

# RAGNAR NIGHT RUNNING GUIDE



PRESENTED BY  
 NATHAN



# QUIETLY STOMPING THROUGH THE NIGHT

## AREN'T NIGHT RUNS JUST LIKE REGULAR RUNNING, BUT AT NIGHT? **NOT QUITE.**

A small circle of light surrounds you. A cool breeze brushes your face. You hear the steady beat of your shoes hitting the earth and the rhythm of your breath. You are fully present in this moment because that's all there is. You can't see the next incline or the challenges in the distance. You can only see the stars above and the gently flashing lights ahead of you, marking other solitary runners, each encased in their own bubbles of light. "What are they thinking?" you wonder. We asked them. And here's what they said:

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“The air is just a bit crisper in the early morning hours. All things become a bit more possible with the change from day to night and night to day.”

“There's an almost childlike sense of doing something secret while everyone else is asleep. In the city, the calmer traffic and empty sidewalks are a relief.”

“I love the fact that it is just me in the little bubble of light and the sounds of my footfalls marking time to the adventure I'm on.”

“My favorite part of night runs is the solitude and quiet, even when there are other runners on the course, and we are quietly stomping through the night.”

*“I ABSOLUTELY LOVE THE NIGHT RUNS. THEY ARE MAGICAL. WHEN IT'S REMOTE, YOU CAN HEAR EVERYTHING: STREAMS, CRICKETS, THE SOUND OF YOUR OWN FOOTSTEPS.”*



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**NATHAN**™ **RAGNAR**



# 10 NIGHT RUNNING TIPS FOR NOOBS

## RUNNING IN THE DARK.

There's just something about it that doesn't sound like a great idea. Kind of like running with scissors. Or sleep walking. Or, you know, being in the dark in general. But once you realize that A) you're not 8 years old anymore and B) headlamps have been invented, you'll be able to tap into the magic of the Ragnar night leg. If you're still a bit apprehensive, try these expert tips from experienced Ragnarians:

### 1

#### SEE AND BE SEEN.

Go overboard with light-ups and reflective gear, invest in a quality headlamp to light the way ahead, and carry a handheld to give you good depth perception at your feet.

### 2

#### SKIP THE HEADPHONES.

With your sense of sight diminished in the dark, you need to rely on your bat-like hearing. But feel free to play music through your device's speakers, especially Metallica. ("Exit light, enter night...")

### 3

#### LEAN ON YOUR TEAM.

Ask your van mates to check on you every mile or so. You'll get the reassurance you need — plus some cheers and high-fives — to carry you on for the next 10 minutes.

### 4

#### RELY ON TECHNOLOGY.

Remember: your team is only a text away. And they can track your location, if you enable GPS tracking beforehand. There are also interactive SOS devices you can carry for emergency situations.

### 5

#### BUDDY UP.

Ask another runner going out on the same leg if they'll watch your back—or if you can watch theirs—depending on who's faster.

### 6

#### GO TOWARDS THE LIGHT.

Focus on the blinking lights ahead of you. There will almost always be at least one other runner within your field of vision.

### 7

#### PRACTICE, PRACTICE, PRACTICE.

Run the same course in daylight, if you can. And plan a few training runs at night with friends, so you get the hang of it before race day.

### 8

#### MAKE SAFETY YOUR MIDDLE NAME.

If the night leg still has you running scared, make sure you take your phone with you. For extra piece of mind, some runners carry personal alarms, whistles, or other safety items. Just no scissors. Mom was right about that one.

### 9

#### ASK ANY VOLUNTEER FOR HELP.

Everyone on the Ragnar course is there to encourage and support all the runners, regardless of team affiliation. So don't hesitate to reach out.

### 10

#### SLOW DOWN AND HAVE FUN.

Sprinting at top speed on unfamiliar terrain in the dark of night? Yeah...no. So gear down a bit, smile like no one's watching, and soak up the joy of the journey.



## NEUTRON FIRE RX RUNNERS' HEADLAMP

Lightweight, low-profile, and super-powerful, this 200+ lumen rechargeable headlamp kicks out a powerful beam of crisp, clear Run-Right Light™! Plus, it features red, green or blue LED strobes, so you can choose your favorite color.

"I travel year-round and work many night running events, so it's vital for me to have a reliable, powerful running headlamp. Love that I can charge it while driving!"

- Clarke, Team NATHAN

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## BANDOLIER

BE SEEN at night with this super-comfortable, super-soft, super-reflective... reflective vest. It gives you 360-degree visibility, meaning drivers can see you from any angle. It's Ragnar-approved, not to mention required for all Road Ragnars.

"Ditch the uncomfortable construction vest in favor of this runner-specific one... unless you enjoy chafing!"

- Maggie, Team NATHAN

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## ZEPHYR FIRE 100

The first-ever flashlight designed exclusively for runners, the rechargeable Zephyr 100 features a comfortable hand strap for grip-free lighting, and a 24-degree downward angle that focuses the beam on the path ahead. The rear LED and emergency siren are pretty cool too.

"The beam angle is perfect for night runners! It highlights hidden rocks on trails and uneven cracks on sidewalks, meaning I tumble way less than I used to :)"

- Dan, Team NATHAN

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## LIGHTBENDER RX

Light up the night with this lightweight, versatile and colorful lighted armband! It features red, green, and blue LED's, is sweatproof and water resistant, and easily recharges via the USB port.

"I feel so much safer when I run at night with the LightBender RX – my arm swings create a colorful blur that's easily seen by drivers. Plus, I feel like I'm in the movie Tron!"

- Erin, Team NATHAN

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# THE DOS AND DON'TS OF NIGHTTIME SELFIES

What's the first question that pops into your head while running with hundreds of strangers in the dark? As long as you're at a Ragnar race—and not escaping from impending doom—then it's probably going to be:

**“NOW HOW AM I GOING TO GET A GOOD SELFIE?”**

NEVER FEAR, WE'VE GOT YOU COVERED WITH THESE HANDY DOS AND DON'TS.

## DO

Set your phone on a solid surface and use the timer. Any movement at all when pressing the shutter causes blur.

Tilt your face toward any available light, whether it be moonlight, a streetlight, or a friend's headlamp.

Take your selfie during blue hour—the time shortly before sunrise or after sunset—for a cool effect.

Tap around your screen to adjust focus and exposure. You want your shadows black, not gray and grainy.

Hold your headlamp under your chin for a Frankenstein effect.

Offer to take a photo of another runner if they'll take one of you.

Pause for a moment on the side of the trail for your selfie, or slow to a walk.

### BONUS TIP:

With some smartphone models, you can plug in your ear buds and use the volume buttons as a remote shutter to reduce camera shake.



## DON'T

Take a handheld selfie in low light. If you must, lean your elbow against something solid. Hold your breath. Then click.

Use the flash, unless you like harsh shadows and red eye. And don't flash other runners, unless you like being arrested.

Believe that “it's always darkest just before dawn.” It's darkest at midnight, which is the worst time for a selfie.

Point and shoot and hope for the best. You really can get a decent shot in low light, with a little bit of practice.

Leave your headlamp turned on and facing the camera, unless photos of blindingly bright lights are your thing.

Interrupt a runner when they're in the zone. Look for someone who's walking or already attempting a selfie.

Try to run, smile, snap a selfie, and stay upright all at the same time.