OFFICIAL 2017 RACE BIBLE

Official Ragnar Relay Series Website
Official Ragnar Relay Series Facebook Fan Page

ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE

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INTRODUCTION

This packet contains important team information for the Ragnar Relay Series. Team captains are responsible to be familiar with everything contained in this packet and to educate all team members on significant information. It is recommended that all runners read through the Race Bible. All information is this document is subject to change.

BEFORE THE RACE

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1. GETTING STARTED

1.A) To Do List

- Start recruiting a 12 or 6 person team, plus three volunteers.
- Register and pay for the team online at www.runragnar.com before the deadline.
- Register all team members online at www.runragnar.com before deadline.
- Register all volunteers online at www.runragnar.com before deadline. Or make the "Pay for Volunteers" payment.

1.B) Organizing a Team

The two team types to choose from are regular team (12 people running 3 legs each) and ultra team (6 people running 6 legs each). Each regular team will be classified as a male, female, or mixed team and will compete in one of several divisions. Each ultra team will compete as a male, female or mixed team.

Here are some tips that will make organizing a team easy

- If you don't know 12 runners don't worry. You probably know 3 or 4 and they probably know 3 or 4. Teams made up this way (with friends of friends) are often the most fun. By the end of the race you'll have 11 great friends!
- Find someone that is a good leader and excited about the event. Put this person in charge of filling one of the vans. Now both of you just need to find 5 runners instead of 11.
- If you do not have 12 runners or do not want 12 runners, no problem. You can have any number of runners between 4 and 12 (see section 8). Any team with less than 4 runners needs to contact the Race Director about procedures and rules for the race.
- Set a date by which you want to send in registration and begin collecting entry fees from members of the team. Runners will feel more committed once they fill out an entry form and give you money. Many teams commit friends, but since the friends never pay or fill anything out, they don't feel committed. When it comes time to sign up they haven't trained and they back out.
- Your team needs to have an average of at least an 11 minute per mile pace in order to finish the course in the specified timeline (This is your TEAM pace not your individual pace)
- Once you have a few firm commitments register the team. Again, this will make the team feel more committed. 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 finders (see 1.C).

1.C) Online Team Finders

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 of what you are looking for, i.e. gender, age range and pace, then

click the “Seach” button. This will populate a list of runners in that pace range. You can send them a message and ask if they are interested. Be sure to include your contact information!

Looking to join a team? We recommend using our “Team Finder” tool located on the bottom right of every runner’s profile page. 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.

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

1.D) Getting Ready

Once a team has been organized we recommend the team meet several times prior to the event to work out logistics. It may be helpful to discuss the following things:

- Communication between vehicles. Some segments of the race have limited cell phone coverage. Make a list of all cell phone numbers and be sure that everyone brings a cell phone charger. Some providers will get better service than others so try to have a variety of carriers. We also recommend the use of two-way radios.
- What to do if runners get to an exchange and the next runner isn’t there.
- What to do if a runner and/or vehicle gets lost.
- Where to get gas.
- Where to eat. What types of food and drink to bring along.
- What types of clothing and equipment everyone should bring. Weather is uncertain; be prepared for hot and cold weather extremes as well as rainy weather.
- Running at night, and if anyone is willing to run extra miles as a run pacer.

1.E) Start Times

Start times are based on accurate pace predictions, so **it is critical for a successful event that each runner has an accurate 10K pace in their profile**. This should be formatted as minutes per mile, i.e. 10 min/ mile pace. To accurately project a team’s pace, take each individual runner’s 10k race pace and calculate an average team pace. Teams that misrepresent their pace will be penalized. Accurate paces allow us to place teams in starting slots that create the least amount of congestion on the course. To be assigned a start time, captains need to do the following: 1. Log into your account, 2. Access your team’s profile page and ensure all paces are present and accurate, 3. You must have 8 of you 12 runners on a regular team or 4 of 6 for Ultra teams in order to be assigned a start time.

It is extremely important that the pace submitted for each team is accurate. If individuals have not participated in a competitive 10k recently, we strongly encourage them to run one before submitting a team pace. Alternatively, consider getting together as a team for training run at a competitive 10k pace.

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

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. Simply click the "Register" link next to the race on the Registration webpage and follow the instructions. After completing the registration process the team captain will receive an email confirming registration and assigning team number. A ***non-refundable entry fee*** is due at the time of online registration.

2.B) Team Name

When selecting a team name, please remember that Ragnar Relays are family friendly events. Teams will travel through sensitive communities and schools. 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 us. If we feel your Team name is inappropriate you will receive an email from the Race Director asking you to select another name.

2.C) Individual Team Member Registration

Once the team has been registered and paid for online the team captain has until the substitution deadline to register each individual team member online (see registration deadlines in the "Important Dates" section of the race page for more info). If the team registers during the late registration period, then team members will need to be registered within two weeks of the date that the team registered. A separate online form must be filled out for each team member and each team member must read and accept the online waiver agreement.

2.D) Signing Online Waiver

All team members *must* sign a waiver in order to participate. You must first be associated with a team to sign the waiver. You should receive the waiver in conjunction with the team invite sent to you by your team captain. When accepting the invite, you will also have the opportunity to sign the waiver.

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 but can be. Those under 12 years of age are prohibited. Ragnar will consider formal requests for extraordinary circumstances through the Race Director. Specific rules apply for High School Teams, please see section 6.C.

2.F) Substitutions/Additions

If team members need to be changed (substituted or added), the team captain must log onto the team page and simply click on the Invite Runners button and fill out the new team member's information. There is no charge for substitutions/additions made before the substitution/addition deadline. After the deadline, late substitutions/additions can be made for a $20 fee per substitution or addition (see registration deadlines in the "Important Dates" section of the race page for more info). Online substitutions/additions can be made online up until the Sunday prior to race weekend. The $20 fee for online late runner substitutions/additions will be charged at Packet Pick Up or Exchange 6. Race day

substitutions/additions can be made at Packet Pick Up or Exchange 6, but the runner must be present to sign the waiver. You will be charged $20 per substitutions onsite.

2.G) Refund & Transfer Policy
Refund Policy: ***All entry fees are non-refundable***.

Transfer Policy: Teams may transfer their registration to any Ragnar Relay or Ragnar Trail, excluding sold out Ragnar Events, within 12 months of the Ragnar Relay for which they were originally registered. Teams may only transfer a registration once. When a transfer is made, the original price paid will be applied to the new relay registration fee. In cases where the new relay registration fee is more than the original price paid, the team will be required to pay the difference. In cases where the new relay 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 $400 transfer fee ($275 for ultra) will be deducted from the original price paid. If a Ragnar Relay reaches "wait list" status, as indicated by a wait list button on the Ragnar Relay Registration webpage, teams may only transfer to another Ragnar Relay if a replacement team is found. If a transfer is made after a Ragnar Relay is in "wait list" status, a $400 transfer fee ($275 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 (Thursday).

Refund & Transfer Policy for Lottery Races
A refundable $25 fee is charged to enter a Ragnar Relay lottery. This $25 charge will be refunded to all individuals not awarded race entry.

Upon close of a Ragnar lottery, the remaining entry fee (less the $25 submitted) will immediately be charged to all teams awarded entry. 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 entry upon lottery drawing.

Awarded lottery teams may transfer only if a replacement team is found. If a transfer is made for a lottery race, a $400 transfer fee ($200 for Ultra) will be deducted from the original price paid. All transfers must be approved two weeks prior to the day the race starts.

3. VOLUNTEERS

Each team is required to fill three (3) volunteer shifts, by recruiting the volunteers themselves or paying for the volunteers to be recruited through Ragnar and its official charity. **Failure to fulfill volunteer requirements will result in disqualification**. **Disqualified teams will be pulled from all results.**

3.A) Each Team Must Provide 3 Volunteers
If any one team member lives within 100 miles of the course, it is mandatory for the team to supply 3 volunteers. Volunteer sign-up will open up approximately six weeks before the race (see volunteer sign-up dates on the "Important Dates" section of the race page for more info).

Non-local teams are exempt from this rule if **all** team members live at least 100 miles away from all parts of the course. Once all team members are registered, please contact the volunteer coordinator race e-mail below to request a volunteer policy exemption.

delsolvolunteers@ragnarrelay.com
tennesseevolunteers@ragnarrelay.com
luckenbackvolunteers@ragnarrelay.com
socalvolunteers@ragnarrelay.com
capecodvolunteers@ragnarrelay.com
niagaravolunteers@ragnarrelay.com
wbvolunteers@ragnarrelay.com
pavolunteers@ragnarrelay.com
chicagovolunteers@ragnarrelay.com
nwpvolunteers@ragnarrelay.com
coloradovolunteers@ragnarrelay.com
greatrivervolunteers@ragnarrelay.com
adkvolunteers@ragnarrelay.com
dcvolunteers@ragnarrelay.com
michiganvolunteers@ragnarrelay.com
napavolunteers@ragnarrelay.com
hawaiivolunteers@ragnarrelay.com
southbeachvolunteers@ragnarrelay.com

All volunteers must:

- **Be at least 16 years old**
- Individually register for a shift on the Ragnar website during the volunteer registration period noted on page 5. Volunteer shifts are first come, first choice. ***Captains may not reserve shifts for team volunteers.***
- Provide their own transportation to and from their assigned location
- Wear their official volunteer hat while at their assigned location
- Be physically able to perform their assigned duties
- Be willing to fulfill any assigned volunteer time
- Be willing to fulfill their entire shift at an assigned location
- Provide their own food and drink during shift (we will have water bottles for volunteers)

3.B) Pay For Volunteers

Teams also have the option of paying $120 per volunteer for Ragnar to recruit volunteers along the course. Ragnar's partner charity/charities will receive a payment when they provide a volunteer for your team. In order to be eligible for this option, teams must make their payments online by the deadline (see pay for volunteer deadlines for exact dates on page 5). You will be charged $120 per unfilled volunteer requirement on race day.

3.C) SWAT Volunteers & Exchange Managers

Ragnar will also accept a limited number of SWAT volunteers and Exchange Managers. SWAT volunteers will be scheduled for a longer shift with more responsibilities. A single SWAT volunteer fulfills all three volunteer requirements for a team. Exchange Managers manage one exchange point along the course, and fulfill two team volunteer requirements. SWAT and Exchange Managers are scheduled by-application only. Positions are limited. The crew is typically built 45-90 days in advance of the race. If you have a volunteer who would like to be a part of the crew, please have them fill out this application.

4. TEAM CAPTAIN MEETING AND MINUTES

Three weeks before the race there will be a Team Captain Meeting. During the meeting we will discuss the rules and any concerns/comments the Team Captains have, as well as last minute changes. If Captains are not able to attend the meeting, they are welcome to send another team member in their place, and/or meeting minutes will be emailed after the Team Captains Meeting has taken place , as well as be posted on the race website. Check the Updates section of the website for specifc Team Captains Meeting information.

5. TEAM CHECK-IN

Van 1 must check in at the start line at least one hour before their official start time. Van 2 must check in at exchange 6 at least one hour prior to starting their legs. When checking in, each van must present the following items:

1. Two (2) flashlights or headlamps* (this means a team needs a total of 4)
2. Six (6) reflective vests* (team needs a total of 12)
3. Two (2) LED tail-lights*(team needs a total of 4)

* All payments due on race day will occur at Packet Pick Up or Exchange 6 for the entire team.
*Ultra teams need only check in once at the start with enough equipment for 1 van.
*All van drivers must have a reflective vest for night time hours.

Teams will not be allowed to start until they show these items. ***Every person outside the support vehicle will be required to wear a reflective vest during the nighttime hours****. It is mandatory that you have enough vests for every member of your team.*

Upon check-in at the start line, Van 1 will receive runner bibs, van number, crossing flags, and a slap bracelet (used as a baton). If the team captain is in Van 2, he/she is not required to be at the start. In this event send one representative from the team to check-in instead. **Upon check-in at exchange 6, Van 2 will pay for any unfulfilled volunteer requirements and race day late runner registration fees for the entire team before receiving runner bibs, van number, and crossing flags.**

TEAM TYPE

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6. REGULAR TEAMS

6.A) 12 Runners

Regular teams are made up of twelve runners. Each member of the team will complete three legs of the relay. Runners must run in the same sequence for each segment of the race – every twelfth leg. For example, if a runner runs leg 3, he/she must also run leg 15 and leg 27.

6.B) Divisions

There are several divisions in the Regular Team category (Open, Sub-masters, Masters, Corporate/Public Service and High School) and three classifications within each division (Men's, Women's and Mixed). To qualify for the mixed division, teams must have at least 6 women. To be in the women's division the team must be all women. **Team divisions and classifications are final the Friday 1 week post race with the final race results.**

6.C) High School Teams

To be classified as a High School Team, each team member must be a student, 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.

7. ULTRA TEAMS

7.A) 6 Runners

Ultra teams are made up of six runners. Each member of the team will complete six legs of the course. Ultra teams can choose to run one of the following two ways 1.) run two legs back to back three times (i.e. the first runner would run legs 1-2, 13-14, 25-26) **OR** 2.) Run 6 times, 1 leg at time (i.e. the first runner will run legs 1, 7, 13, 19, 25, 31). All runners on the team must choose the same format and cannot switch formats during the race.

7.B) Divisions

There are three divisions in the Ultra category: Men's, Women's and Mixed. To qualify for the mixed division teams must have at least 3 women. To be in the women's division the team must be all women. **Team divisions and classifications are final the Friday 1 week post race for final race results.**

7.C) Support

Ultra teams should make special preparations to provide support for their runners. We do not provide food or water except at major exchanges (every 6th exchange) and on non-support legs. 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.

7.D) All Other Rules and Logistics

Every rule that applies to 12 person teams applies to Ultra teams. Please review all of the rules and logistics for 12 person teams.

8. OTHER TEAM SIZES

We do permit teams to run with any number of runners from 3 to 12 runners. Team with any number of runners other than 6 or 12 should treat the open spots as injury runners. Teams may choose whichever spot they want as the "vacant runner"- but the legs must stay in the same pattern (every twelfth leg). For example, if spot #1 remained vacant, the legs that would need to be filled would be legs 1, 13, and 25. Those legs can be filled with 3 different runners, or one "super runner" can take on all three legs. Legs cannot be divided between 2 runners and will result in disqualification.

9. POST RACE AWARDS

Awards will be given to the top 3 finishers from each category within each division. **Team divisions and classifications are final the Friday 1 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

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9. SUPPORT VEHICLES

9.A) Support Vehicle Requirements

Support vehicles are used to transport the runners to and from each exchange point. It is suggested that Regular teams use two vehicles to make it easier, although a single vehicle is allowed if there are seatbelts for all passengers and the vehicle adheres to all applicable local vehicle safety laws. Similarly,

Ultra teams may choose to use one or two team vehicles, the recommendation is one van. Teams will provide their own vehicles. Teams are not allowed to have more than 2 vehicles per team.

9.B) Vehicle Restrictions

12 or 15 passenger vans are recommended whenever possible. Large Sedans are also great vehicles. We do not allow any vehicle wider than 6'6" and/or longer than 20'. Motor-homes, RV's, campers, trailers, buses or limos are not allowed on the course and/or at the exchanges by any team or spectator at any time. Failure to meet these standards will result in removal from the course. For any questions about the legality of a vehicle, please contact customerservice@ragnarrelay.com.

9.C) Regular Van Rotation

Teams with two vehicles of six runners should utilize the following rotation: Van 1 contains runners 1-6 and Van 2 contains runners 7-12. Runner #1 from Van 1 begins at the starting line. Once the race starts, Van 1 travels to the first exchange point where runner #2 will prepare to run. Runners from Van 1 continue to run in order up to exchange point 6; this is the first major exchange in the race. At exchange 6, Van 2 should be waiting. At this point, runner #6 from Van 1 will hand the baton off to runner #7 from Van 2. Then, Van 2 continues along the race course rotating runners until the next major exchange point, exchange 12, where they will hand off to Van 1 again. This pattern continues until the finish line. Van numbers will be distributed at check-in. These numbers are peel and stick numbers that must be placed on the outside rear window of each van. Do not create a blind spot. Teams using just one vehicle should post both van numbers in their windows so they are allowed at each exchange point.

9.D) Ultra Van Rotation

We recommend one support vehicle for Ultra teams. Teams utilizing two vans must honor the rules of rotation for regular teams.

9.E) Van Drivers

Van drivers do not need to be a member of the team; this can be nice for some teams because it allows all runners to rest between their legs. However, runners are allowed to assume the duty of van drivers, in which case driving assignments would be rotated amongst themselves. Van drivers do not count as 1 of your 3 volunteers.

9.F) Respect Local Residents & Communities

While traveling through the 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 "Do Not's" 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.

- Do not honk horns or yell out vehicle windows during evening, night, and morning hours while in residential areas
- Do not block any residential or business driveways
- Do not impede traffic by driving too slowly or by not properly pulling vehicle over to the side of the road when stopping

9.G) Only One Race Vehicle per Exchange

Due to limited parking, only one vehicle per team is allowed to park at each minor exchange point. Vehicle 1 is allowed at exchange points 1-6, vehicle 2 is allowed at exchange points 6-12, etc. Both

vehicles are allowed at every major exchange point (6, 12, 18, 24 and 30). If for some reason team vehicles need to meet, they must meet off the course or at a major exchange.

9.H) 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.I) Runner Drop Off
Vehicles must drop off runners at least 500 feet prior to exchange points before parking. We ask that all runner drop-offs be brief.

9.J) Restricted Areas
Vans can stop to cheer on teammates at any legal spot along the race route that does not obstruct runners or traffic.

9.K) Van Communication
There may be some segments of the race where cell phone coverage will be spotty. Ask a few members of the team to bring cell phones. Make a list of all team member phone numbers and be sure that the batteries are fully charged. Some providers will get better service than others so try to have a variety of carriers. We also recommend the use of two-way radios.

9.L) Only 2 Race Vehicles per Team
Each team is allowed no more than two team vehicles. Spectators may park at any legal spot along the race route or at the major exchanges. Minor exchange parking is for team vans and volunteers only, as parking will be limited. Runners may leave and return to the course by meeting separate vehicles somewhere off the course or at major exchange points.

9.M) Van Numbers Must Be Clearly Displayed
Teams must clearly display team numbers on both vehicles. Entrance into certain 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 rear window of each van. Do not create a blind spot. Teams using just one vehicle should post both van numbers in their windows so they are allowed at each exchange point.

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 15 and leg 27.

10.B) Reflective Vests / Headlamps / LEDs
Each team must have at least twelve (12) reflective vests, four (4) headlamps or flashlights, and four (4) LED “tail/butt” lights. These must be presented at time of check in (see section 5).

10.C) 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 half way 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 legs 15 and 27. Those legs can be filled with different runners, or one can fill in the remaining legs. A 13th member is not allowed to join the team in order to run the remaining legs. 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.

10.D) 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. At least 18 legs (half) of the relay must be completed by female runners.

10.E) 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 trash dumpsters will be available at the major exchanges.

10.F) 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.

10.G) Follow Correct Route - Navigation is the Responsibility of Each Team
Teams are responsible to make sure that their runners stay on the course. Vehicles may wait for their runners 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. Signage is occasionally moved; be prudent in your knowledge of the course.

10.H) Visible Race Number
Team race numbers must be worn and visible on the **front** of each runner at all times while on the road. Bib numbers must be pinned to the outer most layer of clothing, including jackets, shorts, and reflective vests.

10.I) Use of Slap Bracelets
The team's baton (slap bracelet) should also be worn at all times while the current runner is on the road. Only runners wearing a slap bracelet will be allowed to exit the exchange chute to begin a new leg.

10.J) Pacing During Daytime Hours
Run pacers are allowed at any time during the race. Any pacer that is not a member of the team must sign a waiver. For more pacing information see section 12C.

RUNNER ARRIVALS AND HOLDING TEAMS

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11. HOLDING TEAMS DOCUMENT

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 6-12 hours. Based on your projections, we will start your team in a way that will keep you within this window. If a team runs just one minute per mile faster than they projected, they will be 3 hours ahead of their projection by the end of the race. For some teams this could mean that they will be ahead of the set-up crew.

11.A) Penalties

If your team gets too far ahead of projections we may be forced to hold your team at one of the major exchanges for a couple of hours. If your team is held, we will subtract the total time that you were held from your overall time but your team will be issued a violation.

11.B) Policies and Procedures

Getting ahead of the set-up crew:

We understand that it is impossible to perfectly project your team's pace. We give teams a buffer zone before forcing them to stop at an exchange. If your team does get ahead of this buffer we will hold your team at one of the major exchanges. To prevent your team from getting ahead of the set up crew again later in the race, we will determine the amount of time to be held by taking into account your current average mile time as well as the miles left to run.

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.

11.C) Accurately Projecting Times

It is very important to accurately project the times when you will arrive at major exchange points along the course. Please refer to the 'Official Holding Times' table on page 5 of this document. If you need assistance in projecting your times and paces, please contact Customer Service.

Important locations and times (***The following table is just an example, official times will be found in the app.***)

Exchange	Hold teams arriving before:	Allow held teams back onto the course at:	Course Takedown
6	Friday 11:00 am	Friday 2:00 pm	Friday 8:30 pm
12	Friday 3:15 pm	Friday 5:45 pm	Saturday 11:00 pm
18	Friday 7:30 pm	Saturday 9:30 pm	Saturday 3:00 am
24	Saturday 12:15 am	Saturday 2:15 am	Saturday 7:00 am
30	Saturday 4:45 am	Saturday 6:15 am	Saturday 1:15 pm

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, safe support crews, and by helping us keep the race as a whole safe. 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) Run Against Traffic and on Proper Surfaces

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

12.B) 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.

12.C) Running, Pacing & Participating at Night

The following nighttime rules have been developed to help ensure the safety of ALL participants.

- Official Nighttime Hours can be found on page 5.
- **ALL runners must wear night gear during the Official Nighttime Hours** – reflective vest, headlamp (or flashlight) and binking LED taillight.
- **ALL participants must wear reflective vests during the Official Nighttime Hours** if out of the team van anywhere on the course, including exchanges.
- Run pacers are allowed at any time during the race. Bike Pacers are allowed on trails during Ragnar defined night time hours. Pacers DO NOT have to be a member of the team. Running pacers can run with the runner but MUST run in single file. Pacers MUST wear the same night safety gear as the runner (reflective vest, headlamp, and LED).
- If you choose to have a van driver, who is not a runner, the driver must also adhere to these safety guidelines.

Night Time Skipping during Night Time Hours Only

- If you have a runner that doesn't want to run a specific Night Time Leg, teams may skip a leg and have two teammates run together on another leg of their choice. If your team chooses this option you MUST inform Race Command of which leg is being skipped and why.
- Your next runner cannot start on the next leg until the time that it would have taken to run the skipped leg has elapsed. You will need to calculate your team pace and wait that amount of time before proceeding on the next leg.
- Teams who skip legs will be placed in the *Unofficial Division*. You will still receive medals, but will not be eligible to officially place in your original division. Your finish time will not be edited for any reason.
- Teams must check in with the volunteers at the restart exchange to ensure their team # is recorded as being back 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:

1. You must be able to hear traffic
2. Be aware of the sounds around you
3. 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
Staying hydrated is critical to having a fun and successful Ragnar race, not to mention staying healthy and avoiding a heat related illness such as dehydration, heat exhaustion, or heat stroke. Hydration becomes especially critical during times of high heat index. The heat index (HI) is an index that combines air temperature and relative humidity to determine how hot it feels. If the heat index is above 90°, heat cramps and heat exhaustion are possible. Above a HI of 105°, heat exhaustion is likely and heat stroke is probable with continued activity.

Teams must ensure their runners' safety by monitoring the condition of their runners before, during, and after each leg. Runners should pre-hydrate before each of their legs, hydrate while running, and re-hydrate after each of their legs. Water should be supplemented with electrolytes such as NUUN, SaltSticks, etc. Proper hydration is obtained when the runner has clear (light lemonade colored) and copious urine.

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 behave safely 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. The safety officer responsibilities may be rotated between team members. The safety officer must be someone other than the driver.

13.B) Exiting and Being Outside the Vehicle
Remember that these are open roads. Every member of the team (including drivers) must have his or her own reflective vest. Everyone that is out of the vehicle on the course at night must wear a reflective vest. This includes exchanges, shoulders, roadways, and parking lots adjacent to the course. Reflective vests must be worn during the Official Nighttime Hours (see page 5). From DUSK TO DAWN, KEEP YOUR VEST ON. We also encourage you to wear bright colored clothing at all times of day and light/bright clothing at night. Dark clothing is very hard to see at night.

13.C) Road Crossing
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 (see section 14.F). Two flags will be provided at the start to Van 1 and two flags will be provided at exchange 6 for Van 2. A credit card deposit of $15 is required for each flag, but that amount will not be charged to the cards if they are returned at the finish.

- 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.D) Vans

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

- Obeying speed limits (both minimum and maximum speed limits)
- Not stopping in the roadway
- No illegal U-turns
- Pulling off the road completely when stopping/parking
- No parking in non-legal parking areas
- No following runners to illuminate the road for them, or to pace them
- When parked, please turn off headlights so as not to blind oncoming traffic
- Leave parking lights on so that the vehicle is visible to regular traffic
- Please do not stop or slow down in places that will impede traffic or runners, and do not turn your hazard lights on

13.E) No Van Support/No Pulling Over Leg Rules

If a leg along the course is labeled as a "No Van Support/No Pulling Over" leg, team participants need to obey the following rules:

- Vans are NOT allowed to pull over and 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.

Special Note: On 'No Van Support/No Pulling Over' 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. All 'No Van Support/No Pulling Over' legs over 4 miles long will have at least one water station. 'No Van Support/No Pulling Over' legs over 8 miles long will have at least two water stations.

13.F) Partial No Van Support Leg Rules

If a leg is designated as "Partial No Van Support" the same "No Van Support" rules will apply only to certain sections of the leg. These sections will be marked on the leg maps found online and within the Ragnar App."

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.

14.B) Alcohol

While participating in the race, the consumption of alcohol is not allowed at any point along the course. Alcohol may be responsibly consumed at the finish line.

14.C) Sleep in Designated Sleeping Areas

Sleeping/resting must be done inside the support vehicle or inside designated sleeping areas. Major exchanges 12, 18, 24, and 30 will have designated sleeping areas. No one is allowed to sleep on the ground in any parking lot

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. 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 or call for an ambulance if the emergency is severe enough. 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 Meeting at Start Line and Major Exchange 6

There will be a mandatory safety training at the race start line for van 1 and at exchange 6 for van 2 (Ultra teams need only attend safety training at the start). Each team is required to have all team members attend the safety training. The Safety training will last approximately 10-15 minutes. Each van will pick up flags and all other race materials after training. Along with other items picked up, teams will pick up van bib stickers which need to be displayed on all team vehicles. Please arrive at least 1 hour early to the start line or exchange 6 to give yourself adequate time to attend safety training. (This is completed at the Pre Race Kick off on Thursday evening as well)

14.F) Bad Weather

The race will occur rain or shine. However, under certain severe weather conditions where the safety of 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, out of the sun, and not to 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 /exchange 6 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 the race has started, 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 1 hour put your runner back on the road where they left and make a note of the time. If lightning persists longer than an hour, move ahead to the next exchange. For every hour of lightning, you may move ahead one exchange. Keep close track of where and when you left the course and where

and when you returned to the course. At the end of the race we will have a form available for you to report these locations and times. We will then 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. Only teams that have taken accurate notes will be given official times.

14.I) Flooding
If a runner encounters flooded areas that are impossible to cross, get your runner into the support vehicle, and drive the runner ahead where the road is no longer flooded to continue running 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. J) Wildlife/Open Range Rules
If a runner encounters any wildlife that is aggressive on the course, get your runner off the road and into your support vehicle. 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
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 are asking 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

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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 each time they violate a rule (cell phone numbers will be collected at the start line and exchange 6). 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 slap bracelet 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. 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 on reflective vest and what is 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 mater, just the amount of reflective material.

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

For questions please contact the Race Director

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.