



SO CAL TEAM CAPTAIN MEETING - 2014

WELCOME

ROAD RULES – Top Eight –

- 1) *SAFETY GEAR CHECK* – Van 1 must check in at the Start Line and Van 2 must check in at Exchange 6 with the following Safety Gear (per van) – 2 Flashlights/Headlamps (4 total per team), 6 Reflective Vests (12 total per team), 2 LED Tail Lights (4 total per team). Ultra Teams must check in once at the Start Line with enough for just 1 van. Jackets and shirts with reflective piping are not reflective enough. If teams do not have these items at the start line they will not be allowed to start the race.
- 2) All runners must run on the left side of the road (into traffic) unless directed otherwise. Always run on the side walk if it is an option.
- 3) All runners must have their team number pinned to the front of their shirt or shorts, on the outer most layer of clothing. When you are running at night we suggest that you pin your team number to your reflective vest in a way that doesn't cover reflective material. If you put a sweatshirt or jacket on in the colder hours, make sure to pin the number to the sweatshirt or jacket. The volunteers must be able to identify the runner as they arrive at exchange points.
- 4) 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 sixth exchange point (6, 12, 18, 24 and 30). Van numbers will be distributed at check-in. These numbers are peel and stick numbers that must be placed on the outside rear window of each van. Do not create a blind spot. Teams using just one vehicle should post both van numbers in their windows so they are allowed at each exchange point.
- 5) Runners must run in the same sequence for each segment of the race. For example, if a runner runs leg 3 he/she must also run leg 15 and leg 27. In the event of an injury any of the 11 remaining runners can replace the injured runner. You are not allowed to bring in a 13th member of the team to run the remaining legs. If you are a mixed team and a woman is injured, at least 18 of the legs must be run by women.
- 6) Vehicles are not allowed to follow racers to illuminate the road for them, or to pace them. Bike pacers are not allowed on this course. We do not have any trails at night so we will not allow Bike on course. Any foot pacers during night time hours must also wear the required safety gear along with runner.
- 7) Be Respectful. We depend on the cooperation of local communities and ask that you be respectful and help us maintain a good relationship. Any runners who violate this rule (i.e., littering, defecating, and honking in residential areas at night) will be disqualified and will not be invited back.
- 8) No vehicles longer than 20', motor homes, pulled trailers, buses or limos are allowed on the course by any team or team support (15 Passenger Vans are allowed). If you have doubts about the legality of your vehicle, you must have it checked at the start by the Director.

SAFETY

We have made some significant changes to our safety rules in our continual efforts to minimize the inherent risks associated

with an overnight relay.

Here are the highlights:

1. Ragnar Bibs no contain Emergency contact information on the back. Please take the time to fill out this information, in INK, prior to running.
2. Each of the 36 legs have been designated as either support or non-support legs. On support legs teams are allowed to support their runner along the course. On non-support legs teams are not allowed to support their runner.
3. Non-Support legs include: **13, 15, 16,30**. Partial Non-Support legs include: **7**. Hard to support legs include: **10**.
4. All non-supported legs that are over 4 miles will have at least 1 water station between exchanges. Legs **10, 13 (3),16 (2), 30, 31**and **36** will have water stations.
5. Be advised of the Reroute on **Leg 25** due to construction. A new leg map will be issued at Check-In.
6. Any team member, who is not currently the “runner”, must carry an orange reflective flag when crossing any street, day or night. At the start line van 1 will be required to check out 2 flags; at exchange 6 van 2 will be required to check out 2 flags. We will take your credit card information from VAN 1, and if flags are not returned the VAN 1 card will be charged \$15 per flag. Be sure to bring your credit card to the start line. For more information on road crossing safety, refer to the race bible.
7. NIGHT TIME HOURS – 6:30PM-6:30AM
8. There will be 14 race officials monitoring all race rules along the course. Teams will be observed throughout the race to make sure they are following the rules. Teams will be notified by text message when a rule violation has occurred. If a team receives 3 violations they will be disqualified. Course marshals may also disqualify teams on the spot without prior warning for serious rule violations.
9. There will be mandatory safety training at the Start Line for van 1 and at Major Exchange 6 for van 2. Each team is required to have all team members, who are present, attend the safety training. The safety training will last approximately 10-15 minutes. Please arrive an hour early to give your team enough time to participate in the safety briefing prior to running. Each van will receive a safety packet at the training. The safety packet will include items that will need to be displayed in the vehicle along with the safety rules.
10. No sleeping in parking lots. You must sleep on the grass, in designated parking areas, or in your vehicle.
11. We have several runners who are signed up to run that have NOT accepted their waiver. They will not be allowed to run if they do not accept the waiver. Please make sure and have your runner’s login to accept their waiver. If you are experiencing problems with this, runners will be able to sign the waiver at the Start Line.
12. Legs **13** and **16** are complete No Van Support. Strictly follow the van directions and go immediately to the exchange. Ragnar vans are not permitted on the same road as the runners and doing so would result in a violation.
13. **Exchange 13** will have very limited parking. Place do not enter the State Park until your runner is getting close to the exchange.
14. Runners may arrive at **Exchange 15** before the vans. Runners are not permitted to leave the exchange until there van arrives to make the hand off.
15. All participant parking at the **Finish Line** will be underneath the San Diego Convention Center. Please use the entrance in the back of the convention center. You will receive two van stickers at check-in. The sticker with your team number will be placed on the back of the van and the sticker with Van 1/Van 2 will be placed on the front of the van. Without this sticker you will not be permitted to park underneath the convention center.
16. All non-participants coming to the **Finish Line** should use the front parking entrance of the Convention Center.

RUNNING IN THE HEAT

- **PRE-HYDRATE, HYDRATE, RE-HYDRATE** - Each van should carry a cooler for water and/or sports drinks. Runners should pre-hydrate before each of their legs, hydrate while running, and re-hydrate after each of their legs. Water should be supplemented with electrolytes such as Gatorade, SaltSticks, etc. Proper hydration is obtained when the runner has clear (light lemonade colored) and copious urine...but please, use the portable toilets.
- **OBSERVE YOUR RUNNER** – Closely monitor the condition of your runners before, during, and after each leg. If the heat index is above 90°, heat cramps and heat exhaustion are possible. Above a heat index of 105°, heat exhaustion is likely and heat stroke is probable with continued activity.
- **SUNSCREEN** – Lathering up cool...especially if you are wearing a Speedo.”

FOOD

Each van should carry food. We recommend either: 1) each runner supplying their own food or 2) pooling money and sending one-person grocery shopping for the group. Some great food selections include granola bars, crackers, pretzels, bananas, bread, squeezable peanut butter and jelly, honey, Fig Newtons and other simple carbohydrate type foods. You should also have salty foods like mixed nuts, chips, etc. *Go to runnersworld.com for some good nutrition advice.*

There will be several locations along the course where runners will be able to get food. See the Sweet Happenings section.

FIRST AID

There will be first aid stations at all the major exchanges and at the finish line. First aid personnel will be able to respond to minor injuries and heat exhaustion. If your heat exhaustion is severe enough to require an IV you will not be allowed to continue running your remaining legs. In the event of a major medical emergency (i.e. any life threatening condition or injury that requires immediate medical attention) call 911. Once you have called 911 please notify either RACE COMMAND as soon as possible so that we can provide you with assistance.

EMERGENCY MEDICAL FACILITIES:

OTHER EMERGENCIES

Should there be any other type of serious emergency, please call 911 first and then Ragnar Race Command.

- **Start- Huntington Beach State Park**
Huntington Beach Hospital
17772 Beach Blvd, HB, CA 92647 (714)-843-5000
- **Exchange 6- Orange County Great Park**
Hoag Hospital Irvine
16200 Sand Canyon Ave Irvine, CA 92618 (949) 764-4624
- **Exchange 12- Doheny State Beach**
Mission Hospital Laguna Beach
1872 Coast Hwy Laguna Beach, CA 92651 (949) 499-1311
- **Exchange 18- Junior Seau Pier Amphitheater**
Tri-City Medical Center
4002 Vista Way Oceanside, CA 92056 (760) 724-8411
- **Exchange 24- TaylorMade Golf**
Tri-City Medical Center
4002 Vista Way Oceanside, CA 92056 (760) 724-8411
- **Exchange 30- Torrey Pines Glider Port**

Scripps Memorial Hospital La Jolla
 9888 Genesee Avenue La Jolla, CA 92037 (858) 626-4123

- **Finish-Embarcadero Marina Park South**
 Sharp Memorial Hospital
 7901 Frost Street, San Diego, CA 92123 (858) 939-3400

ROAD CONGESTION

To limit congestion at the exchanges, we are asking teams to observe the following rules:

- 1) Absolutely no “off” vehicles will be allowed at the minor exchanges. Van numbers will be distributed at check-in. These numbers are peel and stick numbers that must be placed on the outside rear window of each van. Do not create a blind spot. Teams using just one vehicle should post both van numbers in their windows so they are allowed at each exchange point.
- 2) When you come to an exchange, please drop off your runner and keep moving, but don’t drive straight to the next exchange. Spend time on the route cheering on your runner.
- 3) Please heed volunteers directing traffic. They have a difficult job. **Be courteous to them. We want them coming back again next year.**
- 4) When parking off the side of the road, make sure the vehicle is in a safe place completely off the road. Any teams driving at unsafe speeds, slow or fast, will be given a penalty.

PACE PROJECTIONS & HOLDING TEAMS DOCUMENT

Please be aware of the holding times. If your runner arrives at the Major exchanges before these times your team will be held back and the penalty can be up to 2 ½ hours.

Ragnar Relay SoCal 2014 Holding Teams Document

| Exchange | Hold teams arriving before: | Allow held teams back onto the course at: | Course Takedown |
|----------|------------------------------|-------------------------------------------|------------------------------|
| 6 | Friday, April 4th 10:00 AM | Friday, April 4th 12:30 PM | Friday, April 4th 7:15 PM |
| 12 | Friday, April 4th 3:15 PM | Friday, April 4th 5:45 PM | Saturday, April 5th 12:45 AM |
| 18 | Friday, April 4th 9:00 PM | Friday, April 4th 11:00 PM | Saturday, April 5th 6:30 AM |
| 24 | Saturday, April 5th 12:00 AM | Saturday, April 5th 2:00 AM | Saturday, April 5th 10:45 AM |
| 30 | Saturday, April 5th 4:15 AM | Saturday, April 5th 6:15 AM | Saturday, April 5th 4:00 PM |

If your team falls behind the clean-up crew we will do our best to help you stay on the course and finish the race, but we reserve the right to force teams to leave the course if being on the course becomes a safety concern or permitting problem. The finish line will be taken down starting at 8 pm.

VAN DECORATIONS

The Ragnar Relay Series promotes fun and creativity; but please be sensitive to others as you are decorating your vans. Many of our exchange points are located in the parking lots of elementary schools and churches and without their support these great races would never happen. Here are a few guidelines to keep in mind:

1. Please stay away from curse words and inappropriate phrases on your vans. (You know what the words and phrases are!)
2. Please stay away from sexual innuendoes.
3. Please stay away from any type of racial slurs. (These are just classless and we know that our runners are full of class.)
4. We here at Ragnar try to be environmentally friendly and do our best to keep the route clean. (We love decorations, as long as the decorations stay on your van.)
5. If those aren’t specific enough... Please do not decorate your van with anything that you would not want to explain to a group of 1st graders that are selling you lemonade along the race route.

COMPLAINTS

If you see a team cheating or violating any rules you may report teams by sending a text message to the Ragnar Safety Hotline, 661-RAGNAR1 (661-724-6271). Instructions regarding this process will be covered in the safety briefing on race day.

CONTESTS

For all race day contests you will text in your vote those details are in the RagMag.

OTHER VERY IMPORTANT ITEMS

- Volunteers – Pay for volunteer option will close March 21st. If your volunteers don't show up for your shift, your team will be disqualified. We would rather not disqualify teams so please sign up your volunteers. We will do our best to work with teams on this option.
- Runners MUST sign their waivers in order to run the race. Runners should go to their MyRagnar account, login and click on their team name. The system will then prompt them to sign the waiver. If you are experiencing problems with this, we will have waivers at the Start Line.
- Turn Signs – We have many signs along the 200 mile-ish course. Some signs will inevitably get turned, knocked down, and/or stolen. We will have Ragnar Staff patrolling the course to keep the signs maintained during the race but teams should keep track of maps and runners locations.

Sweet Happenings

Start Line 4:00am-2:00pm
22 Huntington St.
Huntington Beach, CA 92646

- Team Check –In/ Packet pickup (Van #1)
- Safety Gear Check
- Safety Briefings (Van #1)
- T-Shirt Pickup (Van #1)
- RagMag Pickup (Van #1)
- Clif Bar Pickup
- Starbucks Coffee
- Hydration Station

Exchange 6- PREVENTION VILLAGE
8:00am- 7:00pm
Orange County Great Park
6891 Marine Way
Irvine, CA 92618

- Team Check-in /Packet pickup (Van #2)
- Safety Gear Check
- Safety Briefings (Van#2)
- T-Shirt Pickup (Van #2)
- Ragnar Merchandise Sales
- First Aid Station
- Starbucks Coffee
- Fruit
- Chick-fil-A

- Ragnar Merchandise
- DJ and Announcer
- Asics
- Bondi Band
- Jaybird
- Nuun
- Scott James Jewelry
- PRO Compression
- KT Tape
- Clif Bar
- Tom Tom
- Empire Emblems
- Sierra Nevada
- Muscle Monster
- Peace Tea
- Tiger Tail
- Nite Ize

Ex. 12 12:00pm-12:30am

Doheny State Beach

25300 Dana Point Harbor Drive

Dana Point, CA 92629

- First Aid Station
- Hydration Station
- Outdoor sleeping
- Starbucks Coffee
- Boneyard Café (Boneyard Café logo)
Breakfast, Lunch, and Munchie's

Ex. 18 6:00pm-6:30am

Junior Seau Pier Amphitheater

200 N. the Strand

Oceanside, CA 92054

- First Aid Station
- Hydration Station
- Outdoor Sleeping
- Starbucks Coffee
- Candy Bar

Ex. 24 - 11:30pm-10:30am

TaylorMade Golf

5545 Fermi Ct, Carlsbad, CA 92008

- First Aid Station
- Hydration Station
- Outdoor sleeping area
- Starbucks Coffee

Ex. 30 - 3:00am-3:30pm

Torrey Pines Glider Port

2800 Torrey Pines Scenic Dr, La Jolla, CA 92037

- First Aid Station
- Hydration Station
- Starbucks Coffee
- Outdoor sleeping
- Cliff Hanger Café \$8 Breakfast Buffet
Pancakes, Eggs, Etc.

FINISH LINE 9:00am-9:00pm

200 Marina Park Way

Embarcadero Marina Park South

San Diego, CA

- Hydration Station
- First Aid Station
- Ragnar HQ, Lost & Found, Shirt Swap
- Ragnar Merchandise Sales
- Team Photos
- Medal Pick Up
- Sierra Nevada Beer Garden
- JJ's Sunset Deli by the Bay
Breakfast Burritos- \$6.00
Three Cheese Chicken Wrap- \$3.00
Rib Eye Steak Sandwich- \$8.00
Grilled Chicken Strip Basket- \$6.00 (choice of Ranch, Honey Mustard, or BBQ Sauce)
- Candy and Fruit Bar
- Asics
- Bondi Band
- Jaybird
- Nuun
- Scott James Jewelry
- PRO Compression
- KT Tape
- Clif Bar
- Tom Tom
- Epire Emblems
- Muscle Monster
- Peace Tea
- Tiger Tail
- Nite Ize

OTHER FREQUENTLY ASKED QUESTIONS:

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

A: 5:00 a.m. is the first available start time; last start time is at 1:00 p.m.

Q: Where is the start line and exchange 6?

A: Huntington State Beach 22 Huntington St., Huntington Beach, CA

A: Orange County Great Park 6891 Marine Way Irvine, CA 92618

Q: Why do the legs and course maps change?

A: From year to year, we need to adjust things to accommodate additional teams. In addition, with permitting through some of the different cities, we rely on the local towns to accommodate the race; it is a give and take relationship. With that, we ask teams to respect residents at night and avoid honking their horns, playing loud music, or making too much noise near houses.

Q: Are there portable toilets on the course?

A: We have toilets at every exchange, with even more units available at the majors.

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

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

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

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

Q: How many teams are starting at each time?

A: Generally, around 20-30 teams leave at each available start time. We post start times online.

Q: How many race bibs does each team receive?

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

Q: Can a team use just one vehicle?

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

Q: What do the runners hand off with?

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

Q: What if we lose the slap bracelet?

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

Q: How many mile markers do you have? How do you mark the course?

A: We place “one mile to go” signs before every exchange. We do everything we can to make them accurate, but they might vary by a tenth of a mile in some cases. Our course directional signs are 12” x 42” blue reflective vertical panels. At night, we place red LED lights on each sign so that runners know they are approaching a course marker.

Q: What happens if a sign gets taken?

A: We have course managers and staff patrolling the course throughout the race who tries to maintain the signs and replace any that may be stolen, knocked over, turned, etc. Still, the best plan is to make sure your runners know their legs – this is the best way to avoid getting lost.

Q: Where and when do we take the team photos?

A: We take team photos at the finish line after the runners receive their medals, and we will post after the race.

Q: Will there be beer at the finish?

A: Yes, each participant will receive one free beer. Additional beer will be available for purchase at the finish line. Please bring cash. ID's will be check to enter the beer garden.

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

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

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

A: Yes, Ragnar Merchandise will be for sale at Exchange 6 and the finish line.

Q: What is the procedure in the event of a lost runner?

A: We suggest that teams carry cell phones from several different service providers to improve the chances of reception. If you lose a runner, call Ragnar staff right away, and try to coordinate a search with your other van.

Q: Are there Showers?

A: Unfortunately, there are no showers available on this year's course.

Q: What about the safety of the road sections of the course:

A: We do everything we can to keep the course safe. We have Police Officers on stand by along the course in crucial areas and caution signs to notify drivers. Officers are generally State Troopers or County Police officers.

Q: The volunteer packet didn't work for my volunteer. How can they get a copy?

A: At this point all volunteers should have been contacted by a course manager. If they haven't been contacted or the links still didn't work for them, you can have them contact Rachel Fitzgerald: r.fitzgerald@ragnarrelay.com.

Q: Where do you have water along the course?

A: We have water at all of the major exchanges and on some non-support legs with water stations.

Q: Do I need to submit a roster or report the order my runners will run in?

A: No, you are not required to submit a roster. You can change the order your runners run in up until you start the race. Once you start, runners are to stay in sequential order.

Q: What is the new rule regarding the orange flags?

A: The large orange flags are checked out at the Start Line and Exchange 6. They are to be used when any team member, not running at the time, crosses a road. Flags should be used day or night. Runners are not expected to run with the orange flags.

NOTE: If you've had any problems receiving our emails, let us know right away and we'll double check your email address in our system to make sure we're sending it to the correct address.

Please remember to thank the volunteers. Along with our runners, they are really the heart and soul of the race, and we couldn't do it without them.