



2015 Official Race Handbook

**Bretton Woods to Hampton Beach
New Hampshire**

September 18-19, 2015

Version 7-29-2015





2015 Official Race Handbook

NEW HAMPSHIRE

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 the handbook to become familiar with its contents.
- All team members must have each signed a separate waiver, as found in the back of the handbook.
- 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 5:30 AM to ~ 2:30 PM** on Friday.
- The race will start at 6:30 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. Should arrive at the start around 8:45. Cost is \$30 tickets can be purchased [here](#).

During the Race:

- Race Command: : 611-RAGNAR1 (724-6271). This is a text only line that will be monitored by RTB staff for the entire duration of the event and will be used to communicate between staff and participants.
- Ensure that your vehicle 'bibs' are placed in the front and rear windows of your support vehicles..
- Please run on the same side of the road as the RTB arrows. This may require you to run with traffic at times. Please stay on this side until instructed to cross by a marshal or the appropriate signage.
- Please do not park in front of a resident's home, driveway, or drive onto their front lawns.
- All runners and any team members outside of the van between TA's, have the required reflective gear between 6:30PM and 7:00AM.



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- Please obey all “No Van Support” and “Quiet Zone” signs posted in certain areas.

At the Finish:

- Van 1's will be required to park in Lot 2 (map on page 42) between 12PM-4PM and take a shuttle to the finish area. The lot is about .9m from the finish.
- The runner of the last leg will wear the **RED bib number** runner from TA35 to the Finish Line. This is a special bib added to the race packet. This bib contains an embedded RFID chip for timing your team at the finish line.
- No Team Vehicles are permitted along the last mile of the route.
- **NEW:** The NH State Parks will be charging \$15 for every vehicle entering the park except for the RTB vehicles used in the event. If you will be having someone meet you or pick you up, please make alternate parking arrangements to avoid congestion and the fee. See our finish line parking diagram at the end of this handbook.

Safety and Medical Support:

- There will be an EMT at each transition area who can help asses and determine if emergency attention is required. They are serving in a first responder capacity and cannot transport. Please check in with them if you have or see any medical related issue. A complete list of medical facilities can be found in Section 10 of this handbook.

Race Rules:

- We will be using a text based communication system between the event and your team (Race Command- : 611-RAGNAR1 (724-6271)). Teams will be texted a 'Strike' for each penalty infraction. Three strikes and your team will be disqualified.
- The rules and penalties can be found in Section 13 of this handbook as well as in the Navigator magazine handed out at Safety Check.

Transfer Policy:

- All entry fees are non-refundable, even if a team is no longer able to participate in the relay. Teams can roll or transfer their registration to any relay (this does not include sold out or capped relays) within the next 12 months of the relay they signed up for. Teams may only roll or transfer a registration one time. Using the price paid for the original team a potential charge may need to be processed based on the current registration price for the new relay. Teams that request a transfer before regular registration ends keep the full value of their registration in transferring to a different relay. If the request is made after regular registration ends, \$400 is reduced



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Reach the Beach Relay Mission Statement

The **New Balance Reach the Beach (RTB) Relay** was created in 1999 to bring a high quality, multi-day, relay-style race to New England. The race is the brainchild of two multi-sport athletes with day jobs, young families, and a penchant for creating an event that is more than just a race. As RTB sought to continue the tradition of raising the bar in 2015 and beyond, RTB formed a partnership with Ragnar Events. The partnership will provide the resources and experience necessary to continue to improve the event experience in the many years ahead.

The event has gained wide acceptance and draws teams from all over the US as well as from overseas. As the race has gained in notoriety, so has the community effort to support it. The number of local community groups and individuals volunteering (and adding their special nuance) has grown to over 600. This is one of the main differences between **RTB** and other relays and we believe it makes the **New Balance Reach the Beach Relay** one of the “must do” races each year.

Community involvement is one of the cornerstones of our events. Since the beginning, we have donated a portion of the event proceeds to the State Parks as well as to the numerous non-profit groups that form a part of these events. And, in return, they have provided us with their extraordinary support. Many of these groups take the opportunity to raise additional funds for their organization by selling food items along the course. Please keep this in mind as you run the **New Balance Reach the Beach Relay** and support them in any way you can – whether by purchasing some of the food items they have for sale or just thanking them for their time.

Each year we go out of our way to create one of the best event experiences possible. And when it's all done, we search for new ways to make it even better. Whether it's in the form of our awesome **New Balance** race shirts, the enthusiastic volunteer and community groups that support us along the route, our staff/organization, or the beer tent at the finish line – we take every lesson learned and feedback we receive and roll it into the following year's race. So feel free to send us an email, call Customer Service 877-83Relay or post a note on our Facebook page with your feedback and we'll be sure to consider it for the next edition.

We hope you and your teammates have a fantastic time and thank you in advance for your part in making the **New Balance Reach the Beach Relay** a success!

Sincerely,

Mike and Rich,
Reach the Beach Relay: Founders and Race Directors



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1.0 Introduction

Welcome to the **2015 Edition** of the **New Balance Reach the Beach Relay: Bretton Woods to Hampton Beach, NH!**

The **2015 New Balance 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 **New Balance 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](tel:877-83-relay). Otherwise seek us out on race day.

1.1 Highlights for 2015:

What's New?

New Start line and first two legs! **Bretton Woods** will be hosting the start and the first two legs this year. In addition, their food service team will be putting together a pre-race dinner for your Thursday night team get-together. Not only a great new venue, but this will shorten the over-all course to ~200 miles!

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

Conway Traffic and Construction: In order to reduce the traffic issues in Conway, we will be directing all support vehicles around the Town of Conway prior to arriving at TA 8. This is noted on the course map for this leg and will be further enforced by a police detail and signage to direct you the correct way. Support vehicles wishing to go into North Conway for food and gas should take Rt. 302 to Rt. 16 and not follow the course down West Side Rd.

Also, due to road construction going on in Conway, we cannot use HAM Arena in 2015. As a result, we will using a new Transition Area located along Rt. 112. Please see the updated maps for specific details.

Ragnar Live!: Ragnar has created an app for your smart phone that we will leverage to enable you to have a digital copy of the Navigator and included Maps. We are excited to get your feedback on this. Search for 'Ragnar' in your app store. If you prefer paper, print from home and bring with you.

Runner on Deck Port-o-johns: we will be designating at least one unit to be reserved for runners who will be starting their leg any minute. So please be courteous and left them to the front of the line.

Not new but worth mentioning.....

Race Command

We will be implementing a text based system we call Race Command: 611-RAGNAR1 (724-6271) to communicate with your team (and our staff) during the race. We will collect current cell phone number for each van group at **Team Orientation** so that we can send out text updates and advisories during the event. Example: "safety hours are now in effect" or "strike 1- your team has violated rule XXX". You can also text us with questions, comments or issues that you come across. The line will be staffed around the clock and response time should be <5 minutes.

Harpoon Brewery: Back as the Official Reach the Beach Beer partner! The Harpoon Beer Garden will be rocking at the finish line with their IPA and UFO beers!



Key Highlights

Van 1 Finish Line Parking: In order to minimize back-ups on Route 1 and make sure the vans supporting the finishing runner can park at the finish, Van 1 will be required to park in Lot 2 (map page 42, ~1mile from the finish) between 12:00PM-4:00PM. We will have a shuttle bus running between 12-8PM. You may also park at Lot 1 but this is a metered lot. You may park there but you will have to pay the meter.

Parking Fee: Non-RTB vehicles (any vehicle without the official RTB van bib) will be charged \$15 by the Hampton Beach State Park upon entrance to the finish parking area. Family and friends coming to cheer or pick-up should be prepared to pay the fee or park at one of the many parking options just down the street. **NO DOGS ALLOWED AT THE BEACH** per State Park rules. Thanks!

Runner's Alley Mobile Van (RAMV)!

Our friends at Runners Alley (**NH's Oldest and Largest Running Specialty Store**) will be on-hand on Friday and Saturday with a 'mobile store'! They will have a supply of popular items you may need during the event. Things like: Cotton/Poly Gloves, Hats/Visors, safety vests, Xinglets, Strobe Lights, Petzel Headlamps, Body Glide, Stick- Red, Clif, Honey Stinger Waffles, Power Showers and Compression Sleeves. They will take cash or credit. You will be able to find them at:

Bretton Woods Ski Area(Start): from 6AM-10AM

Attitash Ski Area (TA6): from 11AM-4PM

KE Brett School (TA12): from 7PM-12AM

Hampton Beach State Park - FINISH to CHEER!!!: from 12PM-3PM

New Balance is our Title Sponsor and will be providing all of the participants with a technical race shirt. **NB** will also be supplying the footwear prizes for our top 3 fastest teams (men's, women's, mixed), first place category prizes and their sought after 'Tent City' at exchange 24. They will also have ~9 teams out on the course so keep an eye out for them.



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Finish line Food

Boloco is on board in 2015 as a Gold Sponsor and will be providing 'build your own' burrito bowls at our Finish Line. Steak, Chicken or vegetarian, rice, beans, and many other options to choose for your finish line meal- all cooked fresh on-site! Check out one of their 20 restaurants! www.boloco.com.

Finish Line Beer Tent

Our finish line beer tent has become the cornerstone of our finish line festivities- the perfect place to kick back with your team, swap stories and cheer the incoming runners. In 2015, we've partnered with the **Hampton Rotary Club** and the **Harpoon Brewery**. So grab your burrito, your buds, and a beer; then kick back and enjoy!

Bus from Hampton Beach to Bretton Woods

We have put on a one-way bus (a school bus charter) from Hampton Beach to Bretton Woods. The bus will leave Hampton Beach at 6:00am SHARP on Friday and should arrive at Bretton Woods around 8:45 am. The gates to the beach will open at 5.30am, please be at beach by 5.45am so we can depart at 6:00am. You will be allowed to park your car at the beach overnight on Friday (put an RTB labeled note in your windshield so the park rangers identify you with the race). Please park your cars close together in the designated area close to the gate. Tickets will be only available to purchase online and in advance. Tickets are on sale now. [Buy a ticket](#).

New Balance Tent City at TA24:

Our Presenting Sponsor New Balance will again be setting up their popular 'Tent City' at Bear Brook State Park at TA24. They will have over 50 tents available on a first come/first served basis for you and your teammates to use to catch some sleep. ~4 people can fit in each tent.

Showers at TA30

The Sanborn Boosters, in cooperation with the Sanborn High School, will once again be offering showers at TA30 for \$5 pp. This is a very popular VTA because of this feature and we're happy that they've been able to coordinate this with the High School staff in order to make this available again. So make sure you've packed a towel and some soap. All proceeds go directly to the school Boosters.

If you have any questions or concerns between the day you read this and race day, then please feel free to contact the appropriate staff member found on the website at: <http://www.rtbrelay.com/contact> or via info@rtbrelay.com.

2.0 Sponsors and Beneficiaries

The following companies are our “**Sponsorship Team**” for The **New Balance 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.

Presenting Sponsor

New Balance: New Balance has long been a supporter of Reach the Beach through their many years of participation and sponsorship and we are delighted that they continue to head up our Sponsorship Team as Title Sponsor. They will be providing all of the race shirts, the top prizes, much of the race specific apparel that you will find at this year's race, as well as, a couple of surprises along the route!

They'll have over 10 teams out there racing as well so keep an eye out for them and give them a loud “Thank You!” when you see them.



Official Sponsors



Boloco believes that even a burrito aspires. The Boston-based family of 20 restaurants and over 300 team members throughout New England (and beyond) serves globally inspired burritos, bowls, smoothies and shakes. Boloco's mission is to positively impact the lives and futures of its people through bold and inspired food and

practices. Boloco is 2 Star Certified by the Green Restaurant Association through its offering of naturally-raised meats, potato starch utensils, composting, and more.

They will be at the finish line providing you with an awesome meal as well as having a team out on the course, say hi when you see them.

Harpoon Brewing is partnering with us again for 2015 and will be providing beer at the finish for the Hampton Rotary Club beer tent. They will be pouring their famous IPA and UFO White so stop by with your teammates and share your story over one of their great beers.

All beer tent profits will go to support the Hampton Rotary Charities.



Runner's Alley has become a hub of running activity in the area, helping to found the Coastal Athletic Association, and instrumental in initiating the Runner's Alley/Redhook 5K to benefit Northeast Passage. The store also sponsors and is the meeting place for



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weekly runs, as well as hosting scheduled speakers, and keeps applications on hand for races throughout the greater New England area.

At Runner's Alley you are guaranteed friendly and knowledgeable service. Whether you are a beginner or an experienced runner, the staff at the store will do their best to fit you in a shoe that will support your individual running style. You are welcome to come in, try on a pair of shoes, and go for a jog up the street. Let us help you find the "shoe of your dreams!"

Opened in 1997, by Jeanine Sylvester, a long time runner and fitness enthusiast, the stores offer shoes, clothing and running gear for the novice and expert runner alike. Service is personal and tailored to meet the individual needs of the customers, and customers soon become friends...

****Keep an eye out for the 'Mobile Store' during the event. Complete schedule of inventory and the times/locations will be included in the race magazine. Mention RTB and get 10% off!!!!**

HONEST
tea

vitaminwater
GLACEAU
vitamins + electrolytes + antioxidants



Coca-Cola Bottlers of Northern New England will once again be our hydration sponsor for this year's event. Look for a wide range of **Coke** products such as **Coke**, **Dasani Water**, **Fuze Beverages**, and **Glacéau Water** at the Finish line celebration.

Other Participating Sponsors



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.



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Charity Partner – Juvenile Diabetes Research Foundation

This is our 4th 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.



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3.0 Pre-Race Preparations

3.1 What you must complete

Prior to showing up at registration, there are several things that you need to complete:

- **Review this material thoroughly and relay it to your teammates.**
Make sure each and every team member is familiar with this handbook! It is critical to the success of your team and of this event that each person fully understands the material in this handbook.
- Make sure all your teammates have registered “on-line” and entered an accurate estimate of their pace per mile. You will not receive a start time until this has been completed.
- Review the Required Equipment in Section 5.7 on Safety and ensure your team has everything listed there. These items are required and must be shown to race staff at registration in order to pick up your race packets. **No team will be allowed to start the race without these items.**
- **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 12 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.

3.2 What to Wear

New England in the fall is spectacular to behold, but also can bring some unpredictable weather. It is recommended that you and your teammates come prepared for a variety of conditions, ranging from sunny and pleasant to cold (35°F) and rainy (including 2 hurricanes!). The temperatures at night can drop by over 40°F. Please be prepared to dress accordingly.

3.3 Team Strategy

Work out a team strategy. This is a 2-day event and requires a certain amount of planning and preparation before the event begins. Please get together with your team several times before the race and discuss logistics, timing etc. Below are a few topics to get your team discussion started:

- Communication between vehicles
- What to do if a runner gets to a transition area and the next runner is not there.
- Vehicle and/or runner getting lost. **It happens every year, navigation is part of the race, yes we put signs up, but you must know your leg, or make sure your van helps you!**
- Resting for the ‘off’ team (see the VTA facilities and hours).
- Refueling/water.
- Running safely at night, first-aid, etc.

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Good preparation prior to the event will enable your team to deal quickly and safely with most situations that arise.

3.4 Good Taste

Please be aware that there are younger volunteers helping out at some of the transition areas (Boy Scouts, Girl Scouts, school clubs, etc.). **Please make sure your team name, attire, and van decorations are appropriate, as well as your language and actions when in their presence.** They help make this event successful and deserve this courtesy. Additionally, please be courteous to your fellow competitors and display good sportsmanship. Thanks!

4.0 Registration and Activities at Bretton Woods Ski Area

4.1 Where (Note: first teams off at 6:30AM)

Registration, safety check, merchandise sales, dinner (17th) and a-la-carte breakfast /lunch (18th) will be located in the base lodge. 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.



For your convenience, we've created a quick, 5 step guide for you to follow upon your arrival. Look for the following sign at every entrance to the lodge and follow the numbers in sequence.

Please allow adequate time to complete these steps as well as your Team Photos prior to your start. We recommend at least 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- just 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.

4.2 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 on Friday until 2:00 PM. There will not be any team photos taken at Hampton Beach. Please make every attempt to have your entire team meet at the registration area at least 1.5 hours before your designated start time if you would like your team photo taken. Photos will be digitally provided to the team captain on the team page within 21 days of the event.

4.3 What is required for Registration?



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We have revised the sequence of steps that is required for you and your team to follow as part of the Registration Process.

4.3.1 Step 1 - Safety Check

All teams must present their safety equipment (listed in section 5.7 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

4.3.2 Step 2 - Team Orientation Meetings

Mandatory meeting for all teammates including the Team Captain.

This will take place on the 3rd level of the Bretton Woods Base Lodge - look for the signs. The meetings will take place every 15 minutes and last approximately 10 minutes long and will cover any last minute changes, advisements, and key points that we need you to be aware of.

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

4.3.3 Step 3 – Registration

- **Waivers and Substitutions**

Any race day additions to your team must have with them a completed application and signed waiver. Teammates that registered on-line have electronically agreed to the waiver and a printed copy is not necessary.

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

PLEASE SHOW UP ON THURSDAY BETWEEN 5-8:30PM IF YOU HAVE ADDITIONS OR SUBSTITUTIONS. There is a fee for every addition and/or substitution made on or after August 22nd.

\$10 per addition/substitution: Aug 22 - Sept 05, 2015

\$20 per addition/substitution: Sept 06- Sept 17, 2015

- **Race Packet Pick-up**

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

- A **New Balance Technical Race** shirt for each team member,
- A team number for each runner plus...
- 1- RFID bib number (**Red Bib**) for the last runner to use
- 1- Wrist strap (baton),
- 2-vehicle 'bib numbers' to be displayed in your race vehicles (2 per vehicle),
- Last minute updates and reminders
- Information from our sponsors
- A Food Addendum that highlights where you can find food along the route.
- Safety Pins for attaching your race number

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- Meal Tickets (when purchased in advance)

- 4.3.4 Step 4 – Team Photos
Team Photos will be staged outside in the back of the Bretton Woods Ski Area lodge during the day on Friday only.

Look for the signs to direct you. There will be 2 or 3 staging areas. Our photographers will be shuttling people to these designated areas and will get you through as quickly as possible. Please have all of your teammates present and accounted for when it's your turn.



4.4 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!

Dinner: \$20.00

- Spaghetti
- Meatless Red Sauce
- Alfredo Sauce
- Meatballs
- Salad
- Garlic Bread
- Brownies & Cookies
- Softdrinks

CASH BAR Featuring Harpoon Beer!

Breakfast: Ala Carte

- Eggs
- Breakfast Meat
- Hash Browns
- Coffee or Tea
- Breakfast Pastry
- Fruit
- Danishes
- Assorted Juice

5.0 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!

5.1 Your Visibility

The **New Balance Reach the Beach Relay** requires that each van has the following equipment:

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)

NOTE: The police require all runners to be visible from front, back and sides.

5.2 Driving/Support Vehicles

Teams are limited to only two support vehicles. You will be given four signs: two that says “Van 1” and two that say “Van 2”. These should be prominently displayed in the rear window of their vehicle.

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. 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.



Please make sure you obey the speed limits, we get complaints each year.

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.

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

Remember, 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.

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.



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

Please run on the same side of the road as the **RTB arrows** (you may see an occasional arrow on the other side, but not more than 1 in a row). This may require you to run with traffic at times. This is done either at the request of the local police or due 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.

Intersections: 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. Everyone is expected to follow local traffic rules which means waiting for traffic lights to turn green before crossing.

5.4 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 10.

5.5 Earphones

Listening to music with headphones while running can be dangerous. Runners need to be alert and aware of their surroundings at all times. We encourage runners who do run to music to listen without any headphones or just use one ear piece. Failure to hear and respond to a staff or volunteer may result in a penalty.

5.6 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. Race marshals will be out on the course and will enforce the use of these items.

- **4 Operational Flashlights or head mounted lights (headlamps)- mandated use** between 6:30 PM and 7:00AM unless otherwise instructed by our staff.
- **12 Reflective Vests:** reflective strips that cover front and back.
 - Use of reflective arm / ankle bands are also *recommended*, but are not mandatory. Please consider buying one of these in advance to guarantee availability. Your safety is worth it!
 - Note: Both the **team member running** and any **additional team members outside of the van** between TA's **must wear vests** between 6:30 PM and 7:00 AM unless otherwise instructed by our staff.
- **4 Flashing lights - 2 for each running vest:** 1 to be worn on your front and one on your back between 6:30 PM and 7:00 AM unless otherwise instructed by our staff.
 - Note: two (2), self-illuminated vests, such as the ones made by Nathan are preferred and will eliminate the need for flashing lights and reflective vests as these provide both functions.
- 2 Copies (digital or printed) of the RTB 2015 Handbook plus signed waivers (signed waivers only needed for minors and race day additions to your team.)



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Other: food and water - we will provide water and fluid replacement drinks at the finish thanks to **Coca-Cola Bottlers of Northern New England!** Additionally, some of the volunteer groups (Girl Scout troops, PTO, Volunteer Fire Depts., etc.) will have food items **for sale or donation** at various transition areas.

5.7 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 30°F overnight)
- Rain/hurricane gear



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6.0 Starting Times

The starting time for your team is based on several factors one of which is the pace estimates that each runner provided on his/her application. These are combined to determine your team's average pace. **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.** Our goal is to have all racers off the course by 7:30 PM Saturday evening.

Team Captains: if you have made an error and need to adjust your teams estimated time of completion, please email [customer service at info@rtbrelay.comprior to Sept 5th. Requests **will not** be granted after this date unless you have had changes to your team roster. **Please note: your ability to change your team roster online will end on the Friday 1 week before the event start.** You may, however, still bring roster changes to the Registration area **on race day.***](mailto:info@rtbrelay.com)

Posting Start Times

Your team's start time will be posted **on your Team's page** on or before Sept 5st 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!

Additions/Substitutions/Changes and Charges*

Beginning one month prior to the race start date, your team will be assessed a **\$10 late fee** for each addition, substitution, or change. Within two weeks of race date, the fee will be \$20 per addition, substitution, or change.

Please plan to be at the starting area at the **Bretton Woods** **at least 1.5 hours** before your designated start time to complete your team's check-in (including your attendance at the Team Orientation meeting), and take your team photo. Again, all teams wishing to receive the **free** finishers photo, must have it taken prior to 2:00 PM on Friday.

Note: **If you are late to the start, the clock for your team will have started already and your finish time will reflect this irrespective of when you actually begin.**

Holding Teams: **NEW!**

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 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 - TA6, TA12, and TA18. No teams will be permitted to leave

- TA6 to start Leg 7 before 11:15am
- TA12 to start Leg 13 before 4:30pm
- TA18 to start Leg 19 before 10:00pm

Times are subject to change by race day.

The arrival times of all teams will be recorded and the difference between the arrival time and depart time will be calculated adjusted at the finish.

7.0 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)

7.1 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!**

7.2 RFID Bib

The event will be utilizing a timing chip (RFID) embedded in the **RED bib number-** to be worn by the final runner from TA35 to the Finish Line. No other timing chips may be worn. Only one "chipped" bib per team will be issued in the registration packet. **PLEASE Do Not Lose It!** The Chip will record your team's official time at the finish line. It is the responsibility of each team to ensure that the chip crosses the clearly defined mats in order for the team to receive an official time. They do not have to be returned to us.

7.3 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 composition is less than 12, then the rotation would start earlier but is still required to be maintained throughout the race. So, if your team had 10 runners, then the person who ran the 1st leg would then run the 11th, 21st, and 31st legs.

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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 TA #6 which is also known as a **Vehicle Transition Area (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 VTA, head to a restaurant, local town, or the next VTA to catch some sleep (see course details section for more information).

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

7.4 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.

7.5 Transition Area (TA) Instructions/Details

Transition Areas: where one leg ends and the next leg begins. The relay is broken into 36 legs with 35 transition areas, 5 of which are Vehicle Transition Areas (VTA's). There will be RTB staff personnel called "TA Captains" as well as a Volunteer staff at each TA 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 TA 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 TA Captain.

All TA Captains, Volunteers, and Medical Support will be wearing specific **RTB** apparel that uniquely identifies them. The TA Captains 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.



7.5.1 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



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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 TRANSITIONS 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 TIME PENALTY AND/OR POSSIBLE DISQUALIFICATION.

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

7.5.2 Runner Check-In

The staff will be checking in each team that comes through the TA. 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!

7.5.3 Runner Exchange

There will be a designated relay exchange zone in each transition 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 TA. 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 TA Captains and Volunteers. Successive infractions will result in ejection from the race. ***In particular: TA1, TA4, TA5, TA9 and T34 North Hampton School. Thanks for your cooperation!***

7.5.4 Trash Disposal and Recyclables

Please do not throw away your trash at the TA's. 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 **Vehicle Transition Areas** (see below) and dispose of it or recycle it there or



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possibly at a local convenience store/gas station. We have provided bags for each team to collect their recyclables between VTA's, so please use them. If the trash or recycling receptacle at a VTA 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.

7.5.5 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 TA Captain 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!

7.5.6 Medical Support

Please visit the on-site EMT and Transition Captain immediately if you have medical emergency. They will be able to communicate with medical staff and race officials. Medical staff will be located at every TA. See Section 10 for more details on medical support.

All transition areas 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.

7.6 Vehicle Transition Areas (VTA)

VTA's 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 TA 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 TA's 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	10:00 AM	8:00 PM
Kenneth Brett School*	12	4:00 PM	12:30 PM
Gilford High School	18	9:00 PM	5:00 AM
Bear Brook State Park	24	12:00 AM	11:00 AM
Sanborn Regional HS	30	7:00 AM	4:00 PM
Hampton Beach State Park	36	9:00 AM	8:00 PM



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* Please **DO NOT** go to the Kenneth Brett School (TA12) before 4:00 PM (you will not be permitted to park). Instead, go to TA 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 TA19, T21, T22, and T24 through T31.

Aggravated residents complaining to local Selectmen and Police can prevent us from getting permission to run in those towns in future years.

As with all TA's, there will be medical staff at each VTA. Please notify them or the VTA race staff of any issues or problems or if you decide to drop out of the race.

7.7 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.**

7.7.1 Runner Drops Out

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

1. Notify the TA Captain of both your team name and the runner's name (if the TA Captain is not present then notify the EMT assigned to that TA).
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



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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 runner for a runner who drops out (see section 12.4).

***The above rotation rules do not apply to the Freestyle category.**

7.7.2 Team Drops Out

If your team decides to drop out you must notify both a Transition Captain and EMT. Please inform them of your team name and number.

7.8 **Support Vehicle Notes**

The **NB 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:

- ***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.
- ***NO SUPPORT LEGS: DO NOT stop along the shoulders between Legs 8-10 and 33- 34!!*** 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.
- 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**.
- Please be sure to have your **RTB** Vehicle signs visible in the front and rear windows at all times. You will not be permitted to enter a Transition Area if we cannot see your vehicle sign.
- Please do not answer "nature's call" on the side of the road or on someone's property, or discard any litter. RTB Marshals will issue a DQ if they witness this.
- Please do not make noise of any kind (cheering, engine idling, slamming doors) near private residences during the night-time hours.

7.9 **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),

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- 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 hopscotch at ~1/2 mile intervals for female runners at night.***
- If any team members exit the vehicle they must be wearing a reflective vest.

NOTE: When a vehicle approaches from behind, please pull way over to the side and come to a complete stop to allow plenty of room for the vehicle to safely and easily pass. The roads are not closed and local traffic must not be impeded in any way.

8.0 Course Description

8.1 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.

8.2 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

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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 Zone** – 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.

9.0 Food Support/Volunteers

Your entry into the 2015 **New Balance Reach the Beach Relay** includes a complimentary *Boloco* meal at the finish area at Hampton Beach. Additionally, we are pleased to provide your team with beverage products from **Coca-Cola, including Honest Tea** at the finish. While the line may be really long, there are 4 serving stations and typically even the longest line takes only 20 minutes. Thanks for your patience!

You will find that many of the non-profit volunteer groups (Girl Scouts, School groups/clubs, etc.) will have food items at various TA's and VTA's. 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

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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.

10.0 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 TA 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 TA along the course. In addition, we will have roving EMTs who will be patrolling the course in between TA's. 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.

10.1 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



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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.

10.2 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 TA Captain 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	Moultonborough	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	603-669-5300	603-463-7258	603-463-7258



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Emergency Services Information					
Course Leg(s)	Town	Nearest Medical Facility	Phone Number	Police Dept. Phone	Fire Dept. Phone
		Manchester			
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
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

10.3 Critical Race Personnel

The Transition Area Captains and Race Marshals are our on-course race directors. They will be wearing distinctive, **New Balance 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 (611-RAGNAR1 (724-6271).

11.0 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.***



11.1 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 and TA12. 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.



11.2 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.



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12.0 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, sorry) 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 Boloco Inspired Burritos Dinner from 12:30PM – 8:00PM
- Medals upon crossing the finish line (double medals also!)
- A massage tent to take care of your tired legs
- 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 3 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.

12.1 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. Please Note: Cash or Checks only in the beer tent. Credit Cards can be used at merchandise to buy beer tokens in advance at the RTB store.

12.2 Prizes

All prizes will be shipped out within 3 weeks after the race. Once the final results have been posted each respective category there will be a 12hr protest period for any team to protest the final results. Full results will be posted on the **RTB** website, usually within 24 hours. A description of the various prize categories and their respective awards are listed below:

Fastest Overall Team

The team that has the fastest overall time will receive a free entry in to the following year's edition of the **New Balance Reach the Beach Relay**. This team is one of the top 3 teams and is also eligible for the prize below.

Top Female, Male and Mixed Team Winners

Each member of the top three teams overall; Female, Male and Mixed will receive:

- One pair of **New Balance** running shoes for each team member.

All Other Team Category Winners

- The first place prizes will be provided by New Balance.
- The second place prizes will be provided by Boloco.
RTB reserves the right to change the prizes at any time.

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 Overboard medal!**



12.3 Team Pictures

This year we will continue to provide your official RTB team photograph as a free, digital download. The download link will be posted on the RTB website in a week or two after the event (or as soon as our race photographers crawl through the many gigs of file data!)

Don't forget, our photographer will be loading action photos onto our FaceBook page every few days after the event. These are FREE for you to download and share!

12.4 Finish line Parking

All Van 1's will be required to park in either Lot 1 or Lot 2 between 12PM 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.

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. We will have a shuttle running from 12-8PM 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 12-4PM.

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Fig 12.1 – Directions from the finish ‘A’ to parking Lot 2 (C).



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13.0 Rules and Regulations- **3 Strikes policy!!!**

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.

13.1 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.

13.2 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 TA Captains 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.

13.3 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.



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13.4 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.

13.5 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.

13.6 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.

13.7 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.

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

13.8 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 to attach to their front and back (use of 2 PolyBrite or Go Motion Self-Illuminated Vests negate the need for blinking lights).

Runners must wear their vests and blinking lights and carry their flashlights or headlamps when running between the hours of **6:30 PM and 7:00 AM**.

Our staff/TA Captains 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.

There are NO EXCEPTIONS to this rule. Review required safety equipment details in section 5.6



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13.9 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 Transition Areas, will result in Immediate Disqualification.

13.10 Disorderly Conduct: Noise

As mentioned in previous sections of this handbook, night time Legs #14, 15, 19, 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.

13.11 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.

13.12 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. Speak with us at Registration if you have questions about this. Alcohol will only be allowed in the Beer Tent at the finish line.

13.13 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.

13.14 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, 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 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 611-RAGNAR1 (724-6271).

Please include the Who, What, Where, and When in your text message.



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Please use this number to keep us informed. Send text 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.

Summary Table of Penalties

Rule No.	Penalty Description
13.1	Runner Position: runners are to stay on the side of the road where the arrows are.
13.2	Fail to adhere to RTB Staff Instructions:
13.3	No Bicycles, roller blades, etc.,
13.4	No substitutions once the race has started
13.5	No shifting of rotation order once a team completes one full rotation
13.6	Navigation/ Aid from vehicles/ cutting the course
13.7	Support Vehicle(s) do not meet RTB requirements (no more than 2; not longer than 20' or wider than 6'9"); Van signs prominently displayed in rear windows
13.8	Absence of Self-illuminated Vests and Flashlights when running between the hours of 6:30pm and 7:00am.
13.9	Public Nuisance: no urinating/defecating in public
13.10	Disorderly conduct: no screaming, cheering, and shouting in designated "Quite Zone" neighborhoods
13.11	Obscenity Rule: 13.11a) any team vehicle that is decorated with obscene images or representations 13.11b) use of obscene language directed at any RTB staff, volunteers, or residents.
13.12	Alcohol Rule: No alcohol is permitted at any Transition Area at anytime.
13.13	Race Number Visibility
13.14	Three Strikes and your team will be Disqualified



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14.0 Transfer Policy:

All entry fees are non-refundable, even if a team is no longer able to participate in the relay. Teams can roll or transfer their registration to any relay (this does not include sold out or capped relays) within the next 12 months of the relay they signed up for. Teams may only roll or transfer a registration one time. Using the price paid for the original team a potential charge may need to be processed based on the current registration price for the new relay. Teams that request a transfer before regular registration ends keep the full value of their registration in transferring to a different relay. If the request is made after regular registration ends, \$400 is reduced.

15.0 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.



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APPENDIX



REACH THE BEACH RELAY WAIVER OF LIABILITY

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As a condition of my participation in the 2015 New Balance Reach the Beach Relay (the “Event”) as a runner, volunteer or otherwise, I hereby covenant not to sue, and agree to release from liability, Ragnar RTB, LLC together with its founders, owners, officers, directors, managers, agents and employees, including but not limited to (a) Ragnar Events LLC, Ragnar Holdings LLC and their respective investors, officers, directors, managers, members, agents and employees; (b) Ragnar Relay race officials and volunteers; (c) RTB Relay, Inc., its agents, servants, employees, officers, and directors; (d) the New Balance Reach the Beach Relay race officials, volunteers and sponsors, including New Balance Athletic Shoe, Inc. (“New Balance”); (e) the State of New Hampshire, its Cities, Towns, Municipalities, agents, servants, employees, officers, and directors; (f) the NH Department of Resources and Economic Development, its agents, servants, employees, officers, and directors; (g) USA Track and Field; (h) CLP Bretton Woods TRS Corp., CLP Bretton Woods LLC, CNL Lifestyle Properties, Inc., and Omni Hotels Management Corporation and each of their respective owners, affiliates, subsidiaries, officers, directors, successors, employees and agents; and (i) any and all other sponsors, suppliers, agents, independent contractors and other personnel in any way assisting or associated with this Event (collectively “Releasees”).

This Race Release and Waiver (this “Release”) is a contract with legal and binding consequences and it applies to all activities relating to the Event, whether located on the race course, exchanges or other race-related venues. I have read this Release carefully before signing, and I understand what it means and what I am agreeing to by signing.

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

1. I know that this Event, which takes place both in daylight and at night, is held on open roads and is a potentially hazardous activity. I voluntarily assume full and complete responsibility for all risks associated with participating in the Event and for any injury or accident that may occur during my participation in this Event, including by way of example and not limitation: (a) illness; (b) traveling to and from the event; (c) falls; (d) collisions with pedestrians, vehicles, other participants, and fixed or moving objects; (e) the effects of weather, including temperature extremes and humidity; (f) traffic accidents; (g) the negligence of myself and/or others, including Releasees; (h) animal attacks; and (i) road conditions, including darkness and surface conditions such as pot holes.

I am aware of and appreciate all of these risks. I understand that both vehicle traffic and spectators will be present along the race course and that police protection will not be provided. I know that the presence of vehicle traffic during the race increases the risk of motor vehicle accidents involving participants, spectators, and/or other vehicles, and that such accidents can result in death or serious injury.

2. As a condition of my participation, I agree to abide by all traffic and pedestrian laws and regulations and to follow any and all of Releasees’ safety instructions, including all rules and conditions set forth in the Race Bible, which is available on the Ragnar Relay Series website, www.ragnarrelay.com. I understand that my failure to do so may result in serious injury or death and may be grounds for my disqualification from this Event.
3. I acknowledge that I should not enter and participate in this Event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this road race and I further agree that race officials may authorize necessary emergency treatment for me.
4. Having read this Release and knowing and assuming these risks, and in consideration of the acceptance of my participation, I hereby for myself, my heirs, my executors, administrators or anyone else who might



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claim on their own behalf or my behalf (collectively my “Successors”), covenant not to sue, and FOREVER WAIVE, RELEASE, DISCHARGE, and HOLD HARMLESS Releasees from any and all claims or liability of any kind or nature whatsoever arising out of or related to my participation in this Event, even though such liability may arise out of negligence or carelessness on the part of Releasees.

- 5. In exchange for my being permitted to participate in the Event, and understanding there will be no additional compensation to me, I hereby authorize Ragnar Events LLC, to use my image or likeness for race promotional purposes. I understand the race registration fees are nonrefundable. I have read the Race Bible and agree to abide by the rules and conditions contained therein.
- 6. I acknowledge and agree, for myself and my Successors, that the above representations are contractually binding, and are not mere recitals, and that should I or my Successors assert a claim contrary to what I have agreed to in this Release, the claiming party shall be liable for the expenses (including legal fees) incurred by the Releasees in defending such claim. This Release may not be modified orally, and a waiver or modification of any provision shall not be construed as a waiver or modification of any other provision herein or as consent to any subsequent waiver or modification. I consent to the release by any third party to Releasees and their insurance carriers of my name and medical information that may relate to any injury or death I may suffer arising from my participation in the Event. Every term and provision of this Release is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable.
- 7. I acknowledge and agree that there are no refunds if the race is cancelled or delayed due to causes beyond Releasees’ control, including but not limited to, acts of God, war, strikes or labor disputes, fires, riots, terrorism, vandalism, accident, government orders, certain severe weather conditions such as severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, severe weather conditions where significant damage or altercations to the race course occur, or any other force majeure event.

_____ Age: _____ Date: _____

(sign and print name of entrant above)

CONSENT AND RELEASE OF PARENT OR GUARDIAN

I am the parent or guardian of _____ (my “Child”). My Child is fit for the Event, and I consent to my Child’s participation. I have read and I understand the above Release. In consideration of allowing my Child to participate, I consent to the Release and agree that its terms shall likewise bind me, my Child, and our respective heirs, legal representatives, assignees and anyone else who might claim on their own behalf or mine or my Child’s behalf. I hereby release and shall defend, indemnify and hold harmless Releasees from every claim and any liability that I or my Child may allege against the Releasees (including reasonable legal fees and costs) as a direct or indirect result of injury or death to me or my Child because of my Child’s participation in the Event, whether caused by the negligence or carelessness of my Child, the Releasees or others, to the maximum extent permitted by law. I covenant not to sue Releasees on my behalf or on behalf of my Child or my Child’s estate for any claim arising from my Child’s participation in the Event.

_____ Child’s Age: _____ Date: _____

(sign and print name of parent above)



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2015 REPLACEMENT RUNNER APPLICATION

Please complete the information below as well as the waiver on the opposite side of this form. A \$10 processing fee will be required.

Team Name: _____ T-Shirt Size (M or F): S M L XL

Your 1/2 Marathon Pace(min/mile): _____ Sex (M/F): _____ Age (Race day): _____

Your Name (please print): _____

Your Address: _____

City/State/Zip: _____

Phone: _____ E-mail: _____

Who to Contact in case of Emergency: _____

Signature (required): _____ Date: _____