



RACE BIBLE

[Official Ragnar Events Website](#)

[Official Ragnar Relay Series Facebook Fan Page](#)

ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE
Race-specific details are found on the individual race webpage

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INTRODUCTION

This packet contains important information about the Ragnar Sprint Relay. Team captains should be familiar with the information in this packet and ensure that all team members are aware of the significant information. We recommend that all team members read through this Race Bible.

UPDATES

ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE. Use the updates list below to determine if you are up to date.

BEFORE THE RACE

1. GETTING STARTED

1.A) To Do List

- Start recruiting teammates, volunteers, and van drivers. (Van drivers are optional)
- Register and pay for the team online at www.runragnar.com before the registration deadline*.
- Invite runners to join the team roster through the team captain's online Ragnar account before the deadline*.
- Invite volunteers to the team and sign up for volunteer shifts through the team captain's online Ragnar account before the deadline*.

*See the Important Dates section on the race webpage for specific deadlines.

1.B) Organizing a Team

There are two team Types; regular teams (6 people running 2 legs each) and ultra teams (3 people running 4 legs each). Each team is classified as a male, female, or mixed team and will compete in one of several divisions. Team Type, Classification, and Division are selected by the Team Captain when registering the team. Team Classification and Division can also be changed by the team captain thru the online Ragnar account until the deadline (see the Important Dates section on the race webpage for specific deadlines).

Below are some tips that will make organizing a team easy.

- Check out the Captains Tools on the Updates tab of the race webpage.
- If you don't know 6 runners, don't worry, Ragnar is the perfect way to meet new people. You probably know 2 or 3, and they probably know another 2 or 3. Teams made up this way (with friends of friends) are often the most fun. By the end of the race, you'll have 6 great friends!
- Set a date by which you want to register online and begin collecting entry fees from members of the team. Runners will feel more committed once they accept the online team invite and give you money. Otherwise, they may not feel committed, therefore don't train, and back out when it comes to race day.
- **Your team must have a combined average pace of at least an 11 minute per mile to finish the course in the specified timeline (This is your TEAM pace, not your individual pace).**
- Once you have a few teammates commit, register the team. 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 finder (see 1.C).

1. C) Online Team Finder

If your team is looking for runners, the team captain can use the "Find a Runner" tool on the top of their team page. Simply fill out the info on what you are looking for (i.e., gender, age range, pace, musical interests, etc.) and click the "Search" button. A list of available runners will populate from the parameters you set. You can send them a message and ask if they are interested. Be sure to include your contact information!

Looking to join a team? The "Team Finder" tool located on the bottom right of every runner's profile page can assist you too. 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. It's like an adventurous blind date.

Another great resource is [The Ragnar Relay Series Facebook Fan Page](#). Each race is listed on the fan page, under the “events” section. Reach out and communicate with runners and teams on either page.

1.D) Getting Ready

Once you organize your team, we recommend teammates meet several times before the event to work out logistics. It may be helpful to discuss the following things:

- What to do if a runner finishes their leg and the next runner isn't at the arch.
- What to do if a runner gets lost.
- What to eat. What types of food and drink to bring.
- What types of clothing, running gear, and equipment everyone should bring. Weather is uncertain; be prepared for hot and cold weather extremes as well as rainy weather.
- Assigned Start Time, arrival to the event, and transportation
- Read over the Race Bible, Race Webpage, and especially the race specific Runner Packet
- Deadlines for team name changes, signing up for or paying for a volunteer shift, runner additions to roster, etc. These deadlines can be found on the “Important Dates” section of the race webpage.

1.E) Start Times

Each team's start time is based on their TEAM'S AVERAGE 10K Road Race Pace. Therefore, **it is critical that each runner's 10K Road Race Pace is accurate in their Ragnar profile**. This is the speed you could maintain for an entire 10K. Format your pace as a minute per mile pace (i.e. 10:00 min/mile). Please do not misrepresent your paces. Inaccurate paces will impact Ragnar's ability to organize the flow of the race and could also result in your team being held or cut from the course. Accurate paces allow us to place teams in starting waves that create the least amount of congestion on the course (I.E. Exchange parking lots, lines for port-o-potties, etc.). Misrepresenting your time will result in violations if you are falling outside of course timing.

Accurate runner 10K Road Race Paces are extremely important. If individuals have not participated in a competitive 10K recently, we strongly encourage them to run one and then update their Ragnar profile 10K Pace. Alternatively, consider getting together as a team for a training run at a competitive 10K pace.

PLEASE NOTE: Your team needs to have an average of at least an 11-minute per mile pace to finish the course in the specified timeline. Should your team fall far enough behind the course closure times, listed in the Ragnar app, Ragnar staff will work with your team to get you back within the course timing limits. If you have concerns about this for your team, please contact the Race Director.

To be assigned a start time, captains need to ensure there are at least 4 runners on your roster (Regular Team) or 2 runners on your roster (Ultra Team). Ragnar assigns start times approximately 4 weeks before the race (Reference the Important Dates section on the race webpage for specific dates). The Team Captain will receive an email once the team is assigned their start time. Once posted, the Team Captain can also log into their Ragnar account and see their team's assigned start time.

Have an issue with your start time? See the following rules when wanting to request a change. Please keep in mind that the Race Director assigns start times by hand, based off of a simulation and the paces provided by teams. Also, we do not receive notifications every time a change is made in your account.

Good Reasons for requesting a new start time:

- “Oops, some of the Road Paces we submitted were incorrect.”
- “Ryan's ditching the team, and we found an Olympian to take his place!”
- “Other circumstances have occurred, and they will significantly affect our pace!”

Bad reasons for requesting a new start time:

- “But I have to travel really far from the next city, county, state and our start time is inconvenient!”
- “But I couldn't get a flight at the exact time I wanted, and I don't want to fly in a day earlier!”

- “But we need to be done in time to return my rental vehicle, and Tim is kinda slow!”
- “But the dog ate my running shoes!”

* Our algorithm does NOT rely on an intern in the back of a van calculating equations on a sticky note. His job is totally different.

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. After completing the registration process, the team captain will receive an email confirming registration. The full team registration price is paid during online registration and is ***non-refundable***.

2.B) Team Name

When selecting a team name, please remember that Ragnar Relays are family friendly events. Teams will likely travel through communities and exchange at schools, churches, etc. 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. The Team Captain can change the team name by logging into their Ragnar account and managing their team. The Team Captain has until the Team Name Change Deadline (typically 5 weeks before the race) to change the team’s name. See the Important Dates section on the race webpage for specific deadlines.

2.C) Individual Team Member Registration

Once the team is registered, the Team Captain has until Sunday night before the race (5 days before the race) to invite runners to the team’s roster. The Team Captain can send roster invites to runners by logging into their Ragnar account and managing their team. Runners will receive the roster invite via a link sent to their email by Ragnar. Teammates can accept Invites until Sunday night before the race (5 days before the race). After this time, runners can be added to the roster at race check-in for a \$20/runner fee. Note that teams will only receive as many race shirts as runners on their roster.

2.D) Signing Online Waiver

All runners and volunteers sign a waiver when they sign up online. Easy peasy. Any runner added on race day will have to sign a waiver at on site..

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. Those under 12 years of age are prohibited. Ragnar will consider formal requests for extraordinary circumstances via email to safety@ragnarrelay.com. Specific rules apply for High School Teams-please see section 6.C. Minor waivers are not available online when runners are added to the roster. We ask that all minors print a copy of the waiver (last page of this Race Bible), have a parent or legal guardian sign it, and either email it to the Race Director before race week or bring it to the race to turn in at check-in.

2.F) Runner Substitutions/Additions

We understand speed bumps happen on the long road to Ragnar. We want to make it’s easy on the Team Captain to roll with the punches. The Team Captain can remove runners and invite new runners to join the team roster at no cost until Sunday night before the race (5 days before the race). The Team Captain can send roster invites to runners by logging into their Ragnar account and managing their team. Runners will receive the roster invite via a link sent to

their email by Ragnar. Invites can be accepted until Sunday night before the race (5 days before the race). After this time, runners can be added to the roster at race check-in for a \$20/runner fee. See the Important Dates section on the race webpage for specific deadlines.

2.G) Refund & Transfer Policy

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

Transfer Policy: Teams may transfer their registration to any Ragnar race (Road or Trail), excluding sold out Ragnar races, within 12 months of the race for which they were originally registered. Teams may only transfer a registration once. If transferring, the original price paid will be applied to the new race registration fee. In cases where the new race registration fee is more than the original price paid, the team will be required to pay the difference. In cases where the new race 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 \$200 transfer fee (\$150 for ultra) will be deducted from the original price paid.

If a team wants to transfer out of a lottery race or a race that has reached “wait list” status (waitlist button displayed on the race webpage), teams may only transfer to another race if a replacement team is found to fill their spot. If a replacement team is found, a \$200 transfer fee (\$150 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.

Lottery Races: A refundable \$25 fee is charged to enter a Ragnar Relay lottery.

For individuals who DON'T win the lottery - So sorry Charlie! There's always next time. The \$25 fee will be refunded. For individuals who DO win the lottery - Hooray! The remaining team registration fee (less the \$25 lottery fee) will immediately be charged to the credit card. No additional communication from Ragnar is required prior to this charge. Ragnar strongly urges teams to submit **only one** lottery entry per team, as each lottery winner will be awarded and charged for a full team.

3. VOLUNTEERS

There is no volunteer requirement for Ragnar Sprint.

4. RUNNER PACKET

A Runner Packet (link on the race specific website) will be the most up to date source of information for the race. The Race Director will update the Runner Packet with course and schedule changes, as well as any safety concerns. Check the Runner Packet frequently as it is a living document and will be continually updated as the race draws closer. The Runner Packet may be printed if strongly desired. However, since the packet is continually updated, the digital format will give you the most up to date information.

5. TEAM CHECK-IN

Packet Pick-Ups (PPUs) occur on Friday afternoon/evening before the race and is an opportunity for teams to check in early, which can help reduce the stress of race day. Teams can complete all of the necessary check-in components at Packet Pick Up. Check the Runner Packet and the Updates section of the race webpage for specific information. Friday Packet Pick Up is NOT REQUIRED for all members of the team. One team member may attend to complete the check-in.

CHECKING IN RACE DAY

Teams must check in at the Start Line at least 1 hour before their official start time. If your team checked in at the PPU on Friday, just show up at the Start Line ready to run 20 minutes before your official start time.

Upon check-in at the Start Line or PPU, teams will receive a team bib with timing chip, bib belt, van number sticker, and crossing flags. Upon check-in teams will be required to confirm that all team members have viewed the safety video, pay for any unfulfilled volunteer requirements and race day late runner registration fees for the entire team

before receiving the team bib, van number sticker, and crossing flags. Participant shirts will be available for pickup at the Finish Line.

Although not required at Check-In, teams should be prepared with the following equipment for any runners on the course during Dark Hours. Every race will have different Night Time Hours. Race specific night time hours can be found on the race page.

1. Flashlights or headlamps *(at least one for each runner on the course during Night Time Hours)
2. Reflective vests *(at least one for each runner on the course during Night Time Hours)
3. LED tail-lights *(at least one for each runner on the course during Night Time Hours)

TEAM TYPES

6. TEAM TYPES

6.A) Standard Teams (6 Runners)

Don't get down- you are more than just regular to us. Regular teams are made up of 6 runners. Each member of the team will complete 2 legs of the relay. Runners must run in the same sequence for each segment of the race – every 6th. For example, if a runner runs leg 3, he/she must also run leg 9. See Section 8 for info on other team sizes. Any team who needs to mix up their runner order can switch to the Wildcard Division by texting Race Command (our text only helpline) during the race. Wildcard Division teams are excluded from awards but official times will not be adjusted.

6.B) Ultra Teams (3 Runners)

Ultra teams are made up of 3 runners. Each member of the team will complete 6 legs of the course. Ultra teams can choose to run one of the following two ways 1.) Run 2 times, 2 legs back to back at a time (i.e., the first runner would run legs 1-2, 7-8) **OR** 2.) Run 4 times, 1 leg at a time (i.e., the first runner will run legs 1, 4, 7, 10). All runners on the team must choose the same format and cannot switch formats during the race. Any team who needs to mix up their runner order can switch to the Wildcard Division by texting Race Command (our text only helpline) during the race. Wildcard Division teams are excluded from awards but official times will not be adjusted.

Ultra teams should make special preparations to provide support for their runners. 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. Unless otherwise noted, Ragnar does not provide food or water along the course or at exchanges. See the full list of food, beverage, and amenities provided along the course in the Ragnar App.

Every rule that applies to 6-person teams applies to Ultra teams. Please review all of the rules and logistics for 6-person teams.

6.C) High School Teams

To be classified as a High School Team, ALL team members must be students, 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. See section 2E for age restrictions and waiver info.

6.D) Wildcard Division

Any team who needs to mix up their runner order can switch to the Wildcard Division by texting Race Command (our text only helpline) during the race. Wildcard Division teams are excluded from awards but official times will not be adjusted.

7. CLASSIFICATIONS / DIVISIONS

Words are hard. See the nifty tables below.

Classification	Standard Teams (6 runners)	Ultra Teams (3 runners)
Men	4-6 men	All men
Women	All women	All women
Mixed	3 or more women	Any mix of men and women

Division	Requirement
Open	One or more under 40 years old
Masters	All over 40 years old
Corporate*	50% of the team are employees from the same company
Military/Public Srvc*	At least 50% of team are service persons (i.e. firefighter, law enforcement, military, etc.)
High School*	All students age 12-18 years old. Only available as Regular Teams, no Ultra Teams.
CrossFit	At least 50% of the team belong to a CrossFit gym. All CrossFit teams compete in a single division. Meaning, it doesn't matter if the team is Regular/Ultra or Mens/Womens/Mixed, all teams will be listed as Regular – Mixed – CrossFit.
Wildcard	For teams that prefer to customize their runner lineups versus following the assigned legs. Wildcard teams enjoy the same course but opt out of competing for time. (Road races only)

*No sub-classifications are available for this Division. Meaning, it doesn't matter the mix of men/women, all teams are listed in the Mixed Division.

7.A) OTHER TEAM SIZES

Standard rules do not permit teams to run with less than 2 runners or more than 6 runners.

Any teams hoping to run with a team size outside the standard rules should contact safety@ragnarrelay.com for consideration and additional requirements.

Teams with any number of runners other than 3 or 6 should treat the open spots as injury runners (See section 11.C). Teams may choose whichever spot they want as the "vacant runner" - but the legs must stay in the same pattern (every 6th leg). For example, if spot #1 remained vacant, the legs that would need to be filled would be legs 1 and 7. Those legs can be filled with 2 different runners, or one "super runner" can take on both legs. Teams cannot divide a leg between 2 runners.

8. POST RACE AWARDS

Awards are given to the top 3 finishers from each type/category/division. **Team divisions and classifications are final the Friday one-week post-race. Teams are still encouraged to check their division on their team profile the Sunday before race day to ensure they are in the correct division.**

GENERAL RULES

9.A) SUPPORT VEHICLES

Support Vehicle Requirements

Support vehicles are used to transport the runners between exchanges. Each team is permitted a single race vehicle. All race vehicles must adhere to all applicable local vehicle safety laws and Ragnar vehicle rules listed below.

9.B) Vehicle Restrictions

Large SUVs and Minivans are recommended whenever possible. 12-15 passenger vans will also be permitted. Due to access at the exchange points, any vehicle wider than 6'6" and/or longer than 20' will not be permitted. Motor-homes, RV's, campers, trailers, buses or limos are also not permitted on the course or at the exchanges by any team or spectator at any time. We are especially bummed about the limos (sad face). Unfortunately, any team that exceeds the vehicle size limits will be removed from the course. For any questions about the acceptability of a vehicle, please contact customerservice@ragnarrelay.com.

9.C) Van Drivers

Is it a REQUIREMENT to have van drivers for your team? No. Is it NICE to have van drivers? Yes, and it is probably safer too. Ragnar encourages teams to have van drivers as a safety measure. Otherwise, teams should rotate the driving responsibility between all members of the team during the race and be sure to stay awake and alert. If a team does elect to have van drivers, the drivers don't need to be on the team roster, even though they often feel like a part of the team. Ragnar does not provide van drivers with medals or shirts, and van drivers do not count as one of your 3 volunteers.

9.D) Respect Local Residents & Communities

While traveling through 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 "Don'ts" 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.

- Don't honk horns or yell during the evening, night, and early morning hours in residential areas.
- Don't block any residential or business driveways.
- Don't impede traffic by driving too slowly or by not pulling all the way off of the road when stopping.

9.E) 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.F) Restricted Areas

On Van Support legs, vans can stop to cheer on teammates at any safe and legal spot along the race route that does not obstruct runners or traffic unless noted otherwise in the Ragnar App.

9.G) Only 1 Race Vehicle per Team

Each team is permitted to utilize one race vehicle. Exchange parking is for team vans and volunteers only, as parking will be limited. Spectators may park at any legal spot along the race route but will not be permitted to park at the exchange.

9.H) Van Numbers Must Be Clearly Displayed

Teams must clearly display team number stickers on their race vehicle. Entrance into 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 front and rear window of each van. Do not create a blind spot.

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 9. Any team who needs to mix up their runner order can switch to the Wildcard Division by informing a race command during the race. Wildcard Division teams are excluded from awards but their time will not otherwise be adjusted. See section 6D for more information on the Wildcard Division.

10.B) 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 halfway 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 for the remaining leg. The legs can be filled with different runners, or one can fill in the remaining leg. A 7th member is not allowed to join the team to run the remaining leg. Once a runner drops out of the race, he/she cannot enter back into the race. If an IV is administered, the injured runner is no longer eligible to run.

10.C) 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.

11.D) 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 a trash and garbage containers will be available at the Finish Line.

10.E) 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. Bottom-line, spread the love and everyone will be ok.

10.F) Follow Correct Route - Navigation is the Responsibility of Each Team

Teams are responsible to make sure that their runner stays on the course. Vehicles may wait for their runner 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. The general public occasionally moves signage; be prudent in your knowledge of the course.

10.G) Visible Race Number

The team race number must be worn and visible on the **front** of each runner at all times while on the road. The Bib number must be located on the outer most layer of clothing, including jackets, shorts, and reflective vests.

10.H) NO SLAP BRACELETS FOR RAGNAR FLORIDA SPRINT

Runners will pass the bib with timing chip at each exchange point.

10.I) Runner Pacing

Run pacers are allowed at any time during the race. Any pacer that is not a member of the team must sign a waiver. The waiver is located at the end of this Race Bible, print it out, sign it, and bring it along to turn in at race check-in. Bike pacers are not permitted at any time during the race.

RUNNER ARRIVALS

11. EXCHANGE OPEN AND CLOSE TIMES

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 3-5 hours. Based on your projections, we will start your team in a way that will keep you within this window. Each exchange will have Open and Close times. Please ensure that your runner arrival time falls within these windows.

11.A) Penalties

If your team gets too far ahead of projections we may be forced to hold your team at one of the exchanges for as long as it takes for the setup crew and volunteers to catch up. The amount of time your team is held is dependent on the course. If your team is held, we will subtract the total time that you were held from your overall time, and your team will be issued a violation. Note: it is 3 strikes and you're out. This is cumulative between your vans, not three strikes per van.

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.

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 and safe support crews. 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) Runners on course during Dark Hours

ALL runners on the course must wear safety gear during the official Dark Hours – reflective vest, headlamp (or flashlight) and blinking LED tail light. Moonlight Hours will be in place for the beginning and end of the race. Race specific Dark Hours are posted to the Updates section of race webpage and the Ragnar App approximately 6 weeks prior to the race.

12.B) Run Against Traffic and on Proper Surfaces

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

12.C) 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 and stop signs.

12.D) Run and Bike Pacers

- Run pacers are allowed at any time during the race. Runner and pacer must run single file.
- Pacers DO NOT have to be a member of the team but they do have to sign a waiver.
- Bike Pacers are not permitted on the course.

12.E) 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:

- You must be able to hear traffic
- Be aware of the sounds around you
- 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.F) Running in the Heat

Running in hot, humid, and sunny conditions can be taxing on the body. Know your limits. Keep an eye on your active runners and the runners from other teams. Know the signs of dehydration, heat exhaustion, and heat stroke. Pre-hydrate before your runs, hydrate during your runs, and re-hydrate after your runs. Electrolyte replacement is just as important as hydration. We recommend mixing in electrolytes with your water to optimize your electrolyte levels and stay hydrated. Proper hydration is obtained when the runner has clear (light lemonade colored) and

copious urine. Keeping your core body temperature as low as possible is also a vital component of running in the heat. Dumping cold water on your head/neck and slowing your pace are two great ways to help keep your body's temperature under control. Also, be sure to consult your doctor if you have a pre-existing condition that may be exacerbated by running in hot conditions.

Remember that the van is your mobile water station on full support legs. Keep extra water available at all times as water stations are not provided by Ragnar on full support legs. Reference the Ragnar App for leg support designation.

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 be safe 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 (Ragnar App or printed Race Bible). The safety officer responsibility may be rotated between team members. The safety officer cannot be the driver.

13.B) Road Crossing

When exiting and being outside the vehicle, remember that these are open roads. 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. Two flags will be provided at the check-in process. \$15 will be charged for any flags not returned at the finish line.

Road crossing rules:

- 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.C) Vans

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

- Do - Follow speed limits (both minimum and maximum speed limits)
- Do - Pull off the road completely when stopping/parking
- Do - Turn off headlights when parked, so as not to blind oncoming traffic
- Do - Leave parking lights on to be visible to regular traffic
- Don't - Follow runners to illuminate the road for them, or to pace them
- Don't - Make illegal U-turns
- Don't - Stop or slow down in places that will impede traffic or runners
- Don't - Stop in the roadway
- Don't - turn on hazard lights
- Don't - Parking illegally

13.D) Van Support vs. No Van Support

Each leg on the course will be designated 'Van Support' or 'No Van Support.' The designation can be found on the race specific page and Ragnar App.

On "Van Support" legs vans are permitted to support their runner, but must obey the following rules:

- **Vehicle must be parked in a legal parking space.**
- Vehicle must be pulled completely off the road. DO NOT BLOCK TRAFFIC.
- Team members crossing the road must utilize safety crossing flag.
- Team members are required to utilize crosswalks when available.

- Failure to abide by these rules will result in a violation issued to your team.

On “No Van Support” legs team participants must obey the following rules:

- Vans are NOT permitted to 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.
- **Failure to abide by these rules will result in a violation issued to your team.**

Special Note: On ‘No Van Support’ 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. Some longer ‘No Van Support’ legs will have a water station and some may have multiple water stations. Water station info can be found on the leg maps in the Ragnar App. Note that all water stations are CUPLESS, so run with your own container.

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. And furthermore, if you wear rollerblades, we will laugh.

14.B) Alcohol

The consumption of alcohol is not allowed at any point along the course during the race. Having alcohol while on the course will result in an instant disqualification and removal from the course. Alcohol may be responsibly consumed at the finish line.

14.C) Drones

Non-official use of drones at Ragnar events is prohibited without special approval.

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 and the Finish Line. 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. Call for an ambulance if the emergency is severe. 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 Video

There will be a mandatory safety training video available on the Ragnar app and website. **At Packet Pick Up or the Start Line all team members are required to confirm that they have viewed the Safety Video.** After confirming that each member has viewed the safety video they will be permitted to complete the check in process.

14.F) Bad Weather

The race will occur rain or shine. However, under certain severe weather conditions where the safety of the 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 and out of the sun. Do not 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 / Exchange6 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 you've started running, 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 one hour put your runner back on the road where they left, make a note of the time and turn this in at the finish line. If lightning persists longer than an hour, move ahead to the next exchange where you will receive a Lightning Hold Card. For every hour of lightning, you will move ahead one exchange. This Lightning Hold Card will be used to keep track of where and when you left the course and where and when you returned to the course. Turn these in at the exchange where you restart. After the race we will 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.

14.I) Flooding

If a runner encounters flooded areas that are impossible to cross, get your runner into the support vehicle and contact Race Command or the nearest Course Official. Re-route information and further instructions will then be communicated to all teams.

14.J) Wildlife/Open Range Rules

If a runner encounters any wildlife that is aggressive on the course, get your runner off the road, into your support vehicle and contact Race Command or the nearest Course Official. 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

Tattling wasn't cool in school but it actually helps keep everyone safe at Ragnar. 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 ask 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 if they receive a rule violation (cell phone numbers will be collected at check-in at the Packet Pickup, Start Line, and Exchange6). 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 race bib 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 to Race Command. 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

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 about what types of reflective vests are 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 matter, just the amount of reflective material. Light up vests must meet the same requirements for reflective material. Vests like the Noxgear Tracer 360 are **ONLY** approved if they're accompanied by the reflective shoulder add-ons.

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

DIRECTIONAL SIGNS

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.



WAIVER - USATF Form - Participant Waiver & Release of Liability - Assumption of Risk and Indemnity Agreement

For and in consideration of USA Track & Field, Inc. ("USA Track & Field") allowing me, the undersigned, to participate in the USA Track & Field sanctioned event described above (the "Event" or "Events"); I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement"):

1. I hereby represent that (i) I am at least eighteen (18) years of age (or this Agreement is agreed to by my parent, natural guardian, or legal guardian (the "Guardian")); (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well-being at all times and under all circumstances while at the Event site.

2. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand and acknowledge the risks and dangers associated with participation in the Event and sport of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event.

3. I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competition Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.

4. I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties: USA Track & Field, Inc., its members, clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the event directors, the host organization and the facility, venue and property owners or operators upon which the Event takes place and any other organizers, promoters, sponsors, advertisers, coaches and officials for this Event; law enforcement agencies and other public entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

5. As a condition of my participation in the Event, I hereby grant USA Track & Field, Inc., the event director and host organization, a limited license to use my name, likeness, image, photograph, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), in any media platform or format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the Event, USATF, or the sport of athletics.

I hereby warrant that I (or the Guardian, if I am under the age of 18) am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

If the participant is under the age of 18, the Guardian hereby agrees to release and discharge the Released Parties as follows: a) The Guardian acknowledges and understands that the Event is inherently dangerous and represents an extreme test of a person's physical and mental limits. Further, the Guardian acknowledges and understands the Risks, as defined above. b) The Guardian acknowledges the rights waived by both the Guardian and the participant by accepting this Agreement. c) The Guardian acknowledges that the Guardian will indemnify the Released Parties from any and all Liability which may arise out of, result from, or relate in any way to the participant's participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. Revised 10/2015

RAGNAR PARTICIPANT WAIVER AND RELEASE OF LIABILITY - ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

As a condition of my participation in the above-described Event as a runner, volunteer or otherwise, I hereby covenant not to sue, and agree to release from liability, the Ragnar Relay Series, together with its founders, owners, officers, directors, managers, agents, sponsors and employees, including but not limited to (a) Ragnar Events LLC, Ragnar Holdings LLC, Reebok International Ltd, and each of their affiliates and their respective investors, officers, directors, managers, members, agents, employees, successors, heirs, assigns, executors, and administrators; (b) Ragnar Relay Series race officials and volunteers; and (c) any and all other sponsors, suppliers, agents, independent contractors and other personnel in any way assisting or associated with this Event (collectively the "Releasees"). This Race Release and Waiver of Liability, and Assumption of Risk (this "Release") is a contract with legal and binding consequences and it applies to all activities related to the Event, whether located on the race course, exchanges or other Event-related venues. I have read this Release carefully before signing, and I understand what it means and what I am agreeing to by signing.

In consideration of the acceptance of my application for entry or participation as a volunteer in this Event by one or more Releasees, I hereby freely agree to and make the following additional contractual representations and agreements:

- 1. I know that this Event, which takes place both in daylight and at night, is held on open roads and is a potentially hazardous activity. I voluntarily assume full and complete responsibility for all risks associated with participating in the Event and for any injury or accident that may occur during my participation in this Event, including by way of example and not limitation: (a) illness; (b) traveling to and from the event; (c) falls; (d) collisions with pedestrians, vehicles, other participants, and fixed or moving objects; (e) the effects of weather, including temperature extremes and humidity; (f) traffic accidents; (g) the negligence of myself and/or others, including Releasees; (h) animal attacks; and (i) road conditions, including darkness and surface conditions such as pot holes. I am aware of and appreciate all of these risks. I understand that both vehicle traffic and spectators will be present along the race course and that police protection will not be provided. I know that the presence of vehicle traffic during the Event increases the risk of motor vehicle accidents involving participants, spectators, and/or other vehicles, and that such accidents can result in death or serious injury. I further understand that the Releasees are not responsible for lost/stolen/damaged items from vehicles.
- 2. As a condition of my participation, I agree to abide by all traffic and pedestrian laws and regulations and to follow any and all of Releasees' safety instructions, including all rules and conditions set forth in the Race Bible, which is available on the Ragnar Relay Series website, www.ragnarrelay.com. I understand that my failure to do so may result in serious injury or death and may be grounds for my disqualification from this Event.
- 3. I acknowledge that I should not enter and participate in this Event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this road race and I further agree that race officials may authorize necessary emergency treatment for me.
- 4. I represent and warrant that (a) my team and I will participate fully in all of the safety training provided by the Ragnar Relay Series, and (b) they and I agree to adhere to the rules and regulations included in such safety training.
- 5. Having read this Release and knowing and assuming these risks, and in consideration of the acceptance of my participation, I hereby for myself, my heirs, my executors, administrators or anyone else who might claim on their own behalf or my behalf (collectively my "Successors"), covenant not to sue, and FOREVER WAIVE, RELEASE, DISCHARGE, and HOLD HARMLESS Releasees from any and all claims, injuries, damages, liabilities, causes of action, and expenses (including without limitation attorney's fees and costs), and inconvenience to person or property (collectively, "Losses") of any kind or nature whatsoever arising out of or related to my registration or participation in this Event, even though such losses may arise out of negligence or carelessness on the part of Releasees.
- 6. In exchange for my being permitted to participate in the Event, and understanding there will be no additional compensation to me, I hereby grant Ragnar Events LLC, Reebok International Ltd, the other Releasees, and their respective agents and affiliates the perpetual right and license to photo and/or video record me during the Event and to use my name, image, voice, video, photograph, performance, likeness and biographical and other information (collectively, "Likeness") for race promotional purposes, including, without limitation, marketing, social media, advertisements, and other promotional materials in any and all media whether now existing or hereinafter invented. I understand that I will have no right of approval over the use of my Likeness and the Releasees shall have no liability to me or anyone else for any distortion, illusionary effect or otherwise resulting from the use of my Likeness.
- 7. I understand the Event registration fees are nonrefundable. I have read the Race Bible and agree to abide by the rules and conditions contained therein.
- 8. I acknowledge and agree that it is prohibited for any unmanned aerial system (more commonly known as a "drone") to be flown above the Event course at any time during the Event, or while Event participants, either immediately before or after the Event, are in the vicinity of the Event course.
- 9. I acknowledge and agree, for myself and my Successors, that the above representations are contractually binding, and that should I or my Successors assert a claim contrary to what I have agreed to in this Release, the claiming party shall be liable for the expenses (including legal fees) incurred by the Releasees in defending such claim. This Release may not be modified orally, and a waiver or modification of any provision shall not be construed as a waiver or modification of any other provision herein or as consent to any subsequent waiver or modification. I consent to the release by any third party to Releasees and their insurance carriers of my name and medical information that may relate to any injury or death I may suffer arising from my participation in the Event. Every term and provision of this Release is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable.
- 10. I acknowledge and agree that there are no refunds if the Event is cancelled or delayed due to causes beyond Releasees' control, including but not limited to, acts of God, war, strikes or labor disputes, fires, riots, terrorism, vandalism, accident, government orders, failure to obtain necessary permits or approvals or consents, severe weather conditions such as severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, severe weather conditions where significant damage or alterations to the race course occur, or any other force majeure event.
- 11. I acknowledge and agree that any disputes, including any legal action, arising out of my registration or participation in this Event, shall be brought exclusively in the courts of Salt Lake County, Utah, and shall be governed by the laws of the State of Utah. I submit myself to the jurisdiction of such courts for all such purposes.
- 12. I agree to return Ragnar safety flags on the final day of the Event. If flags are not returned, the credit card used during registration may be charged \$15 per flag to cover replacement costs.

EVENT NAME: _____ TEAM NUMBER: _____ DATE OF BIRTH: _____ TODAYS DATE: _____

RUNNER/VOL NAME (print): _____ RUNNER/VOLUNTEER SIGNATURE: _____

MINOR WAIVER - COMPLETE IF RUNNER/VOLUNTEER IS BELOW THE AGE OF 18

I am the parent or guardian of the above-named minor (my "Child"). My Child is fit for the Event, and I (and, if I am married, my spouse) consent to my Child's participation. I have read and I understand the above Release. In consideration of allowing my Child to participate, I (and, if I am married, my spouse) consent to the foregoing Release and agree that its terms shall likewise bind me (and, if I am married, my spouse), my Child, and our respective heirs, legal representatives, assignees, and anyone else who might claim on their own behalf or mine or my Child's behalf. I (and, if I am married, my spouse) hereby forever release and discharge, and shall defend, indemnify and hold harmless Releasees, from every claim (including without limitation a claim of loss of consortium), liability, cause of action, and expense that I (and, if I am married, my spouse) or my Child or any other person may allege against any of the Releasees (including medical expenses and reasonable legal fees and costs) as a direct or indirect result of injury or death to me or my Child because of my Child's participation in the Event, whether caused by the negligence of my Child, the Releasees, or others, to the maximum extent permitted by law. I (and, if I am married, my spouse) covenant not to sue Releasees on my behalf or on behalf of my Child for any claim arising from my Child's participation in the Event. If I am married, I am signing this Release also in behalf of, and as authorized agent for, my spouse.

PARENT NAME (print): _____ PARENT SIGNATURE: _____