



GREAT RIVER 2015 TEAM CAPTAIN MEETING

RAGNAR RELAY SERIES TAKES STRIDES TO GO GREEN

This year one of our major priorities is to make the Ragnar Relay Series more sustainable. We are committed to making small changes that will add up in a big way. Here are 3 ways we have improved sustainability across the Ragnar Relay Series this year:

- **Trash Liners for Each Van:** Van 1 and Van 2 will receive three clear trash liners, and one blue trash liner at the start line and Exchange 6. There will NOT be trash at Minor Exchanges. Instead please use the trash liners and dispose of the trash properly at designated dumpsters at each of the Major Exchanges.
- **Recycling:** We will have recycling at the finish line. Please use the blue trash liners for recycling items and dispose of your recycling when you get to the finish line.
- **Re-useable Water Bottles:** We strongly encourage runners to use re-useable water bottles. Bring a big cooler of water in your van, and fill up your smaller water bottles as needed. At the Major Exchanges we ask that you use your own water bottle to reduce the amount of paper cups we use at races.

Sustainability and YOU

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

- **Don't Idle:** Whether you are pulled over on the side of the road cheering for a teammate or hanging out at one of our exchange areas, please be sure to turn off your vehicle.
- **Be Costume Conscious:** Feather boas, sparkles and streamers are all things that can accidentally trash the course. When you are coming up with team costumes and van decorations, make sure that nothing could inadvertently fly off and cause a mess.
- **Drive the speed limit:** Driving the speed limit is not only the safe thing to do, it also helps you not use an excess amount of fuel.
- **Reusable Grocery Bags:** Most Ragnarians will bring at a minimum energy bars, fruit and snacks in their van. Instead of using plastic bags to transport your food from the grocery store to the van, use reusable grocery bags. (Remember you'll have the liners to dispose of trash that accumulates in your van).

- **Carpool:** By running a Ragnar Relay, you'll automatically be carpooling as you traverse some of the most beautiful areas the country has to offer. What about carpooling to the start line, finish line, pre-race party and training runs? Driving is more fun with a co-pilot anyways.
- **Leave it better than you find it:** See a GU packet or gum wrapper on the course? Maybe someone accidentally dropped trash from their van? These things happen. Pick it up and leave it better than you find it! (Bonus: karma points for you.)
- **Support Locally Owned Businesses:** Along the Ragnar Relay courses you'll have the chance to *taste* the local flavor. Local businesses and restaurants keep the money flowing within communities, create jobs, use local produce, and are all around a solid pick when stopping for dinner, coffee or snacks. You can also look for local businesses at some of our Major Exchanges cooking up delicious meals to raise money for their cause.

OTHER VERY IMPORTANT ITEMS

- Like all runners, we've got drawers full of technical shirts – many smell bad. This year we wanted to have a race shirt that looked amazing, felt awesome and was something we would be proud to wear, no matter the cost. The shirts are a 50/50 cotton-poly blend that is soft, will hold up over time and still has a slight technical feel. No stiff cotton for you. In the end, we spent more money on shirts than we have before but we ended up with something you'll be proud to wear during and after your run.
- T-shirts will be pre-packaged and given out at the Pre-Race Party and Start Line only. Van 1 will pick up shirts for the entire team and distribute to Van 2 when you meet up. Please wait until you get to the Finish Line to exchange shirt sizes.
- Volunteers – Pay for volunteer option closes on July 31, 2015. If your volunteers don't show up for their shift, your team will be disqualified. We hate to do this, so please make sure your volunteers register and show up to their shifts on race day!
- Your volunteers can get a copy of the Volunteer Packet by emailing volunteers@ragnarrelay.com. Additionally, final volunteer confirmations with a copy of the packet are scheduled to go out via email 7 days before the race. We will connect your volunteers with their shift manager(s) at that time as well. Please have your volunteers contact the volunteer coordinator at volunteers@ragnarrelay.com if they do not receive this confirmation
- Turn Signs. We have many signs along the 200 mile-ish course. Some signs will inevitably get turned, knocked down, and/or stolen. We will have Ragnar Staff patrolling the course to keep the signs maintained during the race but teams should keep track of maps and runners locations.
- Final deadline to add runners: August 11, 2015. After this date, you may add runners and have them sign waivers when you check in at the Start Line or Exchange 6. Make sure you have \$20 for the late registration fee!
- Lost and Found at the Race – we often have clothing items, electronics, wallets and other personal effects turned in to the staff. Those items are collected and taken to the finish line. Participants can check in at the Ragnar HQ tent at the finish line to see if a lost item has been turned in. If not claimed at the finish line, important items such as wallets will be sent to the Ragnar Office. All clothing items will be donated to the race charity the Saturday evening of the race. If you do not claim your items at the race, you can request them through Ragnar Customer Service at customerservice@ragnarrelay.com

PRE-RACE PACKET PICK UP

1. Van 1 (runners 1-6) and Van 2 (runners 7-12) can both check in at the Pre-Race Packet pick up on Thursday August 13. This will be located at the Levee State Park (the Start Line location) from 4pm to 8pm.

2. You do not need both vans present. Vans can check in separately. However, you do need all members of the van to be present.
3. Registration –
 - a. *Step 1: Check In/Safety Gear Check* – Each van will need to show that they have – 2 Flashlights/Headlamps (4 total per team), 6 Reflective Vests (12 total per team), 2 LED Tail Lights (4 total per team). Jackets and shirts with reflective piping are not reflective enough. If teams do not have these items at the start line they will not be allowed to start the race.
 - b. *Step 2: Safety Briefing* All members on your team are required to attend a 10 minute Safety Briefing Video.
 - c. *Step 3: Flag Check out* Each Van will check out 2 flags. (more info in the safety section)
 - d. *Step 4 Goodie Bag* Each Van will receive 6 race numbers, and 1 Goodie Bag
 - e. *Step 5: T-Shirts* ONLY Van 1 will pick up Race T-shirts.

RACE DAY CHECK IN

1. Van 1 (runners 1-6) will Check In at the Start Line. Van 2 (runners 7-12) will Check In at Exchange 6. Ultra teams will check in at the Start Line regardless if they are using one van or two. The check in process on race day is identical to the check in described above.
2. Teams should plan on arriving to the Start or Exchange 6 one hour prior to starting in order to have enough time to get through all of the steps.
3. *Note on Race Number:* All runners must have their team number pinned to the front of their shirt or shorts, on the outer most layer of clothing. When you are running at night we suggest that you pin your team number to your reflective vest in a way that doesn't cover reflective material. If you put a sweatshirt or jacket on in the colder hours, make sure to pin the number to the sweatshirt or jacket. The volunteers must be able to identify the runner as they arrive at exchange points.

SAFETY

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

1. Each of the 36 legs have been designated one of three ways: Support, Limited Van Support or No Van Support/No Pulling Over. On support legs, teams are allowed to support their runner along the course.
 - a. Limited Van Support: Vans may support and exit vehicle, however, vehicles MUST be pulled over in a safe, legal area on the runner side of the road. Team members are not allowed to cross the road to support.
 - b. No Van Support/No Pulling Over: Vans are NOT allowed to pull over and support their runners from ANY location along these legs. Vans are also NOT allowed to stop anywhere along these legs and must proceed directly to the next exchange to await their runner.
2. NO VAN SUPPORT/NO PULLING OVER legs: 1, 2, 4, 5, 10, 13, 14, and 15
LIMITED VAN SUPPORT legs: 6, 11, 23, 24, 26, and 29
3. All NO VAN SUPPORT legs that are over 4 miles will have at least 1 water station between exchanges. Legs 5 and 10 will have THREE water stations, however it will be very hot during these legs with limited tree coverage so runners are highly encouraged to carry their own water.
4. Any team member, who is not currently the “runner”, must carry an orange reflective flag when crossing any street, day or night. Van 1 will check out 2 flags at the Start Line; Van 2 will check out their 2 flags at Exchange 6. Flags must be returned at the finish line or a \$15 charge per flag will be charged to the Team Captain. For more information on road crossing safety, refer to the Race Bible.
5. **NIGHT TIME HOURS** – 7:15pm-6:45am

6. There will be race officials spread throughout the course to ensure all teams are obeying race rules. Teams will be notified by text message when a rule violation has occurred. If a team receives 3 violations they will be disqualified. Race officials may also disqualify teams on the spot without prior warning for serious rule violations.
7. No sleeping in parking lots. You must sleep on the grass, in designated sleeping areas, or in your vehicle at exchanges.
8. If you see a team cheating or violating any rules you may report teams by sending a text message to the Ragnar Safety Hotline, 661-RAGNAR1 (661-724-6271). Instructions regarding this process will be covered in the safety briefing on race day.

RUNNING IN THE HEAT

- **PRE-HYDRATE, HYDRATE, RE-HYDRATE** - Each van should carry a cooler for water and/or sports drinks. Runners should pre-hydrate before each of their legs, hydrate while running, and re-hydrate after each of their legs. Supplement water with electrolytes such as Nuun, saltsticks, etc. Proper hydration is obtained when the runner has clear (light lemonade colored) and copious urine. But please, use the portable toilets.
- **OBSERVE YOUR RUNNER** – Closely monitor the condition of your runners before, during, and after each leg. If the heat index is above 90°, heat cramps and heat exhaustion are possible. Above a heat index of 105°, heat exhaustion is likely and heat stroke is probable with continued activity.
- **SUNSCREEN** – Lathering up is cool. Especially if you are wearing a Speedo.

FIRST AID

- There will be first aid stations at all the major exchanges (6, 12, 18, 24, 30) and at the finish line. First aid personnel will be able to respond to minor injuries and heat exhaustion.
- If your heat exhaustion is severe enough to require an IV you will be transported to the nearest hospital to receive it and will not be allowed to run your remaining legs.
- In the event of a major medical emergency (i.e. any life threatening condition or injury that requires immediate medical attention) call 911. Once you have called 911, please notify Race Command via text (661-RAGNAR1) as soon as possible so that we can provide you with assistance.

EMERGENCY MEDICAL FACILITIES

The Ragnar App includes a list of the nearest ER to each Major Exchange. Should you find yourself in need of a hospital, please refer to the safety section of the app.

OTHER EMERGENCIES

Should there be any other type of serious emergency, please call 911 first and then text Race Command (661-Ragnar1).

RUNNING ON THE COURSE

1. All runners must run on the left side of the road (against traffic) unless directed otherwise. Always run on the sidewalk if it is an option.
2. **Follow the Signs.** There will be signs at intersection where you will be changing direction (and in confusing sections of the course). Ragnar turn signs are 'Touch and Go'. This means that runners should not turn until they are close enough to bear hug the sign. By following the 'Touch and Go' method you will always be on the correct side of the road. If you turn too early you may be on the wrong side of the road and may miss the next sign.

3. 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. In the event of an injury any of the 11 remaining runners can replace the injured runner. You are not allowed to bring in a 13th member of the team to run the remaining legs. If you are a mixed team and a woman is injured, at least 18 of the legs must be run by women.
4. Vehicles are not allowed to follow racers to illuminate the road for them, or to pace them. Bike pacers are not allowed on this course. Foot pacers during night time hours must also wear the required safety gear along with runner.
5. **Be Respectful.** We depend on the cooperation of local communities and ask that you be respectful and help us maintain a good relationship. Any runners who violate this rule (i.e., littering, defecating, and honking in residential areas at night) will be disqualified and will not be invited back.
6. **Lost Runner Protocol.** If you believe your runner is lost text Race Command your team number, leg number, and area you believe your runner ran off course. Leave your next runner and a teammate with a cell phone at the exchange and send the van out to look for the runner. If you have not found your runner after 20 minutes of searching please text Race Command and Ragnar will send out staff to assist.
7. **Supporting Your Runner.** We encourage each team to spend time out on the course supporting their runner. When supporting your runner please park off the side of the road in a safe and legal parking area. Do not park on private property. Any teams driving at unsafe speeds, slow or fast, will be given a penalty. Always use your crossing flags when crossing the road to give support.

EXCHANGE PROTOCOL

1. **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 Exchanges (6, 12, 18, 24 and 30). Van numbers will be distributed at check-in. These numbers are peel and stick numbers 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.
2. Absolutely no “off” vehicles will be allowed at the minor exchanges. Van numbers will be distributed at check-in. These numbers are peel and stick numbers 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.
3. When you come to an exchange, please look for direction from volunteers, park in designated parking area – please parking within the lines and pull as far forward as possible. If the parking spots do not have lines, please park as efficiently as possible.
4. No vehicles longer than 20'. Motor homes, pulled trailers, buses or limos are not allowed on the course by any team or team support (15 Passenger Vans are allowed). If you have doubts about the legality of your vehicle, please contact customerservice@ragnarrelay.com.
5. Portable Toilets. We have toilets at every minor exchange, with the same or more units available at the major exchanges. Utilize the facilities provided, do not invent a toilet on the side of the road or next to the portable toilets provided.

PACE PROJECTIONS & HOLDING TEAMS DOCUMENT

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

Using the Holding Teams Document and Pace Calculator:

- Make sure your team does not arrive at major exchanges before the hold time. Your team will be held back for 2.5 hours and will receive a time penalty.
- Make sure that your team will not fall behind the “Course Takedown” times
- Your team should be arriving at the finish line by 8:00pm.

TEAM DIVISION & CLASSIFICATION

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

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

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

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

All divisions and classifications can be adjusted by the team captain on your team page. The last day to change divisions and classifications will be: Tuesday, August 11. After that date, adjustments can no longer be made.

VAN DECORATIONS & VAN TAGGING

The Ragnar Relay Series promotes fun and creativity; but please be sensitive to others as you are decorating your vans. Many of our exchange points are located in the parking lots of elementary schools and churches and without their support these great races would never happen. Here are a few guidelines to keep in mind:

- NO curse words or inappropriate phrases on your vans. (You know what the words and phrases are!)
- Sexual innuendos... NO.
- Absolutely no racial slurs. (These are just classless and we know that our runners are full of class.)
- At Ragnar, we try to be environmentally friendly and do our best to keep the route clean. The goal is to always leave it better than we found it. We love decorations, but make sure those decorations stay on your van.

If those aren't specific enough... Please do not decorate your van with anything that you would not want to explain to a group of kids.

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

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

SWEET HAPPENINGS

This is the list of all the awesome amenities and services we have along the course! Please be sure to check them out on the website or app!

FREQUENTLY ASKED QUESTIONS

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

A: 5:00 a.m. is the first available start time; last start time is at 3:00 p.m.

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

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

Q: Why do the legs and course maps change?

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

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

A: Unfortunately, exchange points along the course are only open to participant vehicles. We do not have any extra parking for friends and family. However, they are welcome to come to the finish line!

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

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

Q: How many teams are starting at each time?

A: Generally, around 20-30 teams leave at each available start time. Start times are already posted and can be viewed through the team captain's page. If you would like to request a different start time please email the Race Coordinator, Tally Blair at tally@ragnarrelay.com.

Q: How many race bibs does each team receive?

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

Q: Can a team use just one vehicle?

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

Q: What do the runners hand off with?

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

Q: What if we lose the slap bracelet?

A: If you lose the slap bracelet, you can simply touch/slap/clap hands in the exchange chute and continue. Just let Race Command know you are running without one.

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

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

Q: What happens if a sign gets taken?

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

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

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

Q: Will there be beer at the finish?

A: Yes. Each runner will have a free beer ticket attached to their runner bib. Make sure you don't lose it! After that additional Sierra Nevada beers will be available for purchase. All proceeds benefit our official charity: Bolder Options.

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

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

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

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

Q: Are there Showers?

A: Showers are available at Exchange 18, 24, and 30

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

A: We do everything we can to keep the course safe. We have Police Officers stationed along the course in crucial areas and caution signs to notify drivers.

Q: Where do you have water along the course?

A: We have water at all of the major exchanges and on some non-support legs with water stations.

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

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

Q: What is the rule regarding the orange flags?

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

Please remember to thank the volunteers. Along with our runners, they are really the heart and soul of the race, and we couldn't do it without them!!

Get Social! 2015 Social Media Contests

NEW Find Your Inner Wild Video Contest

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

NEW Find Your Inner Wild Instagram Contest - #MyInnerWild #RagnarGR

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

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

Chase the Sun

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

Unforgettable Scenery

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

Sponsor Love

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

Super Volunteers

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

Bragnar

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

Ragnar Van

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

Only at Ragnar

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

Ragnar Team Selfie presented by Scott James Jewelry

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

I <3 Ragnar #RagnarGR

The Nitty Gritty:

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

Questions Asked at the Meeting

Q: Are there any major leg changes from previous years?

A: While there were some minor adjustments for accuracy, most of the course and distances are the similar or identical to last year.

Q: Do teams have to check in on Thursday?

A: Nope! The pre-race packet pick-up on Thursday from 4-8 is for your convenience only. Teams are NOT required to check in on Thursday and can wait until Friday before the race if they prefer.

Q: How do we use the app when we don't have service?

A: You should be able to pre-load most, if not all, of the information on the app. However, there are some sections of the course (especially legs 5-9) where you will have no service so you can also download the leg maps [here](#).

Q: Will there be a Google Earth file available for runners?

A: While there isn't an official Google Earth file, we will add one to the Updates page by Friday July 31.

Q: If we want to print the maps, where can we find them?

A: The leg maps are available at the [end of the Race Bible](#) which can be found on the website.

Q: Is it required to print out the Race Bible?

A: Nope. The Race Bible is just for your reference and it is completely optional to print it.

Q: If a runner drops out unexpectedly does one person have to cover all three of their legs?

A: No. You can have 3 different runners cover the 3 legs, however we do recommend you try to have them all be in the same van since the off van will not be allowed at minor exchanges.

Q: Does the person filling in for a runner have to be the same gender?

A: If you are on a Men's team, then you just need to make sure that the majority of your legs are run by men, if you are on a mixed team then you need to make sure the majority of your legs are run by women, if you are on a woman's team then it shouldn't matter since your team is all women anyway. If you have any further questions regarding classifications or divisions please reach out to the race director at ameena@ragnarrelay.com

Q: What are the expected finish times?

A: First teams are anticipated to finish around 9am, last runners have until 8:30pm to finish.

Q: Are lights built into the bill of a hat acceptable?

A: Yes. So long as it is as bright as a headlamp or flashlight and is able to illuminate the road in front of you.

Q: If our team has a driver, do they also need to wear a safety vest?

A: While it isn't required, it is highly encouraged for them to wear a safety vest whenever they are outside the van during night time hours. This is for their safety and everyone around you.

Q: Is it okay if we have pink safety vests?

A: Yes, so long as it has reflective material on the front and back.

Q: Is the back tail light just a clip on light?

A: It can either be a clip on LED light or built into the vest. Please make sure it is not hidden by your hair, clothing, or safety vest.

Q: When are night time hours? When do we need to wear our safety gear?

A: Night time hours are 7:15pm-6:45am. Runners starting a leg at 7:14pm or earlier are NOT required to wear their safety gear. However, any runner starting a leg after 7:15pm will be required to wear all safety gear.

Q: How many teams start during a given start time?

A: Anywhere between 20-25

Q: What if we have more than three volunteers but a volunteer can't cover an entire shift?

A: While we will always welcome more than three volunteers, we unfortunately do need volunteers to be present for their entire shift. You can always email volunteers@ragnarrelay.com for more information.

Q: Can volunteers choose their shifts/locations?

A: You bet! When they register they should be given shift options. However, some shifts fill up faster than others so please encourage your volunteers to register ASAP!