**Great River 2014**

**TEAM CAPTAIN MEETING**

**WELCOME**

**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 1 van or 2.
2. Teams should plan on arriving to the Start Line 1 hour prior to your scheduled start time OR Exchange 6 1 hour prior to when you expect runner 6 to arrive at exchange 6.
3. Registration – 5 Step Process
   1. *Step 1:* Check In/Safety Gear Check – Verify your Race Number with either your team name or Captains Name. 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.
   2. *Step 2:* Safety Briefing All members on your team are required to attend a 10 minute Safety Briefing
   3. *Step 3:* Flag Check out Each Van will check out 2 flags. (more info in the safety section)
   4. *Step 4*  Goodie Bag Each Van will receive 6 race numbers, 1 RagMag, and 1 Goodie Bag
   5. *Step 5:* T-Shirts
4. *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 the highlights:

1. Each of the 36 legs have been designated one of three ways: Support, NO VAN SUPPORT, or PARTIAL NO VAN SUPPORT. On support legs, teams are allowed to support their runner along the course (Note that some of these legs may be hard to support your runner. Know your maps and plan ahead). On any NO VAN SUPPORT section, teams are not allowed to get out of their vehicle to support their runner and should proceed to the next exchange.

1. NO VAN SUPPORT legs: 1, 2, 5, 10, 13,14, 15, 29

The ONLY Exception to the No Van Support Rule when there is a Scenic Pull out on the same side of the runner. You are allowed to support your runner at these pull outs by parking in these lots. Hwy 35 has a few Scenic Pullouts on the same side of the road as the runner.

PARTIAL NO VAN SUPPORT legs: 4, 6, 9, 11, 23, 24, 26

1. All NO VAN SUPPORT legs that are over 4 miles will have at least 1 water station between exchanges.
2. 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. We will take credit card information from VAN 1, and if flags are not returned the VAN 1 card will be charged $15 per flag. ***Be sure to bring your credit card to the start line.*** For more information on road crossing safety, refer to the Race Bible.
3. ***NIGHT TIME HOURS*** – 7:15pm – 6:45am

These are listed in the Race Bible and on the RagMag

1. There will be 14 race officials monitoring all race rules along the course. Teams will be observed throughout the race to make sure they are following the rules.  Teams will be notified by text message when a rule violation has occurred. If a team receives 3 violations they will be disqualified.  Race officials may also disqualify teams on the spot without prior warning for serious rule violations.
2. No sleeping in parking lots. You must sleep on the grass, in designated sleeping areas, or in your vehicle at exchanges.
3. 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**

There will be a list of the closest ER to each major exchange on Page 15 in your RagMag. Should you need one of them, refer to that list.

**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 (into traffic) unless directed otherwise. Always run on the side walk if it is an option.
2. ***Follow the Signs.*** There will be signs at intersection where you will be changing direction (and in confusing sections of the course). Ragnar turn signs are ‘Touch and Go’. This means that runners should not turn until they are close enough to bearhug 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. NOW YOU ARE LOST! And you’ll never make it to Minneapolis on time ☹
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. We do not have any trails at night so we will not allow Bike on course. Any 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 mins 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](mailto: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.

***The DOs and DON’Ts of the Exchanges***

|  |  |
| --- | --- |
| **DO** | **DON’T** |
| Listen to volunteer direction | Park over 4 spots with your van ‘hangin’ out of the spot |
| Use the portable toilets | Crap in the grass |
| Befriend other runners and other teams besides your own. Don’t be selfish, cheer on runners at the chute | Stand in the road |
| Use a spotter when backing up | Drive like a race car driver while talking on your cell phone |
| Throw your trash in the trash can. There are dumpsters available at all the major exchanges | Sleep in the parking lots |
| Hug a volunteer. High five a police officer. | Yell at a volunteer because you are having a crappy run, it’s not their fault you didn’t train and now you have an owie. |
| Quietly support your runner at night | Wake up the neighbors. No horn honking, loud cheering, etc. |
| Use common sense | In general, don’t be an idiot. |

**PACE PROJECTIONS & HOLDING TEAMS DOCUMENT**

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

***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.

If your team is outside of these parameters on your pace calculator, you need to e-mail [ricky@ragnarrelay.com](mailto:ricky@ragnarrelay.com) to request a start time change. If your team falls behind the clean-up crew on race day, we will do our best to help you stay on the course and finish the race, but we reserve the right to force teams to leave the course if being on the course becomes a safety concern or permitting problem.

**TEAM DIVISION & CLASSIFICATION**

By default all teams are listed as “mixed open”, so if your team is competitive, it is VERY 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** Open Submasters Masters Corporate High School Public Service | **REQUIREMENT** One or more under 30 All 30 or over All 40 or over Nine employees or family of employees Students ages 14-18 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** Men Women Mixed | **REGULAR (Teams of 12)** 7-12 men All women 6 or more women | **ULTRA (Teams of 6)** 4-6 men All 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 12. 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 innuendoes... 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 1st graders that are selling you lemonade along the race route.

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.

**INSTAGRAM CONTESTS – UNFORGETTABLE MOMENTS**

There will be race day contests that we conduct via Instagram. There are team categories for Unforgettable Van, Unforgettable Team, Unforgettable Costumes, and Unforgettable Finish. There are individual categories for Unforgettable Scenery, Unforgettable Video, and “only at Ragnar moment”. Details about the contest will be listed in the Rag Mag, and winners will be announced on Facebook in the week after the race.

**OTHER VERY IMPORTANT ITEMS**

* Volunteers – Pay for volunteer option closes on August 1. If your volunteers don’t show up for their shift, your team will be disqualified. We would rather not disqualify teams so please sign up your volunteers.
* Your volunteers can get a copy of the Volunteer Packet by emailing [volunteers@ragnarrelay.com](mailto: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, and will connect your volunteers with their shift manager(s). Please have your volunteers contact the volunteer coordinator at [volunteers@ragnarrelay.com](mailto: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: 8/2/2014. After this date, you may add runners and have them sign waivers when you check in at the Start Line or Exchange 6.
* **Leg 5/6** -- Leg 5 and 6 can become very warm as you run up a river valley with little to no shade. There will be 3 water stations on leg 5 and 1 on leg 6. It is advised that runners run with water as Leg 5 is a No-Van Support and Leg 6 is a partial No Van Support.
* **Leg 9** -- Leg 9 will run up and over a fairly steep bluff with narrow gravel road. Please make sure you drive with care while driving up and over the bluff.
* **Leg 11**--Choose your own exchange: There will be a 1.5 mile exchange zone. You can exchange anywhere within this zone. Make sure to pull vehicle as far off road in a safe and legal place, exit vehicle on passenger side, and use caution when crossing – make sure to use flags when crossing. There will not be restrooms at this exchange.
* **Running into Ex12** -- We will run from the east and have to cross Hwy 35 in the crosswalk in Stockholm. Use caution when crossing. DO NOT STOP ON THE RAIL ROAD TRACKS
* **Leg 25** --As many of you know there is a little Construction project going on in Stillwater. Vans will be directed to exchange 25 a different route than the runners.
* **Leg 28/Exchange 28** -- The last ½ of leg 28 will be on the horse trails of Afton State Park. We will have turn signs and LED’s marking the course. Please watch your footing. If you end up on a single track trail you made a wrong turn. Exchange 28 is located at the picnic area of Afton State Park. Van 1 will need a park permit to access Exchange 28. You will find this in your race packet with your race number. (Ultras will have this in their Van 1 packet) If you lose your pace during the event you will be responsible for any permit fees to access exchange 28. Please place the park permit on the lower right inside windshield. Leg 29 will exit the park on the paved bike path.
* **LARGE RACE** – 2014 is a popular year for Great River, there will be A LOT of teams out on the course. Please help limit race congestion by limiting your time at minor exchanges, listening to volunteer direction, do not become a ‘rolling road block’ on the course. Many of the minor exchanges in WI will be extremely busy during peak times and parking will become an issue. There may be exchanges where you have to wait to park or park on the shoulder. If you park on the shoulder please make sure you are using your Flags and are aware of your surroundings.

Exchange 12 will be very tight please, if possible limit your time at this exchange. Van 2 should plan on not spending any time at exchange 12 – go immediately to exchange 18. Van 1 might want to consider spending some time in Pepin – there are some great restaurants and parks in Pepin that you can hang out in to wait for you van 2.

* **Viking Pre-Season Game:** There is a Vikings Pre-Season game scheduled to start at 7pm at TCF Bank Stadium (~1mile from Ragnar Finish Line). This should not impact our event other than there probably will be some traffic congestion for the later finishing teams. Also, if you plan on parking in side street around the venue (not in parking ramp) you may be fighting the Helga Horn Blowing, Purple Boa, Braid Wearing Viking Fans.

**SWEET HAPPENINGS**

*Sweet Happenings will also be in the RagMag on race day.*

Refer to sweet happs on Website and Rag Mag

**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.

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

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

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

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

Q: How many teams are starting at each time?

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

Q: How many race bibs does each team receive?

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

Q: Can a team use just one vehicle?

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

Q: What do the runners hand off with?

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

Q: What if we lose the slap bracelet?

A: If you lose the slap bracelet, you can simply touch/slap/clap hands in the exchange chute and continue.

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 tries to 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. Beer will be available for purchase at the finish line. Each Runner will get one free Beer

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

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

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

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