2017 Official Race Handbook

Bretton Woods to Hampton Beach, New Hampshire

September 15-16, 2017

Version: 2.2/Final

Executive Summary

The first two pages of this handbook highlight some of the most important points necessary to have a successful and safe race. And, while every racer needs to know the points that are listed here, it is not a substitute for reading the main handbook. The handbook provides comprehensive details that every racer needs to know and be able to reference back to during the race.

Before you arrive:

- Read this handbook to become familiar with its contents.
- All team members must have each signed a separate waiver online as part of their registration (or at the Start if they are a late replacement to the team roster).
- Your team must have all the required safety equipment.

At the start:

- All pre-race activities including pre-race dinner will occur at Bretton Woods Base Lodge starting on Thursday.
- Registration will be open from 5:00 PM to 9:00 PM on Thursday and **from 5:00 AM to** ~ 2:30 PM on Friday.
- The race will start at 6:00 AM so plan accordingly.
- We have a school bus shuttle from Hampton Beach State Park (overnight parking OK Fri night with RTB sign in windshield) to Bretton Woods leaving at 6:00AM. This bus should arrive at the start around 8:45AM. Cost will be $30. Tickets will be made available for purchase online 30 days before the race.

During the Race:

- Race Command: 661-RAGNAR1 (724-6271). This is a text only line that will be monitored for the entire duration of the event and will be used to communicate between staff and participants. It will also be used to notify your team of any penalty infractions (see section 12).

Parking At the Finish:

- Van 1's will be required to park in Lot 2 (map on page 42) between 10AM-4PM and take a shuttle to the finish area. The lot is about 1m from the finish.

Race Rules:

- The rules and penalties can be found in Section 12 of this handbook.

Transfer Policy:
All entry fees are non-refundable, even if a team is no longer able to participate in the relay. See section 16 of this handbook for more details.

OFFICIAL HOLDING TIMES

Exchange	Hold teams arriving before:		*Allow held teams back onto the course at:		Course Takedown	
6	Friday Sept 15	10:45 AM	Friday Sept 15th	10:45 AM	Friday Sept 15th	7:30 PM
12	Friday Sept 15th	4:15 PM	Friday Sept 15th	4:30 PM	Sat Sept 16th	12:30 AM
18	Friday Sept 15th	10:00 PM	Friday Sept 15th	10:00 PM	Sat Sept 16th	5:30 AM

*Note: teams will be started at 5 minute intervals no more than 10 at a time in the order that they arrived

KEY DIFFERENCES

Here's a quick table that compares some of the key differences between the Reach the Beach Relay and other Ragnar Relay races. Please familiarize yourself with them before starting your Reach the Beach adventure!

Topic	RAGNAR Reach the Beach	RAGNAR Relay Series
Race Start	The entire team starts from the Start Venue - no Exchange 6 check-in.	Only half the team is required to be at the Start Venue - Van 2 can check in at Exchange 6
Course Signage	"Reach the Beach" branded arrows and signs	Ragnar branded arrows and signs.
Water Stops	On 'No Van support' legs longer than 8 miles	Located on 'no van support' legs longer than 4 miles and legs over 10 miles.
Sustainability	Recycling containers located at Exchange/TA 0, 6, 12, 30, and 36. Reusable tote bags given to each Van to collect recyclables.	Recycling programs at various locations. Trash and recycling liners given to each team.
Terminology	Transition Area (TA)	Exchange
Terminology	Wild Card Transition	"Choose Your Own" Exchange

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Introduction

Welcome to the **2017 Edition** of the **Reach the Beach Relay: Bretton Woods to Hampton Beach, NH**!

The **2017 RTB Race Handbook** is your comprehensive guide to all aspects of this event. Please read through it carefully and thoroughly. It is critical that each person on your team read and be familiar with this handbook. We have also included an executive summary sheet of key points vital to your team's success. Your team's understanding of this information will greatly contribute to its safe and successful completion of the event as well as to the overall success of the **Reach the Beach Relay**. If you have any questions or concerns between the day you read this and race day, then please contact us directly at 877-83-relay. Otherwise seek us out on race day.

Highlights for 2017:

Some Key Things

Team photos: Will now be taken at the Finish line! Please plan to meet as a team when your last runner arrives to get your photo.

Bretton Woods will be hosting the start and the first two legs again this year. In addition, their food service team will be putting together a pre-race dinner for your Thursday night team get-together. There will also be breakfast and lunch available on Friday.

No need to bring signed waivers- The electronic waivers you agreed to upon registration is all that is required. However, race day additions to your team and minors will need to bring and turn in signed waivers at Registration.

Non Support Leg Disqualification (Town of Madison, NH)
Super Important: any teams that are caught pulling over on the shoulders of Legs 9 and 10 will be DISQUALIFIED.

This is a result of numerous teams ignoring the Non-Support designation for these legs last year which resulted in a notice from the Chief of Police of the town of Madison that the race would not be permitted to run through the town unless we took significant steps to curb the behavior. See section 7.5 for more details.

2.0 Sponsors and Beneficiaries

The following companies are our ***"Sponsorship Team"*** for The **Reach the Beach Relay**, they making it possible for us to make it happen for *YOU*! Please make an extra effort to patron these sponsors. Without them, this event will not achieve the quality you have come to expect.

Official Sponsors

Reebok

real.food.fast b.good

HARPOON BREWERY

HONEST tea

LIVE POSITIVELY Coca-Cola

SUPERfeet

nuun

NATHAN

KT TAPE

Beneficiaries

The **Reach the Beach Relay** donates a portion of profits to numerous organizations that are linked to the Towns and Communities that the event passes through. This has been our desire since the very beginning since it creates a unique atmosphere and spirit that sets us apart from other events of this type. In addition we also support two charities. Both still have open charity spots and appreciate teams running on their behalf.

Charity Partner – Juvenile Diabetes Research Foundation

This is our 6th year partnering with the Juvenile Diabetes Research Foundation. JDRF is the leader of the Type 1 diabetes (T1D) community—unifying global efforts to cure, treat, and prevent T1D. Through a transformative vision, breakthrough innovation, and effective operations, we are inspiring tomorrow's hope through today's results. Racing towards a Cure! Find out more here**.**

The **New Hampshire State Parks** were our first beneficiary and continue to be our primary one. The course was designed with them in mind so we hope you enjoy your stay while visiting them. They also have a team in the race this year so keep an eye out for them! To learn more about the New Hampshire State Park network, you can visit their website at: http://www.nhparks.state.nh.us.

Hampton Rotary Club

This year the proceeds raised in the beer tent at the finish will go towards the Hampton Rotary Club Charitable Foundation that provides benevolent donations to local and global charitable endeavors.

New Hampshire Communities

There are many other groups that you will meet during this year's race. They consist of Girl Scout Troops, Volunteer Fire Departments, Churches, Schools, etc. All of them bring their own unique spirit to the event. Many of them will be selling food products as a form of fundraising for their organizations – this is an additional service for you and your teammates. Please consider patronizing them and, as you travel the back roads of these picturesque towns and communities, please take a moment to thank those folks who are giving their time and energy in support of this unique and wonderful event.

3.0 Pre-Race Preparations

3.1 To Do List

- Start recruiting a 12 or 6 person team
- Register and pay for the team online at www.ragnarrelay.com before the deadline.
- Register all team members online at www.ragnarrelay.com before deadline.

3.2 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.
- 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 3.3).

3.3 Online Team Finders

If a team is looking for runners, 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.

If your team is looking for runners, the team captain can use the “Runner Finder” tool on the bottom right of their team page. Simply click the box indicating you are looking for runners, select a 10k pace range, then click the circular arrow buttons next to the paces. 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!

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.

3.4 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.
- 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

3.5 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 order to be seeded correctly. By 10K pace we mean 9 minutes per mile, or 8:45 minutes per mile, etc…

Note: In the event that your team's actual on course pace is greater than +/- 1 min/mile of your team's estimate, then you may be required to either be held at a Transition Area (to slow down) or moved ahead 2 or 3 transitions (to speed up). This is the decision of the Race Director and is non-negotiable.

To accurately project a team's pace, take each individual runner's 10k race pace and calculate an average team pace. 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.

Time Limit: 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. If you have concerns about this for your team, please make sure and contact the Race Director.

3.5.1 Posting Start Times

Your team's start time will be posted on your Team's page on or before September 1, 2017 but only if your team roster is complete.

Note: your starting time is subject to change if we did not receive an application for each of your team members. It will not be final until we have a complete roster. Please do everything possible to get your teammates to complete their applications on time!

3.6 Training

Good training will help make this an enjoyable race as well as prevent injury. Check with your local gym or running store to join a program or running group!

4.0 Pre-Race Registration

4.1 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.

4.2 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.

4.3 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 Key Dates on the web 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.

4.4 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.

4.5 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.

4.6 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. Late substitutions/additions can be made for a $20 fee per substitution or addition (see the website for the key dates). Substitutions/additions can be made at the start line but the runner must be present to sign the waiver.

4.7 Refund & Transfer Policy

Refund Policy: ***All entry fees are non-refundable***. See Section 16 for more details on Transfers.

4.8 Team Captains Meetings

Three weeks before the race there will be a Team Captains Meeting. During the meeting, we will discuss the rules and any concerns/comments the Team Captains have, as well as course specifics and/or 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 posted online under the updates section after the Team Captains Meeting has taken place. Please see the web (race updates) for exact date(s) and location(s) for your Captain's Meeting.

5.0 Registration Check-In and Other Activities at Bretton Woods Ski Area

5.1 Where

Safety Check, Orientation, Registration, Team Photos, along with Merchandise sales, pre-race dinner (Thursday night) and a-la-carte breakfast/lunch (Friday) will all be located at the Bretton Woods Ski Area base lodge in Bretton Woods, NH. There is plenty of parking out in front and on the side lots. There will be signs to direct you once you reach the lodge.

Please allow adequate time to complete registration and safety orientation prior to your start. We recommend 1.0-1.5 hours.

Bretton Woods

The **Bretton Woods Ski Resort** is on Route 302 in Bretton Woods NH. It is an easy 3 hour drive from Boston and about a 2-hour drive from Manchester, NH. Take I93 North to Route 3 N, through Twin Mountain and then a right onto Route 302. **The Entire team checks in here. There is no check in at Exchange 6 as in many other Ragnar events.**

5.2 When

Registration will be open from 5:00 PM to 8:30 PM on Thursday and from 5:00 AM to ~ 2:30 PM on Friday. The entire team checks in here. RTB does not support an exchange 6 check in for van 2.

Note: We will only be taking team photos at the Finish line on Saturday. Please gather with your team to cheer in your last runner and then have your team photo taken There will not be any team photos taken at Bretton Woods this year.

5.3 What is required for Registration?

Please follow this sequence of steps in order to complete the registration for you and your team:

5.3.1 Step 1 - Safety Check

All teams must present their safety equipment (listed in section 6 of this handbook) to our equipment inspectors at the designated area in order to pick up their race packets. No Exceptions.

Note: Only the Team Captain is required but they must have the entire teams safety gear (see section 6 below for the complete list)

5.3.2 Step 2 - Team Orientation Meetings

Mandatory meeting for all teammates including the Team Captain. The meetings will take place every 15 minutes and last approximately 10 minutes long and will cover Safety information and last minute updates.

You will also be asked to provide a cell phone number for each support van in order to be connected to our Race Command.

5.3.3 Step 3 – Registration

You must complete the first two steps before you can pick up your bib numbers, van decals, and race shirts.

a. Waivers and Substitutions

Any race day additions to your team must have a completed application and signed waiver. Forms will be available onsite. Please give yourself extra time in order to process these changes.

Teammates that registered on-line have electronically agreed to the waiver and a printed copy is not necessary.

There is a $20 fee for every addition and/or substitution made on or after August 3, 2017.

High school teams & runners under 18: You MUST bring printed waivers with parent signature.

b. Race Packet Pick-up

In your **Reach the Beach Relay** Race packet, you will receive the following:

- A *Race* shirt for each team member,
- A team number for each runner plus…
- 1- Wrist strap (baton),
    - 2-vehicle 'bib numbers' to be displayed in your race vehicles (2 per vehicle),

- Information from our sponsors
- Safety Pins for attaching your race number
- Reebok Swag

5.3.4 Step 4 – Team Photos
Team Photos will be taken at the finish this year.

5.4 Pre- Race Dinner, Breakfast and Lunch

The restaurant group from the OMNI Mt. Washington Resort will be opening the base lodge restaurant for dinner Thursday night from 5-9PM. See the menu below. So come up and eat dinner and get your registration done early so you can relax before you start on Friday! Tickets will be made available for purchase online 30 days before the race.

Dinner: Build your own Pasta Bar:

- Spaghetti w/ choice of: Meat Sauce; Meatless Tomato Sauce; Pesto Cream Sauce or Alfredo Sauce
- Choice of: Roasted Chicken; Meatballs; Sausage
- Veggie Ragout
- Salad Bar; Mixed Greens, Assorted Veggie Toppings; Potato Salad; Caprese Salad
- Garlic Bread; Rolls
- Trail Mix Cookies; Brownies; Peanut Butter Fudge
- Soft drinks

Breakfast - Lunch: 5:00am-1:30PM Lucy Crawford Food Court (offerings below subject to change)

- Yogurt and Granola Parfait Station
- Whole Fruit (Apple, Banana, Orange)
- Trail Mix Bag
- Granola Bars; Energy Bars
- Beef Jerky
- Assorted Pastries (Danish, Breakfast Pastries, Croissants); English Muffin and Bagel Station with your choice of Cream Cheese, Peanut Butter, Butter or Jam
- Egg + Swiss English Muffin
- Chips
- Apples & Bananas and Oranges

Box Lunch Options (Comes with Fruit, Chips, Drink. Add-ons available at extra cost):

Turkey and Cheddar Croissant w/Lettuce, Tomato, Cranberry Mayo	Ham and Swiss, Marbled Rye w/Lettuce, Tomato, Dijon Mayo
Roast Balsamic Veggie Herb Wrap w/Romaine, Lemon Garlic Hummus	Chef Chopped Green Salad: Ham, Turkey, Boiled Egg, Tomato, Cucumber, Parmesan Cheese, Ranch
Roast Beef Baguette: Chive Cream Cheese, Arugula, Onions, Roast Tomatoes, Whole Grain Mustard	

6.0 Safety

Our primary concern is safety. A safe race is a successful race! Please work with us to keep it safe. Please remember that we are guests on these roads and in these towns and demonstrate the respect they deserve. Thanks!

6.1 Required Equipment: **** VERY IMPORTANT****

Each team is required to have and use the following equipment. You will not be allowed to register your team without showing this equipment to our "safety inspection" race officials.

- **4** Operational Flashlights **or** headlamps (**2 for each van**) - **mandatory use** between 6:00 PM and & 7:00AM unless otherwise instructed by our staff.
- **1 Reflective Vest PER PERSON in the van (this includes Van Drivers)**: reflective strips that cover front and back.
  - Note: all team members must wear a reflective vest when outside of the van.
- **4 Flashing/blinky lights - 2 for each van** to be to be worn between 6:00 PM and 7:00 AM unless otherwise instructed by our staff.

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

APPROVED

Glow Harness with Reflective Straps

The following items are **not approved for use in Ragnar races**: homemade products, reflective sleeves, reflective belts, adhesive reflective tape, or reflective piping. These are great additions, but do not meet safety requirements by themselves.

NOT APPROVED

Reflective sleeves

NOT APPROVED

Reflective Belt

NOT APPROVED

Clothing with Reflective Piping

6.2 Running on the Correct Side of the Road and through Intersections

Please run <u>on the same side of the road as the **RTB arrows**</u>. This may require you to run with traffic at times and is done either at the request of the local police or to avoid crossing you on a very busy section of road or intersection ahead. So please pay close attention to the location of our arrows. Also- if you see other runners on the wrong side, please let them know they need to move over.

<u>Intersections:</u> Please use caution when entering any intersection along the course. Some may have police who are there to aid you in crossing. Please follow their direction and **DO NOT ASSUME** it is safe to cross until told so. <u>Everyone</u> is expected to follow local traffic rules which means waiting for traffic lights to turn green before crossing.

6.3 Medical Support

We have in place a medical support plan to address issues that might arise during the race. This is described in further detail in Section 11.

6.4 Earphones

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.

6.5 Other Recommended Equipment

We recommend that you have the following equipment. This is a partial list of items we have put together that will help make your race safer and more enjoyable.

- Extra reflective straps, bright clothing for night legs
- First-Aid kit
- Cold/ice packs
- Mobile GPS for navigation between TA's
- NH road map or Atlas
- Stopwatch
- Cell phone and carrying strap.
- Sleeping bags
- Tent
- Towels and warm clothing (the temperature can drop to 30ºF overnight)
- Rain/hurricane gear

7.0 Driving/Support Vehicles

The Reach the Beach Relay travels through 31 towns in New Hampshire and only works due to the cooperation we receive from local authorities (Police and Town Management). Please adhere to the following so that we may be able to continue this race in the future.

7.1 Vehicle Count

Teams are limited to a maximum of two support vehicles. Additional vehicles must be left and may NOT enter the exchange areas.

7.2 Vehicle Size

You are limited to have a maximum of 2 (two) support vehicle. Please make sure they do not exceed 6'9" in width or 20' in length. No RVs or "Winnebago's".

Do not bring a trailer attached to the back of your vehicle or ask a friend to bring a 3rd vehicle into any Transition Area. You will be asked to leave or worse, disqualified.

7.3 Van Identification

You will be given four signs: two that says "Van 1" and two that say "Van 2" (Ultra Teams will only be given Van 1 signs). Please make sure these are prominently displayed in the front and rear windows of your

vehicle(s). You will not be permitted to enter a Transition Area if we cannot see your vehicle sign.

7.4 Driving Behavior

Please drive with caution. You will be traversing the State of New Hampshire on windy, picturesque roads that can be narrow and, in most cases, unlit. Please adhere to the following:

- Familiarize yourself with the course description and maps and pay close attention to the course road signs. Additionally, do not block or hinder other traffic on the roads as you try to support/cheer on your runner.
- Make sure you obey the speed limits (we get complaints each year).
- Observe and obey all local traffic laws. Please give local traffic some extra courtesy as these are their roads we are using.
- 'Shadowing' runners with your team vehicle is **not permitted**.
- Vans that are pulling over to wait for your runner should find an appropriate turn-off and get your vehicle as far off the road as possible since some of these roads are very narrow with none or limited shoulders. Turn off your engine as well.
- ***Do not stop on roads where the shoulder is narrow or where you will impede traffic or the flow of the race***. Please use your good judgment on this. Many Police Chiefs have stated this as their primary complaint.
- Please do not answer "nature's call" on the side of the road or on someone's property, or discard any litter. Your team will be disqualified if caught.
- Please do not make noise of any kind (cheering, engine idling, slamming doors) near private residences during the night-time hours.
- Finally….

Please, please, please, do not drive onto the front lawns of town residents or park in front of their homes.

7.5 Non Support Legs - IMPORTANT

There is no stopping along the road for Non-Support legs.
DO NOT stop along the shoulders between Legs 8-10 and 33- 34!!

Stopping along the shoulder of Legs 9 or 10 will result in immediate DISQUALIFICATION.

The ONLY exception to this rule is if a runner is injured and being removed from the race and/or you are waiting for medical assistance (911 has been called).

We can't emphasize how important it is to maintain the relationships and approvals from the Towns of Conway and Madison and multiple years of bad driving behavior has resulted in this situation. The Towns of Conway, Madison, Exeter and North Hampton may prevent us from holding the event in the future unless you abide by this rule.

7.6 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.

8.0 Running the Reach the Beach Relay

Now that you have registered, you are ready to begin the **RTB** Adventure! The start is located at **Bretton Woods Ski Area.** (See Section 4.0 for directions)

8.1 Race Numbers

Your team's race numbers will include a number that identifies your team and one which identifies the runner. The example shown here would signify **team** number **001** and **runner** number **01**. The runner's number should match up with the initial leg this individual will be running. So, for example, the person who will be running the first leg must wear the race number ending with "-01", the person running the second leg must wear the race number ending in "-02" and so on until all 12 numbers have been assigned. In the event that your team composition is less than 12, then only use the numbers that match with your runners and discard the rest. So, for example, if your team has 10 runners, then you should only assign and wear 10 race numbers and you should not wear any race numbers ending in "-11" or "-12".

- Note: There is a small tab at the bottom of your number. This is your ticket for your complimentary finish line meal. Please do not lose it before you **Reach the Beach**!

8.2 Holding Teams:

On occasion, there will be teams who are running much faster than their projected pace. For example, a 10 min/mile team will run 8 min/mile. When this occurs, they run the real risk of out running the race support infrastructure. This means they would arrive at intersections without police and Transition Areas/Exchanges without any volunteers or RTB Staff.

In order to prevent this, we will be instituting a formal Hold policy at the first, three Vehicle Transitions Areas (Major Exchanges): TA6, TA12, and TA18.

No Teams will be permitted to pass through the exchange until the designated time shown. Teams will be let back on the course in the order of their arrival. The arrival times of all teams will be recorded and the difference between the arrival time and departure time will be calculated and adjusted at the finish so your final time will be your actual time running.

- TA6 arriving before 10:45 AM
- TA12 arriving before 4:15 PM
- TA18 arriving before 10:00 PM

We reserve the right to change hold times on race day if race/course conditions change.

8.3 Standard Teams (7-12 runners)

Once your team's rotation has been established (for all categories EXCEPT Freestyle), you are not permitted to alter it unless a runner drops out (see below). So, using the example of a 12-person team, your runners must be pre-assigned for running the first 12 legs. At the completion of the 12th leg, the person who ran the 1st leg will then run the 13th and the 25th leg. The person who ran the 2nd leg will then run the 14th and 26th legs.

If your team will be utilizing 2 support vehicles, then only the first vehicle is required to begin the race at the start line. Please be sure to have your **RTB** Vehicle signs visible in the front and rear windows. The runner with the first leg will begin at the team's designated start time. Please make sure that the race staff checks your runner in after the hand-off is made. This is to verify that each team has completed every leg. Please verify that the volunteer has recorded your team into that transition area**.**

For a 12-person team, once the standard team's first vehicle has dropped off their 6th runner, vehicle #1 will proceed to exchange (TA) #6 which is also known as a **Major Exchange (VTA) #1.** This is the location where vehicle #2 should be waiting with runner #7. Note: this will not apply if your team is only using only 1 vehicle. Once the hand-off has been made, vehicle #1 can relax at that major exchange, head to a restaurant, local town, or the next major exchange to catch some sleep (see course details section for more information).

Making sure that both vehicles meet at the appropriate major exchange at the right time will take planning and communication - **PLAN AHEAD**!

8.4 Ultra Teams (4-6 runners)

The runners on an ultra team have the option of either running through the rotation like the standard teams or running up to 3 legs at one time before making a transition (*Freestyle exempt from rotation requirement). You will need to notify our staff of your rotation plans before your team starts. This is best done at registration.

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.

8.5 Exchange (Transition Area) Instructions/Details

Exchanges: where one leg ends and the next leg begins. The relay is broken into 36 legs with 35 exchanges, 5 of which are Major Exchanges (Vehicle Transition Areas). There will be staff personnel called "Exchange Manager" as well as a Volunteer staff at each exchange to direct runners to the hand-off zone and to instruct race vehicles where to park**.** There will also be an Emergency Medical Technician (EMT) at each exchange to address any injuries (see section 9 for more details).

Please do not hesitate to bring any issues or concerns to the attention of the Exchange Manager.

All Exchange Managers, Volunteers, and Medical Support will be wearing specific **RTB** apparel that uniquely identifies them. The Exchange Managers and EMTs can *typically* be found near the **RTB** Operations Tent that will be located near the relay exchange zone. Look for the blue tents and the Red Medical Cross.

8.5.1 Vehicle Parking

Please pull your vehicle into the parking area as directed by staff and/or signs. Do not block the entrance even for a minute as runners and other vans will be trying to get by. Do not drop your runner at the entrance to a TA. Be acutely aware of pedestrian traffic as many people will be running and/or greeting runners and may not see your vehicle pulling in. **Do not stop and look for the closest spot. Do not take up more space than your vehicle needs**, even if the parking area is empty.

PARKING AT SOME OF THE EXCHANGES WILL BE TIGHT. IT IS VERY IMPORTANT THAT YOU WATCH FOR THE PARKING VOLUNTEER AS YOU ENTER THE PARKING AREA AND FOLLOW THEIR DIRECTIONS AS QUICKLY AS POSSIBLE. WE CANNOT EMPHASIZE THIS ENOUGH! FAILURE TO DO SO WILL RESULT IN A PENTALY AND/OR POSSIBLE DISQUALIFICATION.

We request that both support vehicles (for standard teams) not go to every exchange. Most of these areas are smaller than the major exchanges and may have a smaller number of staff to coordinate runners and traffic.

8.5.2 Runner Check-In

The staff will be checking in each team that comes through the exchange. Please call out your team number and verify with the staff that your team was checked in. It is your responsibility to make sure we checked in your team. Please check with the volunteers if you are not sure. Also, these are volunteers that are giving their time to help run the event. Please be courteous and follow their instructions. Remember to thank them whenever possible!

8.5.3 Runner Exchange

There will be a designated relay exchange zone in each exchange where the runner on deck will wait to get the hand-off. This is most typically on the shoulder of the road or in a parking lot that has been marked off by cones and paint. We ask that only the runner "on deck" is in this area; all other teammates should wait at least 20 feet from the transition zone.

***Please do not crowd the relay exchange zone or gather in the road while you wait for your runner to come into the* exchange. Please stay off the neighbors lawns**. Only the runner that is scheduled to take the baton for the next leg should be in this area. This is a safety issue and may also prevent us from recording your teammate's number as they come in.

Teams crowding the relay exchange zone or waiting in the road will be assessed a time penalty if they refuse to follow the direction of our exchange manager and Volunteers.

8.5.4 Trash Disposal and Recyclables

Please do not throw away your trash at the exchanges. These are smaller areas and do not have the facilities to accommodate a large amount of trash. Instead, hold onto it until your team reaches one of the **designated major exchanges** (see section 13) and dispose of it or recycle it there or possibly at a local convenience store/gas station. We have provided bags for each team to collect their recyclables between major exchanges, so please use them. If the trash or recycling receptacle at a major exchange is overflowing, please hang on to your trash until the next site. Do not litter the area as this has been a problem and could cause the race to lose the use of that site for future races.

8.5.5 Restrooms

You will find restrooms and/or 'green' port-o-johns at every transition area along the course. Please use them (and not someone's private property). Please let the exchange manager know if you find any port-o-johns not in reasonable condition. We will have one marked 'Runner on Deck'. Please let the on-deck runners cut in front of you. Thanks!

8.5.6 Medical Support

Please visit the on-site if you have medical emergency. They will be able to communicate with medical staff and race officials. Medical staff will be located at every exchange. See Section 11 for more details on medical support.

All exchanges will close after the last runner has been checked in. If you know your team-mate is the last runner on the course, please let the volunteers know as you check in.

8.6 Major Exchanges (VTA's)

Major Exchanges are physically larger areas that can accommodate both of your team's support vehicles and have enough space for teams to rest either in the vans or spread out on the grounds (teams are responsible to bring tents, sleeping bags, etc.). These are exchange numbers 6,12,18,24 and 30.

These locations will typically have water, re-hydration products (**for sale/donation**- your patronage helps keep these groups coming back to support the race!), rest rooms and/or "green" port-o-johns, and dedicated recycling bins. Some have swimming (lakes) and changing rooms. The table below identifies each VTA along with their respective Opening and Closing times.

Note: these areas will be open much sooner than the regular exchanges to accommodate any team vehicles that choose to drive ahead. But they are not open indefinitely. Please note the closing times to avoid confusion and/or getting your vehicle locked in.

Vehicle Transition Areas	TA No.	Opening Time	Closing Time
Attitash Ski Area	6	9:30 AM	7:30 PM
Kenneth Brett School*	12	4:00 PM	12:30 PM
Gilford High School	18	8:30 PM	5:30 AM
Bear Brook State Park	24	11:30 PM	11:00 AM
Sanborn Regional HS	30	6:30 AM	4:00 PM
Hampton Beach State Park	36	10:00 AM	8:00 PM

** Please **DO NOT** go to the Kenneth Brett School (#12) before 4:00 PM (you will not be permitted to park). Instead, go #11 White Lake State Park if you wish to rest up or take a swim.*

- Please leave these areas as you found them,
- Please use the **recycling** and trash receptacles provided,
- Use the restrooms provided (and not public areas) to answer nature's call.
- No glass containers or alcoholic beverages of any kind are allowed in the State Parks. Please abide by this.

Also, please keep the noise level as quiet as possible when you pass through residential areas near exchange 19, 20, 21, 22, and 24 through 31. Aggravated residents complaining to local Selectmen and Police can prevent us from getting permission to run in those towns in future years.

8.7 Runner/Team Drop Out During the Race

This is a challenging event and may lead to having one or more of your teammates drop out for a variety of reasons. The following do not apply to the Freestyle category.

8.7.1 Runner Drops Out

If a runner on your team drops out, your team will need to respond as follows:

1. Notify the Exchange manager of both your team name and the runner's name (if the Exchange manager is not present then notify the EMT assigned to that exchange).
2. Shift your rotation up by one place so that the next runner in your rotation will complete the leg on behalf of the runner who withdrew. If the runner withdraws after completing their leg, then your team's rotation would continue in its preset order until the finish - less one runner.
   - So, for example, if your team started with 12 runners and one drops out midway through the race, then your team would need to complete the race with 11 runners. In this example, if the runner was number 8 in your rotation (legs 8, 20, and 32), then runners 9-12 would shift up by one place (to become runners 8-11) and your rotation would lead to having some of them run 4 legs.
   - Please do not change/swap race numbers once your rotation is set and your team has started!!

If your runner cannot complete the leg (midway through), then the next runner in the rotation must complete it on his/her behalf. This runner will then have the option of either completing the next leg or having the next runner in the rotation move up. Your team would then shift its rotation up by one place as described above until the finish. Again, you must notify our staff of this situation.

NOTE: If a runner decides to drop out due to an injury or other medical reason, please check in with one of the EMT's so they may help in any way possible.

You may not substitute a non-registered runner for a runner who drops out (see section 12.4).
***The above rotation rules do not apply to the Freestyle category.**

8.7.2 Team Drops Out

If your team decides to drop out you must notify an exchange manager or text Race Command. Please inform them of your team name and number.

8.8 Special Note for Night-Time Support

"Hop-scotching" your team's runners between transitions is only permitted from dusk until dawn provided that:

- Your team vehicle driver obeys all local traffic laws,
- Your team vehicle does not interfere with the progress of another runner,
- Your team vehicle does not aid the forward progress of your runner in any way (such as shielding your runner from the wind),
- Your vehicle headlights and emergency flashers are on.
- You DO NOT park on or within 100 feet of someone's front lawn.
- *By hop-scotching we mean drive ahead of your runner by several hundred yards and wait until they pass you by a few hundred yards. Please do not drive behind the runner at the pace she/he is running*. While for male runners, your hopscotch may be 1/2-1 mile, for safety reasons, please hop-scotch at ~1/2 mile intervals for female runners at night.
- If any team members exit the vehicle they must be wearing a reflective vest.

8.8.1 NEW: Running, Pacing & Participating at Night

1. ALL runners must wear night gear during the Official Nighttime Hours – reflective vest, headlamp (or flashlight) and blinking LED taillight.
2. ALL participants must wear reflective vests during the Official Nighttime Hours if out of the team van anywhere on the course, including exchanges.
3. Run pacers are allowed at any time during the race. 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).
4. If you choose to have a van driver, who is not a runner, the driver must also adhere to these safety guidelines.

8.8.2 NEW: Night Time Skipping during Night Time Hours Only (Buddy Pass)

1. 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.
2. 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.
3. Teams who skip legs will be placed in the Freestyle Category. 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.
4. Teams must check in with the volunteers at the restart exchange to ensure their team # is recorded as being back on the course.

9.0 Course Description

9.1 Course Directions and Maps

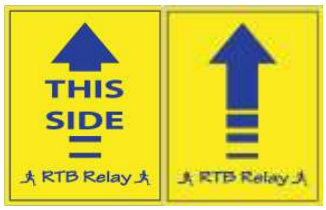
A complete set of directions for the course along maps and GPS coordinates for each leg are available for download in PDF format from our website.

We do our best to mark the course with over 2,500 signs which cover the ~200 miles, but navigation of the course via the written directions, as well as the maps, is ultimately your responsibility and is part of the adventure!

Please follow the course signage and any instructions given to you by race staff. And ….***please run on the side of the road where the arrows are located*** and do not cross until a sign, volunteer or Police Officer tells you to do so. Please do not follow the person in front of you if they are not adhering to this. Follow the signs. Van-mates, please help runners in adherence to this.

9.2 Signage

There will be several types of road signs used for this event. All will have bright/ fluorescent colored letters or backgrounds. Some of these are reflective for night visibility. These are described below:



- ***Arrows*** - indicating **"RTB Relay**" shall be located at each turn and/or intersection and shall also be located along continuous sections of road at no more than 1 - mile intervals. There will be 2 types of arrows: day-time and night time. The daytime arrows will be black on a bright yellow background; the nighttime arrows will have a reflective backing that will make them "light up" when hit with a headlight or flashlight. Both have "**RTB**" lettering beneath the arrow. You will be shown samples of each type before you start. You will also see arrows that say "THIS SIDE" to help emphasize which side of the road you are to run on.

- ***"CAUTION Runners on the Road"-*** signs shall be placed along the entire course at 1-2 mile intervals with additional emphasis on those sections of the route that contain high vehicle traffic (such as when entering and exiting a town center), on narrow roads, and when approaching a 4-way intersection. These are usually located facing the opposite direction and intended to warn on-coming traffic.

- ***" Quiet Zone" –*** signs shall begin to appear on the road as you approach TA15 and then within close proximity of sensitive neighborhoods.
- "**No Van Support"** – signs will be placed along Legs 9, 10, 33, and 34 to remind you that stopping along these legs is not permitted.

- ***"No Parking"*** – signs will be located along roads where there is no parking permitted along the shoulder.
- ***Vehicle Only/Team Parking*** **–** Signs will be used on sections of the course where only vehicles are to go.

- ***Runner Only*** – Signs will be used on those sections of the course where only the runners are supposed to go.

- ***Transition Ahead*** – Signs will be placed approximately a ½ mile from the TA's just to give you a heads up that the next TA is approaching. Please don't be calibrating your GPS's to these as we're going to place them where it's safest to do so.
- ***Wild Card Transition (choose your own)*** – You will see this sign when the Wild Card transition zone starts and when the zone finishes. See Traffic Advisements for more info on the Transition as well as the course maps.

- ***"Support Vehicle"*** - signs will be given to each team for their official race vehicle (2 per vehicle). These signs must be displayed at all times: 1 in the front windshield and 1 in any left side window. They will enable race officials to determine that you are part of this event. Vehicles without these signs will not be permitted to park in the TA's.

10.0 Food Support/Volunteers

Your entry into the 2017 **Reach the Beach Relay** includes a complimentary meal at the finish area at Hampton Beach. Additionally, we are pleased to provide your team with beverage products from **Coca-Cola Bottlers of Northern New England** at the finish.

You will find that many of the non-profit volunteer groups (Girl Scouts, School groups/clubs, etc.) will have food items at various exchanges. In most cases these groups are using this event as a fund raising opportunity for their group and will be offering these food items for sale or will be asking for a donation. They do not have to provide anything but chose to do so for your benefit since sources of hot food will be few and far between; especially as you go further down the course.

Please be generous in your support and your 'thank you's"!

The **RTB Relay** works with these volunteers groups so that you do not have to provide volunteers as part of your entry as many other relays require. Our strategy is to give back to the communities that we pass through and develop stronger relationships with them to ensure the long term success of the event. So again, please be generous to these groups as they are critical to a successful and fun race! A list of these groups, what they will be providing, and where they will be located will be provided in your registration packet in the food addendum.

11.0 Medical Support/Emergencies

Your team's safety is our primary concern. So while we feel that we've designed a safe course, we also place hundreds of volunteers, EMTs and race staff at each exchange along with dozens of local/state police along on the route in the event something does happen. The following section will cover what you need to know about our EMTs and their ability to help you.

There will be Emergency Medical Technicians (EMTs) at each exchange along the course. In addition, we will have roving EMTs who will be patrolling the course in between exchanges. We will also have a line of communication between the medical staff, race staff, and other local emergency personnel. The goal of this plan is that the EMTs be the closest medical support to your team when following the course. Please notify them of any situations that may require their attention.

We have also provided the phone numbers of all local Hospitals, Police, and Fire Departments (below) for your assistance. However, in the event that you or one of your teammates requires emergency treatment in between Transition Areas, then do not hesitate to call 911. Please remember to tell them **where you are** (town, route, etc.) in order for them to locate you quickly. Often times they cannot get this information from your cell call.

NOTE - PLEASE READ THOROUGHLY:

NH State law ONLY permits EMTs to treat minor medical conditions (sprains, abrasions, etc.) and only to stabilize major conditions (bone breaks, heat exhaustion, and cardiac distress). **They are not permitted to provide transportation to the nearest medical facility.** The protocol for major conditions involves having the EMT assess and stabilize (if possible) a runner's condition and then contacting the nearest medical facility to arrange for transport. If your team has any situation that requires medical or police attention, or decides to drop out of the race at any point - please tell a staff member as soon as possible. If you call 911, please report to one of our staff as well as soon as you can.

11.1 Medical Coverage: EMTs

A team of Emergency Medical Technicians will be our primary means of supporting you and your team for all minor medical issues. They will be uniquely identified in special **RTB** Apparel so you can easily locate them and will typically be found near the **RTB** Operations Tent. Please do not hesitate to see them if you have an injury.

11.2 Location of Medical Resources: Hospitals

The following table identifies local or regional medical facilities that are located near the event route along with the respective phone numbers for the local police and fire departments. Again, please tell a Exchange manager and/or EMT if your team has any situation that requires medical or police attention, and/or decides to drop out of the race at any point.

Emergency Services Information					
Course Leg(s)	**Town**	**Nearest Medical Facility**	**Phone Number**	**Police Dept. Phone**	**Fire Dept. Phone**
Start,1-3	Twin Mtn.	Littleton Regional Hospital	603-444-7731	603-869-5811	603-869-3342
4-6	Bartlett	Memorial Hospital	603-356-5461	603-356-5868	603-356-5868
7-8	Conway	Memorial Hospital	603-356-5461	603-356-5715	603-447-2681
9	Madison	Memorial Hospital	603-356-5461	603-367-8334	603-367-4602
10-13	Tamworth	Memorial Hospital	603-356-5461	603-323-8581	603-323-8874
14	Moultonbo-rough	Lakes Region General Hospital	603-524-3211	603-476-2400	603-476-5658
15	Center Harbor	Lakes Region General Hospital	603-524-3211	603-253-9756	603-253-4457
16	Meredith	Lakes Region General Hospital	603-524-3211	603-279-4561	603-279-6061
17-18	Laconia	Lakes Region General Hospital	603-524-3211	603-524-5257	603-524-6881
19	Belmont	Lakes Region General Hospital	603-524-3211	603-267-8351	603-267-8333
20	Gilmanton	Lakes Region General Hospital	603-524-3211	603-364-7403	603-253-4844
21	Barnstead	Lakes Region General Hospital	603-524-3211	603-269-8100	603-269-4121
22	Pittsfield	Lakes Region General Hospital	603-524-3211	603-435-7211	603-435-6807
23	Epsom	Lakes Region General Hospital	603-524-3211	603-736-9624	603-736-9291
24	Allenstown	Elliot Hospital in Manchester	603-669-5300	603-485-9500	603-485-3421
25	Deerfield	Elliot Hospital in Manchester	603-669-5300	603-463-7258	603-463-7258
26	Candia	Elliot Hospital in Manchester	603-669-5300	603-483-2318	603-483-2317
27	Chester	Parkland Medical in Derry	603-432-1500	603-887-2080	603-887-2080
28	Sandown	Parkland or Exeter	603-432-1500 or 603-778-7311	603-887-1001	603-887-1001
29	Danville	Exeter Hospital	603-778-7311	603-382-9403	603-742-4646
30-31	Kingston	Exeter Hospital	603-778-7311	603-642-5742	603-659-3950

Emergency Services Information					
Course Leg(s)	**Town**	**Nearest Medical Facility**	**Phone Number**	**Police Dept. Phone**	**Fire Dept. Phone**
32	Exeter	Exeter Hospital	603-778-7311	603-772-1212	603-772-9756
33	Stratham	Exeter Hospital	603-778-7311	603-778-9691	603-778-9691
34	North Hampton	Portsmouth Regional Hospital	603-436-5110	603 -964-2198	603-964-8621
35 & 36	Hampton	Portsmouth	603-436-5110	603-926-4444	603-926-4444

11.3 Critical Race Personnel

The Exchange Managers and Race Directors/Floaters are our on-course race directors. They will be wearing distinctive **Reach the Beach Relay** apparel that identifies them as our Staff. Please bring any issues or questions to their attention. They will also have the ability to contact any one of the Core Race Staff if needed. You can also text Race Command at 661-RAGNAR1 (724-6271).

11.4 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.

11.5 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.

11.6 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.

11.7 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.

11.8 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.

12.0 Rules and Regulations

The **Reach the Beach Relay** will be a fun and exciting adventure for you and your team. However, it is a race and, as such, requires you to follow some rules and regulations. Some of these have been created in the interest of "fair play"; some have been created based on requirements of the Towns and communities we pass through while others are here for your collective safety. Our ability to continue with this event is dependent upon the local towns and communities that we pass through. Their support is vital to our future.

Please ensure that all of your teammates are aware of all rules in advance of the race.

We will be issuing a 'strike' for penalty infractions. Your team will be notified within minutes of the violation via 'Race Command' text to the cell numbers you provided at the start. If your team is issued two strikes, a race official will meet up with you on the course to discuss. If your team is issued a third strike, you will be disqualified from the event. We reserve the right to immediately disqualify any team that acts in a belligerent manner to any of our staff, volunteers, or Town residents.

12.1 Runner Position on the Road

Runners are to stay on the side of the road that is indicated within the Course Directions and as marked with the **RTB** arrows. The side of the road with the majority (occasionally there is the need to put an arrow on the other side- never 2 in a row) of arrows is your clue to where we want you to be. If an arrow directs you to run on the right hand side of the road then that is where you are to run. Those in the vans should be reviewing the course directions and helping to direct their (and any other) runners to the correct side of the road. Many NH Towns have required that we enforce this as part of their requirements in allowing the event to pass through their roads. Please honor this.

12.2 Failure to adhere to RTB Staff/Volunteer Instructions

Your team is required to follow the instructions provided to them by our staff throughout the event. The previous sections of this handbook have described numerous situations where you will be receiving direction from either our Exchange managers and/or Volunteers. These include, but are not limited to, vehicle parking, loitering near the relay exchange zone, language and dropping runners at the TA entrance (not allowed). Using earphones may limit your ability to hear instructions and result in a penalty for not following instructions.

12.3 No Bicycles, roller blades/skates, strollers/joggers, motorized vehicles, or pets.

No bicycles, roller blades, motorized vehicles, strollers, joggers, or pets are allowed to be used or accompany runners on the course. Team members found riding the course are assumed to be accompanying runners and in such cases the team will be disqualified.

12.4 Runner Dropouts for Substitution (does not apply to Freestyle)

No runner may drop out of the race solely for the purpose of substituting a faster runner in his/her place. No substitutions are permitted as the result of a runner who drops out of the race once it begins. The team must finish with the remaining runners and must maintain their established rotation. Race officials will be monitoring the team rotation.

12.5 Altering your rotation (does not apply to Freestyle)

You may not shuffle the order of your team's rotation once it has completed one round.

12.6 Navigation

All teams are to monitor and guide their teammates through the course. If a wrong turn is made, the runner must return to the course on foot to the point on the course where the error occurred and resume the race.

12.7 Vehicle Support

You are limited to only two support vehicles.

No vehicles wider than 6'9" or longer than 20'. This means no motor homes, buses, "Winnebago's", campers, trailers, or limos are allowed on the course by any team or team support. A third "support vehicle" is not permitted.

If you have doubts about the legality of your vehicle, you must have it checked at the start by a Race Director. If we see one of these on the course or in a Transition Area, that team will be disqualified.

Team vehicles **must display** their team's identification sign or else they will not be allowed to park at the exchange.

12.8 Reflective Vests and Bands: ****VERY IMPORTANT***

Each Team must have:

- Four (4) working flashlights and/or headlamps per team,
- **Twelve (12)** reflective vests and
- Four (4) blinking lights per van or use of Self-Illuminated Vests (vests with embedded blinking lights) negate the need for blinking lights). One blinky light attached to the back of the runner on the road. An additional front blinky light is recommended.

Runners must wear their vests and blinking lights and carry their flashlights or headlamps **when running** between the hours of 6:00 PM and 7:00 AM.

Our staff/Exchange managers have final discretion based on weather and lighting conditions and may expand these limits, if necessary.

Also, any team members outside of the van between TA's must also wear reflective vests.

NO teams will be allowed to start without the proper reflective gear.

12.9 Public Nuisance Rule

Public Nuisance: urinating/defecating or the appearance of urinating on public or private property that is part of the course including, but not limited to exchanges, will result in Immediate Disqualification.

12.10 Disorderly Conduct: Noise

As mentioned in previous sections of this handbook, night time Legs #14, 15, 19, 20, 21, 22 and 24 through 31 pass through residential areas where home owners are sleeping. Please contain your enthusiasm and keep the noise levels to a minimum. Do not shout, yell, cheer, or honk your horn. Look for the **"Shhhh!!"** or "**Quiet"** signs as you are driving, as they will tell you that you are about to enter one of these areas.

12.11 Obscenity Rule

a) No team vehicles can be decorated with obscene images or representations.

b) No Team members may direct obscene language at any RTB staff, volunteers, or town residents.

12.12 No Alcohol

No alcohol is permitted at any Transition Area at anytime.

The NH State Parks do not allow open alcoholic beverages or glass containers on park property. Please abide by this. The State Park personnel will be patrolling the parks (especially Hampton Beach) and will be looking for infractions. Alcohol will only be allowed in the Beer Tent Area at the finish line.

12.13 Race Number Visibility

Your team race number must be visible at all times. Failure to ensure this will result in a time penalty. In addition, your race number MUST be clearly visible when crossing the finish line. No race number = no finish time.

12.14 Three Strikes

If your team is issued 3 strikes, your team will be disqualified from the event.

We will have Course Marshals monitoring teams for safety and adherence to all rules. However, we cannot be everywhere at once. We are asking teams to help us keep the course safe by reporting teams that violate any of the above rules. Violations reported by teams will be taken under consideration when determining if a team will be disqualified (teams will not be automatically disqualified for violations reported by other teams). To report violations: send a text message to Race Command at 661-RAGNAR1 (724-6271).

Please include the Who, What, Where, and When in your text message. You can also send us messages if you see improper signage, unsafe conditions, if you become lost, etc. Race Command will send out mass text messages to your vans if there is pertinent

information we feel needs to be sent out regarding the race. They will be sent to the phone number you provided at Start when you checked in. If you have an additional phone number that would like to receive these updates, simply text Race Command with the request and the number will be added to our list.

13.0 Sustainability

We are committed to making the race as green as possible. Our greening initiatives are once again being provided by Athletes for a Fit Planet. Below is a summary of what we are planning this year. ***We need your help to make it a success.***

13.1 Recycling

Reach the Beach has a goal of recycling 100% of the plastic, tin, aluminum and glass generated from this year's race. To reach this goal we need the active support of all athletes, support crews, spectators, and volunteers. Here is how the recycling will work:

1. We will provide recycling receptacles at the start of the race, the finish at Hampton Beach State Park as well as at TA6, TA12, and TA30. The receptacles will be clearly marked as recycling bins and will be placed next to the regular trash bins. Many of the bins will be staffed by volunteers to help you sort your trash and recyclables. And many of the receptacles will be located close to the portable toilets (which are also green!). Please ask your team members to seek these receptacles out as you proceed down the course.
2. We will provide each team with two (2) recycling bags (which are themselves recyclable) per vehicle at registration. Please use these recycling bags to collect all your empty plastic, tin, aluminum and glass containers. And we mean empty – no half-full sports drink bottles or non-recyclable trash as these "contaminate" the waste and result in potential recyclable materials being sent to landfill. And please, it would be a big help if you can remember to remove the tops from the plastic and glass bottled before putting them in the recycling bins.
3. Carry these recycling bags with you in the vehicles along the course and when they are full deposit them in the recycling receptacles at the locations noted above or at the finish at Hampton Beach State Park.

13.2 Green Portable Toilets

Think all port-o-johns are the same? Well, they're not; especially where it concerns harsh toxic chemicals. Thanks to Dave's Septic, we will be utilizing environmentally friendly 'green' port-o-johns that use bio-degradable chemicals and recycled paper, which will minimize the impact to the environment.

14.0 Finish Line - You Reached the Beach!

The finish area will be located at **Hampton Beach State Park**. Watch for your last runner coming down the home stretch (cheering for others while you wait would be appreciated!).

Also, please gather your team and get over to the finishers' circle to receive your team medals once your last runner has crossed the finish line. This will be the official end to your adventure!

There will be showers available (cold water only) the ocean to swim in (really cold water is great to help rejuvenate those tired legs!), as well as the finish line festivities which include:

- A finish line meal from 12:00PM – 8:00PM
- Medals upon crossing the finish line.
- Team Photos taken by our photographers
- Harpoon Brewery Beer Tent Sponsored by the Hampton Rotary Club to support their charities.
- Awards will be mailed to the captains of the winning teams within 4 weeks of the event.
  **Sorry but due to State Park rules, Dogs are not allowed to celebrate with you at the finish☹. Please do not bring them or have you friends or family members bring them – they will be turned away at the gate.
- Runner Pick-up area. If you will have someone pick you up without parking and coming to the finish area, we will have a designated 'Pick up' area to the right immediately as you enter the driveway into the State Park. The driver will have to remain in the car, 5 min waiting max. Please coordinate the time you will be waiting there. There will be no parking fee assessed for drivers using this area to pick up runners.
- All non-race vehicles entering Hampton Beach State Park will be charged the normal beach parking $15 fee by State Park staff. If you are just picking up a runner and not sticking around, see the 'Runner pick-up Area' above.

14.1 Beer Tent

The **Hampton Rotary Club and the Harpoon Brewery** will be hosting a **Beer Tent** at the finish in Hampton! All proceeds from the beer tent will be donated to one of the Rotary Club charities. $5 for a 16oz draft. Cash and credit cards accepted..

14.2 Prizes

The top 3 teams in each category will win a prize commemorating their achievement. They will be shipped out within 4 weeks after the race to the team captain. Please make sure your address in the registration system is up to date as they will be shipped to the address your registered with. Once the preliminary results have been posted (Monday after the event) each respective category there will be a 1 week period for any team to protest the final results. Full results will be posted on the **RTB** website, usually within 24 hours. Final results will be posted within 1 week. A description of the various categories and their respective medals are listed below:

Awards will be given for 1st, 2nd and 3rd place within the following categories:

- Fastest overall Female, Male and Mixed Teams
- Team Categories (Open, masters (40+), sub-masters (30+), Corporate, public service, High School)

Medals for Finishing Teams
All teams that complete the event will receive an **RTB finisher's medal and for those who qualify, your Ragnar Double Medal- the NorEaster medal!**

14.3 Team Pictures
These will be taken at the finish line upon your final runner exiting the finish chute. You will receive an email letting you know where the team photos will be posted. You will be able to access your photos for free. We will also post on-course photos within a week of the finish of the event.

14.4 Finish line Parking - IMPORTANT
All Van 1's will be required to park in either Lot 1 or Lot 2 between 10 AM and 4PM.

Lot 1 is metered parking along Ocean Blvd and there is no shuttle service to the finish from this location. It is a 7 block walk; most of it is along the course.

Lot 2 is just under 1 mile from the finish line and is free to park in. Lot 2 is located behind the police station at the intersection of Ashworth & Brown Ave. To get there take a right out of the park and follow Ocean Blvd just under one mile and take a left onto 'F' St. The lot will be directly in front of you at the end of the street. There will also be signs directing you there as you drive Leg 36. We will have a shuttle running from 12AM-8 PM so you won't have to walk.

Only Van 2 (designated with the van bib numbers you will receive in your registration packet) will be allowed to park at the finish between the hours of 10AM-4PM.

Fig 14.1 – Directions from the finish 'A' to parking Lot 2 (C).

15.0 Transfer Policy

All entry fees are non-refundable, even if a team is no longer able to participate in the relay.

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).

Transfers and 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.

16.0 Cancellation Policy

If a significant event (weather, terrorism, etc.) were to occur on or near race weekend and state and local authorities deem it unsafe for us to hold the event, we will be obligated to cancel the event. Notification of this cancellation will occur through direct e-mail to all team captains and through updates to the RTB and/or Ragnar websites. No refunds will be provided. Race shirts and medals will be mailed out to each team captain within a reasonable time. Based on the complexity of executing this event, it is not possible to have a ‘rain’ date. We prepare to be able to handle most weather situations so we can provide a safe event for all participants. However, we do require the support of state and local officials to conduct this race safely and will only do so with their continued approval.