# OFFICIAL 2016 RACE BIBLE

Official Ragnar Relay Series Website
Official Ragnar Relay Series Facebook Fan Page

**ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE**

Race Specific Details are found on Page 6

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## INTRODUCTION

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This packet contains important team information for the Ragnar Relay Series. Team captains are responsible to be familiar with everything contained in this packet and to educate all team members on significant information. It is recommended that all runners read through the Race Bible. All information is this document is subject to change.

## UPDATES

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ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE. It is important that all teams make sure that they have an updated version of the Official Race Bible. Use the following list of updates to determine if the Race Bible you have downloaded is current with the one online.

9/11 – Safety updates added
9/21 – Volunteer contact information added
10/6 – Littering and Property Damage policy updated
1/6/16 – Night time hours updated
1/10/16 – Headphone policy updated
1/22/16 – Team Captain Meeting details added
2/22/16 – Orange County Team Captain Meeting added
3/4/16 – Leg maps added
3/7/16 – Holding times added

## RACE INFORMATION

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**Race Name:** Ragnar Relay So Cal 2016
**Race Director:** Ameena | ameena@ragnarrelay.com | 801.499.5024 ext 158 |
**Facebook Event:**
**Race Charity:** The Orange County Child Abuse Prevention Center

## IMPORTANT DATES & INFORMATION

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| | | |
|---|---|---|
| **REGISTER YOUR TEAM ONLINE AT:** | Ragnar So Cal | |
| | | |
| **Early Team Registration Deadline** | July 3, 2015 – October 15, 2015 | |
| **Regular Team Registration Deadline** | October 16, 2015 – January 21, 2016 | |
| **Late Team Registration** | January 22, 2016 – February 18, 2016 | |
| | | |
| **Start Time Requests** | February 1 – March 4, 2016 | |
| | | |
| **Volunteer Registration** | February 19, 2016 – March 18, 2016 | |
| **Pay for Deadline** | March 18, 2016 | $120/vol |
| | | |
| **Team Member Substitution Deadline** | March 4, 2016 | Free |
| **Late Substitution Deadline** | March 5 – March 17, 2016 | $10.00 |
| **Final Substitutions** | March 18 – April 1, 2016 | $20.00 |
| **Final Team Name Change Deadline** | February 15, 2016 | |
| | | |
| **Team Captain's Meetings** | Monday March 14 at 7 PM<br><br>Wednesday March 16 at 7:00 PM | Huntington Beach Beer Co<br>201 Main Street Ste E<br>Huntington Beach, CA<br><br>Road Runner Sports<br>5553 Copley Drive<br>San Diego, CA 92111 |
| | | |
| **OFFICIAL NIGHT TIME RUNNING HOURS** | 6:15 PM – 7:00 AM | |

## OFFICIAL HOLDING TIMES

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| Exchange | Hold teams arriving before: | Allow held teams back onto the course at: | Course Takedown |
|---|---|---|---|
| 6 | Friday April 1 8:45 AM | Friday April 1 11:15 AM | Friday April 1 6:30 PM |
| 12 | Friday April 1 3:30 PM | Friday April 1 6:00 PM | Saturday April 2 12:30 AM |
| 18 | Friday April 1 7:15 PM | Friday April 1 9:15 PM | Saturday April 2 4:15 AM |
| 24 | Friday April 1 11:30 PM | Saturday April 2 1:30 AM | Saturday April 2 8:30 AM |
| 30 | Saturday April 2 4:30 AM | Saturday April 2 6:30 AM | Saturday April 2 1:30 PM |

# BEFORE THE RACE

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## 1. GETTING STARTED

### 1.A) To Do List

- Start recruiting a 12 or 6 person team, plus three volunteers.
- Register and pay for the team online at www.ragnarrelay.com before the deadline.
- Register all team members online at www.ragnarrelay.com before deadline.
- Register all volunteers online at www.ragnarrelay.com before deadline. Or make the "Pay for Volunteers" payment to the official charity before deadline.
- Request start time before deadline.

### 1.B) Organizing a Team

The two team types to choose from are regular team (12 people running 3 legs each) and ultra team (6 people running 6 legs each). Each regular team will be classified as a male, female, or mixed team and will compete in one of several divisions. Each ultra team will compete as a male, female or mixed team.

Here are some tips that will make organizing a team easy

- If you don't know 12 runners don't worry. You probably know 3 or 4 and they probably know 3 or 4. Teams made up this way (with friends of friends) are often the most fun. By the end of the race you'll have 11 great friends!
- Find someone that is a good leader and excited about the event. Put this person in charge of filling one of the vans. Now both of you just need to find 5 runners instead of 11.
- If you do not have 12 runners or do not want 12 runners, no problem. You can have any number of runners between 4 and 12 (see section 8). Any team with less than 4 runners needs to contact the Race Director about procedures and rules for the race.
- Set a date by which you want to send in registration and begin collecting entry fees from members of the team. Runners will feel more committed once they fill out an entry form and give you money. Many teams commit friends, but since the friends never pay or fill anything out, they don't feel committed. When it comes time to sign up they haven't trained and they back out.
- Once you have a few firm commitments register the team. Again, this will make the team feel more committed. You shouldn't have a hard time finding the rest of your runners. If worse comes to worse, there are always last minute runners looking for teams through our team finders (see 1.C).

### 1.C) Online Team Finders

If a team is looking for runners, we recommend using our "Team Finder" tool located on the bottom right of every runner's profile page. Simply click the box indicating you are available to join a team and fill out the requested information. Teams looking for runners will be able to find you in the Ragnar Database.

If your team is looking for runners, the team captain can use the "Runner Finder" tool on the bottom right of their team page. Simply click the box indicating you are looking for runners, select a 10k pace range, then click the circular arrow buttons next to the paces. This will populate a list of runners in that pace range. You can send them a message and ask if they are interested. Be sure to include your contact information!

Another great resource is The Ragnar Relay Series Facebook Fan Page. Within the fan page, each race is listed under the "events" section. Reach out and communicate with runners and teams on either page.

**1.D) Getting Ready**

Once a team has been organized we recommend the team meet several times prior to the event to work out logistics. It may be helpful to discuss the following things:

- Communication between vehicles. Some segments of the race have limited cell phone coverage. Make a list of all cell phone numbers and be sure that everyone brings a cell phone charger. Some providers will get better service than others so try to have a variety of carriers. We also recommend the use of two-way radios.
- What to do if runners get to an exchange and the next runner isn't there.
- What to do if a runner and/or vehicle gets lost.
- Where to get gas.
- Where to eat. What types of food and drink to bring along.
- What types of clothing and equipment everyone should bring. Weather is uncertain; be prepared for hot and cold weather extremes as well as rainy weather.
- Running at night, and if anyone is willing to run extra miles as a run pacer.
- What start time to request.

**1.E) Start Times**

Start times are based on accurate pace predictions, so **it is critical for a successful event that each runner has an accurate 10K pace in their profile when the captain is ready to submit start time requests**. Teams that misrepresent their pace will be penalized. These predictions are critical to a successful event and will allow us to place teams in starting slots that create the least amount of congestion on the course. To request start time preferences, captains need to do the following: 1. Log into your account, 2. Access your team's profile page and ensure all paces are present and accurate, 3. Click the 'Request Start Time' button (this button will not appear until start time requests open, see page 6 for date).

To assign start times, we take each team's top three preferred starting times and the pace submitted. We try to put teams in one of their preferred time slots, but we are not always able to fulfill these requests. Start time requests are prioritized based on when a team registers. The earlier the team registers the more likely they will be to get their requested start time. **It is extremely important that the pace submitted for each team is accurate.**

To accurately project a team's pace, take each individual runner's 10k race pace and calculate an average team pace. If individuals have not participated in a competitive 10k recently, we strongly encourage them to run one before submitting a team pace. Alternatively, consider getting together as a team for training run at a competitive 10k pace.

***PLEASE NOTE:*** Your team needs to have an average of at least an 11 minute mile pace in order to finish the course in the specified timeline. Accurate pace entries are vital to the scheduling of course support. Should your team fall far enough behind pace that you are falling behind course closure times listed in the Ragnar app, Ragnar staff will work with your team to get you back within the course support limits. If you have concerns about this for your team, please make sure and contact the Race Director.

**1.F) Training**

Good training will help make this an enjoyable race as well as prevent injury. A training guide is available HERE on our website. As with all training programs, please consult a physician first.

## 2. REGISTRATION

### 2.A) Team Registration

Registration is available online and should be completed by the Team Captain. Simply click the "Register" link next to the race on the Registration webpage and follow the instructions. After completing the registration process the team captain will receive an email confirming registration and assigning team number. A ***non-refundable entry fee*** is due at the time of online registration.

### 2.B) Team Name

When selecting a team name, please remember that Ragnar Relays are family friendly events. Teams will travel through sensitive communities and schools. Teams are also encouraged to bring their families, friends, and support crew to the finish line. We encourage you to think about how children might respond to your team name when the announcer calls it over the loudspeaker. Please help us in respecting everyone at the event and the communities who graciously host us. If we feel your Team name is inappropriate you will receive an email from the Race Director asking you to select another name.

### 2.C) Individual Team Member Registration

Once the team has been registered and paid for online the team captain has until the substitution deadline to register each individual team member online (see registration deadlines on page 6 for more info). If the team registers during the late registration period, then team members will need to be registered within two weeks of the date that the team registered. A separate online form must be filled out for each team member and each team member must read and accept the online waiver agreement.

### 2.D) Signing Online Waiver

All team members *must* sign a waiver in order to participate. You must first be associated with a team to sign the waiver. You should receive the waiver in conjunction with the team invite sent to you by your team captain. When accepting the invite, you will also have the opportunity to sign the waiver.

### 2.E) Participant Age Restrictions

Any participant under the age of 18 must have a parent or legal guardian sign a waiver. Any vehicle with one or more participant(s) under the age of 18 must also have at least 1 adult (25 or older) preferably serving as either a driver or safety officer in the vehicle. The individual over 25 doesn't have to be a runner but can be. Those under 12 years of age are prohibited. Ragnar will consider formal requests for extraordinary circumstances through the Race Director. Specific rules apply for High School Teams, please see section 6.C.

### 2.F) Substitutions/Additions

If team members need to be changed (substituted or added), the team captain must log onto the team page and simply click on the Invite Runners button and fill out the new team member's information. There is no charge for substitutions/additions made before the substitution/addition deadline. Late substitutions/additions can be made for a $10 or $20 fee per substitution or addition (see registration deadlines on page 6 for exact dates). Substitutions/additions can be made at the start line but the runner must be present to sign the waiver.

### 2.G) Refund & Transfer Policy

Refund Policy: ***All entry fees are non-refundable***.

Transfer Policy: Teams may transfer their registration to any Ragnar Relay or Ragnar Trail, excluding sold out Ragnar Events, within 12 months of the Ragnar Relay for which they were originally registered. Teams may only transfer a registration once. When a transfer is made, the original price paid will be applied to the new relay registration fee. In cases where the new relay registration fee is more than the original price paid, the team will be required to pay the difference. In cases where the new relay registration fee is less than the original price paid the difference will not be refunded.

If a transfer request is made after regular registration ends, a $400 transfer fee ($275 for ultra) will be deducted from the original price paid. If a Ragnar Relay reaches "wait list" status, as indicated by a wait list button on the Ragnar Relay Registration webpage, teams may only transfer to another Ragnar Relay if a replacement team is found. If a transfer is made after a Ragnar Relay is in "wait list" status, a $400 transfer fee ($275 for ultra) will be deducted from the original price paid. All transfers must be approved two weeks prior to the day before the race starts (Thursday).

## 3. VOLUNTEERS

Each team is required to fill three (3) volunteer shifts, by recruiting the volunteers themselves or paying for the volunteers to be recruited through Ragnar and its official charity. **Failure to fulfill volunteer requirements will result in disqualification**. **Disqualified teams will be pulled from all results.**

### 3.A) Each Team Must Provide 3 Volunteers

If any one team member lives within 100 miles of the course, it is mandatory for the team to supply 3 volunteers. Volunteer sign-up will open up approximately six weeks before the race (see volunteer sign-up dates on page 6).

Non-local teams are exempt from this rule if **all** team members live at least 100 miles away from all parts of the course. Once all team members are registered, please contact the volunteer coordinator at socalvolunteers@ragnarrelay.com to request a volunteer policy exemption.

All volunteers must:

- **Be at least 16 years old**
- Individually register for a shift on the Ragnar website during the volunteer registration period noted on page 6. Volunteer shifts are first come, first choice. ***Captains may not reserve shifts for team volunteers.***
- Provide their own transportation to and from their assigned location
- Wear their official volunteer hat while at their assigned location
- Be physically able to perform their assigned duties
- Be willing to fulfill any assigned volunteer time
- Be willing to fulfill their entire shift at an assigned location
- Provide their own food and drink during shift (we will have water bottles for volunteers)

### 3.B) Pay For Volunteers

Teams also have the option of paying $120 per volunteer for Ragnar to recruit volunteers along the course. Ragnar's partner charity/charities will receive a donation when they provide a volunteer for your team. In order to be eligible for this option, teams must make their payments online by the deadline (see pay for volunteer deadlines for exact dates on page 6).

### 3.C) SWAT Volunteers & Exchange Managers

Ragnar will also accept a limited number of SWAT volunteers and Exchange Managers. SWAT volunteers will be scheduled for a longer shift with more responsibilities. A single SWAT volunteer fulfills all three volunteer requirements for a team. Exchange Managers manage one exchange point along the course, and fulfill two team

volunteer requirements. SWAT and Exchange Managers are scheduled by-application only. Positions are limited. The crew is typically built 45-90 days in advance of the race. If you have a volunteer who would like to be a part of the crew, please have them fill out this application.

**4. TEAM CAPTAIN MEETING AND MINUTES**

Three weeks before the race there will be a Team Captain Meeting. During the meeting we will discuss the rules and any concerns/comments the Team Captains have, as well as last minute changes. If Captains are not able to attend the meeting, they are welcome to send another team member in their place, and/or meeting minutes will be sent out two weeks before the race in an email, as well as be posted on the race website and Facebook page.

**5. TEAM CHECK-IN**

Van 1 must check in at the start line at least one hour before their official start time. Van 2 must check in at exchange 6 at least one hour prior to starting their legs. When checking in, each van must present the following items:

1. Two (2) flashlights or headlamps* (this means a team needs a total of 4 )
2. Six (6) reflective vests* (team needs a total of 12)
3. Two (2) LED tail-lights*(team needs a total of 4)

*Ultra teams need only check in once at the start with enough equipment for 1 van.
*All van drivers must have a reflective vest for night time hours.

*Teams will not be allowed to start until they show these items.* ***Every person outside the support vehicle will be required to wear a reflective vest during the nighttime hours****. It is mandatory that you have enough vests for every member of your team.*

Upon check-in at the start line, Van 1 will receive runner bibs, van number, crossing flags, and a slap bracelet (used as a baton). If the team captain is in Van 2, he/she is not required to be at the start. In this event send one representative from the team to check-in instead. Upon check-in at exchange 6, Van 2 will receive runner bibs, van number, and crossing flags.

## TEAM TYPE

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**6. REGULAR TEAMS**

**6.A) 12 Runners**

Regular teams are made up of twelve runners. Each member of the team will complete three legs of the relay. Runners must run in the same sequence for each segment of the race – every twelfth leg. For example, if a runner runs leg 3, he/she must also run leg 15 and leg 27.

**6.B) Divisions**

There are several divisions in the Regular Team category (Open, Sub-masters, Masters, Corporate/Public Service and High School) and three classifications within each division (Men's, Women's and Mixed). To qualify for the mixed division, teams must have at least 6 women. To be in the women's division the team must be all women. **Team divisions and classifications are final the Tuesday before race day. We will not change team divisions or classifications after the race has begun.**

**6.C) High School Teams**

To be classified as a High School Team, each team member must be a student, ages 12-18. This is mandatory to qualify for High School pricing. Any participant under the age of 18 must have a parent or

legal guardian sign a waiver. Please contact the Race Director for this waiver. Any vehicle with one or more participants under the age of 18 must also have at least 1 adult (25 or older) who is not running the race and is preferably serving as a driver or safety officer in the vehicle. Those under 12 years of age are restricted. Ragnar will consider formal requests for extraordinary circumstances through the Race Director.

**7. ULTRA TEAMS**

**7.A) 6 Runners**

Ultra teams are made up of six runners. Each member of the team will complete six legs of the course. Ultra teams can choose to run one of the following two ways 1.) run two legs back to back three times (i.e. the first runner would run legs 1-2, 13-14, 25-26) **OR** 2.) Run 6 times, 1 leg at time (i.e. the first runner will run legs 1, 7, 13, 19, 25, 31). All runners on the team must choose the same format and cannot switch formats during the race.

**7.B) Divisions**

There are three divisions in the Ultra category: Men's, Women's and Mixed. To qualify for the mixed division teams must have at least 3 women. To be in the women's division the team must be all women. **Team divisions and classifications are final the Tuesday before race day. We will not change team divisions or classifications after the race has begun.**

**7.C) Support**

Ultra teams should make special preparations to provide support for their runners. We do not provide food or water except at major exchanges (every 6th exchange) and on non-support legs. Since team members of Ultra teams are running longer legs, plan to stop frequently on support legs to give runners plenty of recovery food and drinks.

**7.D) All Other Rules and Logistics**

Every rule that applies to 12 person teams applies to Ultra teams. Please review all of the rules and logistics for 12 person teams.

**8. OTHER TEAM SIZES**

We do permit teams to run with any number of runners from 3 to 12 runners. Team with any number of runners other than 6 or 12 should treat the open spots as injury runners. Teams may choose whichever spot they want as the "vacant runner"- but the legs must stay in the same pattern (every twelfth leg). For example, if spot #1 remained vacant, the legs that would need to be filled would be legs 1, 13, and 25. Those legs can be filled with 3 different runners, or one "super runner" can take on all three legs. Legs cannot be divided between 2 runners and will result in disqualification.

**9. POST RACE AWARDS**

Awards will be given to the top 3 finishers from each category within each division. **Team divisions and classifications are final the Tuesday before race day. We will not change team divisions or classifications after the race has begun. Teams are encouraged to check their division on their team profile before the Tuesday before race day to ensure they are in the correct division.**

## GENERAL RULES

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**9. SUPPORT VEHICLES**

**9.A) Support Vehicle Requirements**

Support vehicles are used to transport the runners to and from each exchange point. It is suggested that Regular teams use two vehicles to make it easier, although a single vehicle is allowed if there are seatbelts for all passengers and the vehicle adheres to all applicable local vehicle safety laws. Similarly, Ultra teams may choose to use one or two team vehicles, the recommendation is one van. Teams will provide their own vehicles. Teams are not allowed to have more than 2 vehicles per team.

**9.B) Vehicle Restrictions**

12 or 15 passenger vans are recommended whenever possible. Large Sedans are also great vehicles. We do not allow any vehicle wider than 6'6" and/or longer than 20'. Motor-homes, RV's, campers, trailers, buses or limos are not allowed on the course and/or at the exchanges by any team or spectator at any time. Failure to meet these standards will result in removal from the course. For any questions about the legality of a vehicle, please contact customerservice@ragnarrelay.com.

**9.C) Regular Van Rotation**

Teams with two vehicles of six runners should utilize the following rotation: Van 1 contains runners 1-6 and Van 2 contains runners 7-12. Runner #1 from Van 1 begins at the starting line. Once the race starts, Van 1 travels to the first exchange point where runner #2 will prepare to run. Runners from Van 1 continue to run in order up to exchange point 6; this is the first major exchange in the race. At exchange 6, Van 2 should be waiting. At this point, runner #6 from Van 1 will hand the baton off to runner #7 from Van 2. Then, Van 2 continues along the race course rotating runners until the next major exchange point, exchange 12, where they will hand off to Van 1 again. This pattern continues until the finish line. 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.

**9.D) Ultra Van Rotation**

We recommend one support vehicle for Ultra teams. Teams utilizing two vans must honor the rules of rotation for regular teams.

**9.E) Van Drivers**

Van drivers do not need to be a member of the team; this can be nice for some teams because it allows all runners to rest between their legs. However, runners are allowed to assume the duty of van drivers, in which case driving assignments would be rotated amongst themselves. Van drivers do not count as 1 of your 3 volunteers.

**9.F) Respect Local Residents & Communities**

While traveling through the local communities, please remember we are guests and you should treat all residents with courtesy and respect. Going out of your way to thank locals will go a long way in helping the event return each year. The following "Do Not's" are not intended to cover the broad spectrum of issues, so use common sense while in residential areas. We reserve the right to dismiss or disqualify any team based on a lack of respect.

- Do not honk horns or yell out vehicle windows during evening, night, and morning hours while in residential areas
- Do not block any residential or business driveways
- Do not impede traffic by driving too slowly or by not properly pulling vehicle over to the side of the road when stopping

**9.G) Only One Race Vehicle per Exchange**

Due to limited parking, 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 exchange point (6, 12, 18, 24 and 30). If for some reason team vehicles need to meet, they must meet off the course or at a major exchange.

**9.H) Park Only in Designated Areas**
Some exchanges have limited parking and in some cases teams will be required to park along road shoulders. In the event of roadside parking, team vehicles are not allowed to park on the same side of the road 500 feet before and after the exchange chute. After the exchange point, vehicles can park at any legal roadside that *does not impede racers or traffic*. Team vehicles should always stay to the right of the white fog-line when parked along the road.

**9.I) Runner Drop Off**
Vehicles must drop off runners at least 500 feet prior to exchange points before parking. We ask that all runner drop-offs be brief.

**9.J) Restricted Areas**
Vans can stop to cheer on teammates at any legal spot along the race route that does not obstruct runners or traffic.

**9.K) Van Communication**
There may be some segments of the race where cell phone coverage will be spotty. Ask a few members of the team to bring cell phones. Make a list of all team member phone numbers and be sure that the batteries are fully charged. Some providers will get better service than others so try to have a variety of carriers. We also recommend the use of two-way radios.

**9.L) Only 2 Race Vehicles per Team**
Each team is allowed no more than two team vehicles. Spectators may park at any legal spot along the race route or at the major exchanges. Minor exchange parking is for team vans and volunteers only, as parking will be limited. Runners may leave and return to the course by meeting separate vehicles somewhere off the course or at major exchange points.

**9.M) Van Numbers Must Be Clearly Displayed**
Teams must clearly display team numbers on both vehicles. Entrance into certain exchanges is dependent on van number visibility. Van numbers will be distributed at check-in. These 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.

## 10. RUNNERS

**10.A) Runner Rotation**
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.

**10.B) Reflective Vests / Headlamps / LEDs**
Each team must have at least twelve (12) reflective vests, four (4) headlamps or flashlights, and four (4) LED “tail/butt” lights. These must be presented at time of check in (see section 5).

**10.C) Injured Runners During Race**

In the event of an injury, any of the remaining runners can replace the injured runner. With the exception of the leg in which the runner was injured, legs cannot be split in pieces. For example, if runner 3 is injured half way through his or her first leg, any member of the team may complete the leg for him or her. Any member of the team can also fill in legs 15 and 27. Those legs can be filled with different runners, or one can fill in the remaining legs. A 13th member is not allowed to join the team in order to run the remaining legs. Once a runner drops out of the race, he or she cannot enter back into the race. If an IV is administered, the injured runner is no longer eligible to run.

**10.D) Mixed Division Injured Runners**
The same rules and regulations for Mixed Division apply as described in the above section. If, however, the injured runner is female and her dropping out causes there to be more males than females on the team, then only female runners may finish her legs for her. At least 18 legs (half) of the relay must be completed by female runners.

**10.E) Littering & Property Damage**
Any runners who are reported to have damaged private or public property or to have littered, urinated or defecated on private or public property will be dismissed from the course and will not be invited back. Toilets will be provided at all exchange points, and trash dumpsters will be available at the major exchanges.

**10.F) Follow Race Officials Instructions**
Race officials include staff and volunteers. Course volunteers at exchanges are considered Race Officials. They have authority to disqualify a team for rule violations, abusive behavior, or a team's failure to follow instructions given by volunteers. Abusive treatment or disregard for their authority will result in a strike or disqualification, depending on severity.

**10.G) Follow Correct Route - Navigation is the Responsibility of Each Team**
Teams are responsible to make sure that their runners stay on the course. Vehicles may wait for their runners at critical points to direct them which way to go. If a runner gets off course, they are to return on foot or in their support vehicle to the point where they went off course and continue from there. Do not drive ahead to make up for the mileage that they may have added. Signage is occasionally moved; be prudent in your knowledge of the course.

**10.H) Visible Race Number**
Team race numbers must be worn and visible on the **front** of each runner at all times while on the road. Bib numbers must be pinned to the outer most layer of clothing, including jackets, shorts, and reflective vests.

**10.I) Use of Slap Bracelets**
The team's baton (slap bracelet) should also be worn at all times while the current runner is on the road. Only runners wearing a slap bracelet will be allowed to exit the exchange chute to begin a new leg.

**10.J) No Pacing During Daytime Hours**
Neither foot nor bicycle pacers are allowed on the course during daytime hours (see section 12.C).

## RUNNER ARRIVALS AND HOLDING TEAMS

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**11. HOLDING TEAMS DOCUMENT**

Accurate projections are critical to a successful Ragnar Relay. At any given spot along the race route we have the course set-up and volunteers in place for 6-12 hours. Based on your projections, we will start your team in a way that will keep you within this window. If a team runs just one minute per mile faster than they projected, they will be 3 hours ahead of their projection by the end of the race. For some teams this could mean that they will be ahead of the set-up crew.

**11.A) Penalties**

If your team gets too far ahead of projections we may be forced to hold your team at one of the major exchanges for a couple of hours. If your team is held, we will subtract the total time that you were held from your overall time but your team will be issued a violation.

**11.B) Policies and Procedures**

Getting ahead of the set-up crew:

We understand that it is impossible to perfectly project your team's pace. We give teams a buffer zone before forcing them to stop at an exchange. If your team does get ahead of this buffer we will hold your team at one of the major exchanges. To prevent your team from getting ahead of the set up crew again later in the race, we will determine the amount of time to be held by taking into account your current average mile time as well as the miles left to run.

Getting behind the clean-up crew:

If a team gets behind the projection and falls behind the clean-up crew, we will usually allow the team to stay on the course and finish the race, but we reserve the right to force teams to leave the course if it becomes a safety concern.

**11.C) Accurately Projecting Times**

It is very important to accurately project the times when you will arrive at major exchange points along the course. Please refer to the 'Official Holding Times' table on page 6 of this document. If you need assistance in projecting your times and paces, please contact Customer Service.

Important locations and times **(*The following table is just an example, official times will be listed on page 6.*)**

| Exchange | Hold teams arriving before: | Allow held teams back onto the course at: | Course Takedown |
|---|---|---|---|
| 6 | Friday 11:00 am | Friday 2:00 pm | Friday 8:30 pm |
| 12 | Friday 3:15 pm | Friday 5:45 pm | Saturday 11:00 pm |
| 18 | Friday 7:30 pm | Saturday 9:30 pm | Saturday 3:00 am |
| 24 | Saturday 12:15 am | Saturday 2:15 am | Saturday 7:00 am |
| 30 | Saturday 4:45 am | Saturday 6:15 am | Saturday 1:15 pm |

## HAVE FUN! BE SAFE!

---

Safe Runners – Safe Support – Safe Race

**In the event of a serious emergency call 911.** Safety is our number one priority. There are many potential hazards in a race of this type including, but not limited to: automobile traffic, road and trail conditions, and weather. We ask that all teams please take appropriate precautions to ensure a fun and safe event. Please help us keep the race safe by focusing on being safe runners, safe support crews, and by helping us keep the race as a whole safe. Below are some basic guidelines and rules to help us all have a safe race.

## 12. SAFE RUNNER

**When you are the "on" runner, abiding by the following rules and guidelines will help keep you safe.**

### 12.A) Run Against Traffic and on Proper Surfaces

Runners are to run on the left shoulder of all roads (against traffic), using sidewalks or trails when available, unless signs or maps direct otherwise.

### 12.B) Be Aware of Traffic and Obey Traffic Laws

Runners are to understand that they do not have exclusive use of the roadway and are required to obey all traffic laws. This includes stopping at traffic lights.

### 12.C) Running & Participating at Night

The following nighttime rules have been developed to help ensure the safety of ALL participants.

- Official Nighttime Hours can be found on page 6.
- **ALL runners must wear night gear during the Official Nighttime Hours** – reflective vest, headlamp (or flashlight) and binking LED taillight.
- **ALL participants must wear reflective vests during the Official Nighttime Hours** if out of the team van anywhere on the course, including exchanges.
- Pacers may be used but ONLY during nighttime hours (see page 6). Pacers DO NOT have to be a member of the team. Running pacers can run with the runner but MUST run in single file. Bike pacers may ONLY be used on trails. Pacers MUST wear the same night safety gear as the runner (reflective vest, headlamp, and LED).
- If you choose to have a van driver, who is not a runner, the driver must also adhere to these safety guidelines.

### 12.D) Personal Music Devices and Headphones

The use of personal music devices with headphones while running is strongly discouraged. If you still choose to use them, you do so at your own risk and must meet the following requirements:

1. You must be able to hear traffic
2. Be aware of the sounds around you
3. Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling)

Safe Use Tactics:

- When running you should be able to hear you own footsteps, if you can't your volume is too high.
- Run with one earphone out and one in, again you should be able to hear your own footsteps.

Violations will be given out if you are unable to hear instructions. Three violations on any safety rule will result in disqualification for your entire team.

### 12.E) Running in the Heat

Staying hydrated is critical to having a fun and successful Ragnar race, not to mention staying healthy and avoiding a heat related illness such as dehydration, heat exhaustion, or heat stroke. Hydration becomes especially critical during times of high heat index. The heat index (HI) is an index that combines air temperature and relative humidity to determine how hot it feels. If the heat index is above 90°, heat cramps and heat exhaustion are possible. Above a HI of 105°, heat exhaustion is likely and heat stroke is probable with continued activity.

Teams must ensure their runners' safety by monitoring the condition of their runners before, during, and after each leg. Runners should pre-hydrate before each of their legs, hydrate while running, and re-hydrate after each of their legs. Water should be supplemented with electrolytes such as NUUN, SaltSticks, etc. Proper hydration is obtained when the runner has clear (light lemonade colored) and copious urine.

## 13. SAFE SUPPORT

**When you are part of the support crew, abiding by the following rules and guidelines will help keep you safe.**

### 13.A) Safety Officer/Navigator

Each van is required to have a safety officer/navigator that is awake and alert at all times. The safety officer is responsible for helping the team behave safely during the race. He or she must be seated in the front passenger seat and must have the safety guidelines and rules within reach at all times. The safety officer responsibilities may be rotated between team members. The safety officer must be someone other than the driver.

### 13.B) Exiting and Being Outside the Vehicle

Remember that these are open roads. Every member of the team (including drivers) must have his or her own reflective vest. Everyone that is out of the vehicle on the course at night must wear a reflective vest. This includes exchanges, shoulders, roadways, and parking lots adjacent to the course. Reflective vests must be worn during the Official Nighttime Hours (see page 6). From DUSK TO DAWN, KEEP YOUR VEST ON. We also encourage you to wear bright colored clothing at all times of day and light/bright clothing at night. Dark clothing is very hard to see at night.

### 13.C) Road Crossing

Any team member crossing the road must do so with an orange crossing flag, day or night. This applies to the support crew – not the "on" runner. Teams will be given flags at the safety briefings (see section 14.F). Two flags will be provided at the start to Van 1 and two flags will be provided at exchange 6 for Van 2. A credit card deposit of $15 is required for each flag, but that amount will not be charged to the cards if they are returned at the finish.

- Obey all traffic/pedestrian and j-walking laws
- Cross at crosswalk if there is a crosswalk within sight
- No crossing if there is a median
- No crossing roads with more than two lanes (one lane in each direction)
    - Roads with a total 3 lanes or more MUST be crossed at cross walks

### 13.D) Vans

Teams' vehicles are to obey all traffic laws, which include but are not limited to:

- Obeying speed limits (both minimum and maximum speed limits)
- Not stopping in the roadway
- No illegal U-turns
- Pulling off the road completely when stopping/parking
- No parking in non-legal parking areas
- No following runners to illuminate the road for them, or to pace them
- When parked, please turn off headlights so as not to blind oncoming traffic
- Leave parking lights on so that the vehicle is visible to regular traffic

- Please do not stop or slow down in places that will impede traffic or runners, and do not turn your hazard lights on

**13.E) No Van Support/No Pulling Over Leg Rules**
If a leg along the course is labeled as a "No Van Support/No Pulling Over" leg, team participants need to obey the following rules:

- 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.

Special Note: On 'No Van Support/No Pulling Over' legs runners need to make sure they are well hydrated before starting their leg and should carry water with them to ensure proper hydration throughout their run. All 'No Van Support/No Pulling Over' legs over 4 miles long will have at least one water station. 'No Van Support/No Pulling Over' legs over 8 miles long will have at least two water stations.

**13.F) Limited Van Support Leg Rules**
Teams are allowed to support their runners on these legs in a LIMITED CAPACITY, meaning:

- Team members ARE allowed out of their vehicles on the runners' side of the road in safe locations that are OFF the roadway e.g. parking lots, parks, side roads, etc. Runners may obtain support by running to these locations as long as they do not have to cross the road to do so. Supporting team members are NOT allowed on the roadway, shoulder or lane of traffic at any time.
- Team members are prohibited from crossing the road at any time on Limited Van Support legs.
- If a runner is in distress and there is a safety or health concern, teams may assist runners, but must obey all traffic and pedestrian laws in doing so.

## 14. SAFE RACE

**Help us keep the race safe by abiding by the following safety rules and by helping other teams to behave safely.**

**14.A) Prohibited Items on the Course**
The following items are not allowed on the race course: rollerblades, unauthorized bicycles, dogs or other animals, baby joggers/strollers, scooters, skateboards, and any other device that may endanger others or put a runner at an advantage over the other participants.

**14.B) Alcohol**
While participating in the race, the consumption of alcohol is not allowed at any point along the course. Alcohol may be responsibly consumed at the finish line.

**14.C) Sleep in Designated Sleeping Areas**
Sleeping/resting must be done inside the support vehicle or inside designated sleeping areas. Major exchanges 12, 18, 24, and 30 will have designated sleeping areas. No one is allowed to sleep on the ground in any parking lot

**14.D) In the Event of an Emergency**
**In the event of serious emergency call 911.** We will have limited medical staff on hand. First aid personnel will be stationed at all major exchanges. They will be equipped to handle only minor sports injuries. Please be aware of this and plan ahead for how you will handle any emergencies. It is the responsibility of each team to be aware of the location of hospitals and other medical facilities.

In the event of an emergency notify the nearest race official, as they will be able to communicate with nearest medical personnel or call for an ambulance if the emergency is severe enough. If you are not near any race officials, please text Race Command at 661-RAGNAR1 (661-724-6271). If the emergency is severe, **FIRST** call 911, then notify Race Command at 661-RAGNAR1.

**14.E) Mandatory Safety Training Meeting at Start Line and Major Exchange 6**

There will be a mandatory safety training at the race start line for van 1 and at exchange 6 for van 2 (Ultra teams need only attend safety training at the start). Each team is required to have all team members attend the safety training. The Safety training will last approximately 10-15 minutes. Each van will pick up flags and all other race materials after training. Along with other items picked up, teams will pick up van bib stickers which need to be displayed on all team vehicles. Please arrive at least 1 hour early to the start line or exchange 6 to give yourself adequate time to attend safety training.

**14.F) Bad Weather**

The race will occur rain or shine. However, under certain severe weather conditions where the safety of runners is in jeopardy or where significant damage or alterations to the race course occur, we reserve the right to cancel the event. There will be no refunds given if the race is canceled due to weather. Conditions that may result in a race being canceled or delayed include but are not limited to the following: severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, etc.

**14.G) Heat**

If there is extreme heat during the race we reserve the right to hold teams until the temperature drops. In this scenario, we would have teams skip ahead 1 leg for every 1 hour of Heat Hold. Race officials at each exchange will document teams' stop and restart times. Teams will not be allowed to restart before their designated restart time. If teams restart after their designated restart time, the difference will be added to their overall result times. During a Heat Hold all teams are encouraged to get off of the course, out of the sun, and not to proceed to their next exchange until 15 minutes prior to their restart time. After the race, Ragnar will apply each team's average pace to the legs that were skipped. Note that if a Heat Hold is in place, your team is still responsible for attending the start line /exchange 6 for race check-in and the safety training before skipping to their re-start exchange.

**14.H) Lightning**

If there is lightning at the start of the race we reserve the right to delay starts until the lightning clears. If you see lightning on the course after the race has started, get your runner off the road and into the support vehicle. Make a note of the time and the location where you exited the course. If lightning clears within 1 hour put your runner back on the road where they left and make a note of the time. If lightning persists longer than an hour, move ahead to the next exchange. For every hour of lightning, you may move ahead one exchange. Keep close track of where and when you left the course and where and when you returned to the course. At the end of the race we will have a form available for you to report these locations and times. We will then calculate your average pace and apply this pace to the segment of the course that you missed. In this way we will adjust all overall race times. Only teams that have taken accurate notes will be given official times.

**14.I) Flooding**

If a runner encounters flooded areas that are impossible to cross, get your runner into the support vehicle, and drive the runner ahead where the road is no longer flooded to continue running his or her

leg. Keep track of how far your van drives ahead by .10 of miles and report the mileage and speed traveled at the finish line. We will take your team's overall average pace, the mileage and speed driven and adjust your team's time accordingly. Only teams that have taken accurate notes will be given official times.

**14. J) Wildlife/Open Range Rules**
If a runner encounters any wildlife that is aggressive on the course, get your runner off the road and into your support vehicle. The vehicle should drive ahead and let the runner out at a safe and reasonable distance ahead of the wildlife to continue his or her leg. Keep track of how far your van drives ahead by .10 of miles and report the mileage and speed traveled at the finish line. We will take your team's overall average pace, the mileage and speed driven and adjust your team's time accordingly. Only teams that have taken accurate notes will be given official times.

**14.K) Report Other Teams Breaking Safety Rules**
We will have Course Marshals out on the course monitoring teams for safety and adherence to all rules. However, with the size of the course we cannot be everywhere at once. We are asking teams to help us keep the course safe by reporting teams that are violating any of the above rules. To report violations:

**Send a text message to 661–RAGNAR1 (661-724-6271)**
Please include the Who, What, Where, and When in your text message.

Please use this number to keep us informed. Send text messages if you see improper signage, unsafe conditions, if you become lost, etc.

## ENFORCEMENT

**----------**

**15. RULES AND SAFETY ENFORCEMENT**
Rules are enforced based on a "three strikes you're out" policy. There will be race officials monitoring the course to enforce rules. Teams will be notified via text message each time they violate a rule (cell phone numbers will be collected at the start line and exchange 6). If a team receives three safety violations a Course Marshal will meet them to review the validity of each violation. If the Course Marshal deems that the violations are valid, the team's slap bracelet will be confiscated and the team must leave the course.

In addition to Course Marshals, teams will have the ability to text in rule violations. Course Marshals will determine the validity of all text messages received from teams.

Course Marshals may also disqualify teams on the spot without prior warning for what they deem to be serious rule violations.

## RAGNAR REFLECTIVE VEST REQUIREMENTS

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Safety is our number one priority. *Ragnar Relay requires every runner to have a reflective vest prior to getting on the course. Any participant (not just the active runner) who is outside of their team van during nighttime hours must wear a reflective vest, even van drivers. In street clothes at night, you are only visible to drivers up to 200 feet. Most reflective vests make it so runners become visible to drivers up to 1200+ feet. Adding headlamps and flashing LED tail-lights provides increased visibility and safety.*

We receive many questions on reflective vest and what is acceptable. Reflective vests must have **reflective material on the front, back and shoulders**. The pictures below illustrate what types of reflective vests are acceptable. The color of the vest does not mater, just the amount of reflective material.

**APPROVED**

Standard Reflective Vest

**APPROVED**

Running Reflective Vests

**APPROVED**

Reflective Harness

The following items are **not approved for use in Ragnar races**: homemade products, reflective sleeves, reflective belts, adhesive reflective tape, or reflective piping.

**NOT APPROVED**

Reflective sleeves

**NOT APPROVED**

Reflective Belt

**NOT APPROVED**

Clothing with Reflective Piping

**For questions please contact the Race Director**

**DIRECTIONAL SIGNS**

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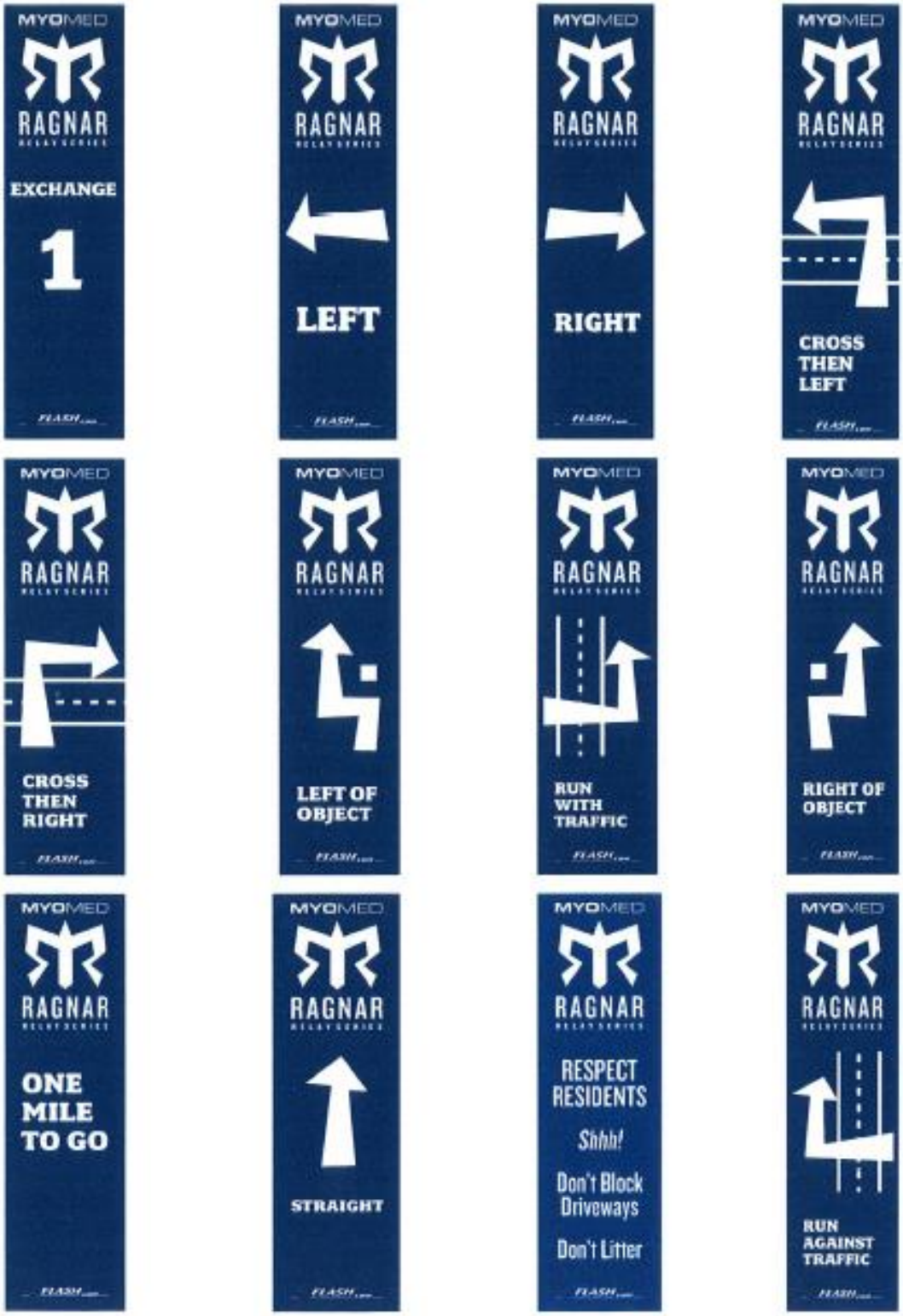
Along the course there will be course signs that communicate to the runners which direction to go, on what side of the road to run, which exchange they are at, etc.

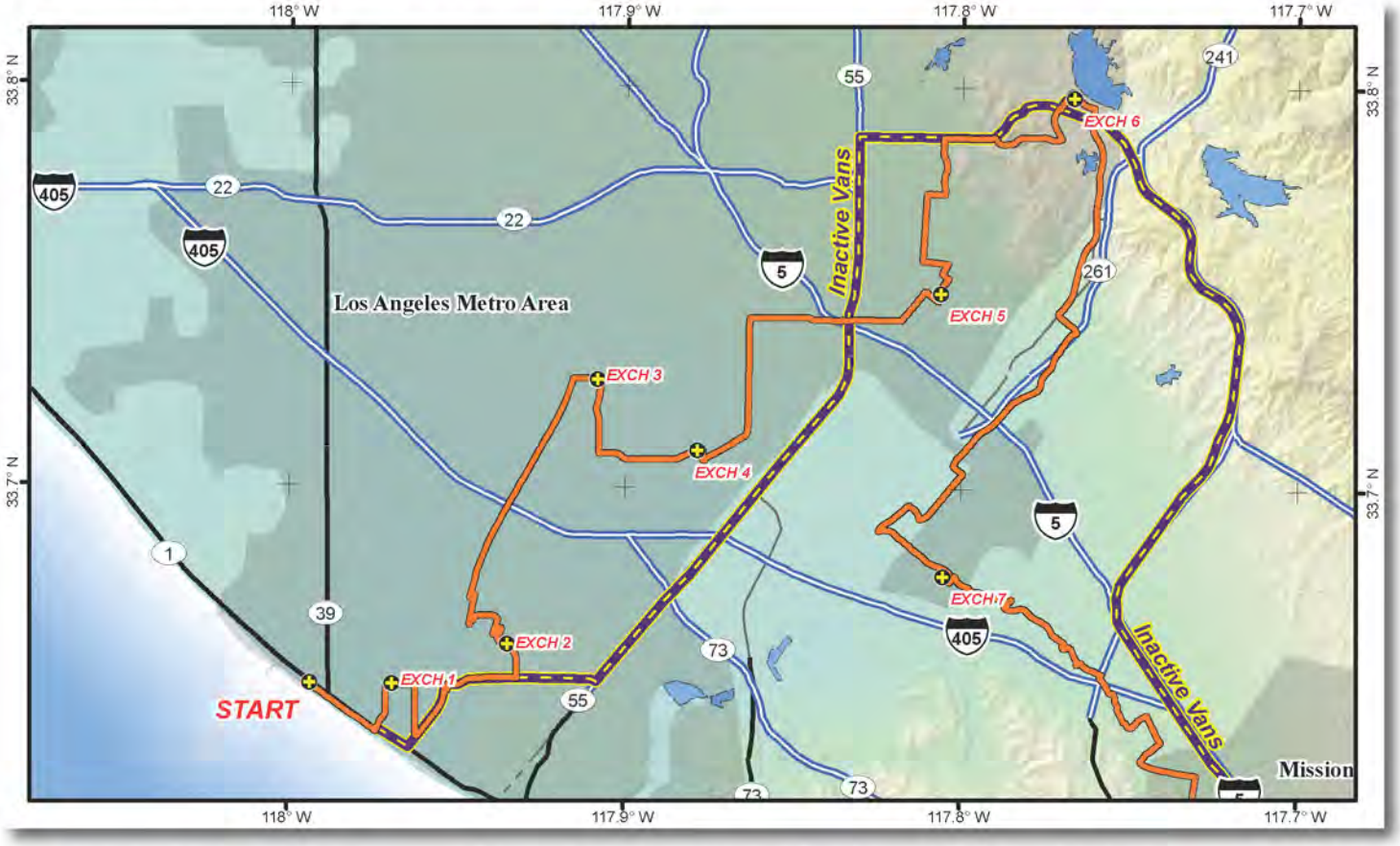


# Course Overview -- 190.6 Miles

# Map Symbol Legend

- Exchange
- Tenth-Mile Marker
- 4 Mile Marker
- Runner Route
- Van Route
- Water Station
- Trail Entrance and Exit
- Trail Entrance
- Trail Exit
- No Van Support Segment

# Van 1 -- Legs 1-6 -- 30.8 Miles




**Van 2 Directions to Exchange 6**

**Exchange Notes:**
In order to avoid congestion at this exchange, please follow the van directions provided. Enter the Santiago Canyon College parking lot via Newport Blvd.

| | |
|---|---|
| 0.0 | Head south on Pacific Coast Highway |
| 0.6 | Turn LEFT onto Brookhurst St |
| 1.9 | Turn RIGHT onto Hamilton Avenue |
| 2.0 | Continue onto Victoria Street |
| 4.5 | Turn LEFT onto Newport Blvd |
| 4.6 | Turn LEFT onto the State Route 55 North ramp |
| 4.8 | Merge onto State Route 55 North |
| 15.1 | Take the Chapman Avenue E exit |
| 15.4 | Merge onto E Chapman Ave |
| 19.2 | Turn LEFT onto N Newport Blvd |
| 19.3 | Turn RIGHT onto E Broadway Trail |
| 19.4 | Arrive at Exchange 6 |

Exchange 6 Address:
Santiago Canyon College
8045 E Chapman Avenue
Orange, CA 92869
GPS: 33.79717°N, 117.76939°W

# Leg 1 -- 2.3 Miles -- Easy -- FULL SUPPORT

LEG 1 -- 2.3 MILES -- EASY

Start Line
22 Huntington St.
Huntington Beach, CA 92646

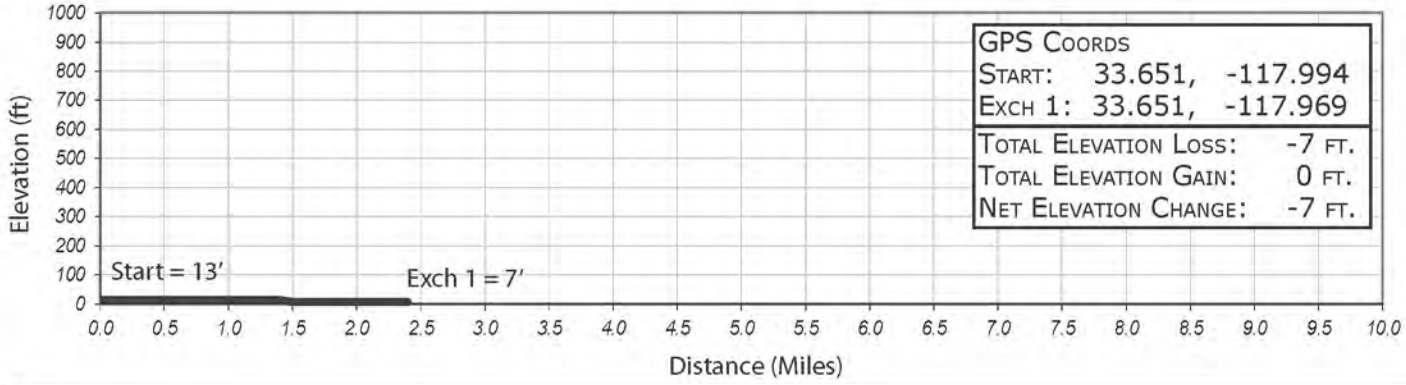
Leg 1 Notes:
Exchange will take place on Hamilton Avenue, however vans should continue straight on Magnolia Street to access parking.

Leg Legend:

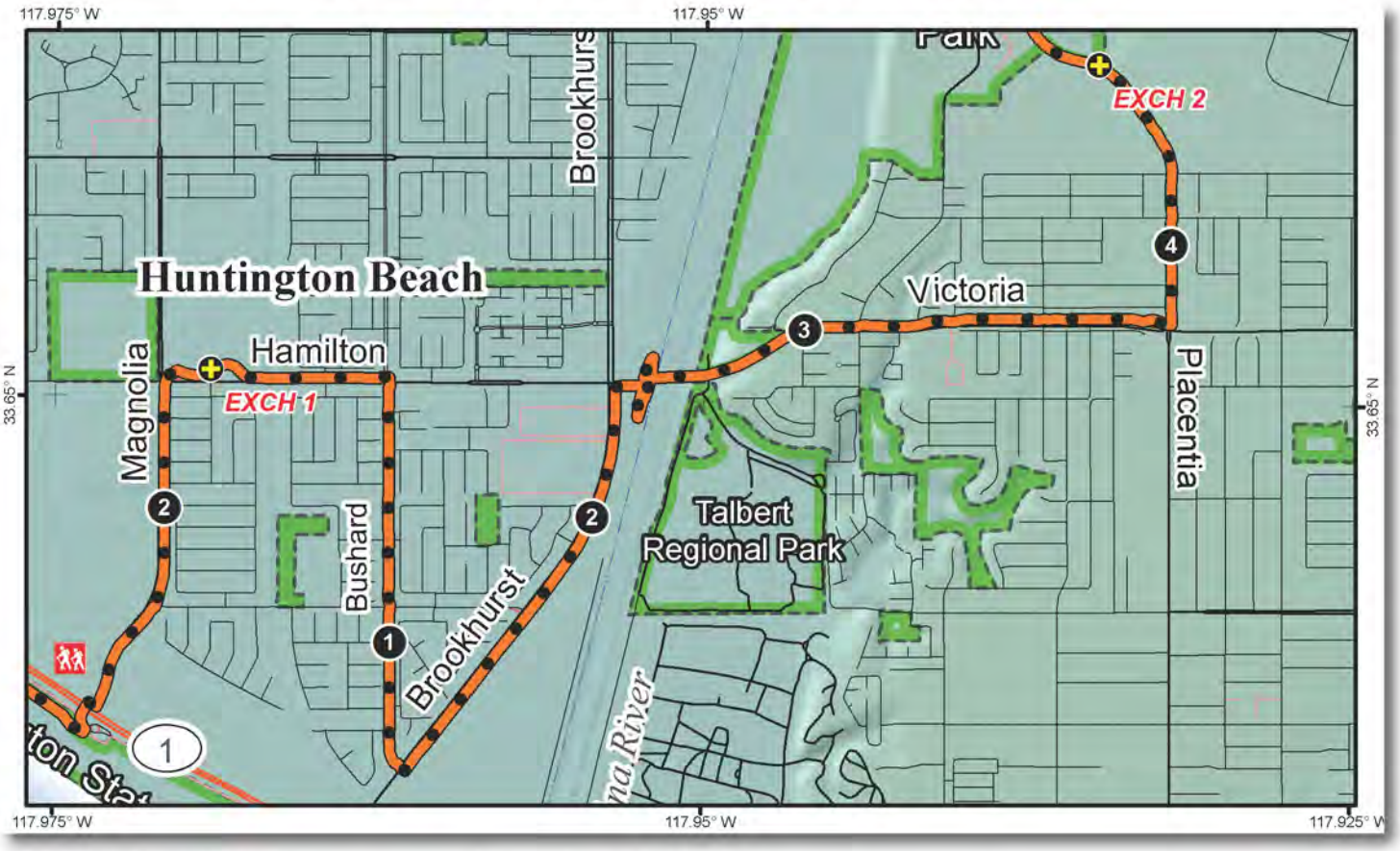
| | |
|---|---|
| 0.0 | Depart the start line running SOUTH on the Huntington Beach Bike Trail |
| 1.4 | Exit the bike trail at Magnolia Street |
| 1.5 | Use the signalized crosswalk to run WITH TRAFFIC on the sidewalk on Magnolia Street |
| 2.3 | Turn RIGHT onto Hamilton Avenue running on the sidewalk |
| 2.3 | Arrive at Exchange 1 |

Exchange 1
Edison High School
21400 Magnolia St.
Huntington Beach, CA 92646
GPS: 33.65079°N, 117.97006°W

Van Directions to Exchange 1
Follow Leg Legend.



# Leg 2 -- 4.5 Miles -- Moderate -- FULL SUPPORT



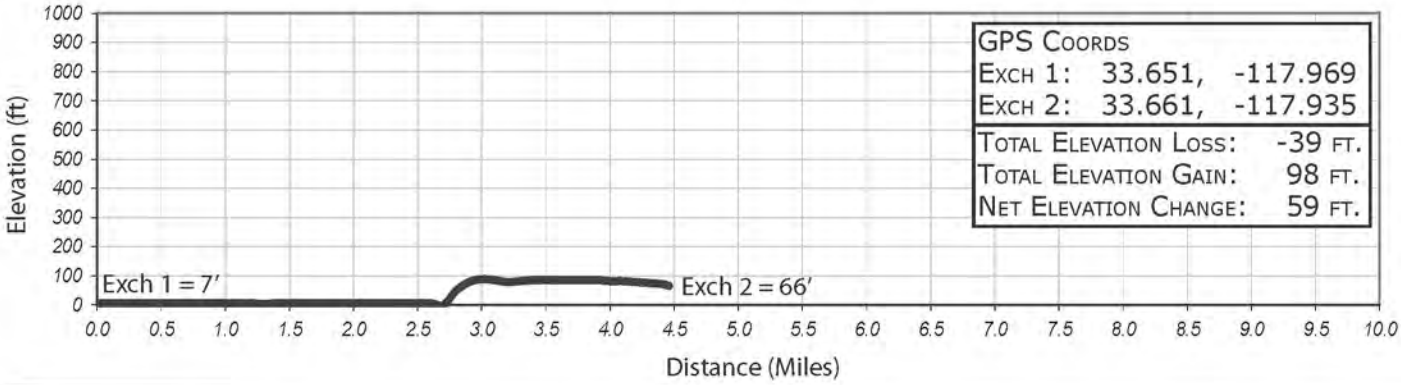

LEG 2 --4.5 MILES -- MODERATE

Leg 2

| | |
|---|---|
| 0.0 | Depart Exchange 1 running EAST on the sidewalk on Hamilton Ave |
| 0.5 | Turn RIGHT onto Bushard Street to run AGAINST TRAFFIC on sidewalk |
| 1.4 | Turn LEFT onto Brookhurst Street to run WITH TRAFFIC on sidewalk |
| 2.3 | Turn RIGHT onto Victoria Street to run WITH TRAFFIC on sidewalk |
| 2.4 | Turn RIGHT onto Santa Ana River Trail |
| 2.7 | Exit Santa Ana River Trail and run AGAINST TRAFFIC on Victoria Street |
| 3.9 | Turn LEFT onto Placentia Avenue running WITH TRAFFIC on the sidewalk |
| 4.5 | Arrive at Exchange 2 |

Exchange 2
Fairview Park
2500 Placentia Avenue
Costa Mesa, CA 92626
GPS: 33.66095°N, 117.93486°W

Van Directions to Exchange 2
Follow Leg Legend.




| GPS Coords | | |
|---|---|---|
| Exch 1: | 33.651, | -117.969 |
| Exch 2: | 33.661, | -117.935 |

| | |
|---|---|
| Total Elevation Loss: | -39 ft. |
| Total Elevation Gain: | 98 ft. |
| Net Elevation Change: | 59 ft. |

RAGNAR So.Cal.

# Leg 3 -- 7.1 Miles -- Very Hard -- NO VAN SUPPORT

LEG 3 -- 7.1 MILES - VERY HARD

Leg 3 Notes:
Runners will be on the Santa Ana River Trail for 4 miles of this leg. Please plan accordingly and carry water. Ragnar will provide one water station.

Vans entering and exiting the Exchange 3 parking lot will cross the runner path. Please use caution.

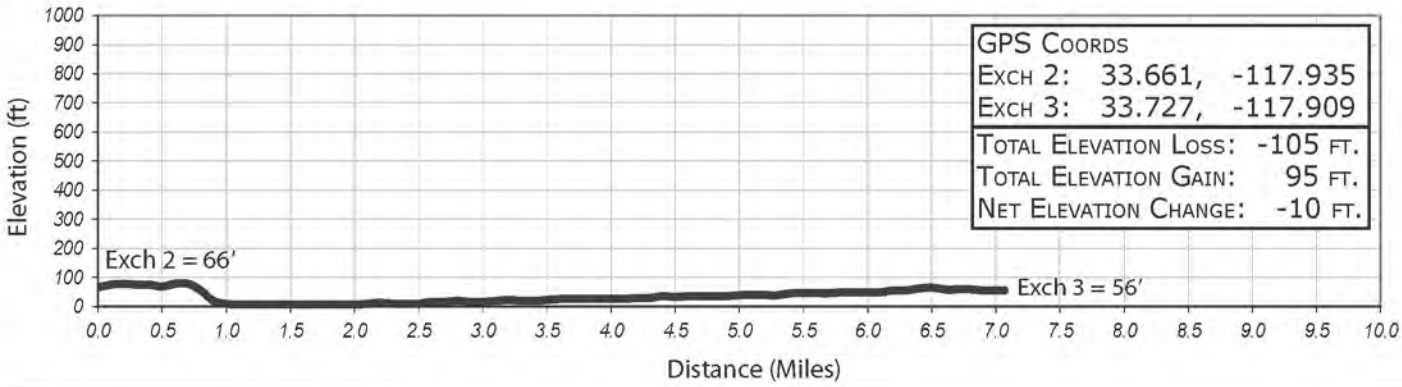
Leg 3

| | |
|---|---|
| 0.0 | Depart Exchange 2 running north along Placentia Avenue with traffic on the sidewalk |
| 0.3 | Turn RIGHT to access trail |
| 0.7 | Turn LEFT to run AGAINST TRAFFIC on Placentia Avenue |
| 1.0 | Turn LEFT onto Santa Ana River Trail |
| 6.4 | Exit the trail and turn RIGHT to run WITH TRAFFIC on Edinger Avenue |
| 7.1 | Arrive at Exchange 3 |

Exchange 3
Centennial Park
3000 West Edinger Avenue
Santa Ana, CA 92704
GPS: 33.72704°N, 117.90855°W

Van Directions to Exchange 3:

| | |
|---|---|
| 0.0 | Depart Exchange 2 heading north on Placentia Avenue |
| 1.1 | Turn LEFT onto Adams Ave |
| 5.0 | Turn RIGHT onto Brookhurst St |
| 7.6 | Turn RIGHT onto W Edinger Ave |
| 8.5 | Turn RIGHT onto S Mohawk Dr |
| 8.6 | Arrive at Exchange 3 |



# Leg 4 -- 3.1 Miles -- Easy -- FULL SUPPORT

LEG 4 – 3.1 MILES – EASY

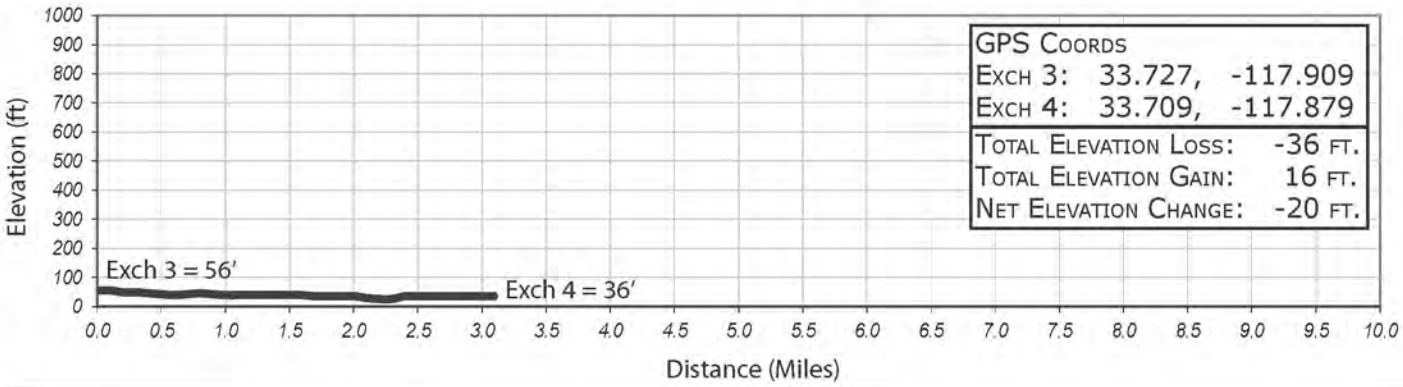
Leg 4 Notes:
Vans entering and exiting the Exchange 4 parking lot will cross the runner path. Please use caution.

Leg 4

| | |
|---|---|
| 0.0 | Depart Exchange 3 running SOUTH on the paved trail in Centennial Park |
| 0.3 | Exit the trail to run WITH TRAFFIC on the sidewalk on S Fairview Street |
| 1.3 | Turn LEFT onto W Segerstrom Ave running WITH TRAFFIC on the sidewalk |
| 3.1 | Arrive at Exchange 4 |

Exchange 4
Saddleback High School
2802 South Flower Street
Santa Ana, CA 92707
GPS: 33.70947°N, 117.87868°W

Van Directions to Exchange 4:
Follow leg legend.



# Leg 5 -- 6.9 Miles -- Hard -- FULL SUPPORT

LEG 5 -- 6.9 MILES -- HARD

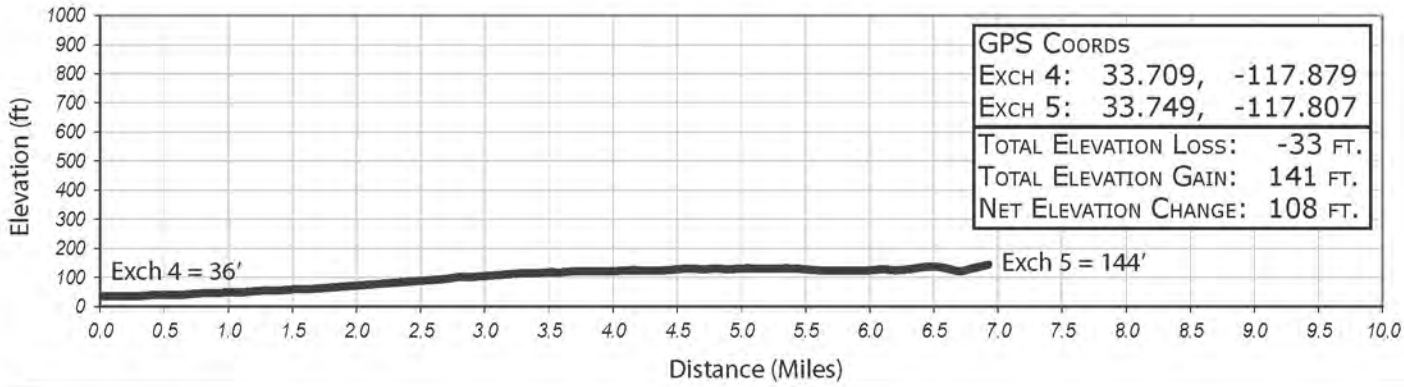
Leg 5 Notes:
Vans entering and exiting the Exchange 5 parking lot will cross the runner path. Please use caution.

There are a number of street crossings while on the Pacific Trail. Please utilize the crosswalk signals when available. Use caution when crossing.

Leg 5

| | |
|---|---|
| 0.0 | Depart Exchange 4 running WITH TRAFFIC on the sidewalk on Flower St |
| 0.5 | Use the signalized crosswalk to turn LEFT on Flower Street, then take an immediate RIGHT onto the Flower Side Path |
| 0.9 | Use the signalized crosswalk to turn LEFT onto S Main Street |
| 1.1 | Turn RIGHT to get back on the Pacific Trail |
| 3.2 | Turn RIGHT onto Chestnut Avenue to run AGAINST TRAFFIC on the sidewalk |
| 5.8 | Turn LEFT onto Newport Street running AGAINST TRAFFIC on the sidewalk |
| 6.5 | Turn RIGHT onto Old Irvine Blvd to run AGAINST TRAFFIC on the sidewalk |
| 6.7 | Turn LEFT onto Charloma Drive to run AGAINST TRAFFIC in shoulder |
| 6.8 | Turn LEFT onto Wass Street running WITH TRAFFIC in shoulder |
| 6.9 | Arrive at Exchange 5 |

Exchange 5
St. Paul's Episcopal Church
1221 Wass Street
Tustin, CA 92780
GPS: 33.74889°N 117.80656°W



# Leg 6 -- 6.9 Miles -- Very Hard -- FULL SUPPORT

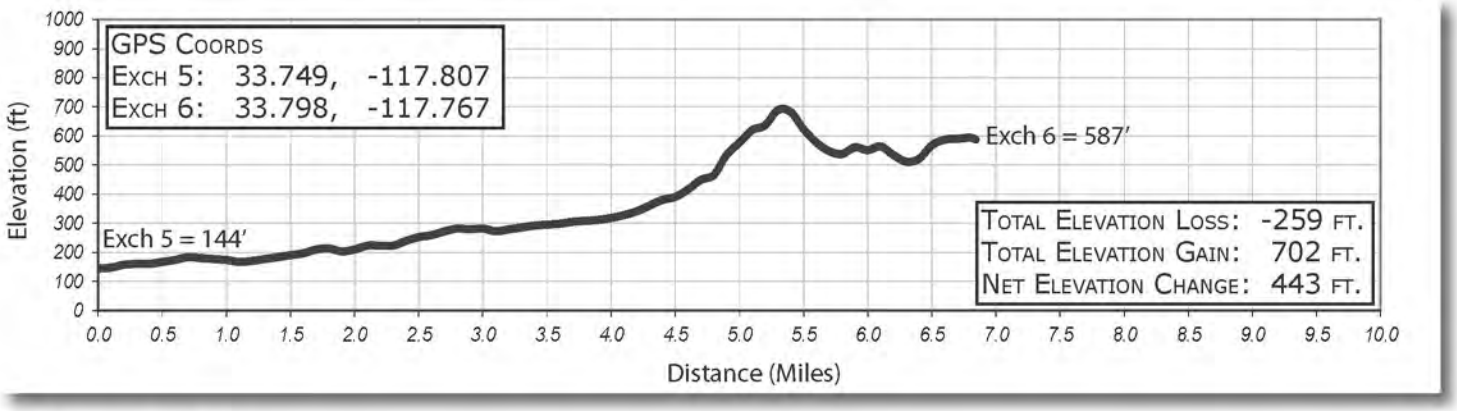
LEG 6 -- 6.9 MILES -- VERY HARD

Leg 6

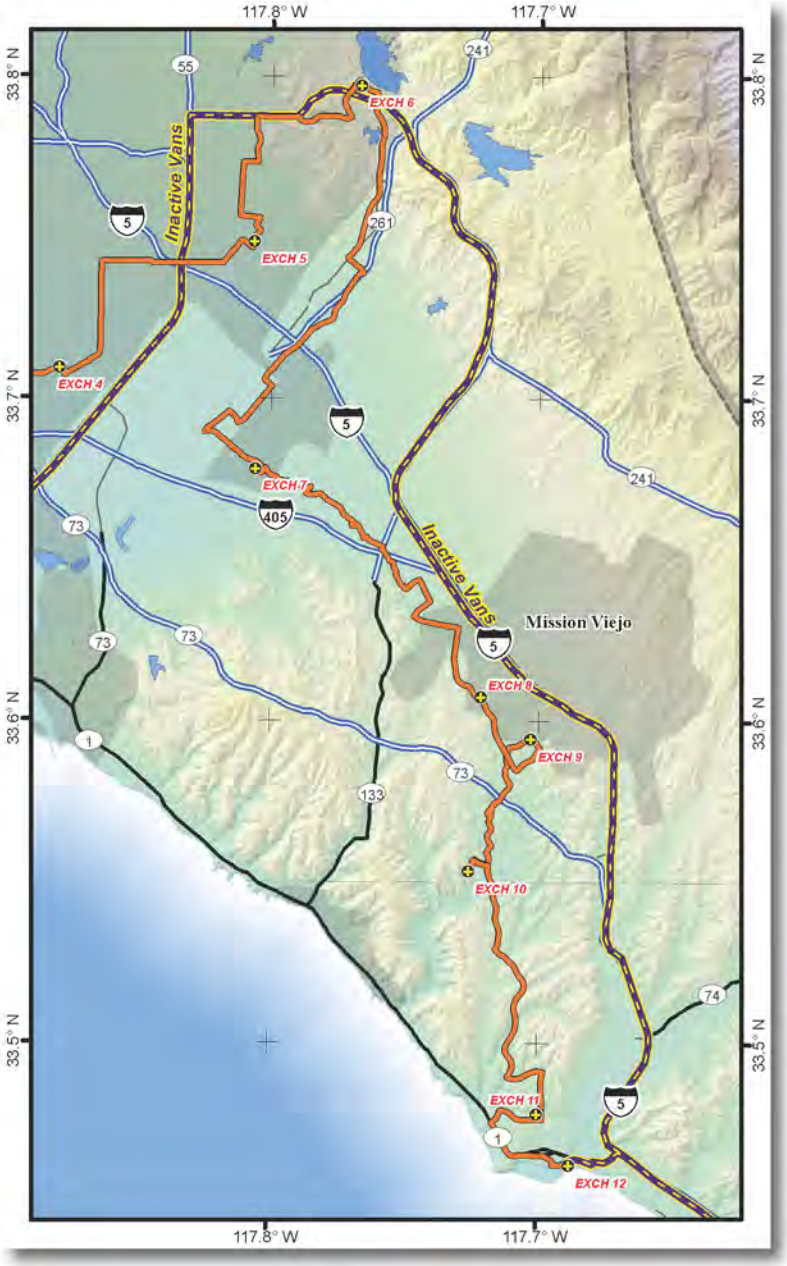
| | |
|---|---|
| 0.0 | Depart Exchange 5 running with traffic on Wass Street |
| 0.1 | Turn RIGHT onto Elizabeth Way running WITH TRAFFIC in the shoulder |
| 0.4 | Turn LEFT onto Windsor Lane running WITH TRAFFIC on the sidewalk |
| 0.5 | Turn RIGHT onto Newport Avenue running WITH TRAFFIC on the sidewalk |
| 0.6 | Use the crosswalk to continue on Newport Avenue running AGAINST TRAFFIC |
| 0.7 | Turn LEFT onto Vanderlip Avenue running AGAINST TRAFFIC |
| 1.1 | Turn RIGHT onto Tustin Branch Trail |
| 2.1 | Turn RIGHT onto Fairhaven Ave running AGAINST TRAFFIC on the SIDEWALK |
| 2.4 | Turn LEFT onto Hewes Avenue running AGAINST TRAFFIC on the sidewalk |
| 3.4 | Turn RIGHT onto E Chapman Ave running WITH TRAFFIC on the sidewalk |
| 4.3 | Turn RIGHT onto Canyon View Avenue running WITH TRAFFIC on the sidewalk |
| 5.5 | Turn LEFT to run on the trail along Newport Blvd |
| 6.2 | Use the signalized crosswalk at E Chapman Ave to run WITH TRAFFIC on Newport Blvd |
| 6.5 | Turn RIGHT onto Santiago Canyon Road running WITH TRAFFIC on the sidewalk |
| 6.6 | Turn RIGHT onto Santiago Canyon College |
| 6.7 | Arrive at Exchange 6 |

Exchange 6
Santiago Canyon College
8045 East Chapman Avenue
Orange, CA 92869
GPS: 33.79814°N, 117.76722°W

Van Directions to Exchange 6:
Follow leg legend.



# Van 2 -- Legs 7-12 -- 40.3 Miles



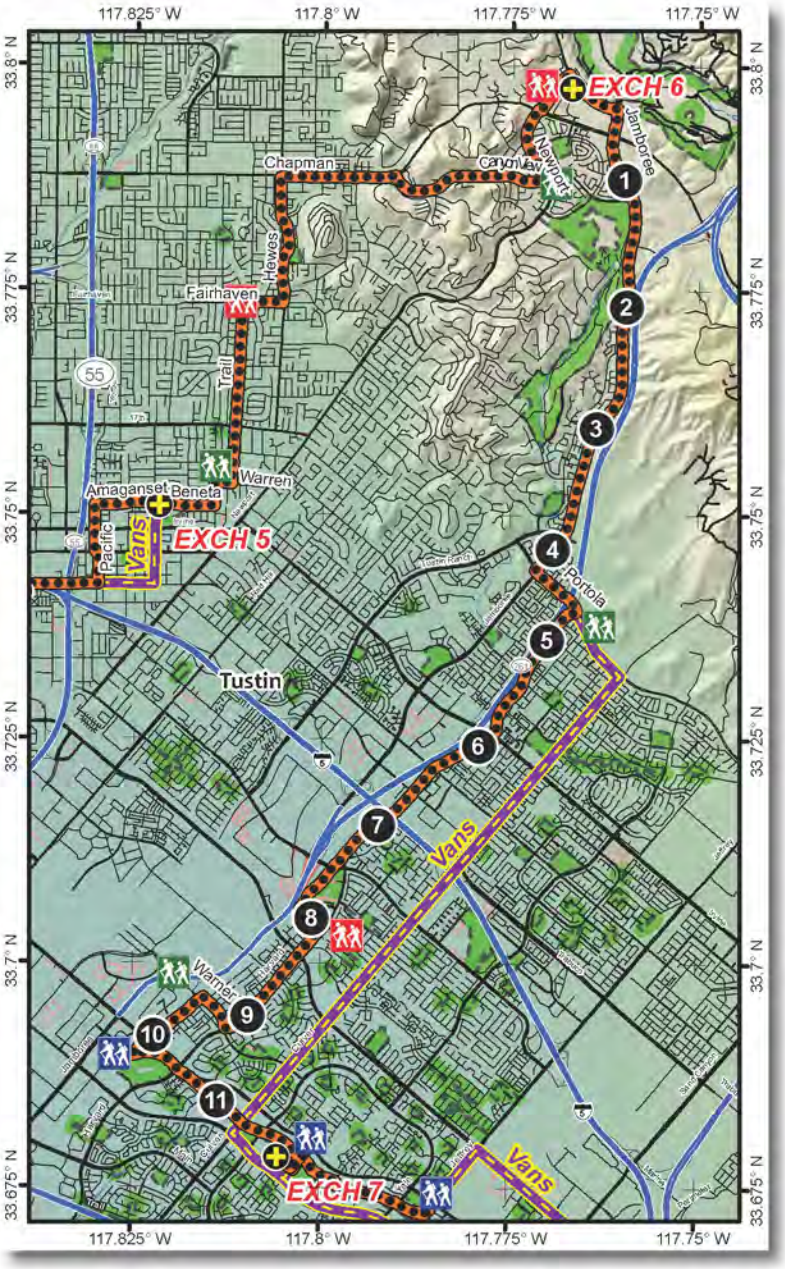

INACTIVE VAN DIRECTIONS TO EXCHANGE 12, Van 1:

Exchange Notes:
Exchange 12, Van 1 is part of a virtual exchange to bypass Camp Pendleton. When Van 2 arrives at Doheny State Beach, Van 1 will be waiting to begin their next six legs at Vista High School. Communication between Ragnar staff and volunteers will let Van 1 know when they can begin running legs 13-18.

| | |
|---|---|
| 0.0 | Depart Exchange 6 heading south on E Chapman Avenue |
| 0.4 | Continue onto E Santiago Canyon Road |
| 1.4 | Take the ramp onto S County E (partial toll road) |
| 1.8 | Merge onto CA-241 S (toll road) |
| 6.5 | Continue onto CA_133 S (toll road), following signs for I-5 S |
| 10.4 | Take exit 10A for I-5 S toward San Diego |
| 11.3 | Merge onto I-5 S |
| 55.2 | Take exit 51B for Vista Way/CA-78 toward Escondido |
| 55.4 | Turn right onto CA-78 E |
| 61.4 | Take exit 6B for Vista Village Drive |
| 61.6 | Turn left onto Vista Village Drive |
| 62.3 | Turn left onto N Santa Fe Ave |
| 63.6 | Turn right onto E Bobier Drive |
| 63.8 | Turn left onto Panther Way |
| 63.9 | Arrive at Exchange 12, Van 1 |

Exchange 12 Address:
Vista High School
1 Panther Way
Vista, CA 92084
GPS: 33.22176°N, 117.24123°W

# Leg 7 -- 12.2 Miles -- Very Hard -- NO VAN SUPPORT




LEG 7 – 12.2 MILES – VERY HARD

Leg 7 Notes:
Runners MUST OBEY officer instructions within the City of Irvine. Follow ALL crossing signals and DO NOT cross until you see the walk symbol. The Irvine Police Department will ticket anyone ignoring crossing signals.

Runner 7 will primarily be on the Peters Canyon Trail. Runners are encouraged to carry water. Ragnar will provide 3 water stations on this leg.

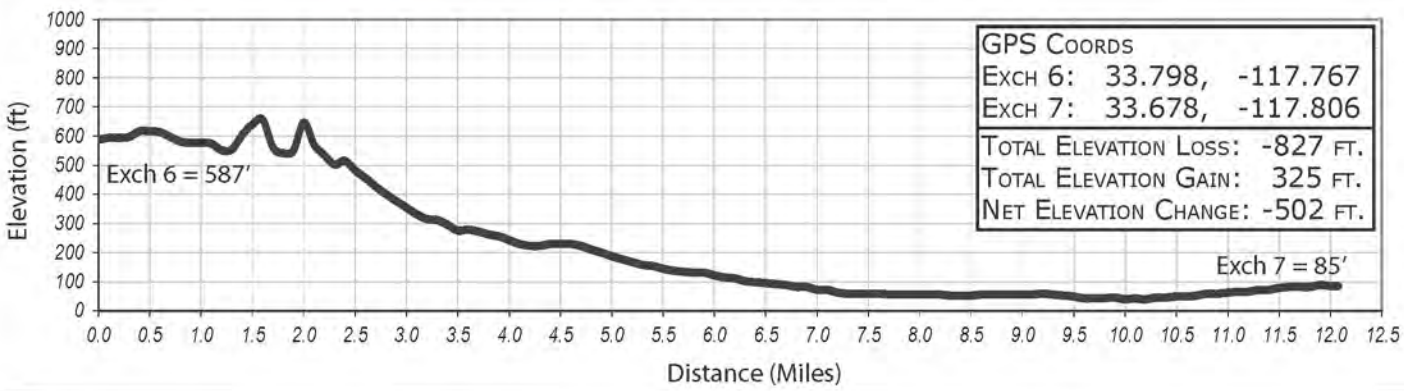
Leg 7

| | |
|---|---|
| 0.0 | Depart Exchange 6 heading EAST on Santiago Canyon Road |
| 0.5 | Turn RIGHT onto Jamboree Rd running WITH TRAFFIC on the sidewalk |
| 4.3 | Using the signalized crosswalk turn LEFT onto Portola Parkway running WITH TRAFFIC on the sidewalk |
| 4.7 | Turn RIGHT onto the Peters Canyon Trail |
| 8.21 | Turn RIGHT onto Harvard Ave running WITH TRAFFIC on the sidewalk |
| 9.3 | Turn RIGHT onto Warner Side path |
| 9.6 | Turn LEFT to rejoin Peters Canyon Trail |
| 10.3 | Turn LEFT onto the San Diego Creek Trail |
| 11.9 | Turn RIGHT onto Lake Rd running WITH TRAFFIC on the sidewalk |
| 12.0 | Turn RIGHT onto Greg Cops Place |
| 12.2 | Arrive at Exchange 7 |

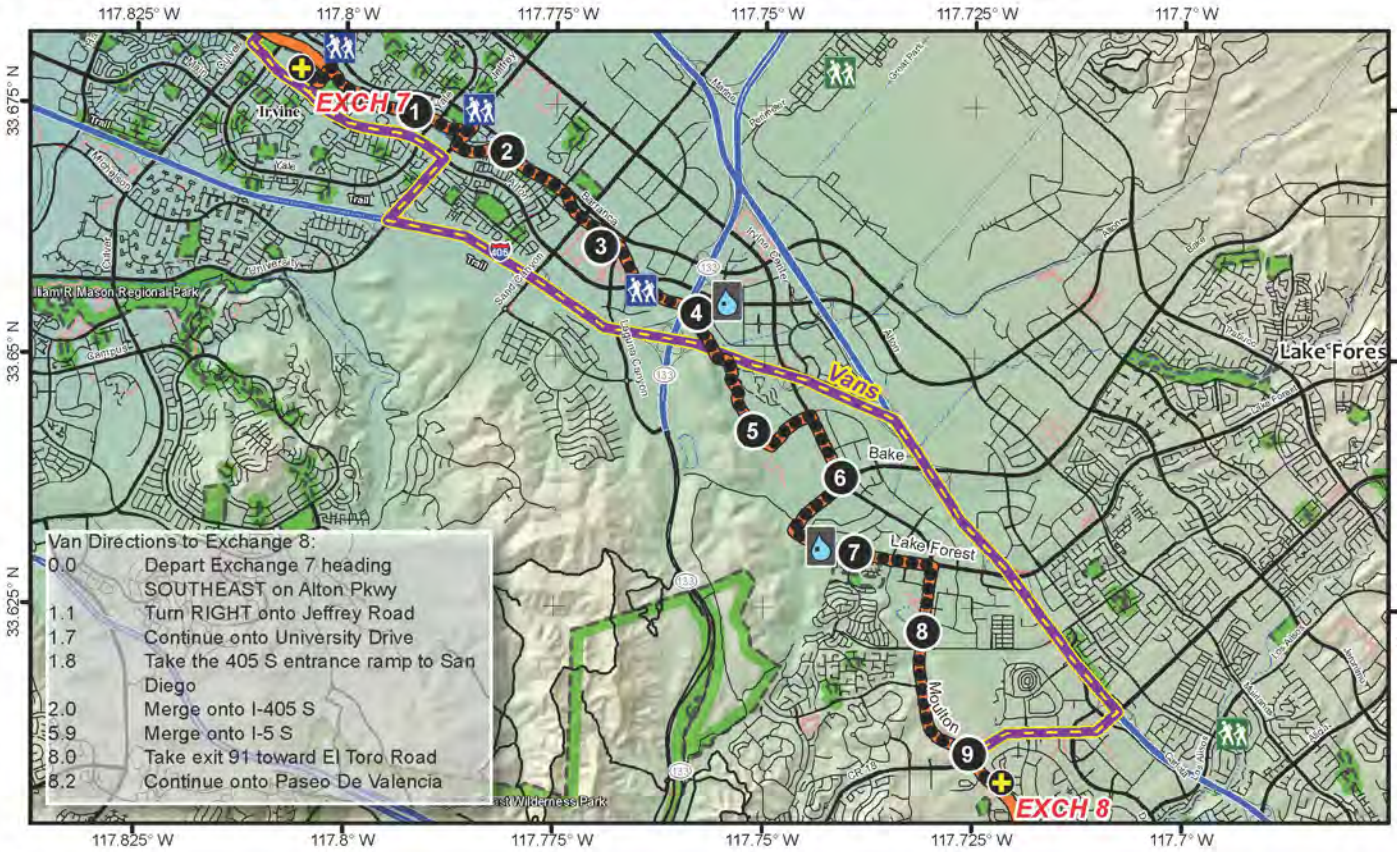
Exchange 7
Woodbridge High School
2 Meadowbrook
Irvine, CA 92604
GPS: 33.67867°N, 117.80556°W

Van Directions to Exchange 7:

| | |
|---|---|
| 0.0 | Depart Exchange 6 heading NORTH on N Newport BLVD |
| 0.1 | Turn RIGHT onto Santiago Canyon Road |
| 0.6 | Turn RIGHT onto Jamboree Road |
| 4.4 | Turn LEFT onto Portola Pkwy |
| 5.5 | Turn RIGHT onto Culver Drive |
| 9.8 | Turn LEFT onto Barranca Pkwy |
| 10.4 | Turn RIGHT onto Lake Road |
| 10.6 | Turn RIGHT toward Meadowbrook |
| 10.7 | Arrive at Exchange 7 |



# Leg 8 -- 9.4 Miles -- Very Hard -- FULL SUPPORT




LEG 8 – 9.4 MILES -- VERY HARD

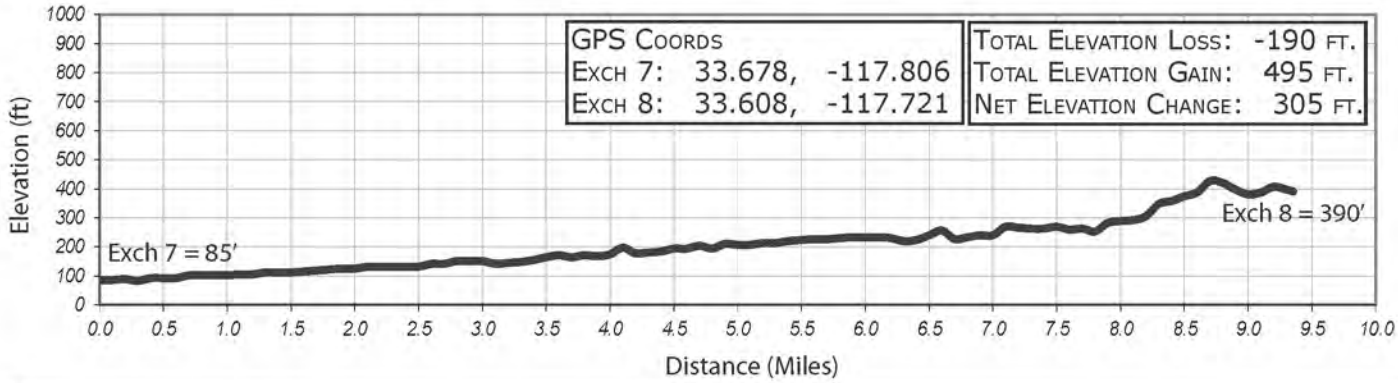
Leg 8 Notes:
Vans entering and exiting the Exchange 8 parking lot will cross the runner path. Please use caution.

Runner 8 will primarily be on the San Diego Creek Trail. Runners are encouraged to carry water. Ragnar will provide 2 water stations on this leg.

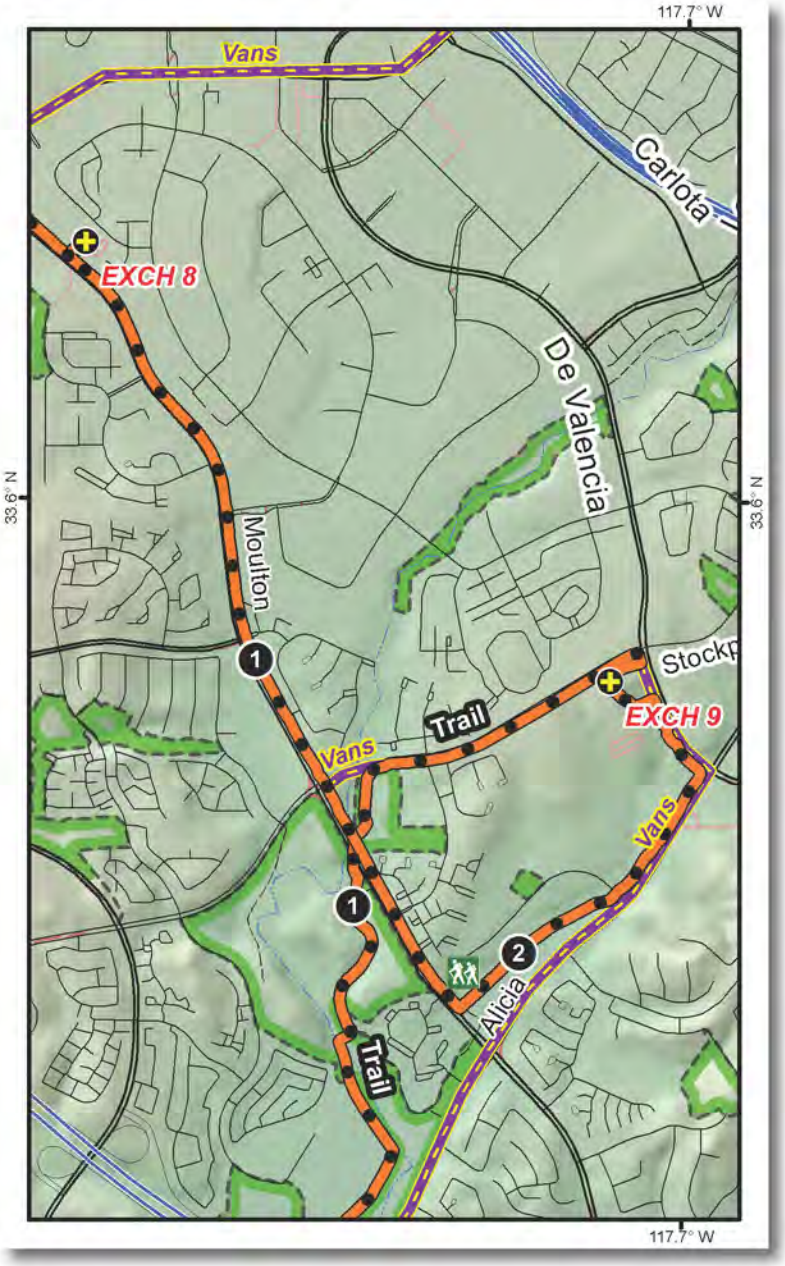
Leg 8

| | |
|---|---|
| 0.0 | Depart Exchange 7 running EAST on Greg Cops Place |
| 0.2 | Using the signalized crosswalk turn LEFT to run WITH TRAFFIC on Lake Road |
| 0.3 | Turn RIGHT onto the San Diego Creek Trail |
| 1.4 | Run briefly AGAINST TRAFFIC on Jeffrey Rd, then turn LEFT to rejoin the San Diego Creek Trail |
| 3.5 | Exit the trail and run WITH TRAFFIC on Alton Pkwy |
| 3.6 | Turn RIGHT to rejoin the San Diego Creek Trail |
| 5.2 | Turn LEFT onto Antivo running WITH TRAFFIC on the sidewalk |
| 5.5 | Turn RIGHT onto Irvine Center Drive running AGAINST TRAFFIC |
| 6.1 | Turn RIGHT onto Bake Pkwy running AGAINST TRAFFIC |
| 6.6 | Using the signalized crosswalks, turn LEFT onto Lake Forest Dr running WITH TRAFFIC on the sidewalk |
| 7.5 | Turn RIGHT onto Moulton Pkwy running AGAINST TRAFFIC on the sidewalk |
| 9.4 | Arrive at Exchange 8 |

Exchange 8
Laguna Country United Methodist Church
24442 Moulton Pkwy
Laguna woods, CA 92637
GPS: 33.60701°N, 117.72249°W



# Leg 9 -- 2.9 Miles -- Easy -- FULL SUPPORT




LEG 9 -- 3.1 MILES -- EASY

Leg 9 Notes:
In an effort to relieve traffic congestion pulling into the exchange, please follow the van directions provided.

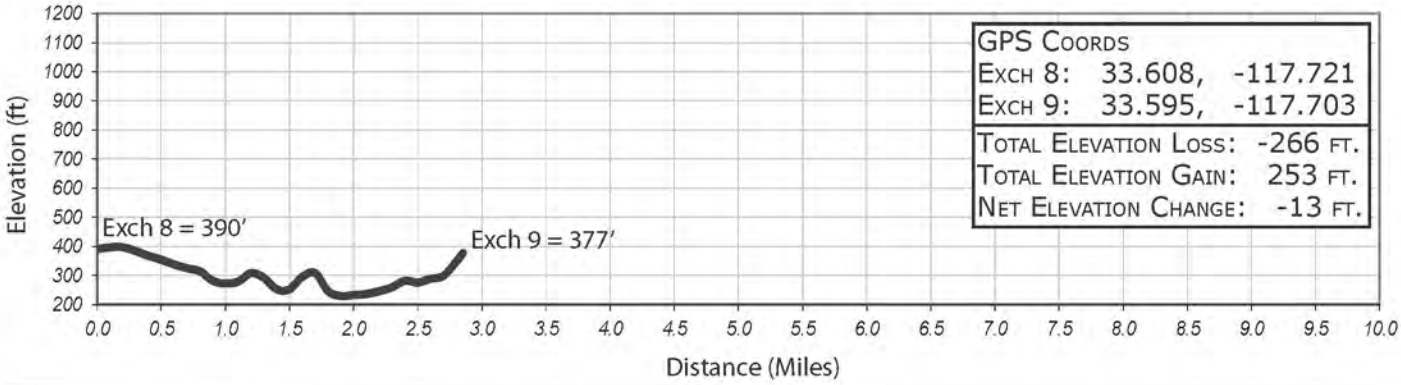
Leg 9

| | |
|---|---|
| 0.0 | Depart Exchange 8 running EAST on Moulton Parkway running AGAINST TRAFFIC on the sidewalk |
| 1.8 | Turn LEFT onto the Aliso Creek Riding and Hiking Trail |
| 2.7 | Continue onto Paseo De Valencia running AGAINST TRAFFIC |
| 2.9 | Turn LEFT onto Hawk Hwy |
| 3.1 | Arrive at Exchange 9 |

Exchange 9
Laguna Hills High School
25401 Paseo De Valencia
Laguna Hills, CA 92653
GPS: 33.59471°N, 117.70260°W

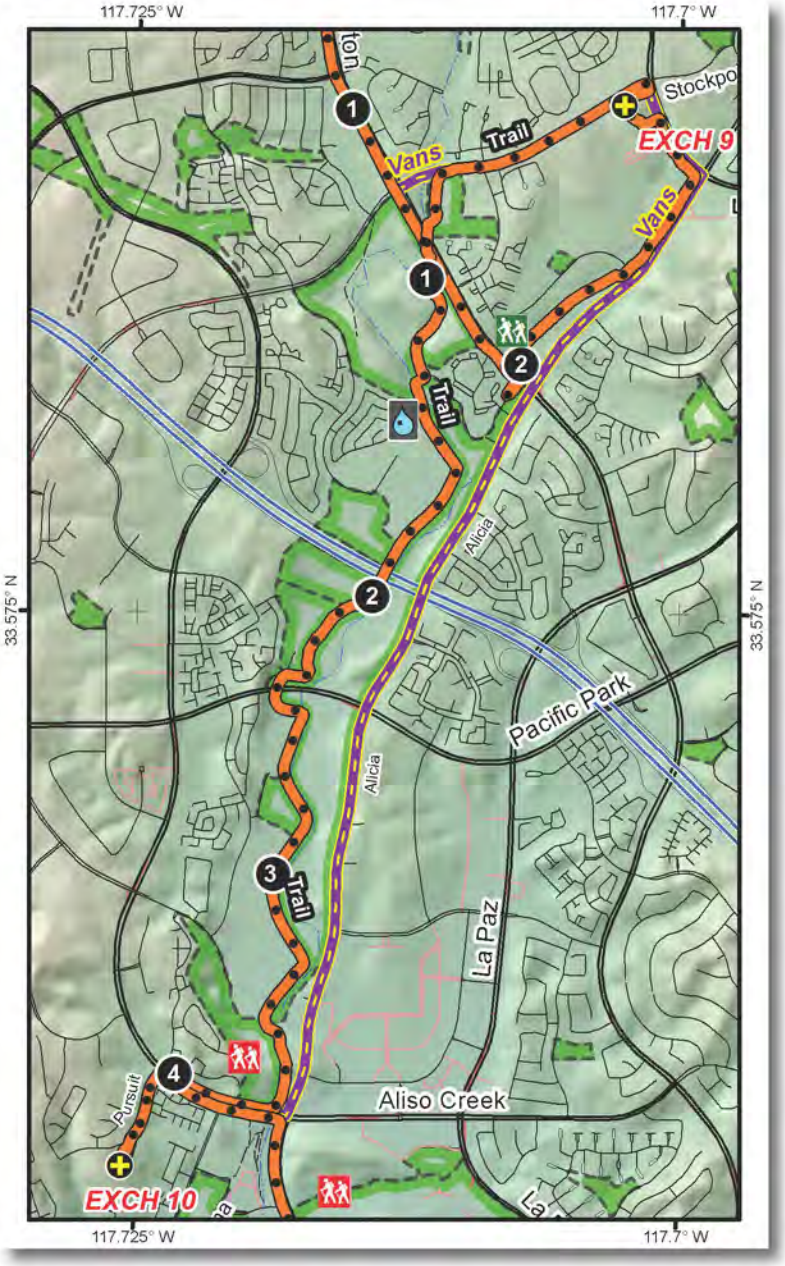
Van Directions to Exchange 9:

| | |
|---|---|
| 0.0 | Depart Exchange 8 heading EAST on Moulton Parkway |
| 1.3 | Turn LEFT onto Laguna Hills Drive |
| 2.0 | Turn RIGHT onto Paseo de Valencia |
| 2.1 | Arrive at Exchange 9 |




| GPS Coords | | |
|---|---|---|
| Exch 8: | 33.608, | -117.721 |
| Exch 9: | 33.595, | -117.703 |
| Total Elevation Loss: | -266 ft. | |
| Total Elevation Gain: | 253 ft. | |
| Net Elevation Change: | -13 ft. | |

# Leg 10 -- 4.3 Miles -- Moderate -- NO VAN SUPPORT




LEG 10 -- 4.3 MILES -- MODERATE

Leg 10 Notes:
Runners will be on the Aliso Creek Riding and Hiking Trail for most of this leg and are encouraged to carry their own water. Ragnar will provide 1 water station.

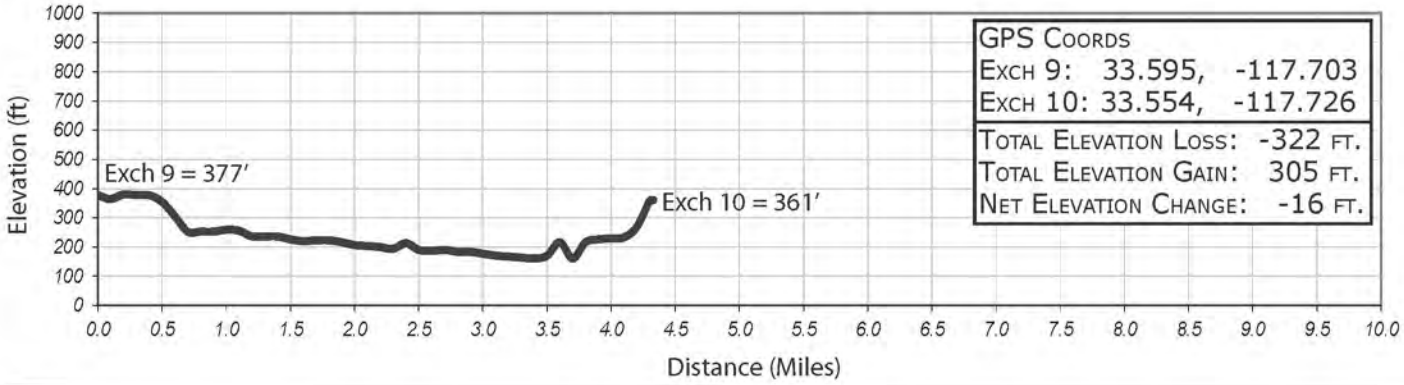
Leg 10

| | |
|---|---|
| 0.0 | Depart Exchange 9 running NORTH out of the school parking lot |
| 0.1 | Turn LEFT onto the Aliso Creek Riding and Hiking Trail |
| 0.7 | Turn LEFT to continue on the Aliso Creek Riding and Hiking Trail |
| 3.7 | Turn RIGHT onto Aliso Creek Rd running WITH TRAFFIC on the sidewalk |
| 4.0 | Using the signalized crosswalk, turn LEFT onto Pursuit |
| 4.3 | Arrive at Exchange 10 |

Exchange 10
Coast Hills Church
5 Pursuit
Aliso Viejo, CA 92656
GPS: 33.57329°N, 117.71710°W

Van Directions to Exchange 10:

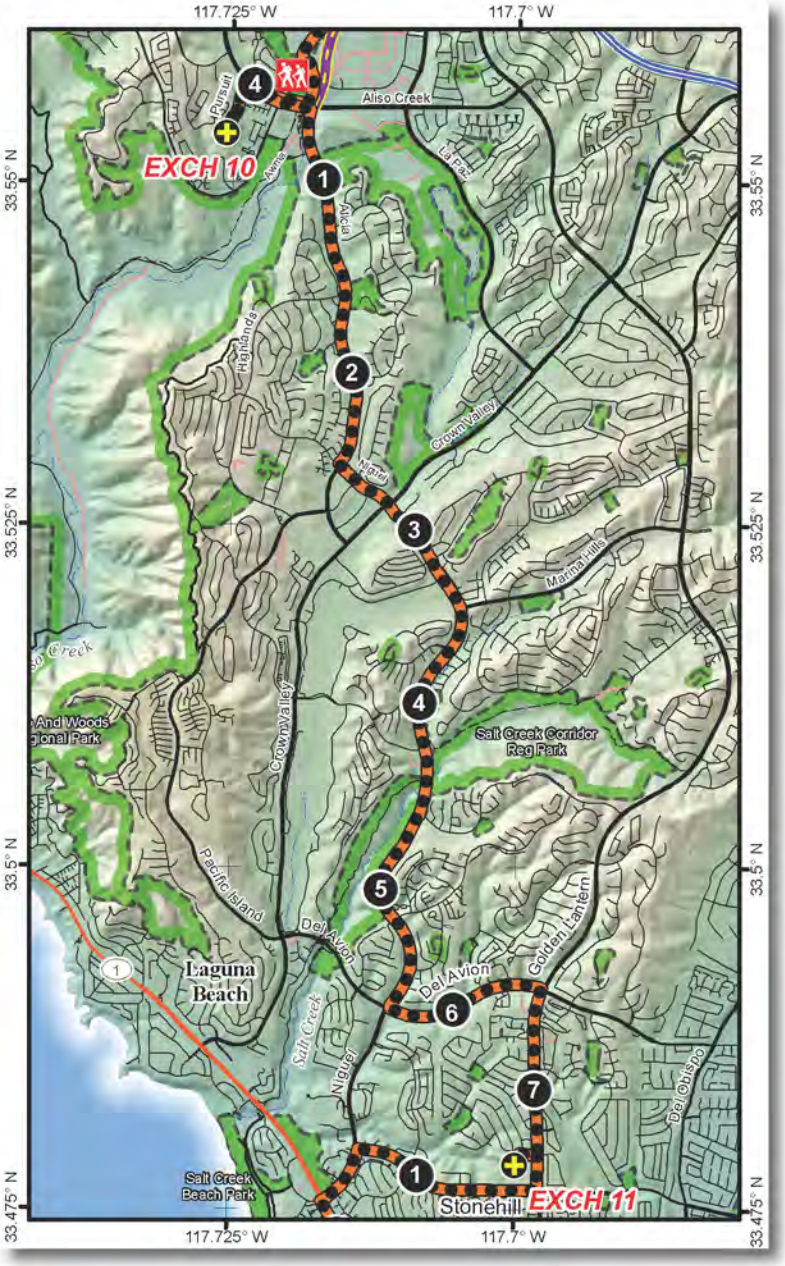
| | |
|---|---|
| 0.0 | Depart Exchange 9 turning RIGHT onto Paseo De Valencia |
| 0.3 | Turn RIGHT onto Alicia Pkwy |
| 3.1 | Turn RIGHT onto Aliso Creek Road |
| 3.5 | Turn LEFT onto Pursuit |
| 3.8 | Arrive at Exchange 10 |




| GPS Coords | | |
|---|---|---|
| Exch 9: | 33.595, | -117.703 |
| Exch 10: | 33.554, | -117.726 |

| | |
|---|---|
| Total Elevation Loss: | -322 ft. |
| Total Elevation Gain: | 305 ft. |
| Net Elevation Change: | -16 ft. |

# Leg 11 -- 7.5 Miles -- Very Hard -- FULL SUPPORT

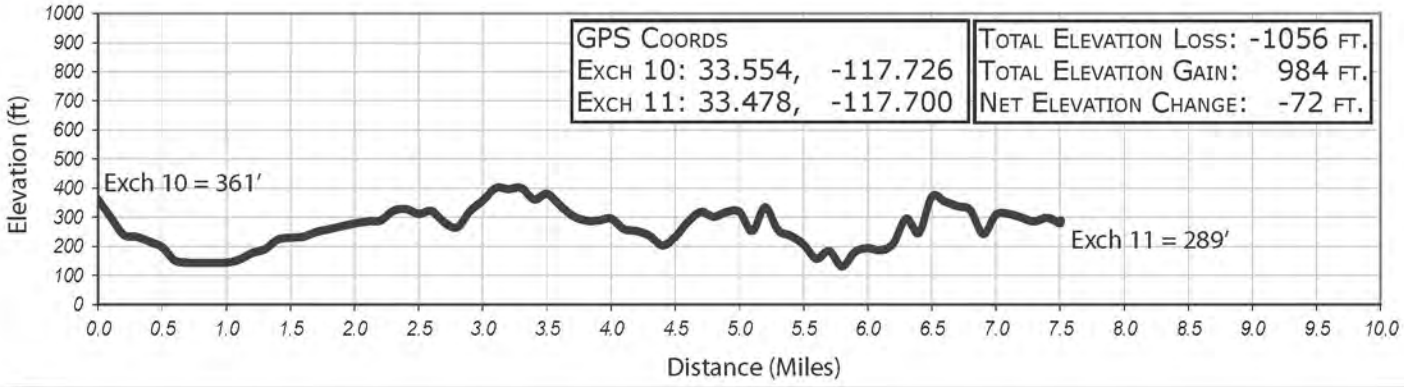



LEG 11 -- 7.5 MILES -- VERY HARD

Leg 11

| | |
|---|---|
| 0.0 | Depart Exchange 10 running NORTH on Pursuit |
| 0.3 | Turn RIGHT onto Aliso Creek Rd running WITH TRAFFIC on the sidewalk |
| 0.6 | Turn RIGHT onto Alicia Pkwy running WITH TRAFFIC on the sidewalk |
| 2.5 | Using the signalized crosswalk turn LEFT onto Niguel Road running AGAINST TRAFFIC on the sidewalk |
| 5.7 | Turn LEFT onto Camino Del Avion Running AGAINST TRAFFIC on the sidewalk |
| 6.5 | Turn RIGHT onto Golden Lantern Street running WITH TRAFFIC on the sidewalk |
| 7.3 | Turn RIGHT onto Acapulco Dr running AGAINST TRAFFIC on the sidewalk |
| 7.5 | Arrive at Exchange 11 |

Exchange 11
Dana Hills High School
33333 Golden Lantern
Dana Point, CA 92629
GPS: 33.47828°N, 117.69991°W



# Leg 12 -- 4.0 Miles -- Moderate -- FULL SUPPORT

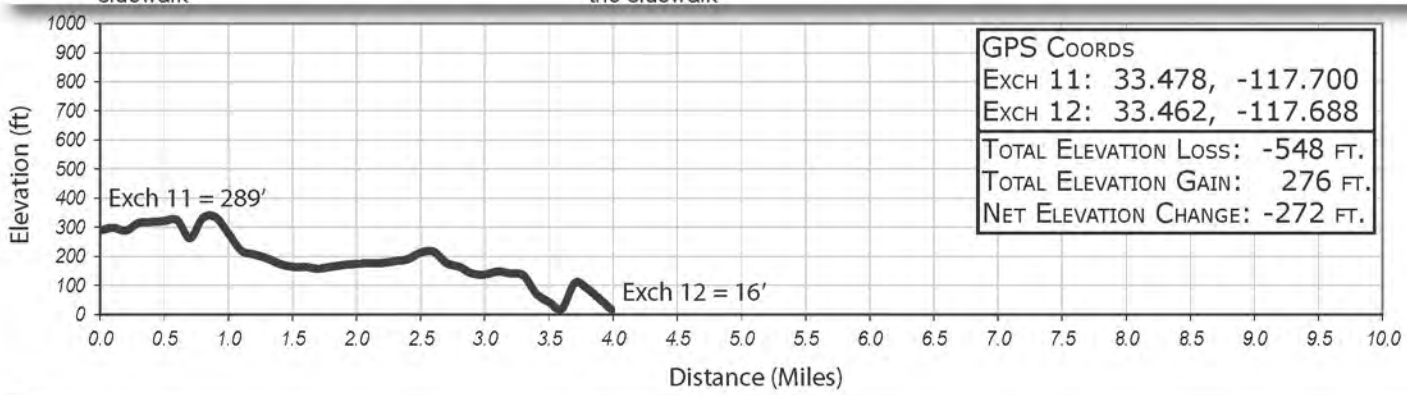
LEG 12 -- 4.0 MILES -- MODERATE

Leg 12

| | |
|---|---|
| 0.0 | Depart Exchange 11 running NORTH out of the school parking lot |
| 0.1 | Turn RIGHT onto Acapulco Drive running WITH TRAFFIC on the sidewalk |
| 0.2 | Turn RIGHT onto Golden Lantern Street running WITH TRAFFIC on the sidewalk |
| 0.4 | Turn RIGHT onto Stonehill Drive running WITH TRAFFIC on the sidewalk |
| 1.3 | Turn LEFT onto Niguel Road running AGAINST TRAFFIC on the sidewalk |
| 1.7 | Turn LEFT onto E Pacific Coast Hwy running WITH TRAFFIC on the sidewalk |
| 2.7 | Take a slight right onto Del Prado Ave running WITH TRAFFIC on the sidewalk |
| 3.2 | Turn RIGHT onto Golden Lantern Street running AGAINST TRAFFIC on the sidewalk |
| 3.5 | Turn LEFT onto Dana Point Harbor Drive running WITH TRAFFIC on the sidewalk |
| 3.8 | Turn RIGHT onto the sidewalk to Doheny State Beach |
| 4.0 | Arrive at Exchange 12 |

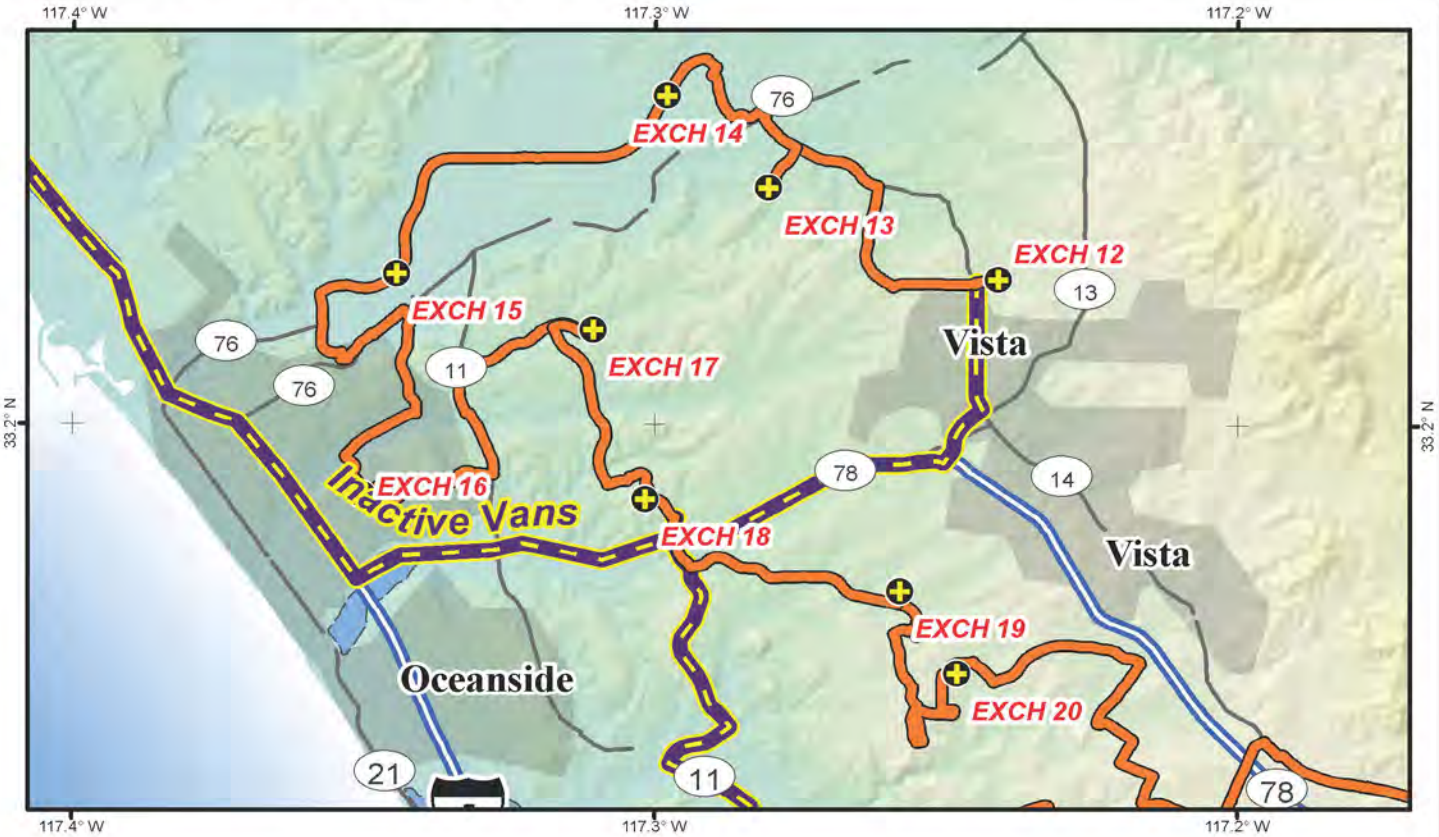
Exchange 12 Address:
Doheny State Beach
25300 Dana Point Harbor Drive
Dana Point, CA 92629
GPS: 33.46234°N, 117.68784°W

Van Directions to Exchange 12:
Follow leg legend




| GPS Coords | |
|---|---|
| Exch 11: | 33.478, -117.700 |
| Exch 12: | 33.462, -117.688 |
| Total Elevation Loss: | -548 ft. |
| Total Elevation Gain: | 276 ft. |
| Net Elevation Change: | -272 ft. |

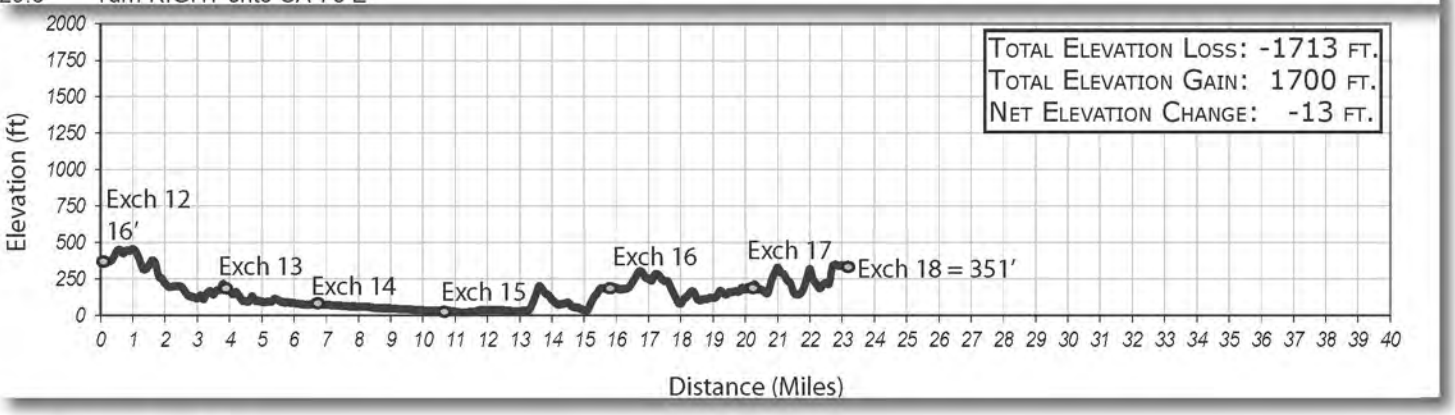
# Van 1 -- Legs 13-18 -- 23.4 Miles




Van 2 Directions to Exchange 18

0.0 Head NORTHWEST on Park Lantern toward Coast Hwy Side Path
0.3 Sharp RIGHT onto Park Lantern
0.4 Merge onto Coast Hwy
0.5 Turn LEFT onto Doheny Park Road
0.6 Slight right onto the California 1 S ramp to I-5
0.8 Merge onto CA-1 S
1.1 Take the ramp to I-5 S
1.3 Merge onto I-5 S
29.1 Take exit 51B for Vista Way/CA-78 toward Escondido
29.3 Turn RIGHT onto CA-78 E
32.5 Take exit 3 for College Blvd
32.7 Turn LEFT onto College Blvd
33.0 Turn LEFT onto Barnard Drive
33.2 Arrive at Exchange 18

Exchange 18 Address:
MiraCosta College
1 Barnard Drive
Oceanside, CA 92056
GPS: 33.18896°N, 117.30174°W



# Leg 13 -- 3.9 Miles -- Easy -- FULL SUPPORT

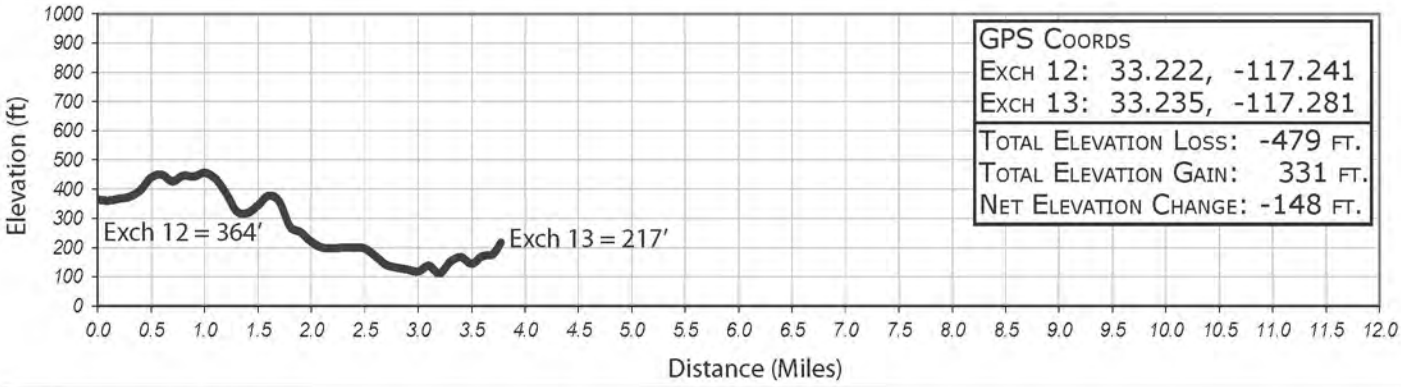
LEG 13 -- 3.9 MILES -- EASY

Leg 13

| | |
|---|---|
| 0.0 | Depart Exchange 12 heading WEST on E Bobier Drive running WITH traffic |
| 0.3 | Using the crosswalk at N Santa Fe Ave, cross to run AGAINST TRAFFIC on W Bobier Drive |
| 1.1 | Turn RIGHT to run AGAINST TRAFFIC on N Melrose Drive |
| 2.3 | Turn LEFT onto N Santa Fe Ave to run AGAINST TRAFFIC on the sidewalk |
| 3.2 | Turn LEFT onto Mesa Drive running WITH TRAFFIC on the sidewalk |
| 3.7 | Turn RIGHT onto Sagewood Drive |
| 3.9 | Arrive at Exchange 13 |

Exchange 13
Roosevelt Middle School
850 Sagewood Drive
Oceanside, CA 92057
GPS: 33.23541°N, 117.28066°W

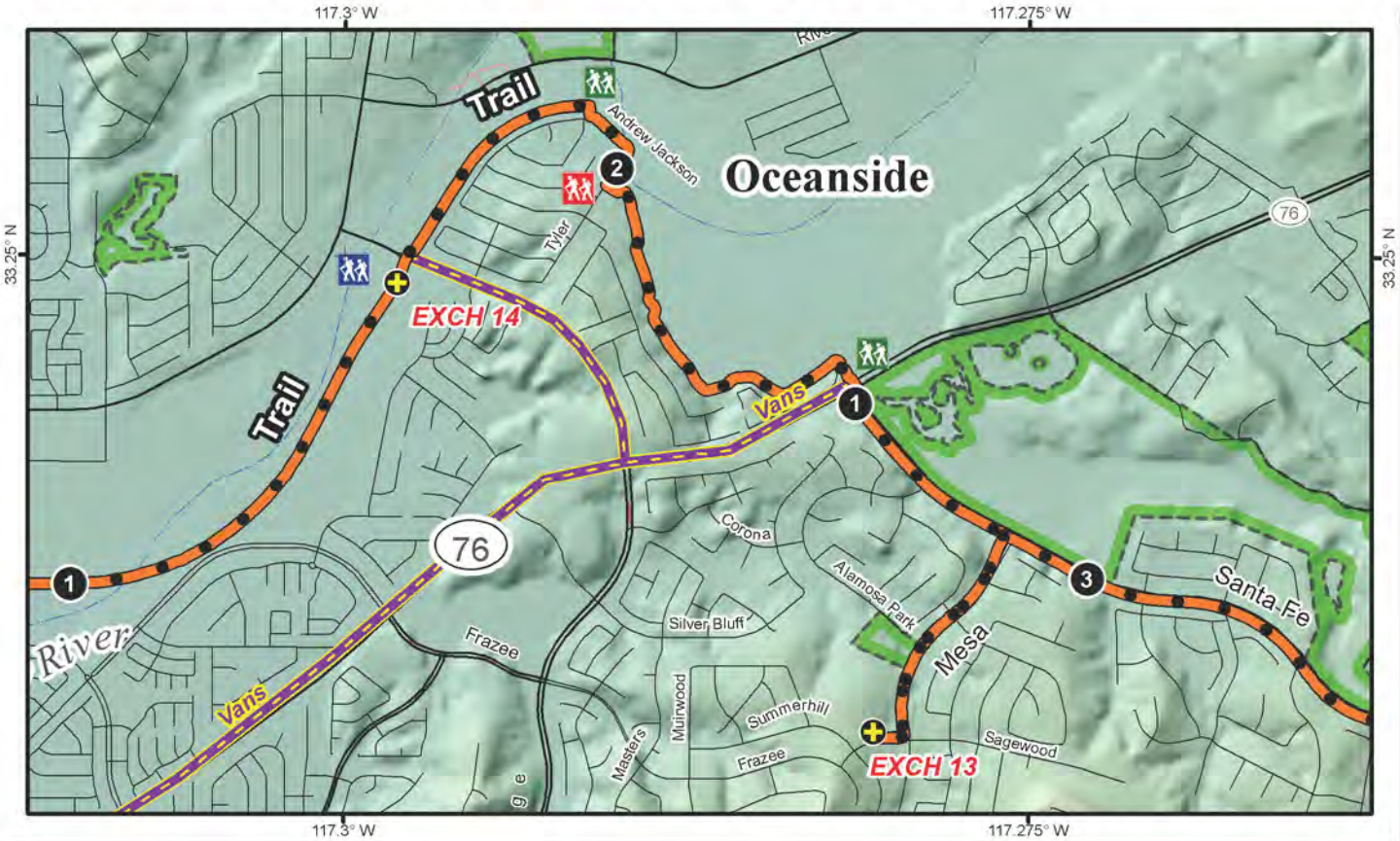
Van Directions to Exchange 13:
Follow leg legend.




GPS Coords
Exch 12: 33.222, -117.241
Exch 13: 33.235, -117.281

Total Elevation Loss: -479 ft.
Total Elevation Gain: 331 ft.
Net Elevation Change: -148 ft.

# Leg 14 -- 2.8 Miles -- Easy -- NO VAN SUPPORT




LEG 14 - 2.8 MILES - EASY

Leg 14 Notes:
Runners will be on a trail for most of this leg and are encouraged to carry water.

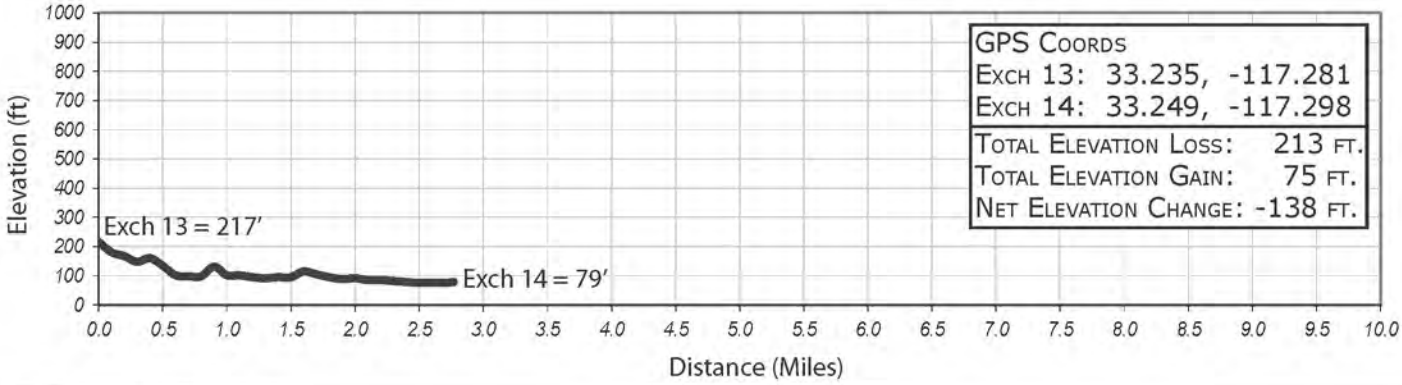
Leg 14

| | |
|---|---|
| 0.0 | Depart Exchange 13 heading EAST on Sagewood Drive |
| 0.1 | Turn LEFT onto Mesa Drive running AGAINST TRAFFIC on the sidewalk |
| 0.6 | Turn LEFT onto N Santa Fe Avenue running AGAINST TRAFFIC on the sidewalk |
| 1.4 | Continue STRAIGHT onto bike path |
| 2.0 | Turn RIGHT onto Tyler Street running WITH TRAFFIC on the sidewalk |
| 2.2 | Turn RIGHT to get back on trail |
| 2.8 | Arrive at Exchange 14 |

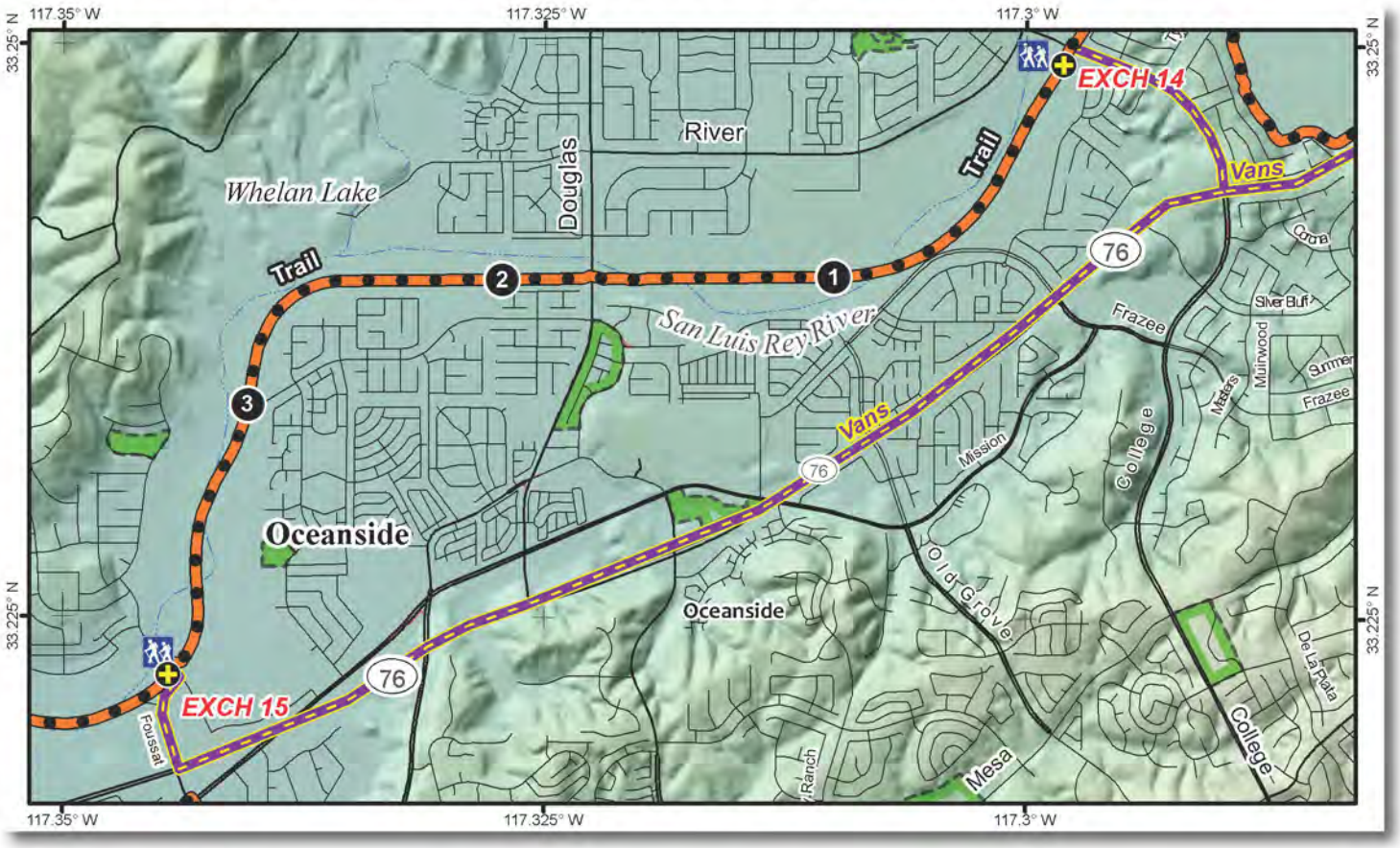
Exchange 14
Mance Buchanon Park
425 College Boulevard
Oceanside, CA 92057
GPS: 33.24918°N, 117.29811°W

Van Directions to Exchange 14:

| | |
|---|---|
| 0.0 | Depart Exchange 13 heading EAST on Sagewood Drive |
| 0.1 | Turn LEFT onto Mesa Drive |
| 0.6 | Turn LEFT onto N Santa Fe Avenue |
| 1.1 | Turn LEFT onto San Luis Rey Mission Expy |
| 1.6 | Turn RIGHT onto College Blvd |
| 2.4 | Turn LEFT onto N River Rd |
| 2.7 | Arrive at Exchange 14 |



# Leg 15 -- 3.9 Miles -- Easy -- NO VAN SUPPORT




LEG 15 -- 3.9 MILES -- EASY

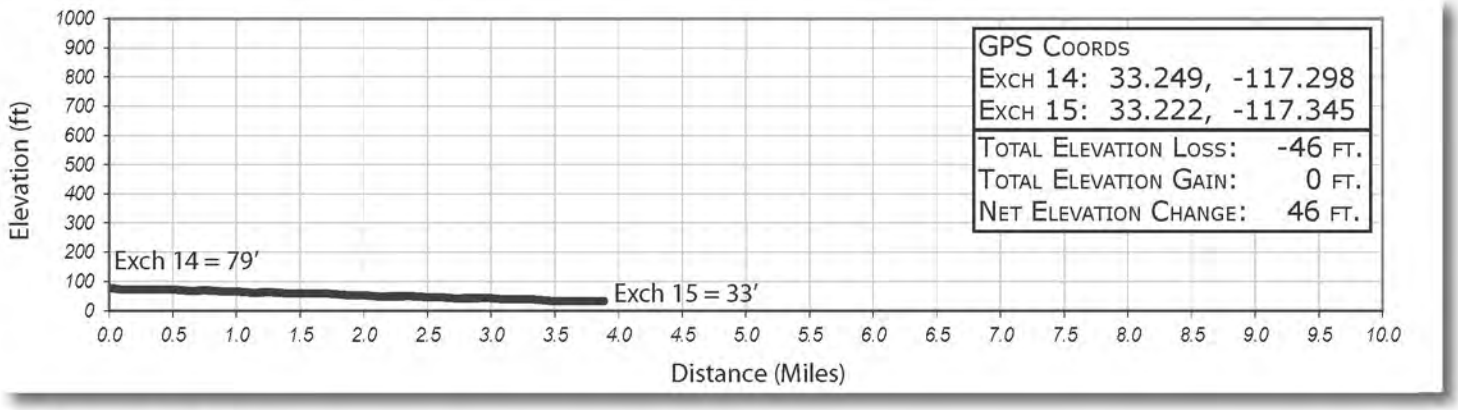
Leg 15 Notes:
Runners will be on the San Luis Rey River Trail for most of this leg and are encouraged to carry their own water.

The San Luis Rey River Trail is not well lit at night. Runners may utilize bike pacers, running pacers, and carry extra lights as needed.

Leg 15

| | |
|---|---|
| 0.0 | Depart Exchange 14 continuing SOUTH on the San Luis Rey River Trail |
| 3.9 | Arrive at Exchange 15 |

Exchange 15
Oceanside Skatepark 3
San Luis Rey River Trail
Oceanside, CA 92058
GPS: 33.22249°N, 117.34454°W



# Leg 16 -- 5.3 Miles -- Hard -- FULL SUPPORT

LEG 16 -- 5.3 MILES -- HARD

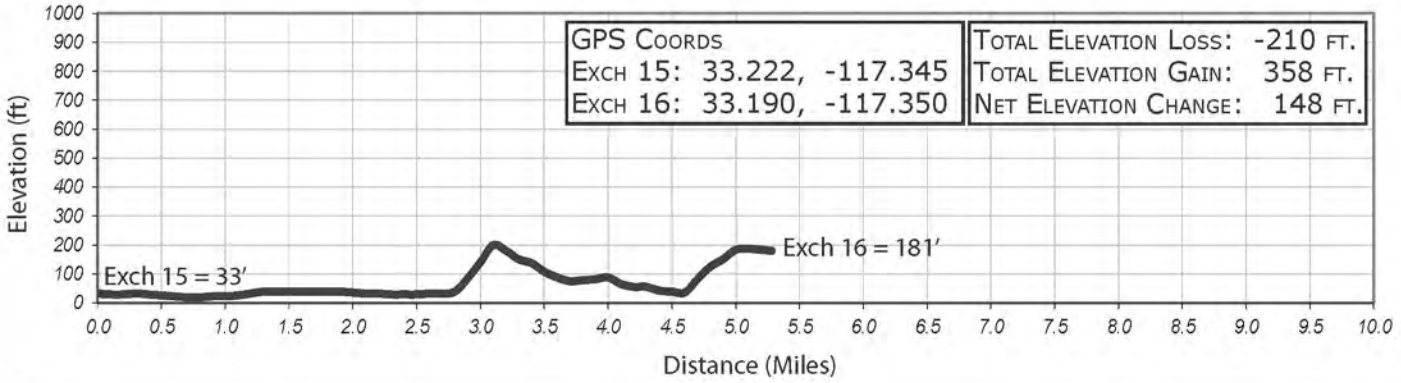
Exchange 16 Notes:
This is a QUIET EXCHANGE. Please be respectful of local residents and keep volume down.

Runners will be on the San Luis Rey River Trail for a small part of this leg and are encouraged to carry their own water.

Leg 16

| | |
|---|---|
| 0.0 | Depart Exchange 15 heading SOUTHWEST on the San Luis Rey River Trail |
| 0.8 | Turn LEFT onto Benet Road |
| 1.6 | Turn RIGHT onto San Luis Rey Road |
| 2.1 | Turn RIGHT onto Airport Rd and then immediately turn LEFT to run AGAINST TRAFFIC on Mission Ave on the sidewalk |
| 2.5 | Turn RIGHT onto Foussat Road |
| 3.7 | Turn RIGHT onto Oceanside Blvd running AGAINST TRAFFIC on the sidewalk |
| 4.5 | Turn LEFT onto Crouch Street running WITH TRAFFIC on the sidewalk |
| 4.9 | Turn LEFT onto Grandview Street running AGAINST TRAFFIC |
| 5.0 | Turn RIGHT onto Ridgeway St running AGAINST TRAFFIC |
| 5.2 | Turn RIGHT onto California St running AGAINST TRAFFIC on sidewalk |
| 5.3 | Arrive at Exchange 16 |

Exchange 16
Lincoln Middle School
2000 California Street
Oceanside, CA 92054
GPS: 33.190°N, 117.350°W



# Leg 17 -- 4.4 Miles -- Moderate -- FULL SUPPORT

LEG 17 -- 4.4 MILES -- MODERATE

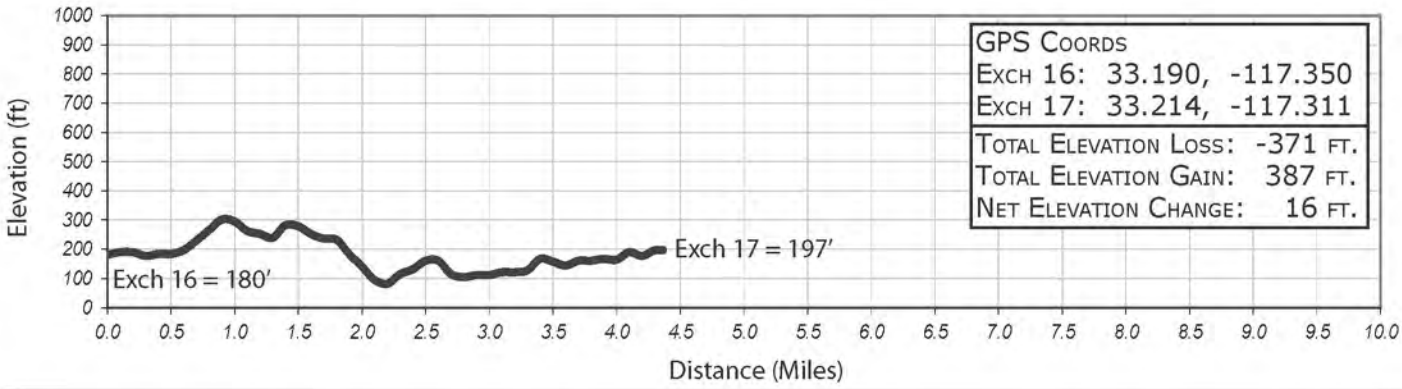
Exchange 17 Notes:
This is a QUIET EXCHANGE. Please be respectful of local residents and keep volume down.

Vans entering and exiting the Exchange 17 parking lot will cross the runner path. Please use caution.

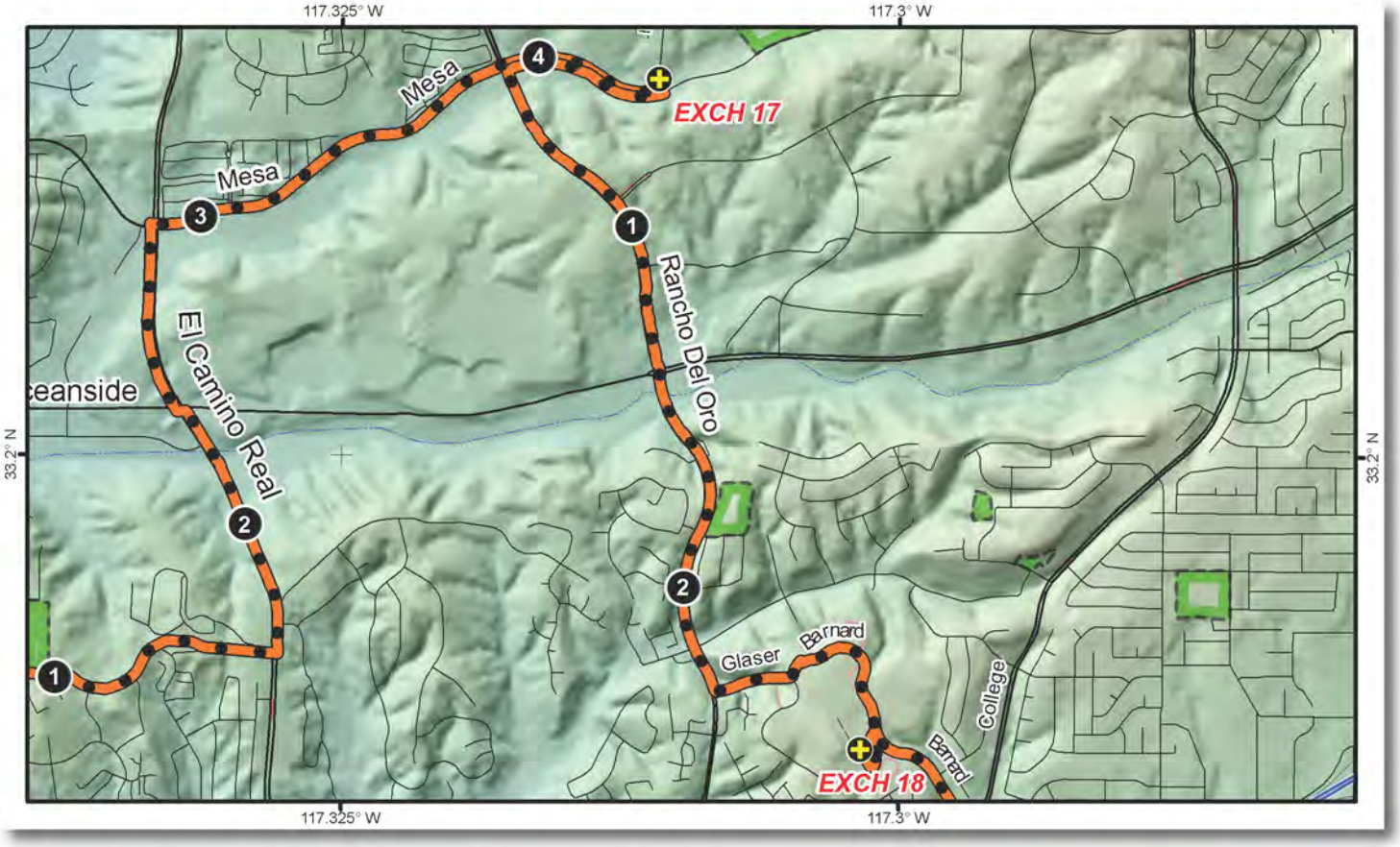
Leg 17

| | |
|---|---|
| 0.0 | Depart Exchange 16 heading NORTHEAST on California Avenue |
| 0.3 | Turn RIGHT to run WITH TRAFFIC on Downs St |
| 0.5 | Turn LEFT to run WITH TRAFFIC on Fire Mountain Dr |
| 1.7 | Turn LEFT onto El Camino Real to run WITH TRAFFIC on the sidewalk |
| 2.8 | Turn RIGHT onto Mesa Dr to run AGAINST TRAFFIC on the sidewalk |
| 4.4 | Arrive at Exchange 17 |

Exchange 17
The Church of Jesus Christ of Latter-day Saints
3990 Mesa Drive
Oceanside, CA 92056
GPS: 33.21411°N, 117.31079°W



# Leg 18 -- 3.1 Miles -- Moderate -- FULL SUPPORT

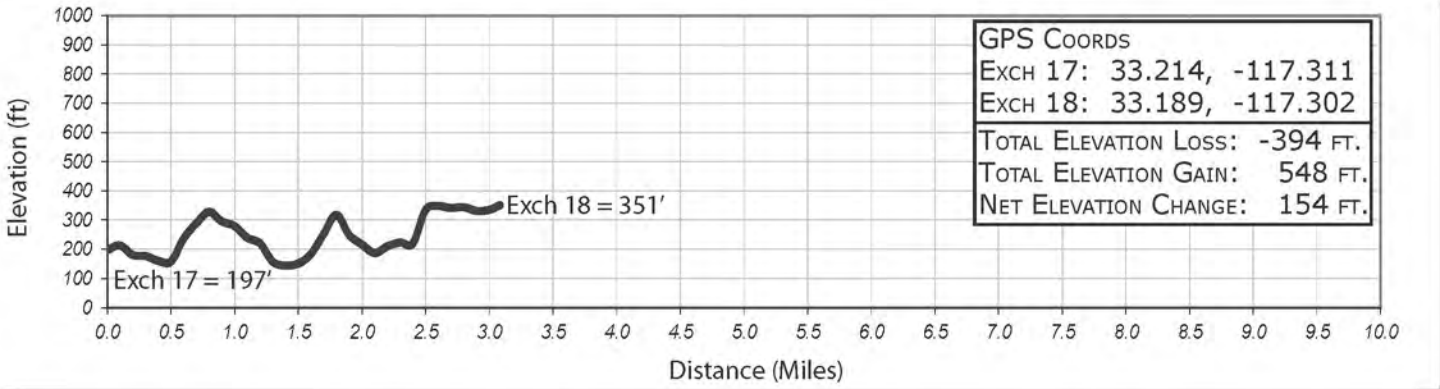



LEG 18 – 3.1 MILES – MODERATE

Leg 18

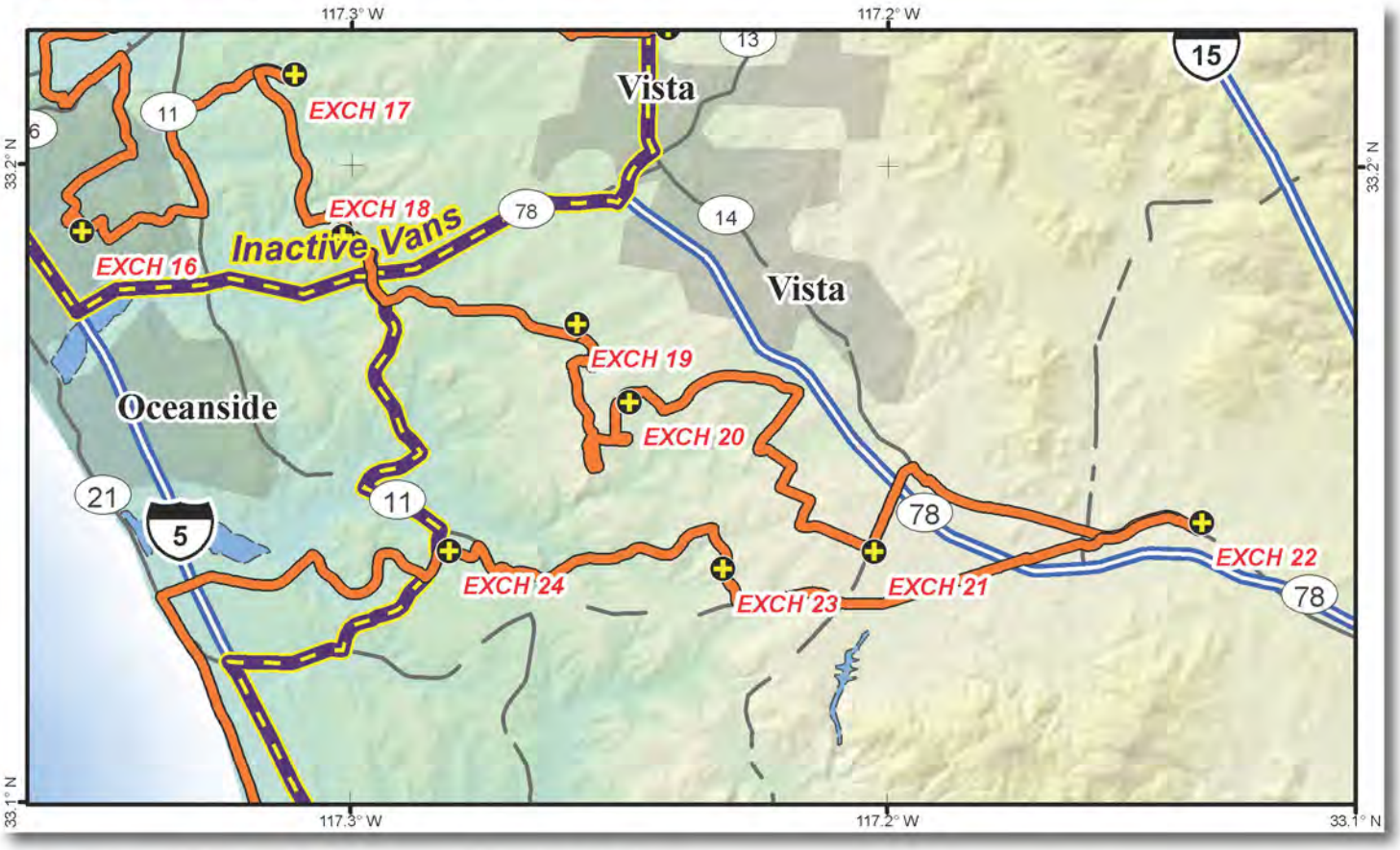
| | |
|---|---|
| 0.0 | Depart Exchange 17 heading SOUTHWEST on Mesa Drive running AGAINST TRAFFIC |
| 0.5 | Turn LEFT onto Rancho Del Oro Drive running AGAINST TRAFFIC on the sidewalk |
| 2.3 | Turn LEFT onto Glaser Drive running AGAINST TRAFFIC on the sidewalk |
| 2.5 | Turn LEFT onto Barnard Drive |
| 2.9 | Turn RIGHT to continue on Barnard Drive |
| 3.1 | Arrive at Exchange 18 |

Exchange 18
MiraCosta College
1 Barnard Drive
Oceanside, CA 92056
GPS: 33.18896°N, 117.30174°W




| GPS Coords | | |
|---|---|---|
| Exch 17: | 33.214, | -117.311 |
| Exch 18: | 33.189, | -117.302 |
| Total Elevation Loss: | | -394 ft. |
| Total Elevation Gain: | | 548 ft. |
| Net Elevation Change: | | 154 ft. |

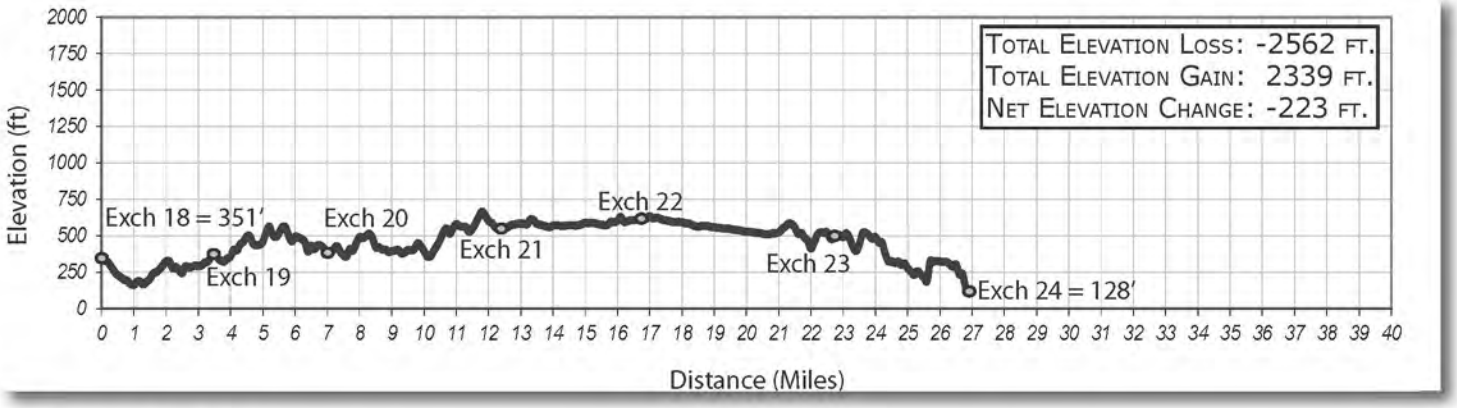
# Van 2 -- Legs 19-24 -- 26.7 Miles



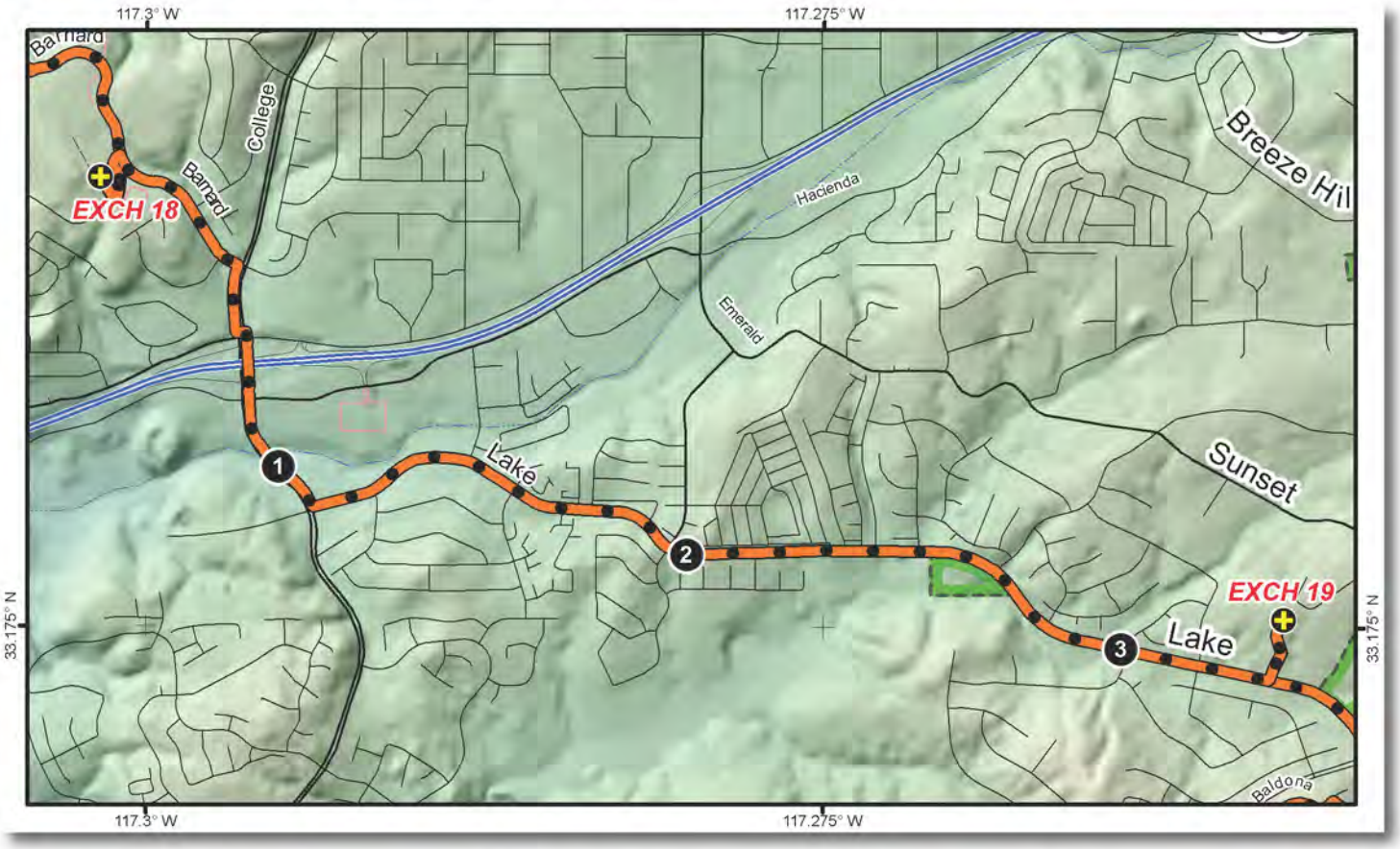

Van 1 Directions to Exchange 24:

| | |
|---|---|
| 0.0 | Depart Exchange 18 heading EAST on Barnard Drive toward Carr Drive |
| 0.3 | Turn RIGHT onto College Blvd |
| 2.8 | Turn RIGHT onto Cannon Road |
| 3.5 | Turn LEFT onto El Camino Real |
| 4.4 | Turn RIGHT onto College Blvd |
| 4.7 | Turn LEFT onto Salk Ave |
| 4.9 | Turn LEFT onto Fermi Court |
| 5.0 | Arrive at Exchange 24 |

Exchange 24 Address:
Taylormade Golf
5545 Fermi Court
Carlsbad, CA 92008
GPS: 33.13950°N, 117.28146°W



# Leg 19 -- 3.5 Miles -- Easy -- NO VAN SUPPORT




LEG 19 – 3.5 MILES – EASY

Exchange 19 Notes:
This is a QUIET EXCHANGE. Please respect Residents and keep noise to a minimum.
This is a NO VAN SUPPORT LEG. All vans must drive directly to the exchange to wait for their runner.

Leg 19

| | |
|---|---|
| 0.0 | Depart Exchange 18 running NORTH on Barnard Drive |
| 0.2 | Turn RIGHT to continue running WITH TRAFFIC on Barnard Drive |
| 0.5 | Turn RIGHT onto College Blvd to run WITH TRAFFIC on sidewalk |
| 0.7 | Use the crosswalk to continue on College Blvd running AGAINST TRAFFIC on the sidewalk |
| 1.1 | Turn LEFT onto Lake Blvd to run AGAINST TRAFFIC on the sidewalk |
| 3.5 | Arrive at Exchange 19 |

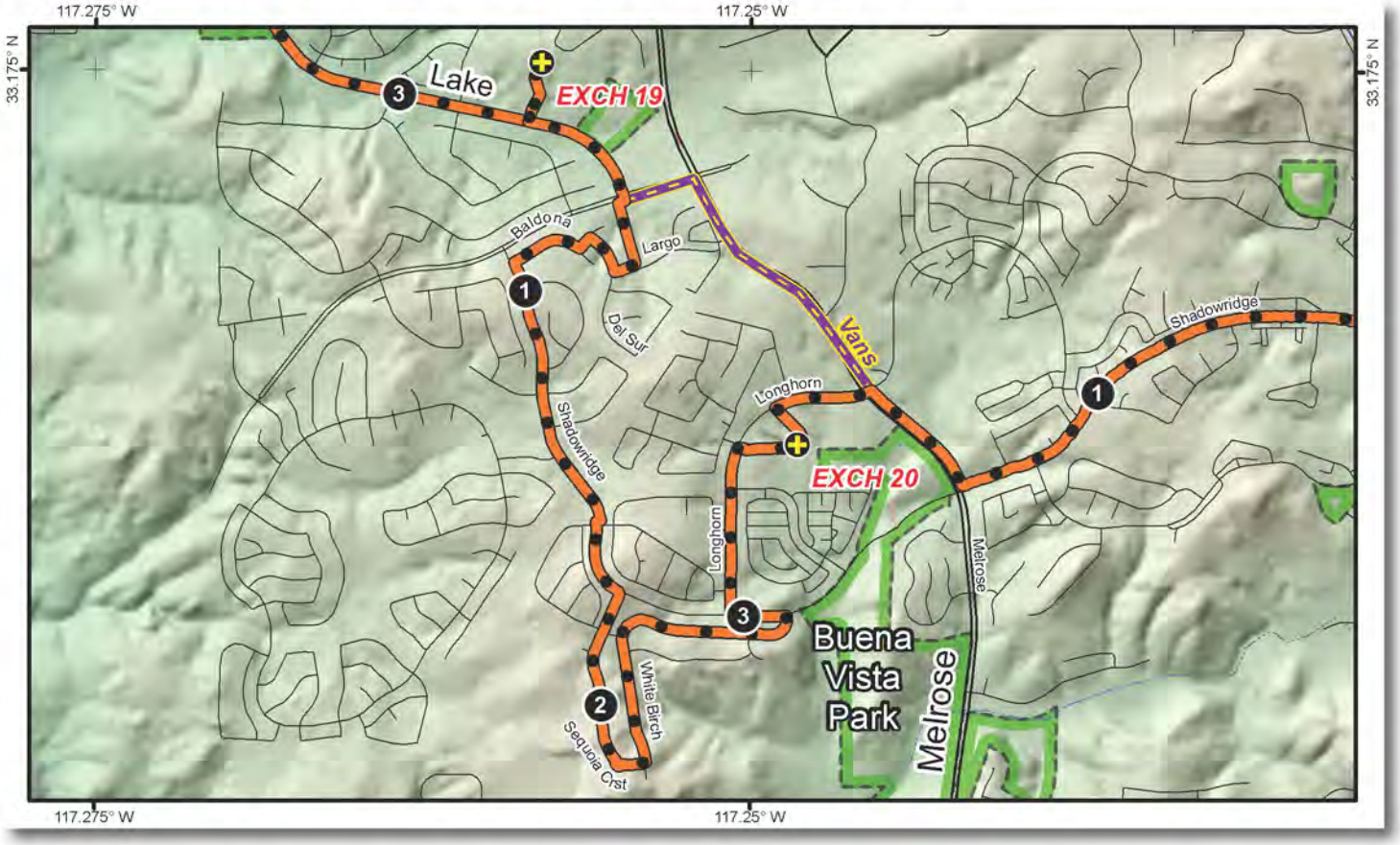
Exchange 19
Madison Middle School
4930 Lake Blvd
Oceanside, CA 92056
GPS: 33.17527°N, 117.25800°W

Van Directions to Exchange 19:

| | |
|---|---|
| 0.0 | Depart Exchange 18 heading EAST on Barnard Drive |
| 0.3 | Turn RIGHT onto College Bvd |
| 0.9 | Turn LEFT onto Lake Blvd |
| 3.2 | Arrive at Exchange 19 |

| GPS Coords | |
|---|---|
| Exch 18: | 33.188, -117.302 |
| Exch 19: | 33.175, -117.258 |
| Total Elevation Loss: | -348 ft. |
| Total Elevation Gain: | 394 ft. |
| Net Elevation Change: | 46 ft. |

# Leg 20 -- 3.5 Miles -- Easy -- NO VAN SUPPORT




LEG 20 -- 3.5 MILES -- EASY

Leg 20 Notes:
This is a QUIET EXCHANGE. Please respect Residents and keep noise to a minimum.

This is a NO VAN SUPPORT LEG. All vans must drive directly to the exchange to wait for their runner.

Ragnar will provide one water station on this leg.

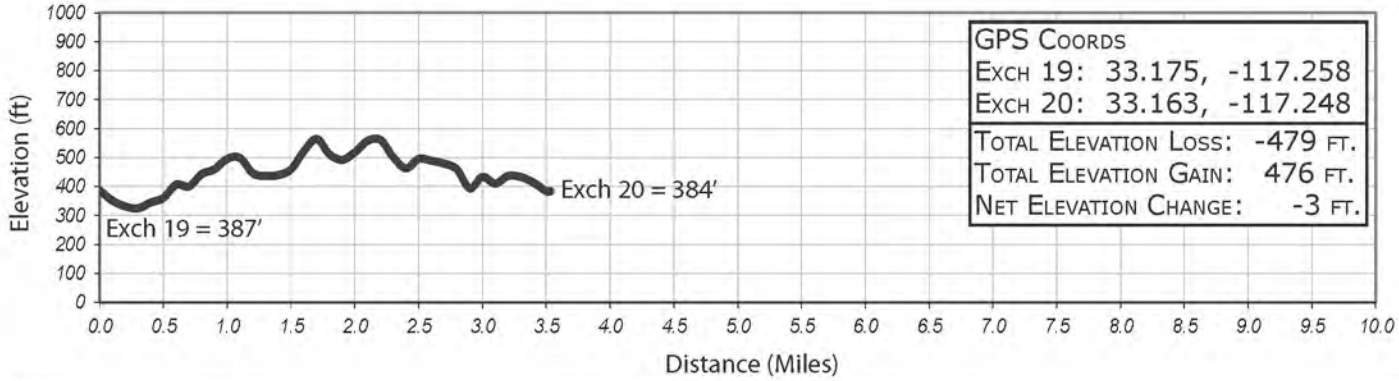
Leg 20

| | |
|---|---|
| 0.0 | Depart Exchange 19 running WEST on Lake Blvd |
| 0.4 | Using the signalized crosswalk to run WITH TRAFFIC on Lake Blvd on the sidewalk |
| 0.6 | Turn RIGHT onto Via Largo |
| 0.6 | Turn RIGHT onto Via Del Sur |
| 0.7 | Turn LEFT onto Via Colina |
| 0.8 | Turn RIGHT onto Via Baldana |
| 0.9 | Turn LEFT onto Shadowridge Drive running AGAINST TRAFFIC on the sidewalk |
| 1.7 | Turn RIGHT onto Sequoia Crest |
| 2.2 | Turn LEFT onto White Birch Drive |
| 2.9 | Turn LEFT onto Shadowridge Drive running AGAINST TRAFFIC on the sidewalk |
| 3.0 | Turn RIGHT onto Longhorn Drive running WITH TRAFFIC on the sidewalk |
| 3.4 | Turn right toward high school parking lot |
| 3.5 | Arrive at Exchange 20 |

Exchange 20
Rancho Buena Vista High School
1601 Longhorn Drive
Vista, CA 92081
GPS: 33.16302°N, 117.24824°W

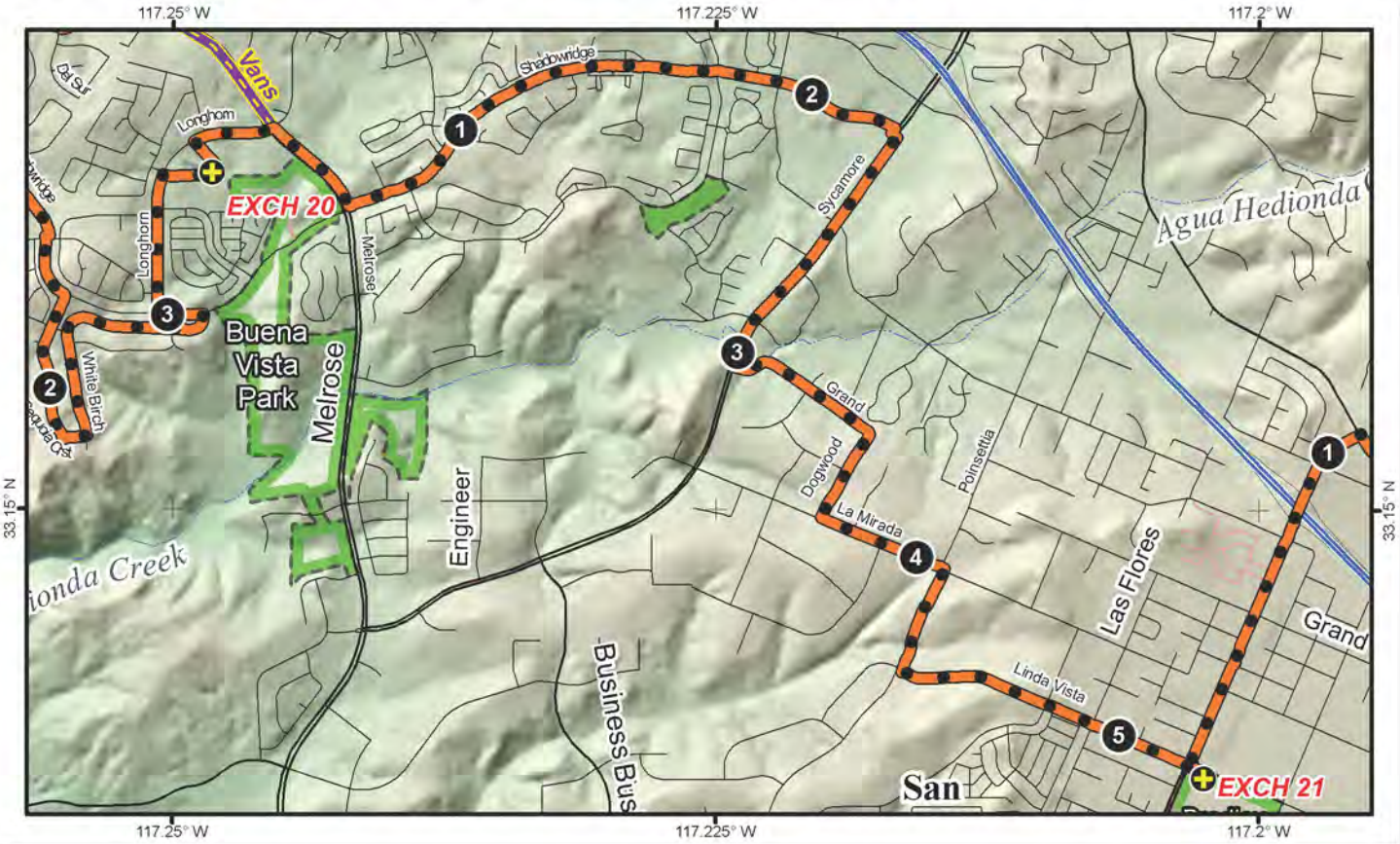
Van Directions to Exchange 20

| | |
|---|---|
| 0.0 | Depart Exchange 19 heading SOUTHWEST on Lake Blvd |
| 0.3 | Turn LEFT onto Cannon Road |
| 0.5 | Turn RIGHT onto S Melrose Drive |
| 1.1 | Turn RIGHT onto Longhorn Drive |
| 1.2 | Arrive at Exchange 20 |




| GPS Coords | |
|---|---|
| Exch 19: | 33.175, -117.258 |
| Exch 20: | 33.163, -117.248 |
| Total Elevation Loss: | -479 ft. |
| Total Elevation Gain: | 476 ft. |
| Net Elevation Change: | -3 ft. |

# Leg 21 -- 5.3 Miles -- Hard -- FULL SUPPORT



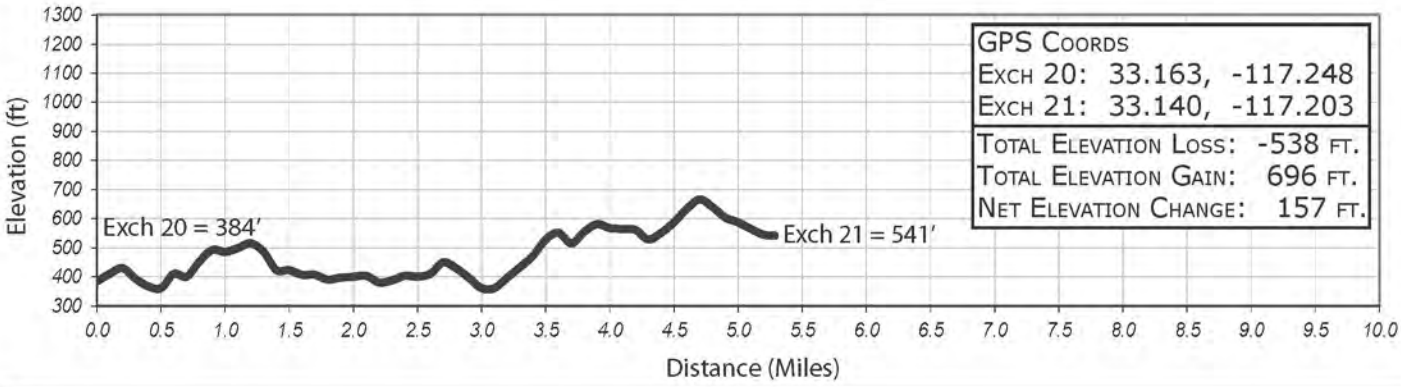

LEG 21 -- 5.3 MILES -- MODERATE

Leg 21 Notes:
This is a QUIET EXCHANGE. Please respect Residents and keep noise to a minimum.

Leg 21

| | |
|---|---|
| 0.0 | Depart Exchange 20 running EAST on Longhorn Drive running WITH TRAFFIC on the sidewalk |
| 0.3 | Turn RIGHT onto S Melrose Drive running AGAINST TRAFFIC on the sidewalk |
| 0.6 | Turn LEFT onto Shadowridge Drive running AGAINST TRAFFIC on the sidewalk |
| 2.3 | Turn RIGHT onto Sycamore Avenue running AGAINST TRAFFIC on the sidewalk |
| 3.0 | Turn LEFT onto Grand Avenue running AGAINST TRAFFIC on the sidewalk |
| 3.5 | Turn RIGHT onto Dogwood running with traffic in shoulder |
| 3.7 | Turn LEFT onto La Mirada Drive running AGAINST TRAFFIC on the shoulder |
| 4.1 | Turn RIGHT onto Poinsettia running AGAINST TRAFFIC on sidewalk/shoulder |
| 4.4 | Turn LEFT onto W Linda Vista Drive running WITH TRAFFIC on the sidewalk |
| 5.3 | Arrive at Exchange 21 |

Exchange 21
Bradley Park
1587 Linda Vista Drive
San Marcos, CA 92078
GPS: 33.13962°N, 117.20239°W



# Leg 22 -- 4.6 Miles -- Moderate -- FULL SUPPORT

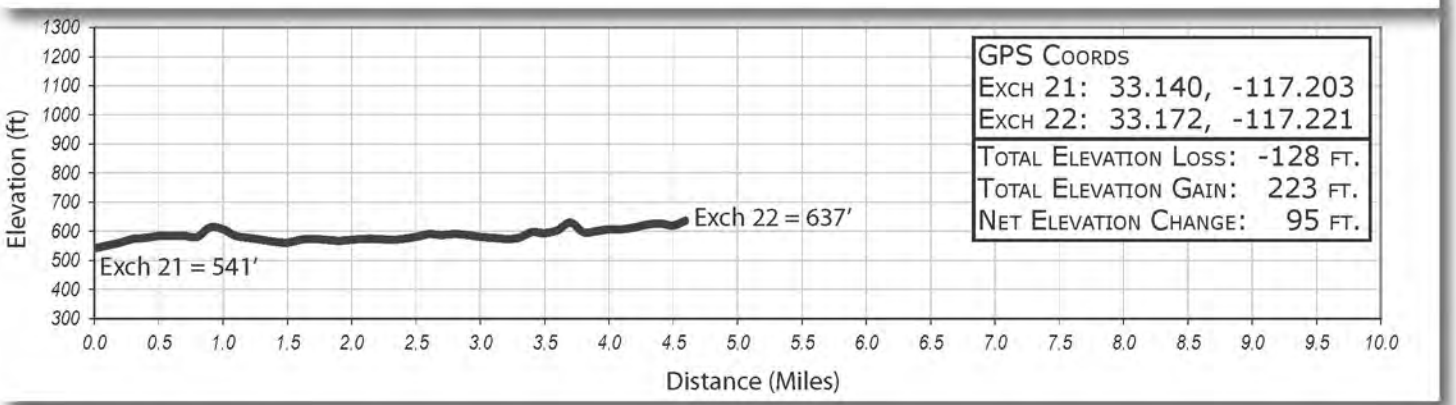
LEG 22 -- 4.6 MILES -- MODERATE

Leg 22

| | |
|---|---|
| 0.0 | Depart Exchange 21 heading WEST on Linda Vista Drive |
| 0.1 | Turn RIGHT onto S Rancho Santa Fe Rd running WITH TRAFFIC on the sidewalk |
| 1.1 | Turn RIGHT onto W Mission Road running AGAINST TRAFFIC on the sidewalk |
| 4.6 | Arrive at Exchange 22 |

Exchange 22
Mission Hills High School
1 Mission Hills Court
San Marcos, CA 92069
GPS: 33.14431°N, 117.14154°W

Van Directions to Exchange 22:
Follow leg legend.



# Leg 23 -- 5.8 Miles -- Hard -- FULL SUPPORT

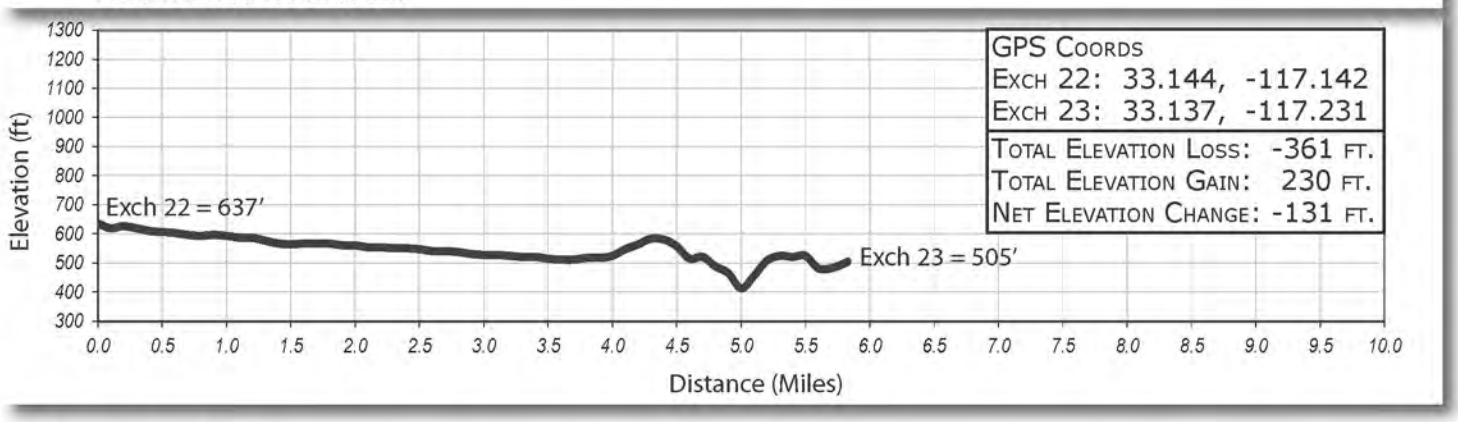
LEG 23 -- 6.1 MILES -- HARD

Leg 23

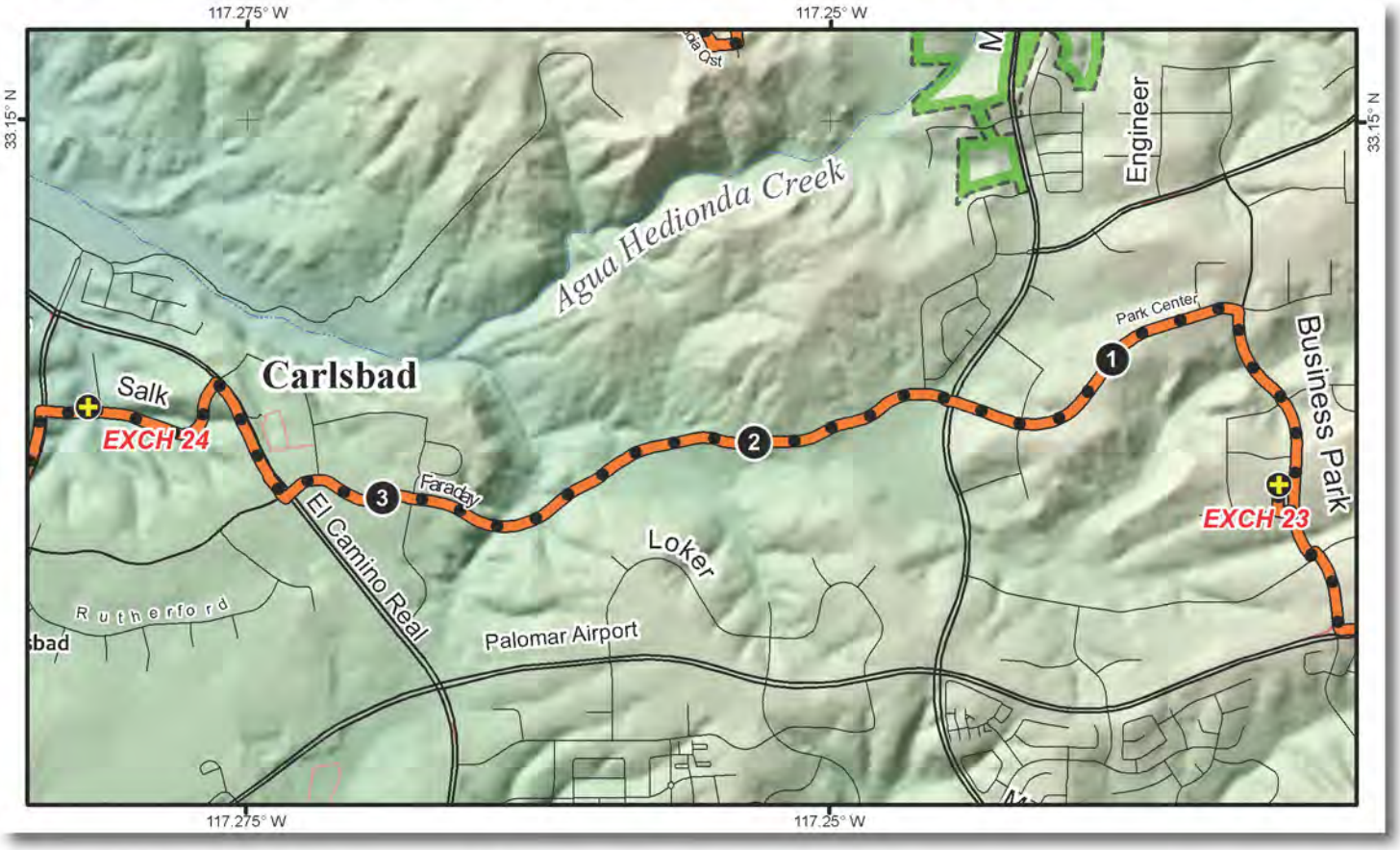
| | |
|---|---|
| 0.0 | Depart Exchange 22 heading WEST on E Mission Road running WITH TRAFFIC on the sidewalk |
| 0.3 | Use the crosswalk to continue on E Mission Road running AGAINST TRAFFIC on the sidewalk |
| 1.2 | Turn LEFT onto E San Marcos Blvd running AGAINST TRAFFIC on the sidewalk |
| 1.5 | Slight LEFT to continue running AGAINST TRAFFIC on W San Marcos Blvd |
| 2.1 | Use the crosswalk to continue on W San Marcos Blvd running WITH TRAFFIC on the sidewalk |
| 5.4 | Turn RIGHT onto Business Park Drive |
| 5.8 | Arrive at Exchange 23 |

Exchange 23
The Wall Climbing Gym
1210 Keystone Way
Vista, CA 92081
GPS: 33.12991°N 117.23878°W

Van Directions to Exchange 23:
Follow leg legend.



# Leg 24 -- 4.0 Miles -- Moderate -- FULL SUPPORT



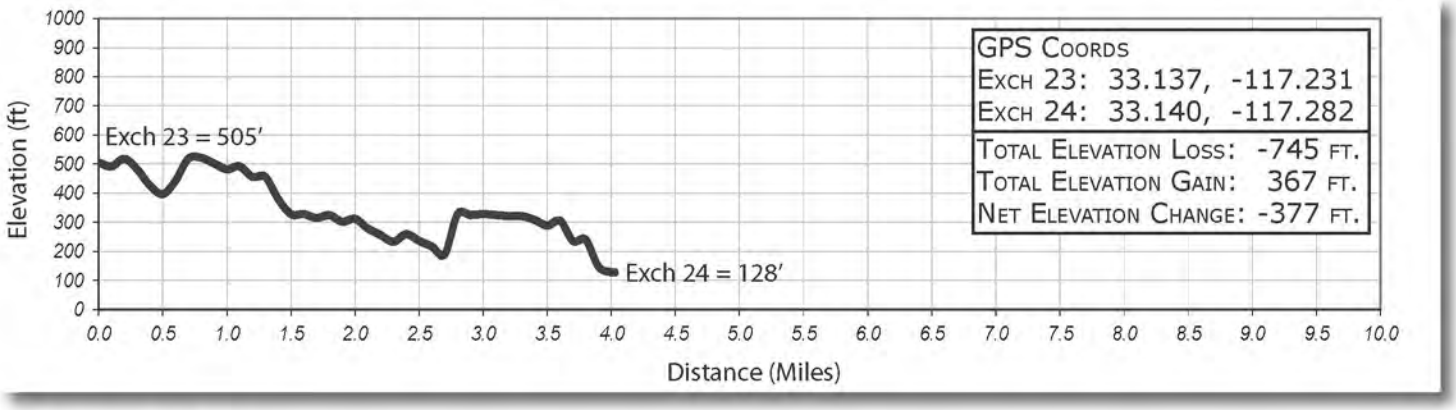

LEG 24 – 4.0 MILES – MODERATE

Leg 24

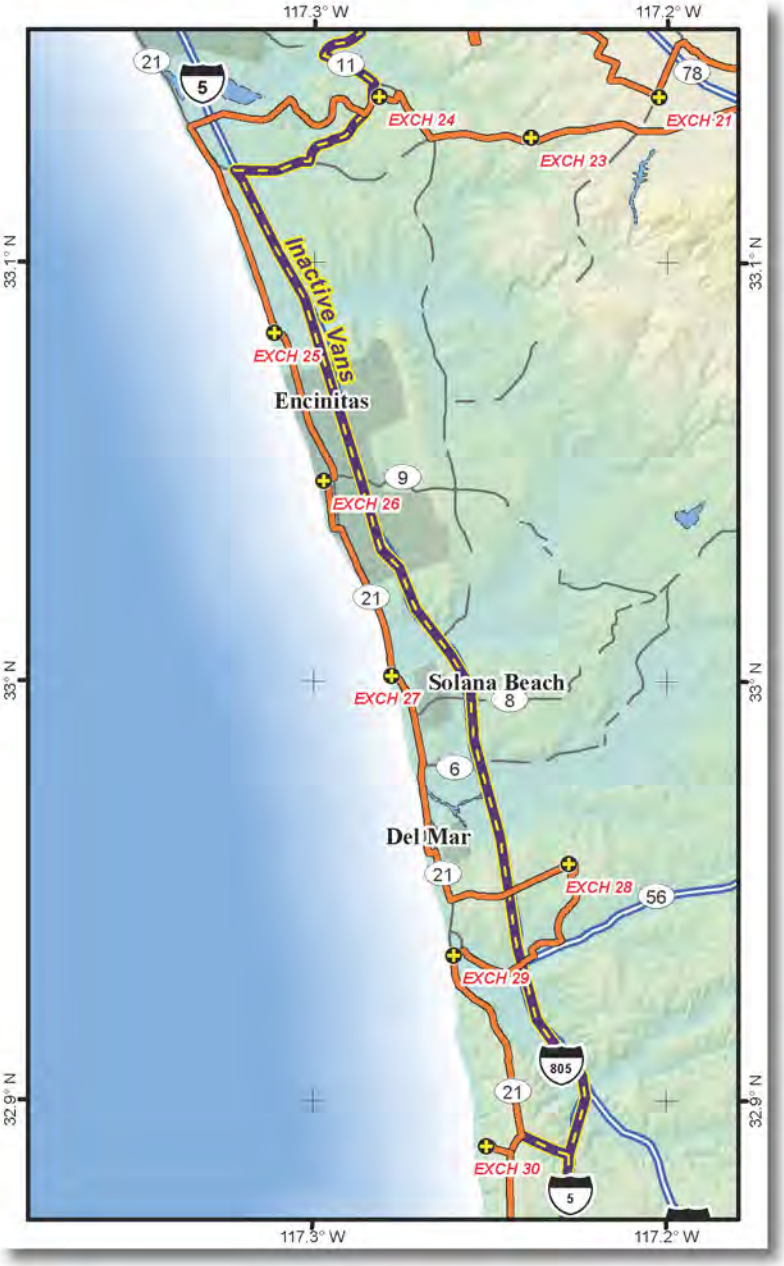
| | |
|---|---|
| 0.0 | Depart Exchange 23 heading north on Business Park Drive |
| 0.7 | Turn LEFT onto Park Center Drive running AGAINST TRAFFIC on shoulder |
| 1.5 | Continue STRAIGHT onto Faraday Street |
| 3.3 | Turn RIGHT onto El Camino Real running AGAINST TRAFFIC on the sidewalk |
| 3.6 | Turn LEFT onto Salk Ave running WITH TRAFFIC on the sidewalk |
| 4.0 | Arrive at Exchange 24 |

Exchange 24
Taylormade Golf
5545 Fermi Court
Carlsbad, CA 92008
GPS: 33.13950°N, 117.28146°W

Van Directions to Exchange 24:
Follow leg legend.



# Van I -- Legs 25-30 -- 28.8 Miles

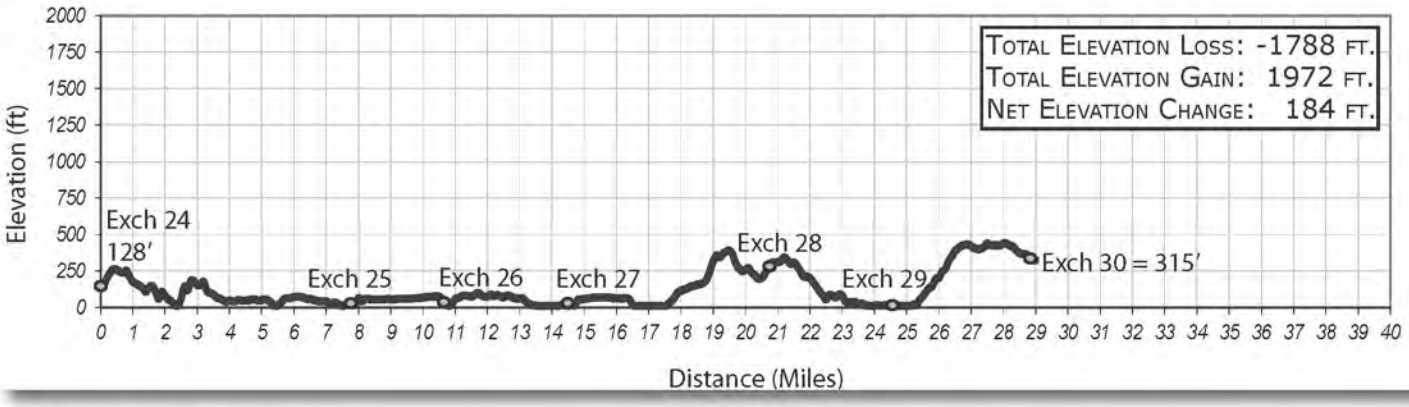



Exchange Notes:
In order to avoid congestion at Exchange 30, please drive to the back of the lot to park.

Van 2 Directions to Exchange 30

| | |
|---|---|
| 0.0 | Depart Exchange 24 heading SOUTH on Fermi Ct toward Salk Ave |
| 0.1 | Turn RIGHT onto Salk Avenue |
| 0.2 | Turn LEFT onto College Blvd |
| 1.8 | Turn RIGHT onto Palomar Airport Road |
| 2.0 | Take the ramp onto I-5 S |
| 2.2 | Merge onto I-5 S |
| 18.3 | Keep right to stay on I-5 |
| 19.5 | Take exit 29 for Genesee Avenue |
| 19.7 | Keep right following signs for Genesee Ave W |
| 19.8 | Merge onto Genesee Ave |
| 20.5 | Turn LEFT onto N Torrey Pines Road |
| 20.9 | Turn RIGHT onto Torrey Pines Scenic Drive |
| 21.3 | Arrive at Exchange 30 |

Exchange 30 Address:
Torrey Pines Gliderport
2800 Torrey Pines Scenic Drive
La Jolla, CA 92037
GPS: 32.88925°N, 117.25073°W




RAGNAR So.Cal.

# Leg 25 -- 7.9 Miles -- Very Hard -- NO VAN SUPPORT

LEG 25 – 7.9 MILES – VERY HARD

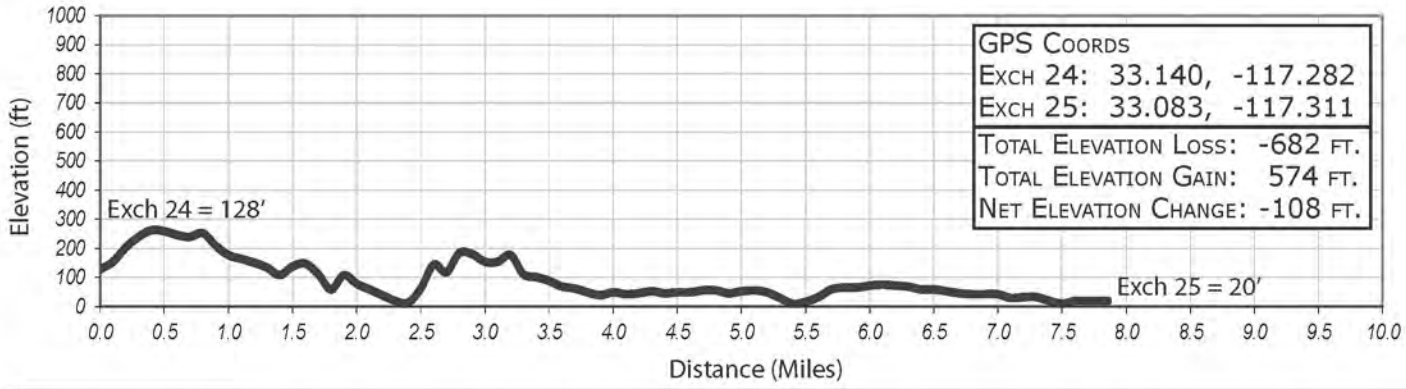
Leg 25 Notes:
This is a QUIET LEG. Please respect Residents and keep noise to a minimum.

This is a LIMITED VAN SUPPORT leg. There is no stopping or pulling over for the first 4.6 miles of this leg. Ragnar will provide one water station.

Leg 25

| | |
|---|---|
| 0.0 | Depart Exchange 24 heading WEST on Salk Avenue |
| 0.2 | Turn LEFT onto College Blvd running WITH TRAFFIC on the sidewalk |
| 0.5 | Turn RIGHT onto Faraday Ave to run AGAINST TRAFFIC on the sidewalk |
| 2.3 | Turn LEFT onto Cannon Road to run AGAINST TRAFFIC on the sidewalk |
| 4.1 | Turn LEFT onto Carlsbad Blvd running WITH TRAFFIC on the shoulder |
| 7.8 | Turn RIGHT towards exchange |
| 7.9 | Arrive at Exchange 25 |

Exchange 25 Address:
South Ponto State Beach
Coast Hwy and La Costa Ave
Encinitas, CA 92024
GPS: 33.08312°N, 117.31139°W



# Leg 26 -- 2.9 Miles -- Easy -- FULL SUPPORT

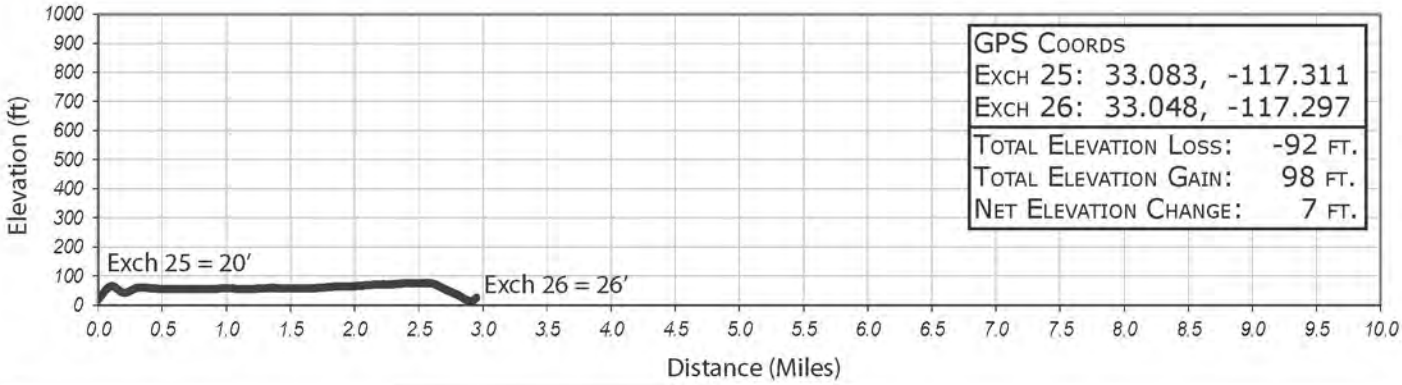
LEG 26 – 2.9 MILES – EASY

Leg 26

| | |
|---|---|
| 0.0 | Depart Exchange 25 running EAST out of the exchange |
| 0.2 | Turn RIGHT onto Coast Hwy 101 running WITH TRAFFIC |
| 2.7 | Turn RIGHT onto B Street running AGAINST TRAFFIC on the sidewalk |
| 2.8 | Turn LEFT onto 3rd Street running WITH TRAFFIC on the sidewalk |
| 2.9 | Turn RIGHT onto the Sidewalk path to Moonlight Beach |
| 2.9 | Arrive at Exchange 26 |

Exchange 26
Moonlight State Beach
490 C Street
Encinitas, CA 92024
GPS: 32.61933°N, 117.10189°W

Van Directions to Exchange 26:
Follow leg legend.



# Leg 27 -- 3.6 Miles -- Easy -- FULL SUPPORT

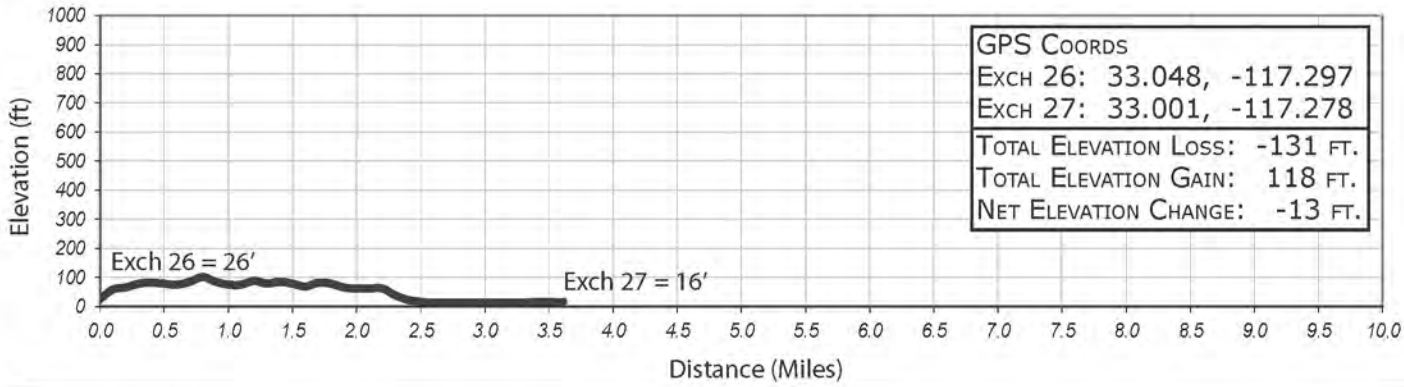
LEG 27 -- 3.6 MILES -- EASY

Leg 27

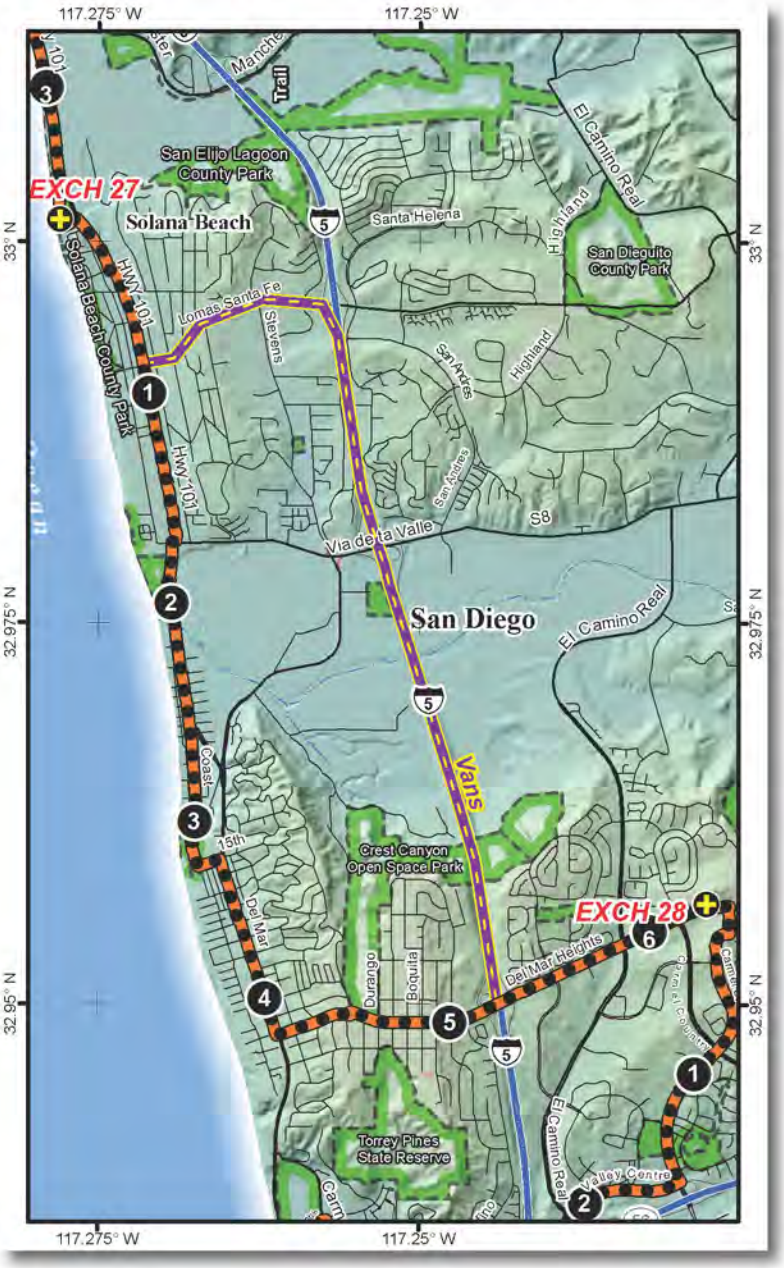
| | |
|---|---|
| 0.0 | Depart Exchange 26 heading SOUTH on the path |
| 0.1 | Turn LEFT onto C Street running WITH TRAFFIC on shoulder |
| 0.2 | Turn RIGHT onto 3rd Street running WITH TRAFFIC on the sidewalk |
| 0.9 | Turn LEFT onto K Street running WITH TRAFFIC on the sidewalk |
| 1.0 | Turn RIGHT onto S Coast Hwy 101 to run WITH TRAFFIC on the sidewalk |
| 3.6 | Arrive at Exchange 27 |

Exchange 27
Cardiff State Beach
2526 S Coast Hwy 101
Solana Beach, CA 92075
GPS: 33.00147°N, 117.27804°W

Van Directions to Exchange 27:
Follow leg legend



# Leg 28 -- 6.3 Miles -- Hard -- NO VAN SUPPORT




LEG 28 -- 6.3 MILES -- HARD

Leg 28 Notes:
VANS CANNOT FOLLOW THE RUNNER PATH AND MUST FOLLOW THE VAN DIRECTIONS PROVIDED. Any vans caught following the runner path will be automatically disqualified.

Ragnar will provide one water station on this leg.

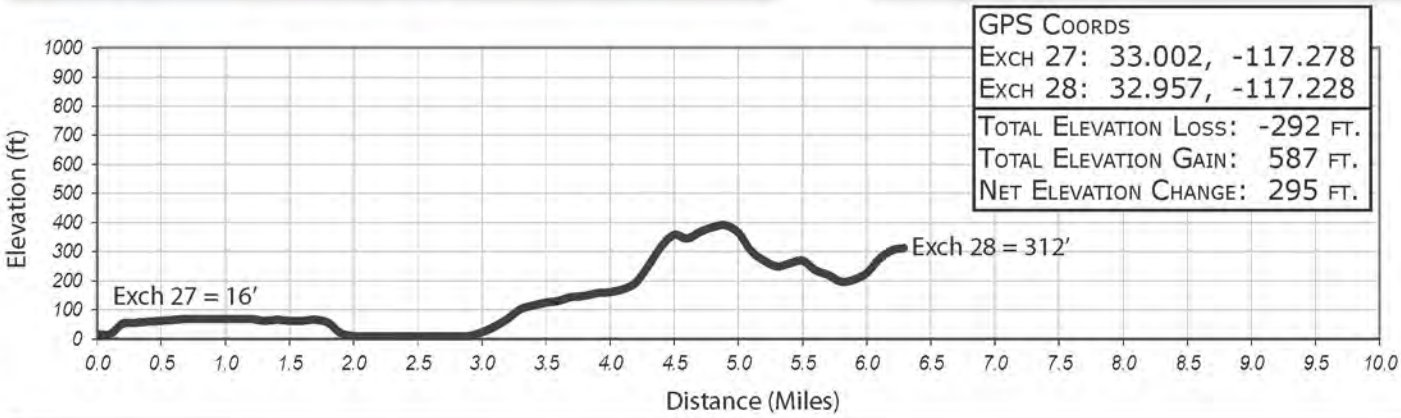
Leg 28

| | |
|---|---|
| 0.0 | Depart Exchange 27 heading SOUTH on S Coast Highway 101 running WITH TRAFFIC |
| 0.4 | Use crosswalk at Solana Vista Drive to continue south on S Coast Highway using bike path |
| 1.7 | Use crosswalk at Via De La Valle to continue south on S Coast High running WITH TRAFFIC in shoulder |
| 3.2 | Turn LEFT on 15th Street to run WITH TRAFFIC |
| 3.3 | Turn RIGHT onto Camino Del Mar running WITH TRAFFIC on sidewalk |
| 4.2 | Turn LEFT onto Del Mar Heights Rd running WITH TRAFFIC on the sidewalk |
| 4.5 | Use crosswalk to continue on Del Mar Heights Rd running AGAINST TRAFFIC on the sidewalk |
| 6.3 | Arrive at Exchange 28 |

Exchange 28 Address:
Torrey Pines High School
3710 Del Mar Heights Road
San Diego, CA 92130
GPS: 32.95660°N, 117.22767°W

Van Directions to Exchange 28:

| | |
|---|---|
| 0.0 | Depart Exchange 27 heading southeast on Hwy 101/S Coast Hwy 101 |
| 0.8 | Turn LEFT onto Lomas Santa Fe Drive |
| 1.7 | Turn RIGHT to merge onto I-5 S toward San Diego |
| 2.0 | Merge onto I-5 S |
| 5.0 | Take Exit 34 for Del Mar Heights Road |
| 5.3 | Turn LEFT onto Del Mar Heights Road |
| 6.3 | Arrive at Exchange 28 |



# Leg 29 -- 3.8 Miles -- Easy -- FULL SUPPORT

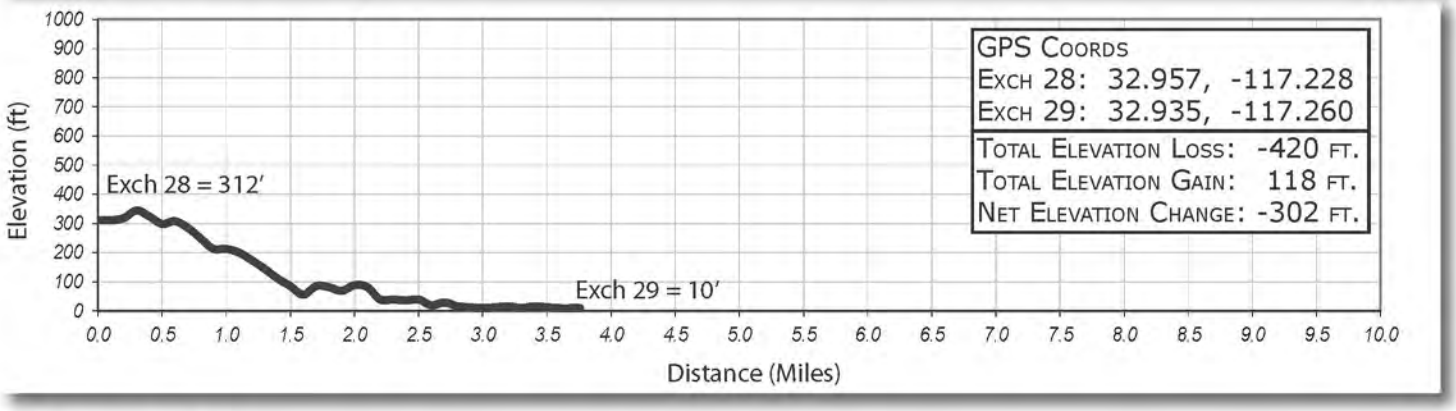
LEG 29 -- 3.8 MILES -- EASY

Leg 29

| | |
|---|---|
| 0.0 | Depart Exchange 28 heading EAST on Del Mar Heights Road |
| 0.1 | Turn RIGHT onto Torrey Ridge Drive running AGAINST TRAFFIC on the sidewalk |
| 0.2 | Turn RIGHT onto Torrey Bluff Drive/ Carmel Creek Road running AGAINST TRAFFIC on the sidewalk |
| 1.5 | Turn RIGHT onto Valley Centre Drive running WITH TRAFFIC on sidewalk |
| 2.1 | Turn LEFT onto El Camino Real running WITH TRAFFIC on the sidewalk |
| 2.2 | Turn RIGHT onto Carmel Valley Road running WITH TRAFFIC on the sidewalk |
| 3.6 | Turn LEFT onto McGonigle Road |
| 3.8 | Arrive at Exchange 29 |

Exchange 29
Torrey Pines North
12600 North Torrey Pines Road
La Jolla, CA 92037
GPS: 32.93477°N, 117.26023°W

Van Direction to Exchange 29:
Follow leg legend



# Leg 30 -- 4.3 Miles -- Hard -- NO VAN SUPPORT

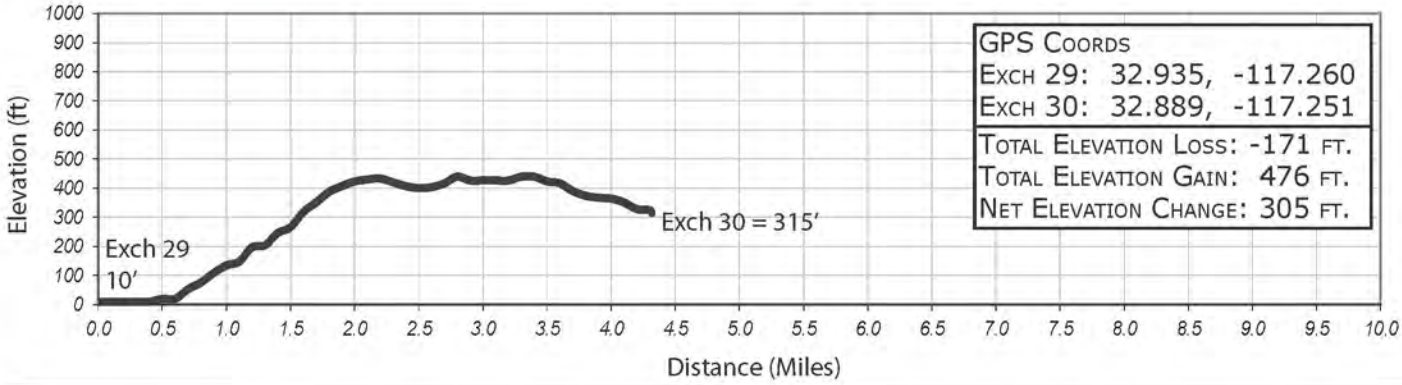
LEG 30 – 4.3 MILES – HARD

Leg 30

| | |
|---|---|
| 0.0 | Depart Exchange 29 running up the ramp towards N Torrey Pines Road |
| 0.1 | Turn LEFT onto N Torrey Pines Road running AGAINST TRAFFIC on the shoulder |
| 2.1 | Cross at NU System Driveway/Torrey Pines Park road and then continue south on N Torrey Pines Road running WITH TRAFFIC on the sidewalk |
| 3.5 | Turn RIGHT to stay on N Torrey Pines Road running WITH TRAFFIC on the sidewalk |
| 3.8 | Turn RIGHT onto Torrey Pines Scenic Drive running AGAINST TRAFFIC on the sidewalk |
| 4.3 | Arrive at Exchange 30 |

Exchange 30
Torrey Pines Gliderport
2800 Torrey Pines Scenic Drive
La Jolla, CA 92037
GPS: 32.88925°N, 117.25073°W

Van Directions to Exchange 30:
This is a no van support leg. Runners are encouraged to carry water. Ragnar will provide one water station.




| GPS Coords | | |
|---|---|---|
| Exch 29: | 32.935, | -117.260 |
| Exch 30: | 32.889, | -117.251 |

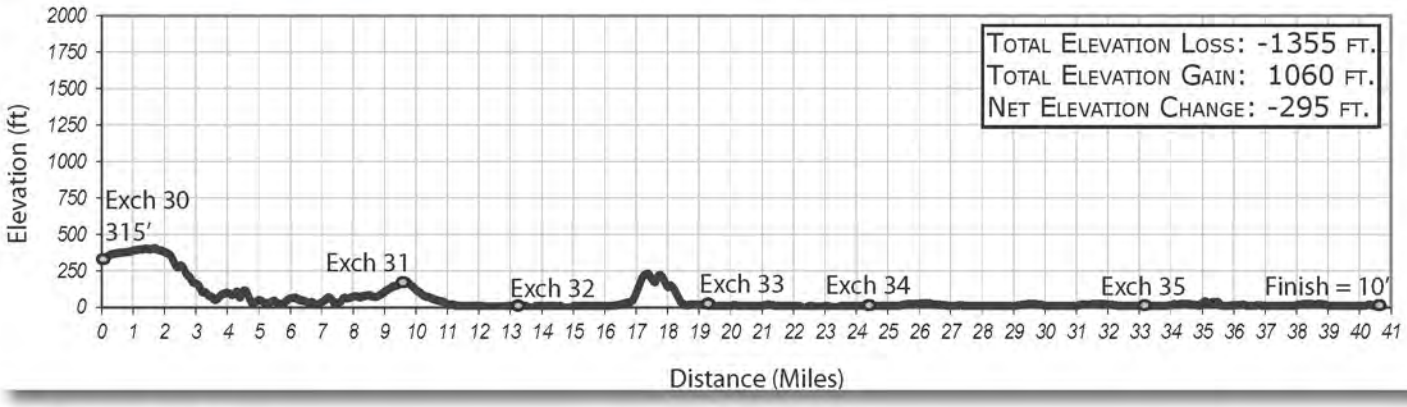
| | |
|---|---|
| Total Elevation Loss: | -171 ft. |
| Total Elevation Gain: | 476 ft. |
| Net Elevation Change: | 305 ft. |

# Van 2 -- Legs 31-36 -- 40.6 Miles

Van 1 Directions to the Finish Line:

| | |
|---|---|
| 0.0 | Depart Exchange 30 heading SOUTH on Torrey Pines Scenic Drive |
| 0.4 | Turn LEFT onto N Torrey Pines Road |
| 0.8 | Turn RIGHT onto Genesee Avenue |
| 1.5 | Take the ramp onto I-5 S |
| 1.8 | Merge onto I-5 S |
| 16.9 | Take exit 14A for CA-75 toward Coronado |
| 17.3 | Continue onto CA-75 S/San Diego – Coroando Bridge |
| 19.5 | Turn LEFT onto 4th Street |
| 19.6 | Turn RIGHT onto Pomona Ave |
| 20.2 | Turn RIGHT onto Glorietta Blvd |
| 20.3 | Turn LEFT to stay on Glorietta Blvd |
| 20.4 | Turn LEFT onto Orange Avenue |
| 20.5 | Continue onto Silver Strand Blvd |
| 24.2 | Arrive at Finish |

Finish Line Address:
Silver Strand State Beach
5000 California 75
Coronado, CA 92118
GPS: 32.62992°N, 117.14000°W



# Leg 31 -- 9.7 Miles -- Very Hard -- FULL SUPPORT

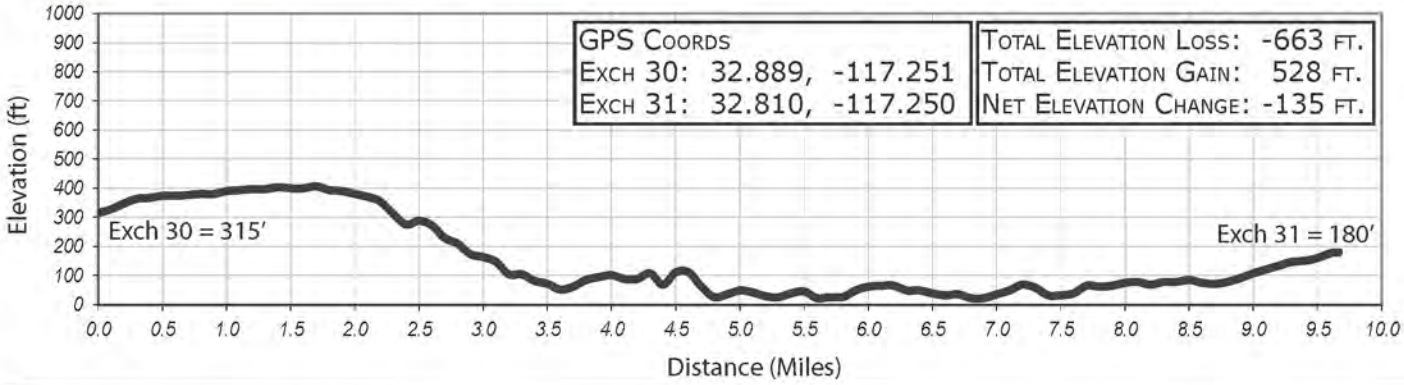
LEG 31 -- 9.7 MILES -- VERY HARD

Leg 31 Notes:
Runners will be a on a coastal trail for most of this leg and are encouraged to carry their own water. Ragnar will provide two water stations on this leg.

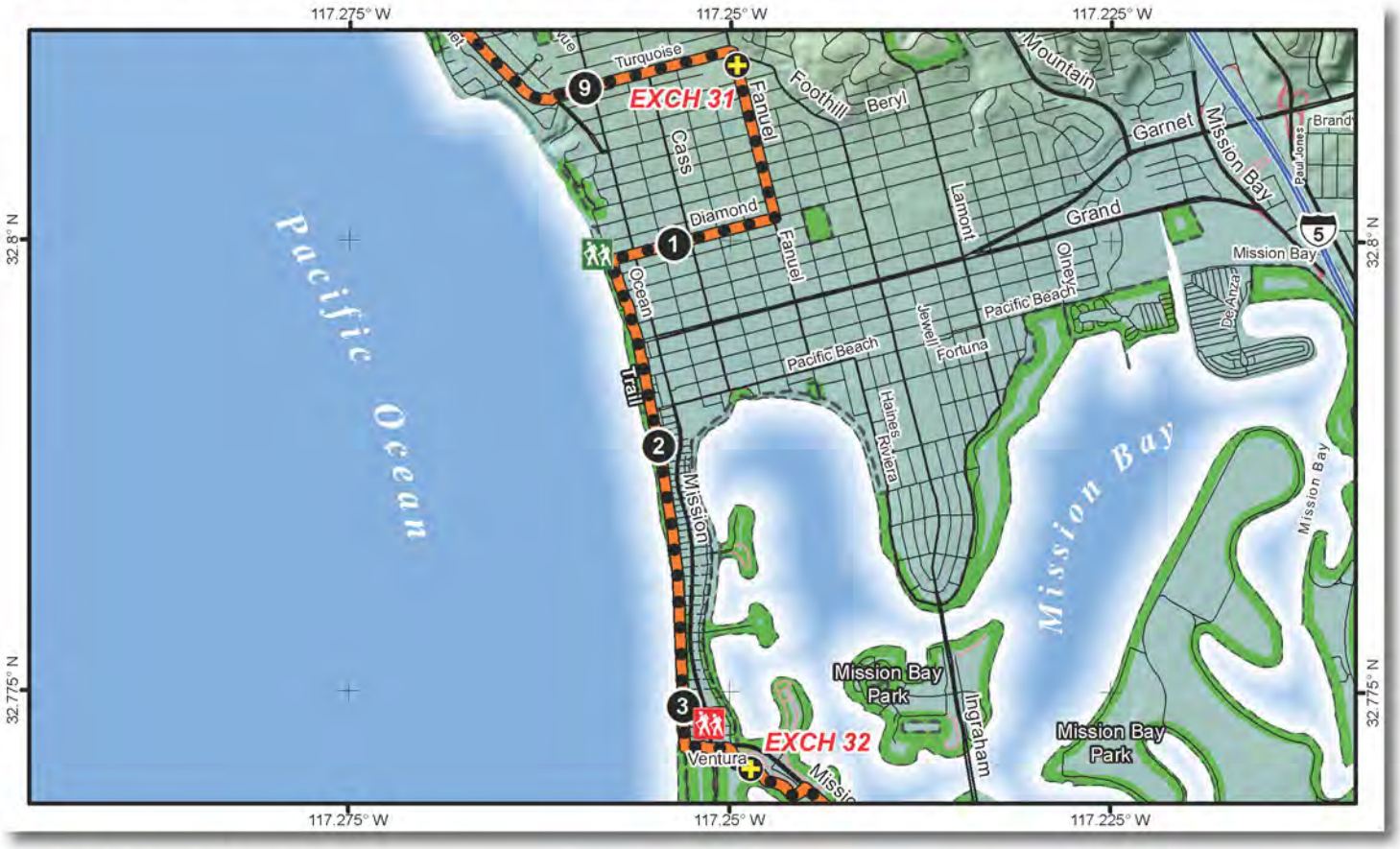
Leg 31

| | |
|---|---|
| 0.0 | Depart Exchange 30 running WITH TRAFFIC on Torrey Pines Scenic Drive |
| 0.5 | Turn RIGHT onto N Torrey Pines Road running WITH TRAFFIC on the sidewalk/shoulder |
| 1.7 | Turn RIGHT onto Torrey Pines Road running WITH TRAFFIC on the sidewalk |
| 4.3 | Turn RIGHT onto Coast Walk Trail |
| 4.7 | Turn RIGHT onto Cave Street to run WITH TRAFFIC on path |
| 5.0 | Turn RIGHT onto Coast Blvd running WITH TRAFFIC on sidewalk |
| 5.9 | Turn RIGHT onto Olivieta Ave |
| 6.0 | Turn RIGHT to stay on Olivieta Ave running WITH TRAFFIC on sidewalk |
| 6.2 | Turn RIGHT onto Arenas St running WITH TRAFFIC on the sidewalk |
| 6.3 | Turn LEFT onto Monte Vista Ave |
| 6.3 | Turn RIGHT onto Fern Glen |
| 6.5 | Turn LEFT onto Neptune Pl running WITH TRAFFIC on sidewalk |
| 7.0 | Turn LEFT onto Palomar Avenue |
| 7.0 | Turn RIGHT onto Camino De La Costa running WITH TRAFFIC on the sidewalk |
| 7.9 | Turn RIGHT onto La Jolla Blvd running WITH TRAFFIC on sidewalk |
| 8.9 | Turn LEFT onto Turquoise Street running WITH TRAFFIC on sidewalk |
| 9.6 | Turn RIGHT onto Fanuel Street running AGAINST TRAFFIC on the sidewalk |
| 9.6 | Arrive at Exchange 31 |

Exchange 31 Address:
Church of Jesus Christ of Latter-day Saints
5151 Fanuel Street
San Diego, CA 92109
GPS: 32.80974°N, 117.24962°W



# Leg 32 -- 3.5 Miles -- Easy -- FULL SUPPORT

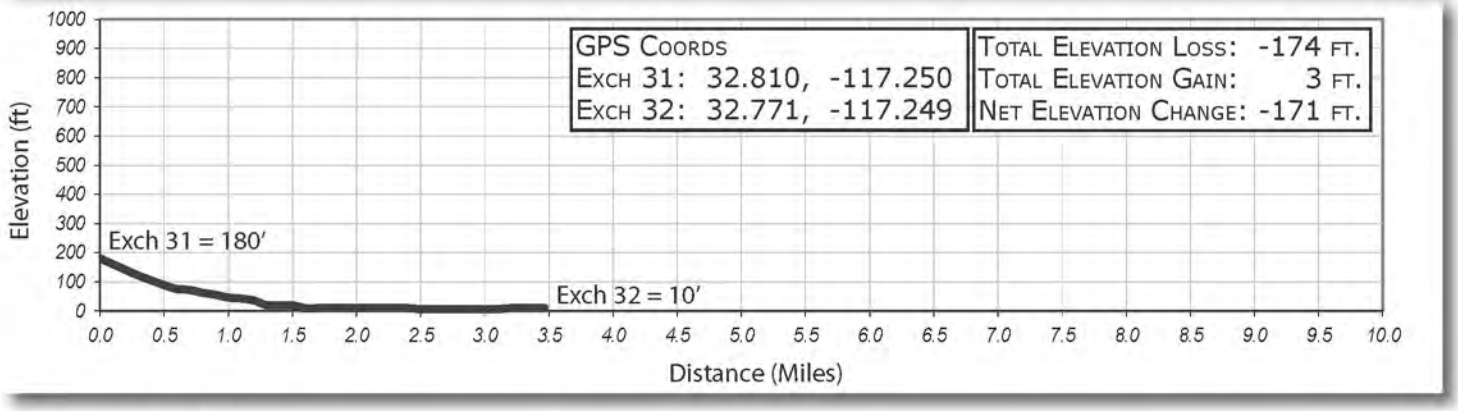



LEG 32 -- 3.5 MILES -- EASY

Leg 32

| | |
|---|---|
| 0.0 | Depart Exchange 31 heading SOUTH on Fanuel Street running AGAINST TRAFFIC on the sidewalk |
| 0.6 | Turn RIGHT onto Diamond Street running AGAINST TRAFFIC on sidewalk |
| 1.3 | Turn LEFT onto bike path |
| 3.2 | Turn LEFT onto Venetura Pl running WITH TRAFFIC on sidewalk |
| 3.3 | Turn RIGHT onto sidewalk leading to exchange |
| 3.5 | Arrive at Exchange 32 |

Exchange 32 Address:
Bonita Cove
1100 W Mission Bay Drive
San Diego, CA 92109
GPS: 32.77076°N, 117.24864°W



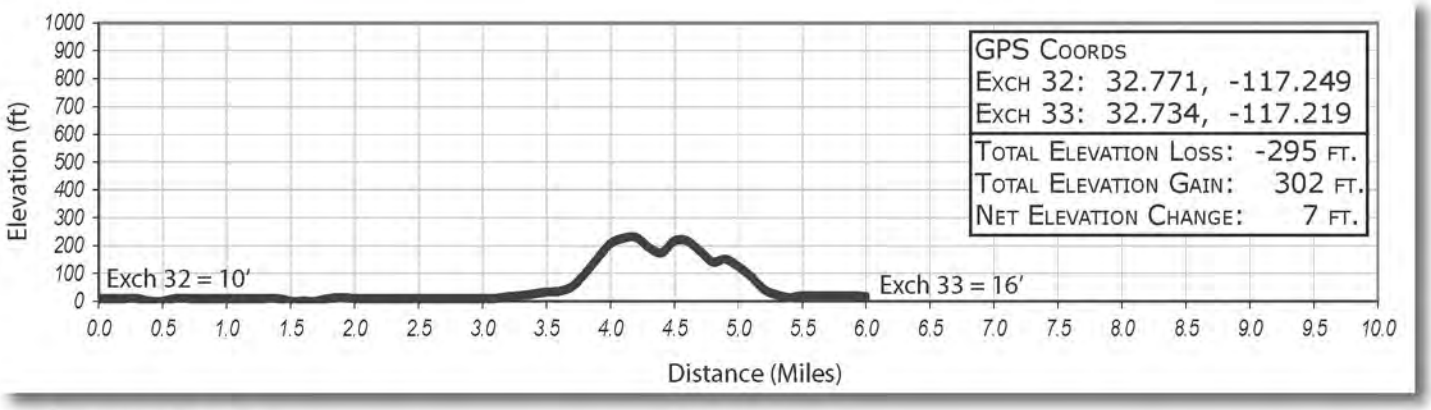
# Leg 33 -- 6.0 Miles -- Hard -- FULL SUPPORT

LEG 33 -- 6.0 MILES -- HARD

Leg 33

| | |
|---|---|
| 0.0 | Depart Exchange 32 heading southeast on sidewalk through park |
| 0.3 | Continue south onto W Mission Bay Drive running WITH TRAFFIC |
| 0.7 | Turn RIGHT onto Quivira Road |
| 0.8 | Turn LEFT onto Quivira Way running AGAINST TRAFFIC |
| 1.4 | Turn LEFT onto the trail |
| 1.6 | Turn RIGHT onto Ocean Beach Bike Path |
| 2.5 | Turn LEFT onto Voltaire Street running AGAINST TRAFFIC |
| 2.7 | Turn RIGHT onto Abbott Street running WITH TRAFFIC on the sidewalk |
| 3.1 | Turn LEFT onto Newport Avenue running WITH TRAFFIC on sidewalk |
| 3.5 | Turn RIGHT onto Sunset Cliffs Blvd running WITH TRAFFIC on sidewalk |
| 3.6 | Turn LEFT onto Narragansett Avenue running WITH TRAFFIC on sidewalk |
| 5.0 | Turn RIGHT onto Plum Street |
| 5.1 | Turn LEFT onto Lowell Street running AGAINST TRAFFIC |
| 5.2 | Continue STRAIGHT onto Nimitz Blvd |
| 5.4 | Turn LEFT onto Rosecrans Street running WITH TRAFFIC on the sidewalk |
| 5.9 | Turn RIGHT onto Farragut Road |
| 6.0 | Arrive at Exchange 33 |

Exchange 33 Address:
Liberty Station Community Association
2855 Farragut Road
San Diego, CA 92106
GPS: 32.73357°N 117.21878°W



# Leg 34 -- 5.2 Miles -- Moderate -- FULL SUPPORT

LEG 34 -- 5.2 MILES -- MODERATE

Leg 34 Notes:
Exchange parking will be located behind the Convention Center on Park Boulevard near the Joe's Crab Shack

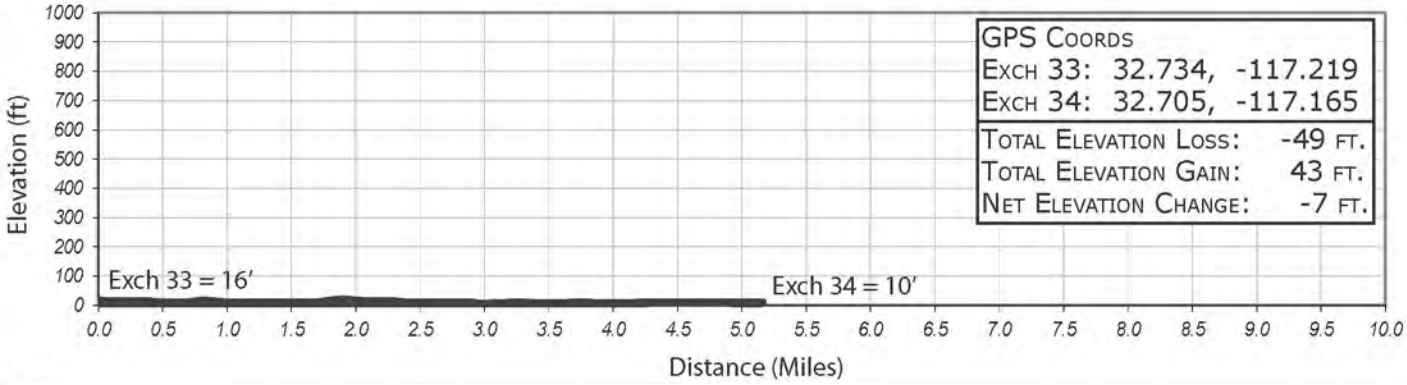
Leg 34

| | |
|---|---|
| 0.0 | Depart Exchange 33 heading east on Farragut Road |
| 0.1 | Turn RIGHT onto Cushing Road |
| 0.3 | Turn LEFT onto Laning Road |
| 0.6 | Turn LEFT onto Harbor Drive to run WITH TRAFFIC on the sidewalk |
| 0.9 | Turn RIGHT onto Spanish Landing Park sidewalk trail |
| 1.9 | Continue STRAIGHT onto N Harbor Drive running WITH TRAFFIC on sidewalk and follow sidewalk to the exchange |
| 5.2 | Arrive at Exchange 34 |

Exchange 34 Address:
Embarcadero Marina South
200 Marina Park Way
San Diego, CA 92101
GPS: 32.70458°N 117.16502°W

Van Directions to Exchange 34:

| | |
|---|---|
| 0.0 | Depart Exchange 33 heading southwest on Truxton Road |
| 0.2 | Turn LEFT onto Laning Road |
| 0.6 | Turn RIGHT onto N Harbor Drive |
| 5.3 | Turn RIGHT onto Park Blvd |
| 5.8 | Arrive at Exchange 34 |



# Leg 35 -- 8.7 Miles -- Very Hard -- FULL SUPPORT

LEG 35 -- 8.7 MILES -- VERY HARD

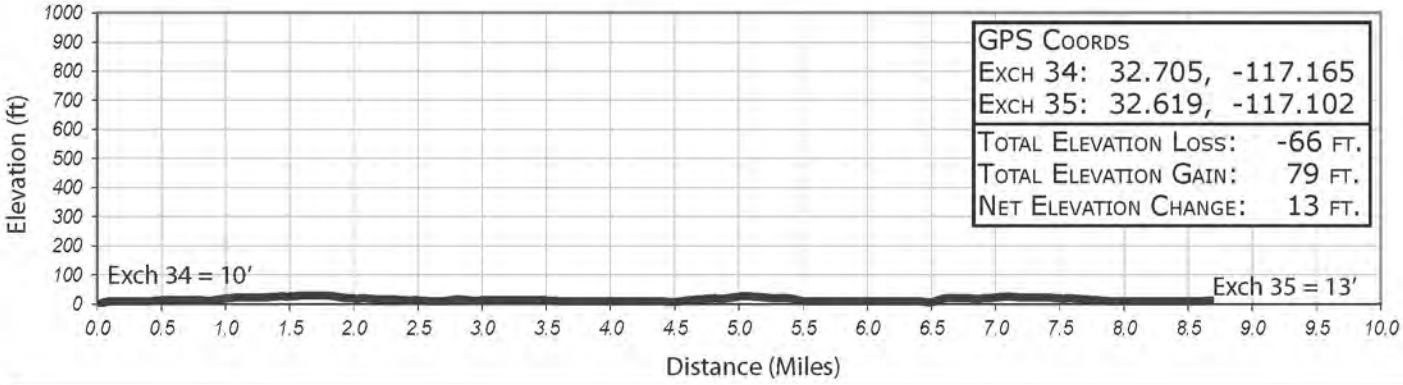
Leg 35

| | |
|---|---|
| 0.0 | Depart Exchange 34 heading northeast towards Marina Park Way |
| 0.1 | Turn RIGHT to run on path |
| 0.6 | Turn RIGHT onto E Harbor Drive to run on sidewalk WITH TRAFFIC |
| 2.9 | Turn LEFT onto overpass to run against traffic on E Harbor Drive on bike path |
| 3.5 | Bike path ends, continue south on E Harbor Drive |
| 4.3 | Turn RIGHT onto Cleveland Avenue to run WITH TRAFFIC on the sidewalk |
| 5.0 | Turn RIGHT onto Bay Marina Drive to run WITH TRAFFIC |
| 5.1 | Turn LEFT onto Marina Way to run AGAINST TRAFFIC on sidewalk |
| 5.6 | Turn LEFT onto Bayshore Bikeway |
| 6.8 | Bikeway ends, continue south on Bay Blvd |
| 7.6 | Turn RIGHT onto H Street to run WITH TRAFFIC on sidewalk |
| 7.9 | Turn LEFT onto Marina Parkway |
| 8.4 | Turn RIGHT onto Marina Way |
| 8.6 | Arrive at Exchange 35 |

Exchange 35 Address:
Chula Vista Bayfront Park
980 Marina Way
Chula Vista, CA 91910
GPS: 32.61933°N 117.10189°W

Van Directions to Exchange 35:

| | |
|---|---|
| 0.0 | Depart Exchange 34 taking Park Blvd to E Harbor Drive |
| 0.2 | Turn RIGHT onto E Harbor Drive |
| 3.9 | Turn RIGHT onto Civic Center Drive |
| 4.0 | Turn LEFT onto Cleveland Ave |
| 4.7 | Turn LEFT onto Bay Marina Drive |
| 4.8 | Turn RIGHT to merge onto I-5 S |
| 7.4 | Take exit 7B toward Marina Pkwy |
| 7.6 | Turn RIGHT onto J Street |
| 7.7 | Continue STRAIGHT onto Marina Pkwy |
| 7.9 | Turn LEFT onto Marina Way |
| 8.0 | Arrive at Exchange 35 |



# Leg 36 -- 7.5 Miles -- Hard -- FULL SUPPORT

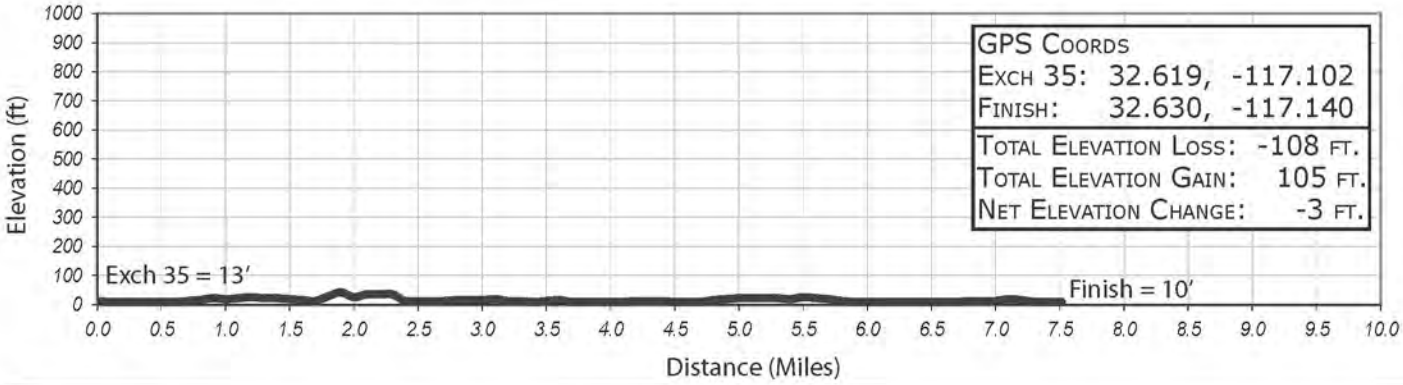
LEG 36 -- 7.5 MILES -- HARD

Leg 36 Notes:
Runners will be on a trail for most of this leg and are encouraged to carry water. Ragnar will provide two water stations.
Vans are encouraged to head directly to the finish line in order to have time to park and meet their runner at the finish.

Leg 36

| | |
|---|---|
| 0.0 | Depart Exchange 35 running east on Marina Way |
| 0.5 | Turn RIGHT onto the Bayshore Bikeway |
| 1.6 | Bikeway ends, continue south on Bay Blvd running WITH TRAFFIC |
| 1.7 | Turn LEFT onto Stella Street running WITH TRAFFIC in the bike lane |
| 1.8 | Continue straight onto W Frontage Road running WITH TRAFFIC |
| 2.4 | Turn RIGHT onto Bayshore Bikeway |
| 7.4 | Turn LEFT to exit trail and run through tunnel towards finish line |
| 7.5 | Arrive at the Finish Line |

Exchange 36 Address:
Silver Strand State Beach
5000 CA-75
Coronado, CA 92118
GPS: 32.62992°N 117.14000°W

Van Directions to the Finish Line:

| | |
|---|---|
| 0.0 | Depart Exchange 35 heading east on Marina Way |
| 0.2 | Turn RIGHT onto Marina Parkway |
| 0.4 | Turn RIGHT onto Bay Boulevard |
| 2.1 | Turn RIGHT onto W Frontage Road |
| 2.4 | Turn LEFT onto Main Street |
| 2.5 | Turn LEFT onto The 5 South ramp |
| 3.2 | Take the Palm Avenue Exit |
| 3.5 | Turn RIGHT onto Palm Avenue |
| 11.6 | Arrive at the finish line |