



OFFICIAL 2015 RACE BIBLE

[Official Ragnar Relay Series Website](#)

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

ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE

Race Specific Details are found on Page 6

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INTRODUCTION

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

UPDATES

ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE. It is important that all teams make sure that they have an updated version of the Official Race Bible. Use the following list of updates to determine if the Race Bible you have downloaded is current with the one online.

1/23/15 – Contact Info and dates
3/27/15 – Volunteer Registration Dates
9/1/15 – Holding Times
9/21/15 – Volunteer contact information
10/16 – Team Captain's Meeting, Holding Times

RACE INFORMATION

Race Name: Ragnar Relay Las Vegas
Race Director: Liz Murdock | liz@ragnarrelay.com | 801.499.5024 x 129 |
Facebook Event: Coming Soon!
Race Charity: TBD

IMPORTANT DATES & INFORMATION

REGISTER YOUR TEAM ONLINE AT:	3/8/15	
Early Team Registration Deadline	5/8/2015	
Regular Team Registration Deadline	8/22/2015	
Late Team Registration		
Start Time Requests	9/7/15 – 10/10/15	
Volunteer Registration	9/25/15 – 10/23/15	
Pay for Volunteers	10/23/15	\$120/vol
Team Member Substitution Deadline	3/8/15 – 10/9/15	Free
Late Substitution Deadline	10/10/15 – 10/23/15	\$10.00
Final Substitutions	10/24/15 - 11/4/15	\$20.00
Final Team Name Change Deadline	9/21/15	
Team Captain's Meeting	October 21	7:00 PM
McMullan's Irish Pub		
OFFICIAL NIGHT TIME RUNNING HOURS		
AWARD CEREMONY	TBD	

OFFICIAL HOLDING TIMES

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

BEFORE THE RACE

1. GETTING STARTED

1.A) To Do List

- Start recruiting a 12 or 6 person team, plus three volunteers.
- Register and pay for the team online at www.ragnarrelay.com before the deadline.
- Register all team members online at www.ragnarrelay.com before deadline.
- Register all volunteers online at www.ragnarrelay.com before deadline. Or make the “Pay for Volunteers” payment to the official charity before deadline.
- Request start time before deadline.

1.B) Organizing a Team

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

Here are some tips that will make organizing a team easy

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

1.C) Online Team Finders

If 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.

1.D) Getting Ready

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

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

1.E) Start Times

Start times are based on accurate pace predictions, so **it is critical for a successful event that each runner has an accurate 10K pace in their profile when the captain is ready to submit start time requests**. Teams that misrepresent their pace will be penalized. These predictions are critical to a successful event and will allow us to place teams in starting slots that create the least amount of congestion on the course. To request start time preferences, captains need to do the following: 1. Log into your account, 2. Access your team's profile page and ensure all paces are present and accurate, 3. Click the 'Request Start Time' button (this button will not appear until start time requests open, see page 6 for date).

To assign start times, we take each team's top three preferred starting times and the pace submitted. We try to put teams in one of their preferred time slots, but we are not always able to fulfill these requests. Start time requests are prioritized based on when a team registers. The earlier the team registers the more likely they will be to get their requested start time. **It is extremely important that the pace submitted for each team is accurate.**

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.

PLEASE NOTE: Your team needs to have an average of at least an 11 minute mile pace in order to finish the course in the specified timeline. If you have concerns about this for your team, please make sure and contact the Race Director.

1.F) Training

Good training will help make this an enjoyable race as well as prevent injury. A training guide is available [HERE](#) on our website. As with all training programs, please consult a physician first.

2. REGISTRATION

2.A) Team Registration

Registration is available online and should be completed by the Team Captain. Simply click the “Register” link next to the race on the [Registration](#) webpage and follow the instructions. After completing the registration process the team captain will receive an email confirming registration and assigning team number. A **non-refundable entry fee** is due at the time of online registration.

2.B) Team Name

When selecting a team name, please remember that Ragnar Relays are family friendly events. Teams will travel through sensitive communities and schools. Teams are also encouraged to bring their families, friends, and support crew to the finish line. We encourage you to think about how children might respond to your team name when the announcer calls it over the loudspeaker. Please help us in respecting everyone at the event and the communities who graciously host us. If we feel your Team name is inappropriate you will receive an email from the Race Director asking you to select another name.

2.C) Individual Team Member Registration

Once the team has been registered and paid for online the team captain has until the substitution deadline to register each individual team member online (see registration deadlines on page 6 for more info). If the team registers during the late registration period, then team members will need to be registered within two weeks of the date that the team registered. A separate online form must be filled out for each team member and each team member must read and accept the online waiver agreement.

2.D) Signing Online Waiver

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

2.E) Participant Age Restrictions

Any participant under the age of 18 must have a parent or legal guardian sign a waiver. Any vehicle with one or more participant(s) under the age of 18 must also have at least 1 adult (25 or older) preferably serving as either a driver or safety officer in the vehicle. The individual over 25 doesn’t have to be a runner but can be. Those under 12 years of age are prohibited. Ragnar will consider formal requests for extraordinary circumstances through the Race Director. Specific rules apply for High School Teams, please see section 6.C.

2.F) Substitutions/Additions

If team members need to be changed (substituted or added), the team captain must log onto the team page and simply click on the Invite Runners button and fill out the new team member’s information. There is no charge for substitutions/additions made before the substitution/addition deadline. Late substitutions/additions can be made for a \$10 or \$20 fee per substitution or addition (see registration deadlines on page 6 for exact dates). Substitutions/additions can be made at the start line but the runner must be present to sign the waiver.

2.G) Refund & Transfer Policy

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

Transfer Policy: Teams may transfer their registration to any Ragnar Relay or Ragnar Trail, excluding sold out Ragnar Events, within 12 months of the Ragnar Relay for which they were originally registered.

Teams may only transfer a registration once. When a transfer is made, the original price paid will be applied to the new relay registration fee. In cases where the new relay registration fee is more than the original price paid, the team will be required to pay the difference. In cases where the new relay registration fee is less than the original price paid the difference will not be refunded.

If a transfer request is made after regular registration ends, a \$400 transfer fee (\$275 for ultra) will be deducted from the original price paid. If a Ragnar Relay reaches “wait list” status, as indicated by a wait list button on the Ragnar Relay [Registration](#) webpage, teams may only transfer to another Ragnar Relay if a replacement team is found. If a transfer is made after a Ragnar Relay is in “wait list” status, a \$400 transfer fee (\$275 for ultra) will be deducted from the original price paid. All transfers must be approved two weeks prior to the day before the race starts (Thursday).

3. VOLUNTEERS

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

3.A) Each Team Must Provide 3 Volunteers

If any one team member lives within 100 miles of the course, it is mandatory for the team to supply 3 volunteers. Volunteer sign-up will open up approximately six weeks before the race (see volunteer sign-up dates on page 6).

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

All volunteers must:

- **Be at least 16 years old**
- Individually register for a shift on the Ragnar website during the volunteer registration period noted on page 6. Volunteer shifts are first come, first choice. ***Captains may not reserve shifts for team volunteers.***
- Provide their own transportation to and from their assigned location
- Wear their official volunteer hat while at their assigned location
- Be physically able to perform their assigned duties
- Be willing to fulfill any assigned volunteer time
- Be willing to fulfill their entire shift at an assigned location
- Provide their own food and drink during shift (we will have water bottles for volunteers)

3.B) Pay For Volunteers

Teams also have the option of paying \$120 per volunteer for Ragnar to recruit volunteers along the course. Ragnar’s partner charity/charities will receive a donation when they provide a volunteer for your team. In order to be eligible for this option, teams must make their payments online by the deadline (see pay for volunteer deadlines for exact dates on page 6).

3.C) SWAT Volunteers

Ragnar will also accept a limited number of SWAT volunteers. SWAT volunteers will be scheduled for a longer shift with more responsibilities. A single SWAT volunteer fulfills all three volunteer requirements for a team. The SWAT crew is scheduled by-application only, and is very limited. The crew is typically built 45-90 days in advance of the race. Contact r.fitzgerald@ragnarrelay.com if you have a volunteer who would like to apply to be part of the SWAT crew.

4. TEAM CAPTAIN MEETING AND MINUTES

Three weeks before the race there will be a Team Captain Meeting. During the meeting we will discuss the rules and any concerns/comments the Team Captains have, as well as last minute changes. If Captains are not able to attend the meeting, they are welcome to send another team member in their place, and/or meeting minutes will be sent out two weeks before the race in an email, as well as be posted on the race website and Facebook page.

5. TEAM CHECK-IN

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

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

*Ultra teams need only check in once at the start with enough equipment for 1 van.

*All van drivers must have a reflective vest for night time hours.

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

Upon check-in at the start line, Van 1 will receive runner bibs, van number, crossing flags, and a slap bracelet (used as a baton). If the team captain is in Van 2, he/she is not required to be at the start. In this event send one representative from the team to check-in instead. Upon check-in at exchange 6, Van 2 will receive runner bibs, van number, and crossing flags.

TEAM TYPE

6. REGULAR TEAMS

6.A) 12 Runners

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

6.B) Divisions

There are several divisions in the Regular Team category (Open, Sub-masters, Masters, [Corporate/Public Service](#) and High School) and three classifications within each division (Men's, Women's and Mixed). To qualify for the mixed division, teams must have at least 6 women. To be in the women's division the team must be all women. **Team divisions and classifications are final the Tuesday before race day. We will not change team divisions or classifications after the race has begun.**

6.C) High School Teams

To be classified as a High School Team, each team member must be a student, ages 12-18. This is mandatory to qualify for High School pricing. Any participant under the age of 18 must have a parent or legal guardian sign a waiver. Please contact the Race Director for this waiver. Any vehicle with one or more participants under the age of 18 must also have at least 1 adult (25 or older) who is not running the race and is preferably serving as a driver or safety officer in the vehicle. Those under 12 years of age

are restricted. Ragnar will consider formal requests for extraordinary circumstances through the Race Director.

7. ULTRA TEAMS

7.A) 6 Runners

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

7.B) Divisions

There are three divisions in the Ultra category: Men's, Women's and Mixed. To qualify for the mixed division teams must have at least 3 women. To be in the women's division the team must be all women. **Team divisions and classifications are final the Tuesday before race day. We will not change team divisions or classifications after the race has begun.**

7.C) Support

Ultra teams should make special preparations to provide support for their runners. We do not provide food or water except at major exchanges (every 6th exchange) and on non-support legs. Since team members of Ultra teams are running longer legs, plan to stop frequently on support legs to give runners plenty of recovery food and drinks.

7.D) All Other Rules and Logistics

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

8. OTHER TEAM SIZES

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

9. POST RACE AWARDS

Awards will be given to the top 3 finishers from each category within each division. **Team divisions and classifications are final the Tuesday before race day. We will not change team divisions or classifications after the race has begun. Teams are encouraged to check their division on their team profile before the Tuesday before race day to ensure they are in the correct division.**

GENERAL RULES

9. SUPPORT VEHICLES

9.A) Support Vehicle Requirements

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

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

9.B) Vehicle Restrictions

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

9.C) Regular Van Rotation

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

9.D) Ultra Van Rotation

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

9.E) Van Drivers

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

9.F) Respect Local Residents & Communities

While traveling through the local communities, please remember we are guests and you should treat all residents with courtesy and respect. Going out of your way to thank locals will go a long way in helping the event return each year. The following "Do Not's" are not intended to cover the broad spectrum of issues, so use common sense while in residential areas. We reserve the right to dismiss or disqualify any team based on a lack of respect.

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

9.G) Only One Race Vehicle per Exchange

Due to limited parking, only one vehicle per team is allowed to park at each minor exchange point. Vehicle 1 is allowed at exchange points 1-6, vehicle 2 is allowed at exchange points 6-12, etc. Both vehicles are allowed at every major exchange point (6, 12, 18, 24 and 30). If for some reason team vehicles need to meet, they must meet off the course or at a major exchange.

9.H) Park Only in Designated Areas

Some exchanges have limited parking and in some cases teams will be required to park along road shoulders. In the event of roadside parking, team vehicles are not allowed to park on the same side of the road 500 feet before and after the exchange chute. After the exchange point, vehicles can park at any legal roadside that *does not impede racers or traffic*. Team vehicles should always stay to the right of the white fog-line when parked along the road.

9.I) Runner Drop Off

Vehicles must drop off runners at least 500 feet prior to exchange points before parking. We ask that all runner drop-offs be brief.

9.J) Restricted Areas

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

9.K) Van Communication

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

9.L) Only 2 Race Vehicles per Team

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

9.M) Van Numbers Must Be Clearly Displayed

Teams must clearly display team numbers on both vehicles. Entrance into certain exchanges is dependent on van number visibility. Van numbers will be distributed at check-in. These are peel and stick numbers that must be placed on the outside rear window of each van. Do not create a blind spot. Teams using just one vehicle should post both van numbers in their windows so they are allowed at each exchange point.

10. RUNNERS

10.A) Runner Rotation

Runners must run in the same sequence for each segment of the race. For example, if a runner runs leg 3, he/she must also run leg 15 and leg 27.

10.B) Reflective Vests / Headlamps / LEDs

Each team must have at least twelve (12) reflective vests, four (4) headlamps or flashlights, and four (4) LED "tail/butt" lights. These must be presented at time of check in (see section 5).

10.C) Injured Runners During Race

In the event of an injury, any of the remaining runners can replace the injured runner. With the exception of the leg in which the runner was injured, legs cannot be split in pieces. For example, if runner 3 is injured half way through his or her first leg, any member of the team may complete the leg for him or her. Any member of the team can also fill in legs 15 and 27. Those legs can be filled with

different runners, or one can fill in the remaining legs. A 13th member is not allowed to join the team in order to run the remaining legs. Once a runner drops out of the race, he or she cannot enter back into the race. If an IV is administered, the injured runner is no longer eligible to run.

10.D) Mixed Division Injured Runners

The same rules and regulations for Mixed Division apply as described in the above section. If, however, the injured runner is female and her dropping out causes there to be more males than females on the team, then only female runners may finish her legs for her. At least 18 legs (half) of the relay must be completed by female runners.

10.E) Littering & Property Damage

Any runners who are reported to have damaged private or public property or to have littered, urinated or defecated on private or public property will be dismissed from the course and will not be invited back. Toilets and trash cans will be provided at all exchange points.

10.F) Follow Race Officials Instructions

Race officials include staff and volunteers. Course volunteers at exchanges are considered Race Officials. They have authority to disqualify a team for rule violations, abusive behavior, or a team's failure to follow instructions given by volunteers. Abusive treatment or disregard for their authority will result in a strike or disqualification, depending on severity.

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

Teams are responsible to make sure that their runners stay on the course. Vehicles may wait for their runners at critical points to direct them which way to go. If a runner gets off course, they are to return on foot or in their support vehicle to the point where they went off course and continue from there. Do not drive ahead to make up for the mileage that they may have added. Signage is occasionally moved; be prudent in your knowledge of the course.

10.H) Visible Race Number

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

10.I) Use of Slap Bracelets

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

10.J) No Pacing During Daytime Hours

Neither foot nor bicycle pacers are allowed on the course during daytime hours (see section 12.C).

RUNNER ARRIVALS AND HOLDING TEAMS

11. HOLDING TEAMS DOCUMENT

Accurate projections are critical to a successful Ragnar Relay. At any given spot along the race route we have the course set-up and volunteers in place for 6-12 hours. Based on your projections, we will start your team in a way that will keep you within this window. If a team runs just one minute per mile faster than they projected, they will be 3 hours ahead of their projection by the end of the race. For some teams this could mean that they will be ahead of the set-up crew.

11.A) Penalties

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

11.B) Policies and Procedures

Getting ahead of the set-up crew:

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

Getting behind the clean-up crew:

If a team gets behind the projection and falls behind the clean-up crew, we will usually allow the team to stay on the course and finish the race, but we reserve the right to force teams to leave the course if it becomes a safety concern.

11.C) Accurately Projecting Times

It is very important to accurately project the times when you will arrive at major exchange points along the course. Please refer to the 'Official Holding Times' table on page 6 of this document. If you need assistance in projecting your times and paces, please contact Customer Service.

Important locations and times *(The following table is just an example, official times will be listed on page 6.)*

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

HAVE FUN! BE SAFE!

Safe Runners – Safe Support – Safe Race

In the event of a serious emergency call 911. Safety is our number one priority. There are many potential hazards in a race of this type including, but not limited to: automobile traffic, road and trail conditions, and weather. We ask that all teams please take appropriate precautions to ensure a fun and safe event. Please help us keep the race safe by focusing on being safe runners, safe support crews, and by helping us keep the race as a whole safe. Below are some basic guidelines and rules to help us all have a safe race.

12. SAFE RUNNER

When you are the “on” runner, abiding by the following rules and guidelines will help keep you safe.

12.A) Run Against Traffic and on Proper Surfaces

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

12.B) Be Aware of Traffic and Obey Traffic Laws

Runners are to understand that they do not have exclusive use of the roadway and are required to obey all traffic laws. This includes stopping at traffic lights.

12.C) Running & Participating at Night

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

- Official Nighttime Hours can be found on page 6.
- **ALL runners must wear night gear during the Official Nighttime Hours** – reflective vest, headlamp (or flashlight) and blinking LED taillight.
- **ALL participants must wear reflective vests during the Official Nighttime Hours** if out of the team van anywhere on the course, including exchanges.
- Pacers may be used but **ONLY** during nighttime hours (see page 6). Pacers **DO NOT** have to be a member of the team. Running pacers can run with the runner but **MUST** run in single file. Bike pacers may **ONLY** be used on trails. Pacers **MUST** wear the same night safety gear as the runner (reflective vest, headlamp, and LED).
- If you choose to have a van driver, who is not a runner, the driver must also adhere to these safety guidelines.

12.D) Personal Music Devices and Headphones

The use of personal music devices with headphones while running is strongly discouraged. In an overnight relay, roads are not closed during the race and participants are running through the night. This format requires that all runners be alert and aware of their surroundings at all times. Wearing personal music devices causes distractions and the inability to hear what is going on around the runner.

If you still choose to use them, you do so at your own risk and must meet the following requirements:

1. Hear traffic
2. Be aware of the sounds around you
3. Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling)

Violations will be given out if you are unable to hear instructions. Three violations on any safety rule will result in disqualification for your entire team.

12.E) Running in the Heat

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

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

13. SAFE SUPPORT

When you are part of the support crew, abiding by the following rules and guidelines will help keep you safe.

13.A) Safety Officer/Navigator

Each van is required to have a safety officer/navigator that is awake and alert at all times. The safety officer is responsible for helping the team behave safely during the race. He or she must be seated in the front passenger seat and must have the safety guidelines and rules within reach at all times. The safety officer responsibilities may be rotated between team members. The safety officer must be someone other than the driver.

13.B) Exiting and Being Outside the Vehicle

Remember that these are open roads. Every member of the team (including drivers) must have his or her own reflective vest. Everyone that is out of the vehicle on the course at night must wear a reflective vest. This includes exchanges, shoulders, roadways, and parking lots adjacent to the course. Reflective vests must be worn during the Official Nighttime Hours (see page 6). From DUSK TO DAWN, KEEP YOUR VEST ON. We also encourage you to wear bright colored clothing at all times of day and light/bright clothing at night. Dark clothing is very hard to see at night.

13.C) Road Crossing

Any team member crossing the road must do so with an orange crossing flag, day or night. This applies to the support crew – not the “on” runner. Teams will be given flags at the safety briefings (see section 14.F). Two flags will be provided at the start to Van 1 and two flags will be provided at exchange 6 for Van 2. A credit card deposit of \$15 is required for each flag, but that amount will not be charged to the cards if they are returned at the finish.

- Obey all traffic/pedestrian and j-walking laws
- Cross at crosswalk if there is a crosswalk within sight
- No crossing if there is a median
- No crossing roads with more than two lanes (one lane in each direction)
 - Roads with a total 3 lanes or more MUST be crossed at cross walks

13.D) Vans

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

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

13.E) No Van Support Leg Rules

If a leg along the course is labeled as a “No Van Support” leg, team participants need to obey the following rules:

- **Team members are not allowed out of their vehicle on the roadway.** This includes the lane of traffic and the shoulder. Team members are allowed to get out of their vehicles in safe locations that are off the roadway (parking lots, parks, etc.).
- Teams vehicles may pull over where it is legal to cheer and monitor runners but must obey all traffic laws, not impede traffic in anyway, and be out of the lane of traffic.
- If a runner is in distress and there is a safety concern, teams may assist their runner or a runner from any other team, but must obey all traffic and pedestrian laws in doing so.

Special Note: On 'no van support' legs runners need to make sure they are well hydrated before starting their leg and should carry water with them to ensure proper hydration throughout their run. All 'No Van Support' legs over 4 miles long will have at least one water station. 'No Van Support' legs over 8 miles long will have at least two water stations.

14. SAFE RACE

Help us keep the race safe by abiding by the following safety rules and by helping other teams to behave safely.

14.A) Prohibited Items on the Course

The following items are not allowed on the race course: rollerblades, unauthorized bicycles, dogs or other animals, baby joggers/strollers, scooters, skateboards, and any other device that may endanger others or put a runner at an advantage over the other participants.

14.B) Alcohol

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

14.C) Sleep in Designated Sleeping Areas

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

14.D) In the Event of an Emergency

In the event of serious emergency call 911. We will have limited medical staff on hand. First aid personnel will be stationed at all major exchanges. They will be equipped to handle only minor sports injuries. Please be aware of this and plan ahead for how you will handle any emergencies. It is the responsibility of each team to be aware of the location of hospitals and other medical facilities.

In the event of an emergency notify the nearest race official, as they will be able to communicate with nearest medical personnel or call for an ambulance if the emergency is severe enough. If you are not near any race officials, please text Race Command at 661-RAGNAR1 (661-724-6271). If the emergency is severe, **FIRST** call 911, then notify Race Command at 661-RAGNAR1.

14.E) Mandatory Safety Training Meeting at Start Line and Major Exchange 6

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

14.F) Bad Weather

The race will occur rain or shine. However, under certain severe weather conditions where the safety of runners is in jeopardy or where significant damage or alterations to the race course occur, we reserve the right to cancel the event. There will be no refunds given if the race is canceled due to weather. Conditions that may result in a race being canceled or delayed include but are not limited to the following: severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, etc.

14.G) Heat

If there is extreme heat during the race we reserve the right to hold teams until the temperature drops. In this scenario, we would have teams skip ahead 1 leg for every 1 hour of Heat Hold. Race officials at each exchange will document teams' stop and restart times. Teams will not be allowed to restart before their designated restart time. If teams restart after their designated restart time, the difference will be added to their overall result times. During a Heat Hold all teams are encouraged to get off of the course, out of the sun, and not to proceed to their next exchange until 15 minutes prior to their restart time. After the race, Ragnar will apply each team's average pace to the legs that were skipped. Note that if a Heat Hold is in place, your team is still responsible for attending the start line /exchange 6 for race check-in and the safety training before skipping to their re-start exchange.

14.H) Lightning

If there is lightning at the start of the race we reserve the right to delay starts until the lightning clears. If you see lightning on the course after the race has started, get your runner off the road and into the support vehicle. Make a note of the time and the location where you exited the course. If lightning clears within 1 hour put your runner back on the road where they left and make a note of the time. If lightning persists longer than an hour, move ahead to the next exchange. For every hour of lightning, you may move ahead one exchange. Keep close track of where and when you left the course and where and when you returned to the course. At the end of the race we will have a form available for you to report these locations and times. We will then calculate your average pace and apply this pace to the segment of the course that you missed. In this way we will adjust all overall race times. Only teams that have taken accurate notes will be given official times.

14.I) Flooding

If a runner encounters flooded areas that are impossible to cross, get your runner into the support vehicle, and drive the runner ahead where the road is no longer flooded to continue running his or her leg. Keep track of how far your van drives ahead by .10 of miles and report the mileage and speed traveled at the finish line. We will take your team's overall average pace, the mileage and speed driven and adjust your team's time accordingly. Only teams that have taken accurate notes will be given official times.

14. J) Wildlife/Open Range Rules

If a runner encounters any wildlife that is aggressive on the course, get your runner off the road and into your support vehicle. The vehicle should drive ahead and let the runner out at a safe and reasonable distance ahead of the wildlife to continue his or her leg. Keep track of how far your van drives ahead by .10 of miles and report the mileage and speed traveled at the finish line. We will take your team's overall average pace, the mileage and speed driven and adjust your team's time accordingly. Only teams that have taken accurate notes will be given official times.

14.K) Report Other Teams Breaking Safety Rules

We will have Course Marshals out on the course monitoring teams for safety and adherence to all rules. However, with the size of the course we cannot be everywhere at once. We are asking teams to help us keep the course safe by reporting teams that are violating any of the above rules. To report violations:

Send a text message to 661–RAGNAR1 (661-724-6271)

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

Please use this number to keep us informed. Send text messages if you see improper signage, unsafe conditions, if you become lost, etc.

ENFORCEMENT

15. RULES AND SAFETY ENFORCEMENT

Rules are enforced based on a “three strikes you’re out” policy. There will be race officials monitoring the course to enforce rules. Teams will be notified via text message each time they violate a rule (cell phone numbers will be collected at the start line and exchange 6). If a team receives three safety violations a Course Marshal will meet them to review the validity of each violation. If the Course Marshal deems that the violations are valid, the team’s slap bracelet will be confiscated and the team must leave the course.

In addition to Course Marshals, teams will have the ability to text in rule violations. Course Marshals will determine the validity of all text messages received from teams.

Course Marshals may also disqualify teams on the spot without prior warning for what they deem to be serious rule violations.

RAGNAR REFLECTIVE VEST REQUIREMENTS

Safety is our number one priority. *Ragnar Relay* requires every runner to have a reflective vest prior to getting on the course. Any participant (not just the active runner) who is outside of their team van during nighttime hours must wear a reflective vest, even van drivers. In street clothes at night, you are only visible to drivers up to 200 feet. Most reflective vests make it so runners become visible to drivers up to 1200+ feet. Adding headlamps and flashing LED tail-lights provides increased visibility and safety.

We receive many questions on reflective vest and what is acceptable. Reflective vests must have **reflective material on the front, back and shoulders**. The pictures below illustrate what types of reflective vests are acceptable. The color of the vest does not matter, just the amount of reflective material.

APPROVED



Standard Reflective Vest

APPROVED



Running Reflective Vests

APPROVED



Reflective Harness

The following items are **not approved for use in Ragnar races**: homemade products, reflective sleeves, reflective belts, adhesive reflective tape, or reflective piping.

NOT APPROVED



Reflective sleeves

NOT APPROVED



Reflective Belt

NOT APPROVED

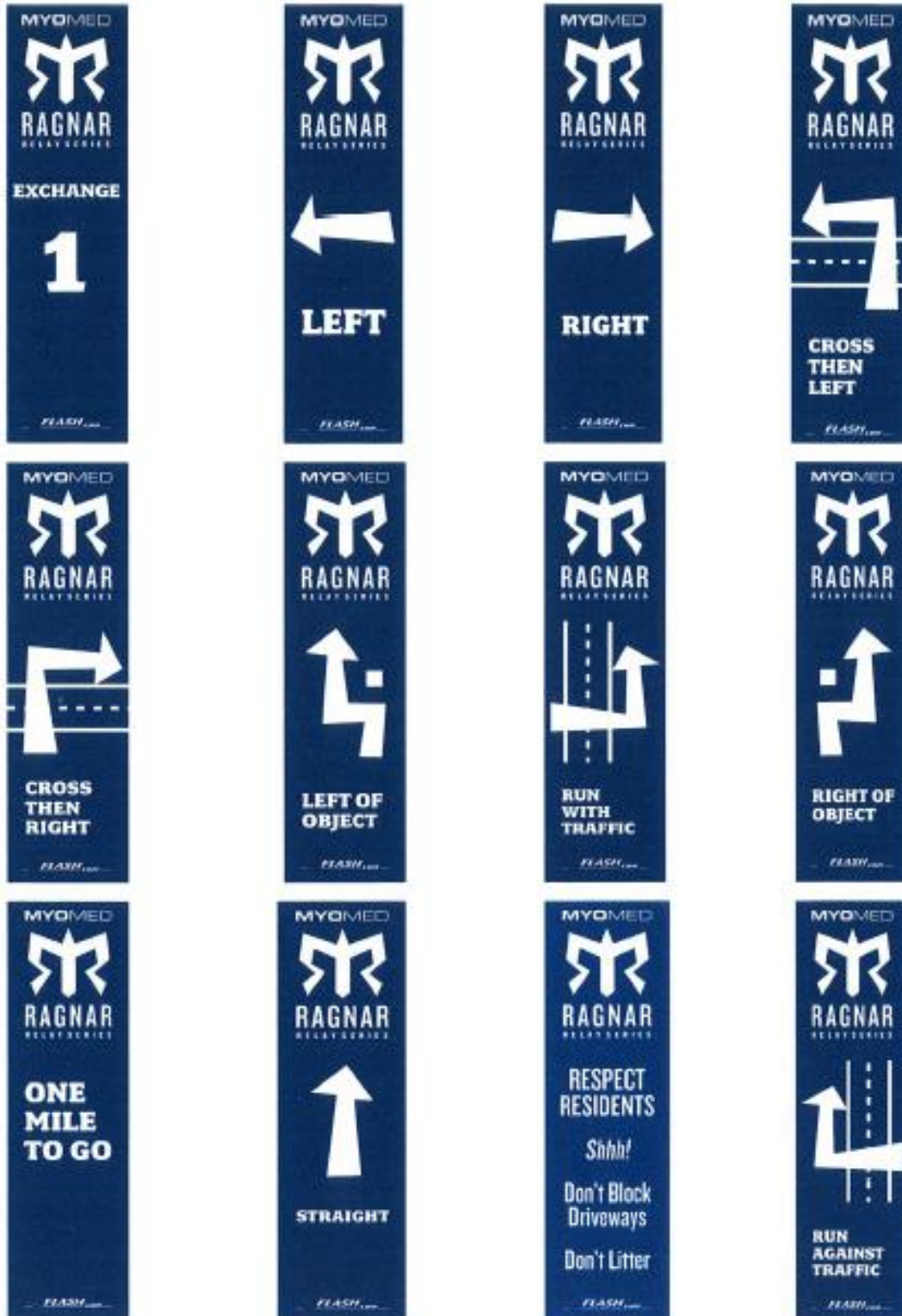


Clothing with Reflective Piping

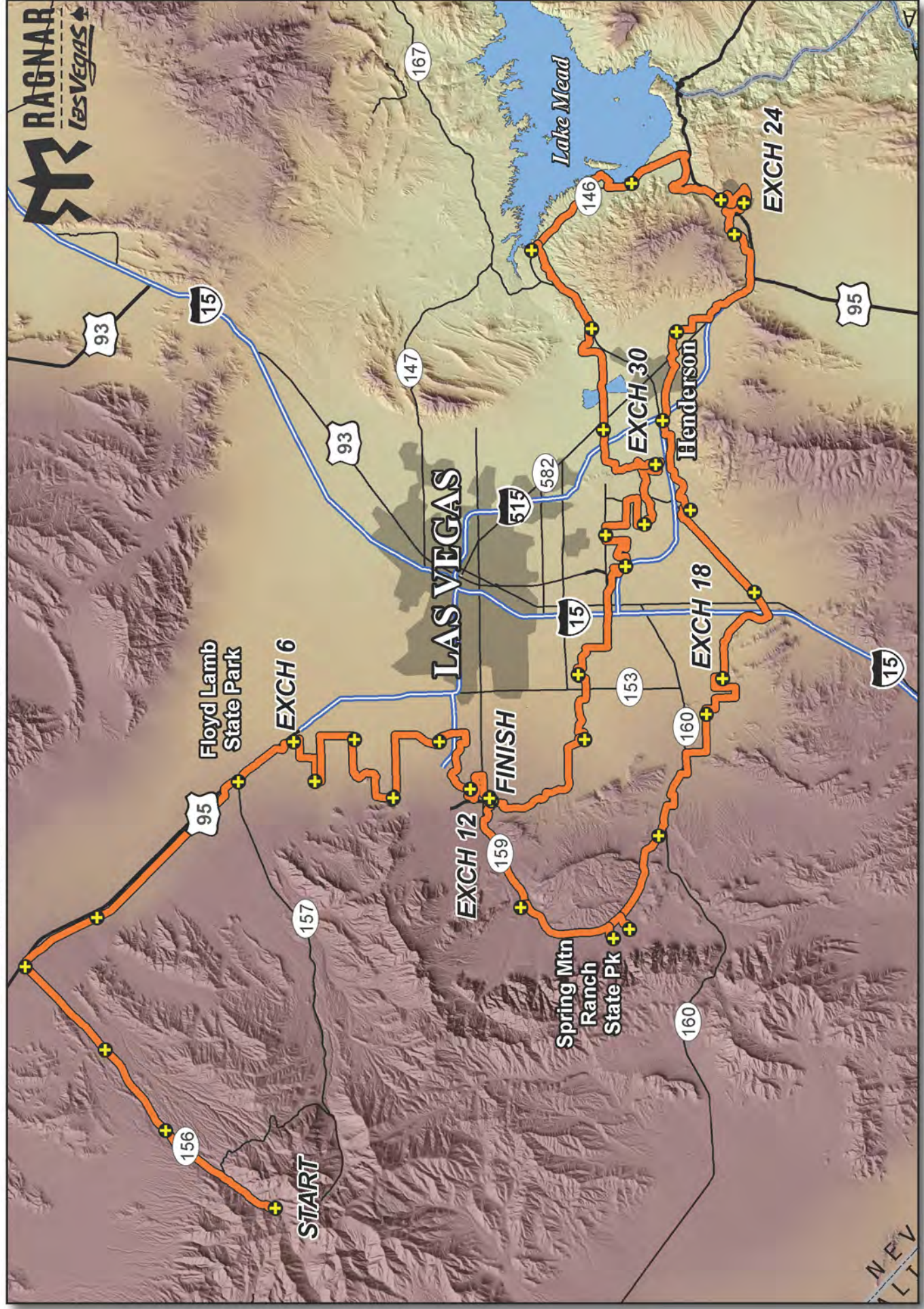
For questions please contact the Race Director

DIRECTIONAL SIGNS

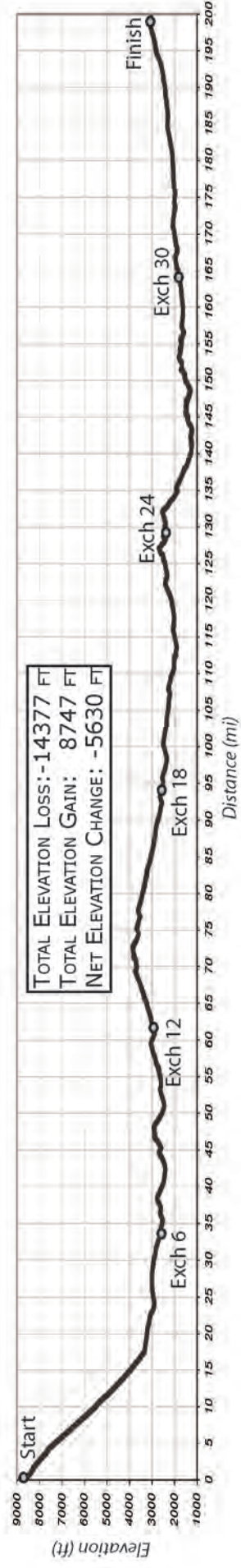
Along the course there will be course signs that communicate to the runners which direction to go, on what side of the road to run, which exchange they are at, etc.



COURSE OVERVIEW -- 197.4 MILES



ELEVATION PROFILE



MAP SYMBOL LEGEND



Exchange



Tenth-Mile Marker



Mile Marker



Runner Route



Van Route



Water Station



Trail Entrance and Exit



Trail Entrance



Trail Exit



No Van Support Segment

VAN 1 -- LEGS 1-6 -- 34.7 MILES



The Ragnar Relay Las Vegas course starts in the picturesque mountains, more than likely complete with snow. I know, snow in The Vegas? It's true. Elevation starts around 8600 ft and by Exchange 6, you'll be back in the desert at an elevation of about 2500 ft. What the hill?! Whoever said running downhill was "easy" hasn't run Ragnar Las Vegas! Enjoy every minute of these first miles.

Vans: Vans proceeding to the start line should not follow the course map but should take the directions below:

0.0 Take Interstate 95 North to Kyle Canyon Road (route 157), turn

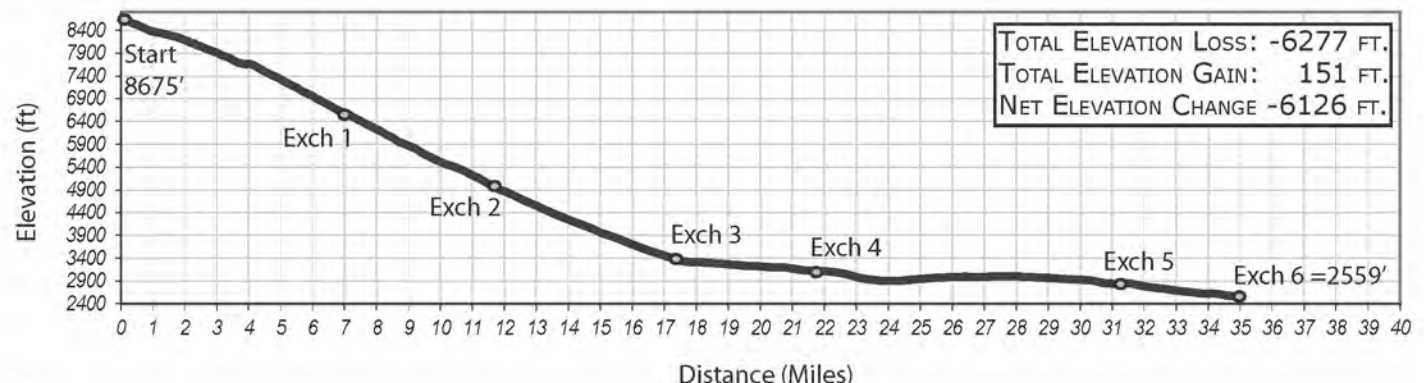
17.7 LEFT onto Kyle Canyon Rd
Turn RIGHT onto Deer Canyon Hwy (Route 158)
26.7 Turn LEFT onto Lee Canyon Rd and proceed to the Las Vegas Ski and Snowboard Resort.
29.2 Parking will be on the LEFT prior to arriving at the start line

USE CAUTION ON LEE CANYON ROAD AS YOU WILL BE SHARING THE ROAD WITH RUNNERS!!!

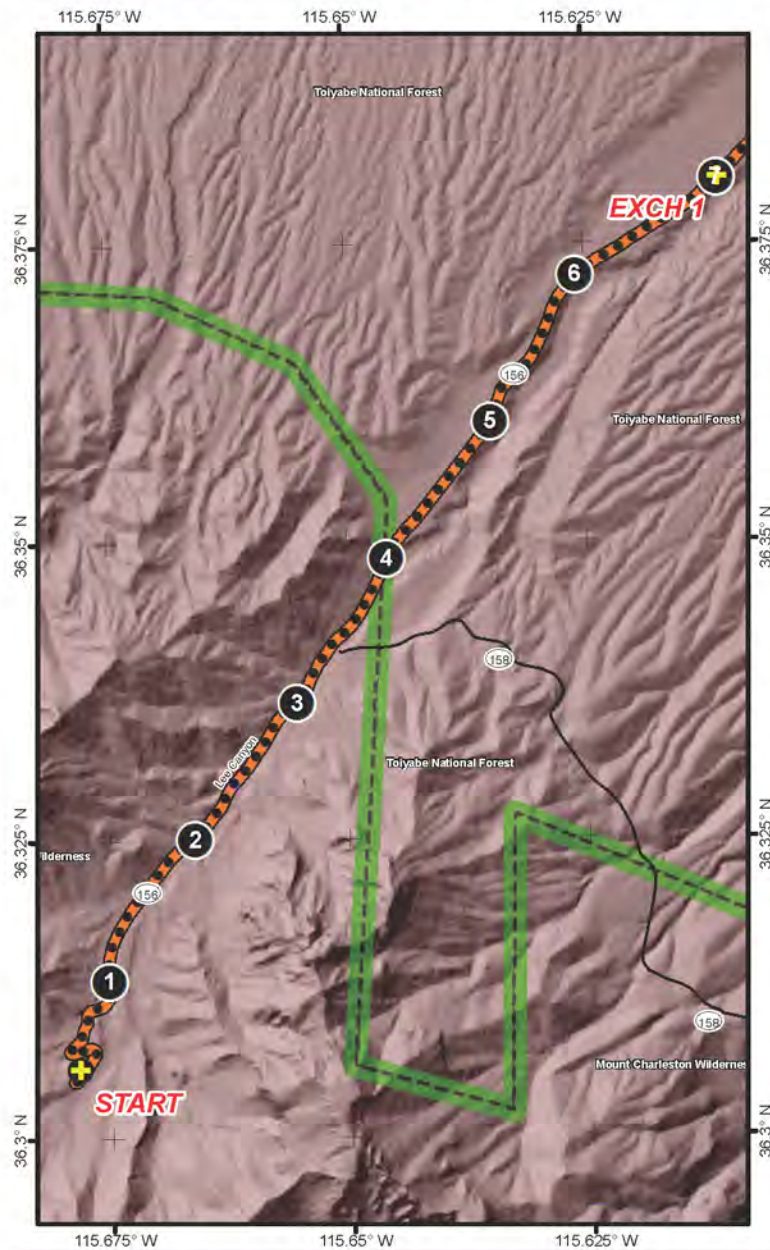
Inactive Van Route to Exchange 6:

0.0 Leaving the start line head back out Lee Canyon Rd.

3.2 Turn Right onto Deer Creek Hwy at the Road Closure
12.0 Turn LEFT onto Kyle Canyon Rd. Follow Kyle Canyon Rd. to I-95 headed South
31.5 Take the Durango Dr. Exit.
32.1 Turn Right at the end of the exit Ramp to head south on Durango Dr.
32.1 Take the first Left onto Oso Blanca Rd. DO NOT FOLLOW RUNNERS WHEN THEY TURN RIGHT OFF OF OSO BLANCA RD!
32.9 Exchange 6 is on your Right just after you go under the overpass.



LEG I -- 7.0 MILES -- HARD



Exchange 1:
Lee Canyon Rd Pulloff

Leg Description

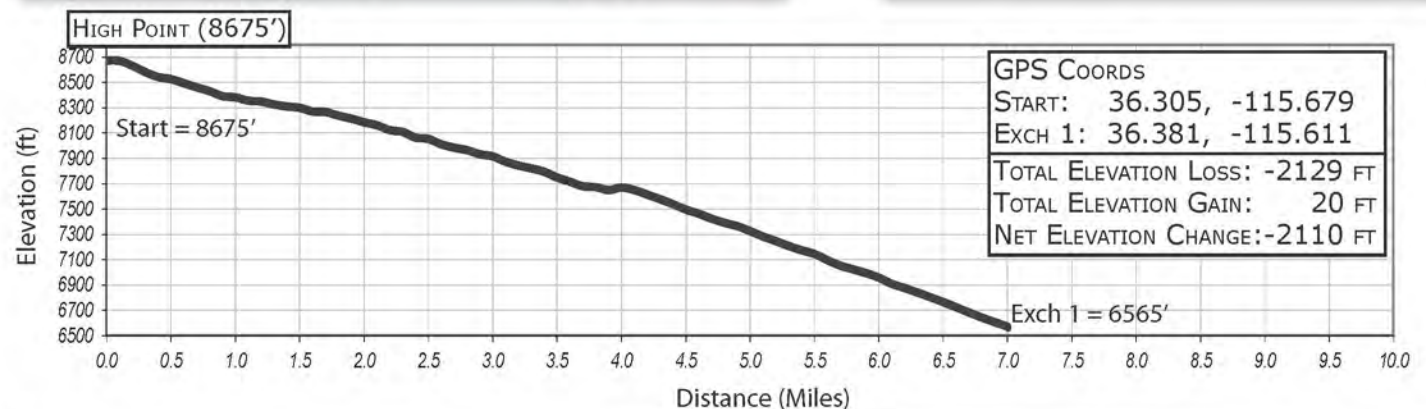
You're on your way! Runner 1 is the only runner who gets to say that they are running through Humboldt-Toiyabe National Forest. Fact: 6.3 million acres, and the largest national forest in the lower 48 states. You just became that much more impressive.

Leg Notes:

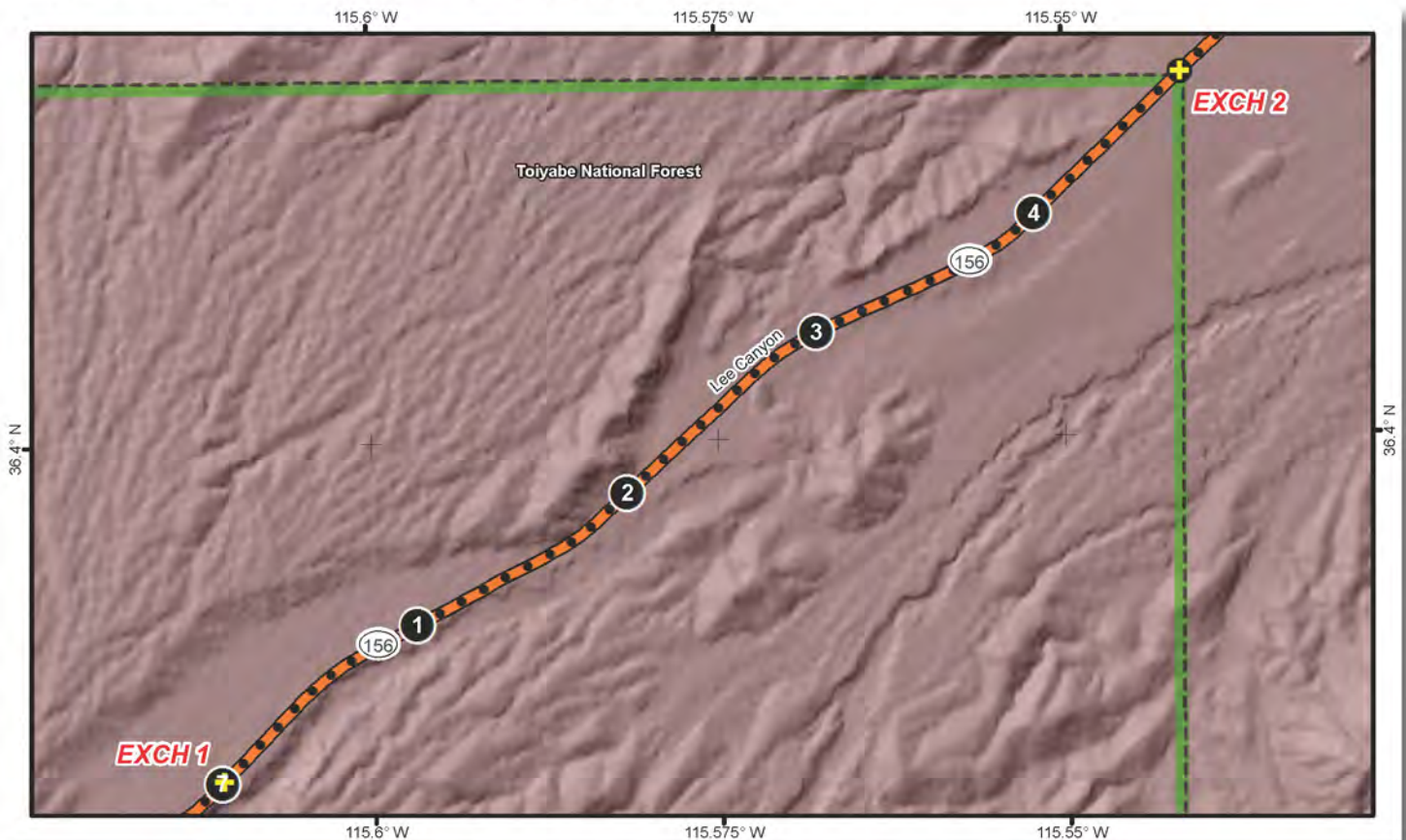
Leaving the Las Vegas Ski and Snowboard Resort, vans are cautioned to keep speeds low as roads wind out of the park.

LEG LEGEND:

- 0.0 Depart near Lee Canyon on SR-156 [Lee Canyon Rd] (South)
- 7.0 Arrive at Exchange 1



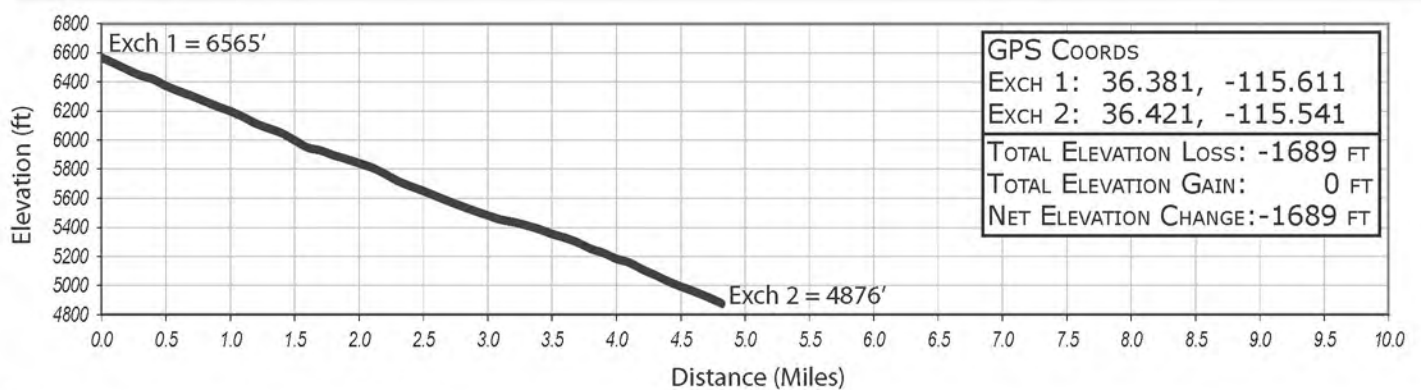
LEG 2 -- 4.8 MILES -- MODERATE



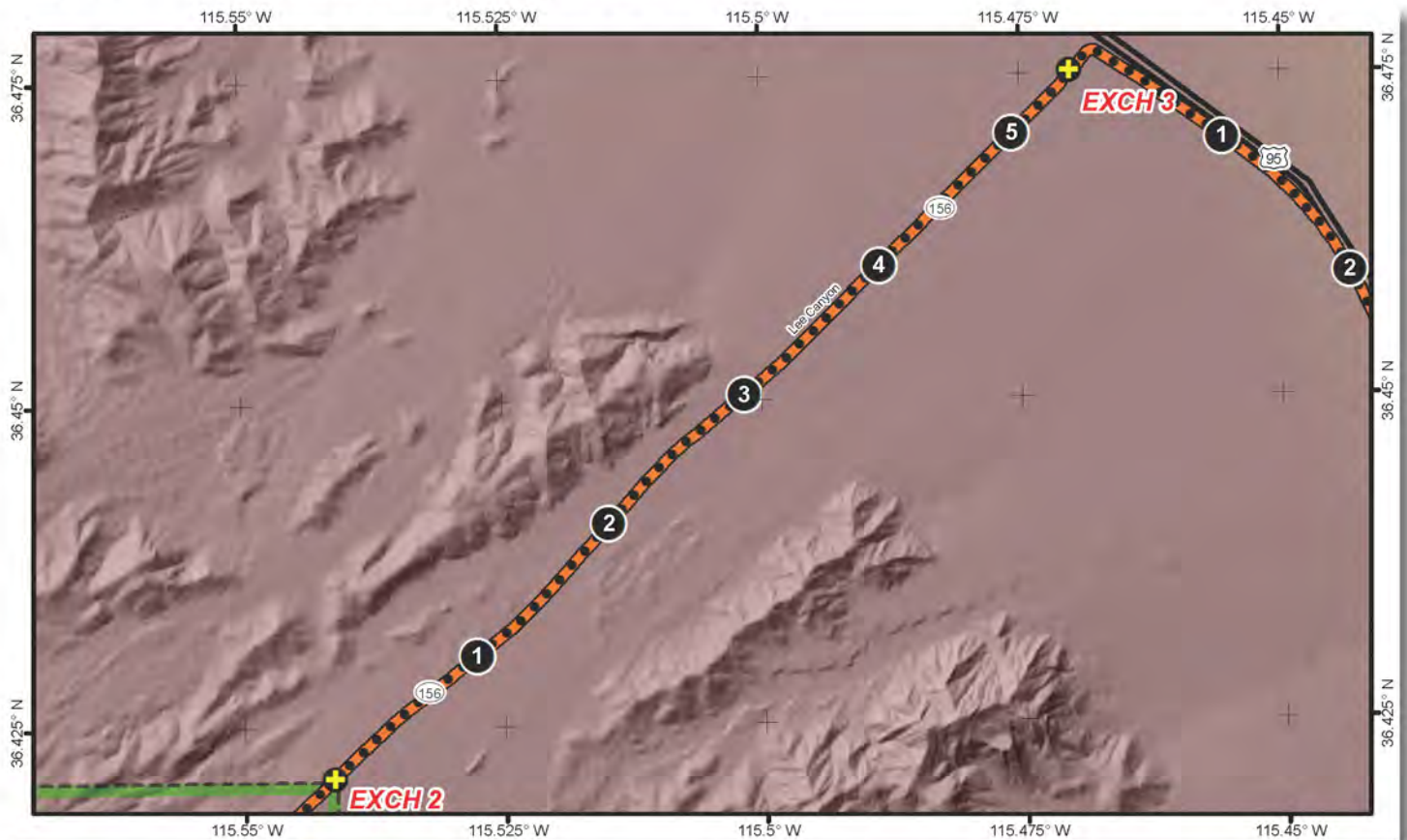
Exchange 2
Lee Canyon Rd Pulloff

Leg Legend

- 0.0 From Exchange, Continue on SR-156
- 4.8 Arrive at Exchange 2

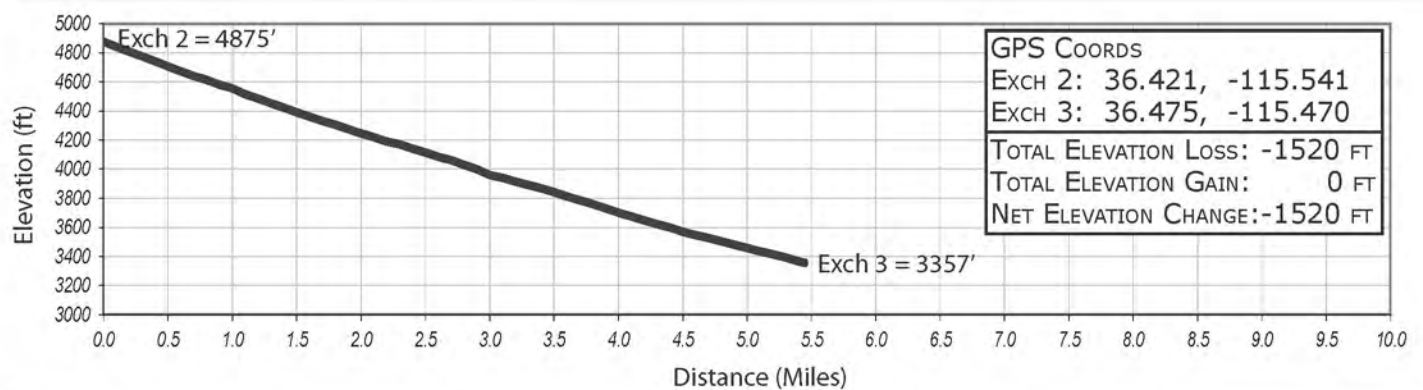


LEG 3 -- 5.5 MILES -- MODERATE



Exchange 3:
Lee Canyon Rd & Hwy 95

LEG LEGEND:
0.0 From Exchange, Continue on SR-156
5.5 Arrive at Exchange 3



LEG 4 -- 4.3 MILES -- MODERATE -- NO VAN SUPPORT, NO PULLING OVER



Exchange 4:

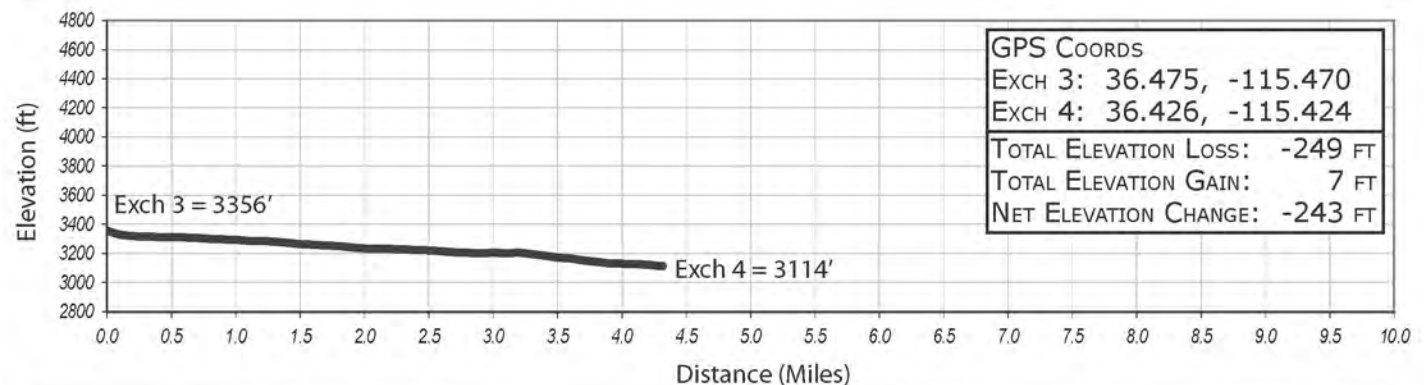
Hwy 95 Pulloff
36.425529°, -115.429327°

Leg Notes:

Leg 4 is a NO VAN SUPPORT leg. There will be one water station on this leg, all runners must carry their own water. Vans are not allowed to pull over at any time or they will be issued safety violations.

LEG LEGEND:

- 0.0 Leaving exchange 3, cross SR-156, run west on SR-156
- 0.1 Turn RIGHT onto Powerline Road.
- 4.3 Arrive at Exchange 4



LEG 5 -- 9.5 MILES -- VERY HARD -- NO VAN SUPPORT, NO PULLING OVER



Exchange 5:

Kyle Canyon Rd & Hwy 95
36.3266280°, 115.315908°

Leg Notes

Leg 5 is a NO VAN SUPPORT leg. There will be two water stations on this leg, all runners must carry their own water. Vans are not allowed to pull over at any time or they will be issued safety violations.

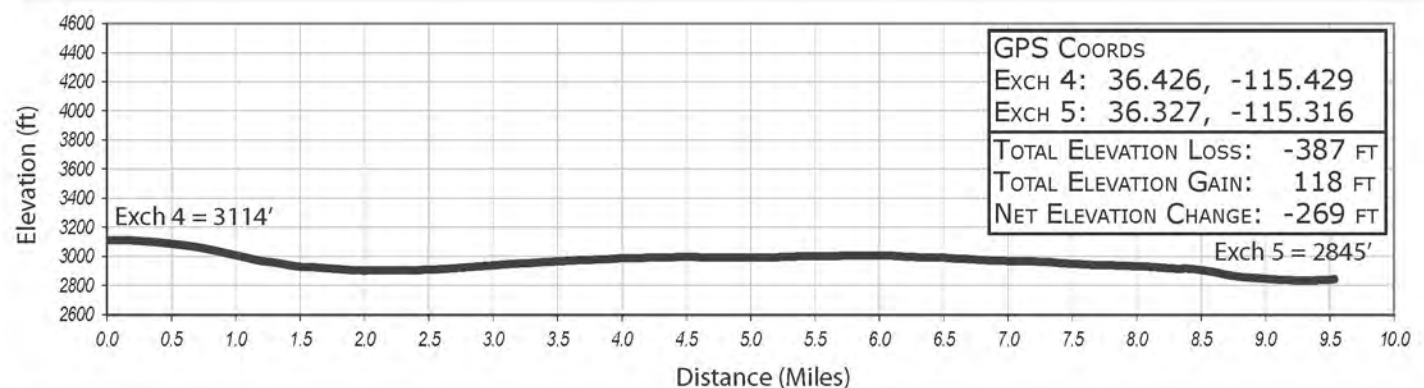
Leg Description

9.7 miles is no joke! You will have plenty to brag about when you're finished. Just be sure to carry water with you no matter what the weather is doing outside.

LEG LEGEND:

0.0 Departing the exchange, continue south on Powerline Road.

- 9.1 Powerline Road turns into W Frontage Road
- 9.5 Arrive at Exchange 5



LEG 6 -- 3.6 MILES -- EASY -- PARTIAL NO VAN SUPPORT



Exchange 6:

Mountain Ridge Park
7151 Oso Blanca Rd
Las Vegas, NV 89149

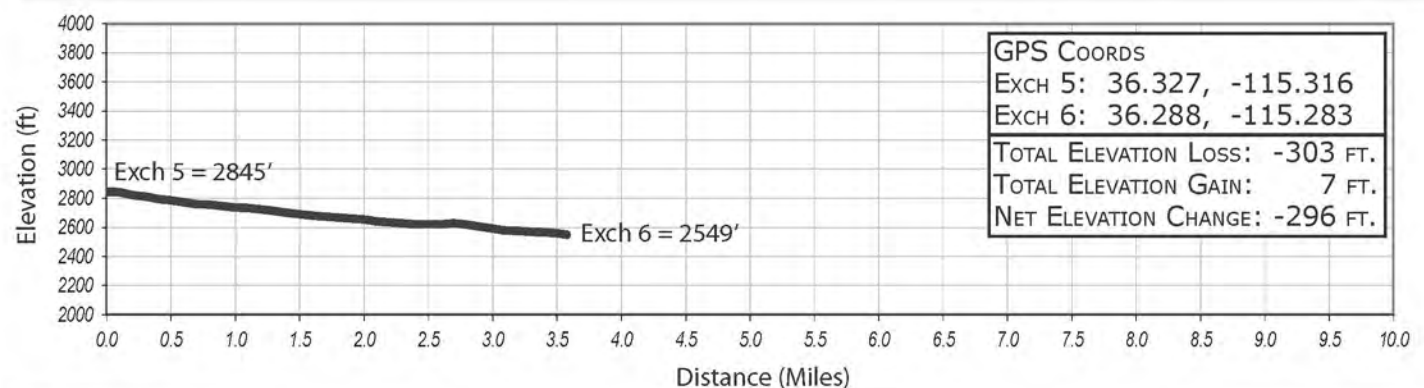
continue on Oso Blanca Road
RUN WITH TRAFFIC.
3.1 Turn RIGHT onto Grand
Montecito Parkway
3.6 Turn LEFT into exchange 6

Van Route

0.0 Follow Runners
3.0 When runners turn right onto
Grand Montecito, continue
STRAIGHT on Oso Blanca Rd
3.4 Turn RIGHT into exchange at
Mountain Ridge Park.

Leg Legend

0.0 Leaving Exchange, head
STRAIGHT on Oso Blanca Rd
RUN AGAINST TRAFFIC.
2.9 Cross at Durango Rd. then



VAN 2 -- LEGS 7-12 -- 27.6 MILES

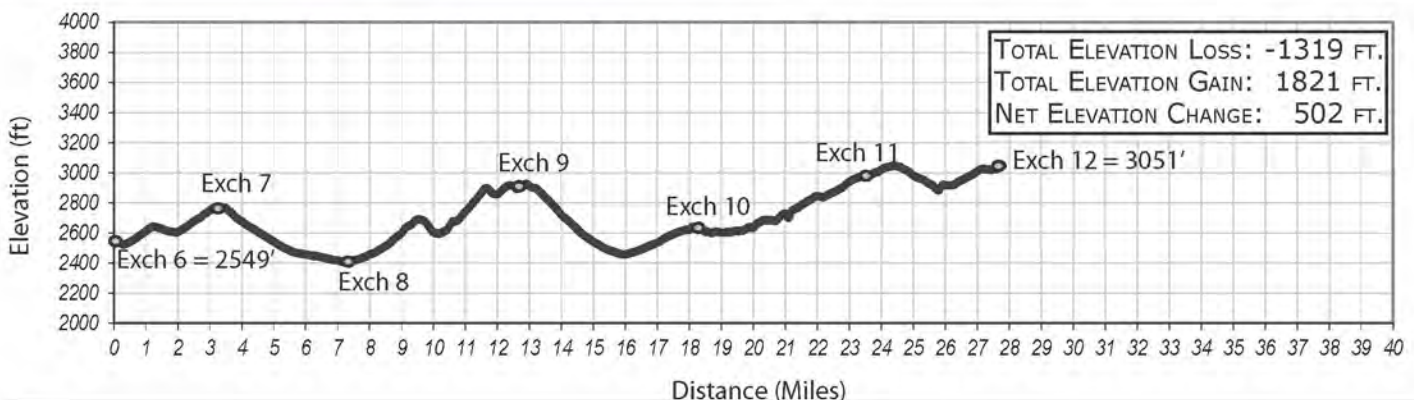
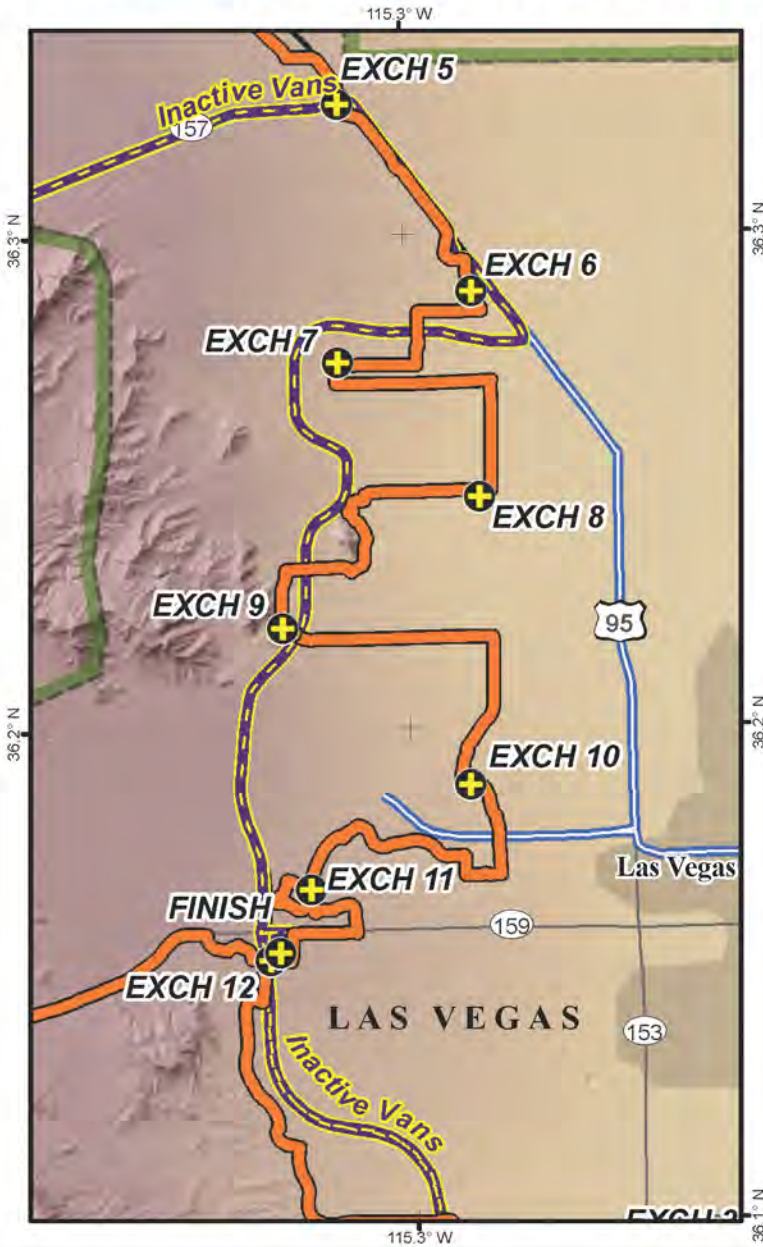
OVERVIEW

Van 2! Welcome to The Vegas (Yes, the Race Director lovingly refers to this city as The Vegas, you'll get used to it). The next six legs will give you a tour through some of the neighborhoods, parks, and trails in the Northwest part of town. Be sure to take note of the awesome views of the strip and red rocks as you make your way to Downtown Summerlin!

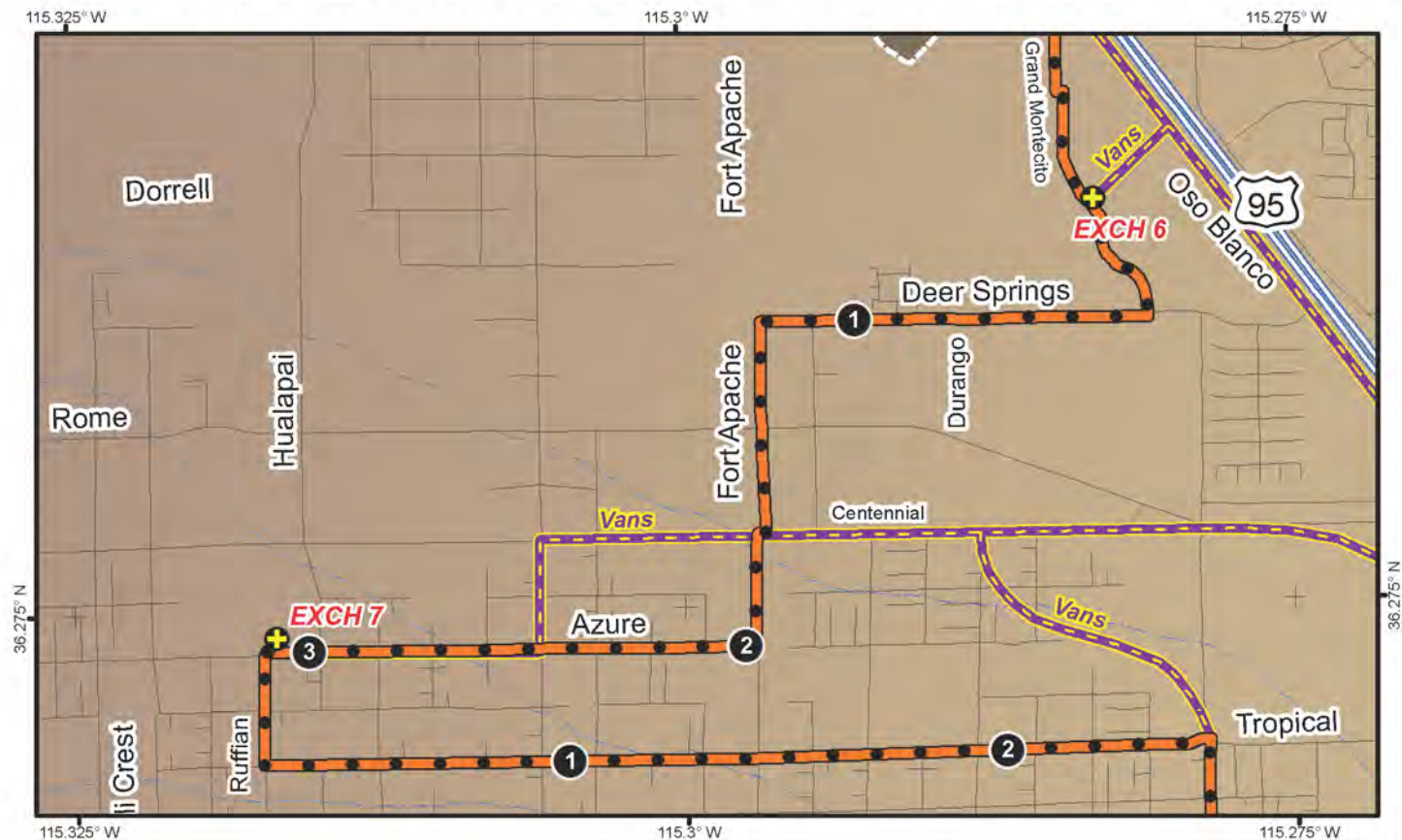
Inactive Van Route to Exchange 12:

- 0.0 Leaving the exchange, turn RIGHT onto Oso Blanca Rd
- 1.0 Take the 2nd RIGHT onto County Rd 215 W
- 13.1 Take exit 26 for Charleston Blvd/NV-159
- 13.4 Turn LEFT onto Charleston Blvd
- 13.8 Turn RIGHT onto Pavilion Center
- 14.2 Turn RIGHT onto Summerlin Centre
- 14.6 Arrive at Exchange 12

Red Rock Resort & Casino
11011 W Charleston Blvd
Las Vegas, NV 89135



LEG 7 -- 3.1 MILES -- MODERATE - NO VAN SUPPORT



Exchange 7:

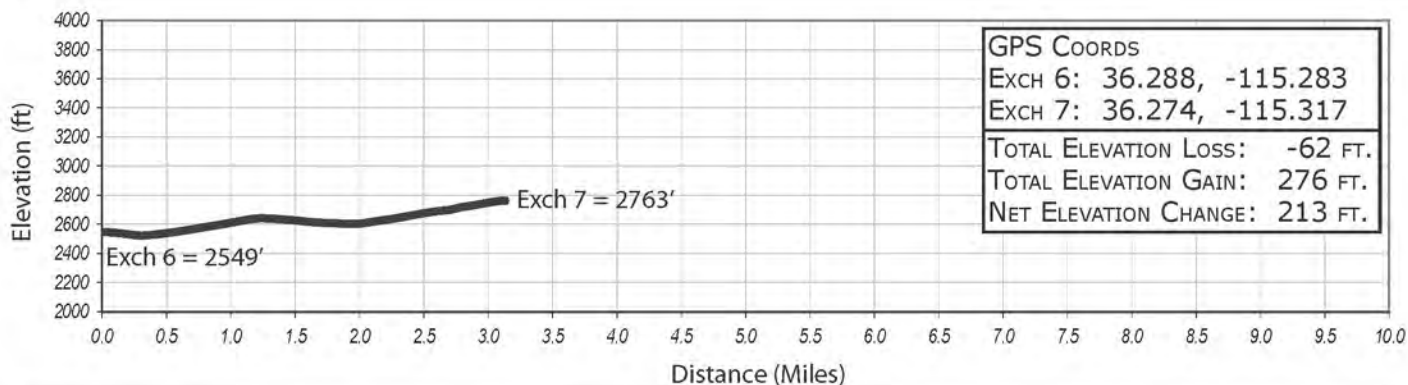
LDS Church
10070 Azure Drive
Las Vegas, NV 89149

Leg Legend

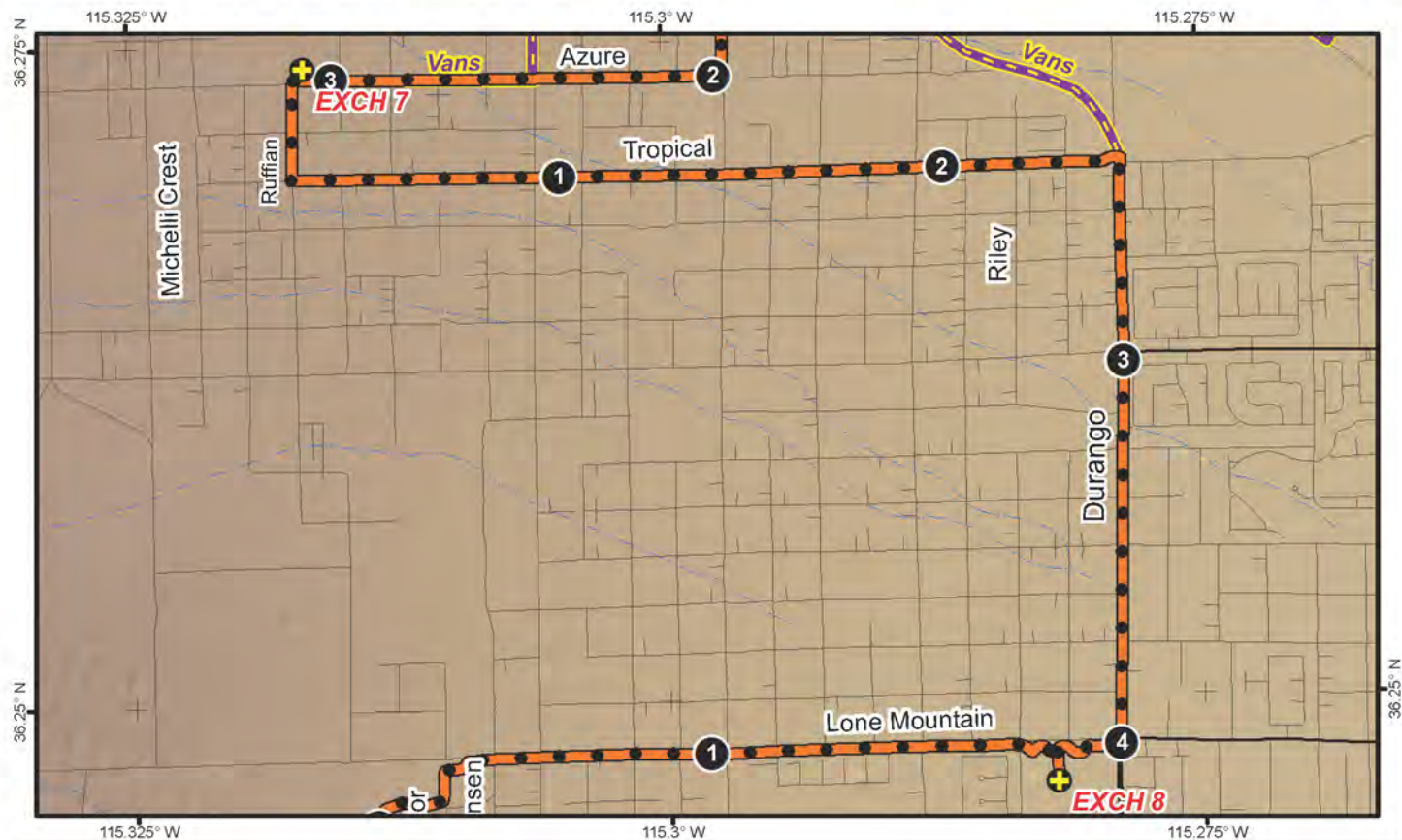
- 0.0 Exit LEFT out of Mountain Ridge Park onto Grand Montecito Pkwy
- 0.3 Take a RIGHT onto Deer Springs Rd
- 1.2 Turn LEFT onto Fort Apache Road
- 1.7 Turn RIGHT onto Centennial Parkway
- 1.7 Turn LEFT onto Grand Canyon Dr
- 2.0 Turn RIGHT onto Azure Drive
- 3.1 Arrive at Exchange 7 on the LEFT

Van Route

- 0.0 Turn RIGHT out of the park on Oso Blanco Rd.
- 1.5 Turn RIGHT onto Centennial Pkwy
- 3.7 Turn LEFT onto Grand Canyon Drive
- 4.0 Turn RIGHT onto Azure Drive
- 4.6 Arrive at Exchange 7



LEG 8 -- 4.3 MILES -- HARD



Exchange 8: Mountain Crest Park
Mountain Crest Park
4701 N Durango Dr
Las Vegas, NV 89129

Leg Description

On your journey to exchange 8, you'll get the chance to go through a neighborhood where we hear quite a few of our friends at Las Vegas Metro Police Department reside with their families. Wave, say hello, respect the residents, and don't forget to abide by all traffic laws along the way.

Leg Notes

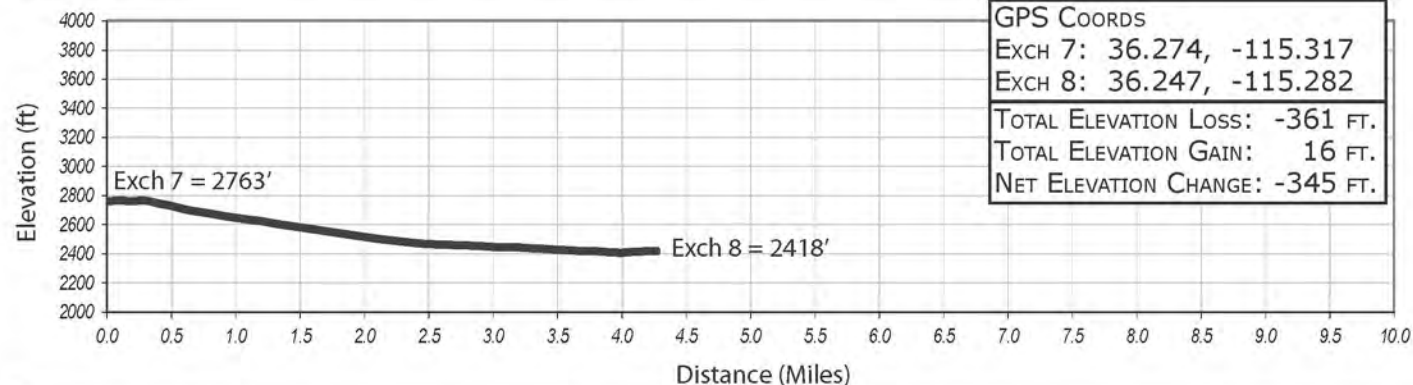
When crossing the 215 Beltway, be sure to wait for detail officers to cross. Be sure to follow all traffic laws in the neighborhoods!

Leg Legend

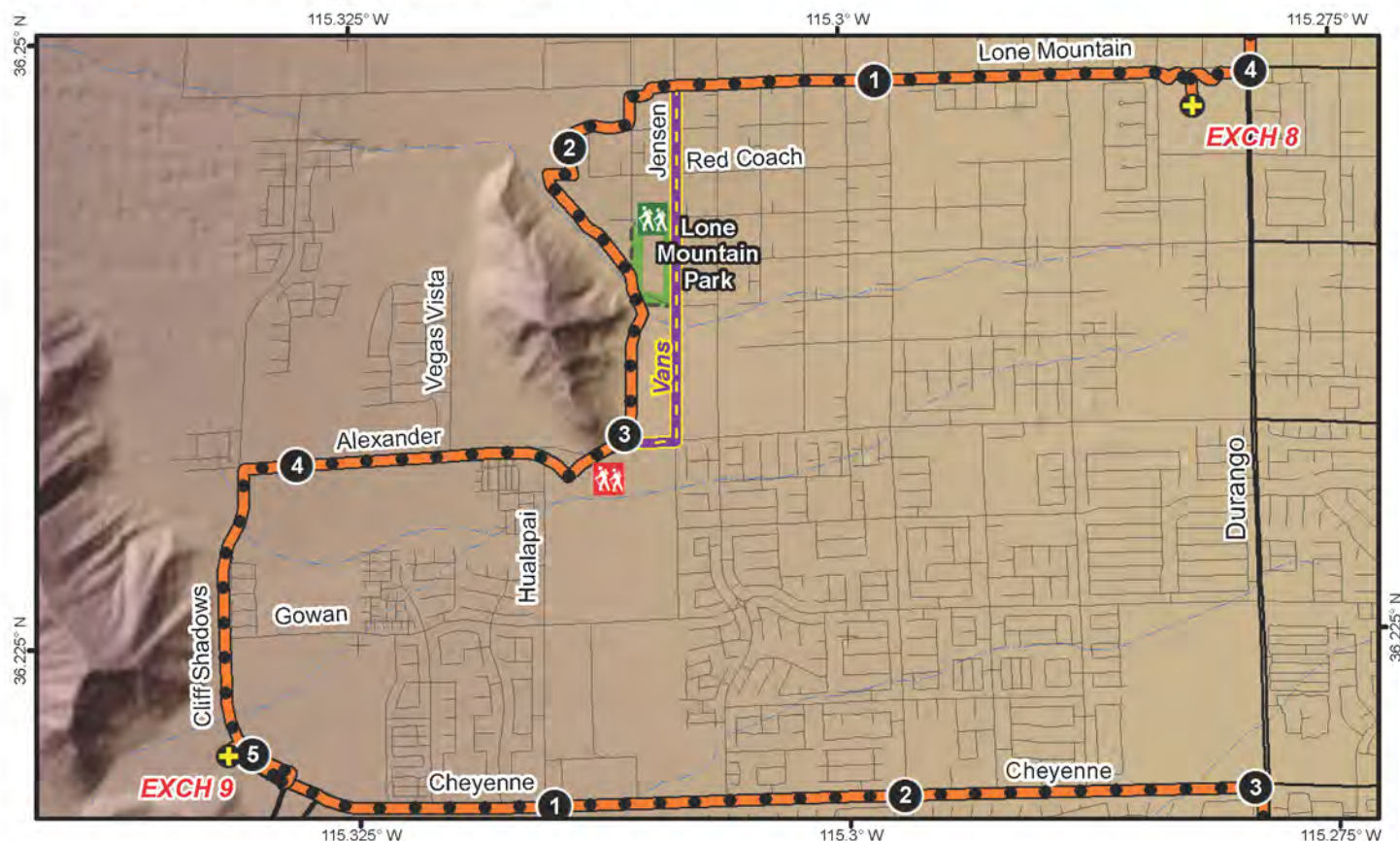
- 0.0 Exiting exchange head STRAIGHT on dirt road that turns into Ruffian Road
- 0.3 Turn LEFT onto Tropical Parkway
- 2.4 Turn RIGHT onto Durango Drive
- 4.3 Cross and arrive at Exchange 8

Van Route

- 0.0 Turn LEFT out of exchange 7 onto Azure Drive
- 0.6 Turn LEFT onto Grand Canyon Drive
- 0.9 Turn RIGHT onto Centennial Pkwy
- 1.9 Turn RIGHT onto Durango Drive
- 4.4 Turn RIGHT into Mountain Crest Park parking lot



LEG 9 -- 5.4 MILES -- MODERATE



Exchange 9:

Buckskin Cliff Shadows Park
Las Vegas, NV 89129
(Approx. 3422 Cliff Shadows Pkwy
Las Vegas, NV 89129)

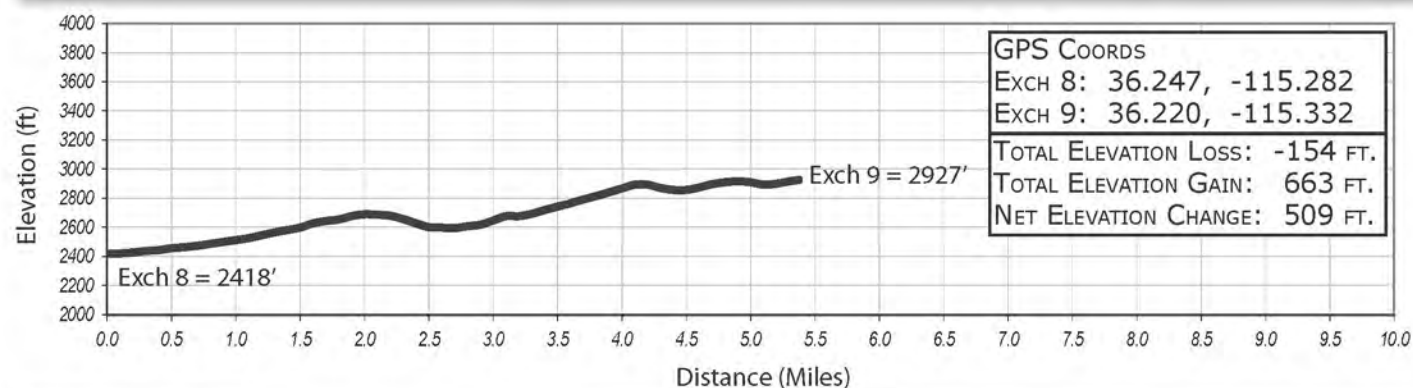
Leg Description: You have a short trail section on this leg that will take you right next to Lone Mountain, which is exactly what the name says. A mountain chillin by itself in the middle of the city? Pretty sweet if you ask me

Leg Legend

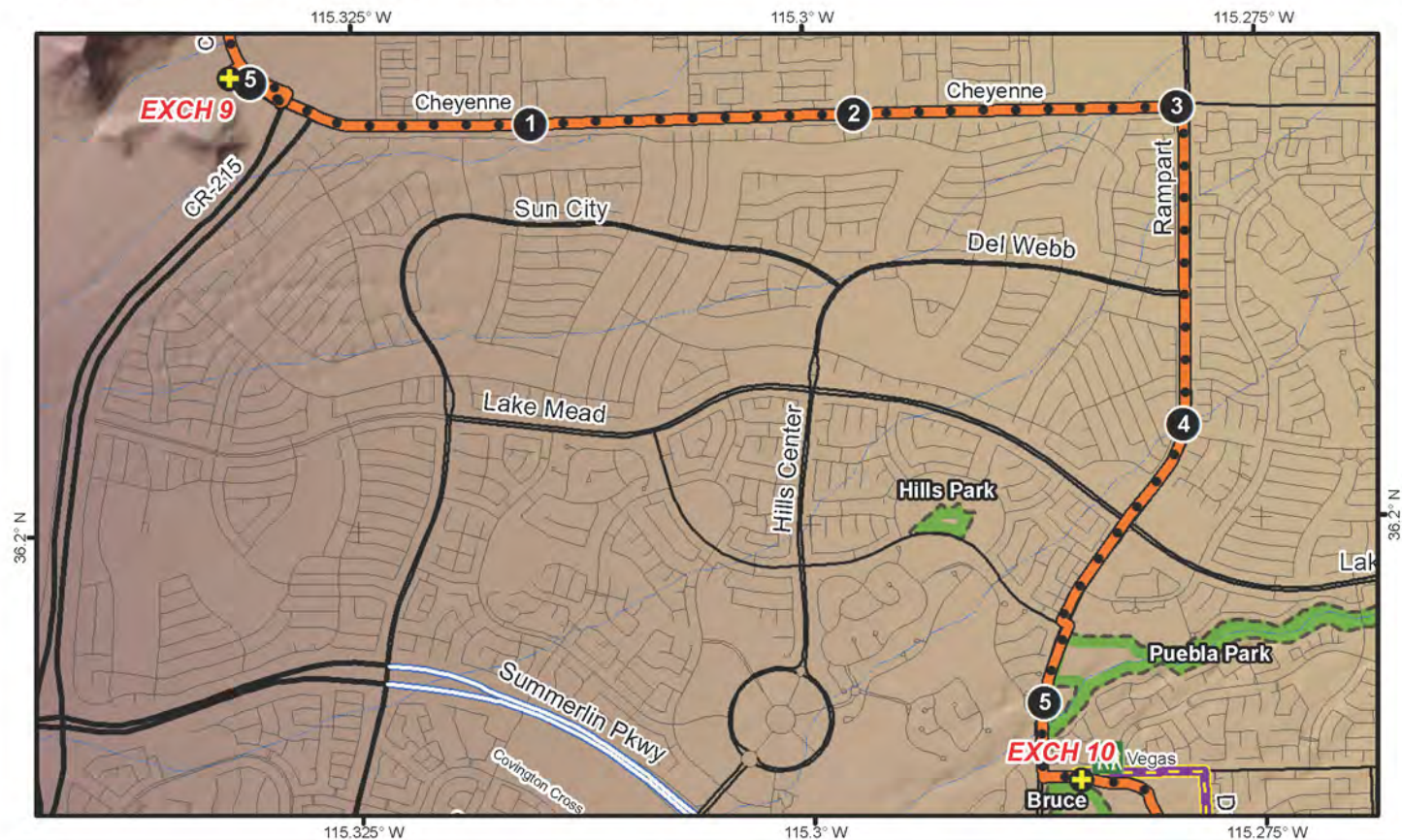
- 0.0 Exiting the exchange, turn LEFT onto W. Lone Mountain Rd.
- 1.6 Turn LEFT on Jensen St
- 3.0 Turn RIGHT onto Alexander Rd
- 4.1 Turn LEFT onto Cliff Shadows Dr, heading SOUTH
- 5.1 At 215, turn cross to the opposite side of Cliff Shadows Dr, and continue back NORTH into Exchange 10
- 5.4 Turn LEFT into Exchange 9

Van Route

- 0.0 Follow Runners
- 1.8 When runners turn onto Red Coach, continue STRAIGHT on Jensen St
- 2.6 Turn RIGHT onto Alexander
- 2.8 Follow runners to Exchange. You will be able to turn RIGHT into the exchange where the runners must go to I215 to use the crosswalk.



LEG 10 -- 5.4 MILES -- MODERATE

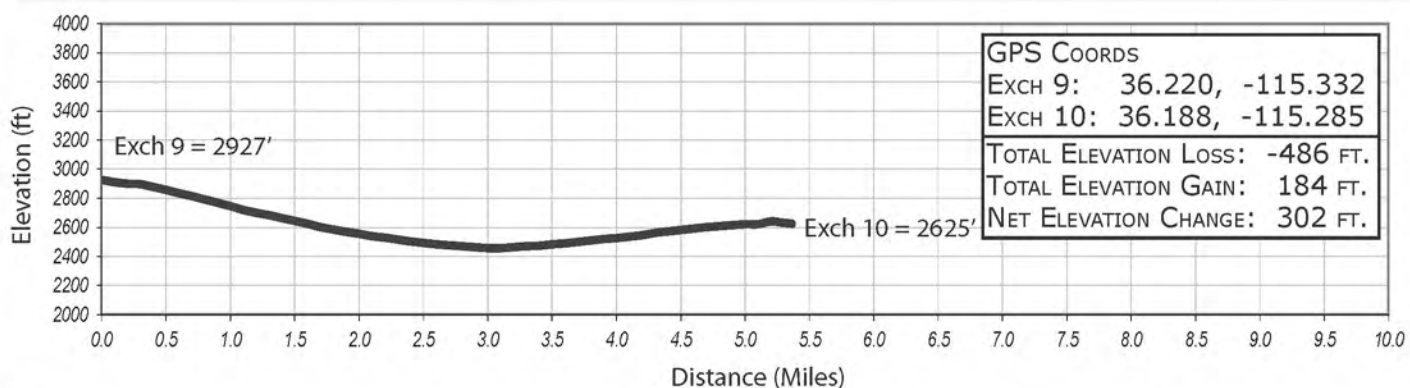


Exchange 10:

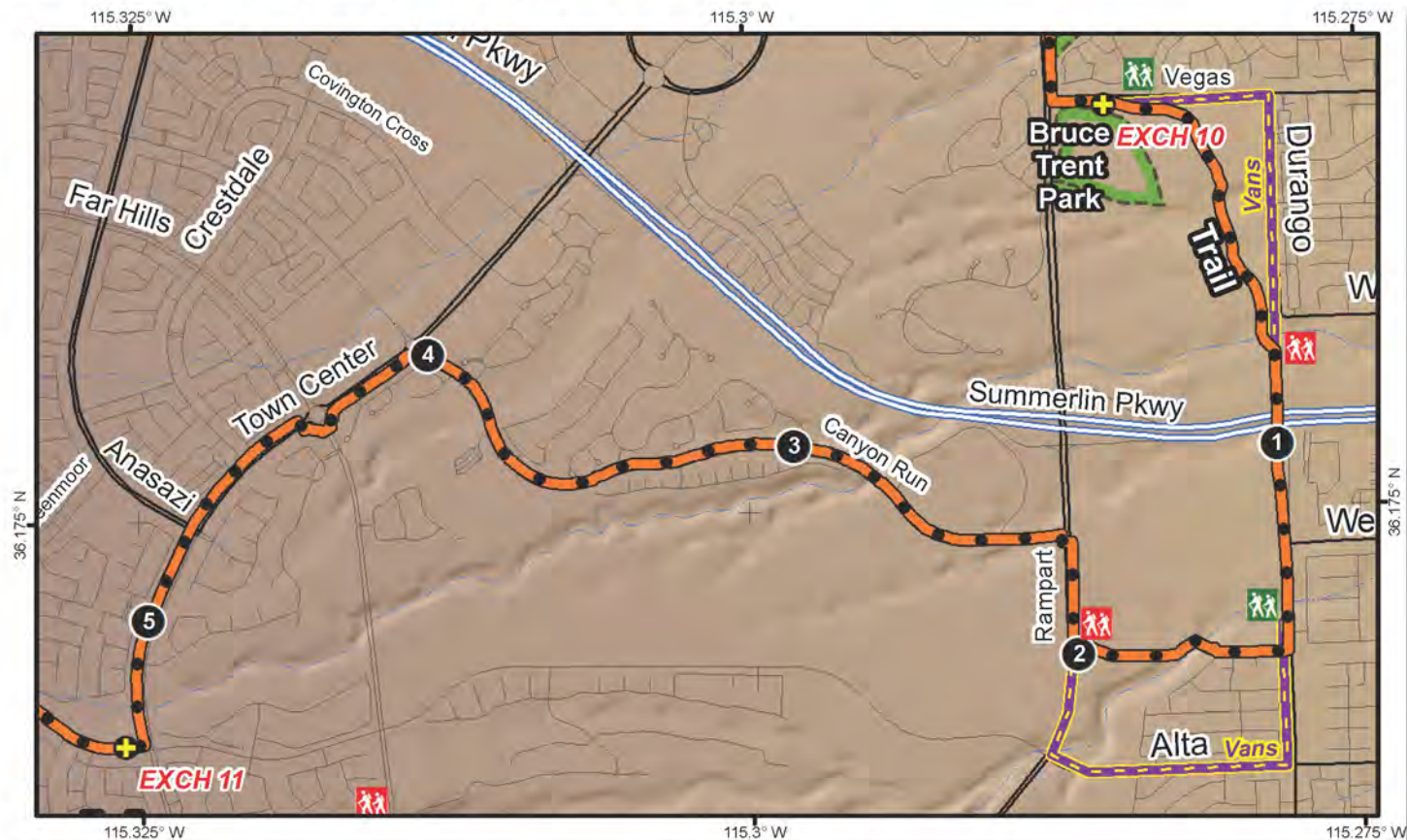
Bruce Trent Park
8851 Vegas Dr
Las Vegas, NV 89128

LEG LEGEND:

- 0.0 Exiting exchange, turn RIGHT on W. Cheyenne Rd., RUN WITH TRAFFIC.
- 3.0 Turn RIGHT on N. Rampart Blvd, continue to RUN WITH TRAFFIC. (At Hillpointe Rd you will continue straight, but cross to Run Against Traffic)
- 5.2 Turn LEFT onto Vegas Dr.
- 5.4 Arrive at Exchange 10



LEG II -- 5.3 MILES -- MODERATE



Exchange 11:

LDS Church, 10550 Alta Dr
Las Vegas, NV 89145

Leg Description

The first of this leg takes you along the Angel Park Trail. Keep your eyes up and take in a full 360 degree view for a look at The Las Vegas Valley, the Red Rocks to the west, LaMadre Mountains and the Spring Mountains. So many mountains, so little time.

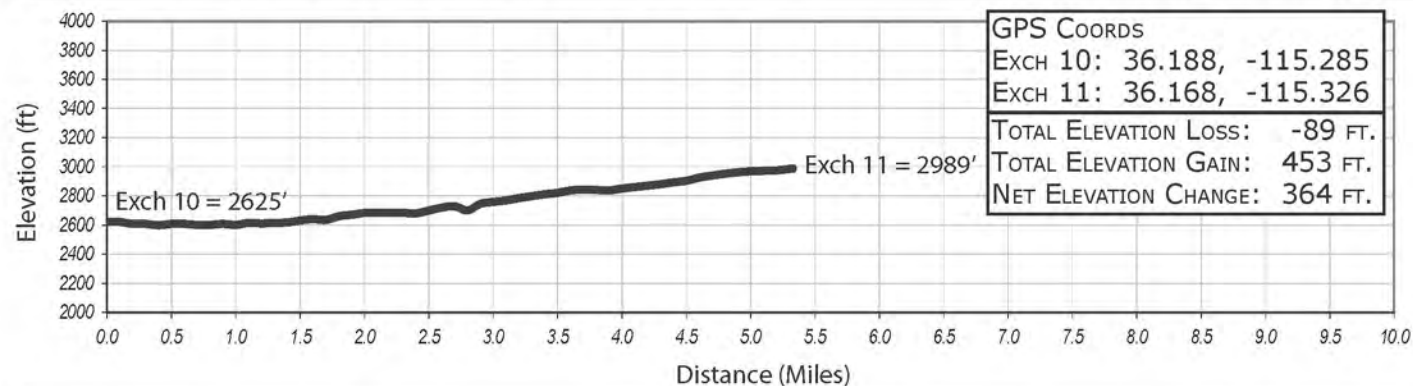
Leg Legend

0.0 Exiting the exchange, turn onto Angel Park Trail
0.8 Exit the trail and turn RIGHT onto N

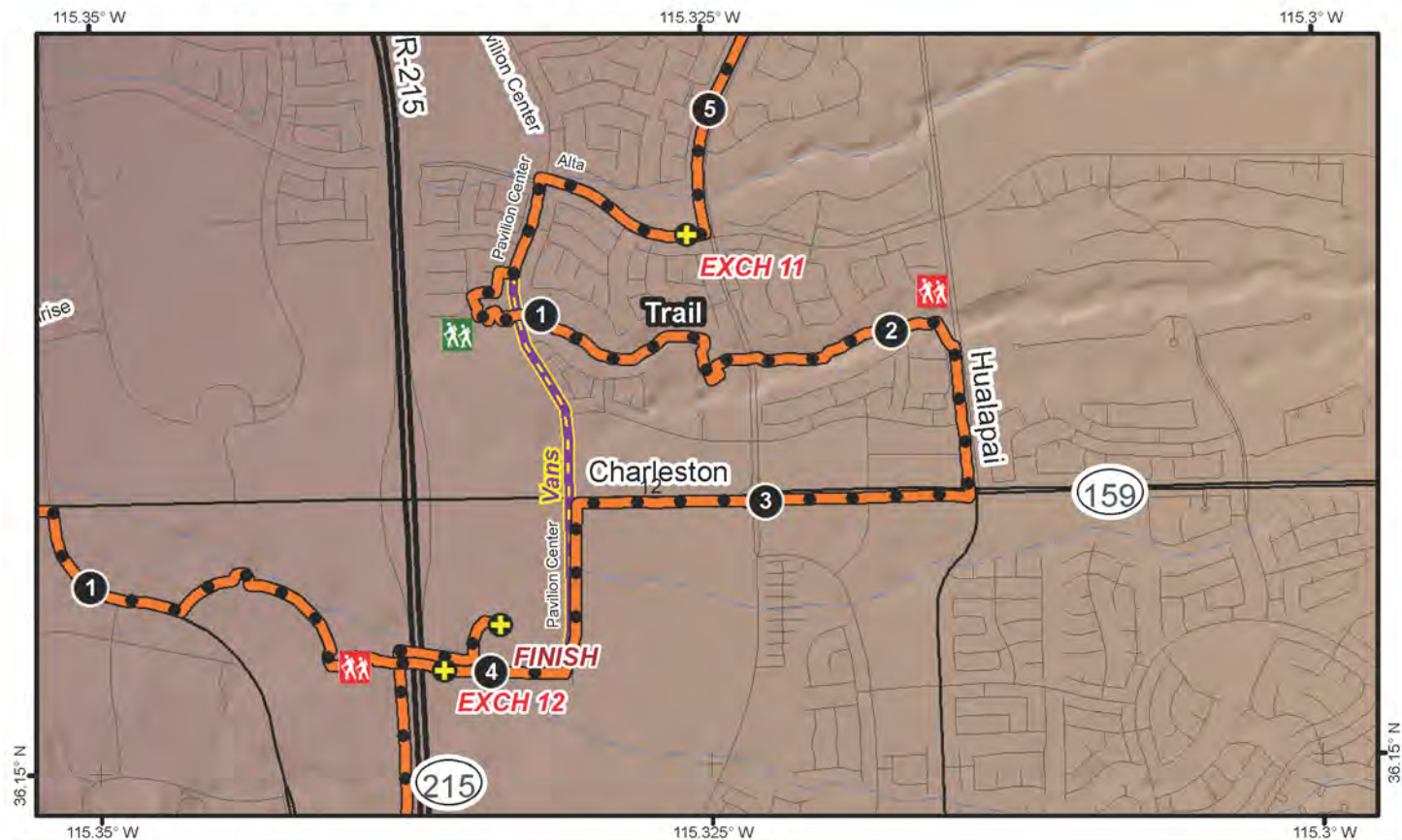
0.8 Durango Dr., RUNNING WITH TRAFFIC
1.3 Turn RIGHT onto Venetian Strada Trail
2.0 Turn RIGHT onto Rampart, RUNNING WITH TRAFFIC
2.2 Turn LEFT onto Canyon Run Dr, continue to RUN WITH TRAFFIC
4.0 Before the roundabout, turn LEFT onto Town Center Dr
4.3 At the next roundabout, follow the signs to continue on Town Center Dr and RUN WITH TRAFFIC
5.2 Turn RIGHT onto Alta.
5.3 Arrive at Exchange 11

Van Route

0.0 Exit the exchange, turning RIGHT onto Vegas Dr
0.4 Turn RIGHT onto Durango Dr
1.9 Turn RIGHT onto Alta Dr
2.5 Turn RIGHT onto Rampart Blvd
3.0 Turn LEFT onto Canyon Run Dr (After the left turn you will be following runners)
4.8 At the roundabout, take the THIRD EXIT onto Town Center Dr
5.0 At the next roundabout, take the SECOND EXIT to continue on Town Center Dr
5.9 Turn RIGHT before Alta Dr to enter the parking lot for Exchange 11



LEG 12 -- 4.1 MILES -- EASY



Exchange 12: Downtown Summerlin
Pavillion Center Drive and Red Rock Resort
(Approximately 36.153433, -115.335778)

Leg Description: You're so close to the finish! I mean... Exchange 12. Good thing you get two chances to run to this venue. Stop and hang out a while, and enjoy the time it takes to get there.

Leg Legend

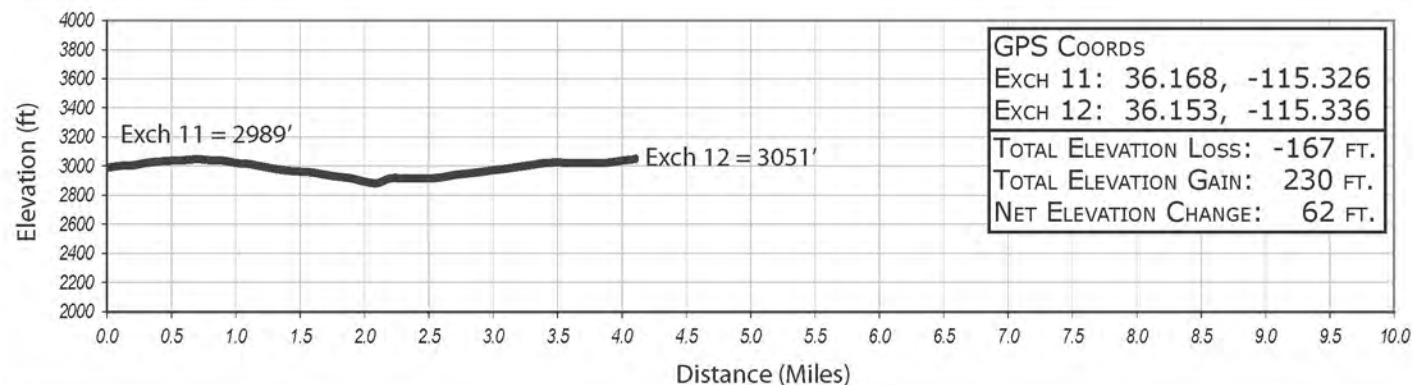
- 0.0 Leave the exchange RUNNING WITH TRAFFIC on Alta Dr
- 0.4 Turn LEFT onto Pavillion Center Dr, continue RUNNING WITH

TRAFFIC

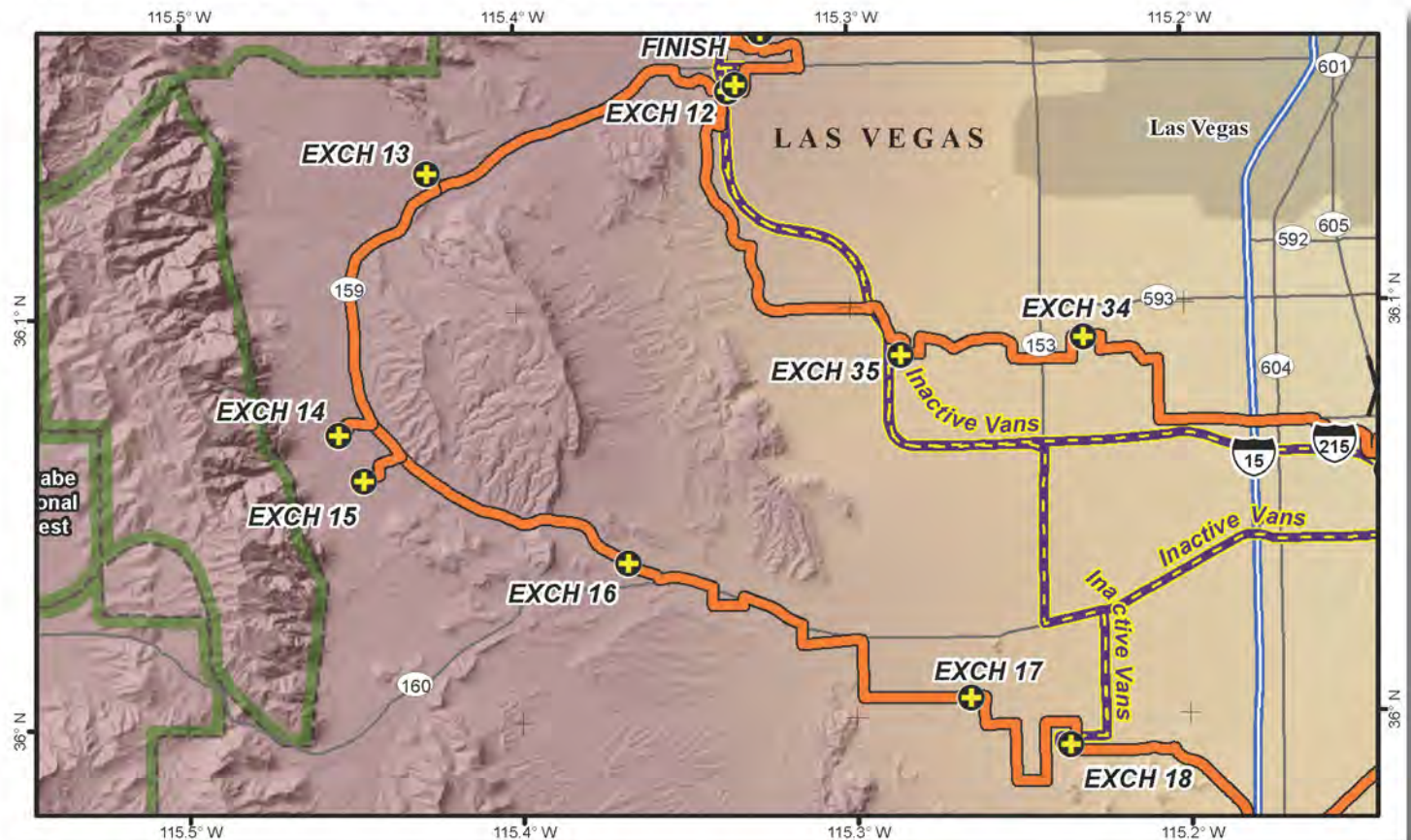
- 0.6 Turn RIGHT onto Maryville Ave
- 0.7 Turn LEFT onto Runbridge St
- 0.8 Turn RIGHT onto Salford St
- 0.9 Turn LEFT onto trail
- 2.2 Turn RIGHT onto Hualapai Way, RUN WITH TRAFFIC
- 2.5 Turn RIGHT onto Charleston Blvd
- 3.7 Turn LEFT onto Pavillion Center Dr
- 4.1 Arrive at Exchange 12

Van Route

- 0.0 Follow runners
 - 0.6 When runners turn off of Pavillion Center, continue STRAIGHT.
 - 1.5 Turn RIGHT onto Summerlin Centre Dr
 - 1.7 Arrive at Exchange 12
- If you want to support your runner again though, the trail crosses underneath Town Center Dr and exits onto Hualapai Way. Use the leg map to help you find the trail.



VAN 1 -- LEGS 13-18 -- 32.3 MILES

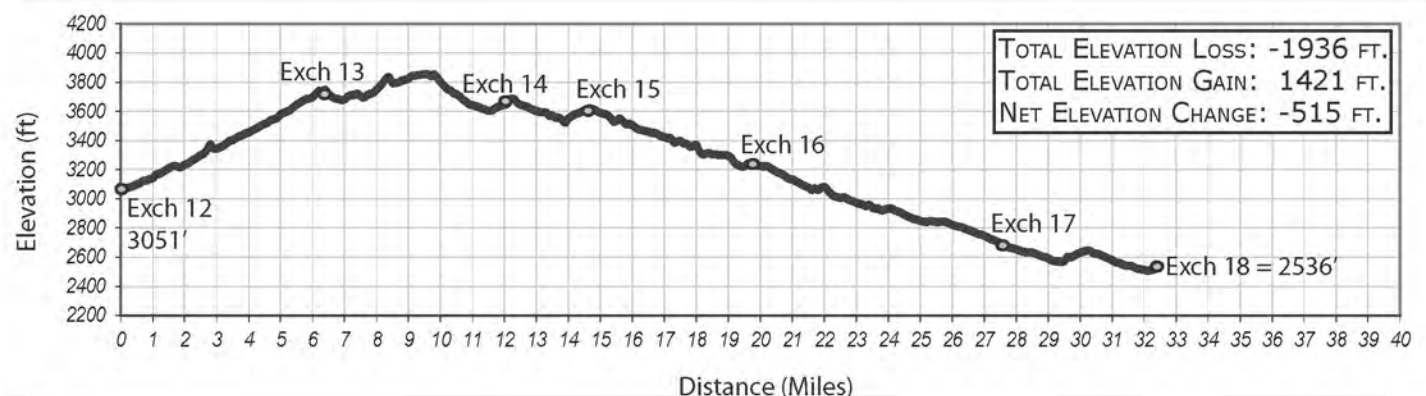


Legs 13-18 Overview

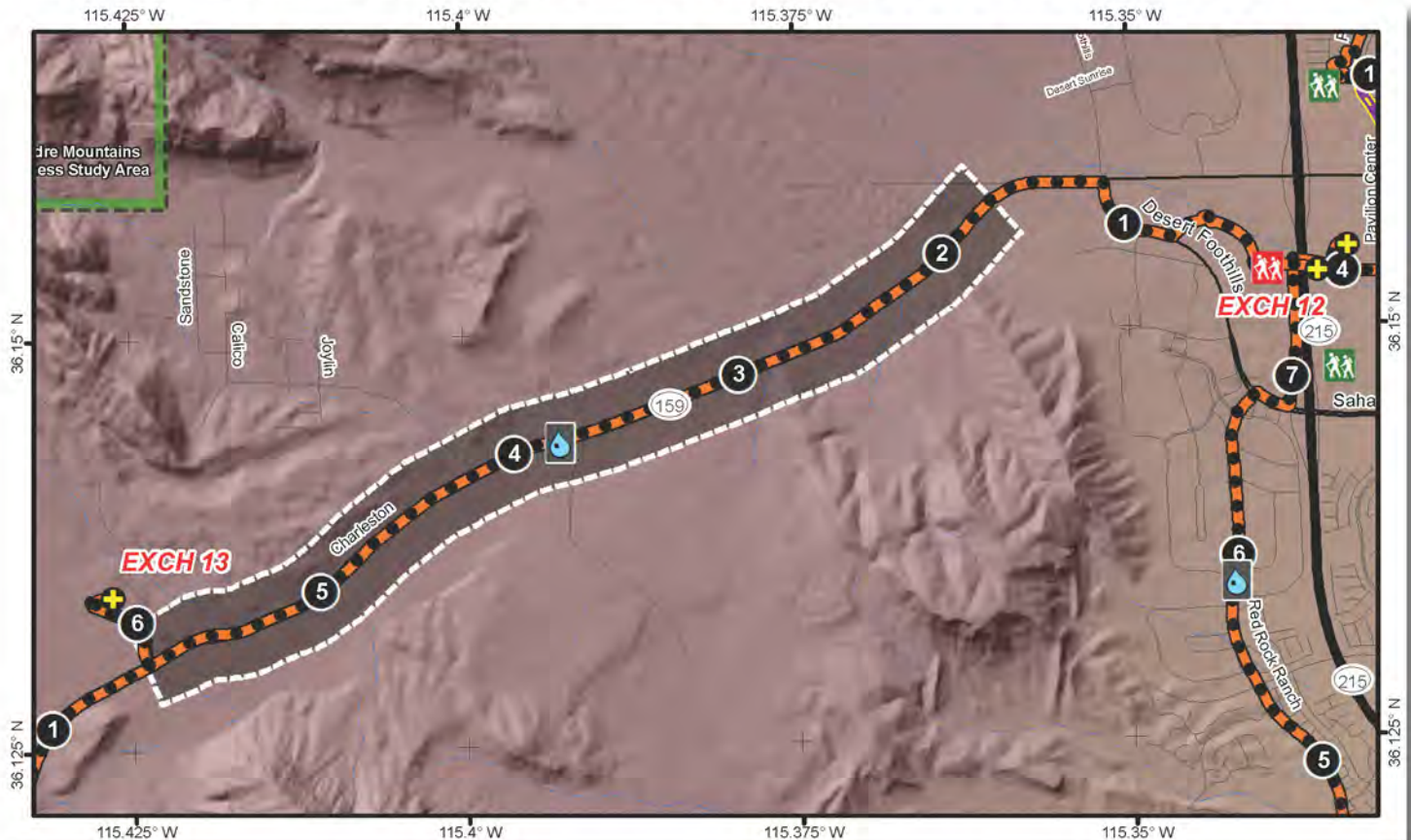
To the Red Rocks we go! Some people will tell you that this part of the course is most beautiful during the daytime (and if you have never been here during the day, it is really awesome), but there is something about those night runs when almost all that is around you is the night sky, mountains, and the glow from the strip in the distance. Doesn't quite feel like you're really in The Vegas anymore, now does it?

Inactive Van Route to Exchange 18:

- 0.0 Depart exchange 12, turn RIGHT onto Summerlin Centre
- 0.4 Turn LEFT onto Pavilion Center
- 0.7 Turn LEFT onto Charleston Blvd.
- 1.2 Turn LEFT onto County Rd 215S
- 11.0 Take Exit 15 for Rainbow Blvd
- 11.3 Turn RIGHT onto Rainbow Blvd
- 14.3 Turn LEFT onto Blue Diamond Rd
- 15.3 Turn RIGHT onto S Jones Blvd
- 17.4 Turn RIGHT onto Levi Ave
- 18.4 Arrive at Exchange 18.



LEG 13 -- 6.3 MILES -- HARD -- PARTIAL NO VAN SUPPORT



Exchange 13:
Red Rock Canyon Visitor Center
1000 Scenic Loop Dr
Las Vegas, NV 89124

Leg Notes

There will be one water station on this leg, but all runners are encouraged to carry their own water.

Leg Description

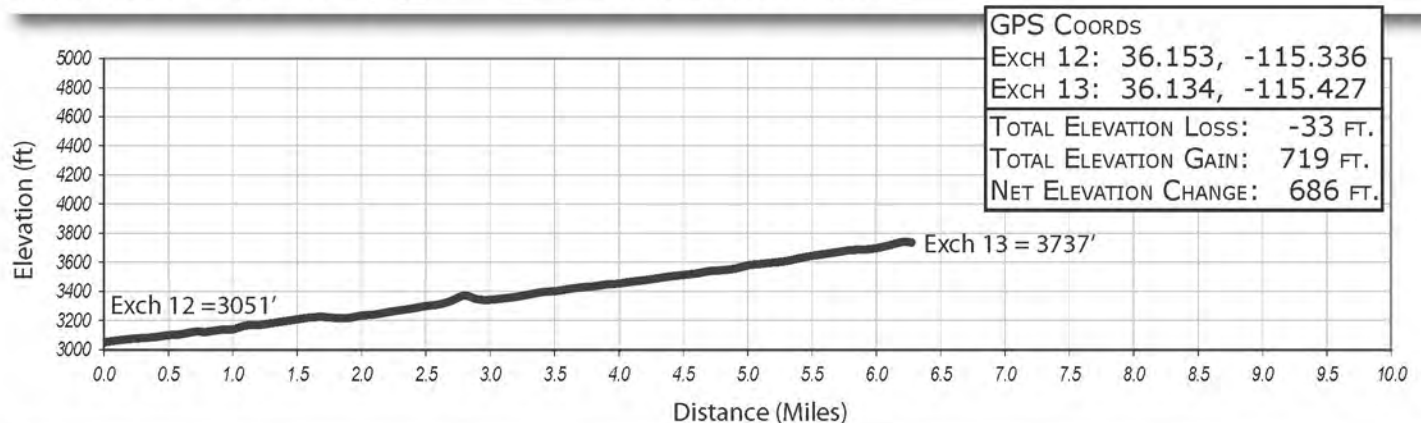
Exchange 13 is located at the Red Rock National Conservation Area. Here there are nearly 196,000 acres that are visited by more

than 1,000,000 every year. Highlights for visitors are its trails, rock climbing, biking access for both mountain and road bikes, and picnic areas. We just get into the front entrance of the park, but put this on your must see list if you've never been!

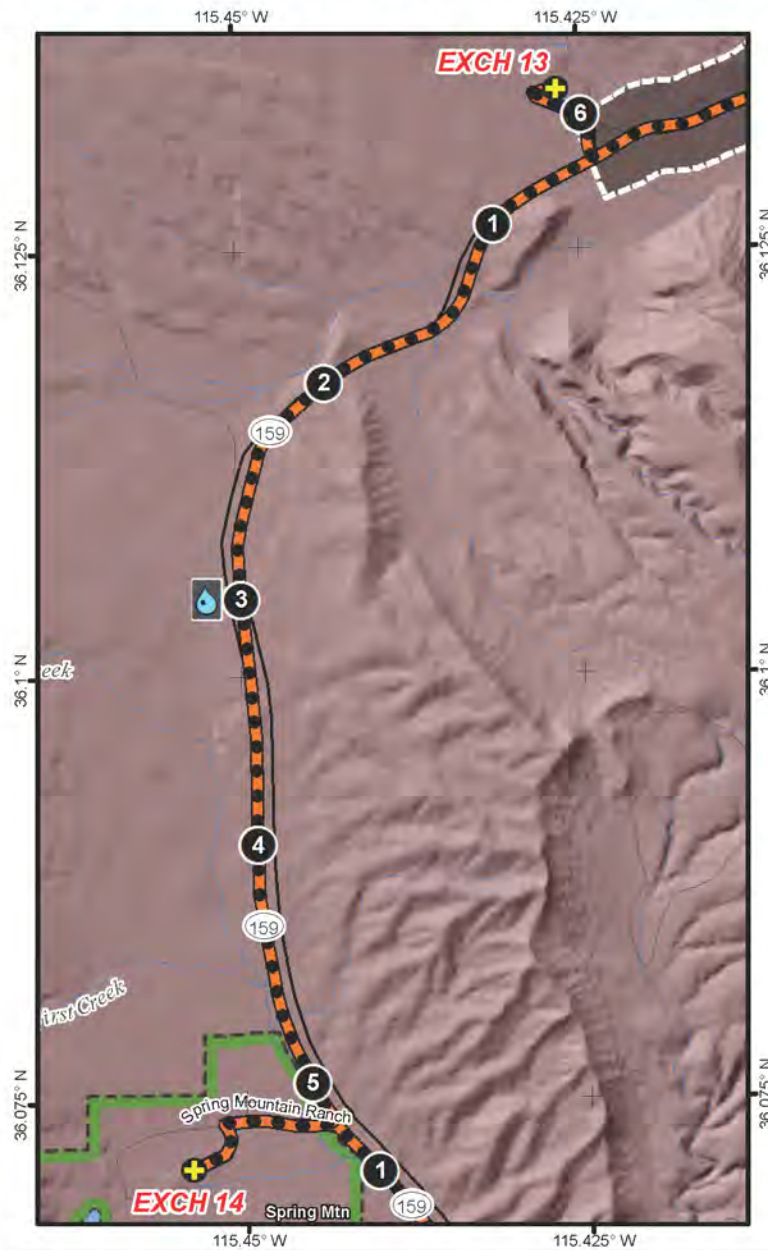
Leg Legend

- 0.0 Leaving the exchange, turn LEFT onto Summerlin Centre Dr
- 0.3 Proceed around the round about and exit onto Sagemont Drive
- 0.8 Turn LEFT onto Desert Foothills Drive
- 1.2 Turn LEFT onto Charleston Blvd

- 1.7 When the sidewalk ends, continue Running Against Traffic. Charleston Blvd turns into Blue Diamond Rd/Hwy 159
- 5.8 Turn RIGHT into the Red Rock Conservation Area
- 6.3 Arrive at Exchange 13



LEG 14 -- 5.9 MILES -- HARD -- NO VAN SUPPORT



Exchange 14:

Spring Mountain Ranch
6375 HWY 159
Blue Diamond, NV 89004

Leg Notes

There will be one water station on this leg, but all runners are encouraged to carry their own water.

Leg Legend

- 0.0 Leave the exchange on the trail
- 0.1 Turn RIGHT to leave the Red Rock Conservation Area
- 0.4 Turn RIGHT onto Blue Diamond Rd/Hwy 159, Run against Traffic
- 5.0 Turn RIGHT into Spring Mountain Ranch
- 5.9 Arrive at Exchange 14

GPS COORDS

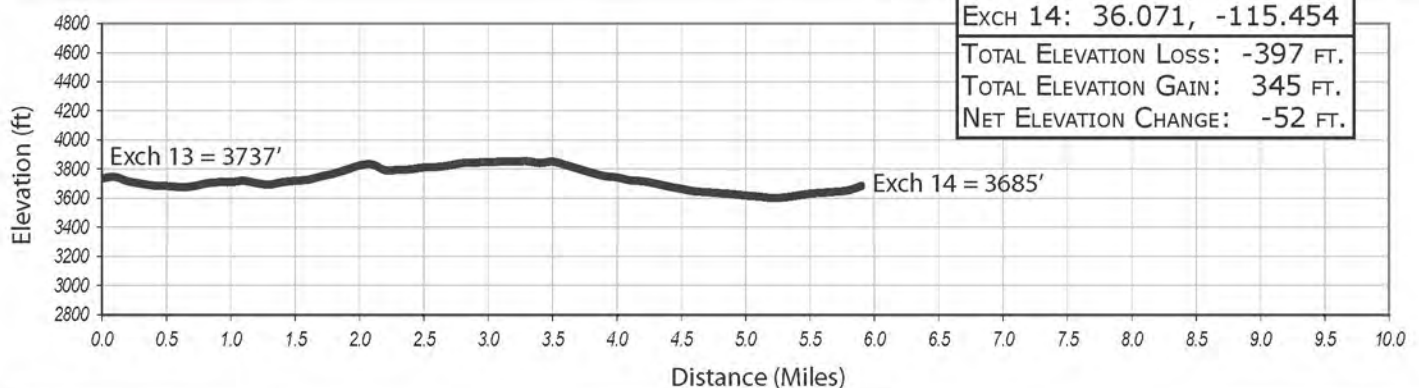
EXCH 13: 36.134, -115.427

EXCH 14: 36.071, -115.454

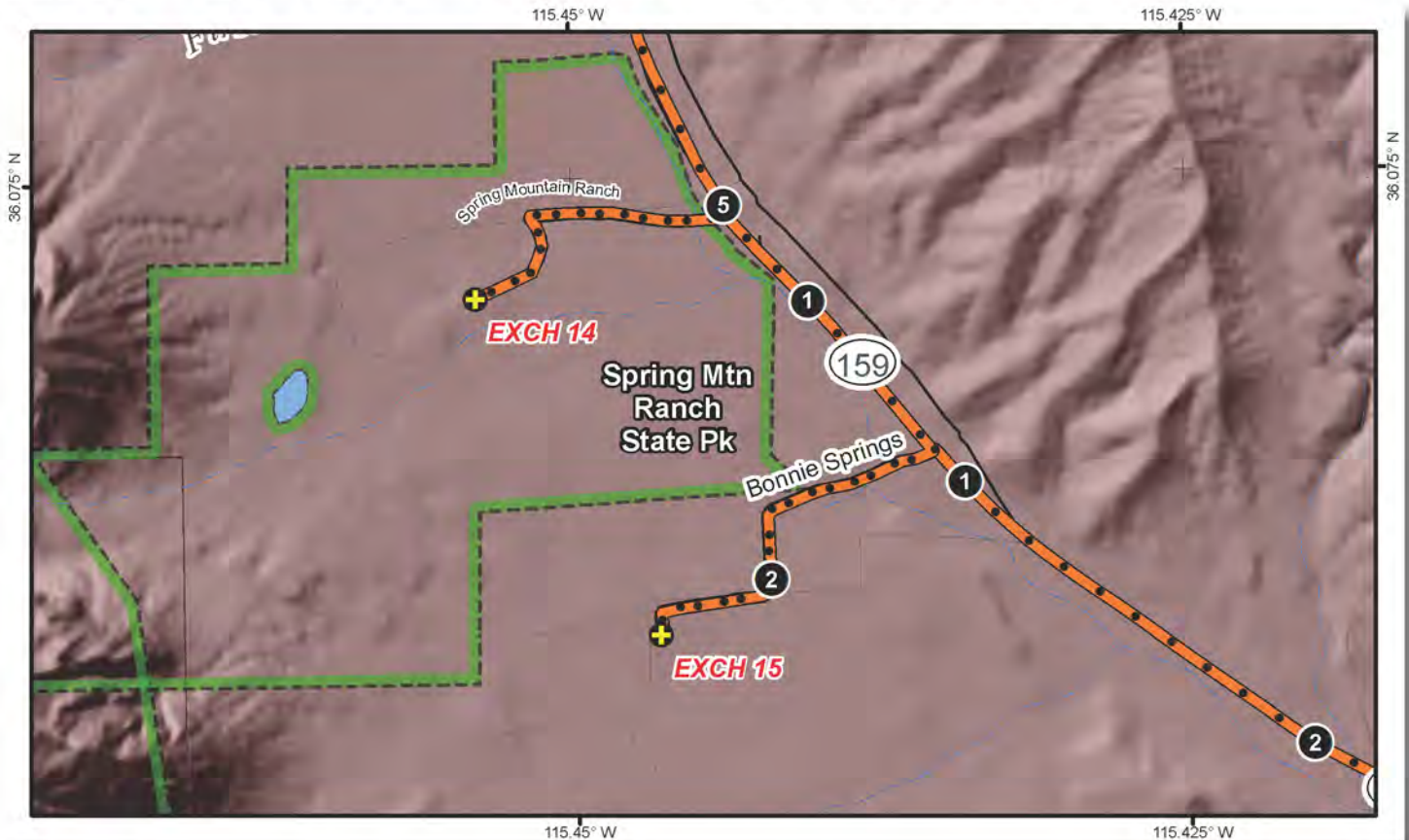
TOTAL ELEVATION LOSS: -397 FT.

TOTAL ELEVATION GAIN: 345 FT.

NET ELEVATION CHANGE: -52 FT.



LEG 15 -- 2.3 MILES -- MODERATE -- NO VAN SUPPORT



Exchange 15:

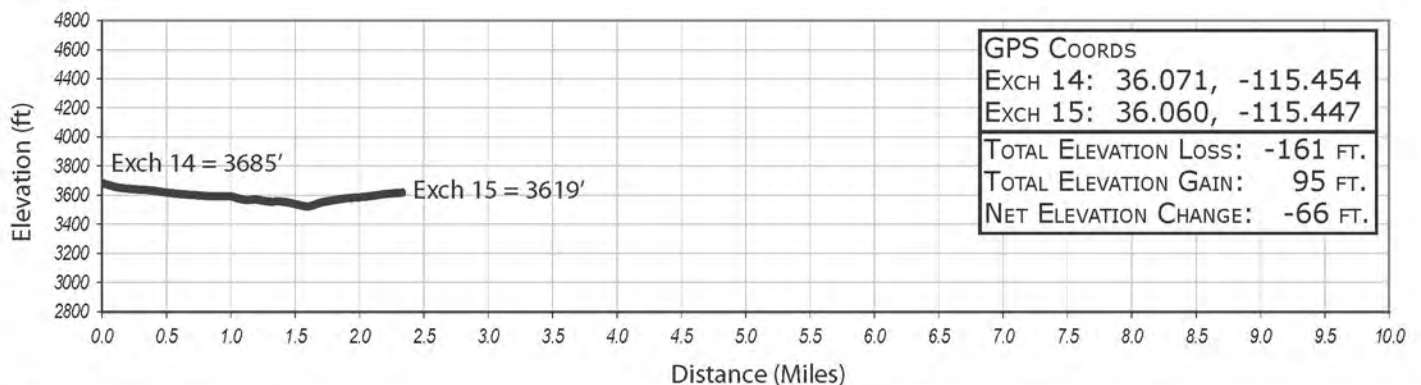
Bonnie Springs Ranch
16395 Bonnie Springs Road
Las Vegas, NV 89124

Leg Description

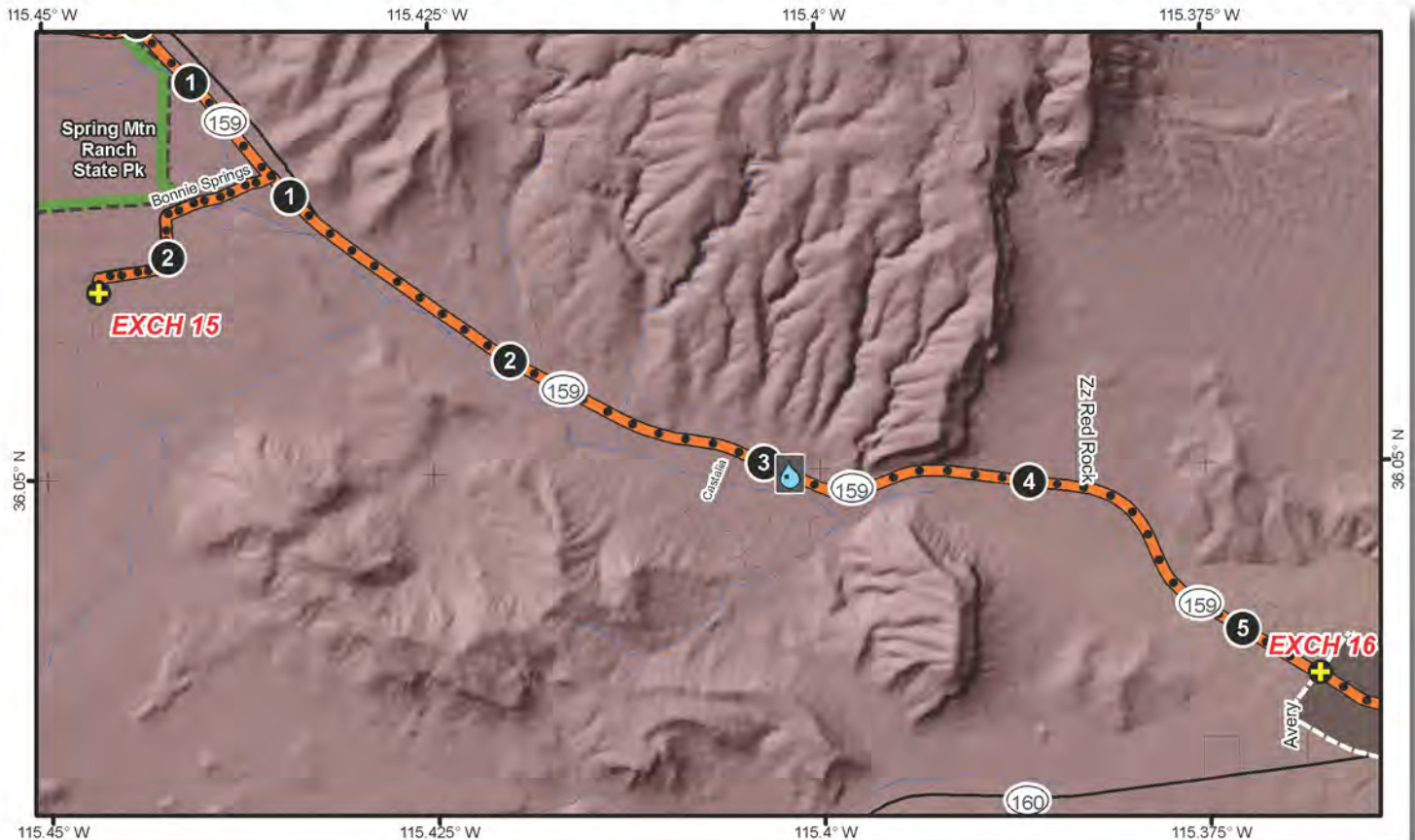
Bonnie Springs Ranch was originally built in 1843 as a stopover for the wagon trains going to California down the Old Spanish Trail. It has been used as a tourist attraction since 1952.

Leg Legend

- 0.0 Depart exchange leaving
- 0.7 Turn RIGHT onto Blue Diamond Rd/Hwy 159, Run Against Traffic
- 1.4 Turn RIGHT onto Bonnie Springs Road
- 2.3 Arrive at Exchange 15



LEG 16 -- 5.3 MILES -- MODERATE -- PARTIAL NO VAN SUPPORT



Exchange 16:

Cactus Joe's
12740 Blue Diamond Rd
Blue Diamond, NV 89004

Leg Description

If you have never been to Cactus Joe's during their business hours, my goodness you are missing out! I know, you're thinking, "Liz you're crazy, this is a garden center". But there are so

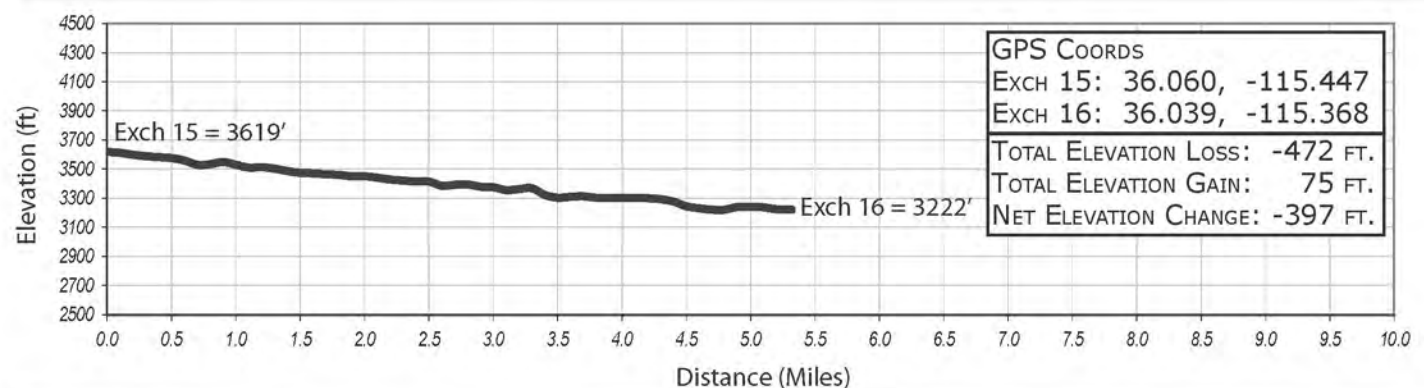
many unique things here, I promise it doesn't disappoint. Even if it is only to say that you have now been to the place where all "The Hangover" stars parked their trailers while filming. You're welcome.

Leg Notes

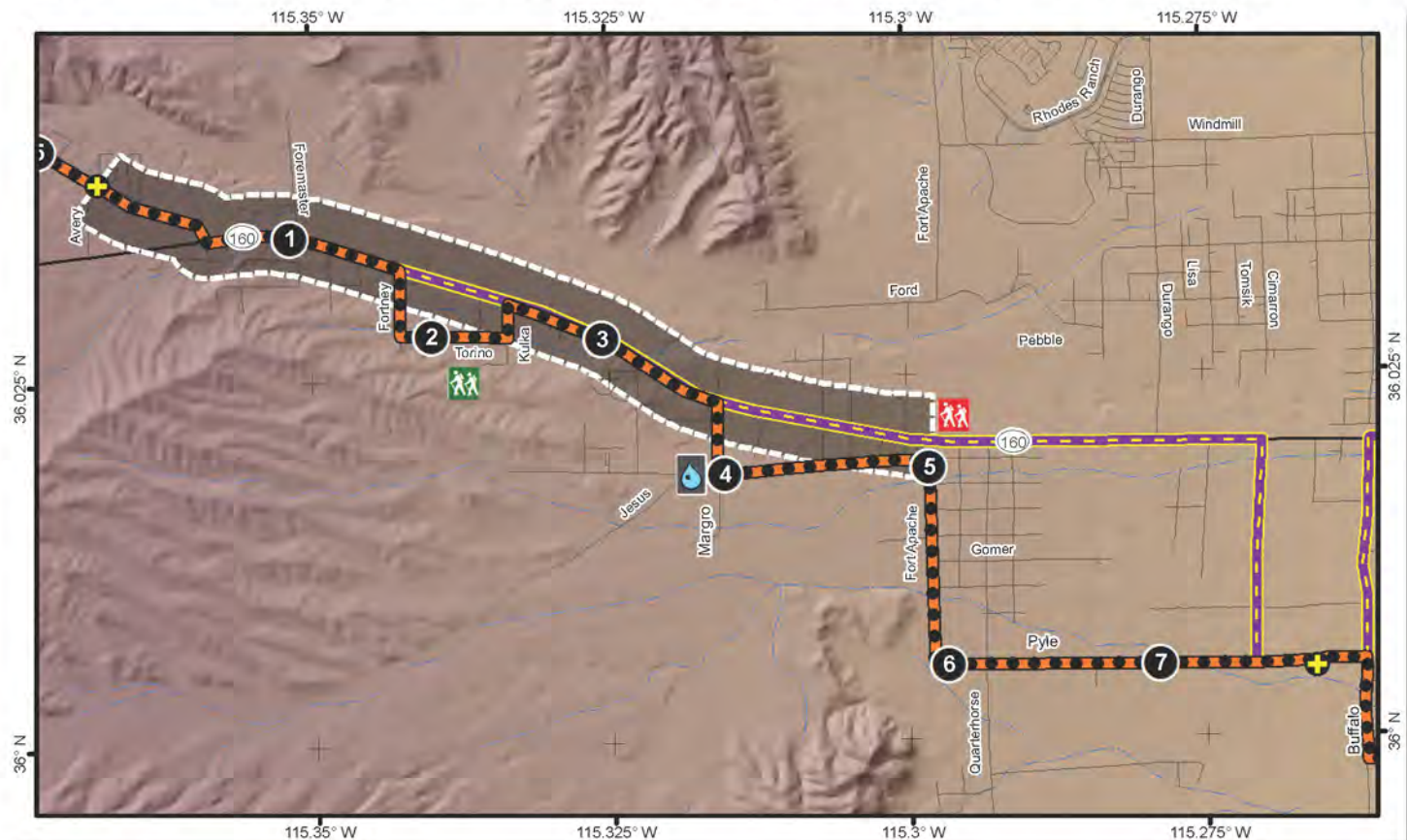
There will be one water station on this leg, but all runners are encouraged to carry their own water.

Leg Legend

- 0.0 Depart exchange on Blue Diamond Rd/Hwy 159, Running Against Traffic
- 5.3 Arrive at Exchange 16



LEG 17 -- 7.8 MILES -- EASY -- PARTIAL NO VAN SUPPORT



Exchange 17:

LDS Church
7979 W Mountains Edge Pwky
Las Vegas, NV 89178

Leg Notes

For a portion of this leg, runners and vans will be separated. There will be 2 water stations on this leg.
There will be no water stations on this leg.

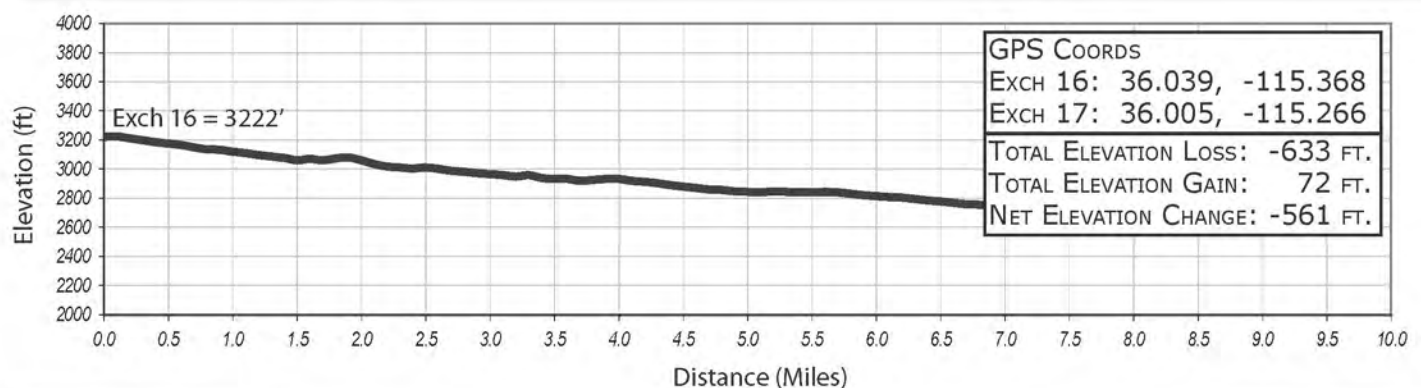
Leg Legend

0.0 Depart exchange on Blue Diamond Road, running against

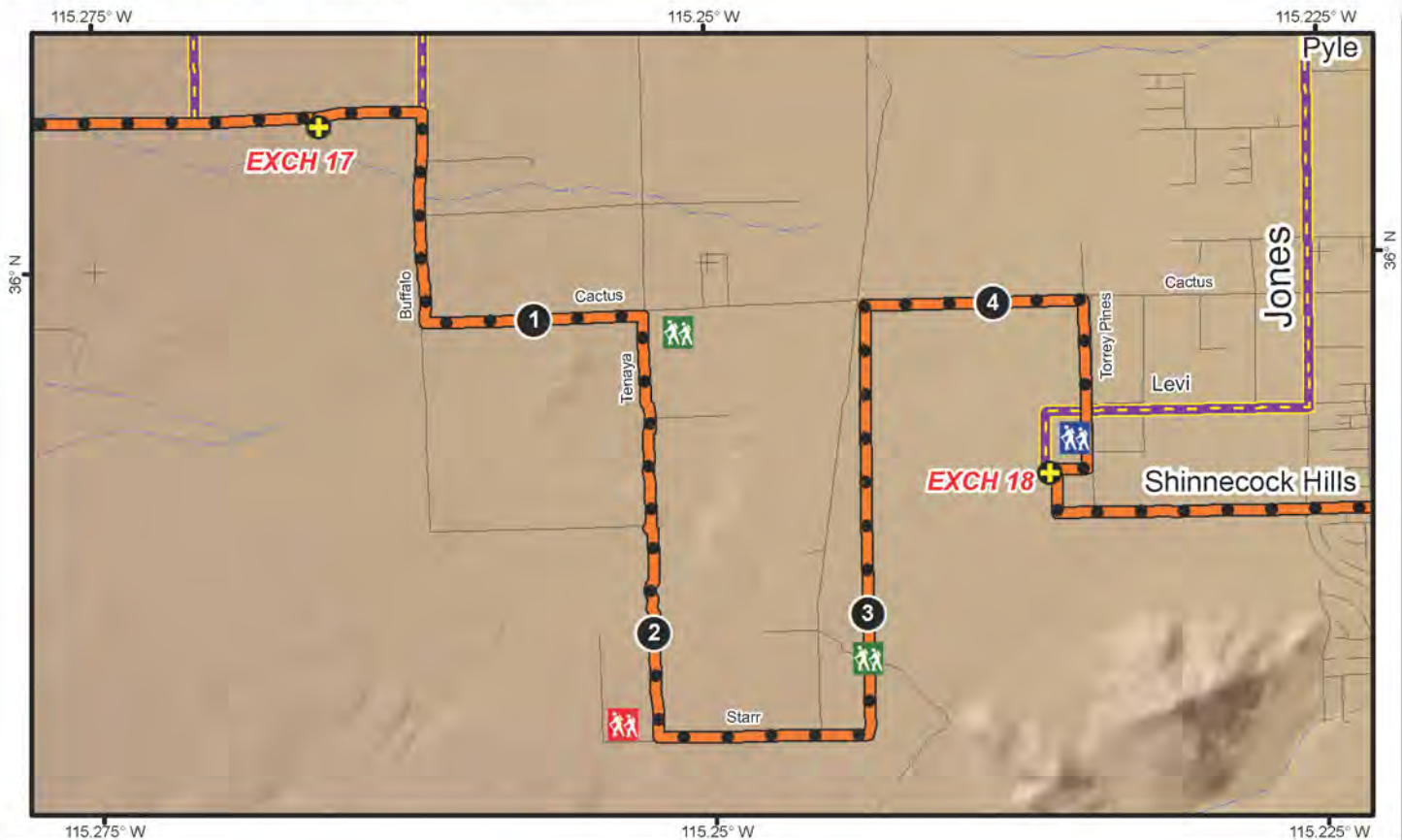
0.6 traffic
1.5 Cross SR-160 and run with traffic
1.8 Turn RIGHT onto Fortney Road
2.3 Turn LEFT onto Torino Ave
2.3 continue straight on trail when pavement ends
5.0 Turn RIGHT onto Fort Apache Road
6.0 Turn LEFT onto Mountains Edge Pwky
7.8 Arrive at Exchange 17

Van Directions

0.0 Leave exchange and continue on Blue Diamond Road
5.7 Turn RIGHT onto Cimarron Road
6.8 Turn LEFT onto Mountains Edge Pkwy
7.1 Arrive at Exchange 17



LEG 18 -- 4.7 MILES -- HARD



Exchange 18:

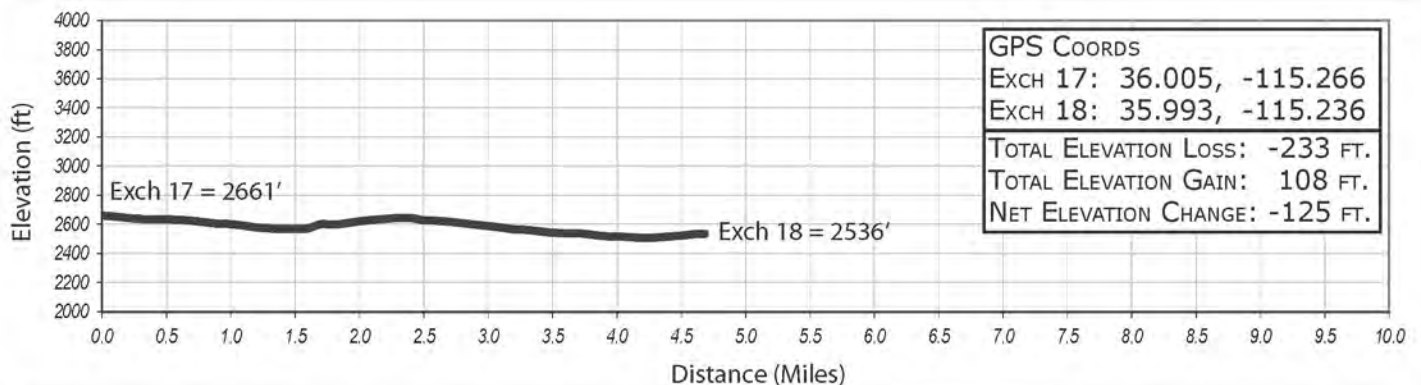
Desert Oasis High School
6600 W Erie Ave
Las Vegas, NV 89141 ↑

Leg Legend

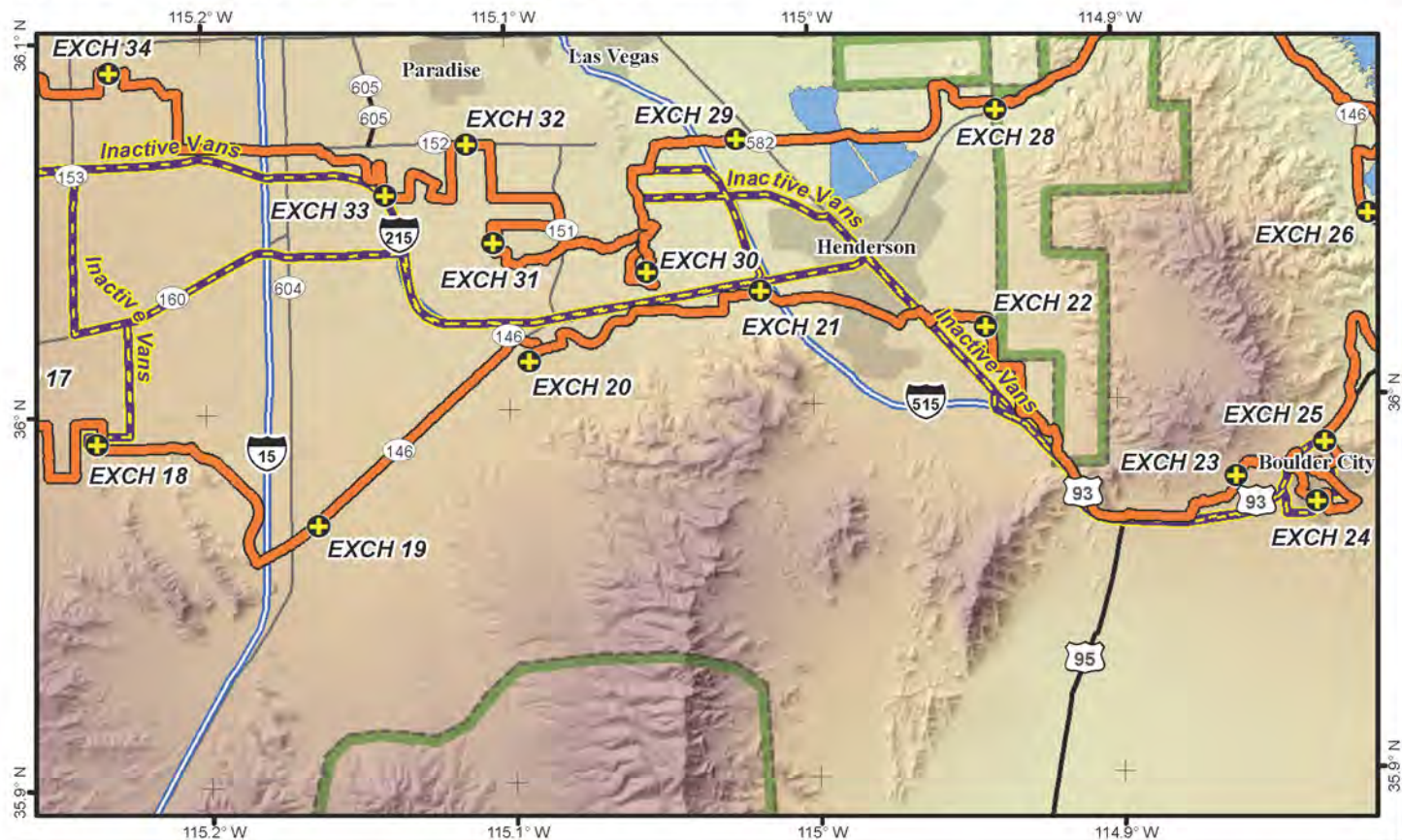
- 0.0 Leave exchange, LEFT on Mountains Edge Pkwy
- 0.3 Turn RIGHT onto Buffalo Drive
- 0.7 Turn LEFT onto Cactus Ave
- 1.2 Turn RIGHT onto Tenaya Paseo trail
- 1.4 Cross Pepper Box Ave and continue on trail
- 1.7 Cross Erie Ave and continue on trail
- 2.2 Turn LEFT onto Starr Ave
- 2.7 Turn LEFT onto Rainbow Blvd
- 3.7 Turn RIGHT onto Cactus Ave
- 4.2 Turn RIGHT onto Torrey Pines Drive
- 4.6 Turn RIGHT onto Erie Ave
- 4.7 Arrive at Exchange 18

Van Directions

- 0.0 Turn RIGHT out of exchange onto Mountains Edge Pkwy
- 0.3 Turn LEFT onto Buffalo Drive
- 1.3 Turn RIGHT onto Blue Diamond Road
- 3.3 Turn RIGHT onto Jones Blvd
- 5.5 Turn LEFT onto Levi Ave
- 6.2 Arrive at Exchange 18



VAN 2 -- LEGS 19-24 -- 33.6 MILES

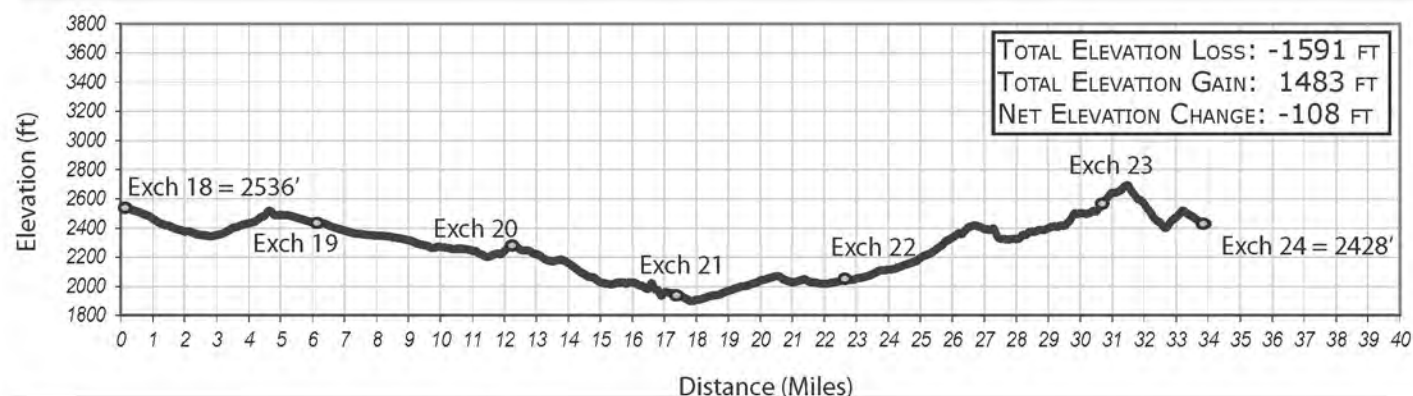


Overview

These next six legs are taking you out of The Vegas into Henderson and ending up in Boulder City. We'll head past The M Resort, and through some notable neighborhoods and trails before we end at Boulder City High School. I hear there are some celebrity homes in the neighborhoods you're about to roll through. Maybe they'll be sleepwalking and wander onto the course? Unknown. Regardless, work those legs, and crush some hills!

Inactive Van Route to Exchange 24:

0.0	Depart Exchange 18 on Levi or Erie Ave	18.0	Turn RIGHT onto Boulder HWY
0.9	Turn LEFT onto S Jones Blvd	22.3	Merge onto Great Basin HWY (515)
3.0	Turn RIGHT onto Blue Diamond Rd	28.0	Turn RIGHT onto Buchanan Blvd
6.3	Continue STRAIGHT onto Windmill	28.4	Turn RIGHT onto Adams Blvd
8.4	Take the ramp onto 215E	28.9	Turn RIGHT onto Avenue Blvd
8.6	Continue STRAIGHT onto NV-564 E/Bruce Woodbury Beltway E/W Lake Mead Dr (Continue to follow NV-564 E)	29.1	Arrive at Exchange 24



LEG 19 -- 6.1 MILES -- HARD



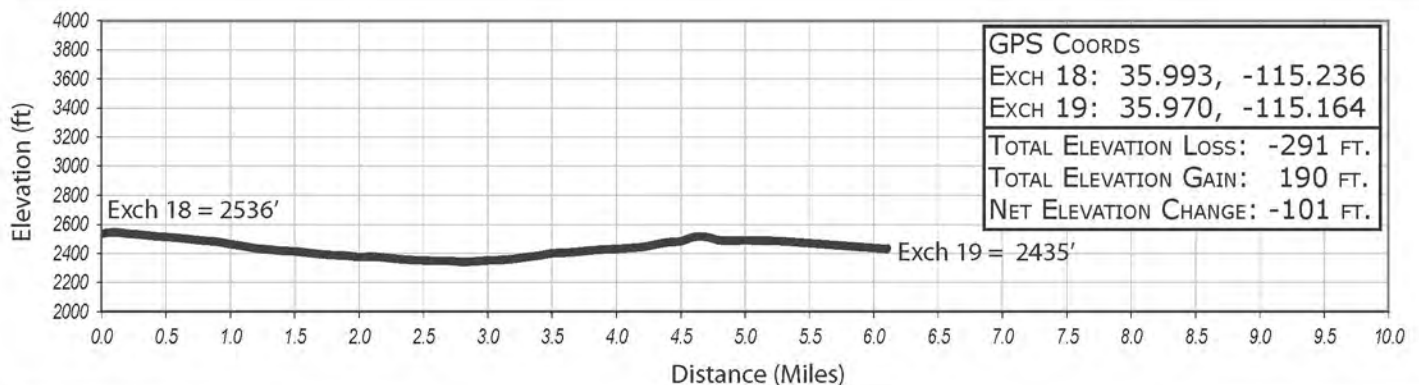
Exchange 19:

Dirt Lot Next to The M Resort
Approximately 180 Bowes Ave
Henderson, NV 89044

Leg Legend

- 0.0 Exiting the exchange, turn LEFT onto Erie Ave, Erie turns into Shinnecock Hills
- 1.8 Turn RIGHT onto Southern Highlands, RUN WITH TRAFFIC
- 4.6 When the road ends, turn LEFT onto St Rose Pkwy, continue to Run With Traffic
- 5.9 Turn RIGHT onto Brunner

6.1 Ave,
Arrive at Exchange 19



LEG 20 -- 6.1 MILES -- MODERATE



Exchange 20:

Bob Miller Middle School
2400 Cozy Hill Cir
Henderson, NV 89052

pull onto a side road, DO NOT STOP
on St Rose Parkway!

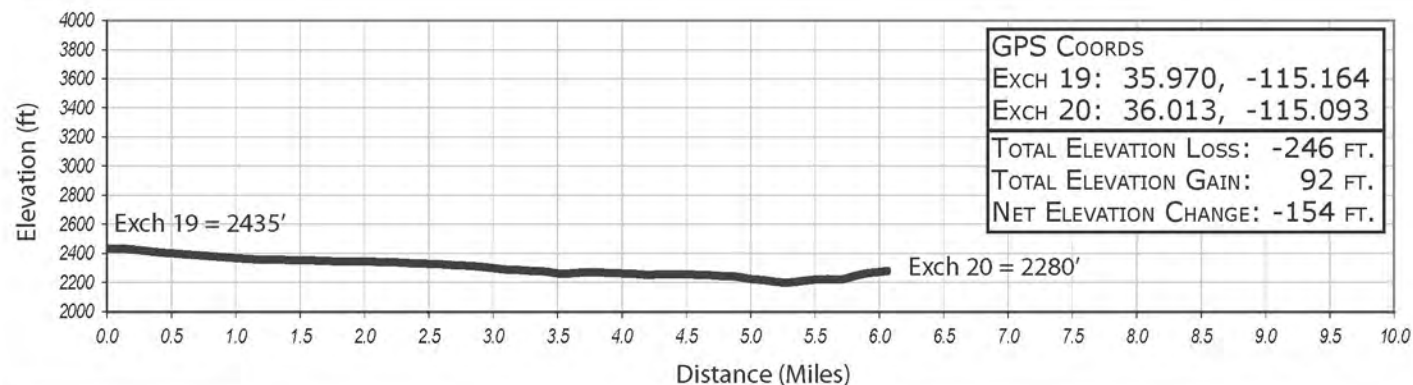
6.1 Street
Arrive at Exchange 20

Leg Notes

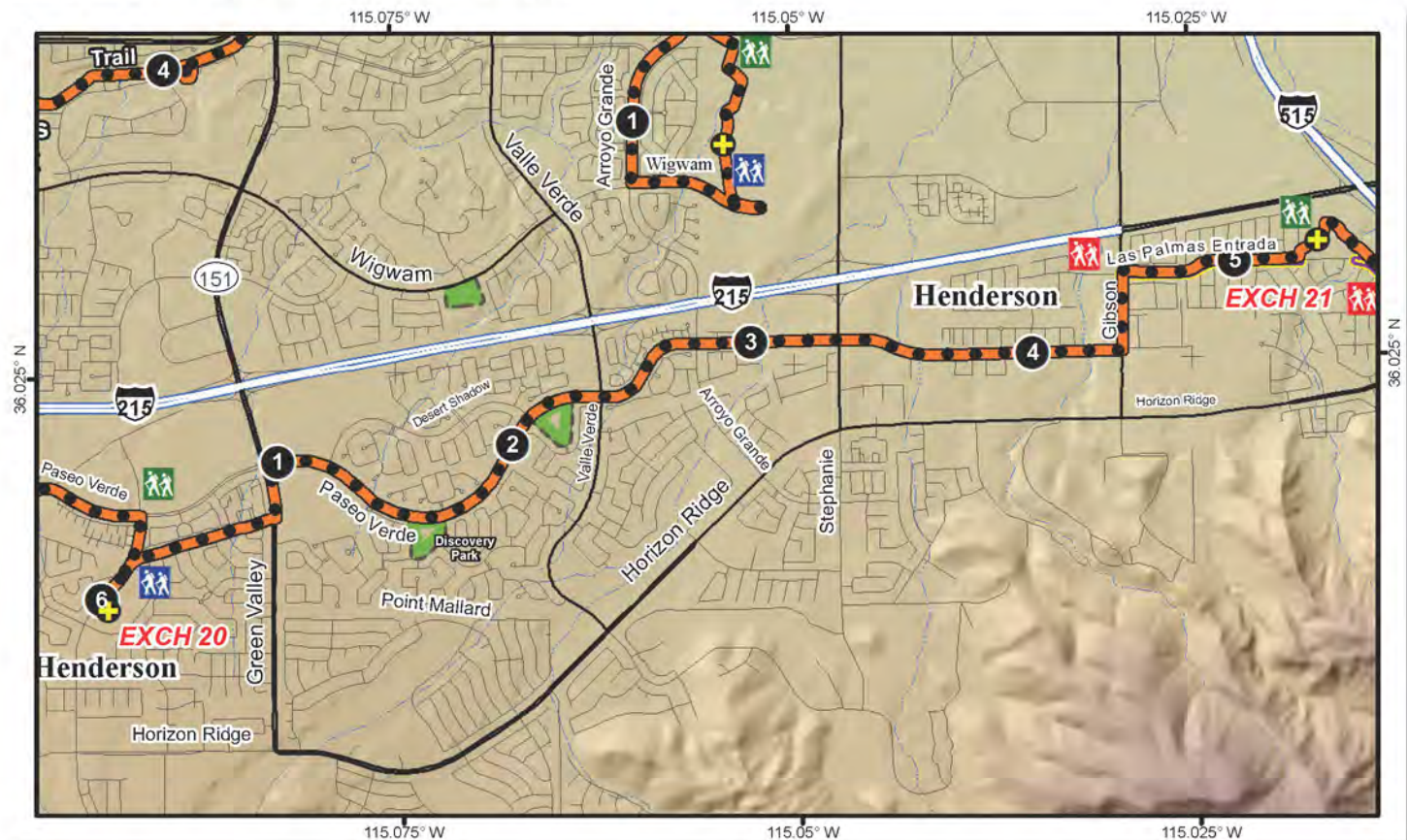
The runners will be on a trail for a good portion of this leg, but the trail mostly runs right next to the road. Vans should be able to support their runner when necessary, remember to

Leg Legend

- 0.0 Departing the exchange, turn
- 0.1 RIGHT onto St Rose Pkwy Trail, RUN WITH TRAFFIC
- 5.1 Turn RIGHT onto Paseo Verde Pkwy on the Paseo Verde Trail
- 5.7 Turn RIGHT onto Carnegie



LEG 21 -- 5.3 MILES -- EASY



Exchange 21:

Acacia Park
50 Casa Del Fuego Street
Henderson, NV 89012

Leg Notes

The runner is hard to support on this leg, but this is not considered a no van support leg. All runners are encouraged to carry their own water, or vans should plan to meet their runner while they are not on the trail to support. Remember you will be in neighborhoods and to respect the residents

by staying quiet through the nighttime hours!

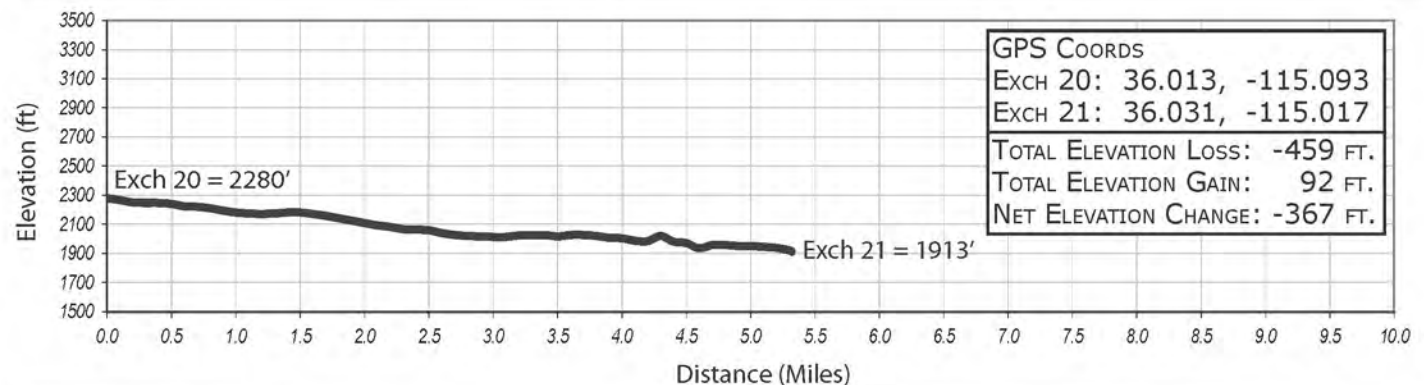
Leg Legend

- 0.0 Leaving the exchange turning RIGHT on Carnegie St
- 0.3 Turn RIGHT onto Amargosa Trail
- 0.9 Turn LEFT onto Green Valley Pkwy
- 1.0 Turn RIGHT onto Paseo Verde Pkwy
- 4.3 Turn LEFT onto Gibson Road
- 4.6 Exit trail and turn RIGHT onto Las Palmas Entrada Ave

- 5.2 Turn LEFT onto Morella St
- 5.3 Arrive at Exchange 21

Van Route

- 0.0 Follow runner
- 4.4 Turn LEFT onto Gibson Road
- 4.7 Turn RIGHT onto Las Palmas Entrada Ave
- 5.4 Turn LEFT into Exchange 21



LEG 22 -- 5.1 MILES -- EASY



Exchange 22:
Sue Morrow Elementary School
1070 Featherwood Ave
Henderson, NV 89015

- 4.9 Turn RIGHT onto Pounds Way
- 5.0 Turn LEFT onto Colt Drive
- 5.1 Arrive at Exchange 22

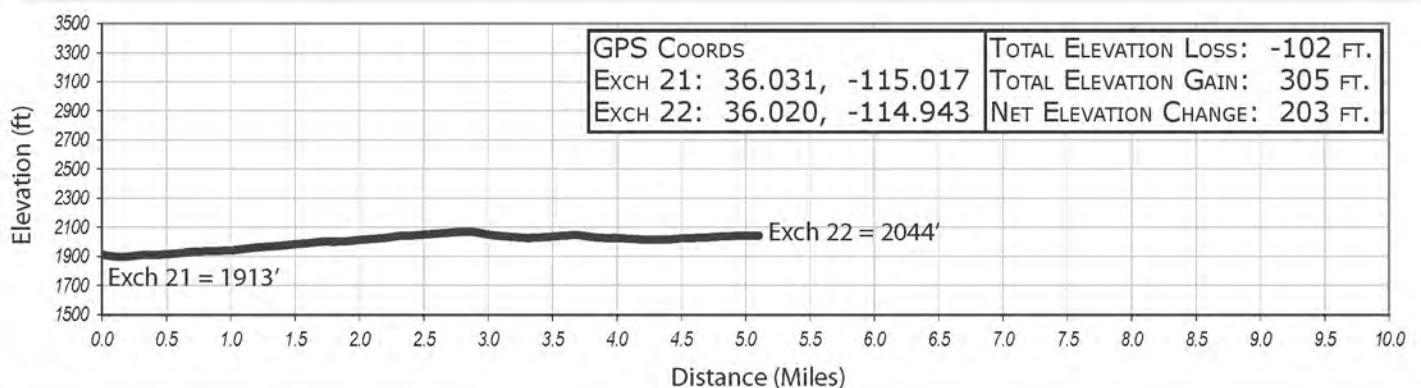
- 6.0 Hwy Take Exit 56 and turn LEFT on Wagonwheel Drive
- 6.2 Turn LEFT onto Appaloosa Road
- 7.0 Turn LEFT onto Equestrian Drive
- 7.5 Turn RIGHT onto Magic Way
- 8.2 Turn LEFT onto Featherwood Ave
- 8.3 Turn RIGHT into Exchange

Leg Legend

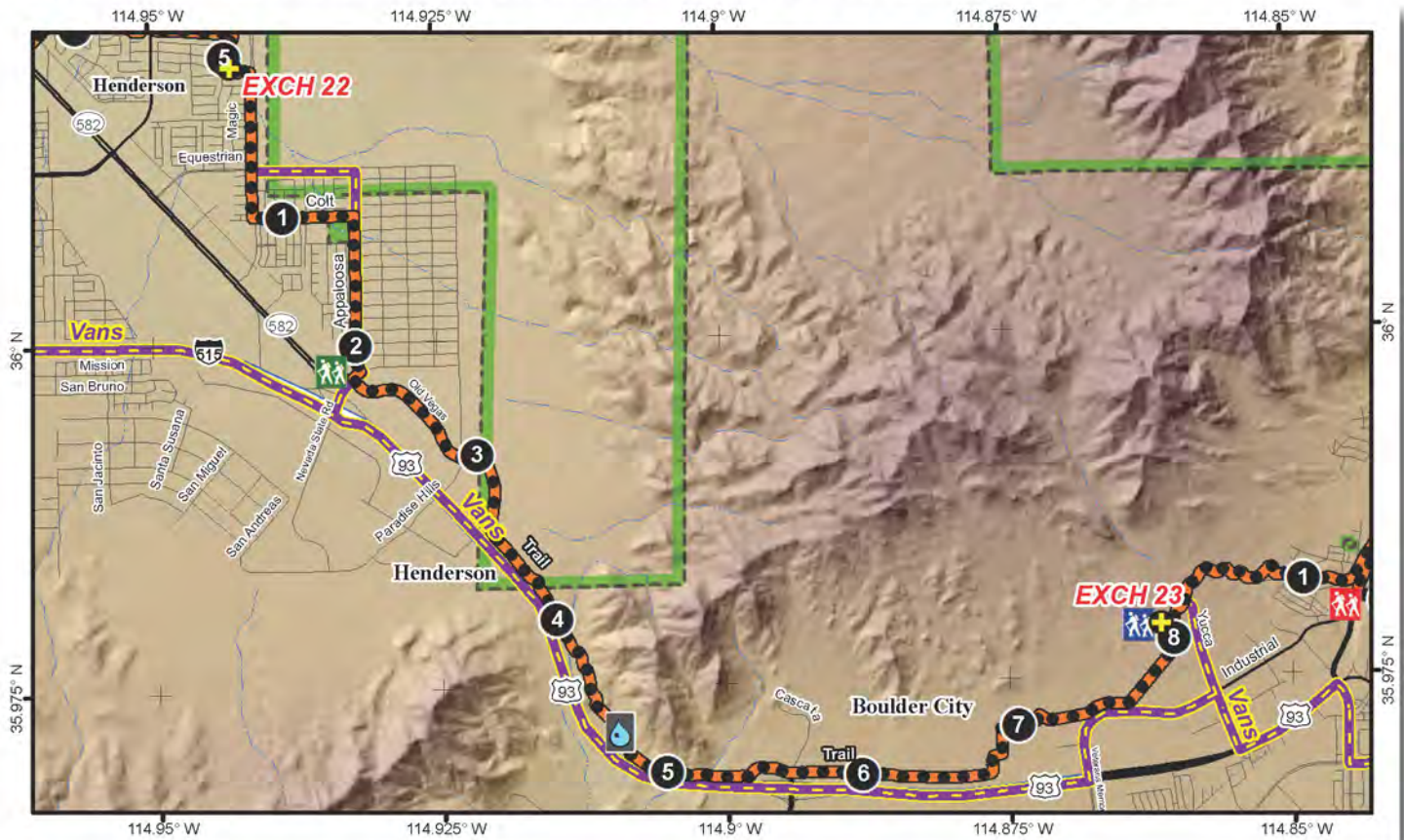
- 0.0 Exit the exchange on the Union Pacific Railroad Trail
- 2.9 Turn LEFT onto Greenway Road
- 3.4 Turn RIGHT onto Boulder Highway Trail
- 3.7 Turn LEFT onto Pueblo Blvd on the Saguaro Trail

Van Route

- 0.0 Exit the exchange, and turn LEFT onto Casa Del Fuego Street
- 0.1 Turn LEFT onto Las Palmas Entrada Ave
- 0.8 Turn LEFT onto Horizon Ridge Pkwy
- 2.3 Turn LEFT onto Horizon Drive
- 2.4 Take on ramp onto Great Basin



LEG 23 -- 8.1 MILES -- MODERATE -- NO VAN SUPPORT



Exchange 23:

Bootleg Canyon Park Trail Head
1000 Yucca Street
Boulder City, NV 89005

2.2
2.9
8.1

Drive

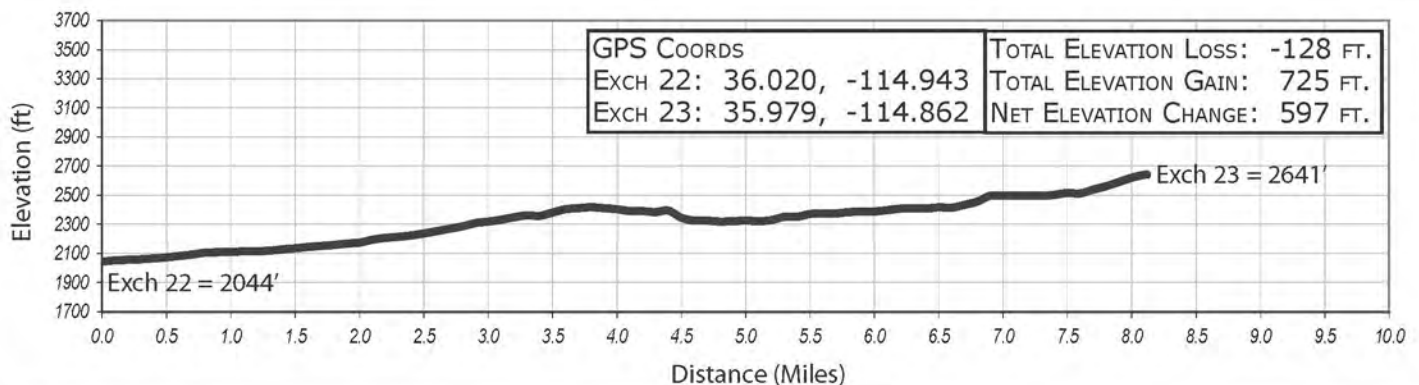
Turn LEFT onto Old Vegas Trail
Cross on Foothills Drive, run on
River Mountain Loop Trail
Arrive at Exchange 23

Van Route

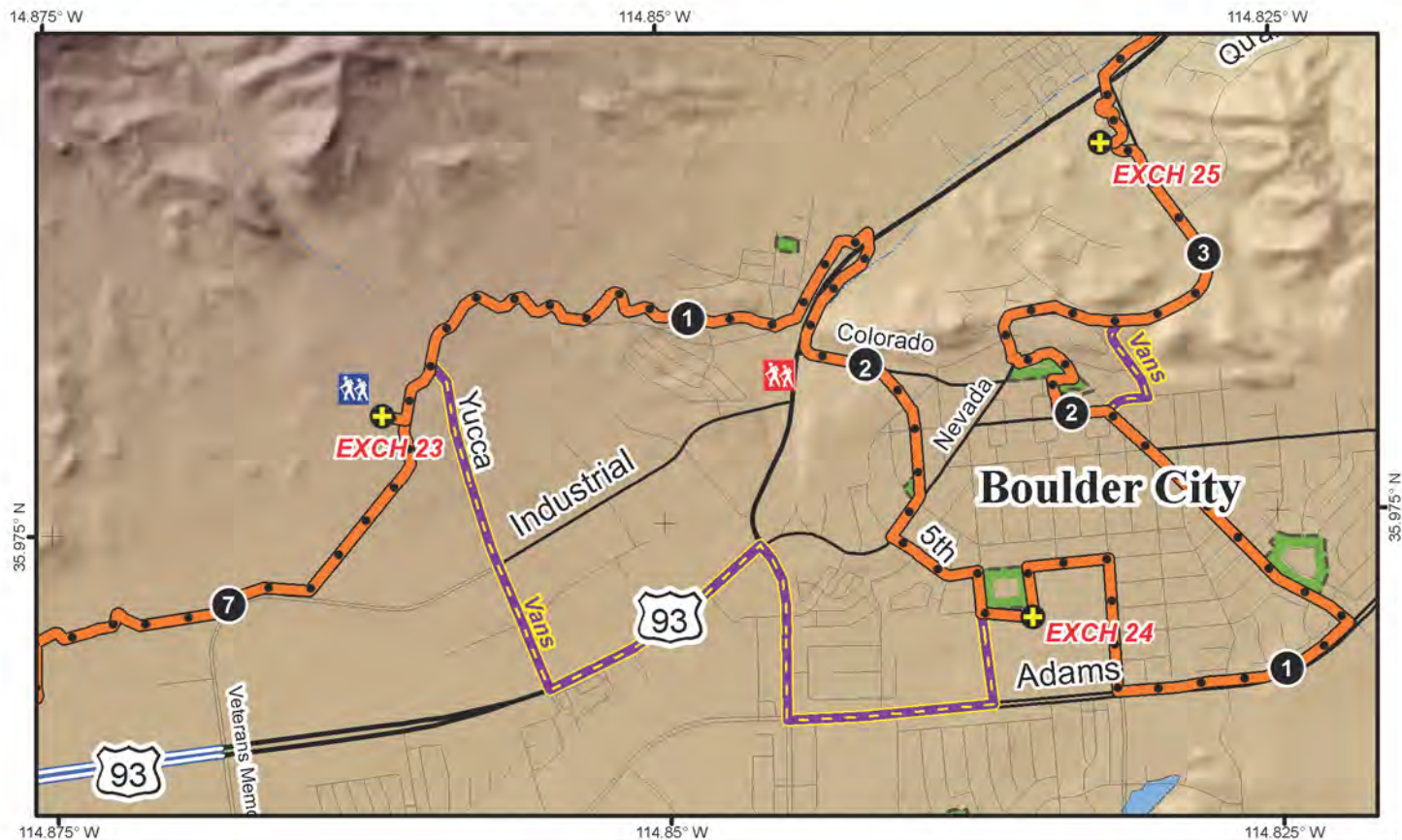
0.0 Exit exchange RIGHT onto
Appaloosa Road
1.0 Turn LEFT onto Boulder Highway
5.7 Turn LEFT onto Veterans
Memorial Drive
6.7 Turn LEFT onto Yucca Street
7.4 Arrive at exchange

Leg Legend

0.0 Turn RIGHT onto Featherwood
Ave
0.1 Turn RIGHT onto Magic Way
0.8 Turn RIGHT onto Colt Drive
1.3 Turn RIGHT onto Appaloosa
Road
2.1 Turn RIGHT onto Wagonwheel



LEG 24 -- 2.9 MILES -- VERY HARD



Exchange 24:

Boulder City High School
1101 5th Street
Boulder City, NV 89005

Leg Notes: The runner is hard to support on this leg, but this is not considered a no van support leg. There will be one water station on this leg. Use the map to help you find a location that works for your team.

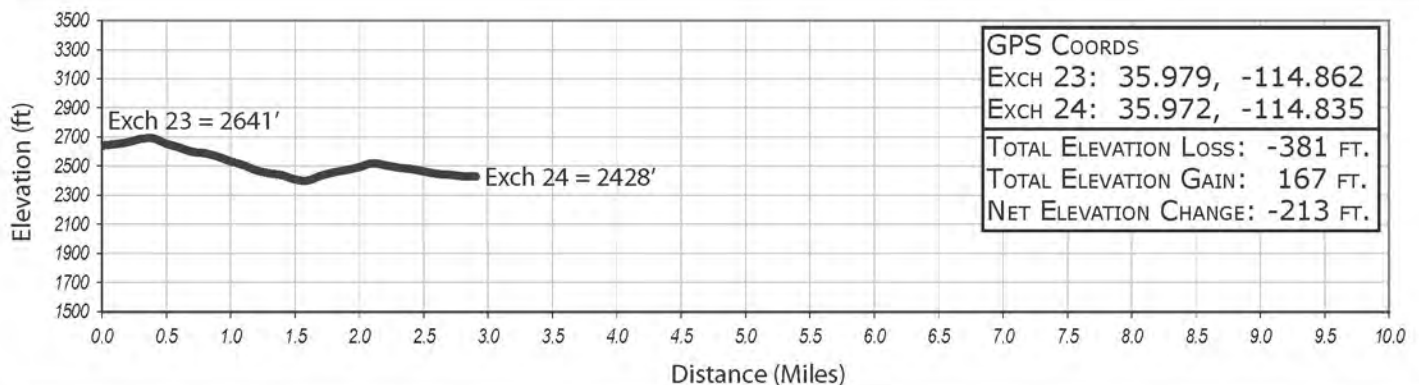
Leg Legend:

- 0.0 Leaving the exchange running on trail
- 1.9 Turn LEFT onto Colorado Street
- 2.0 Turn RIGHT onto Birch Street
- 2.4 Turn RIGHT onto Nevada Way
- 2.5 Turn LEFT onto 5th Street
- 2.9 Arrive at Exchange 24

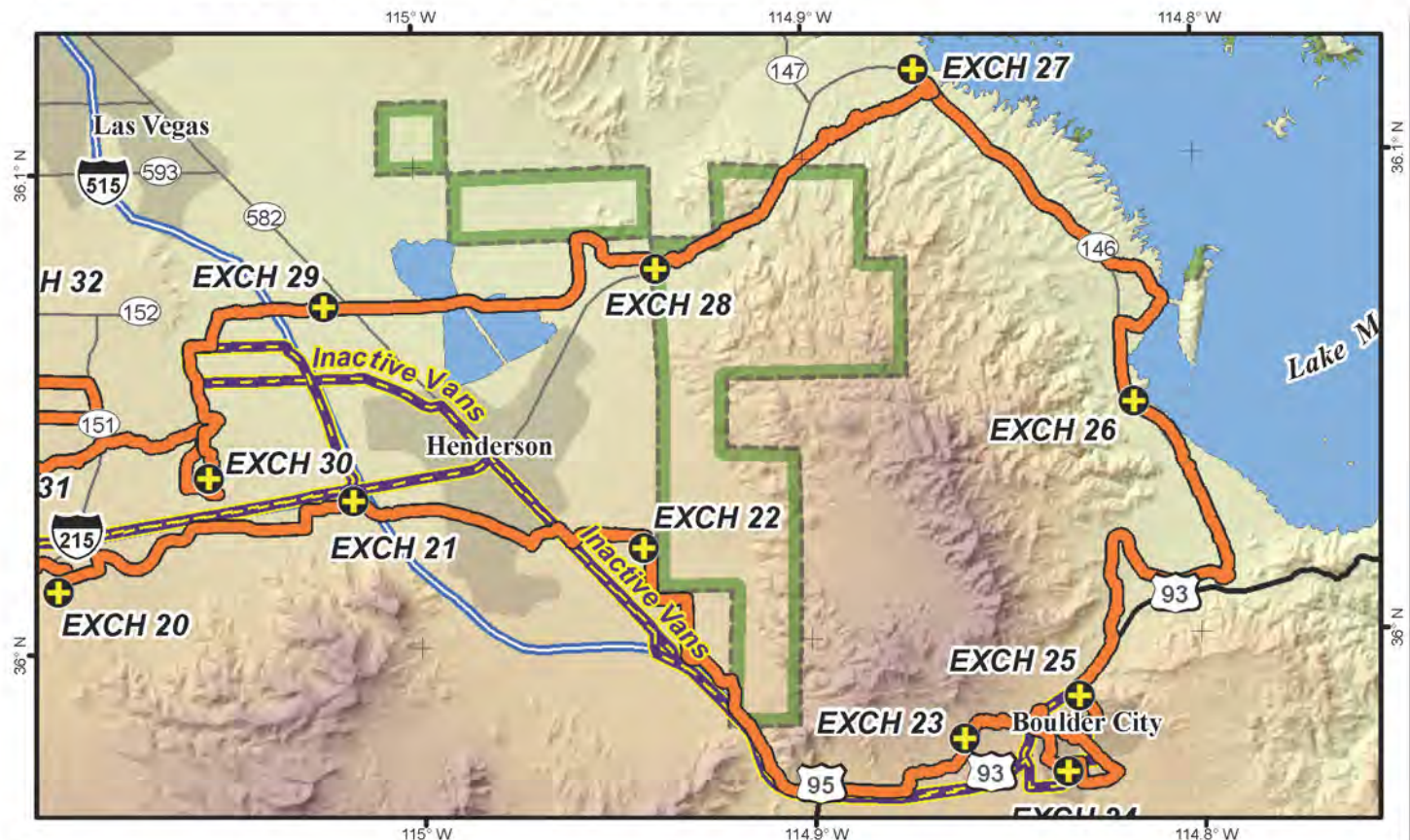
- 1.0 Turn LEFT onto Great Basin HWY turns into Nevada HWY
- 1.6 Turn RIGHT onto Buchanan Blvd
- 2.0 Turn LEFT onto Adams Blvd
- 2.5 Turn LEFT onto Avenue B
- 2.8 Arrive at Exchange 24

Van Route

- 0.0 Exit Exchange heading South on Yucca Street



VAN 1 -- LEGS 25-30 -- 35.9 MILES

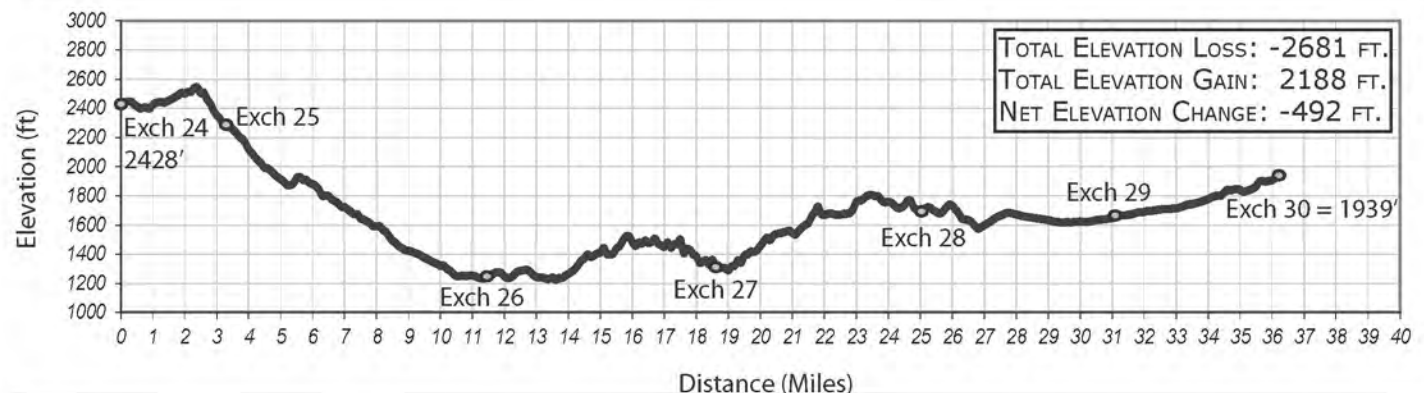


Overview

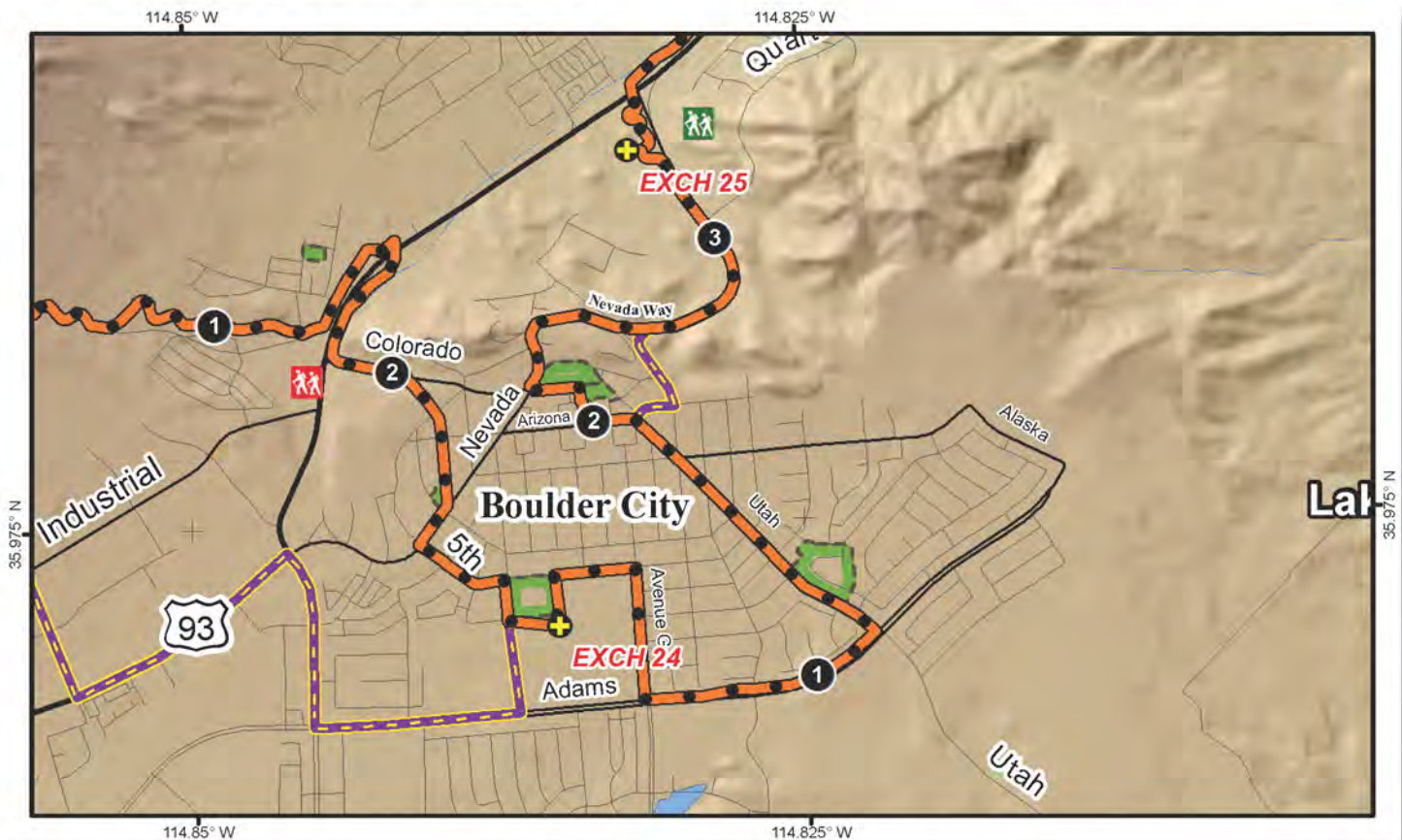
If you're in Van 1, you're on your last set of legs, and that means the party is close (If you're an Ultra team, I cannot even begin to tell you how amazing you are even though you might not be running your last leg just yet)! You're taking a quick trip along trails through Henderson and entering back into The Vegas before you bring it in FOR THE WIN at Exchange 30. Work it, friends! You rock.

Inactive van route to Exchange 30:

0.0	Turn RIGHT onto 5th Street	14.6	Turn LEFT onto Warm Springs Road
0.6	Turn LEFT onto Utah Street		
1.0	Turn RIGHT onto Arizona Street	18.1	Arrive at Exchange 30
1.1	Turn LEFT onto Avenue I		
1.2	Turn RIGHT onto Nevada Way		
2.0	Turn LEFT onto Great Basin HWY		
3.4	Stay RIGHT to stay on the Great Basin HWY		
9.5	Exit until Boulder HWY		
14.5	Take the Exit for Warm Springs		



LEG 25 -- 3.3 MILES -- EASY



Exchange 25:

Rest Stop

130 Nevada Way

Boulder City, NV 89005

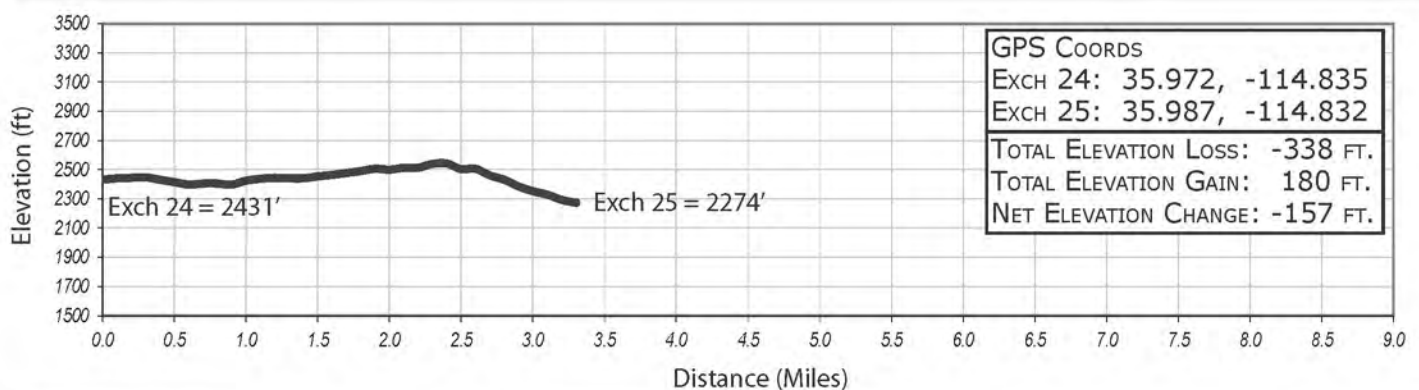
- | | |
|-----|--------------------------------|
| 2.1 | Turn LEFT onto Colorado Street |
| 2.2 | Turn RIGHT onto Nevada Way |
| 3.3 | Arrive at Exchange 25 |

Leg Legend

- | | |
|-----|-------------------------------------|
| 0.0 | Depart the exchange onto Adams Blvd |
| 1.2 | Turn LEFT onto Utah Street |
| 1.9 | Turn LEFT onto Arizona Street |
| 2.0 | Turn RIGHT onto California Avenue |

Van Route

- | | |
|-----|--------------------------------|
| 0.0 | Follow Runners |
| 2.9 | Turn RIGHT onto Arizona Street |
| 3.0 | Turn LEFT onto Avenue I |
| 3.2 | Turn RIGHT onto Nevada Way |
| 3.9 | Exchange will be on the left |



LEG 26 -- 7.9 MILES -- HARD



Exchange 26:

Boulder Harbor
Lake Shore Road
Boulder City, NV 89005

Leg Description

For this leg, you'll be spending some time on the River Mountain Loop Trail. Do not miss your views of Lake Mead from this trail!

Leg notes

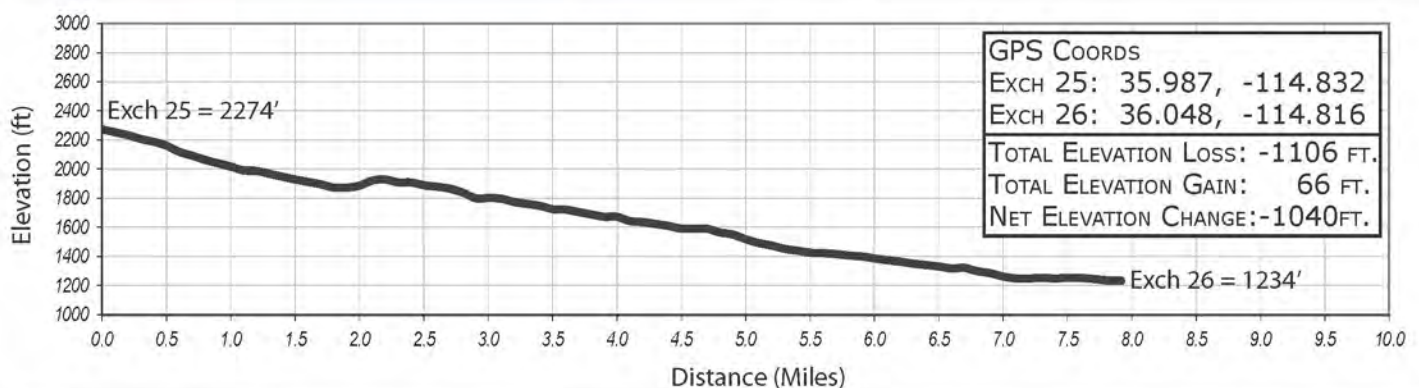
The runner is hard to support on this leg, but this is not considered a no van support leg. There will be one water station on this leg. Use the map to help you find a location that works for your team.

Leg Legend

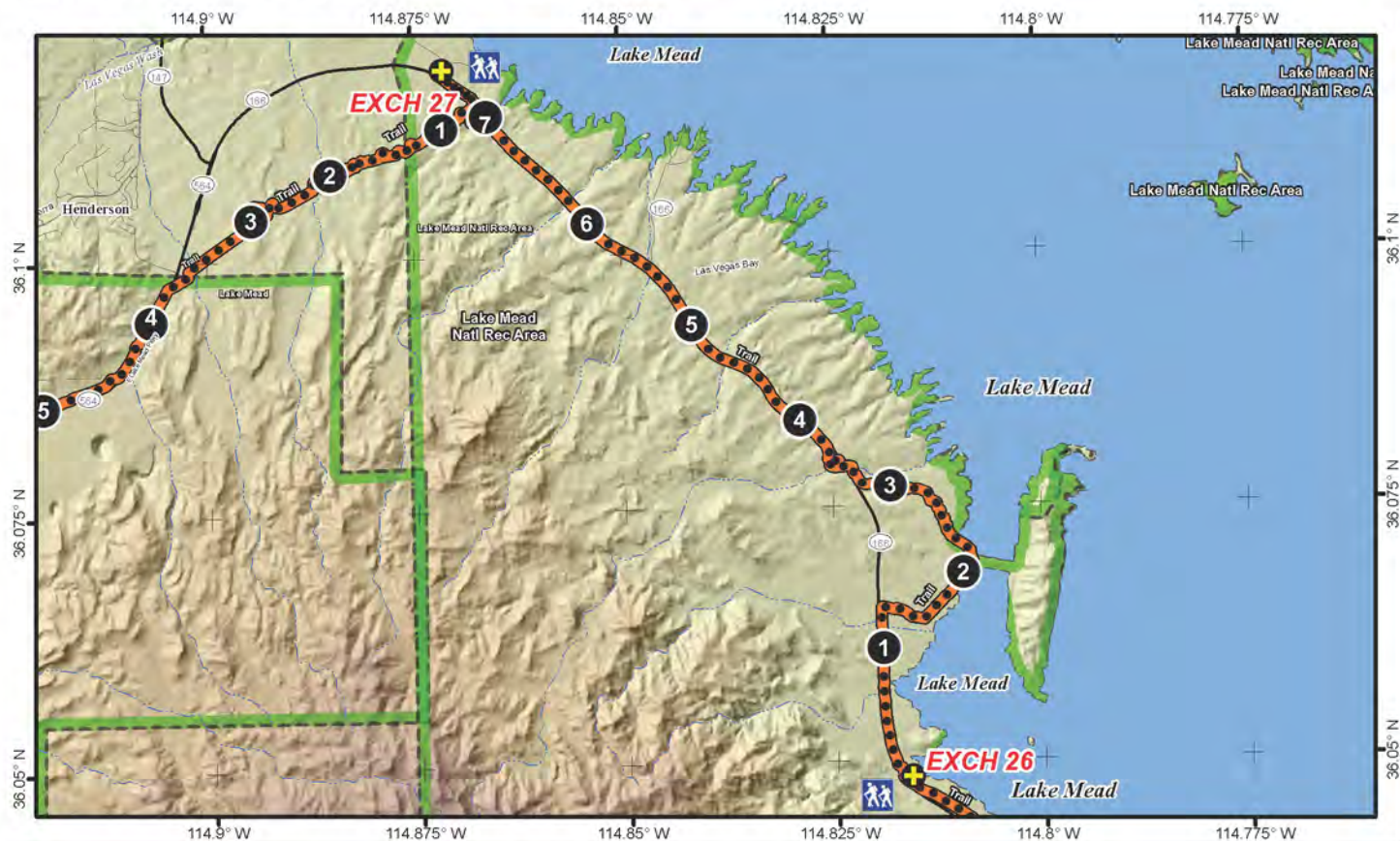
- 0.0 Depart the exchange and continue on the trail
- 0.2 Turn LEFT onto the River Mountain Loop Trail
- 7.9 Arrive at Exchange 26

Van Route

- 0.0 Turn LEFT out of the exchange onto trail
- 7.9 Arrive at Exchange



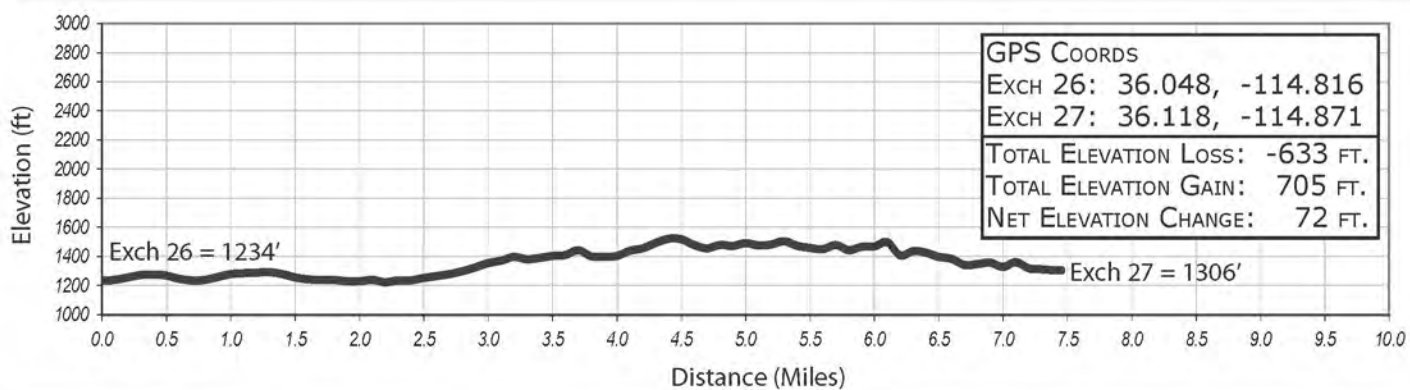
LEG 27 -- 7.5 MILES -- VERY HARD



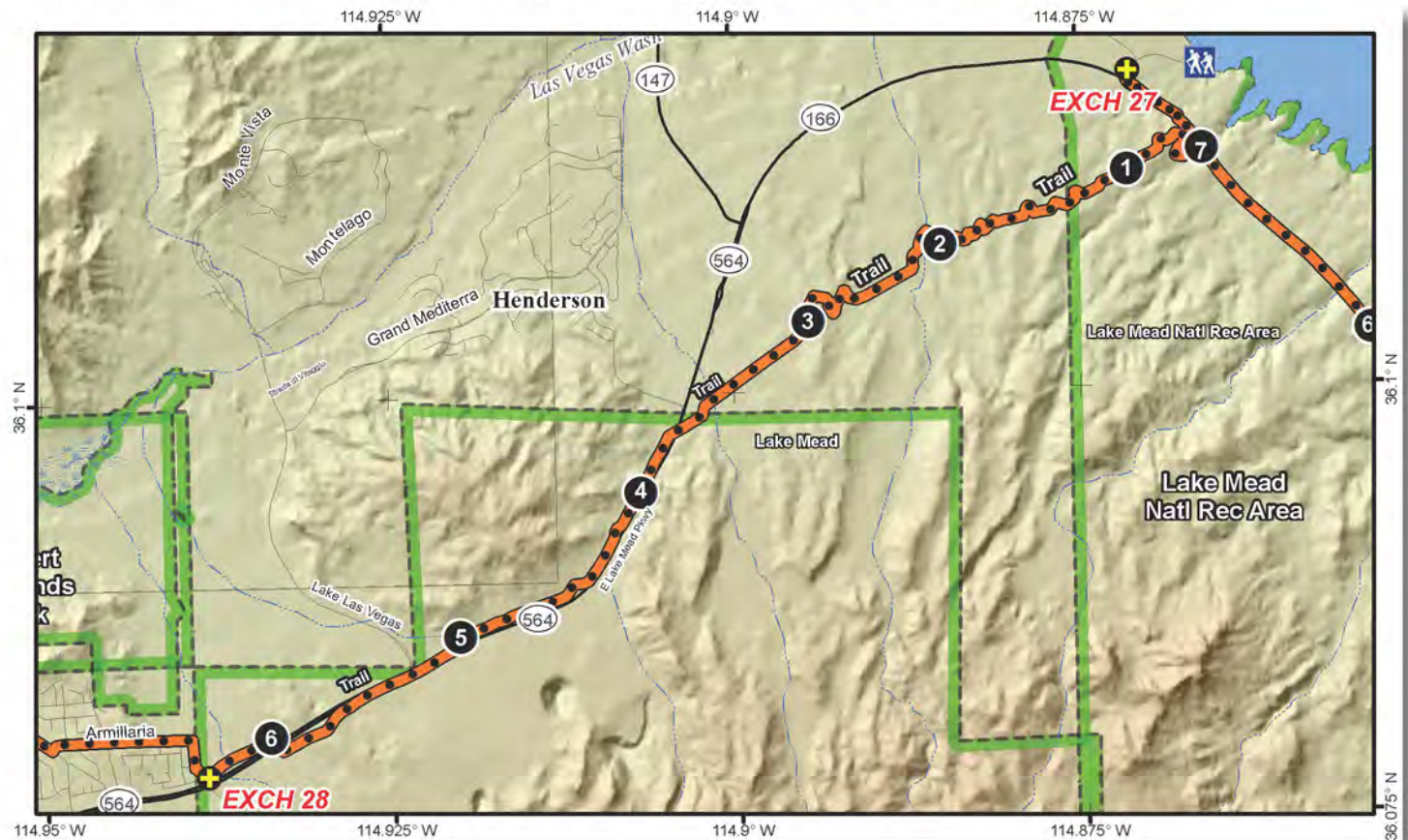
Exchange 27:
Las Vegas Bay

LEG LEGEND:

- 0.0 Depart the exchange and continue on the trail
- 7.3 Leave trail and cross Lakeshore Road
- 7.5 Arrive at the exchange



LEG 28 -- 6.3 MILES -- EASY -- NO VAN SUPPORT

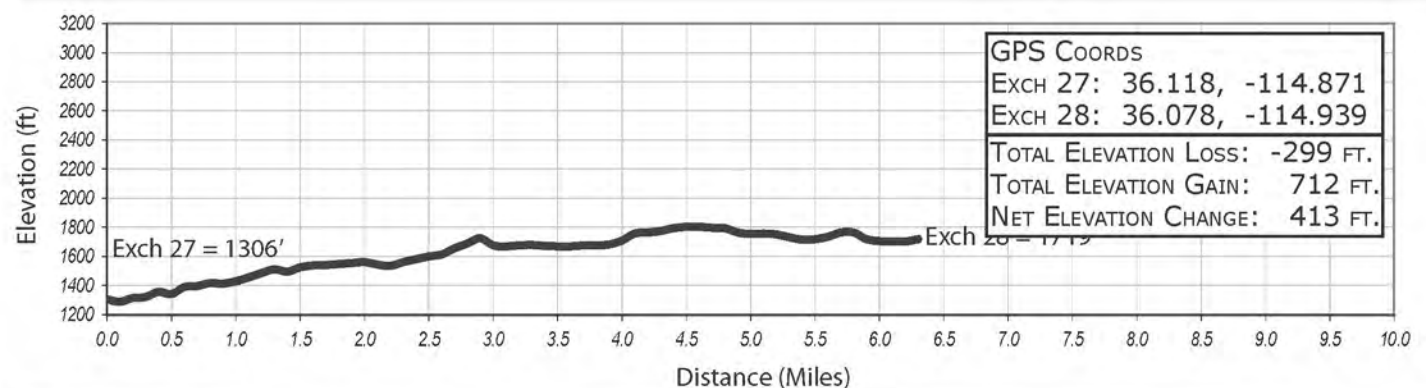


Exchange 28:
Mountain Lake Park
1020 Golda Way
Henderson, NV 89011

Van Route:
Cheer on your runner!

Leg Legend:

- 0.0 Depart the exchange turn **LEFT** onto Lakeshore Road
- 0.1 Cross the road and start running on trail
- 6.3 Arrive at exchange



LEG 29 -- 6.1 MILES -- HARD



Exchange 29:
Cowabunga Bay
90 Galleria Drive
Henderson, NV 89011

Leg Notes

The runner is hard to support on this leg, but this is not considered a no van support leg. There will be one water station on this leg. If vans would like to support their runners they are encouraged to do so where the trail crosses the road. Make sure you park in a legal parking spot close to the trail and walk to support your runner. Use the map to help you find a location

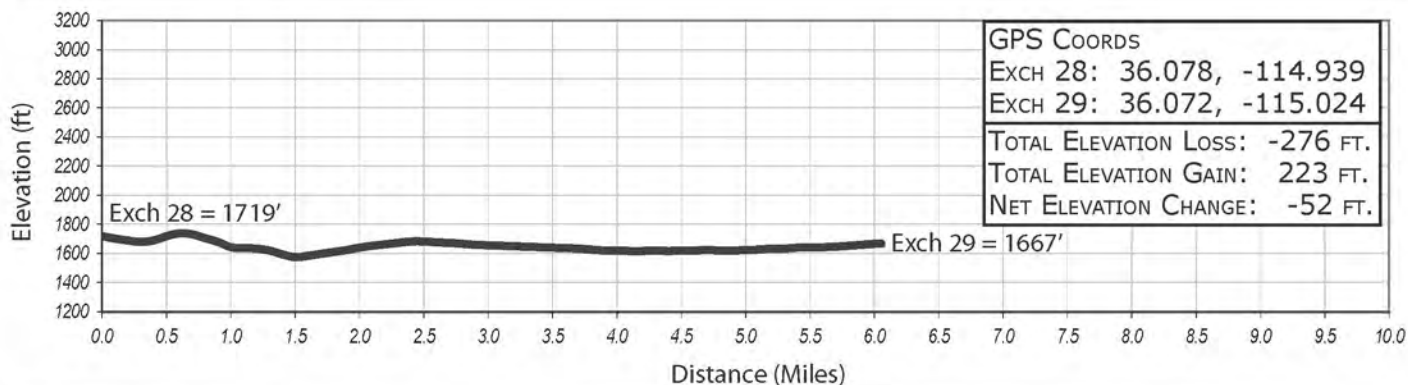
that works for your team.

Leg Legend

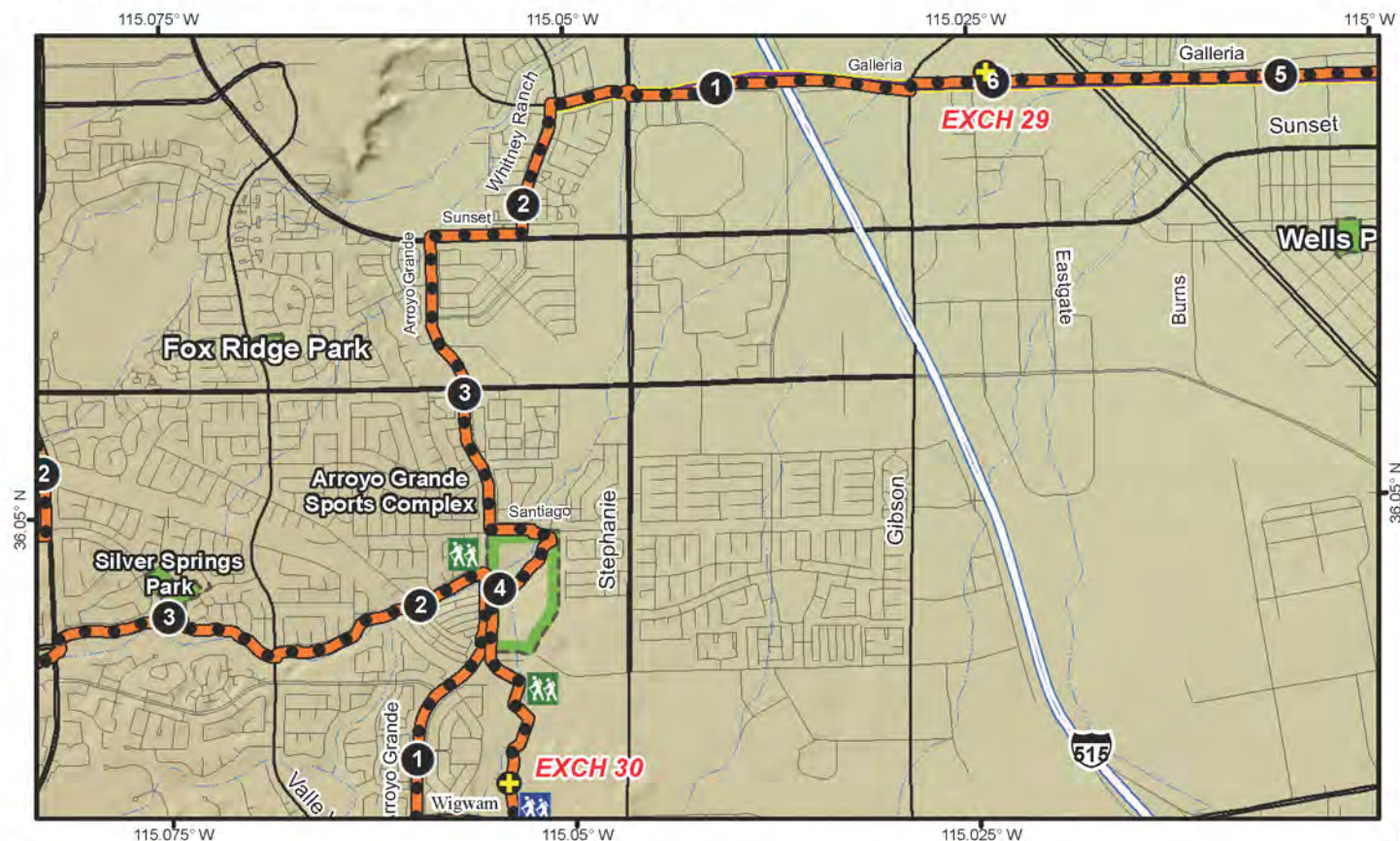
- 0.0 Leave exchange RIGHT onto Golda Way
- 0.2 Turn LEFT onto Armillaria Street
- 0.8 Turn RIGHT onto Calico Ridge Drive
- 1.5 Turn LEFT onto Galleria Drive
- 6.1 Arrive at Exchange 29

Van Route

- 0.0 Follow runner
- 1.5 Turn LEFT onto Galleria Drive
- 3.6 Turn RIGHT onto Burkholder Blvd
- 4.9 Turn LEFT into exchange



LEG 30 -- 4.8 MILES -- MODERATE



Exchange 29:

Cornerstone Park
1600 Wigwam Parkway
Henderson, NV 89074

Leg Description

You are finishing up for Van 1? OMG CAN YOU STAND THE EXCITEMENT?! Take it home, do a dance, give everyone hugs, high fives, a smooch on the cheek, a good game slap on their butt. Okay maybe I got a little too carried away. But for good measure, throw a little handhug in there, too. Yes, hand hugs are a thing, I promise. Google it. Great for all

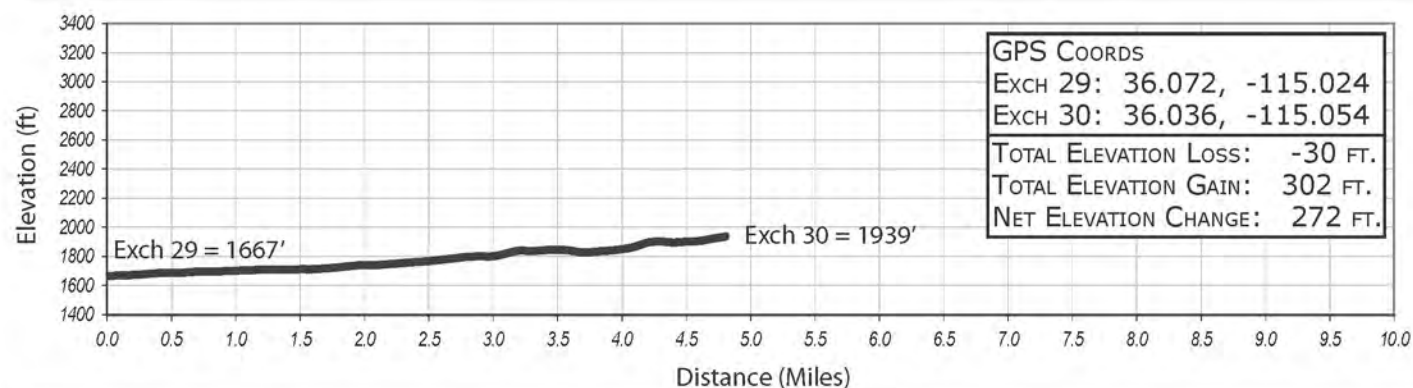
occasions, because apparently not everyone likes sweaty hugs?

Leg Legend

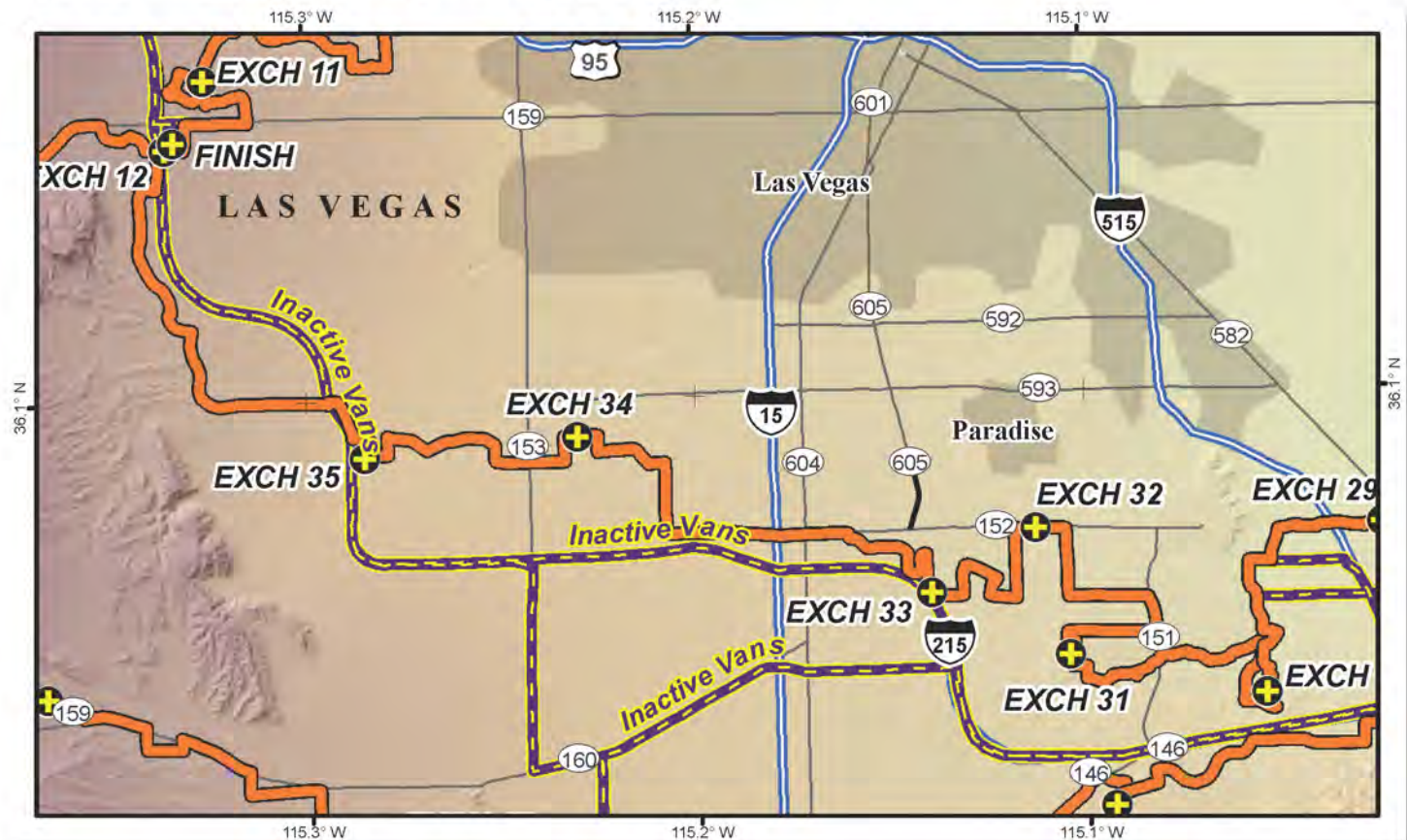
- 0.0 Continue WEST onto Galleria Drive
- 1.6 Turn LEFT onto Whitney Ranch Drive
- 2.1 Turn LEFT onto Sunset Road
- 2.4 Turn LEFT onto Arroyo Grande Blvd
- 4.8 Arrive at Exchange 30

Van Route

- 0.0 Leave exchange heading South on Burkholder Blvd
- 0.1 Turn RIGHT onto Galleria Drive
- 1.6 Turn LEFT onto Whitney Ranch Drive
- 3.5 Turn LEFT onto Santiago Drive
- 4.3 Turn RIGHT onto trail
- 4.8 Follow the runner



VAN 2 -- LEGS 31-36 -- 33.3 MILES



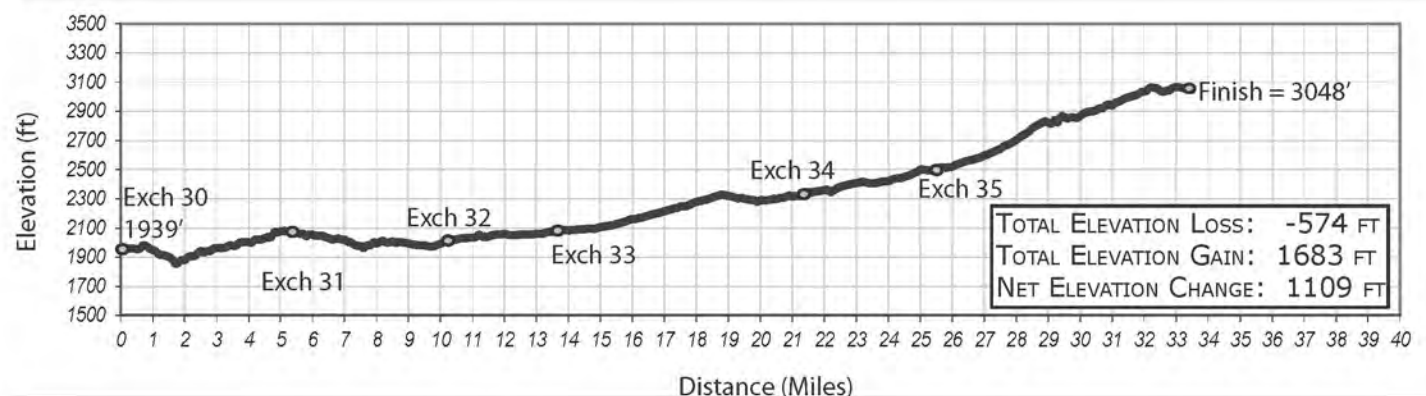
Overview

Last six legs, you are really almost there! There is one seriously awesome party waiting for you at Red Rock Resort and Casino, but first you'll be traveling through a few neighborhoods and parks in The Vegas before you hit the beltway trail to bring it in to the finish!

Inactive Vans Route to Finish Line:

- 0.0 Turn RIGHT out of the exchange onto Arroyo Grande Blvd
- 0.6 Turn RIGHT onto Sunset Road
- 2.0 Turn RIGHT to merge onto Great Basin HWY
- 28.3 Take Exit 26 for Charleston Blvd
- 28.7 Turn RIGHT onto Charleston

- 29.6 Blvd
- Arrive at The Finish!



LEG 31 -- 5.3 MILES -- HARD



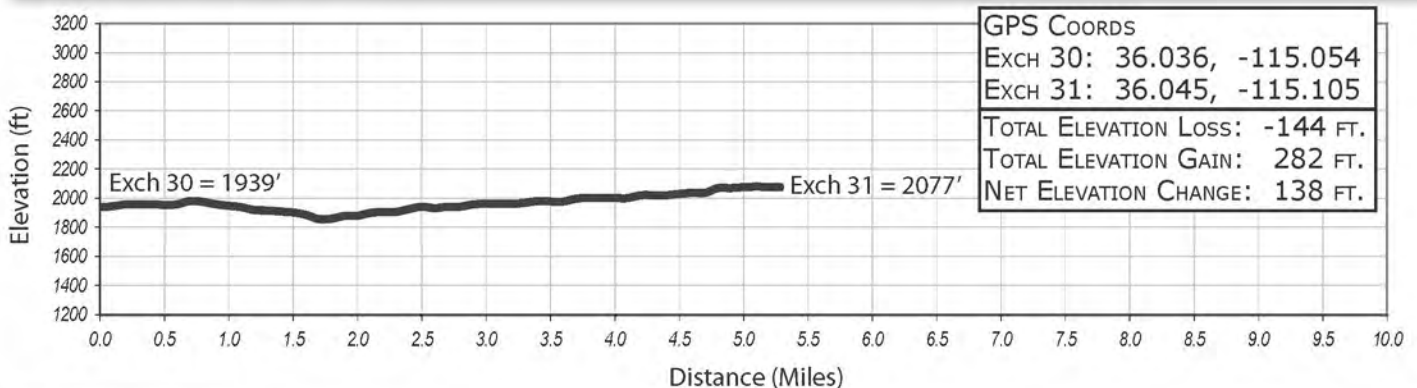
Exchange 31:

Aggie Roberts Elementary School
227 Charter Oak St
Henderson, NV 89074

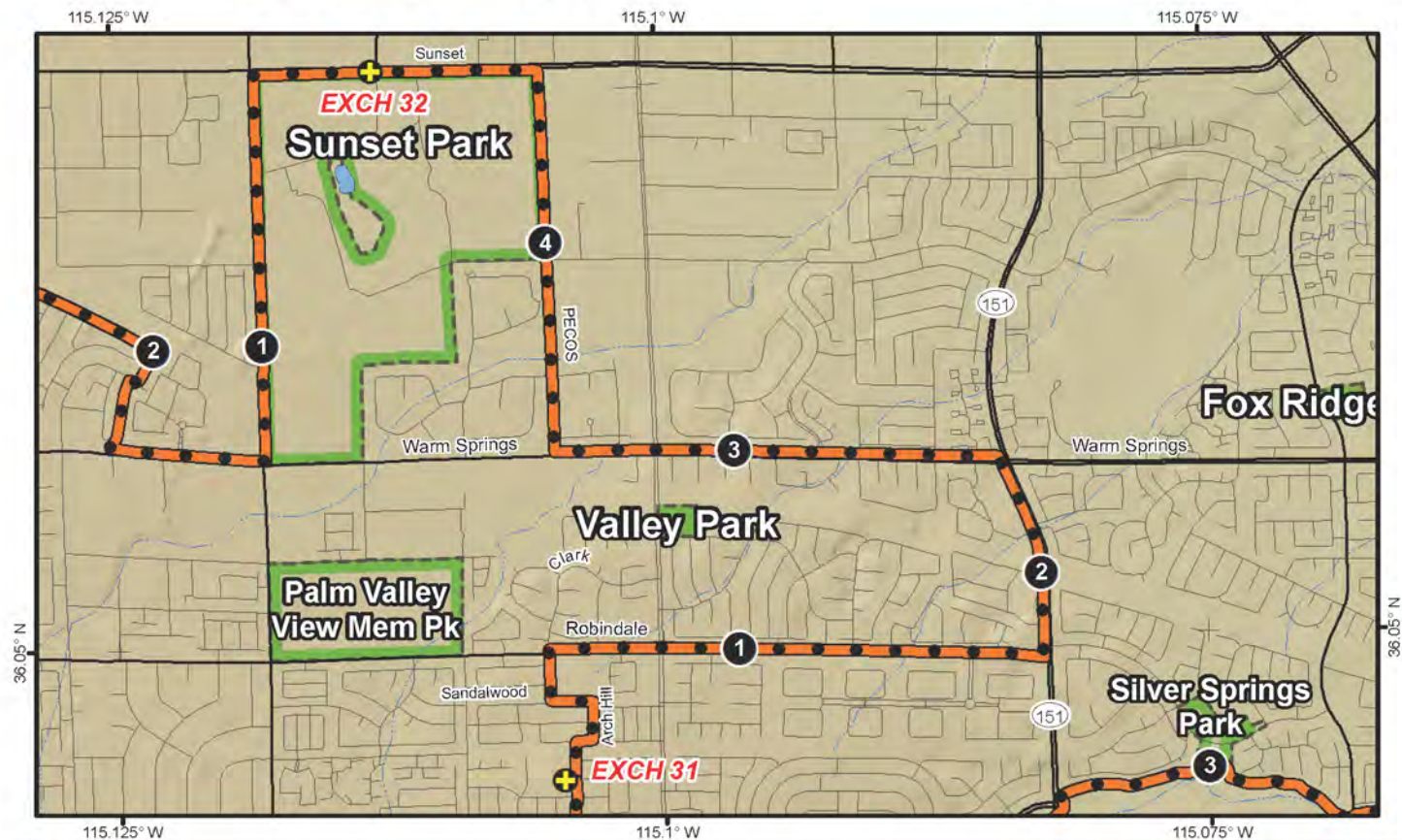
- | | |
|-----|-----------------------------|
| 1.8 | Drive |
| 4.7 | Turn LEFT onto trail |
| 4.9 | Turn RIGHT onto Pecos Road |
| | Turn LEFT onto Windmill |
| | Pkwy |
| 5.1 | Turn RIGHT onto Charter Oak |
| | Street |
| 5.3 | Arrive at Exchange |

Leg Legend

- | | |
|-----|-------------------------|
| 0.0 | Turn RIGHT onto Wigwam |
| | Parkway |
| 0.8 | Turn RIGHT onto Arroyo |
| | Grande Blvd |
| 1.4 | Turn LEFT onto Santiago |



LEG 32 -- 4.9 MILES -- EASY

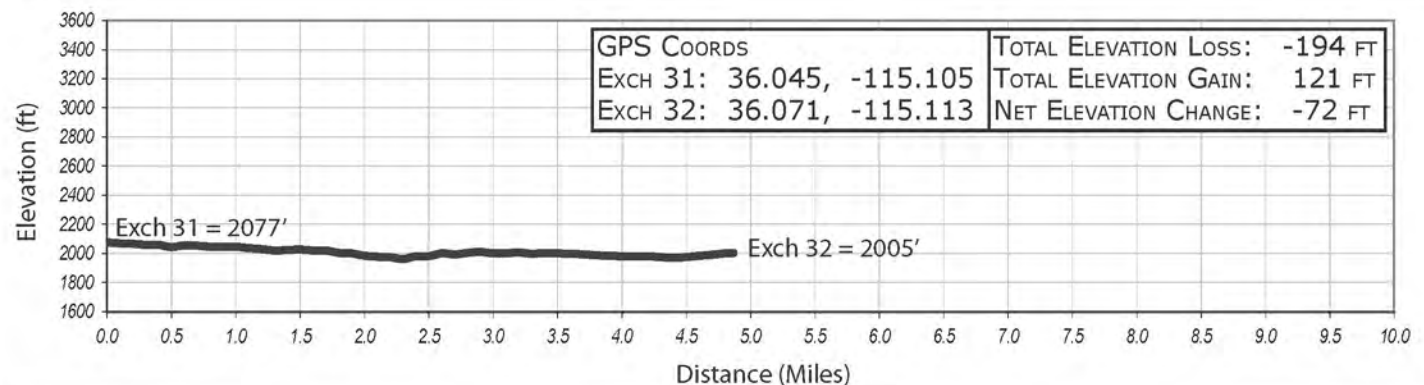


Exchange 32:

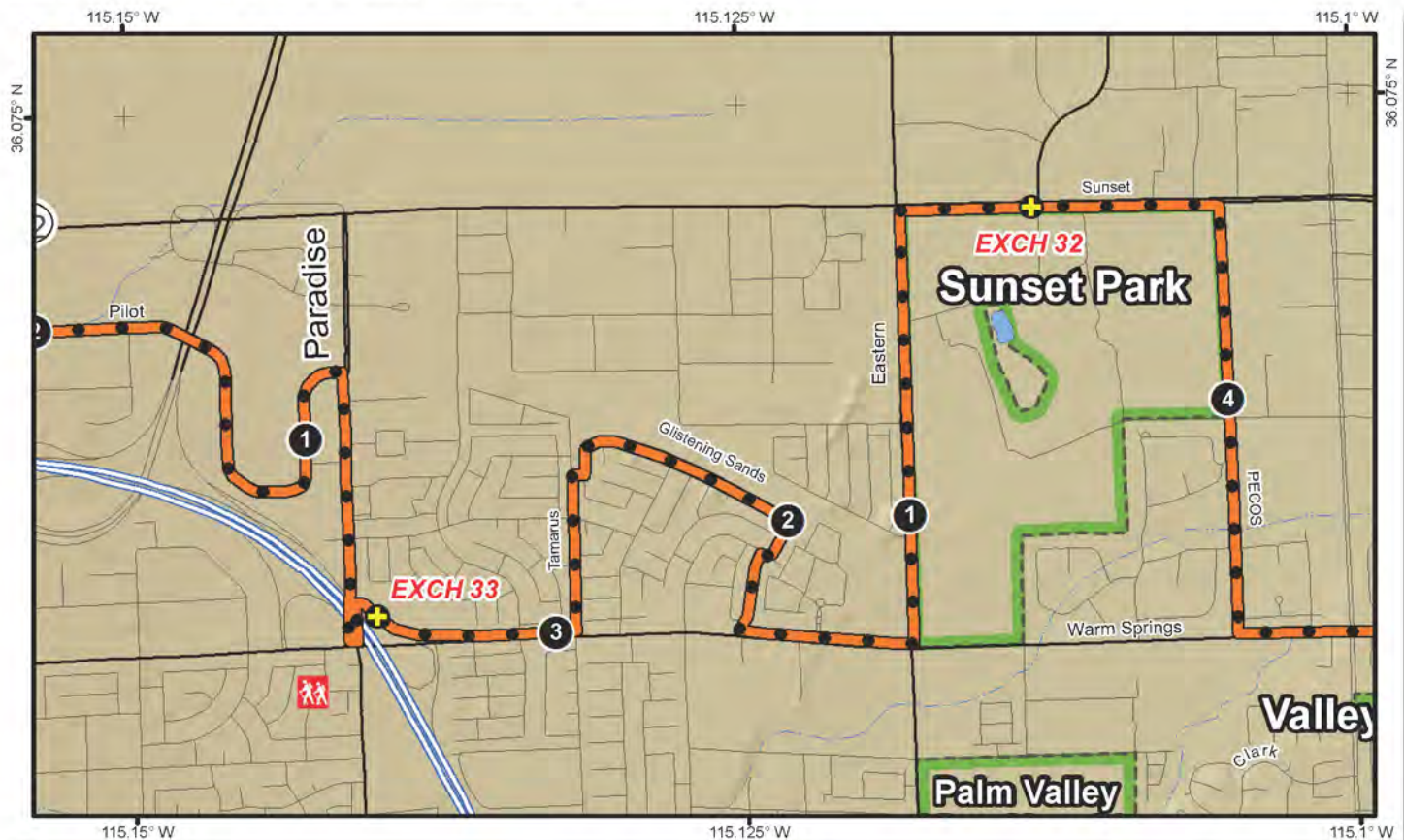
Sunset Park
2601 E Sunset Rd
Las Vegas, NV 89120

Leg Legend

0.0	Leave exchange LEFT onto Charter Oak St	3.5	Turn RIGHT onto PECOS Road
0.1	Turn RIGHT onto Pastle Ave turns into Arch Hill St	4.4	Turn LEFT onto Sunset Road
0.3	Turn onto Clark Drive	4.9	Arrive at Exchange
0.5	Turn RIGHT onto Robindale Road		
1.8	Turn LEFT onto Green Valley Pkwy		
2.3	Turn RIGHT onto Warm		



LEG 33 -- 3.4 MILES -- EASY

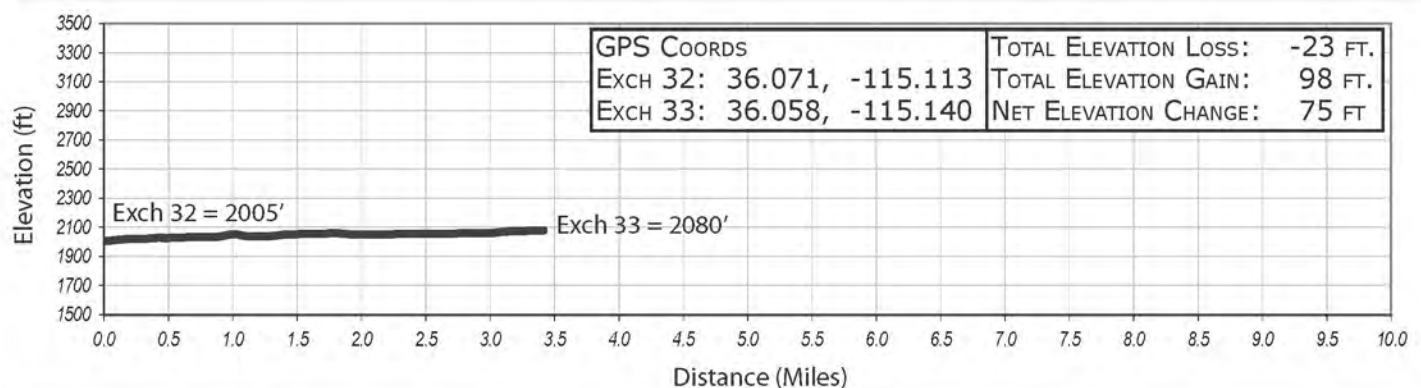


Exchange 33:

Scouting Resource Center
7220 Paradise Rd
Las Vegas, NV 89119

Leg Legend

- | | | | |
|-----|-----------------------------------|-----|------------------------------------|
| 0.0 | Turn LEFT onto Eastern Ave | 2.0 | Turn LEFT onto Glistering Sands Dr |
| 1.3 | Turn RIGHT onto Warm Springs Road | 2.3 | Turn LEFT onto Orange Grove Ln |
| 1.7 | Turn RIGHT onto Paradise Bay Dr | 2.4 | Turn LEFT onto Cypress Gardens Ln |
| | | 2.5 | Turn RIGHT onto White Drive |
| | | 2.6 | Turn LEFT onto Tamarus St |
| | | 3.0 | Turn RIGHT onto Warm Springs Rd |
| | | 3.4 | Follow sidewalk into Exchange |



LEG 34 -- 7.8 MILES -- EASY



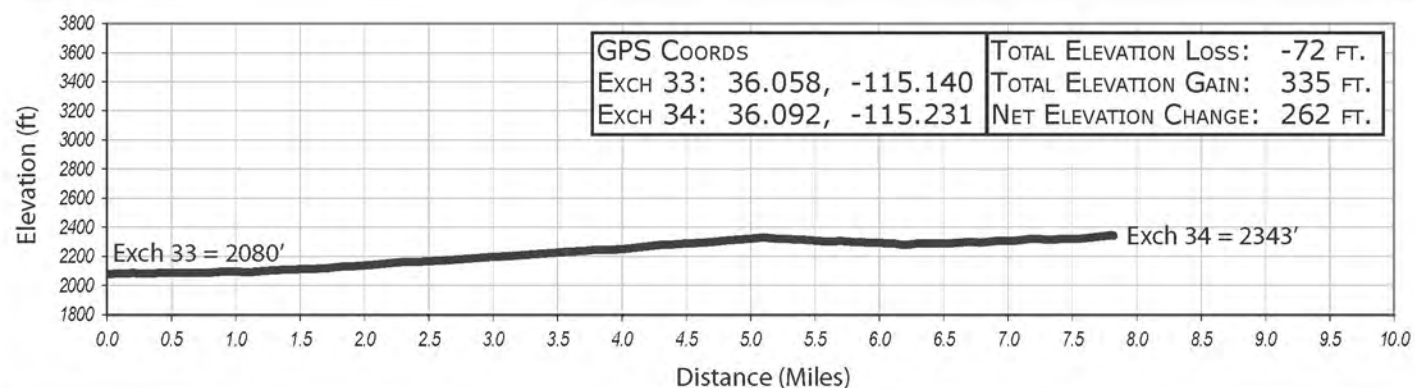
Exchange 34:

LDS Church
6325 Hacienda Ave
Las Vegas, NV 89113

- 2.5 Turn LEFT onto Sunset Road
- 5.1 Turn RIGHT onto Decatur Blvd
- 6.2 Turn LEFT onto Russell Road
- 6.4 Turn Right onto Flamingo Washington Trail
- 7.3 Turn RIGHT onto Jones Blvd
- 7.5 Turn LEFT onto Hacienda Ave
- 7.8 Arrive at Exchange

Leg Legend

- 0.0 Leave exchange LEFT on Paradise Rd
- 0.2 Cross and turn LEFT onto Paradise Rd
- 0.8 Turn LEFT onto Pilot Rd



LEG 35 -- 4.1 MILES -- EASY



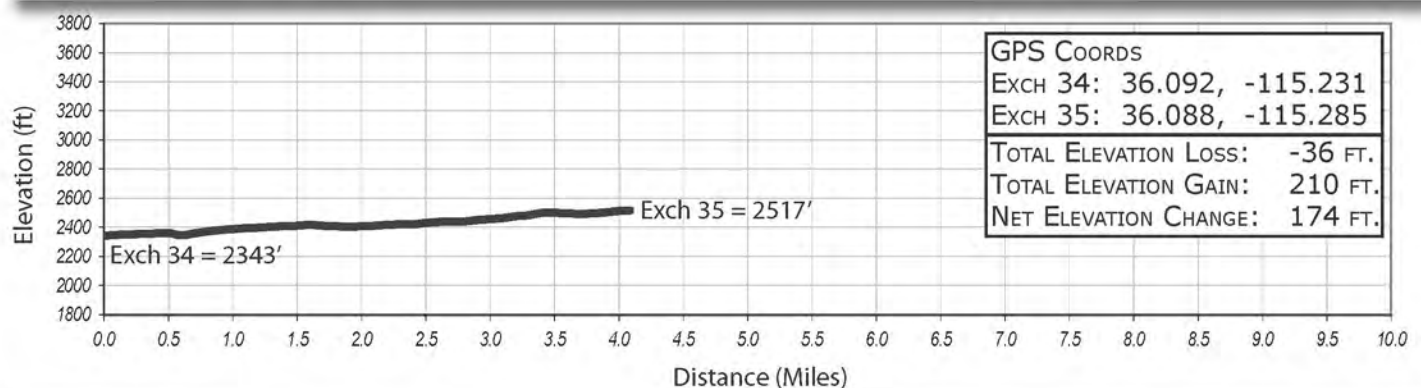
Exchange 34:

Lucille Rogers Elementary
5535 S Riley Street
Las Vegas, NV 89148

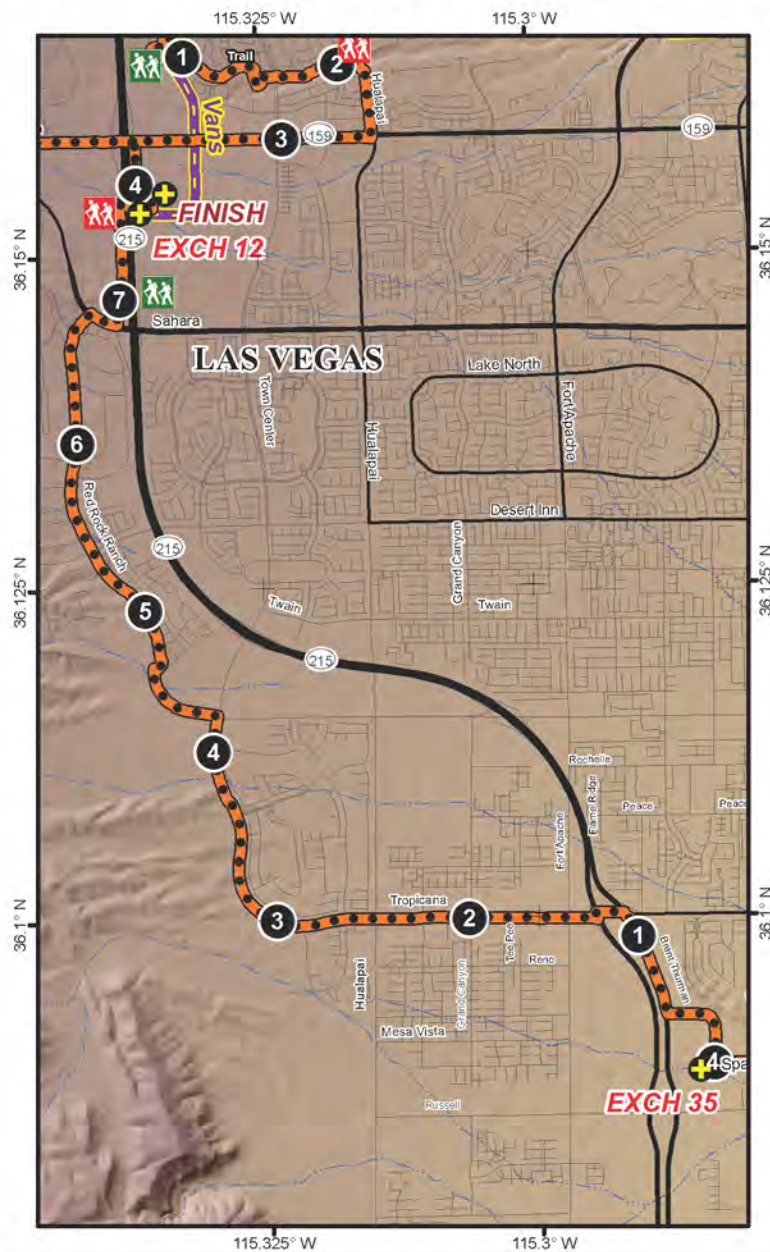
- 1.6 Turn RIGHT onto Tenaya Way
- 1.8 Turn LEFT onto trail
- 3.5 Turn LEFT onto Durango Drive
- 3.7 Turn RIGHT onto Spanish Ridge ave
- 4.1 Arrive at Exchange

Leg Legend

- 0.0 Leave exchange LEFT on Hacienda Ave
- 0.2 Turn RIGHT onto Torrey Pines Drive
- 0.6 Turn RIGHT onto Dewey Drive



LEG 36 -- 7.8 MILES -- HARD



Finish:

Red Rock Resort & Casino
11011 W Charleston Blvd
Las Vegas, NV 89135

Leg Notes

The runner is hard to support on this leg, but this is not considered a no van support leg. There will be two water stations on this leg. Vans are encouraged to go directly to the finish line to park and wait for their runner to arrive.

Leg Legend

- 0.0 Leaving exchange heading straight onto Hacienda Ave
- 0.5 Turn RIGHT onto Brent Thurman Way
- 1.1 Turn LEFT onto Tropicana Ave then turns into Town Center Drive
- 4.2 Turn LEFT onto Flamingo Road turns into Red Rock Ranch Road
- 6.8 Turn RIGHT onto Sahara Ave
- 6.9 Turn LEFT onto I-215 Beltway Trail
- 7.5 Turn RIGHT onto Summerlin Centre Dr
- 7.8 Arrive at the FINISH!

