# Wisconsin Trail 2019 Official Volunteer Packet

## Introduction

First and foremost THANK YOU for volunteering to be a part of the Wisconsin Ragnar Trail Relay! Volunteers are an integral part of the race and we sincerely appreciate the time you will be dedicating to this awesome event. We cannot say it enough – Thank You! Thank You!…..**Thank You!!**

Your shift time is listed in the email you received after signing up for the shift. Please take a moment to review this information, put it in your calendar, and make sure that it's correct. You will be required to stay at your assigned location for the entire duration of the shift.

***PLEASE READ through this volunteer packet and be familiar with it before arriving at the race***. You will be trained at the beginning of your shift, but you should be familiar with the material in this packet. If you have any questions between now and race day please contact customer service at 801-499-5024 or customerservice@ragnarrelay.com

We want the volunteers to have just as much fun as the runners! We encourage you to dress up, decorate your volunteer area, and make it really fun for passing runners. We continually receive compliments about the quality of volunteers. Thanks for being part of Ragnar!

## Race Information

Race specific information including important dates can be found on the race specific Web site on the Date/Updates tab, as well as the Runner packet, both links can be found below:

- Runner Packet
- Ragnar Trail Wisconsin
- **Race Location:** Nine Mile County Forest Recreation Area- **8704 Red Bud Rd, Wausau, WI 54401**
- Parking is at: **2177 Cty Road KK, Mosinee WI -** There is a fee of $10/vehicle/day if you arrive either Thursday or Friday. If you plan to hang out with your team the whole time, I would encourage you to ride with them and carpool. If you choose to drive just for the shift, you will park at 2177 Cty Road KK, Mosinee WI and take one of our 15-passenger shuttle vans (hours below) the 2 miles into our village
- Ragnar Shuttle Hours
    - Thursday: 3:30 pm - 10:15 pm
    - Friday: 7:00 am - 6:00 pm
    - Saturday: 8:30 am - 6:00 pm

## Sustainability

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. Carpool to the event, purchase carbon offsets for your travel, don't use disposable plates / silverware / cups / napkins, and stay away from food with excessive packaging, you know…reduce, reuse, recycle. **This is a cupless race. Please bring your own water bottle.**

## Waiver

All volunteers *must* accept the terms andconditions / waiver in order to participate. All volunteers accept the terms and conditions / waiver when they register for a shift online. However, sometimes last minute volunteers fill in due to injury or complications. We will have waivers available at race check-in for this reason. A waiver is also located at the end of this packet. If you think you might have a last minute volunteer, print out the waiver just in case. Any volunteer under the age of 18 must have their parent/guardian sign a waiver. If your volunteer is a minor, please print out the waiver, have their parent/guardian sign it, and bring it to race check in.

## Volunteer Requirements

The following are prerequisites for volunteers:

- Be at least 12 years old. Any minor under the age of 18 must have their parent/guardian sign a waiver and bring it to race check-in. A waiver is found at the end of this packet (see page 8).
- Be physically able to perform their assigned duties
- Be willing to fulfill their entire shift at an assigned location
- Provide their own food and drink during shift. **It's cupless, bring your own water bottle.**

### VOLUNTEER AGE RESTRICTIONS

Any volunteer under the age of 18 must have a parent or legal guardian sign the minor waiver at the end of this document. Those under 12 years of age are restricted. Ragnar will consider formal requests for extraordinary circumstances through the Race Director prior to the race.

## Runners as Volunteers

If you are a runner in the race and you are volunteering to fulfill your team's volunteer requirement, you are pulling double duty, and we appreciate it. We actually set up the shift requirements so that a runner on a team can work it. This means you don't have to bring Grandma to work the 3 hour shift, unless she wants to! :)

We understand that it is nearly impossible to tell who will be running on the course when the volunteer shift starts. Therefore, the runner who signed up for the shift does not have to be the one who works the volunteer shift. But someone has to show up and work the volunteer shift that your team signed up for. **Failure to fulfill volunteer requirements will result in disqualification**.

## What to Bring to Your Shift

Because you will be working outside for your entire shift, we suggest that you bring items such as:

- folding chairs
- umbrellas for shade/rain
- snacks/food/drink
- appropriate clothing for rain/heat/cold
- sunscreen
- bug spray
- cell phone
- headlamp/flashlight

Check local weather and plan ahead for rain and for extreme temperatures. Keep in mind that it may be cool during the night. **Remember this is a cupless race, so please bring your own water bottle.**

## Check-In

### TEAM VOLUNTEERS

Check in at the Ragnar Race Headquarters **10 minutes before** the start your volunteer shift. Upon check-in, you will receive instructions for your specific shift. Please remember to bring everything you need upon checking in. This check-in area is located in the main Ragnar Village. Look for the signs leading to 'HQ'.

### GROUP VOLUNTEERS

Please plan on arriving at the venue and checking in **30 minutes before** the start of your shift. If you do not show up on time and stay for the entire shift, your group will not receive credit for your volunteer shift.

## Camping

**Team Volunteers** are allowed to camp with the team you are volunteering for. Each team receives approximately 300sqft space to house their team. If you are staying for the weekend feel free to become part of the team. Deck it out in style, and enjoy the atmosphere.

**Group Volunteer** camping options are dependent on the venue and volunteer location. Interest in camping should be discussed with the Race Director prior to the race.

## Trash and Recycling

Pack it in, pack it out. Treat this adventure just like a backcountry camping trip. If you bring it, you need to take it home. When you leave, your volunteer area and/or campsite should look exactly like it did before you arrived. Ragnar will have trash, recycling, and compost containers. Please make your best effort at recycling, composting, and reducing waste; follow all signage prompts.

## Safety

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

### IN CASE OF INJURY / EMERGENCY

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 an emergency notify the nearest race official, as they will be able to communicate with the Medic Tent. If the emergency is severe call 911.

### BAD WEATHER

The race will occur rain or shine.However, under certain severe weather conditions where significant damage or altercations to the race course occur, we reserve the right to cancel the event, shorten the event, and/orhold teams until the weather improves. 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.

### 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 their dogs. Service dogs are allowed at the event, but they must remain under control at all times. If you see a dog, please let someone in an Orange vest know.

## FAQs

We know this can be confusing. Please look over this list of Frequently Asked Questions and if you still have questions, feel free to drop us a line. Contact information for the Race Director can be found in the Runner Packet linked above.

- Q – My team's volunteer signed up but can no longer make it and has to backout. What do we do?
    - A – It doesn'tmatter who shows up for the shift as long as someone does.Your team either needs to providea volunteer or pay $120 to have a volunteer provided by our partnernon-profit. If you don't want to commit to the shift that has been signed up for you can delete your volunteers shift from your team captain's page by the Sunday before the race and either signup for a new shift on race dayor pay $120 to have a volunteer provided by our partner non-profit. If you can commit to the shift that was signed up for you can leave the shift as is and find a new volunteer to fulfill it. Be sure that the new volunteer signs the waiver. The waiver can be found at the end of this packet.
- Q – What happens to our team if our volunteer doesn't show up?
    - A – Failure to fulfill volunteer requirements will result in disqualification.

- Q – What will my volunteer duties be during the race?
    - A – Volunteer duties will range from filling water at a water station, pointing runners in the right direction on the course, helping runners exchange at the Transition tent, cleaning up trash, etc.
- Q – Can the volunteer shift be divided between multiple people?
    - A – No. We train volunteers and in many cases drive them out along the course. We are not available to help with this in the event of split shifts.
- Q – Does the person who signs up for the shift have to be the person to work the shift?
    - A – No. The person who signs up for the volunteer shift is not the one who has to show up to work the volunteer shift, as long as someone volunteers for the shift on behalf of your team(meaning you can change volunteers right before the shift).
- Q – Why does my team have to provide a volunteer?
    - A – There is no way that we could put on this race without the help of awesome volunteers. Every Regular (8-person) team must provide (1) volunteer to help work the race.
- Q – Can we purchase Ragnar Participant shirts?
    - A – Participant shirts may be available to purchase on Saturday afternoon, depending on availability.

## RACE RELEASE AND WAIVER

**RAGNAR TRAIL RELAY - RACE RELEASE AND WAIVER**
As a condition of my participation in the Ragnar Trail Relay (the "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 and employees, including but not limited to Ragnar Events LLC, Ragnar Holdings LLC and their respective investors, officers, directors, managers, members, agentsand employees; RagnarRelay race officials and volunteers; and any and all other sponsors, suppliers, agents, independent contractors and otherpersonnel in any way assisting or associated with this Event (collectively the "Releasees"). This Race Release and Waiver (this"Release") is a contract with legal and binding consequences and it applies to all activities relating to the Event,whether located on the race course, the village or other race-related venues, and also including any camping activity before or after the Event. I have read this Release carefully before signing,and I understand what it means and what I am agreeingto 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 contractual representations and agreements:

- I know that this Event, which takes place both in daylight and at night, is held primarily on rough trails but sometimes may also be 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: illness; traveling to and from the event; camping before or afterthe Event; falls; collisions with pedestrians, vehicles, other participants, wild animals, and fixed or moving objects; the effects of weather, including temperature extremes and humidity; traffic accidents; the negligence of myself and/orothers, including Releasees; and trail conditions, road conditions, including without limitation darkness and surface conditions such as loose sand, roots, rocks, unevenground, and/or pot holes.

I am aware of and appreciate all of these risks. I understand that wild animals, snakes, insects, 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 wild animals and vehicle traffic during the race present certain risks including animal attack and the risk of motor vehicle

accidents involving participants, spectators, and/or other vehicles, and that such accidents can re sult in death or serious injury.

I am also aware that if there is a camping activity beforeor after the Event (a) the parking area may be multiple miles away from the camping area, and (b) if there should be adverse weather, a fire, or other Act of God, it is possible that that I could be placed in uncomfortable, and perhaps even dangerous, circumstances, notwithstanding evacuation plans and any shuttle services or emergency and medical vehicles and services that may be available.

I further understand that the Releasees are not responsible for lost/stolen/damaged items from vehicles or campsites.

- 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 Trail Guide, which is available on the RagnarRelay Series website,www.runragnar.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.
- I acknowledge thatI 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 trail race and I further agree that race officials may authorize necessary emergency treatment for me.
- 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) theyand I agree to adhere to the rules and regulations included in such safety training.
- Having read this waiver 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 anyoneelse who might claim on my behalf (collectively my "Successors"), covenantnot 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 my participation in this Event, even though such liability may arise out of negligence or carelessness on the part of Releasees.
- In exchange for my being permitted to participate in the Event, and understanding there will be no additional compensation to me, I hereby authorize RagnarEvents LLC, to use my image or likeness for Event promotional purposes.
- I understand the Event registration fees are nonrefundable. I have read the TrailGuide and agreeto abide by the rules and conditions contained therein.
- 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 agreement, 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 agreement 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.
- 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, certain severe weather conditions such as severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, severe weather conditions where significant damage or altercations to the race course occur, or any other force majeure event.

PRINT NAME:_____SIGNATURE: _____

DATE OF BIRTH:_____ DATE OF SIGNATURE: _____

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

**CONSENT AND RELEASE BY PARENT OR GUARDIAN**

I am the parentor 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, as signees, 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 otherperson may allege against any of the Releasees (including medical expenses and reasonable legalfees 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: _____

PARENT SIGNATURE: _____ DATE OF SIGNATURE: _____