

Runner Captains Meeting Notes

Show of hands - how many folks have done RTB before?

See the Race Handbook for more details on everything presented today!

What's New for 2016 compared to last year?

- Starting at 6:00AM
- Reebok Hardest Leg Challenge (Leg 6)
- New Legs 13, 14, and 15
- New Exchanges 13 and 14

Key differences between Ragnar Reach the Beach and other Ragnar Races

| Topic | RAGNAR Reach the Beach | RAGNAR Relay Series |
|-----------------------|---|--|
| Photos | Team photos taken at the start | Team photos taken at the finish |
| Race Start | The entire team starts from the Start Venue - no Exchange 6 check-in. | Only half the team is required to be at the Start Venue - Van 2 can check in at Exchange 6 |
| Course Signage | "Reach the Beach" branded arrows and signs | Ragnar branded arrows and signs. |
| Water Stops | On 'No Van support' legs longer than 8 miles | Located on 'no van support' legs longer than 4 miles and legs over 10 miles. |
| Beer | Not free at the Finish Line; proceeds benefit Hampton Rotary Club | One free beer typically given out |
| Terminology | Transition Area (TA) | Exchange |
| Terminology | Wild Card Transition | "Choose Your Own" Exchange |
| Volunteers | Provided by Community organizations throughout the route | Teams bring their own volunteers or pay a fee. |
| | | |

Start Times

- On or before September 2
- Only for rosters that are mostly complete (8+ for regular, 4+ for Ultra)
- Trim your rosters to no more than 12
- Respond to the 'Category' Survey sent to captains by Aug 31.

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When You Arrive

Thursday Night: 5:00pm – 9:00pm: Hole in the Wall Gang Camp Pre-Race Kick-off

- Dinner (Bretton Woods Pasta Dinner); Open Bar; outdoor Fireplace and fire pit.
- Registration: Safety Check, Team Orientation/Safety Briefing, Packet/Shirt Pick-up. Team Photos on Friday (none at the Finish)
- Reebok Ragnar RTB Merchandise

Friday: 5:00am – 3:30pm

- Breakfast (A-La-Carte)
- Registration: Safety Check, Team Orientation/ Safety Briefing, Packet Pick-up, Team Photos (only on Friday and only at Bretton Woods!)
- Remember: no Start at Exchange 6
- Transportation: Bus from Hampton Beach to Bretton Woods (1 way)

On the Road

- Navigation/Signage
 - 1600+ arrows and signs – run on the side where the arrows are
 - Vans cannot shadow runners
 - Maps in the App. Will track your progress.
 - Print out if you want paper copies.
- Race Command
 - Collecting cell numbers in advance through email survey otherwise we'll get them at the start.
 - You will receive Text notifications during the race for any course/race updates
 - Also used to notify your team of any rule infractions
- Non Support Legs
 - Legs 8, 9 and 10 – Madison: VERY IMPORTANT! Automatic Disqualification!!
 - Legs 33 and 34 – North Hampton

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- Wild Card TAs: Legs 19/20 and Legs 25/26
- Pace Accuracy/Holding Times: Please do not “sandbag” your pace. Teams running significantly ahead of their registered pace may be held at Exchange 6, 12, and/or 18.
- Trash and Recycling – see below for more detail
 - Leave things better than you found them.
- Volunteers/Community Support
 - Over 600 hundred volunteers will be on the course throughout the event
 - Most are non-profit groups affiliated with the towns we run through
 - Many will be selling food as an added fundraising opportunity
- Rules: please read this section in the handbook
 - 3 strike policy
 - Key rules you really need to adhere to:
 - Failure to adhere to staff instructions
 - IPods/Earbuds- ability to hear commands
 - Public Nuisance: **automatic DQ**
 - No Alcohol – especially in the State Parks
 - Text Race Command if you see a team cheating
- Reflective Safety Vests for ALL runners who are outside the van
- EMS/Medical Support:
 - At every Transition Area – first responders only; they cannot transport
 - List of area hospitals in the race handbook
- Sleeping: not on parking lots! Please sleep on the grass.
 - Note: Camping at Exchange 24 is only permitted in the designated area

At the Finish

- Harpoon Beer Tent managed by the Hampton Rotary Club
- B.Good Kale and Grain Bowls and Coca-Cola products
- Van Parking
 - “Lot 2” for Van 1 with free shuttle bus to Hampton Beach
- Massage Tent
- Medals: finishers and double medals

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- Race Partners with specials, discounts and give-aways

Going Green with RTB

We are committed to making the race as green as possible and have been one of the race leaders in sustainability. Below is a summary of what we are planning this year:

- We'll provide recycling receptacles at the start, the finish as well as at TA/Exchange 6, 12, and 30. The receptacles will be clearly marked as recycling bins and will be placed next to the regular trash bins. Many of the bins will be staffed by volunteers to help you sort your trash and recyclables. And many of the receptacles will be located close to the portable toilets (which are also green!). Please ask your team members to seek these receptacles out as you proceed down the course.
- We will provide each team with two (2) recycling bags per vehicle at registration. Please use these recycling bags to collect all your empty plastic, tin, aluminum and glass containers. And we mean empty – no half-full sports drink bottles or non-recyclable trash as these “contaminate” the waste and result in potential recyclable materials being sent to landfill. And please, it would be a big help if you can remember to remove the tops from the plastic and glass bottled before putting them in the recycling bins.
 - Carry these recycling bags with you in the vehicles along the course and when they are full deposit them in the recycling receptacles at the locations noted above or at the finish at Hampton Beach State Park.

Green Portable Toilets

- Think all port-o-johns are the same? Well, they're not; especially where it concerns harsh toxic chemicals. Thanks to Dave's Septic, we will be utilizing environmentally friendly 'green' port-o-johns that use bio-degradable chemicals and recycled paper, which will minimize the impact to the environment.

Things You Can Do...

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- **Re-useable Water Bottles:** We are strongly encouraging 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.
- **Don't Idle:** When you are pulled over on the side of the road cheering for a teammate, or waiting at an exchange area turn your car off.
- **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, you also won't be using excess amount of fuel.
- **Reusable Grocery Bags:** Most runners 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:** consider carpooling to the start line, finish line, pre-race party and training runs? It's more fun to have a co-pilot anyways. You can also take the bus from Hampton Beach to the start.
- **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.)

Weather

- **Heat:**
 - o 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

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- hydration is obtained when the runner has clear (light lemonade colored) and copious urine. But please, use the portable toilets.
- o 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.
 - o Sunscreen – lathering up is cool. Especially if you are wearing a Speedo.
 - Inclement Weather:
 - o Race Command monitors weather conditions continuously throughout the race and should there be adverse weather such as lightning or flooding on the course at any time, we'll enforce a "weather hold". We will have staff on the course giving instruction and make sure everyone is clear on procedure, but so that you are aware of the basics:
 - o If a hold is necessary on part of our course, as teams arrive at the exchange before the hold area they will be given a hold card which tells them how many hours to hold and which exchange to restart at.
 - o Stay safe and off course and skip one leg for every one hour of hold.
 - o When it is your time to restart (time will be listed on your hold card) you will drive to the exchange and send that runner off. Be sure to turn in your hold card to the volunteers at that exchange so that we can make the necessary timing adjustments.
 - o Runners who missed a chance to run can double up and run any other later leg.

Other: Van Decorations and 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:

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- 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 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

Refer to "sweet happs" on the Ragnar App or "Exchanges" section on the Website. Too many things to list from more than a dozen community food fundraisers, to Half-pops giving out samples half-way, to the Reebok Leg (Exch 6) and Reebok Tent City (Exch 24). There will be a lot going on all over the course.

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Frequently Asked Questions

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

A: 6:00 a.m. is the first available start time; last start time is at 3:30 p.m.

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

A: Yes. Leave a note in the dash that says 'RTB'.

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 park and come hang out?

A: No, We really do not have extra parking. The best place for them is at the Finish line. There will be a \$15 State parking fee for non-race vehicles.

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 go through registration/check in and get your team photos taken.

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.

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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: 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 start area. Look for the signs indicating where.

Q: Will there be beer at the finish?

A: Yes. Harpoon Brewery will be the beer at the finish. 16oz drafts will be \$4 each.

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

A: Yes

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

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

Q: Are there Showers?

A: Showers are available at Exchange 11 and 30 and then cold showers at the finish.

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: 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 if we lose reception or there is bad reception on the course and we can't access the Ragnar App?

A: Fortunately our app and all of the information can be pre-loaded. Prior to the event (we recommend Thursday night before the race) you can open the app using a reliable wi-fi network, click on your race, and click on each page to pre-load the contents. Make sure that each button/topic you anticipate using gets opened. Leg Maps can be further bookmarked by clicking on the small heart at the top right corner to favorite a leg map.

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!!