

## **Ragnar Trail Relay McDowell Mountain 2014 Prerace Trail Talk**

**WELCOME** - Welcome to the 2014 Ragnar Trail McDowell Mountain Prerace Trail Talk, the last one of the year! I'm Kyle Legones, Trail Race Director for McDowell Mountain. Alongside me are Steve Aderholt, the director of Trails and Jake Freed, another one of our awesome trail race directors. We have a great crew at this race and they will all be working hard to make sure you enjoy every minute of your time at McDowell Mountain 2014. 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 weather looks great.

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.

In addition to the trail shoes that Salomon will be demoing, there will also be Suunto GPS watches being demoed. Suunto will be demoing the Suunto Ambit 3 Sport. The watch's features are best displayed when used in conjunction with the Ios App, so any Iphone users that come to the event with the latest Movescount App downloaded from the app store with their account set up will get a tutorial, demo watch, and opportunity to make and share their moves.

**QUESTIONS** – Steve and Jake 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 [kyle@ragnarrelay.com](mailto:kyle@ragnarrelay.com). See bottom for all questions and answers.

### **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** - Please use your own reusable drink containers. We have provided water, coffee, hot cocoa but we WILL NOT provide disposable cups. Carry your own container in the village and on the trail. We encourage teams to bring water of their own in large reusable containers, not single use bottles.

**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, composting bins, and trash bins throughout the village and camping areas. When you check in we will give each team a liner for trash and a liner for recycling. Please use them! We will also have designated bins specifically for food waste and compostable products used in the food area(plates, napkins, utensils). If you wander away from the food tent with your plate be sure to come back and compost it when you are finished.

Put everything in the right place!! There will be volunteers to help you.  
Leave it better than you found it!

### **DIRECTIONS TO VENUE**

The address for McDowell Mountain Regional Park is 16300 McDowell Mountain Park Drive, For McDowell, AZ 85264.

**WEATHER** – The forecast looks great!

Anticipated Weather – At the high 81°F and sunny.

Anticipated Weather – At the low 56°F

Apparent High Temperature based upon anticipated average weather above – 93°F AT.

Apparent Low Temperature based upon anticipated average weather above – 50°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.

### **PARK ENTRY FEE**

**Parking is limited. We are allowing only 2 vehicles per team!! Please plan ahead!** If you cannot travel in 2 vehicles please plan ahead and shuttle yourselves. You can find public parking in Fountain Hills, just 10 minutes away. If a 3<sup>rd</sup> vehicle will be arriving after shuttle hours please email [kyle@ragnarrelay.com](mailto:kyle@ragnarrelay.com) so receive instructions. McDowell Mountain Regional Park is charging a \$6 per vehicle entry fee(CASH only). RV camping is NOT allowed.

### **CAMPING FEE**

Friday night camping is free for participants and friends/family/spectators. McDowell Mountain Regional Park will be charging \$12 per team to camp on Thursday night and/or Saturday night. (CASH only). This is in addition to the \$6 parking fee.

### **PARKING / SHUTTLE PROCEEDURE**

Remember, 2 vehicles per team! We have established a gear drop this year which means you will be able to drive up to the camping area and drop off your gear. This will be similar to the airport where the vehicle needs to be unloaded quickly and then the driver will follow signs to the parking area. We have a few options for parking so please follow signs and volunteer directions. The furthest parking lot is 3 miles down the road. . We will have 1-3 shuttles running from parking area to the drop off zone in the camping area. The shuttles will run on Thursday from 4-10pm, on Friday from 7am-5pm and Saturday from 9am-6pm. Shuttles will also be running between the two camping areas for the duration of the event.

Saturday departure will be the opposite. Drivers will get picked by the shuttle at designated shuttle pick up locations at the camping area. They will get their car and drive to the camping area where they will temporarily park at the gear drop and their team will load up and head on home. Please be sure your team is ready to load when you arrive to avoid a backup.

### **ARRIVAL TIMES**

The Village and Team Check In open at 8am 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 a Safety Briefing before your teams start time.

### **CAMPSITE SELECTION**

There will be 2 camping areas across the street from one another(1/4 mile). One will be where the village and festivities are. The other will be across the street. The camping area by the village will be filled up first. There

will be water and toilets in each lot. There will be shuttles running during the entire event between lots. 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'). Awards will be given for the best decorated team campsite and almost anything goes so be creative.

There are areas in the Village that are closer to the action and some that are tucked away nice and quiet. Ask the volunteers for recommendations. Camping for runners, family, friends, and crew is FREE on Friday night.

There will be a campsite challenge in addition to our best decorated campsite contest. Leave No Trace, and outdoor ethics group will be hosting this contest. They will be judging on Cleanliness (tidy, repacking food), Sustainability (separating recyclables, compostables, placing them in correct bins, did you carpool) and Creativity(unique and innovations camping techniques). If you win your team will win a FREE ENTRY into a 2015 trail race! Runner up will get a smaller prize, like cool socks and stuff.

Criteria are as follows:

1. Cleanliness: Are you repacking the food you bring? Are you keeping a tidy campsite? Are items secure and not susceptible to wind gusts? Are you safely disposing of cigarette butts?
2. Sustainability: Are you separating your recyclables, compostables, and then placing them in the correct bins at the campsite waste stations? Are you reusing products (cups, utensils, water bottles, bags) instead of trashing them? Are you using any alternative energy sources to power your campsite? Did you bike or carpool to the festival; are you offsetting carbon emissions using wind credits or carbon offsets? Will you pack out as much as possible when leaving? Did you do anything to reduce your homes' energy while attending the festival?
3. Creativity: Does your campsite have a theme? Are you utilizing any unique and innovative camping techniques?

### **What to bring**

Many runners ask what to bring and how much to bring. Whatever can fit in your 17x17. Propane stoves or grills are allowed. Open fires are NOT allowed. NO DOGS. There are no showers so bring some baby wipes. Please bring your Hot and cold beverage cup. This is a cupless race! Don't forget your trail shoes, headlamp, gaiters. Bring food if you feel like cooking. Snacks etc

### **AWARDS**

Awards will be given to the top 3 finishers from each category within each division. There will also be an award for favorite team name, best campsite, best costumes, and overall favorite team. Preliminary results will be posted to the website by Wednesday after the race. Teams have a few days to review the results and requests any questions/clarifications. Awards will be sent out after results are made final.

### **Social Media Contests**

There will be an instagram contest. The hashtag is #RagnarTrailAZ

### **RACE CHECK-IN**

Race check-in will begin at 8:00am on Friday. As far as waivers, if you are registered on a team you signed a virtual 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.

Race bib will have space on the back to record any medical information/emergency info for members of your team. Please fill this out if applicable.

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.

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 runners (more than 4 for ultra teams) registered on your team we only gave you 8 shirts (4 for ultra team) 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.

### **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 – 10:00am Friday

Last Start Time – 3:30pm Friday

Start times will be FINAL on Monday so please do not bother me with a request unless it is absolutely urgent.

### **SAFETY VIDEO**

Every participant needs to watch our 12 minute safety video before they run their first leg. The team captain and preferably the entire team must watch it before checking in. If you have latecoming runners they can watch it when they arrive. You will get information about the race, transition procedure, course, signage, safety, and rules. The last video will be at 4:45pm. If you have a runner arriving after 4:45pm on Friday please notify race headquarters so that we can be sure they receive a safety briefing from one of our staff.

### **FOOD -cash and credit**

Udder Delights will be cooking all the meals at the venue.

**Friday Lunch Sales**– 11am-4pm – Wraps, quesadillas, salads

**Friday Dinner**– 5pm-10pm – A pasta dinner(veggie,and gluten free upon request), salad, roll, cookie and lemonade will be provided to all runners for FREE on Friday night. Extra pasta dinners can be purchased for \$11 cash or charge. Volunteers do not get a free meal so plan accordingly. When you check in you will receive meal tickets for all members of your team.

**Saturday Breakfast Sales** -7-11am – breakfast burritos, egg sandwiches, yogurt parfaits

**Saturday Lunch Sales-11am-4pm**

Angus Burgers, Pulled pork sandwiches, hot dogs, veggie wraps

**Snacks- Fri and Sat** – homemade granola, handcut fries, mac and cheese, homemade ice cream, fruit pops, smoothies, kettle corn, jamba juice

**Coffee/Cocoa**- For sale during majority of event. Hot chocolate FREE Friday night starting at 8:00pm while supplies last. Coffee will be FREE starting Saturday morning at 7am while supplies last. Please bring a hot beverage cup.

**S'MORES** will be provided FREE through the night on Friday and into the morning.

**BEER- Bring ID**

Friday 5pm-10pm

Saturday 11pm-6pm

**WATER**

Potable water will be available onsite but we highly encourage teams to bring their own water in reusable containers. No single use water bottles please. Again, NO SHOWERS. And again, BRING YOUR OWN CUP! Cupless race

**ICE**

Will be available for injuries at the Medic tent. Not for sale.

**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.

**FIRE**

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

There will be a 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 OPEN CAMPFIRE OR FLAMES PLEASE.**

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

We will have free 8-minute sports massages available on a first-come first-serve basis. Tips are appreciated so bring extra cash

There will be six free yoga sessions – 3 on Friday(3,4 and 5) and three on Saturday(7, 8 and 9) – BYOM – Bring Your Own Mat.

We have some great live entertainment. 80's band, solo artist from Peace Tea

An awesome running movie Friday night- Unbreakable- Western States 100

Games and contests with prizes (air guitar, watermelon eating, oreo challenge etc) for some SWAG Raffle for Salomon Shoes

Bring your guitar, kazoo, egg shaker, ukulele. We will be jamming around the campfire

Merchandise will be selling all race.

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

Suunto will be demoing their GPS watch

Elevated Legs will be on site. You can purchase unlimited use of their compression sleeves, \$10 for 20 min, \$7 for 10 min

Other sponsors on site – Monster, Peace Tea, Bondi, Scott James Jewelry, Klean Canteen, Nuun, Jamba

## **HOW IT WORKS/Transition Tent**

**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 1<sup>st</sup> loop (Green). When the 1<sup>st</sup> runner finishes the 1<sup>st</sup> loop (Green) they will pass under the arch and into the transition tent.

**Second Runner** - The 2<sup>nd</sup> runner will be waiting for the hand off in the transition tent. When the 1<sup>st</sup> runner finishes running they will meet the 2<sup>nd</sup> 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.

**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.

Race bib will have space on the back to record any medical information/emergency info for members of your team. Please fill this out if applicable.

**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, at the Transition Tent, and (1) on the Red loop at about mile 4.5. These water stations will be CUPLESS. Bring your own cup/container/bladder/bottle (cold and hot).

### **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 sand. There are parts with loose sand and dirt and you might want to purchase some gaitors to keep the dirt out of your socks and shoes.

Green Loop – 3.1 miles. Start off with rolling hills. The second half is flat. A bit sandy in parts.

Yellow Loop – 4.0 miles. Fun single track. Good uphill. Fun downhill

Red Loop – 8.4 miles!! Longest of the series. Beautiful views on scenic trail. Downhill and the second half is flat. A couple sandy parts

**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; be prudent in your knowledge of the course.

**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, at the Transition, and on the Yellow loop(not on green and red). 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.

Specific Advice for...

Rattlesnakes – Be alert, listen for a rattle, and give them space.

Jumping Cholla – Watch out! Don't try and pull it off if it gets stuck on you.

**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)**

We challenge you to find a trail race with better course signage. 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.

**Volunteer Shift Signup** – Online signup closes at midnight this Monday November 3

**Pay for Volunteer** – In lieu of providing a volunteer, your team can pay \$120 which goes to our charity- McDowell Sonoran Conservancy. This can also be done online by midnight on Monday November 3.

**Mission of charity** - Champions the sustainability of the McDowell Sonoran Preserve for the benefit of this and future generations. As stewards, we connect the community to the Preserve through education, research, advocacy, partnerships and safe, respectful access.

**Vision** – They will be the leader in urban preserve management through the excellence with which it stewards the completed McDowell Sonoran Preserve. Through the research conducted by our Field Institute and our educational programs, our stewards will be able to effectively care for the preserve and share our expertise. These activities will result in generations of citizens and visitors enjoying the preserve in a respectful and informed manner. Our service and expertise will be recognized as a model throughout the country and garner support to expand our impact.

<http://www.mcdowellsonoran.org>

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.

**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!

## **REMINDERS: General Information**

Parking shuttle hours: Thursday 4-10 pm, Friday 7am-5pm Saturday 9am-6pm

Camping Fee Thursday night: \$12/team

Camping fee Saturday night: \$12/team

Parking fee Friday: \$6/vehicle

Two vehicles per team, please park any vehicles beyond two in available public parking in Fountain Hills and run a self-shuttle.

### QUESTIONS AND ANSWERS (received during broadcast chat)

Q. Will there be 30 minute parking passes on Thursday?

A. Yes, cars beyond 2 can drop gear and do a self-shuttle of the 3rd car to fountain hills

Q. Where is the team parking - in or out of the park?????

A. Team parking for 2 cars per team is in the park

Q. Vegetarian and GF options on all meals?

A. If requested GF is available and the meal is vegetarian for the Friday dinner

Q. Have campsites at McDowell Mtn. Park campground. Ok to shuttle our own runners to/from Ragnar village?

A. We do not recommend camping at those sites during the race as they are miles from the race site and yes, you will have to shuttle runners to the transition area if you camp there

Q. Ok, so as long as the online waiver is done its ok?

A. Correct, if anyone has not signed the on-line waiver (late adds to the team) they should go to HQ to sign one

Q. How well lit is the trail at night if at all?

A. Your headlamp is the primary light source and the stars and moon, with seriousness, the course signage is reflective and each sign will have a small LED light

Q. Same loops as last year?

A. No, loops have changed; green is shorter, yellow the same, red longer & more difficult & fun

Q. Will Solomon have gators to demo this year?

A. No

Q. What if all members can't be there at start time?

A. We will have onsite parking for late arrivals

Q. What is the movie?

A. Unbreakable, the story of the 2010 Western States race

Q. Ok to bring a cooler?

A. Yes

Q. It is my understanding there is overflow parking @ the Casino about 10 miles away, correct? But that we provide our own shuttle with one of the 2 cars allowed in the park?

A. That is not correct. Please don't park at the casino and yes, you should run your own shuttle into Fountain Hills to available public parking

Q. Can we sleep in our car?

A. Cars may be parked up to 3 miles away from the race site.

Q. If someone is coming up to be a pacer for a runner, will their vehicle count as 1 of the 2 team's cars?

A. There is limited parking for short visits, if someone is staying the whole race then yes the car should count as 1 of the 2.

Q. Following up on the previous question, question-does that mean guests/spectators don't have to park in Fountain Hills?

A. There will be staff/volunteers to direct visitors to appropriate parking on site

Q. Last year there was no camping space when we arrived. What are they doing this year to change that?

A. The camping area has been increased proportionally greater than the increase in runners

Q. We have people coming out to watch and join. Where are they supposed to park again?

- A. Staff/volunteers will be available to direct spectators to appropriate parking
- Q. Do we need to pay entrance fee if we are only dropping off stuff and then going to overflow parking  
A. No, you get a 30 min drop off pass.
- Q. The camping Thursday night, is it in the same location as the camping for the race day?  
A. Yes, sure is
- Q. Where do we park in Fountain Hills?  
A. Any public parking you can find. There are no designated spots
- Q. Where do visitors/spectators park when they come to the race?  
A. Folks will be directed by staff/volunteers when they arrive
- Q. Is there a recommended way to assign runners to positions based on running speed i.e. the fastest person?  
A. Nope, everyone runs the same distance/loops. Whatever order you like
- Q. Is a headlamp all that is required for night running?  
A. Yep, some folks like a hand-held light as well (and bare minimum a speedo)
- Q. Will there be somebody to guide us if we arrive Thursday?  
A. Yes, from 4-10 there will be staff/volunteers around to provide guidance
- Q. Where online do you sign up for volunteering?  
A. On the team login page. There is a link to volunteer sign up
- Q. Can we use our McDowell Mtn. parking pass?  
A. Probably and Kyle will follow up about that question and answer it in the published notes
- Q. Is the fee collected upon arrival? - fee for camping on Thursday  
A. Yes, when you stop at the gatehouse of the park
- Q. Is there a pace sheet we can use? The one posted on Facebook didn't account for difficulty  
A. No there is not. E-mail Kyle and she can help you with that. [kyle@ragnarrelay.com](mailto:kyle@ragnarrelay.com)
- Q. Will there be drinking water supplied?  
A. There will be potable water
- Q. Will there be hot water available for tea? Not a fan of hot chocolate or coffee  
A. No, but feel free to bring a camp stove
- Q. Where do the volunteers park for the 11 pm to 2 am shift?  
A. We recommend a team member work the volunteer shift however there is parking inside the park near the HQ inside the park
- Q. If our start time is 12:30, I need to be there by 10:30, but what is the earliest we can check in?  
A. 8am Friday
- Q. Am I correct that there is not a shuttle from Fountain Hills to the park?  
A. That is correct, no shuttle from Fountain Hills
- Q. What number can we call if we find an injured runner?  
A. Check in with staff at the transition or medic tent to report injuries or call 911 for severe injuries and let Ragnar staff know as well.
- Q. If we have an extra car, can one car leave the park to shuttle the others in without paying reentry?  
A. Yes.
- Q. Is there separate parking for the volunteers? Does a volunteer's car count as one of the two?  
A. If one is strictly a volunteer, yes there is parking. If staying the whole race then they should count as part of the 2 cars per team

Q. When do they get phoenix medal (double-delsol), wasn't sure if they would be mailed  
A. After they finish

Q. Will you guys be providing gels and shot blocks at check-in like last year?  
A. Yes, Clif Bar is a sponsor again this year and will have items at the race