

Ragnar Trail Angel Fire 2015 – Team Info and Q&A

WELCOME - Welcome to the 2015 Ragnar Angel Fire Prerace Trail Talk. I'm Pat Paterson, Trail Race Director for Tahoe. We have a great crew coming out to this race and they will all be working hard to make sure you enjoy every minute of your time at Angel Fire. We would love to meet you and hear about your experiences. Please find us at the race!

You guys are going to have a blast at this race. This is a fun course at a beautiful venue. The air is a little thin up there and a trails are steep in some spots but the course isn't too long so you should be fine.

THANK you to SALOMON for being the presenting sponsor. We are very excited to be aligned with Salomon. They make some amazing trail shoes and gear and you guys will get a chance to demo their shoes at the race.

QUESTIONS – Kate Black-Will, Trail Race Coordinator, will be answering any questions via chat during this meeting. I will answer any unanswered questions at the end. I will send out Meeting Minutes in an email to all participants later this week. Anything else you can email me at pat@ragnarrelay.com.

SUSTAINABILITY/OUR GOAL

Ragnar realizes the importance of organizing socially and environmentally responsible events. To that end, Ragnar Trail Relays will strive to reduce waste, minimize climate impact, involve the local community, and promote health. We implore you to help us with this goal.

Water Bottles – This is a Cupless race! Please use your own reusable drink containers. We have provided water, coffee, hot cocoa but we WILL NOT provide disposable cups. Please carry your own container in the village and on the trail.

Sustainable Gear – Please stay away from items with excessive packaging. Try to bring items that have more than one use and if they are disposable, they can be recycled.

Waste Stations and Compost - There will recycling bins and trash bins throughout the village area. When you check in we will give each team a liner for trash and three small bags for recycling to use at your camping site. Please use them! There will not be containers in the camping areas. You will place your trash and recycling bags in the appropriate containers on your way out of town as you leave on Saturday.

We will have designated bins specifically for food waste and compostable products used in the Village (we use compostable plates, napkins, and utensils). Please put everything in the right place!!

DIRECTIONS TO VENUE

The address for Angel Fire Resort is 10 Miller Lane, Angel Fire, New Mexico. There are directions on our website under the Travel tab.

There will be signs guiding you in to the Gear Drop and Parking Lots.

WEATHER – The forecast looks pretty good.

Anticipated Weather (Friday) – At the high 74°F, 54% humidity, 10 MPH of wind, mostly sunny in the morning with a 40% chance of scattered showers and thunderstorms in the afternoon.

Low of 44°F, 79% humidity, 7 MPH of wind, slowly clearing skies with a 40% of rain.

Anticipated Weather (Saturday) – At the high 73°F, 55% humidity, 10 MPH of wind, morning sunshine with a 30% chance of isolated thunderstorms in the afternoon. Low of 43°F, 80% humidity, 8 MPH of wind and few clouds.

Apparent High Temperature based upon anticipated weather above – 78°F AT.

Apparent Low Temperature based upon anticipated weather above – 36°F AT.

Bad Weather - Under certain severe weather conditions, we reserve the right to cancel the event, shorten the event, and/or hold teams until the weather improves.

GEAR DROP AND PARKING PROCEEDURE

First off, please keep the environment in mind and try to carpool and limit the number of vehicles you bring to the race. This will also help alleviate any congestion.

Teams will be allowed to drive to the venue and drop off their gear. It is going to be just like the airport with a speedy drop off! All teams will drive up to the venue. The driver will stay in the vehicle while the team unloads their gear at the designated gear drop areas. The driver will then follow signs back to the parking area just a quarter mile down the road. They will park and walk back to the venue.

RV camping is not allowed at the Ragnar Village but there is an RV Park nearby. Directions and discounts are on the Travel tab.

We encourage everyone to carpool and ask that you try to limit yourselves to two cars per team if possible.

ARRIVAL TIMES

Teams may arrive and set up camp on Thursday between 4-10pm. There is no team check in Thursday night. The Village is not open on Thursday. The venue is only open for teams to set up their campsites. The Village and Team Check In opens at 9am on Friday. Your team needs to arrive at the venue at least 2 hours before the assigned start time. This allows time for parking, shuttle, check-in to the Race HQ, and watching a Safety Video before your teams start time.

CAMPSITE SELECTION

You will be free to choose your own campsite. There are not assigned campsites. We just ask that you keep your team's campsite to 300 square feet or less (17'x17'). The camping area by the village will be marked. Awards will be given for the best decorated team campsite and almost anything goes so be creative – but also, please be as sustainable as possible.

There are campsites that are closer to the action and some that are tucked away nice and quiet. Camping for runners, family, friends, and crew is FREE on Thursday and Friday night.

What to bring

Many runners ask what to bring and how much to bring. Whatever can fit in your 17x17. Pop up tents are allowed. Large coolers. Propane stoves or grills are allowed. Open fires are NOT allowed. PLEASE DO NOT BRING DOGS INTO THE VILLAGE. Please DO bring your Hot and cold beverage cup. This is a cupless race!

Check out our suggested packing list on our website. I will include it in the meeting minutes.

<http://www.ragnartrail.com/blog/ragnar-trails-ultimate-packing-guide/>

AWARDS

Super awesome engraved belt buckle awards will be given to the top 3 finishers from each category within each division. There will also be an award for best team name, the best decorated campsite, best costumes, and overall favorite team. Preliminary results will be posted to the website by Tuesday after the race. Teams have a few days to review the results and requests any questions/clarifications. Final results will be posted on Friday after the race. Belt Buckles will be sent out after results are made final.

Instagram Info

#RagnarTrailAngelFire

Find your inner wild Instagram contest and the best medal ever contest.

<http://www.ragnartrail.com/blog/find-inner-wild-instagram-contest/>

RACE CHECK-IN - Waivers

If you are registered on a team you signed an electronic waiver when you registered. Any runners who are not registered and did not sign a Ragnar waiver will need to do so at race check-in. Once the waiver and the release have been completed you will get team shirts, bib, race belt, and some goodies. All roster changes/additions can be taken care of at race check-in.

If you need to substitute a runner before the substitution deadline (see p3 of the Trail Guide) you can take care of that via your team page. If you need to substitute a runner after the deadline, please print out a waiver (found on the last page of the Trail Guide), have the new runner sign the waiver, and bring that signed waiver to the HQ to check in on race day. If the new runner can't sign the waiver before the race they will have to accompany the team captain to race HQ on race day and sign a waiver there.

RACE CHECK-IN – When you can check in

Race check-in will begin at 9:00am on Friday. **To help avoid long lines and crowding, each team has been assigned a check-in time window that begins two hours before their official start time. Please do not try to check in early.**

Note: Be sure you check the division requirements and that you are in the correct division. If you need to change your division please log in and edit your team profile. Classifications and divisions cannot be changed once the race has started.

Note: You will only receive shirts for registered runners. Those registering late will have to wait until 4:30 on Friday to pick up their shirt.

Also Note: If you have more than 8/4 runners registered on your team we only gave you 8/4 shirts in your bundle. Not knowing who is actually on the team, the sizes may be incorrect. Again, you have to wait until 4:30 Friday to exchange shirts.

SHIRT SIZES

Women's cuts run a bit small. We will make the adjustment for you. If you fill out a medium for shirt size when you register, we will actually give you a large on race day. So, fill out your shirt size on our website based upon the shirt size you typically wear.

START TIMES

Starting times are based on the 10K road race paces that were submitted by each runner on your team. These predictions are critical to a successful event and will allow us to place teams in starting slots based upon the teams overall pace. Your team captain can view your start time by logging into their team page. Please only email me if your pace is way off.

First Start Time – 11:00am Friday

Last Start Time – 4:00pm Friday

Start times will be FINAL on Monday so please do not try to submit a request after Monday unless it is absolutely urgent.

SAFETY VIDEO

Each participant must watch a safety video before they run their first leg. We recommend that you watch the video as a team but that is not required. Team Captains and their teammates will be directed to the safety video tent before they are able to check in. You will get information about the race, transition procedure, course, signage, safety, and rules. The last showing will be at 4:30pm. If a teammate is arriving after 4:30pm please notify us and we will be sure you receive a safety briefing by one of our staff.

FOOD -cash and credit

Angel Fire Resort will be providing food at this event.

Friday and Saturday Breakfast

Steel Cut Oatmeal \$5.00

Brown Sugar, Walnuts, Raisins, And 2% Milk

Breakfast Sandwich \$5.00

Bacon egg and cheddar on an English muffin

Yogurt Granola Parfait \$4.00

Lowfat vanilla or strawberry yogurt with all natural Granola

Baked Breakfast Items \$3.00

Bran muffins, Blueberry muffins, Croissant

Whole Fruit \$2.00

Bananas, Peaches, Oranges, Apples

Friday and Saturday Lunch

Choice of Hamburger, Cheeseburger, Grilled Chicken Sandwich or Gardenburger.

Served with Chips and a Cookie \$10.00

Friday Night Pasta Dinner

Free for Runners All Others \$12.00

Vegetarian Farfalle with Country Style Marinara

Semolina Farfalle pasta, Extra virgin olive oil, Fresh garlic, Valroso tomato, Button mushrooms, White onion, Bell pepper, Oregano, Basil

Grilled Vegetable Platter

Extra virgin olive oil, Zucchini, Yellow squash, Portabella mushroom, Roasted red pepper, Purple onion

Garden Salad

Spring Mix/Romaine, Roma tomato, Tri color carrot, Red onion, cucumber

Whole Wheat Dinner Roll

Coffee FREE – Friday and Saturday morning while supplies last.

Coffee/Cocoa FREE at sunset while supplies last

Please bring a hot beverage cup.

S'Mores will be provided FREE starting at sunset on Friday while supplies last

BEER Sales- Bring ID

Friday 5pm-10pm

Saturday 11am-3pm

WATER

Potable water will be available onsite but we highly encourage teams to bring their own water in reusable container as the water source will be available in the village area only and not the camping area. No single use water bottles please. And again, **BRING YOUR OWN CUP!** Cupless race

ICE

It will be available for injuries at the Medic tent.

MEDIC TENT

We will have medical staff on hand. A Medic Tent will be located in the Village and will be open and available at all hours during the race. In the event of a major emergency call 911, go to the medic tent, and notify the nearest race official.

In order to provide the best care possible, our medics are there to focus on medical issues; they are not there to treat minor first aid issues. **Teams are strongly encouraged to bring first aid kits** and treat their own minor first aid issues.

FIRE

Team campfires are NOT allowed in the Village campsites during the race at any time.

There will be a small bonfire in the village and s'more fires for roasting on Friday night. You can bring a propane stove for cooking/coffee making at your own campsite but **NO CHARCOAL, OR OPEN CAMPFIRES PLEASE.**

RACE DAY SCHEDULE- Be sure to check out the schedule online and in the email you will get with these minutes

Friday

9:00am-3:00pm – Team Check In

11:00am – First teams start

11:00am-3:00pm – Lunch Sales

2:00pm - Yoga Session #1 (Bring your own mat)

4:00pm – Last teams start

5:00pm- Yoga Sessions #2 (Bring your own mat)

5:00pm – 10:00pm – Beer Sales (Bring ID)

5:00pm-10:00pm – Pasta Dinner (Free for runners)

8:00pm – Sunset, Bonfire, S 'mores and Hot Chocolate

10:00pm-12:00am – Movie

12:00am-7:00am- Quiet hours

Saturday

6:30am – Sunrise, Free Coffee while supplies last

7:00am-10:30am- Breakfast Sales

8:30am - Yoga Session #3 (Bring your own mat)

10:30am – Yoga Session #4 (Bring your own mat)

11:00am-4:00pm- Lunch Sales

11:00am – 3:00pm – Beer Sales(Bring ID)

6:00pm-ish – Race ends

There will be four free yoga sessions – Two on Friday (2:00pm and 5:00pm) and two on Saturday(8:30am and 10:30am) – BYOM – Bring Your Own Mat.

an awesome running movie

games and contests with prizes

Merchandise will be selling all race.

Salomon will be demoing their shoes so go try them out!

Sponsors:

- Avex
- Klean Kanteen

- Elevated Legs
- Bondi Band
- Nuun

10:00pm-7:00am - Quiet hours – requested by the HOA. Please be respectful. This applies to those arriving on Thursday night as well.

HOW IT WORKS/Transition Tent

Team Bib – Each team will receive a race belt with a bib. On the back of the bib is your team's timing chip. Be extremely careful with the bib and this chip. Damaging the chip will cause issues with your team's results and the timing system. In order for the timing system to work effectively, the runner **MUST** wear the bib facing **FORWARD**, wear the bib **OVER** all clothes, **DO NOT** place your bib in a pocket, **DO NOT** crumple the bib, and **DO NOT** remove the bib before you finish your loop in the transition tent.

Also on the back of your bib is medical information. Please fill this out if anyone on your team has a medical issue that we and our medics need to be aware of. Please include a description of that runner(s).

Green/Yellow/Red – Loops on the course. Order of loops.

One at a Time - Only one runner from your team is running out on the course at a time.

First Runner - Just before your teams designated start time, your first runner will line up in the starting corral. ALL FIRST RUNNERS SHOULD HAVE ON A GREEN SLAP BRACELET. We will give a countdown and then your race begins. Your first runner will pass under the arch and then get started on the 1st loop (Green). When the 1st runner finishes the 1st loop (Green) they will pass under the arch and into the transition tent.

Second Runner - The 2nd runner will be waiting for the hand off in the transition tent. When the 1st runner finishes running they will meet the 2nd runner, go to the transition tables, and hand off the racebelt/bib. The Transition volunteers will take the slap bracelet from the runner that just finished and give a new slap bracelet (YELLOW) to the runner about to start.

Slap Bracelet - The color of your slap bracelet will correspond to the color of the loop you are running. Green loop = a green slap bracelet. You do not keep the slap bracelets. They are turned into the volunteers after each loop.

Timing - Loop times start as soon as the last runner passes through the arch. If your next runner is sleeping and is delayed in getting started on their loop, the clock is already running.

Next Runner Not at the Transition - If you finish your loop and your next runner isn't in the transition area DO NOT LEAVE the transition tent without handing in your racebelt/bib. Go to the transition tables, leave your racebelt/bib and the slap bracelet with the Transition Manager. They will have it waiting for your next runner when they show up.

Runner Off Course - If your runner is taking longer than expected, give it some time. Trail running is harder than road running. They may have tweaked an ankle. They may be enjoying the sights of nature. If they have been out on the course twice as long as you would expect them, please go to the Transition Tent and ask for the Transition Manager.

WATER STATIONS – A water station will be available in the Village and at the top of the Red loop at about mile 3. Remember, these water stations will be CUPLESS. Bring your own cup/container/bladder/bottle.

COURSE RULES/ Out on the trail

Many of these rules follow the principles of **LEAVE NO TRACE**. You should know and practice these principles outside of the race, whenever you are on the trails.

Take Nothing - Take nothing but photos.

Leave Nothing - No littering. Leave nothing but footprints.

Stay on the Trail - Run only on designated trail surfaces. Cutting switchbacks or running next to the trail increases our footprint. When multiple trails exist, run on the one that is the most worn. No cutting the course. Call out "on your left" when trying to overtake another runner and allow other runners to pass you.

Run Over Obstacles - Run single file in the middle of a trail, even when muddy. Go through puddles and not around them. Running around mud, rocks, or downed tree limbs widens trails. This course is mostly hard packed dirt. There are parts with loose woodchips and you might want to purchase some gaitors to keep the woodchips out of your socks and shoes.

No Dogs - No dogs on the course. No dogs in the campsite. No dogs at the event. We love dogs too but this is a safety issue for participants and for the dogs. Only service dogs are allowed.

Pacing - Running pacers are allowed during the race. Runners may run with ONE pacer at any time (humans only, sorry no dog or bike pacers). Runners are not allowed to have more than

one pacer at a time. Pacer and runner should run single file when passing another runner or being passed. Bicycle pacers are never allowed on the course.

Runner Rotation - Runners must run in the same sequence for each segment of the race, every eighth loop. For example, if a runner runs loop 3, the runner must also run loop 11 and loop 19. Ultra teams can switch runners every loop or run two loops in a row.

Injured Runners During Race - In the event of an injury, any of the remaining runners can replace the injured runner's loops. A 9th member is not allowed to join the team in order to run the remaining loops. 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.

Follow Correct Route, navigation is responsibility of each runner - Runners are responsible to make sure that they stay on the course. If a runner gets off course, they are to return on foot to the point where they went off course and continue from there. Markings have been placed along the course but sometimes runners overlook markings. Pay attention!

Visible Race Number - Team race bibs must be worn and visible on the front of the runner at all times. This bib and race belt (provided to every team at check-in) is also the timing chip. Be kind to your race bib. Crumpling your bib, placing it in your pocket, damaging it will effect the your team's results.

Running at Night - You don't need all of the safety gear like running at night on the road but you will need a headlamp. A good one, and check the batteries. We recommend 70 lumens at the least.

Carry Water - Water will be available in the Village and on the Yellow/Red loop. These water stations are **CUPLESS**. Bring your own cup/container/bladder/handheld (cold and hot).

Carry a Phone - Most of the areas on the course have pretty good cell reception. If you feel more comfortable carrying a phone when you run, we encourage this practice. Make sure that you have the phone number for one of your teammates so you can call them if you come across an extremely beautiful vista.

Personal Music Devices & Headphones - The use of personal music devices with headphones while running is strongly discouraged. Trail running requires runners to be alert and aware of their surroundings at all times. Wearing personal music devices causes distractions and the inability to hear what is going on around the runner.

If you still choose to use them, you do so at your own risk and must meet the following requirements:

- Be aware of the sounds around you

- Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling)
- Be able to hear “on your left”. Listen for other runners trying to pass you.

Wild Animals - The solitary nature of trail running can be exhilarating but trying to be as quiet as possible is not always a good strategy in the backcountry. Startling wildlife can cause a dangerous situation. Making noise while you are running will help alert wildlife of your presence and keep you safe. If you do see a wild animal, common practice is to make noise and to keep your distance. Remember that the animal is often more frightened of you than the other way around. Keep calm and you can stay safe.

In Case of Injury / Emergency - If you are injured while running out on the course, NEVER cut across country as a shortcut back to the Village. Continue to follow the trail markings to the Village or go backwards along the course to get back to the Village. If you can't walk, just sit down along the trail. We will get someone out to help you.

If you see an injured runner out on the course please report it when you arrive back at the village. Or if you have a phone call a team member so they can relay the message quicker. Get ALL the info you can! Gender, hair color, team name and number, what they are wearing, type of injury etc.

TRAIL SIGNAGE (SHOW SIGNS)

Our signage consists of 6"x6" ground staked arrow signs. The arrows are highly reflective. The background color of the sign will correspond to the loop. Green Circle = Green Loop. Yellow Square = Yellow Loop. Red Diamond = Red Loop. There will also be a small LED light on the sign that will also correspond to the loop color. Please DO NOT alter any of the trail signage. The only way to get off course is if you zone out and stop paying attention to the signage. Just relax, run, and follow the arrows.

There will be volunteers out on the course to help guide runners at difficult intersections.

VOLUNTEERS

Regular Team Volunteers - Each regular team is required to fill one volunteer shift. Volunteer shifts will be 3 hours in length, so runners will be able to fulfill a volunteer shift in between running their loops, if they so desire. Teams can also have a non-runner volunteer for their team. **Failure to fulfill volunteer requirements will result in disqualification.**

Ultra Team Volunteers - Ultra teams are not required to provide a volunteer.

Registered Volunteer is Different than Actual Volunteer - You can't split up a volunteer shift with multiple volunteers. However, the person who signed up for the shift does not have to be

the one to volunteer. Anyone can volunteer for your team. They just have to show up at the correct TIME for the correct SHIFT. If you have a late addition volunteer and they are not a member of your team (friend, family member) just be sure they sign a waiver before their shift. Waivers are found at the end of the volunteer packet and the end of the trail guide . Please print out a waiver (found on the last page of the Trail Guide and Volunteer Packet), have the new volunteer sign the waiver, and bring that signed waiver to the HQ to check in on race day. If the new volunteer can't sign the waiver before the race they will have to accompany the team captain to race HQ on race day and sign a waiver there. Waivers are available at race check-in.

Volunteer Shift Signup – I opened up more volunteer shifts last night. Official signup closes at midnight this Sunday

Pay for Volunteer – In lieu of providing a volunteer, your team can pay \$120 which goes to our charities. This can be done at race check in or online by midnight on Sunday, August 23.

- Rotary Club of Angel Fire - Rotary is a highly successful international service organization with a community focus. We serve our neighbors by helping people in need, funding beneficial programs and working on local and international projects. Rotary consists of people from every ethical, financial, religious, political and business segments. All Rotarians share a desire to promote high ethical standards while finding ways to improve the quality of life for the people around us. Put simply, Rotarians want to change the world through service to our community. - See more at: <http://www.angelfirerotaryclub.com/#sthash.ctwAkgSB.dpuf>

If your team misses the deadline and needs to sign up for a volunteer shift or pay for a volunteer shift, your team captain can take care of it at race check-in.

Note: Volunteer Shift times will not change but your post might, depending on our need.

Volunteer Check-in - To check-in for your shift please show up 10 minutes early to the orange HQ tent.

Thank the Volunteers - Please give a quick thanks to the volunteers when you see them.

THANK YOU!

Thank you SALOMON for being the presenting sponsor of this event. And thank you for running!

QUESTIONS AND ANSWERS

Q: Where should volunteers check in?

A: HQ (same place where your team checks in!).

Q: Is there cell coverage?

A: Verizon coverage is spotty. AT&T and T-Mobile have fairly strong coverage.

Q: How many teams are registered for the race?

A: 108.

Q: How do start times work?

A: We do start times in waves, determined by your team's average pace.

Q: What time does the first wave start?

A: 11:00AM. The last start wave takes off at 4:00PM.

Q: Is there a fee to substitute a runner at the start line?

A: The deadline to substitute a runner online is August 21st. There is a \$20.00 fee to substitute runners at this time, and you must contact our customer service reps at customerservice@ragnarrelay.com or (877) 837-3529. You can substitute a runner at check in but they must be present and must sign a waiver. There is no fee to substitute at check in.

Q: Can we cook in the bonfire, or any of the communal fires?

A: No. We typically provide small fire pits to roast marshmallows in during our s'mores hours; these pits are just for s'mores. Teams are welcome to bring propane camp stoves to cook their own food (please, no open flames).

Q: Where is the start/finish line?

A: The village is in the lower parking lots at Angel Fire Resort. The start/finish transition tent will be in the lot second from the top.

Q: Are the camping spots assigned or first-come, first-served?

A: The camping spots are first-come, first-served. That said, it's a small field, and there will be plenty of close-by camping for everyone.

Q: Why can't we hear you?

A: We experienced some technical difficulties during our live broadcast on 8/19/15—sorry about that, and thanks for being patient, everyone! If you missed anything, please check out the recorded broadcast, or feel free to contact us at: katebw@ragnarrelay.com; pat@ragnarrelay.com; or customerservice@ragnarrelay.com.