

# Northwest Passage Road 2019 Runner Packet

Hi Ragnarians,

This runner packet is to help you navigate the exchanges and the course as well as prepare you for the Ragnar Great Midwest adventure. **This document will be continually updated as more information is solidified.**

## **Important Dates**

* **Online Runner Invite Deadline:** July 7, 2019
* **Late Runner Change Fee:** July 8, 2019
* **Packet Pick Up (Optional):** July 11, 2019
* **Race Day:** July 12-13, 2019

## **Helpful Information**

* **Race Director(s) Contact Info:** 
  + **Mike Henderson /** [**mike.h@ragnarrelay.com**](mailto:mike.h@ragnarrelay.com)
  + **Jonathan Embler /** [**jonathan@ragnarrelay.com**](mailto:jonathan@ragnarrelay.com)
* **Not Allowed:** Dogs, generators, open flames, or drones
* [**Download the Race Bible**](https://images.runragnar.com/files/bibles/f44fd487198886dd.12.11.pdf?_ga=2.224501594.1311601831.1550596140-1956416356.1546537432): If you are new to Ragnar, or need a review, this will answer a lot of questions. Soak it in!
* [**Suggested Packing List**](https://www.runragnar.com/ragnar-road-blog/2018/02/2018-essentials-ultimate-packing-list/)**:** A little guide to what we think you should bring
* [**Pace Calculator**](https://images.runragnar.com/files/i/Chicago/Great%20Midwest%202019/GMW%20Road%202019%20Pace%20Calculator_v1.xlsx?_ga=2.73548114.1185113988.1555345345-1850947489.1538365175)**:**  Enter your team information and make sure to compare it to hold times and [[exchange open/close times](https://images.runragnar.com/files/i/Chicago/Great%20Midwest%202019/GMW%20Road%202019%20OpenCloseExchangeTImes_v1.pdf?_ga=2.13772663.1185113988.1555345345-1850947489.1538365175)](https://ragnarrelay.quip.com/uGE1AQe0byuU)
* [**Suggested Hotels List**](https://www.runragnar.com/plan-your-trip/relay/greatmidwest)**:** A number of hotels close to the Start & Finish Line

Pre-Race Packet Pick Up – Thursday, July 10, 2019

Check in at Pre-Race Packet Pickup and skip the lines on race day! Both Van 1 and Van 2 can check-in at the Pre-race Packet Pick Up. (*This is an optional pre-race packet pickup. Both Van 1 and 2 can check-in at the pre-race packet pickup on Thursday. You do not need both vans to check-in, just everyone from the van that is checking in. On race day, if you have not checked in, Van 1 will check-in at the Start and Van 2 will check in at Exchange 6.)*

Thursday, July 10, 2019: 5:00PM – 8:00PM

Bellingham High School

2020 Cornwall Avenue  
Bellingham, Washington 98225

GPS:

Pre-Race Packet Pick Up Sweet Happenings

* Ragnar GEAR Store will be open and fully stocked
* Back East BBQ Food Truck will be there with their delicious menus

Race Weekend

Night Time Hours: 5:45 AM – 8:00 PM

**Van Support**

All legs that make up a Ragnar Course have a leg designation, either: Full Van Support, Partial Van Support or No Van Support.  
  
**Full Van Support:**   
Participants are allowed outside of the van to support their runners where it is safe and legal to do so. Any participant (not the runner) who is outside of their team van and crossing a road, must do so with the aid of an orange crossing flag. Ragnar provides two orange crossing flags to each van before the race which need to be returned at the finish line. The crossing flags are not permission to stop traffic, just to help with visibility to local traffic.  
**Partial Van Support**:   
Participants are not allowed outside of the van to support their runners on certain designated sections of the leg. There are no Partial Van Support legs on this course  
**No Van Support:**   
Participants (not the runners) are not allowed outside of the van to support their runners. Ragnar will provide a water station(s) on longer No Van Support legs. Vans need to follow van directions. There are large parts of the course on beautiful trails and this can make it hard to support your runner. Please pay attention to the timing of your runner on these legs as several are run at night after dark.   
Van routes apply to those legs designated No Van Support. Please respect the communities we run through and follow the van directions.

**SWEET HAPPENINGS From START to FINISH**

* **FIST Aid Stations will be posted at ALL Major Exchanges**

START LINE

* Van #1 & Ultra Teams Check In
* Ragnar Partner Sampling

Exchange #6

* Ragnar GEAR Tent
* Food Truck: Back East BBQ
  + Click [HERE](https://images.runragnar.com/files/i/NWP/Exchange%206%20Main%20Menu.pdf) for Main Menu
  + Click [HERE](https://images.runragnar.com/files/i/NWP/Exchange%206%20Snack%20Menu.pdf) for Snack Menu
* Ragnar Partner Sampling

Exchange #12

* Indoor Sleeping (bring those sleeping bags)
* Indoor Showers
* Indoor Restrooms

Exchange #18

* Braves Booster Club Spaghetti Fundraiser ($10 – Spaghetti, Bread, Salad, Desert)
* Indoor Sleeping
* Indoor Showers
* Indoor Restrooms

Exchange #24

* Food and Beverage
  + Click HERE for menu and prices
* Indoor Sleeping
* Indoor Showers
* Indoor Restrooms

Exchange #30

* Breakfast Food and Beverages
  + $7: Scrambled Eggs, Sausage, Apple Muffin, Apple Juice
  + Coffee ($2)
* Sherman Pioneer farm Produce (located next door: 6am – 4pm daily)
* Indoor Sleeping
* Indoor Showers
* Indoor Restrooms

FINISH LINE

* Ragnar GEAR Tent
* Sierra Nevada Beer Tent
  + Click HERE for beer selections and prices
* FREE Baha Fresh Tacos and Sides
* Food Truck: BIG W
* Recovery Zone
  + *Massage (ask JE for details)*

**General Exchange Parking**

**Finish Line Parking**

**Recycling**