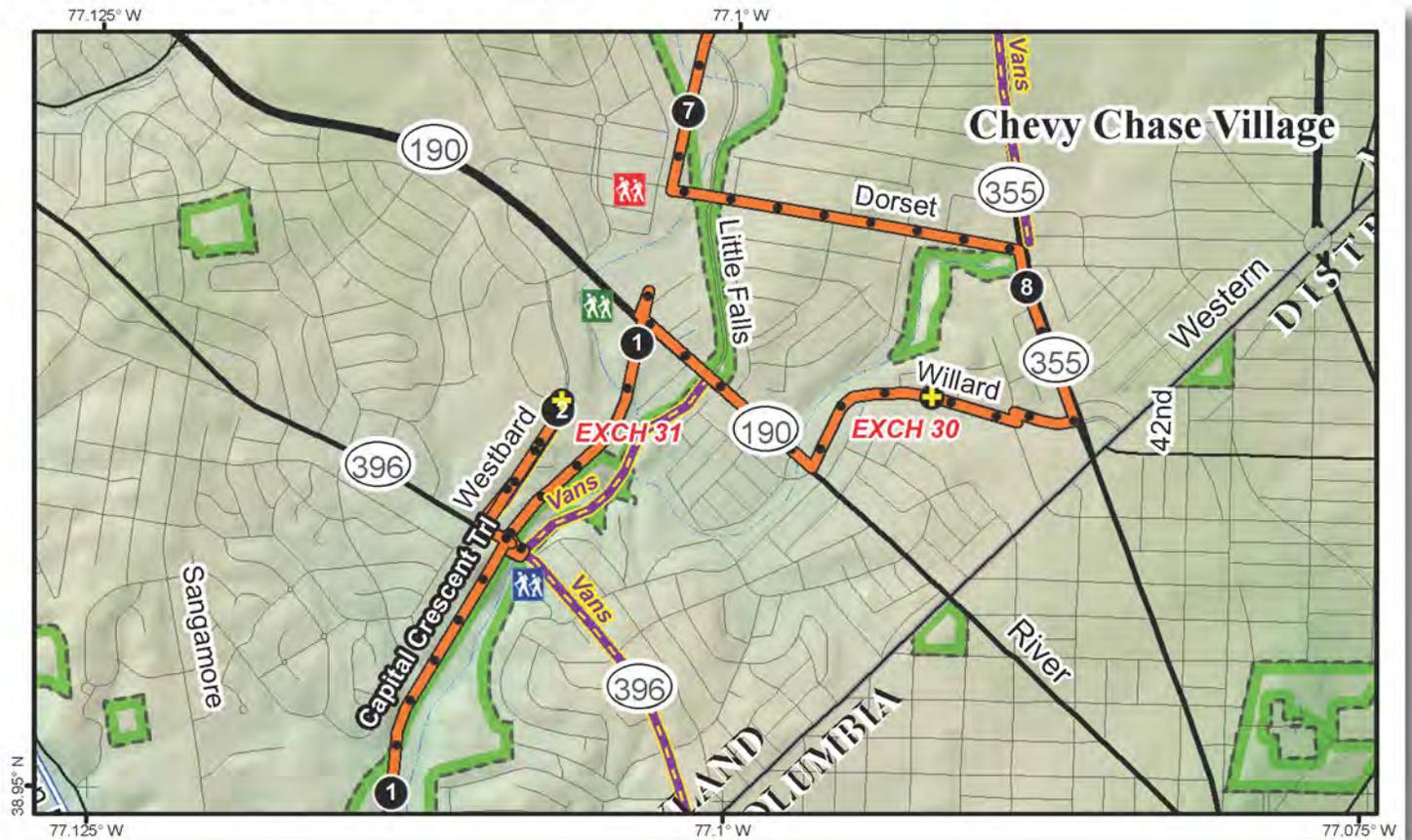
- 0.0 Turn LEFT out of Exchange at GEICO heading West on Willard Ave
- 0.5 Turn RIGHT onto River Rd
- 4.5 Take the I-495 Ramp South towards Northern Virginia
- 10.0 Continue on I-495 towards Alexandria and the Woodrow Wilson Bridge
- 30.0 Take the National Harbor Exit on East end of Bridge in Maryland
- 30.4 Take National Harbor Blvd and go Straight through light
- 30.8 Turn right onto St George Blvd
- 30.9 Parking in gravel lot on corner of St George and American Way

•To get to FINISH LINE – head down American Way towards Potomac and look for Ragnar Dome and Arch.



## LEGS 31-36

# LEG 31 -- 2.0 MILES -- EASY



**EXCHANGE 31**  
 Westwood Shopping Center – GIANT  
 5400 Westbard Ave  
 Bethesda, MD 20816

**LEG DESCRIPTION**  
 Nice short leg on the Capital Crescent Trail.

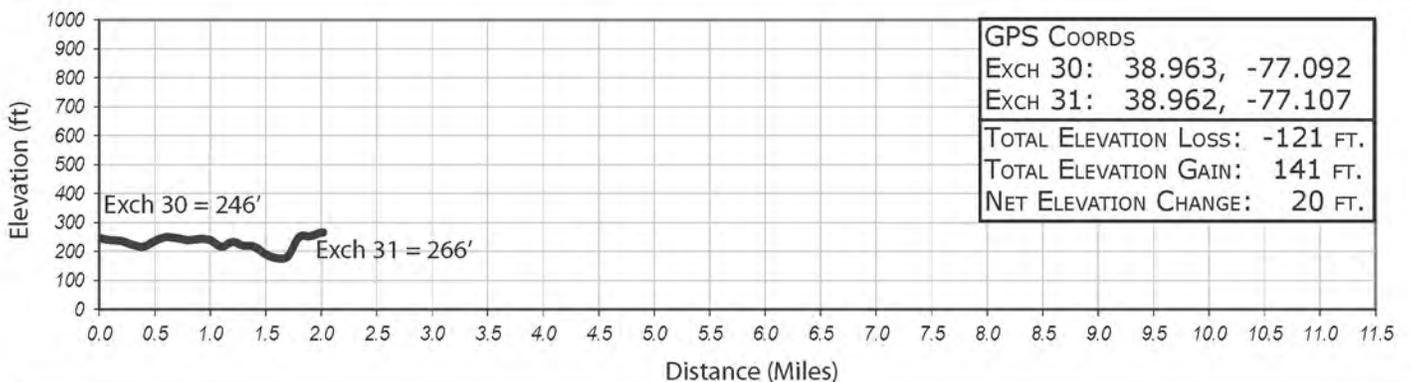
**LEG NOTES**  
 Exchange located at Westbard Shopping Center

**LEG LEGEND:**

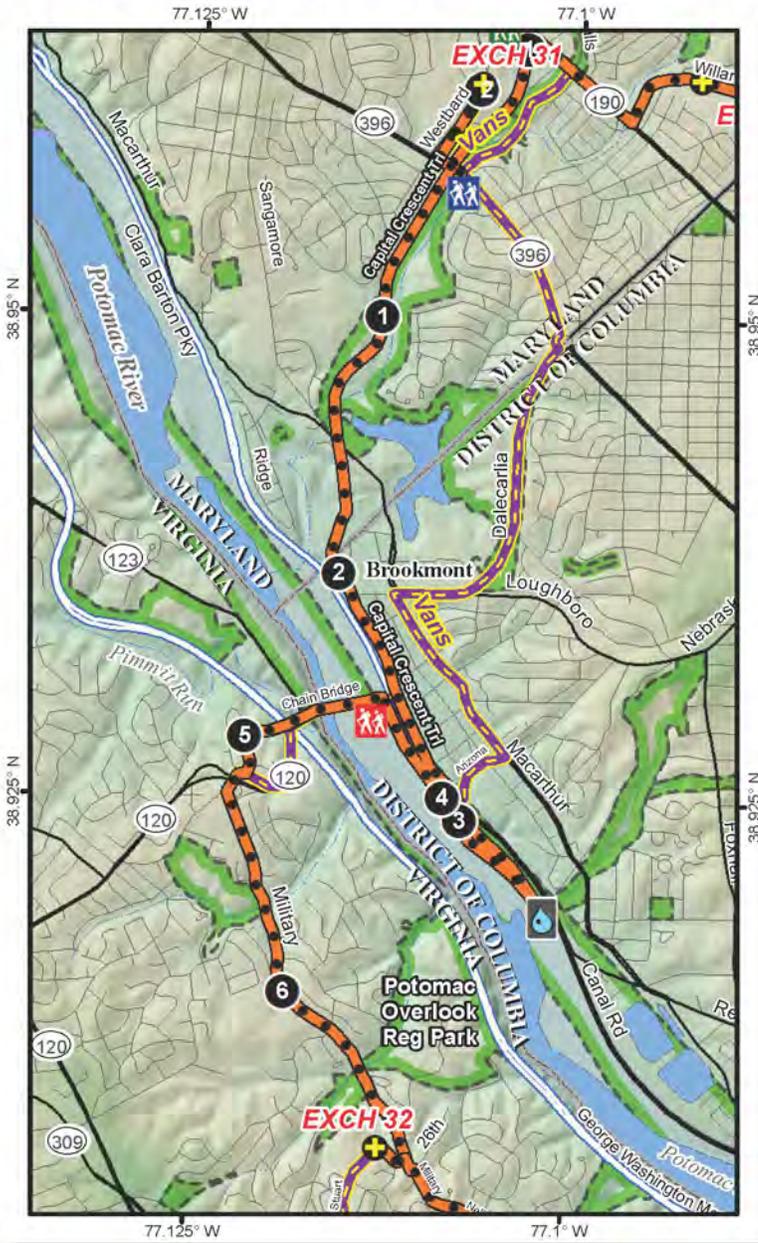
0.0	Depart Exchange 30 (W) on Willard Ave
0.4	Turn RIGHT (NW) on River Rd
0.8	Run STRAIGHT through Little Falls Pkwy
0.9	Reconnect with the Capital Crescent Trail
1.6	Exit Capital Crescent Trail at Massachusetts Ave, head West
1.7	Turn RIGHT (NE) on Westbard Ave
2.0	Arrive at Exchange 31

**VAN ROUTE:**

0.0	Depart Exchange 30 (W) on Willard Ave
0.4	Turn RIGHT (NW) on River Rd
0.6	Turn LEFT (SW) on Little Falls Pkwy
1.2	Turn RIGHT (W) on Massachusetts Ave
1.3	Turn RIGHT (NE) on Westbard Ave
1.6	Arrive at Exchange 31



# LEG 32 -- 6.9 MILES -- HARD -- NO VAN SUPPORT



## EXCHANGE 32

Taylor Elementary School, 2600 North Stuart Street  
Arlington, VA 22207

## LEG DESCRIPTION:

Leg continues down the Capital Crescent Trail as it enters the DC Line. Runners make a U-turn off the Capital Crescent Trail and on the C&O Canal Trail heading northwards to cross the Chain Bridge into Arlington.

## LEG NOTES:

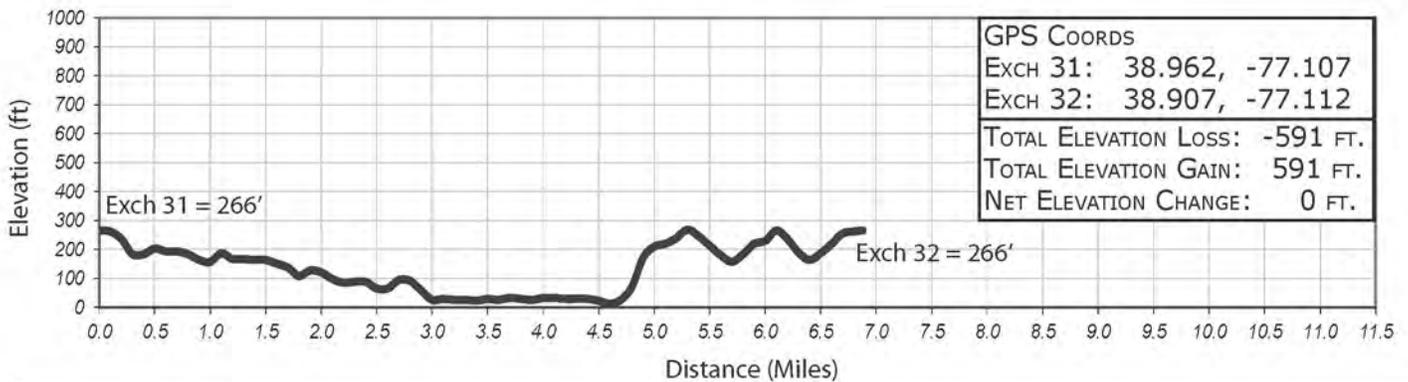
Runners will be on the trail for most of this leg and should take any necessary water/aid with them. Ragnar will have volunteers along the trail to help direct participants and give aid. Please use caution crossing any and all roadways.

## LEG LEGEND:

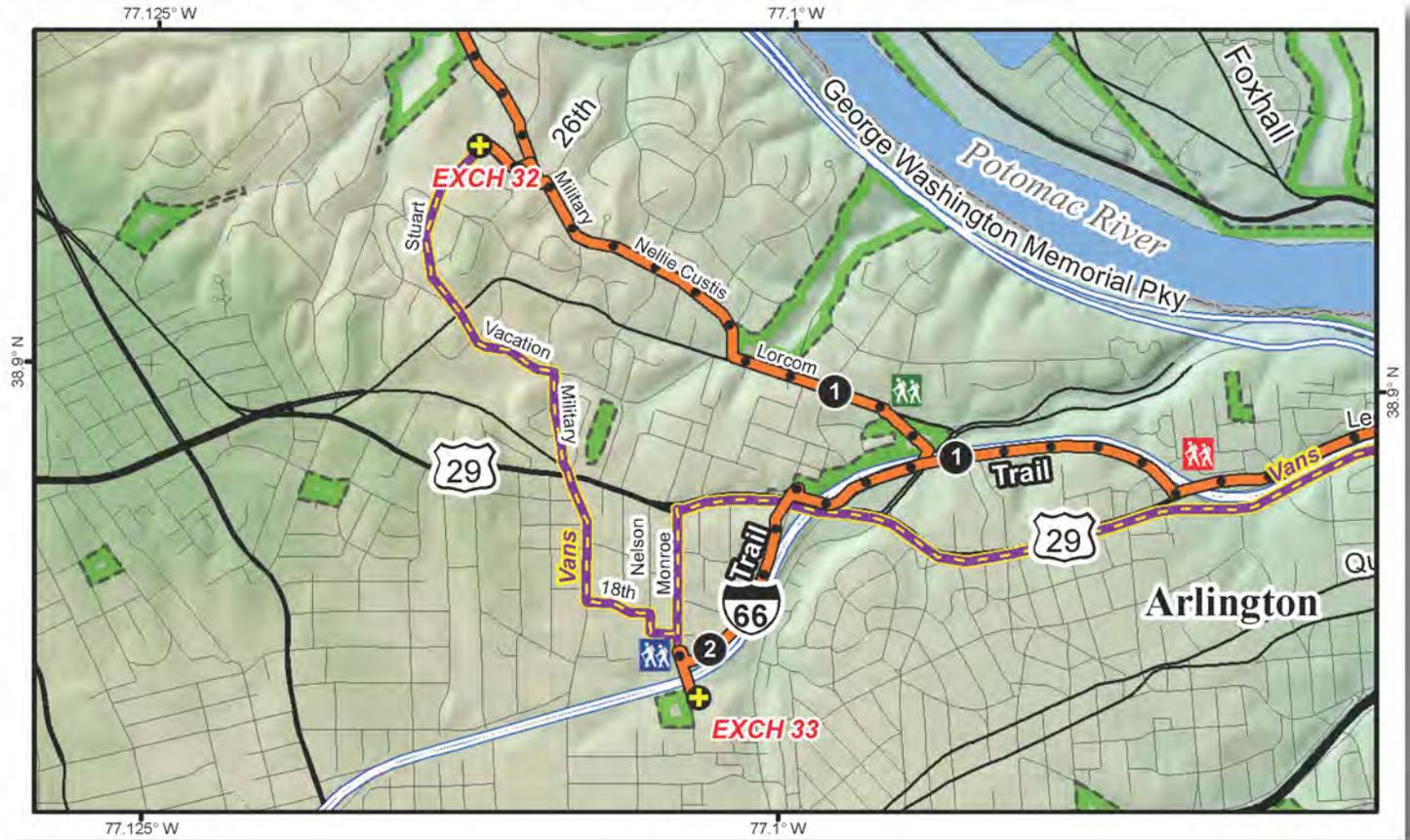
- 0.0 Depart Exchange 31 (S) on Westbard Ave
- 0.3 Turn LEFT (SE) on Massachusetts Ave
- 0.4 Enter Capital Crescent Trail, heading south
- 3.4 At our water station at the Fletcher Boat House, exit Capital Crescent Trail and enter the C&O Canal Trail, now heading north.
- 4.4 Cross the Chain Bridge
- 4.7 Continue STRAIGHT through traffic light on Chain Bridge Rd
- 4.8 Continue STRAIGHT underneath overpass and up the steep residential lane to Randolph St
- 5.0 Turn LEFT (S) onto Randolph St
- 5.1 Cross Military Rd and turn RIGHT to run across overpass
- 5.2 Cross and turn LEFT (S) on Military Rd
- 6.7 Turn RIGHT (W) on 26th Rd
- 6.8 Turn RIGHT (N) on Robert Walker Pl.
- 6.9 Arrive at Exchange 32.

## VAN LEGEND:

- 0.0 Turn RIGHT (S) onto Westbard Ave
- 0.3 Turn LEFT (SE) onto Massachusetts Ave
- 1.1 At traffic circle, take 2nd exit onto Dalecarlia Pkwy
- 2.1 Continue RIGHT (W) onto Loughboro Rd
- 2.4 Turn LEFT (S) onto MacArthur Blvd
- 3.1 Turn RIGHT (W) onto Arizona Ave
- 3.3 Keep LEFT at fork
- 3.4 Turn RIGHT (N) onto Canal Rd
- 3.9 Turn LEFT (W) onto Chain Bridge Rd
- 4.2 Continue STRAIGHT onto Glebe Rd
- 4.5 Slight RIGHT onto Military Rd
- 4.7 Slight LEFT to continue on Military Rd
- 4.8 Turn LEFT (S) to stay on Military Rd
- 6.3 Turn RIGHT (W) onto 26th Rd
- 6.4 Arrive at Exchange 32.



# LEG 33 -- 2.2 MILES -- EASY -- NO VAN SUPPORT



**EXCHANGE 33**  
 Arlington Science Focus Elementary School  
 1501 North Lincoln Street  
 Arlington, VA 22201

**LEG DESCRIPTION:**  
 Running through neighborhoods and along the Custis Trail through Arlington.

**LEG LEGEND**

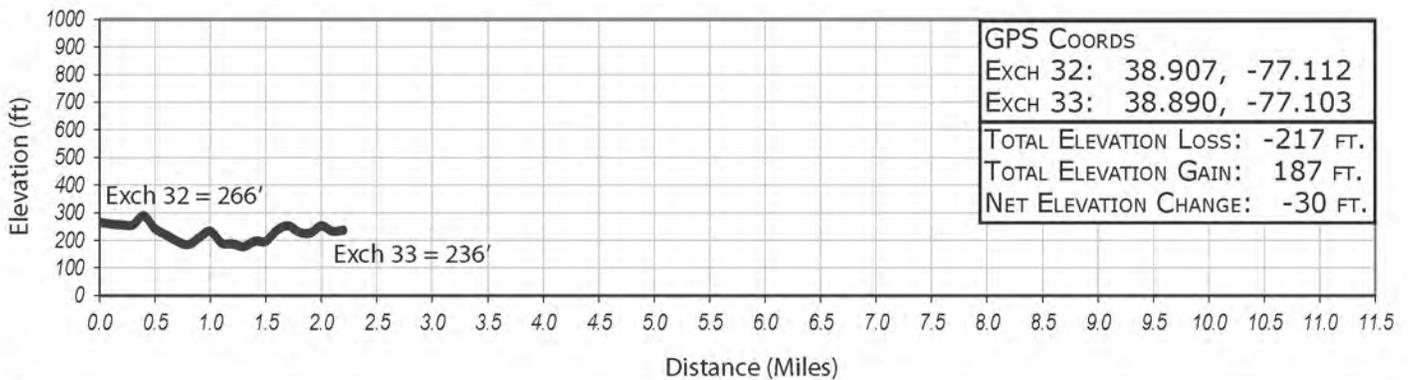
0.0	Depart Exchange 32 following the same route as the incoming runners
0.1	Turn LEFT (E) on 26th Rd
0.2	Turn RIGHT (S) on Military Rd
0.3	At next cross walk, cross Military Rd

	and run against traffic.
0.4	Continue on sidewalk, veering left to enter Nelly Custis Dr
0.8	Turn LEFT (E) onto Lorcom Ln
1.1	Cross Lorcom Ln to enter trail through Thrifton Hills Park
1.2	Turn RIGHT (S) on trail to go underneath overpass, then follow the path to the right to climb to the entrance of the Custis Trail
1.6	Turn LEFT (W) on Custis Trail
2.1	Turn RIGHT to Exit the Custis Trail at North Monroe St/Lincoln St
2.1	Turn LEFT (S) on Lincoln St running over I-66

2.2 Arrive at Exchange 33

**VAN LEGEND**

0.0	Depart Exchange 32 (SW) on Stuart St, NOT following the runners' path.
0.5	Slight LEFT onto Vacation Ln
0.7	Turn RIGHT (S) onto Military Rd
0.9	Military Rd becomes Quincy St
1.2	Turn LEFT (E) on 18th St
1.3	Turn RIGHT (S) on Nelson St
1.3	Turn LEFT (E) on 17th St
1.4	Turn RIGHT (S) on Monroe St, which becomes Lincoln St
1.5	Arrive at Exchange 33



# LEG 34 -- 7.2 MILES -- HARD



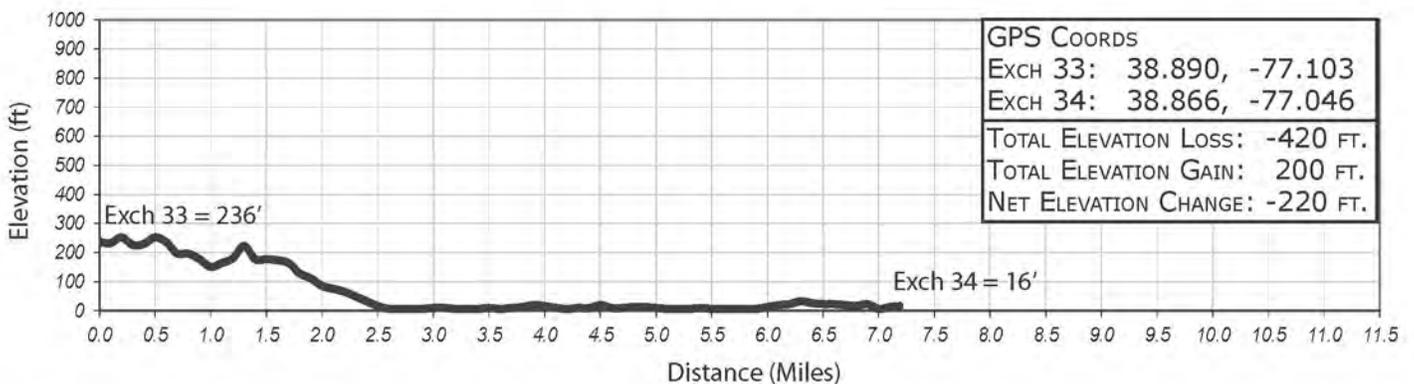
**EXCHANGE 34**  
 Long Bridge Park  
 475 Long Bridge Dr.  
 Arlington, VA 22202  
 GPS: 38.866172, -77.046294

**LEG DESCRIPTION:**  
 Take in the awe-inspiring view along the famous Potomac River where George Washington was rumored to have hung out back in the day. As you move from the Custis Trail to the Mt. Vernon trail on this flat leg you can wave hello to George, Abe, and T.J. from across the river!

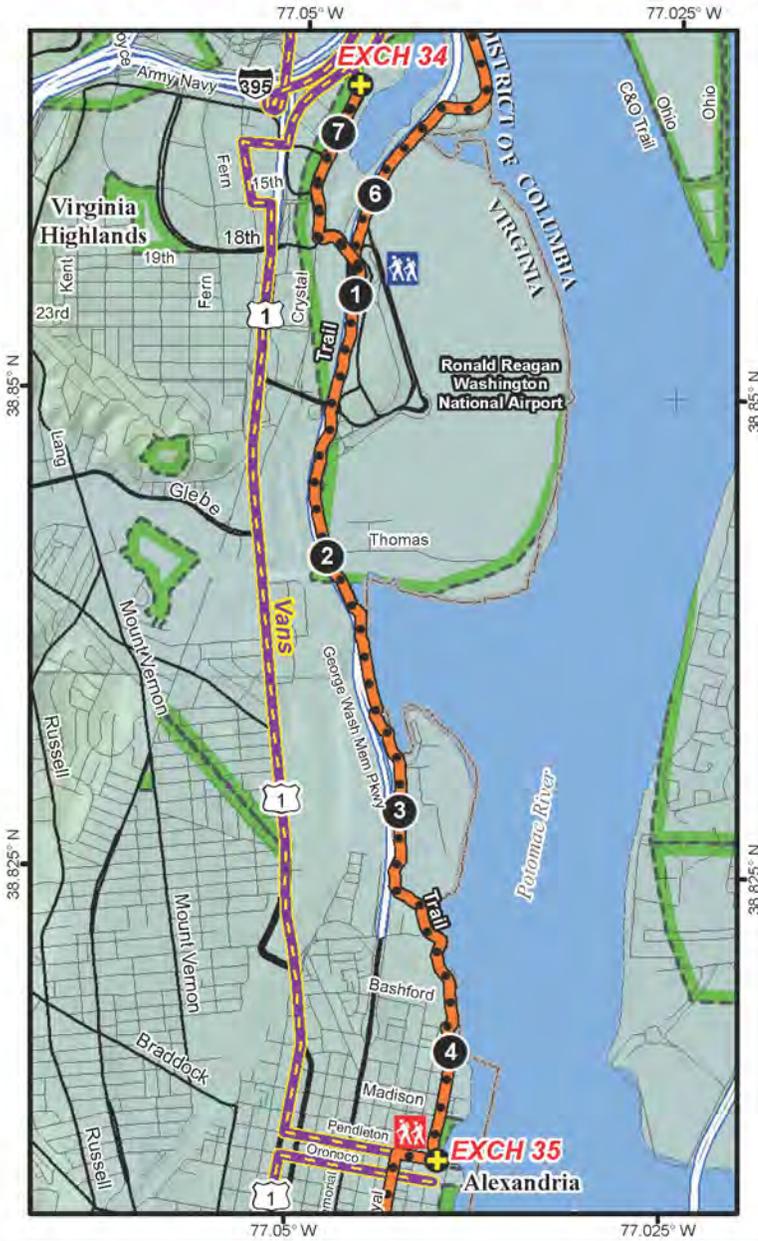
**LEG NOTES:**  
 Runners will be on trails for the majority of the leg. Runners are advised to take any necessary water/aid with them for this leg. In addition, Ragnar will have volunteers along the trail to help direct participants and give aid. Please use caution crossing any and all major roadways. Exchange located at Long Bridge Park in Arlington, VA

- LEG LEGEND**
- 0.0 Depart Exchange 33
  - 0.1 Turn RIGHT (E) to enter Custis Trail
  - 1.5 Turn LEFT (E) at fork in trail to cross overpass on Lee Hwy
  - 2.3 Run past Key Bridge Marriott and enter the Mt Vernon Trail
  - 5.5 Near the Reagan National Airport, exit the Mt Vernon Trail into Crystal City
  - 6.6 Turn RIGHT (N) onto Crystal Dr to run WITH traffic on sidewalk
  - 6.9 Turn RIGHT to enter Long Bridge Park
  - 7.2 Arrive at Exchange 34

- VAN ROUTE**
- 0.0 Depart Exchange 33 (N) on Lincoln St which becomes Monroe St
  - 0.4 Turn RIGHT (E) on Lee Hwy (US-29)
  - 2.2 Turn RIGHT (S) onto Fort Myer Dr
  - 2.4 Turn LEFT (E) onto Wilson Blvd
  - 2.8 Wilson Blvd turns into Jefferson Hwy VA-110
  - 4.9 Exit RIGHT at I-395 N ramp and merge onto US-1
  - 5.6 Exit Right at 10A-10B Boundary Channel
  - 5.7 Turn LEFT (S) onto Clark St.
  - 5.8 Bear Left to continue on Straight onto Long Bridge Dr
  - 6.0 Arrive at Exchange 34



# LEG 35 -- 4.4 MILES -- EASY -- NO VAN SUPPORT



**EXCHANGE 35**  
 Dalton Wharf Offices  
 103 Oronoco St.  
 Alexandria, VA 22314  
 38.809907, -77.040148

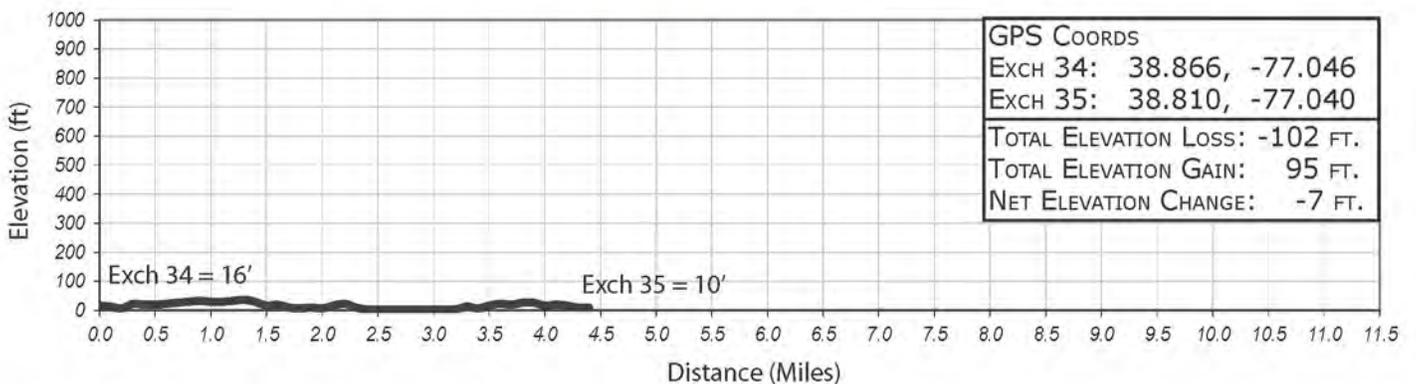
**LEG DESCRIPTION:**  
 Nice flat leg through the beautiful city of Alexandria. Enjoy the Mt. Vernon Trail, historic streets, and amazing views from the riverbanks.

**LEG NOTES:**  
 Runners will be on trails for the majority of the leg. Runners are advised to take any necessary water/aid with them for this leg. In addition, Ragnar will have volunteers along the trail to help direct participants. Please use caution crossing any and all major roadways. Exchange located at Dalton Wharf Offices.

**PARKING LOCATED AT** Dalton Wharf Office Center, just South of Park.  
**OVERFLOW PARKING LOCATED** at 700 N Fairfax St, just East of Park. Volunteers will direct you.

- LEG LEGEND:**
- 0.0 Depart exchange heading South
  - 0.3 Turn LEFT onto Crystal Dr. to run against traffic on sidewalk
  - 0.6 Turn LEFT (W) to enter Mt. Vernon Trail
  - 4.3 Exit trail after Oronoco Bay Park
  - 4.4 Arrive at Exchange 35

- VAN LEGEND:**
- 0.0 Depart Long Bridge Park heading South on Long Bridge Dr
  - 0.5 Turn RIGHT (W) on 12th St
  - 0.6 Turn LEFT (S) on Eads St
  - 0.9 Turn LEFT (E) on 15th St
  - 1.0 Turn RIGHT (S) to merge onto Jefferson Davis Hwy VA-110
  - 3.7 Jefferson Davis Hwy turns into Henry St
  - 4.3 Turn LEFT (E) on Pendleton St.
  - 4.8 Arrive at Exchange 35



# LEG 36 -- 4.6 MILES -- MODERATE -- NO VAN SUPPORT



**FINISH LINE -**  
National Harbor Southpointe – Awakening Statue!  
National Harbor Blvd, National Harbor, MD 20745  
38.779324, -77.019831

**LEG DESCRIPTION:**  
Breathtaking views as you cross the Woodrow Wilson Bridge. While running across the bridge, make sure to look north for a great view of DC. Looking south you will see the finish line festivities in the distance that will greet you when you arrive in amazing National Harbor! While on the bridge you do triple duty and cross through Virginia, DC, and Maryland!

**LEG NOTES:**  
Runners will be on trails for the majority of the leg. Runners are advised to take any necessary water/aid with them for this leg. In addition, Ragnar will have volunteers along the

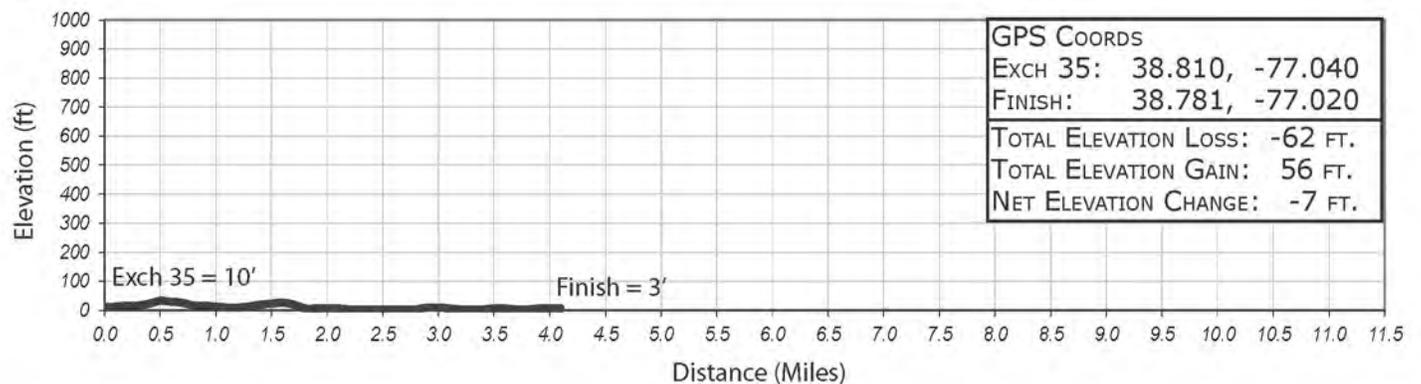
trail to help direct participants and give aid. Please use caution when crossing any and all major roadways.

**LEG LEGEND**

- 0.0 Depart Exchange 35 heading South
- 0.0 Turn RIGHT (W) on Pendleton St
- 0.2 Turn LEFT (S) on Royal St
- 1.3 Continue on path under Woodrow Wilson Bridge
- 1.4 Turn RIGHT to take ramps up onto the bridge
- 1.5 Cross to the north side of the Woodrow Wilson Bridge
- 1.6 Enter pedestrian walkway across the bridge
- 4.6 Cross the bridge and follow signs into the Finish Line at National Harbor

**VAN ROUTE**

- 0.0 Depart Exchange 35 heading West on Oronoco St
- 0.6 Turn LEFT (S) onto Henry St or US-HWY 1 Take Ramp RIGHT onto I-495 Eastbound. Merge onto I-495 Eastbound toward BALTIMORE – LOCAL. MAKE SURE TO TAKE LOCAL EXIT, otherwise you will not be in position to take the National Harbor Exit.
- 2.8 Cross Bridge
- 3.9 Exit at National Harbor.
- 4.1 Continue Straight on National Harbor Blvd.
- 4.3 Stay on National Harbor Blvd as it bears sharp RIGHT
- 5.5 Stay on National Harbor Blvd to arrive at Finish Line.



# We lead.

## Others just chase tail.



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# SAFETY FIRST!

THIS MAY BE THE LAST PAGE OF THE RAGMAG, BUT IT'S THE FIRST THING FOR A FANTASTIC RAGNAR RELAY EXPERIENCE.

**RUNNERS\* STARTING THEIR LEGS AFTER 6:30 PM AND BEFORE 7:00 AM MUST WEAR NIGHT GEAR.**

\*EVERYONE ON THE COURSE DURING NIGHT-TIME HOURS INCLUDING RUNNERS, PARTICIPANTS NOT RUNNING, DRIVERS, PACERS AND OTHERS OUTSIDE OF THEIR VEHICLES.



Please help us keep the race safe by focusing on being safe runners, safe support crews, and by helping us keep the race as a whole safe.

## SAFE RUNNER

- You are on open roads – be alert to traffic
- Run against traffic and on proper surfaces
- Be aware of traffic and obey traffic laws. Run against traffic unless otherwise stated
- Running at night
  - Must wear visibility gear
  - Follow all rules around pacers

## SAFE SUPPORT

- Safety Officer/Navigator
- Exiting and being outside the vehicle
  - Everyone on the course at night must wear reflective vests
  - Other than the driver, everyone must exit the vehicle on the passenger side
- Road Crossing
  - Carry an orange flag
  - Obey all traffic/pedestrian and jay walking laws
  - Cross at cross walk if there is a crosswalk within sight
  - No crossing if there is a median
  - No crossing roads with more than two lanes (One lane in each direction)
  - Roads with a total 3 lanes or more must be crossed at cross walks
- Vans
  - Teams' vehicles are to obey all traffic laws
  - When parked on the course, please turn off headlights and turn on parking lights
- No Van Support Leg Rules
  - Teams are not allowed to provide water or food to their runner during these legs
  - Team members are not allowed out of their vehicle on the roadway
- Bike Pacing
  - Bike pacers are allowed during nighttime hours on the following trail sections: Legs 10, 11, 29, 30, 34, and 35.



**HYDRATE!  
HYDRATE!  
HYDRATE!**  
We expect this year's race to be incredibly warm!

## SAFE RELAY

- No prohibited items on the course – bikes, strollers, rollerblades, etc.
- No alcohol
- Sleep in designated areas
- Stay alert - headphones are strongly discouraged



## TO REPORT VIOLATIONS:

Help keep the race safe by reporting teams that are endangering themselves and others.

Please send a text message to Race Command at **661-RAGNAR1** that's **661-724-6271**