OFFICIAL 2014 RACE BIBLE

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

ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE.
Registered Teams will be notified of all changes.
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 is this document is subject to change.

UPDATES

ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE. Registered teams will be notified of all changes. 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.

December 13, 2013
Updated Volunteer Registration dates (see page 6)

January 6, 2014
Updated Race Director Info and Team Captain's Meeting (see page 6)

February 19, 2014
Updated Pay For Volunteer Deadline (see page 6)

March 12, 2014
Updated Volunteer Policies and Team Tranfer Policies (see pages 9-10)

April 2, 2014
Changes to Start Time Request Dates and Substitution Deadlines (see page 6)

April 8, 2014
Team Captain's Meeting Location and Holding Times (see page 6)

May 6, 2014
Team Captain's Meeting (see page 6)

RACE INFORMATION

Race Name: Ragnar Relay Chicago
Race Director: Becky Hall | becky@ragnarrelay.com | 920-539-1896
Race Charities: Chicago Area Runners Association Road Scholars & Back on My Feet Chicago

IMPORTANT DATES & INFORMATION

REGISTER YOUR TEAM ONLINE AT:	http://www.ragnarrelay.com/race/chicago/registration	
Early Team Registration Deadline	10/1/13 – 1/10/14	Regular: $1280
Regular Team Registration Deadline	4/4/14	Regular: $1380
Late Team Registration Deadline	5/1/14	Regular: $1580
Start Time Requests	4/7/14 – 5/9/14	
Volunteer Registration	4/25/14 – 5/23/14	
Pay for Volunteers	Ends on 5/23/14	$120/Volunteer
Team Member Substitution Deadline	5/9/14	Free
Late Substitution Deadline	5/10/14 – 5/22/14	$10.00
Final Substitutions	5/23/14 – 6/3/14	$20.00
Final Team Name Change Deadline	4/28/14	
Team Captain's Meeting	5/20/14	7:00 PM
	Great Dane Pub and Brewing Co. - Eastside 876 Jupiter Dr. Madison, WI 53718	
	5/22/14	7:00 PM
	Road Runner Sports 3232 West Lake Ave. Wilmette, IL 60091	
OFFICIAL NIGHT TIME RUNNING HOURS	7:30pm – 6:30am	

OFFICIAL HOLDING TIMES

Exchange	Hold teams arriving before:	Allow held teams back onto the course at:	Course Takedown
6	Friday, June 6 10:15 AM	Friday, June 6 12:45 PM	Friday, June 6 8:00 PM
12	Friday, June 6 3:30 PM	Friday, June 6 6:00 PM	Friday, June 6 12:15 AM
18	Friday, June 6 7:15 PM	Friday, June 6 9:15 PM	Saturday, June 7 4:30 AM
24	Friday, June 6 11:45 PM	Saturday, June 7 1:45 AM	Saturday, June 7 9:45 AM
30	Saturday, June 7 4:30 AM	Saturday, June 7 6:30 AM	Saturday, June 7 3:45 PM

BEFORE THE RACE

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1. GETTING STARTED

1.A) To Do List

- Start recruiting a 12 or 6 person team, plus three volunteers.
- Register and pay for the team online at www.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" donation 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 your profile page. This tool is located on the bottom right of every runner's profile page. Simply click the box indicating you are available to join a team. Choose the race(s) you are interested in running, your type of team preference (regular, ultra, or high school), a team gender preference, and pace preference. If you do not have a preference, you can click multiple boxes, or none of them. When you're finished, just click update and 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 our 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 team 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 cell phone 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.
- 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.
- Resting for the off Van.
- What to do in the event of an emergency.
- Running at night.
- What starting time to request.

1.E) Starting times

Starting 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. 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 a start time, captains need to do the following: 1. Log into your account, 2. Access your team's profile page, 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 request a start time and finish 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 on our website at http://www.ragnarrelay.com/training. 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 Now" link 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 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 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, excluding sold out Ragnar Relays, 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 locations page (http://ragnarrelay.com/events), 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 volunteers@ragnarrelay.com to request a volunteer policy exemption.

All volunteers must:

- 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.***
- Be at least 16 years old
- Provide their own transportation to and from their assigned location
- Wear their official volunteer T-shirt 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 CAPTAINS 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 or comments the Team Captains have as well as last minute changes. If Team Captains are not able to attend the Team Captain Meeting, minutes will be sent out two weeks before the race.

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) (Example: See LED Safety Strobe)
    a. Nathan now offers a reflective vest with built in LED lights on the back. This vest fulfills the reflective vest and LED requirements (there are some vests with LED lights on the front of the vest. These vests don't qualify. LED lights must be on the back.)

*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 and very important 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, crossing flags, and a certificate showing that they have attended safety training. This certificate must be presented at the exchange chute for runner 7 to begin his or her leg. (See section 14.F for info on safety training.)

TEAM TYPE

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6. REGULAR TEAMS

6.A) 12 Runners

Regular teams are made up of twelve runners. Each member of the team will complete three legs of the relay. Runners must run in the same sequence for each segment of the race – every twelfth leg. For example, if a runner runs leg 3, he 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 on 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. Once the race begins team divisions are final and cannot be changed. Teams are encouraged to check their division on their team profile before the race to ensure they are in the correct division.

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 4 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.

GENERAL RULES

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9. SUPPORT VEHICLES

9.A) Support Vehicle Requirements

Support vehicles are used to transport the runners to and from each exchange point. It is suggested that regular teams use two vehicles to make it easier, although a single vehicle is allowed if there are seatbelts for all passengers and the vehicle adheres to all applicable local vehicle safety laws. Similarly, Ultra teams may choose to use one or two team vehicles, the recommendation is one van. Teams will provide their own vehicles. Teams are not allowed to have more than 2 vehicles per team.

9.B) Vehicle Restrictions
12 - 15 passenger vans are recommended whenever possible. Suburbans are also great vehicles. We recommended nothing smaller than a mini-van. 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 disqualification. For any doubts about the legality of team vehicle, please contact the race director prior to the race for approval.

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. 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 regarding respect for local residents and businesses. Therefore, please use common sense while in residential areas (as in all areas). We reserve the right to penalize or disqualify any team based on a lack of respect for the communities traveled through.

- Do not honk horns or flash vehicle's high beams during evening 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 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 disqualified 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.

10.G) Follow Correct Route - navigation is 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

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11. HOLDING TEAMS DOCUMENT
Accurate projections are critical to a successful Ragnar Relay. At any given spot along the race route we have the course set-up and volunteers in place for 6-12 hours. Based on your projections we will start

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

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

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 avoid stopping your team 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. This will ensure your team stays within the blue area of the graph.

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 the Race Director.

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** everywhere 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)

Strikes will be given out if you are unable to hear instructions. Three strikes on any rule may 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 Gatorade,

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 will be 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. Other than the driver, everyone must exit the vehicle on the passenger side. 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 may 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 (legs are labeled in the RagMag), 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. The support crew must remain in the vehicle.
- 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 are labeled as such in the RagMag. 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 when city ordinances and permits allow.

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 and their hours of operation.

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 call the Race Director. If the emergency is severe call 911, then the Race Director.

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

There will be a mandatory Safety Training meeting at the race Start Line for Van 1 and at Major Exchange Six 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 receive a safety packet at the training. The safety packet will include items that will need to be displayed in the vehicle along with the safety rules. Please arrive at least 1 hour early to the Start Line and Exchange Six to give yourself adequate time to attend Safety Training.

14.F) Safety Training Certificate Needed to Check-in and Start Running
Each van representative will receive a card indicating they have completed the Safety Training. Van 1 will need to present the card in order to check-in at the Start, Van 2 will need to have runner 7 present the card to the volunteer at Major Exchange 6 in order to start running.

14.G) Bad Weather
The race will occur rain or shine. However, under certain severe weather conditions where significant damage or altercations to the race course occur, we reserve the right to cancel the event. 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.H) 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 documents 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 / Ex6 for race check-in and the safety briefing before skipping to their re-start exchange.

14.I) 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.J) Flooding
If a runner encounters flooded areas that cannot be ran through, have your runner get into the support vehicle, 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.K) 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.L) Help keep the race safe by reporting teams that are endangering themselves and others
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 our violating 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 661–RAGNAR1 (661-724-6271)
Please include the Who, What, Where, and When in your text message.

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

ENFORCEMENT

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15. RULE AND SAFETY ENFORCEMENT
Rules are enforced based on a "three strikes you're out" policy. There will be 12 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 six). If a team receives three strikes they must check in at the next major exchange. 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. If a team that has received three text messages fails to check in at a major exchange they will be automatically disqualified.

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.

POST RACE

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16. AWARDS
Awards will be given to the top 3 finishers from each category within each division. Once the race begins team divisions are final and cannot be changed. Teams are encouraged to check their division on their team profile before the race to ensure they are in the correct division.

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, in dark conditions. 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 across both shoulders AND around your waist**. The pictures below illustrate what types of reflective vests are acceptable.

APPROVED

Standard Reflective Vest

APPROVED

Nathan 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

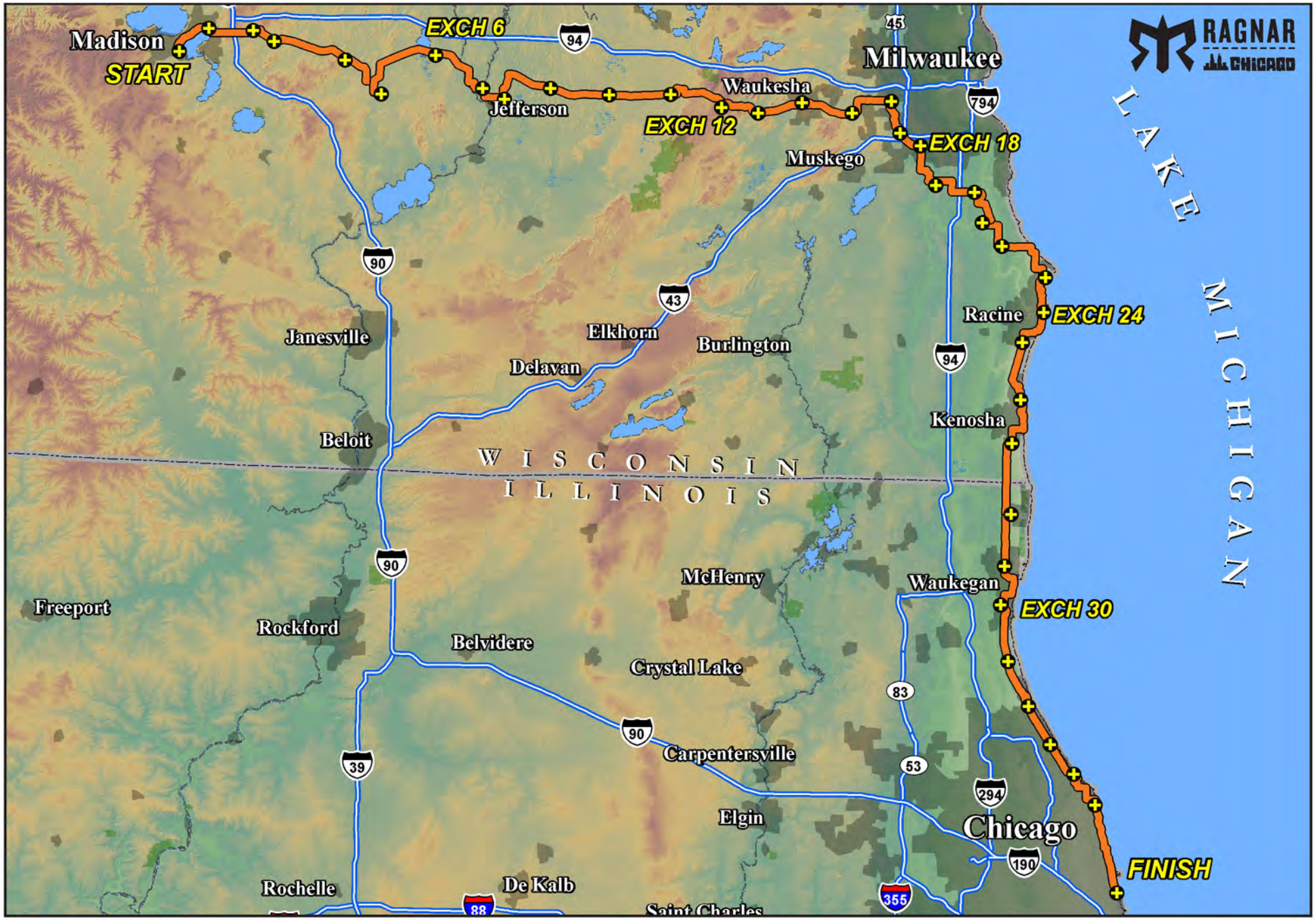
Clothing with Reflective Piping

For questions please contact the Race Director

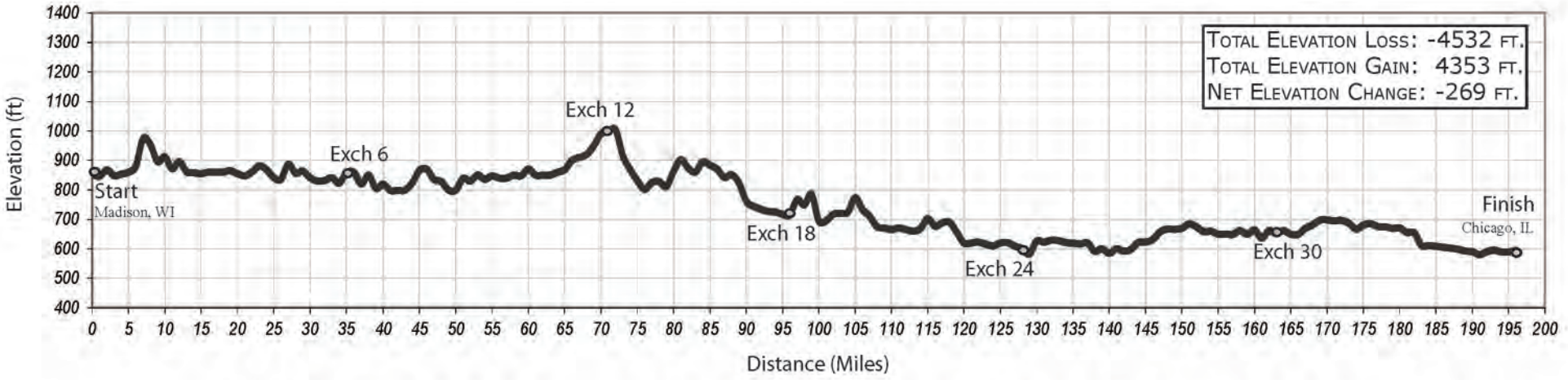
DIRECTIONAL SIGNS

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 -- 196.1 Miles



Course Profile



RAGNAR CHICAGO

Map Symbol Legend

Exchange

Tenth-Mile Marker

Mile Marker

Runner Route

Van Route

Water Station

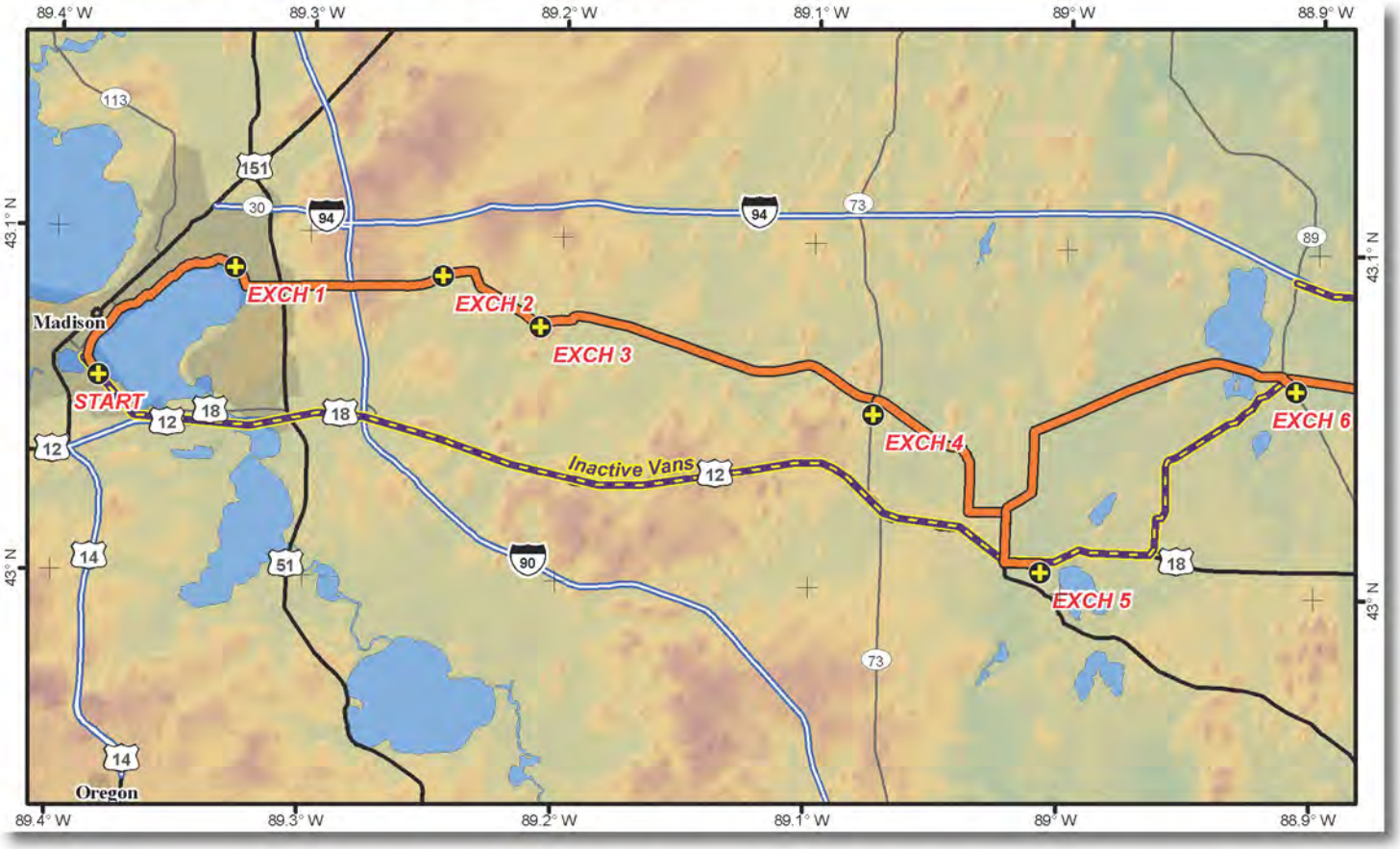
Trail Entrance and Exit

Trail Entrance

Trail Exit

No Van Support Segment

Van 1 -- Legs 1-6 -- 35.1 Miles



START LINE
OLIN/TURVILLE PARK
1156 OLIN-TURVILLE COURT, MADISON WI

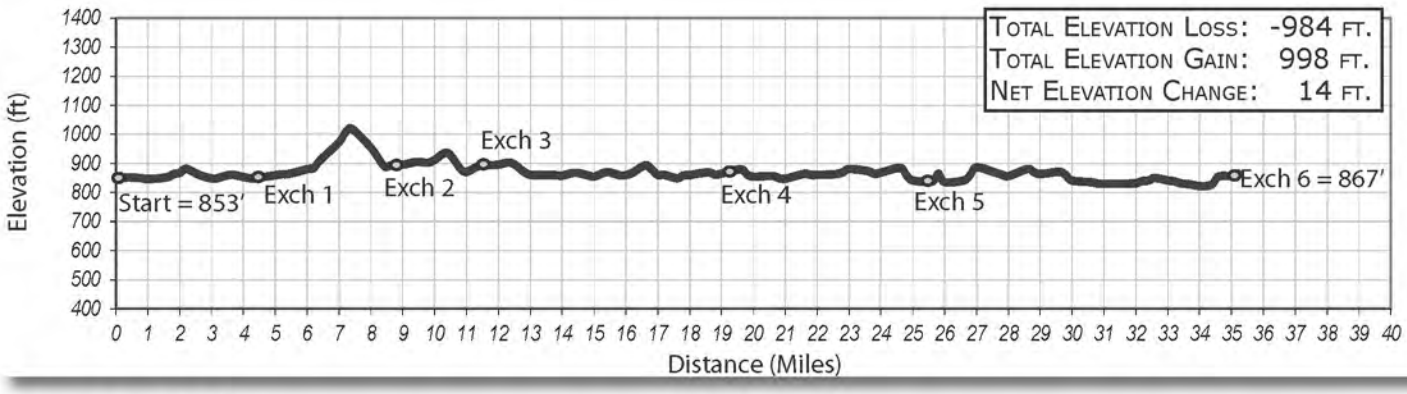
Enter Olin-Turville Park on John Nolen Drive. Starting line is on grassy area north of parking lots.

OVERVIEW:
The race begins at Olin-Turville Park in Madison WI. The trail wraps around Lake Monona from the start line to Exchange 1 at Olbrich Park. The course meanders through Madison into the small towns of Cottage Grove, Deerfield, Cambridge and Lake Mills. Runners will get on the Glacial Drumlin Trail just after Exchange 3.

Inactive Van Directions:

0.0	Head south on John Nolen Drive from the Start Line
1.5	Keep left at the fork, follow signs for US-12 E/US-18 E/I-90
1.8	Merge onto US-12 E/US-18 E
20.0	Turn left onto US-18 E
23.1	Turn left onto CR-A
28.0	Turn right onto WI-89 S
28.3	Arrive at Exchange 6

Exchange 6
St Paul's Lutheran School
1530 S Main St
Lake Mills, WI 53551



Leg I -- 4.4 Miles -- Moderate

EXCHANGE 1
OLBRICH PARK
3527 ATWOOD AVE
MADISON, WI 53174

LEG DESCRIPTION:
Start line is located on the beautiful Lake Monona in the heart of the capital of Wisconsin, Madison. Runners run along the lake and then through neighborhoods bordering the lake to Exchange 1.

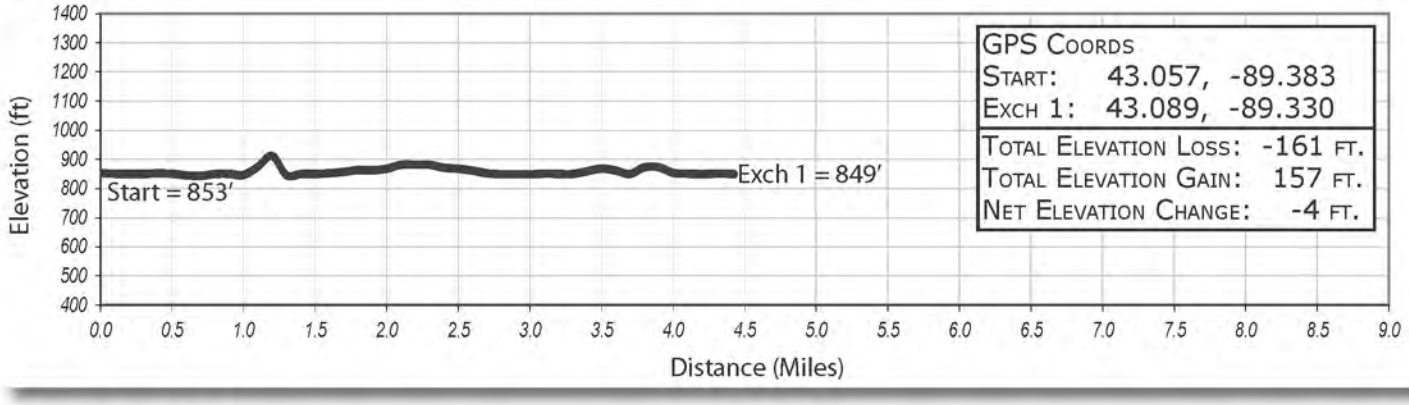
LEG NOTES:
Be aware of runners when pulling into parking lot at Exchange 1.

RUNNER LEG LEGEND:

0.0	Depart Start Line heading North on trail parallel to John Nolen Drive.
1.6	Turn RIGHT onto Williamson St. Run with traffic.
1.7	Turn RIGHT onto Jenifer St
1.9	Turn RIGHT onto Spaight St
2.2	Turn RIGHT onto Ingersol St
2.3	Turn LEFT onto Rutledge St
2.9	Cross over bridge
3.0	Turn RIGHT onto Riverside Dr
3.0	Turn LEFT onto Yahara Place
3.3	Turn LEFT onto Dunning St
3.4	Turn RIGHT onto Lakeland Ave
3.9	Turn LEFT onto Welch Ave
4.0	Turn RIGHT onto trail
4.1	Turn RIGHT onto Atwood Ave
4.4	Arrive at Exchange 1

VAN ROUTE:

0.0	Exit Olin/Turville Park onto John Nolen Dr
*	Follow Runners
1.6	Continue on Williamson St
1.9	Turn RIGHT onto Paterson St
2.0	Turn LEFT onto Spaight St
*	Follow Runners
4.0	On Welch Ave, go straight to Oakridge Ave, turn RIGHT
4.1	Turn RIGHT onto Atwood Ave
4.5	Arrive at Exchange 1



GPS Coords
Start: 43.057, -89.383
Exch 1: 43.089, -89.330

Total Elevation Loss: -161 ft.
Total Elevation Gain: 157 ft.
Net Elevation Change: -4 ft.

Leg 2 -- 4.5 Miles -- Moderate

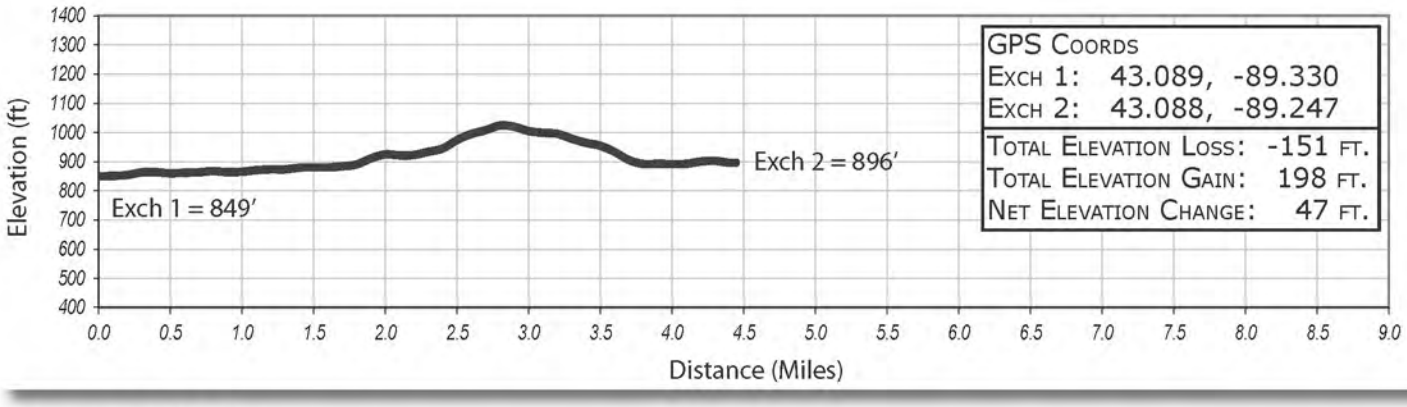
EXCHANGE 2
NEW LIFE CHURCH
7564 COTTAGE GROVE RD
MADISON, WI 53178

LEG DESCRIPTION
Runners will run through neighborhoods in Eastern Madison.

LEG NOTES
Be aware of runners when pulling into Exchange 2.

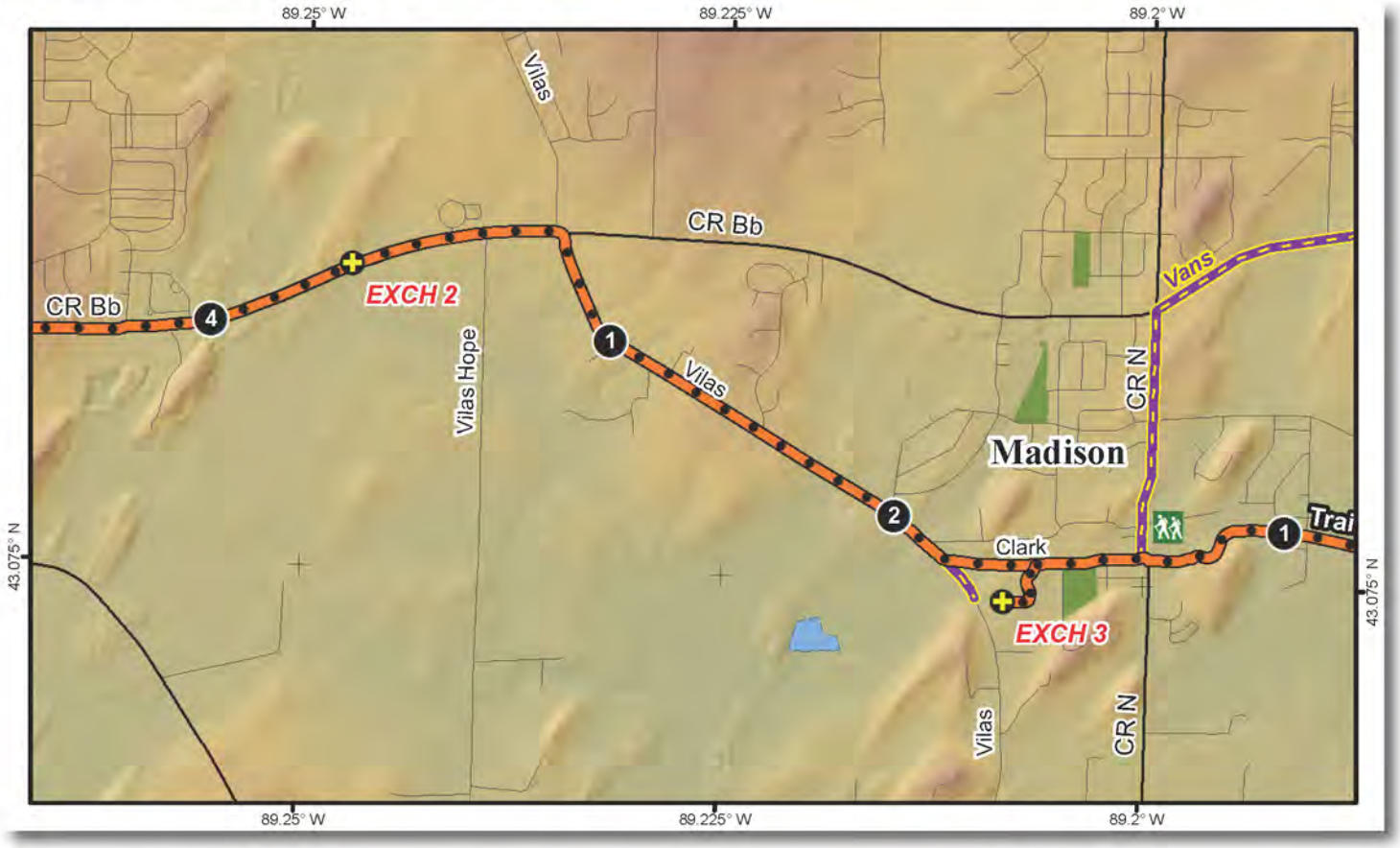
LEG LEGEND

0.0	Depart Exchange 1 at Olbrich Park onto Atwood Ave. Run against traffic.
0.5	Turn LEFT onto Cottage Grove Rd
4.5	Arrive at Exchange 2



GPS Coords	
Exch 1:	43.089, -89.330
Exch 2:	43.088, -89.247
Total Elevation Loss:	-151 ft.
Total Elevation Gain:	198 ft.
Net Elevation Change:	47 ft.

Leg 3 -- 2.7 Miles -- Easy



EXCHANGE 3
FIREMAN'S PARK
4116 Vilas Rd, COTTAGE GROVE WI 53527

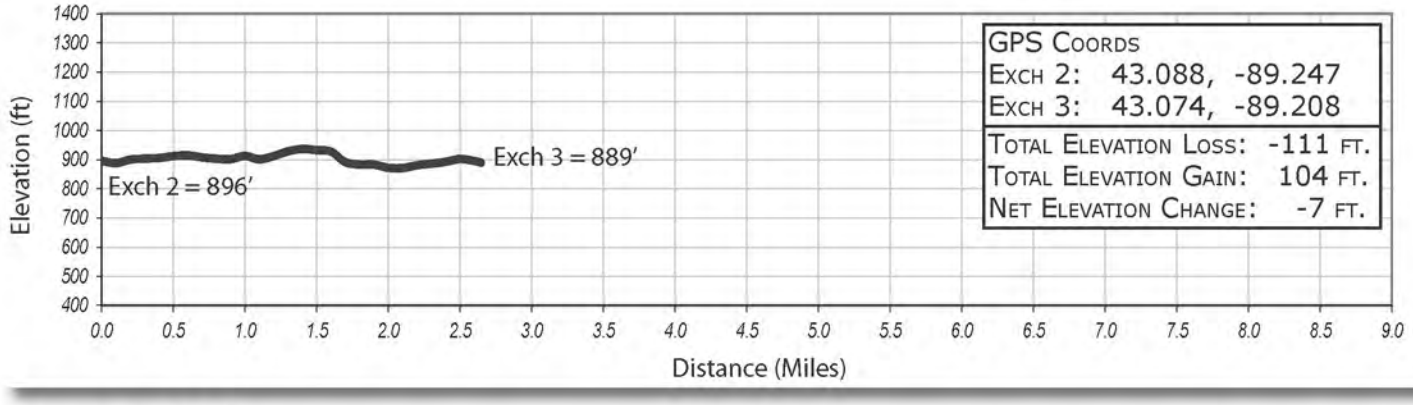
LEG DESCRIPTION
Leg takes you out of Madison and into the town of Cottage Grove along country roads.

LEG LEGEND

0.0	Depart Exchange 2 heading east on Cottage Grove Rd (An officer will assist runners crossing the road)
0.6	Turn RIGHT onto Vilas Rd
2.2	Turn LEFT onto Clark Rd
2.5	Turn RIGHT into park
2.7	Arrive at Exchange 3

VAN ROUTE

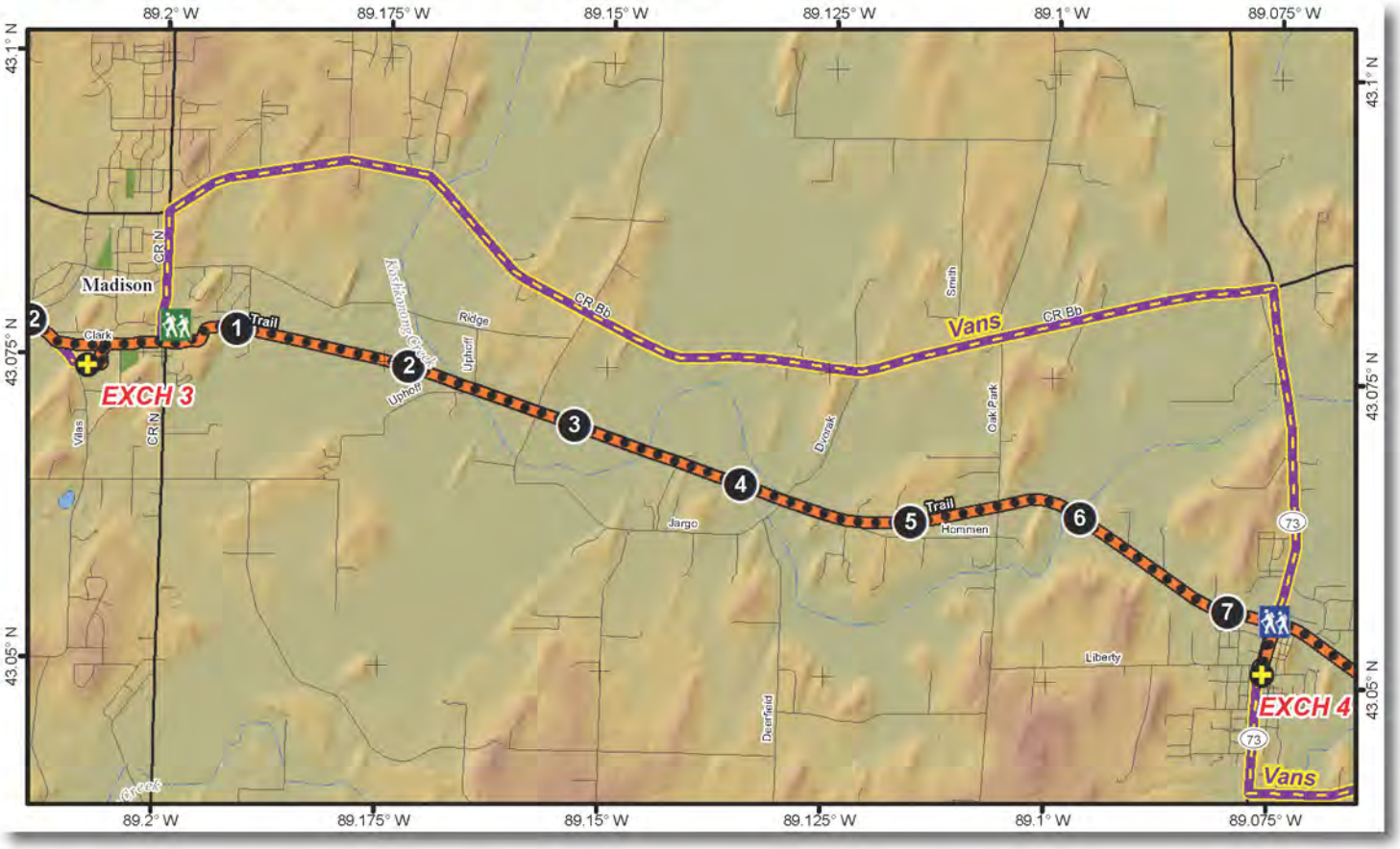
0.0	Follow Runners
2.2	Continue Straight on Vilas Rd
2.3	Turn LEFT into park off Vilas Rd



GPS Coords
Exch 2: 43.088, -89.247
Exch 3: 43.074, -89.208

Total Elevation Loss: -111 ft.
Total Elevation Gain: 104 ft.
Net Elevation Change: -7 ft.

Leg 4 -- 7.6 Miles -- Very Hard



EXCHANGE 4
DEERFIELD LUTHERAN CHURCH
206 S MAIN ST, DEERFIELD WI 53531

LEG DESCRIPTION
Runners will head east on Clark Rd, cross over Main Street in Cottage Grove and start running on the Glacial Drumlin Trail.

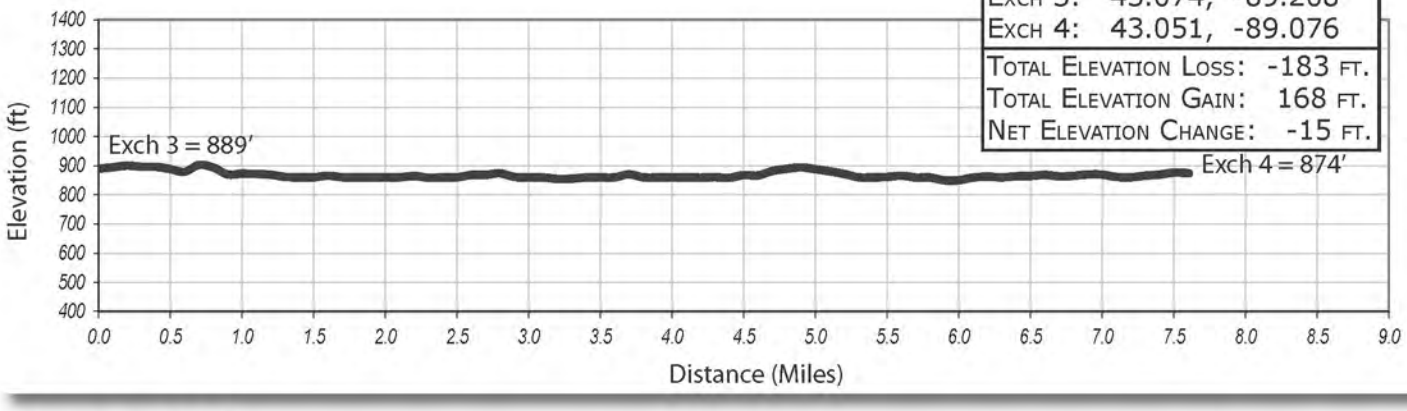
LEG NOTES
There will be one water station on this leg.

LEG LEGEND

0.0	Leave Exchange 3 on trail in park
0.2	Turn RIGHT onto Clark Rd
0.5	Continue STRAIGHT through Main St
0.6	Continue STRAIGHT on sidewalk entering GLACIAL DRUMLIN TRAIL
7.2	Turn RIGHT off the trail onto Main St in Deerfield.
7.6	Arrive at Exchange 4

VAN ROUTE

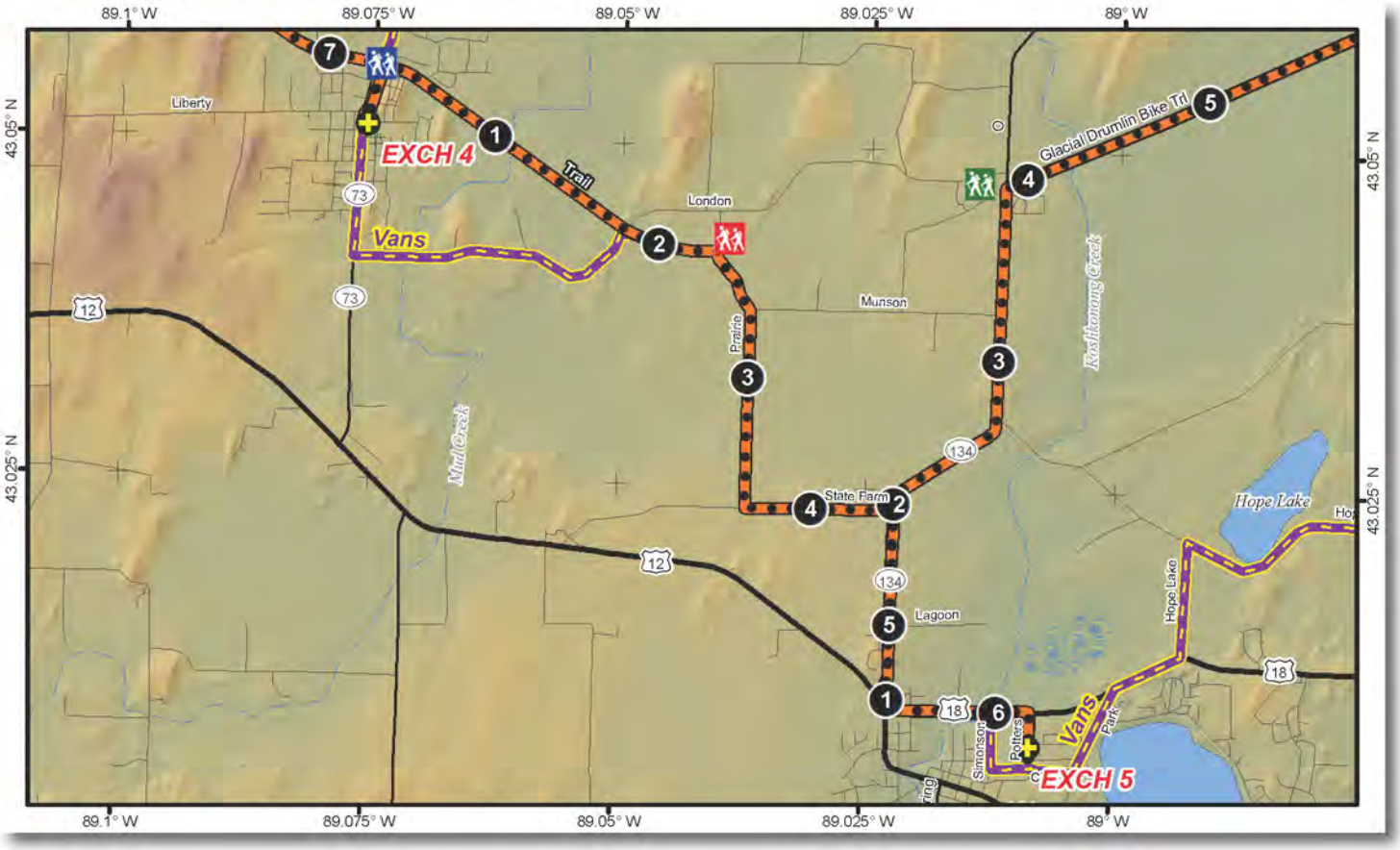
0.0	Exit Exchange RIGHT onto Villas Rd
0.1	Turn RIGHT onto Clark St
0.7	Turn LEFT onto Main St
1.5	Turn RIGHT onto Cottage Grove Rd
8.3	Turn RIGHT onto SR-73 turns into Main St in Deerfield
10.5	Turn LEFT onto Legreid St
10.6	Turn RIGHT onto Center St
10.7	Turn RIGHT into Exchange 4 parking lot



GPS Coords
Exch 3: 43.074, -89.208
Exch 4: 43.051, -89.076

Total Elevation Loss: -183 ft.
Total Elevation Gain: 168 ft.
Net Elevation Change: -15 ft.

Leg 5 -- 6.3 Miles -- Hard



EXCHANGE 5
CAMBRIDGE HIGH SCHOOL
403 BLUE JAY WAY, CAMBRIDGE WI 53523

LEG DESCRIPTION
Leg 5 continues on Glacial Drumlin Trail. Runners will exit trail and run on back roads into the town of Cambridge.

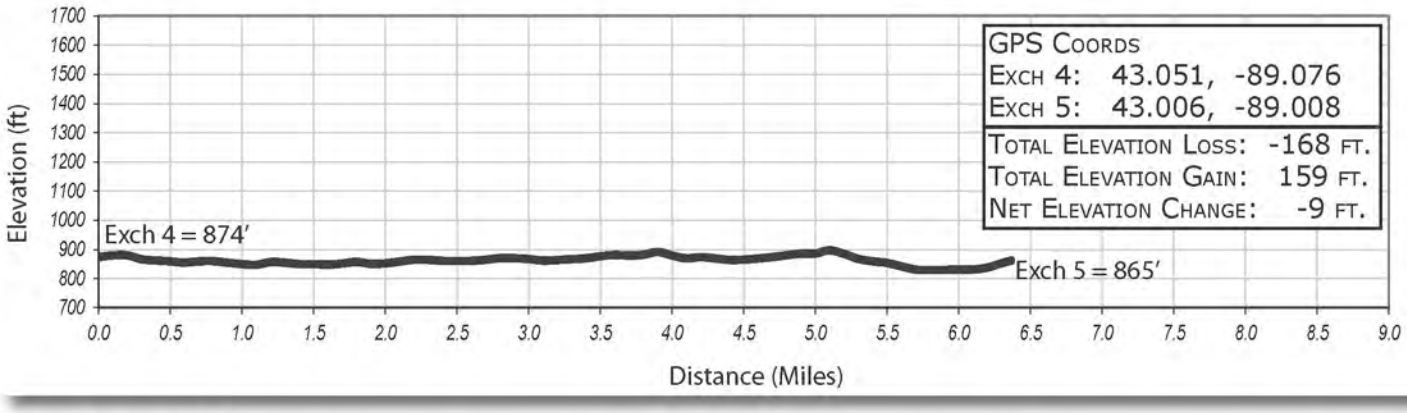
LEG LEGEND

0.0	Depart Exch 4 heading N on Main St
0.3	Turn RIGHT onto Glacial Drumlin Trail
2.3	Turn RIGHT off trail onto Prairie Dr
3.7	Turn LEFT on State Farm Rd
4.4	Cross over and turn RIGHT onto SR-134
5.4	Turn LEFT onto Buckingham Ct, run STRAIGHT through the end of the court.
5.5	Turn LEFT onto US-18/Jefferson St.
6.2	Turn RIGHT onto Potters Rd. Run with traffic.
6.3	Arrive at Exchange 5

VAN ROUTE

0.0	Exit church parking lot heading south on Main St in Deerfield
0.6	Turn LEFT onto London Rd
2.7	Turn RIGHT onto Prairie Dr
4.3	Turn LEFT on State Farm Rd
5.0	Turn RIGHT onto State Rd 134
5.9	Turn LEFT onto US-12/18
6.1	Turn LEFT onto Jefferson St.
6.6	Turn RIGHT onto Simonson St
6.9	Turn LEFT onto BlueJay Way
7.1	Arrive at Exchange 5

**Must enter exchange via Simonson St



Leg 6 -- 9.6 Miles -- Very Hard

EXCHANGE 6
ST PAUL'S LUTHERAN CHURCH
1530 S MAIN ST
LAKE MILLS WI 53551

Leg 6 will take you along the Glacial Drumlin Trail into the town of Lake Mills.

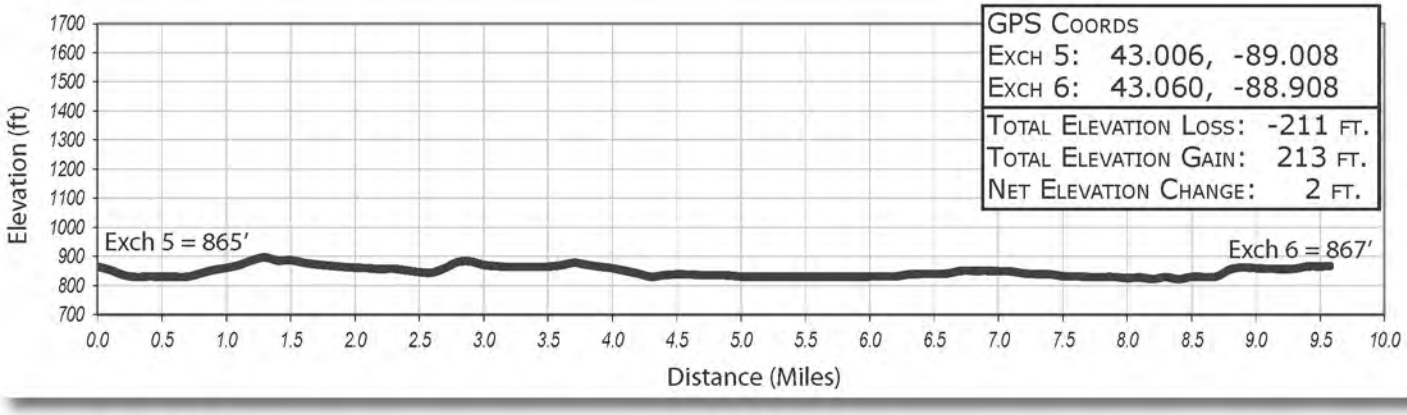
LEG NOTES
There will be two water stations on this leg. Exchange 6 is located at St Paul's Lutheran Church. Support St. Paul's Youth Group fundraiser!

LEG LEGEND

0.0	Depart Exchange 5 heading North on Potters Rd
0.2	Cross US-18 and turn LEFT onto US-18. Run with traffic
0.9	Turn RIGHT through Buckingham Ct
1.1	Turn RIGHT onto State Road 134
3.9	Turn RIGHT onto Glacial Drumlin Trail
9.2	Turn RIGHT onto Main St
9.6	Arrive at Exchange 6

VAN ROUTE

0.0	Depart Exchange 5 turn LEFT onto Blue Jay Way
0.3	Turn LEFT on Park Rd
0.8	Turn RIGHT US-18 (Lake Mills Exit)
1.1	Turn LEFT onto Hope Lake Rd
4.3	RIGHT on Hope Lake Rd
3.4	Turn LEFT onto County Rd A
7.6	Turn RIGHT onto Main St
8.0	Arrive at Exchange 6



GPS Coords
Exch 5: 43.006, -89.008
Exch 6: 43.060, -88.908

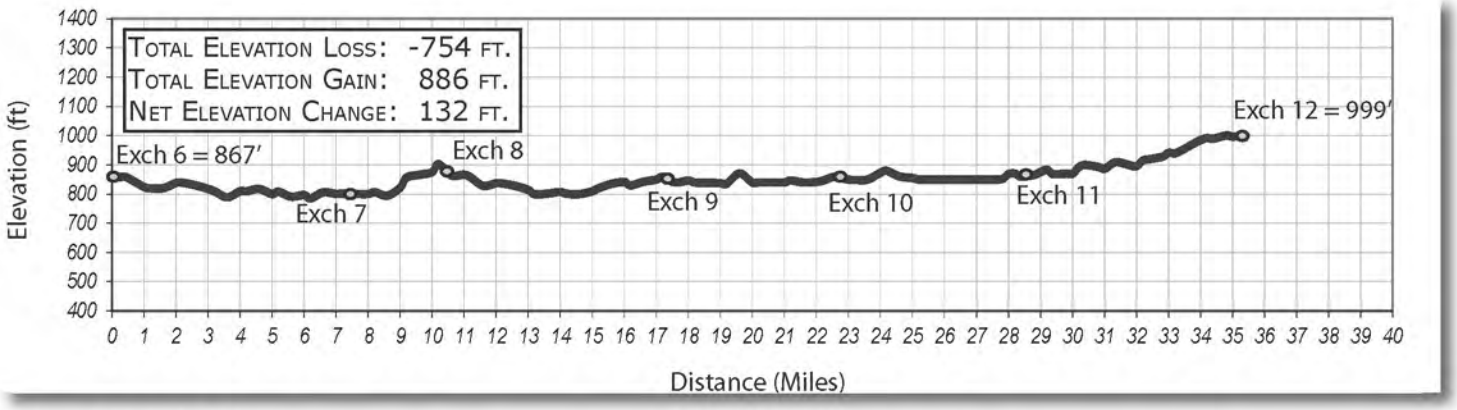
Total Elevation Loss: -211 ft.
Total Elevation Gain: 213 ft.
Net Elevation Change: 2 ft.

Van 2 -- Legs 7-12 -- 35.3 Miles

OVERVIEW DESCRIPTION
Route continues East along the Glacial Drumlin Trail. Runners will enter the quaint towns of Helenville, Sullivan, Dousman and Wales.

Inactive Van Route to Exchange 12

0.0	Depart Exchange 6 and turn Left onto Lake Park Pl
2.4	Turn Right onto I-94, heading East
30.1	Turn Right onto SR-83 (Delafield Exit into Wales)
32.9	Road turns into Wales Rd
34.0	Turn Left onto Brandybrook Rd
34.2	Turn Right into Wales Community Park
34.3	Arrive at Exchange 12



Leg 7 -- 7.3 Miles -- Very Hard

EXCHANGE 7
JEFFERSON COUNTY FAIRGROUNDS
503 N JACKSON AVE
JEFFERSON WI 53549

LEG DESCRIPTION
This leg will be run mostly on the Glacial Drumlin Trail. Runners will come into Jefferson to exchange on the north end of the Jefferson County Fairgrounds.

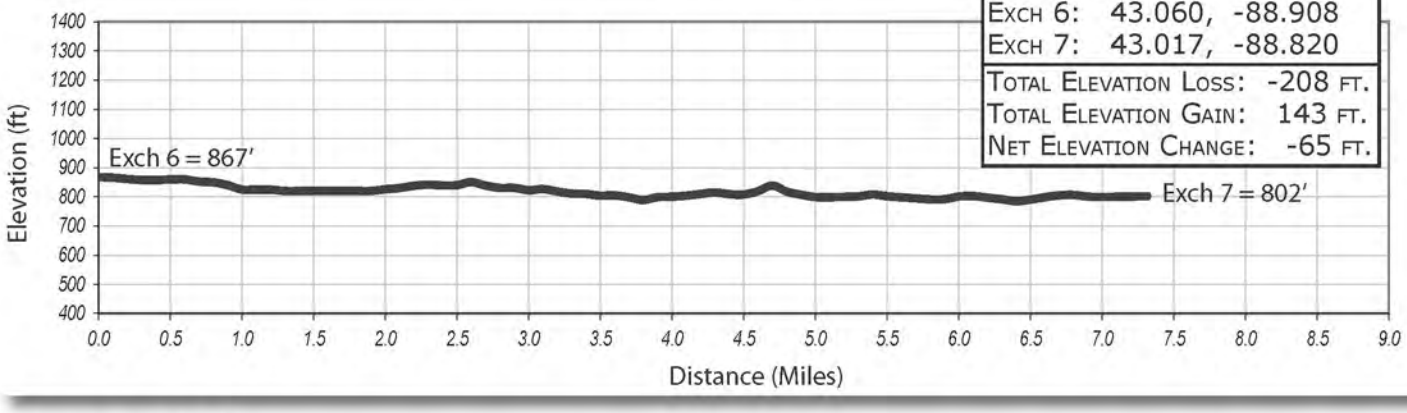
LEG NOTES
There will be one water station on this leg.

LEG LEGEND

0.0	Depart Exchange 6 turn RIGHT onto Main St heading North and running WITH TRAFFIC
0.5	Turn RIGHT onto the Glacial Drumlin Trail
1.0	The trail splits half mile into the trail, stay RIGHT
4.3	Exit trail, turn RIGHT onto Popp Rd, turns into Martin Rd
5.5	Turn RIGHT onto Popp Rd
6.0	Turn LEFT onto Popp Rd
7.3	Arrive at Exchange 7

VAN ROUTE

0.0	Exit Exchange 6 turn LEFT onto Main St
1.4	Turn LEFT onto SR-89/County Rd G
4.6	Turn LEFT onto US-18
6.1	Turn LEFT onto Pitzner Pkwy
6.8	Turn RIGHT onto Spangler St
7.1	Arrive at Exchange 7



GPS Coords
Exch 6: 43.060, -88.908
Exch 7: 43.017, -88.820

Total Elevation Loss: -208 ft.
Total Elevation Gain: 143 ft.
Net Elevation Change: -65 ft.

Leg 8 -- 2.9 Miles -- Easy

EXCHANGE 8
VETRO WINERY
1414 VINO LANE
JEFFERSON, WI 53549

LEG DESCRIPTION
Runners will run on country roads through Jefferson County to Exchange 8 located at Vetro Winery. Founded in 2002, the family has over 125 years of wine making experience!

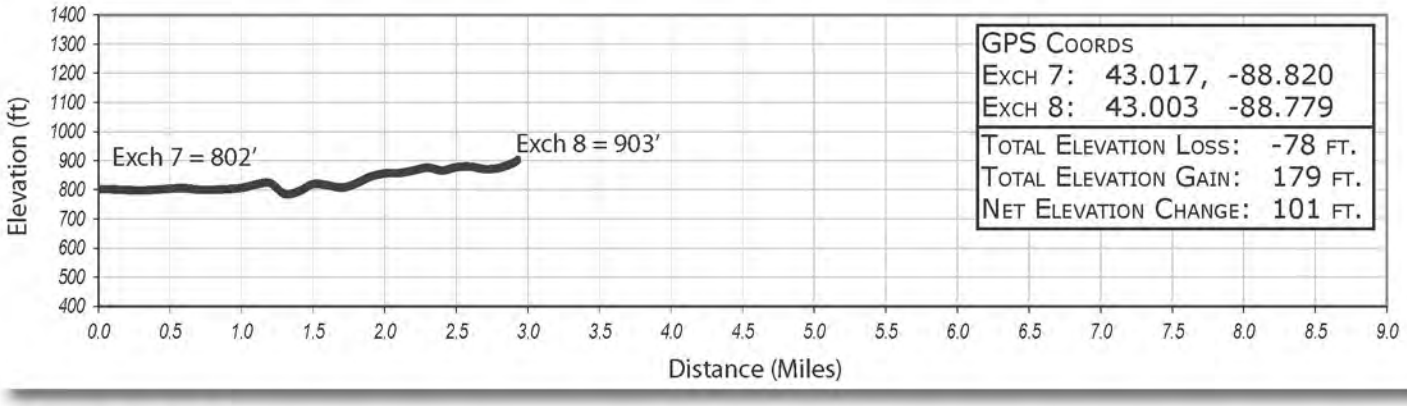
LEG NOTES
Be watchful of runners as you exit the exchange.

LEG LEGEND

0.0	Depart Exchange 7 turn RIGHT onto Spangler St
0.2	Turn RIGHT onto N Jackson Ave. Run with traffic
0.9	Turn LEFT onto E Racine St.
2.9	Arrive at Exchange 8

VAN ROUTE

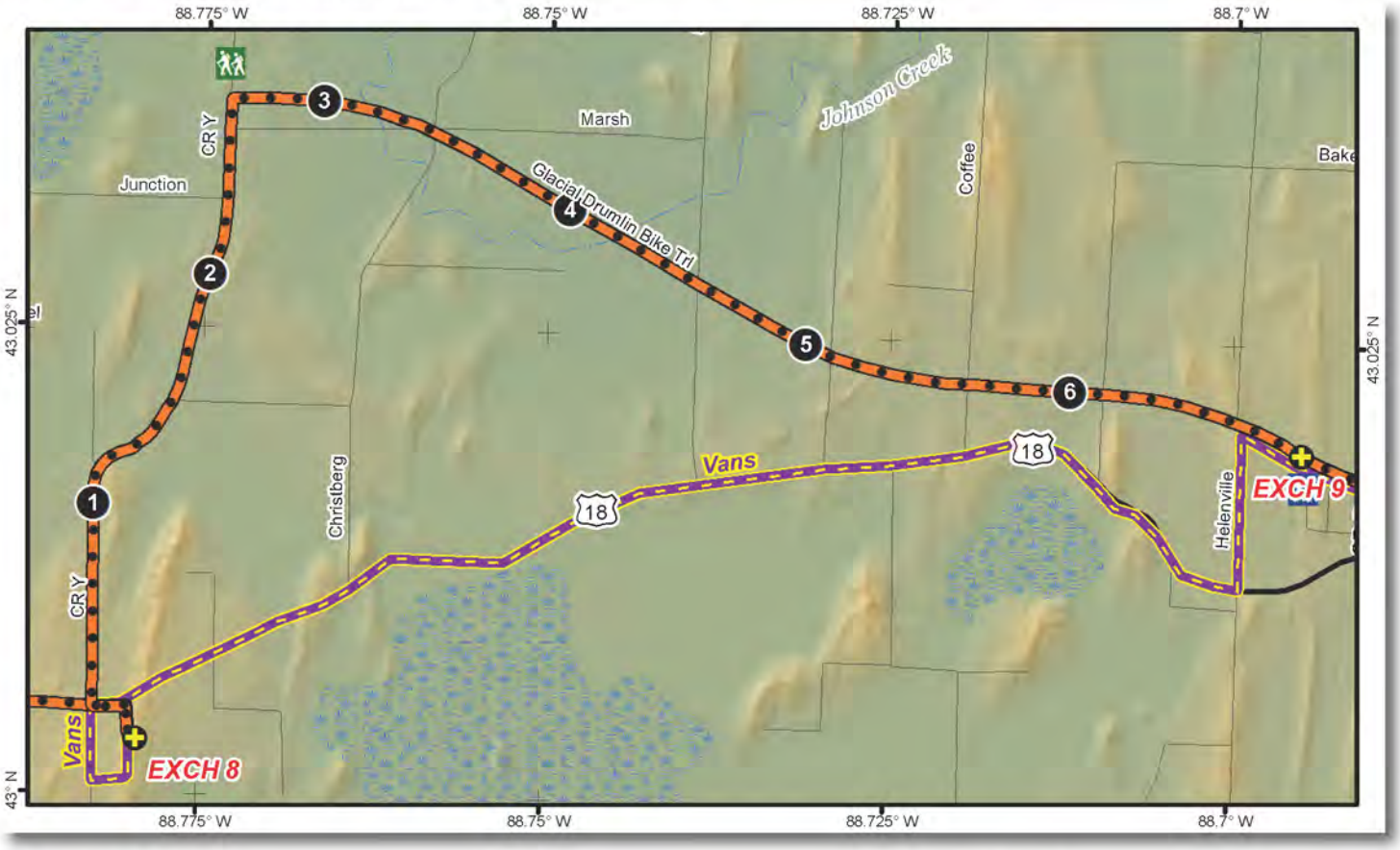
0.0	Depart Exchange 7 turn RIGHT onto Spangler St
0.2	Turn RIGHT onto N Jackson Ave.
0.9	Turn LEFT onto E Racine St.
2.7	Turn RIGHT onto Country Rd Y
3.0	Turn LEFT into Exchange 8



GPS Coords
Exch 7: 43.017, -88.820
Exch 8: 43.003 -88.779

Total Elevation Loss: -78 ft.
Total Elevation Gain: 179 ft.
Net Elevation Change: 101 ft.

Leg 9 -- 6.9 Miles -- Hard



EXCHANGE 9
HELENVILLE BIKE TRAIL DEPOT
ON DEPOT ROAD IN HELENVILLE, WI
53137

LEG DESCRIPTION
Leg runs through the city of Jefferson and then heads east on the Glacial Drumlin Trail.

LEG NOTES
Park on south side of Depot Rd in field. There will be one water station once the runner gets onto the trail.

LEG LEGEND

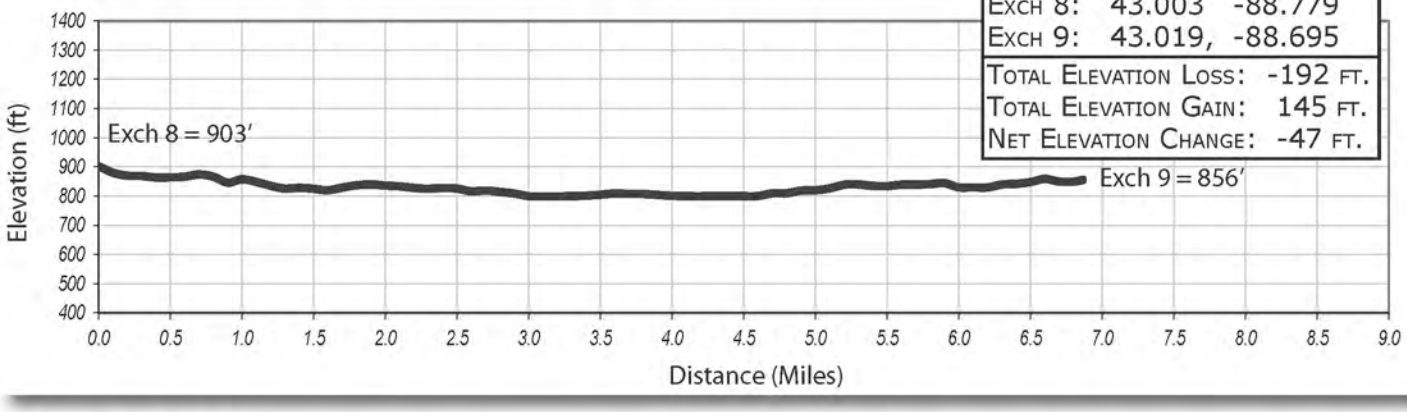
0.0	Depart Exchange 8 heading North on County Rd Y
2.7	Turn RIGHT onto Glacial Drumlin Trail
6.9	Turn RIGHT off the trail into Exch 9

VAN ROUTE

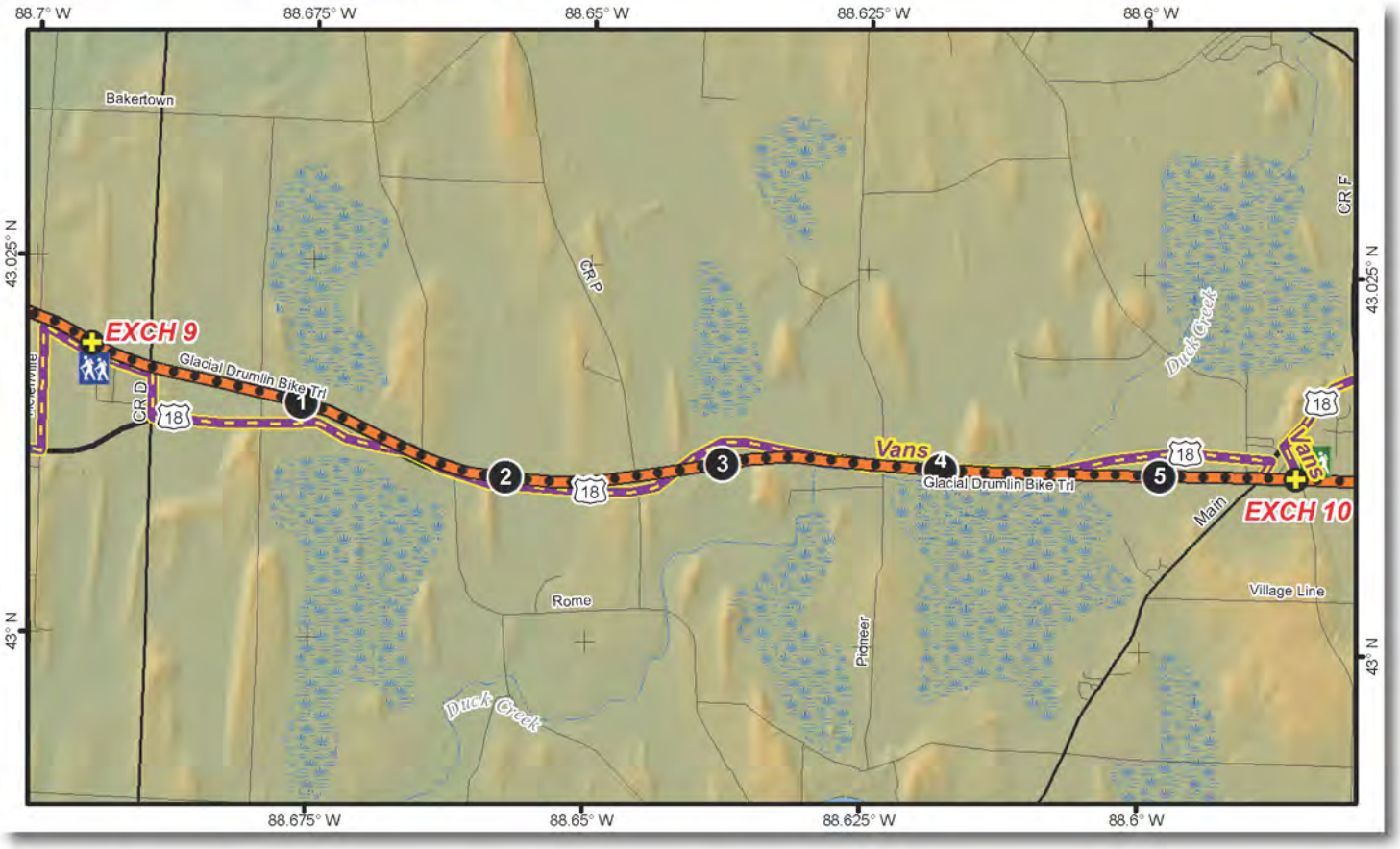
0.0	Turn RIGHT out of the exchange at US-18
4.7	Turn LEFT onto Helenville Rd
5.2	Turn RIGHT onto Depot Rd
5.5	Arrive Exchange 9

GPS Coords
Exch 8: 43.003 -88.779
Exch 9: 43.019, -88.695

Total Elevation Loss: -192 ft.
Total Elevation Gain: 145 ft.
Net Elevation Change: -47 ft.



Leg 10 -- 5.6 Miles -- Hard



EXCHANGE 10
SULLIVAN TRAILHEAD
PALMYRA ST AND FRONT ST
SULLIVAN, WI 53178

LEG DESCRIPTION
This leg is entirely on the Glacial Drumlin Trail.

LEG NOTES
One water station will be located on this leg.
Please be aware of runners crossing road.

LEG LEGEND

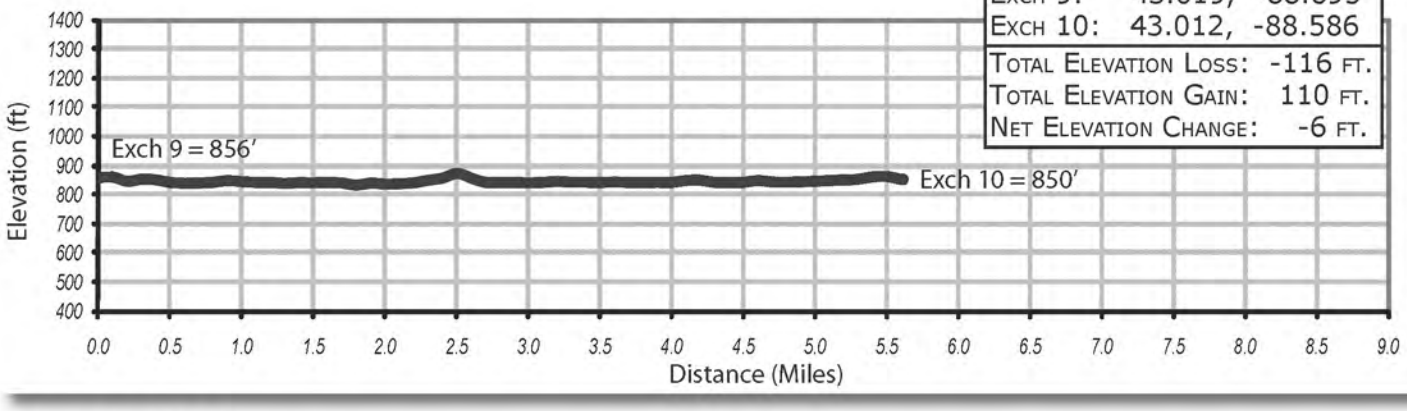
0.0	Depart Exchange 9 getting back onto the Glacial Drumlin Trail.
5.6	Arrive at Exchange 10

VAN ROUTE

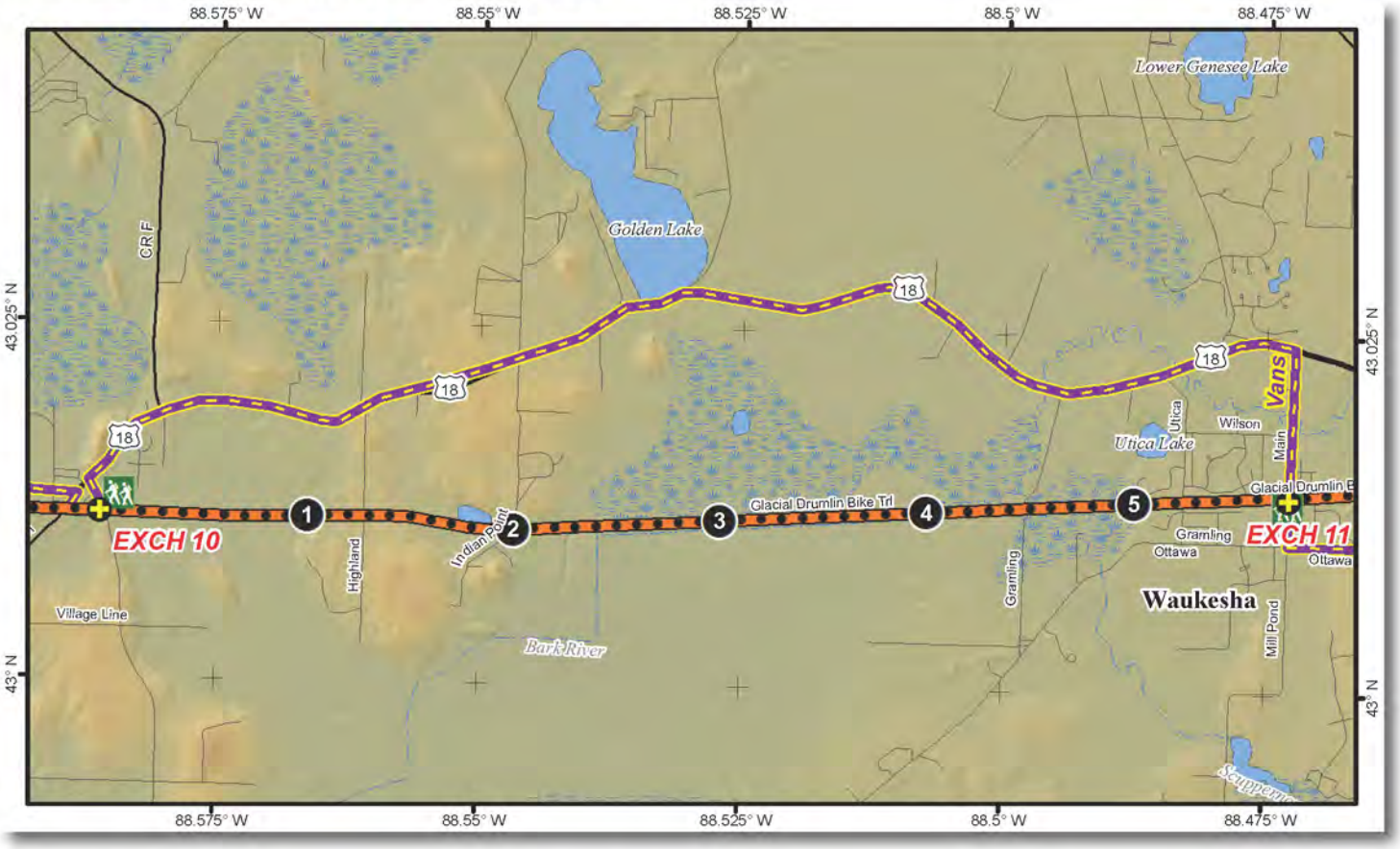
0.0	Depart Exchange 9 heading east on Depot Rd
0.3	Turn RIGHT onto County Rd D
0.5	Turn LEFT onto US-18 which turns into Madison Ave
5.7	Turn RIGHT onto County Rd F (Main St)
5.8	Turn LEFT onto Front St

GPS Coords
Exch 9: 43.019, -88.695
Exch 10: 43.012, -88.586

Total Elevation Loss: -116 ft.
Total Elevation Gain: 110 ft.
Net Elevation Change: -6 ft.



Leg 11 -- 5.8 Miles -- Hard



EXCHANGE 11
CORY MUNICIPAL PARK
140 S MAIN ST, DOUSMAN WI 53118

LEG DESCRIPTION
This leg is entirely on the Glacial Drumlin Trail.

LEG NOTES
Beware of runners coming off the trail and crossing over Main St into the exchange chute. One water station will be along the trail.

LEG LEGEND

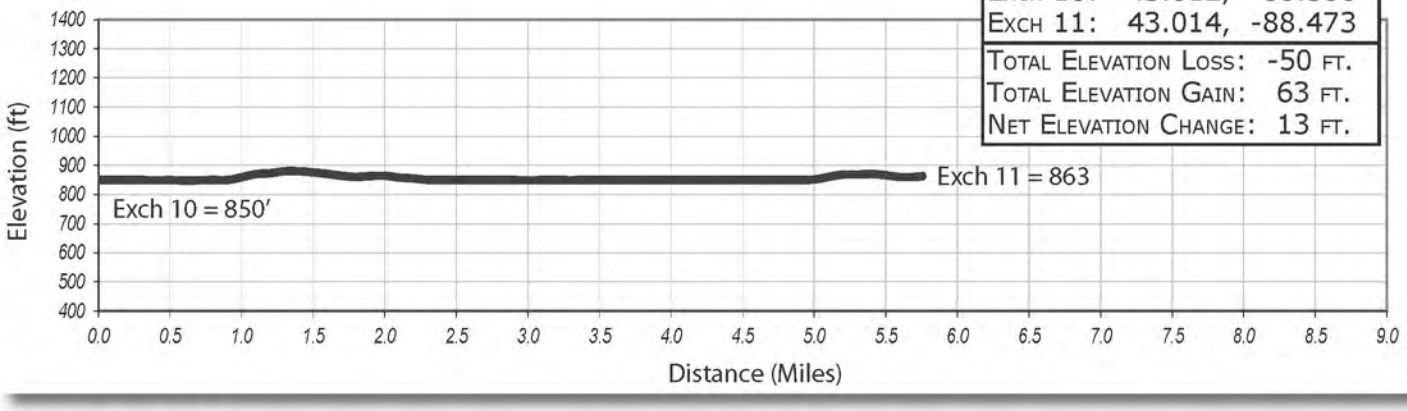
0.0	Runners will leave the exchange chute heading east on the Glacial Drumlin Trail
5.8	Arrive at Exchange 11

VAN ROUTE

0.0	Depart Parking Lot at Exchange 10 turning RIGHT (north) onto Palmyra St
0.2	Turn RIGHT onto Main St which turns into State Road 18
3.0	State Rd 18 turns into Sunset Dr
6.5	Turn RIGHT onto Main St in Dousman
7.3	Arrive at Exchange 11

GPS Coords
Exch 10: 43.012, -88.586
Exch 11: 43.014, -88.473

Total Elevation Loss: -50 ft.
Total Elevation Gain: 63 ft.
Net Elevation Change: 13 ft.



Leg 12 -- 6.8 Miles -- Hard

EXCHANGE 12 - WALES COMMUNITY PARK
420 BRANDYBROOK RD, WALES WI 53183

LEG DESCRIPTION
This leg is mainly on the Glacial Drumlin Trail.

LEG NOTES
Be aware of runners crossing over traffic on SR-67.
There will be one water station on this leg.

LEG LEGEND

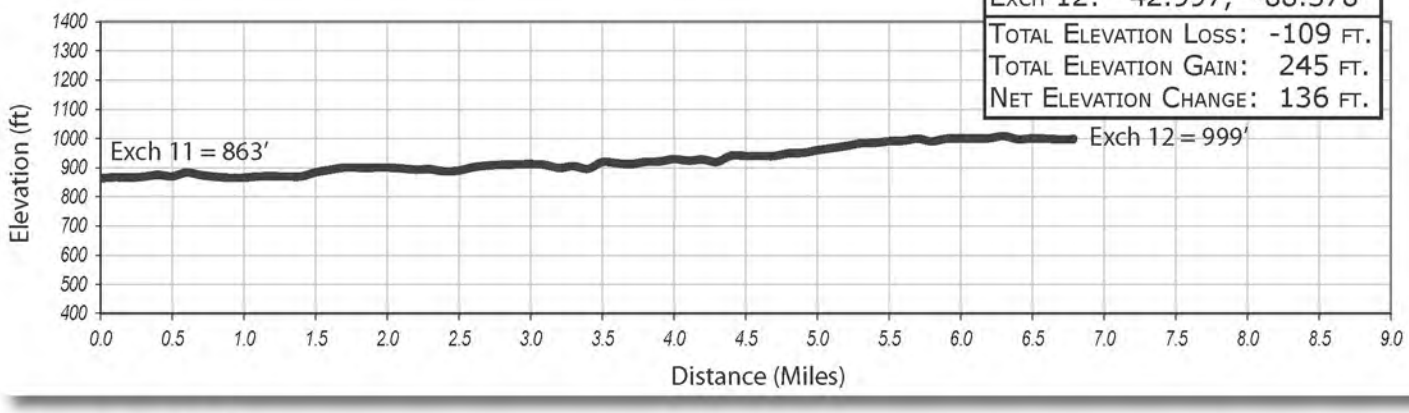
0.0	Depart Exchange 11 heading East on the Glacial Drumlin Trail
0.6	Cross over SR-67. Follow the trail until you see a Turn Right sign off the trail through a parking lot in Wales.
6.3	Turn RIGHT onto James St. Run with traffic.
6.3	Turn LEFT onto Universal St. Run with traffic.
6.4	Turn RIGHT onto E Brandybrook Rd, run against traffic.
6.8	Arrive at Exchange 12

VAN ROUTE

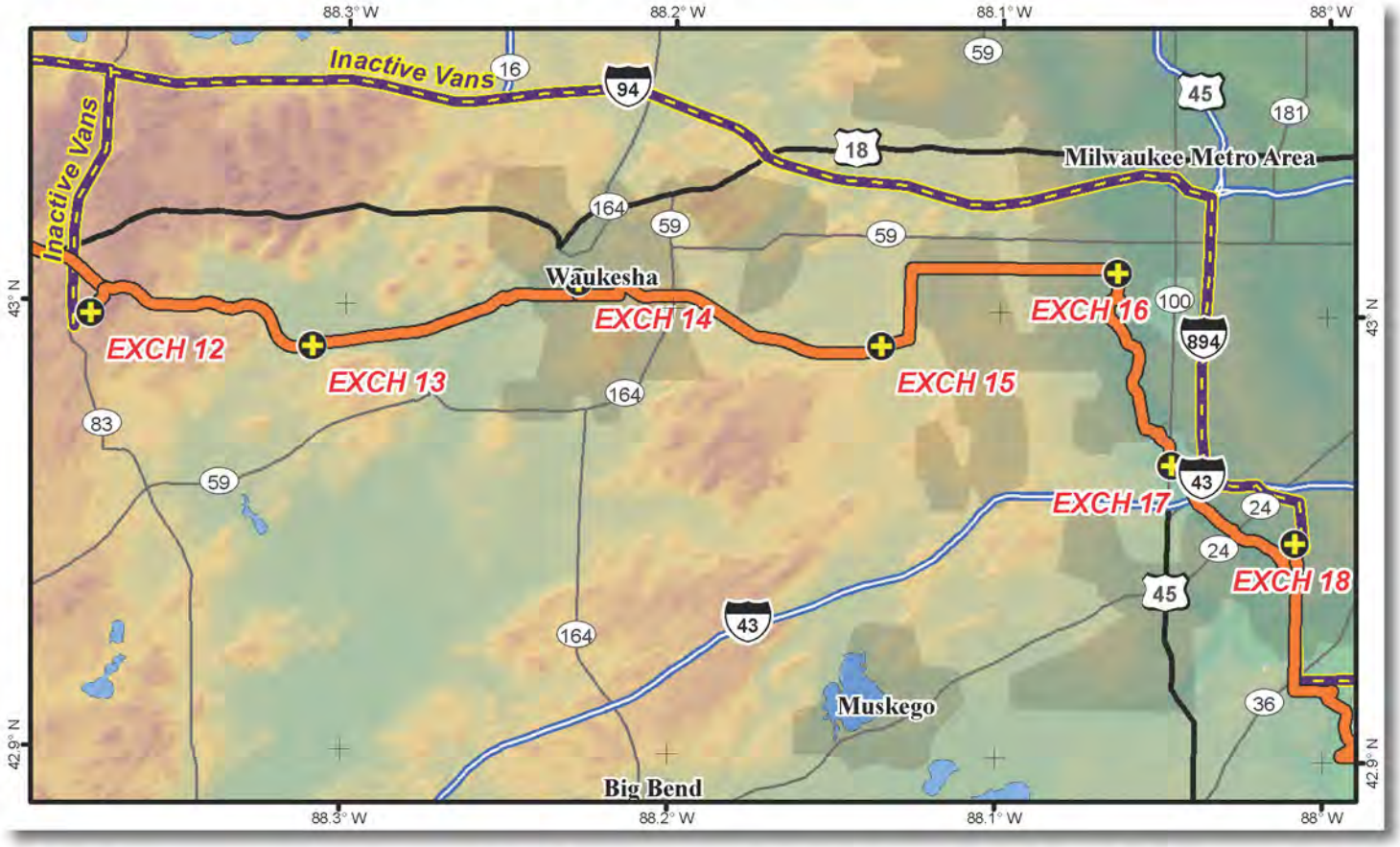
0.0	Exit Exchange 11 Turn LEFT onto Main St
0.2	Turn LEFT onto Ottawa Ave
0.7	Turn LEFT onto SR-67 (Be aware of runners crossing over on trail.)
1.6	Turn RIGHT onto 18 East, which turns into Summit Ave
6.1	Turn RIGHT onto N Oak Crest Dr
6.6	Turn RIGHT onto N Elias St
6.8	Turn LEFT on E Main St
6.8	Immediate RIGHT onto Genessee St
6.9	Turn LEFT on James St
7.0	Turn RIGHT onto Universal St
7.1	Turn RIGHT onto Brandybrook Rd
7.4	Turn LEFT into Wales Community Park

GPS Coords
Exch 11: 43.014, -88.473
Exch 12: 42.997, -88.378

Total Elevation Loss: -109 ft.
Total Elevation Gain: 245 ft.
Net Elevation Change: 136 ft.



Van 1 -- Legs 13-18 -- 25.7 Miles

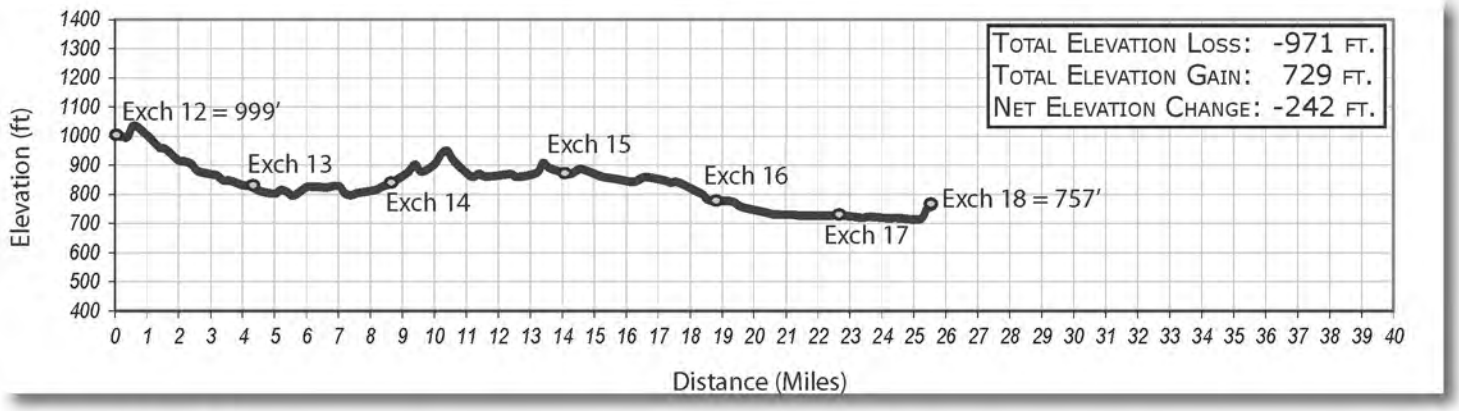


OVERVIEW

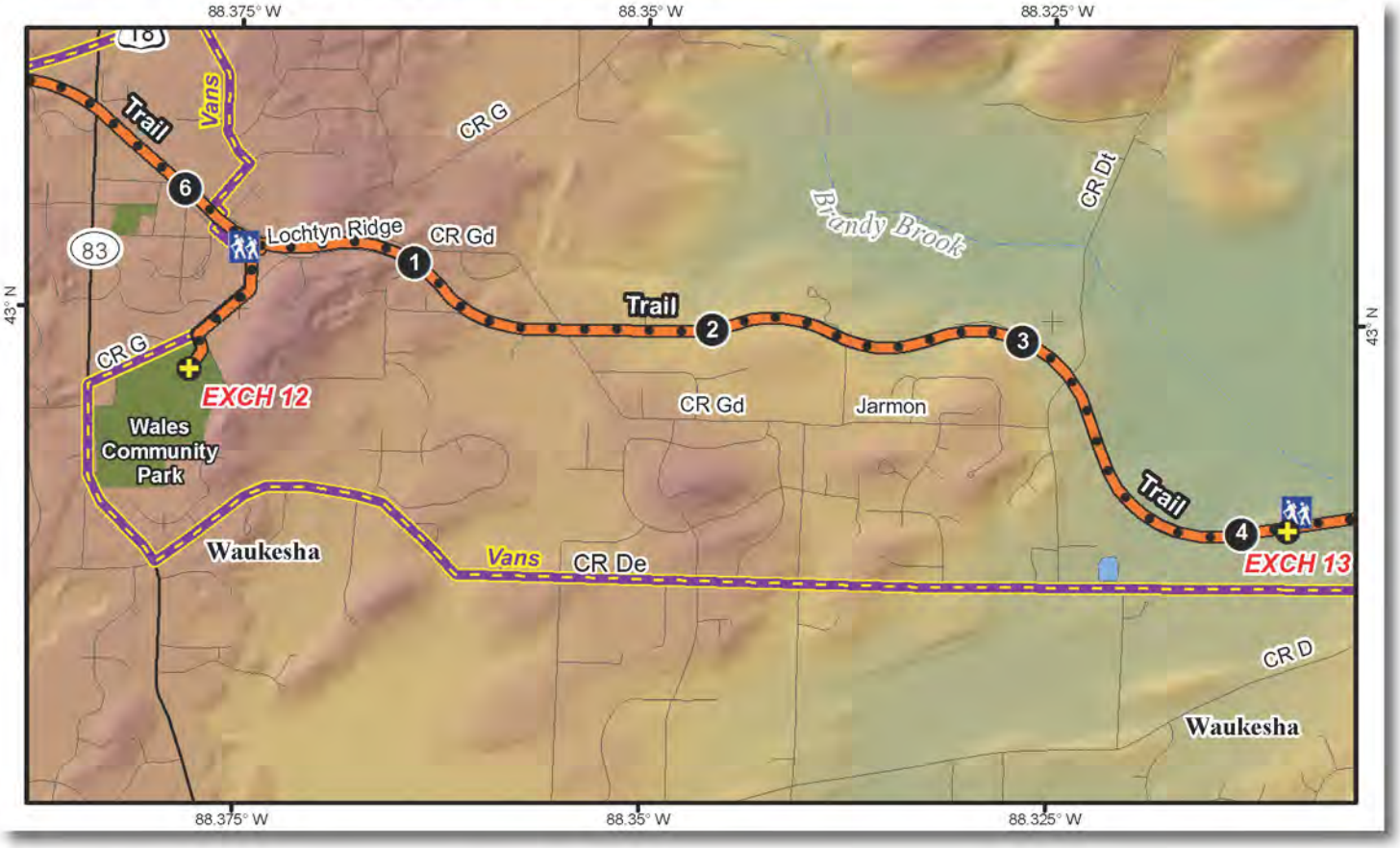
The route finishes running on the Glacial Drumlin Trail and weaves through the small towns of Wisconsin. Runners will begin entering the suburbs of western Milwaukee as they run along the Oak Leaf trail and the Root River Parkway.

INACTIVE VAN ROUTE TO EXCHANGE 18

0.0	Depart Exchange 12 Turn Left onto Brandybrook Rd
0.3	Turn Right onto Wales Rd, heading North towards the freeway
4.2	Turn Right (East) onto I-94
21.7	Merge onto I-894E via Exit 305A towards Chicago
27.0	Take 84th St Exit, Exit 5A-B towards 76th St, turn RIGHT onto 84th St.
27.4	Turn Left (East) onto Layton Ave
27.9	Turn Right (South) onto 76th St
28.6	Turn Right into exchange at Martin Luther High School
28.6	Arrive at Exchange 18



Leg 13 -- 4.2 Miles -- Moderate



EXCHANGE 13
SUNSET PARK
SOUTH 30 WEST
S30W28452 SUNSET DR.
WALES, WI 53189

LEG DESCRIPTION
Runners will run back to the trail head in Wales and run along the Glacial Drumlin Trail.

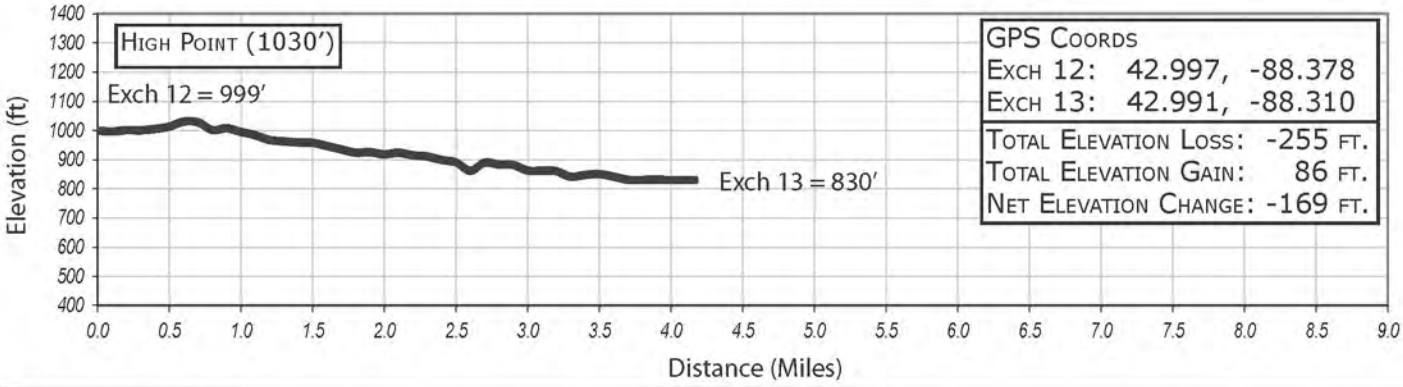
LEG NOTES
There are no water stations along this leg.
Carry water with you.

LEG LEGEND

0.0	Depart Exchange 12 onto Brandybrook Rd. Run with traffic
0.3	Turn LEFT onto Universal St. Run with traffic
0.4	Turn RIGHT onto James St. Run with traffic
0.4	Turn LEFT into parking lot
0.5	Turn RIGHT onto Glacial Drumlin Trail
4.1	Turn RIGHT off the trail into Sunset Park
4.2	Arrive at Exchange 13

VAN ROUTE

0.0	Exit LEFT out of Exchange 12 heading west on Brandybrook Rd
0.3	Turn LEFT onto Wales Rd
0.9	Turn LEFT onto County Rd DE (Sunset Dr)
4.6	Turn LEFT into Sunset Park
4.7	Arrive at Exchange 13



GPS Coords
Exch 12: 42.997, -88.378
Exch 13: 42.991, -88.310

Total Elevation Loss: -255 ft.
Total Elevation Gain: 86 ft.
Net Elevation Change: -169 ft.

Leg 14 -- 4.5 Miles -- Moderate

EXCHANGE 14
CARROLL UNIVERSITY
100 N EAST AVE, WAUKESHA WI 53186

LEG DESCRIPTION
This leg continues on the Glacial Drumlin Trail to its end point in Waukesha. Runners will continue through the town on Waukesha into the exchange.

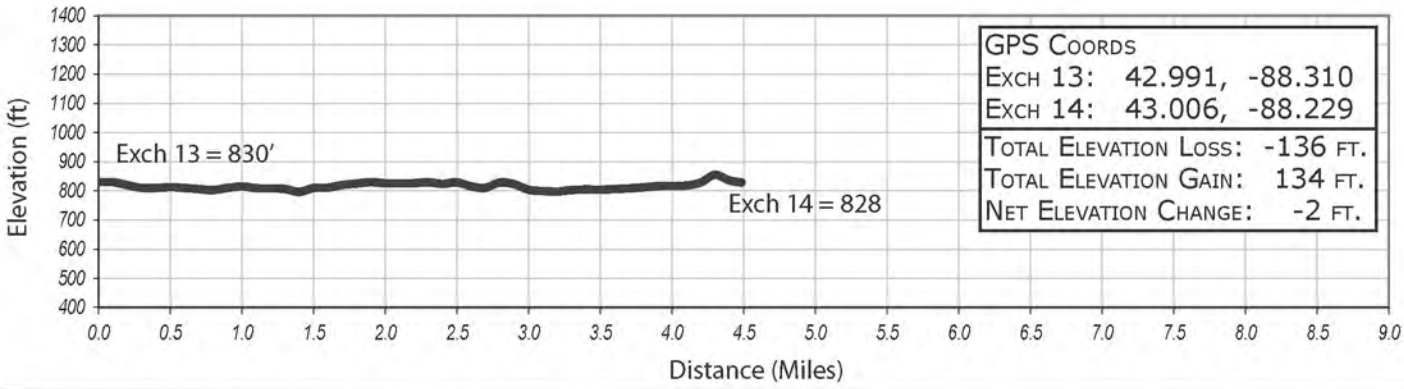
LEG NOTES
Parking is located at the college and the exchange will be located west of the van parking lot. Showers are available at the school.

LEG LEGEND

0.0	Depart Exchange 13 continuing on the Glacial Drumlin Trail
3.3	Turn LEFT at Sentry Dr. The trail ends here and a sidewalk begins.
3.4	Continue STRAIGHT onto College Ave.
4.3	Turn LEFT onto Barstow St
4.5	Arrive at Exchange 14

VAN ROUTE

0.0	Turn LEFT onto Sunset Dr when departing exchange
3.0	Turn LEFT onto Sentry Dr
4.0	Turn RIGHT onto College Ave
5.2	Pass Barstow, turn LEFT at East Ave
5.4	Turn LEFT into parking lot at Exchange 14



GPS Coords	
Exch 13:	42.991, -88.310
Exch 14:	43.006, -88.229
Total Elevation Loss:	-136 ft.
Total Elevation Gain:	134 ft.
Net Elevation Change:	-2 ft.

Leg 15 -- 5.4 Miles -- Moderate

EXCHANGE 15
POPLAR CREEK CHURCH
17770 WEST CLEVELAND AVE, NEW BERLIN WI 53146

LEG DESCRIPTION
Leg wraps through the City of Waukesha and into New Berlin on side roads.

LEG NOTES
Be aware of runners crossing traffic as you pull into and out of the exchange.

LEG LEGEND

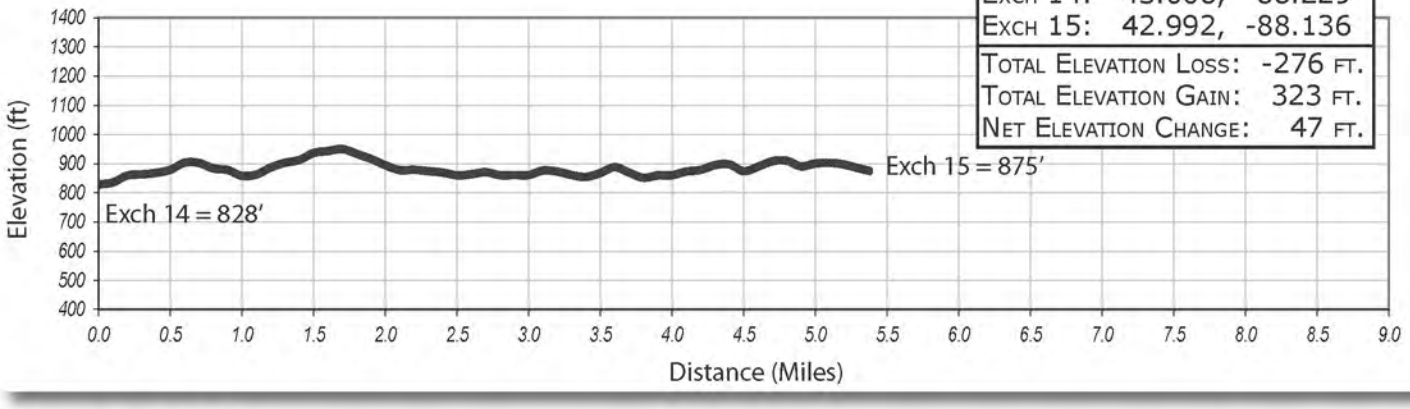
0.0	Depart Exchange 14 on Barstow Rd
0.2	Turn LEFT onto College Ave
0.8	Turn LEFT onto Racine Ave
0.8	Take immediate RIGHT at the crosswalk over Racine Ave
0.8	Turn LEFT onto Oakland Ave onto the sidewalk
1.0	Turn RIGHT onto E Broadway, which turns into W Cleveland Ave
5.4	Arrive at Exchange 15

VAN ROUTE

0.0	Exit Exchange 14 heading south onto East Ave
0.2	Turn LEFT onto College Ave Follow Runners

GPS Coords
Exch 14: 43.006, -88.229
Exch 15: 42.992, -88.136

Total Elevation Loss: -276 ft.
Total Elevation Gain: 323 ft.
Net Elevation Change: 47 ft.



Leg 16 -- 4.8 Miles -- Moderate

EXCHANGE 16
GREENFIELD PARK
2032 S 124TH ST
NEW BERLIN, WI 53151

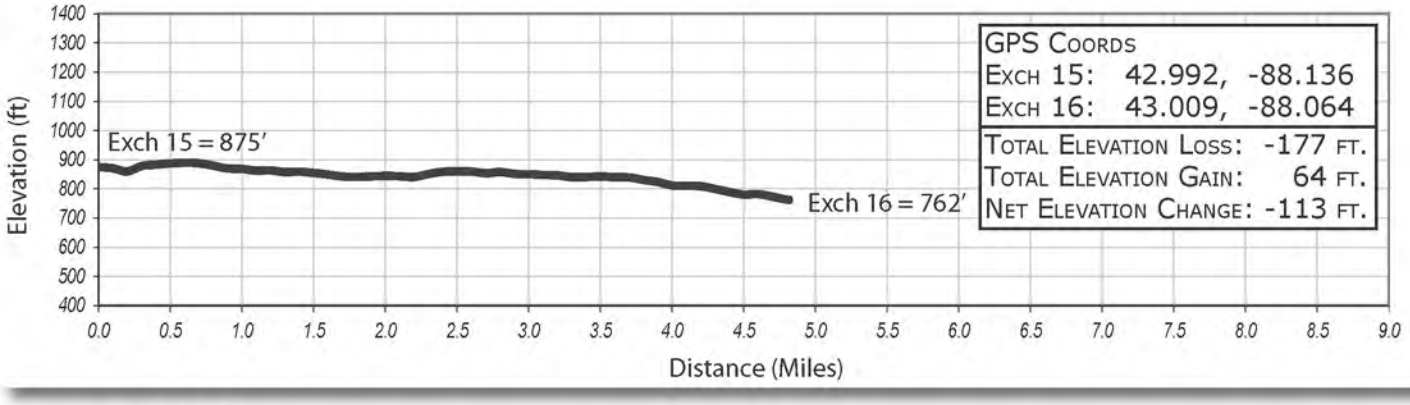
LEG DESCRIPTION
Runners will enjoy the neighborhoods of New Berlin. Then they will jump on the New Berlin Trail and exit the trail into Greenfield Park.

LEG LEGEND

0.0	Depart Exchange 15 heading East on Cleveland Ave
0.4	Turn LEFT through back side of gas station
0.4	Turn LEFT onto S Calhoun Rd
1.5	Turn RIGHT onto the New Berlin Recreation Trail
4.7	Turn RIGHT off the trail in Greenfield Park
4.8	Arrive at Exchange 15

VAN ROUTE

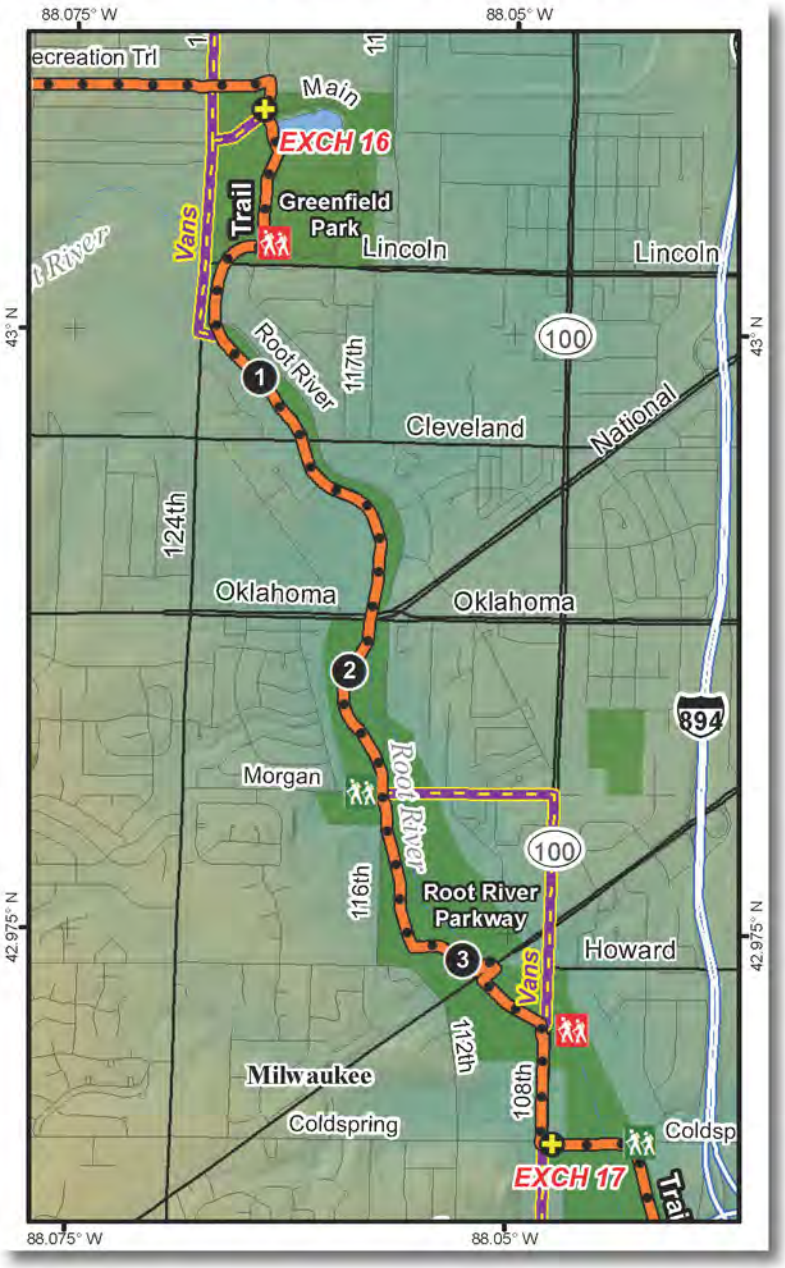
0.0	Turn LEFT out of Exchange 15 onto Cleveland Ave
0.4	Turn LEFT onto S Calhoun Rd
2.0	Turn RIGHT onto W Greenfield Ave
5.0	Turn RIGHT onto 124th St
5.6	Turn LEFT into Greenfield Park



GPS Coords
Exch 15: 42.992, -88.136
Exch 16: 43.009, -88.064

Total Elevation Loss: -177 ft.
Total Elevation Gain: 64 ft.
Net Elevation Change: -113 ft.

Leg 17 -- 3.8 Miles -- Easy



EXCHANGE 17
ALAN KULWICKI PARK
10701 W COLDSPRING, GREENFIELD WI 53228

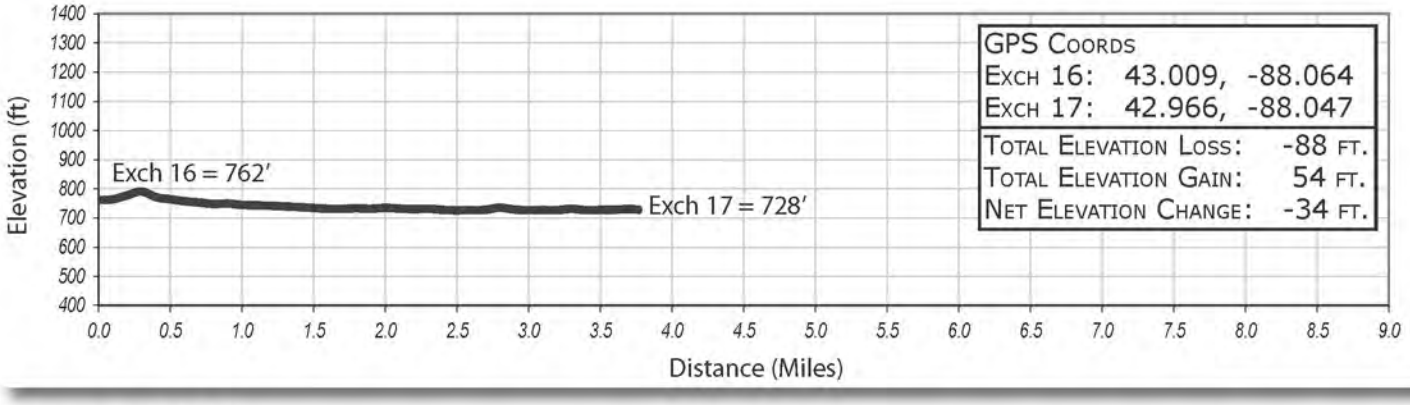
LEG DESCRIPTION
This leg wraps around the park on a trail then runs along the Root River Parkway through the neighborhoods in Greenfield and Greendale.

LEG LEGEND

0.0	Depart Exchange 16, Turn RIGHT off trail in Greenfield Park
0.4	Turn RIGHT on South Drive in Greenfield Park
0.6	Cross over Lincoln Ave STRAIGHT onto Root River Parkway
2.4	Cross over Morgan Ave run onto Oak Leaf Trail
3.4	Exit Oak Leaf Trail by running along 108th St (with traffic)
3.7	Cross 108th St at the intersection with Coldspring Rd
3.8	Arrive at Exchange 17

VAN ROUTE

0.0	Exit Park Turn LEFT onto 124th St
0.3	Turn LEFT onto Lincoln Ave
0.4	Turn RIGHT onto Root River Parkway
2.4	Turn LEFT onto Morgan Ave
2.9	Turn RIGHT onto 108th St
3.9	Turn RIGHT onto Coldspring Rd
4.0	Arrive at Exchange 17



GPS Coords	
Exch 16:	43.009, -88.064
Exch 17:	42.966, -88.047
Total Elevation Loss:	-88 ft.
Total Elevation Gain:	54 ft.
Net Elevation Change:	-34 ft.

Leg 18 -- 3.1 Miles -- Easy

EXCH 18 - MARTIN LUTHER HIGH SCHOOL
5201 SOUTH 76TH ST, GREENDALE WI 53129

LEG DESCRIPTION
Runners will get onto the Root River Trailway. Then wind through the neighborhoods of Greendale on the Root River Parkway.

LEG NOTES
Hot showers and hot food will be available in the school.

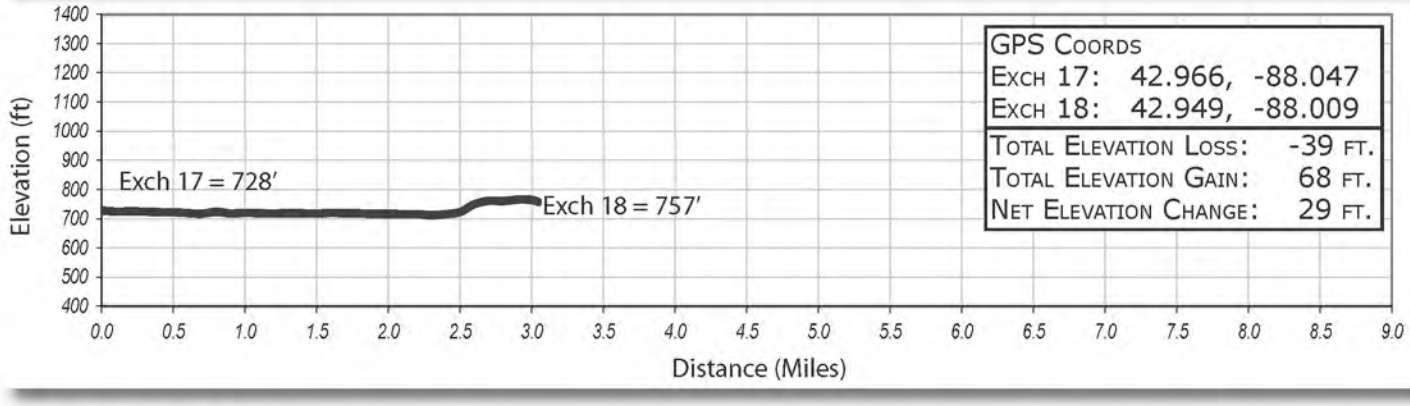
****BE RESPECTFUL OF RESIDENTS WHILE DRIVING THROUGH NEIGHBORHOODS DURING NIGHT TIME HOURS.**

LEG LEGEND

0.0	Depart Exchange 17 heading east on Cold Spring Rd
0.2	Turn RIGHT onto Root River Trailway
0.6	Continue STRAIGHT under bridge
0.7	Turn RIGHT onto Root River Parkway
1.5	Turn RIGHT onto 92nd St
1.6	Cross over S-24 onto Root River Parkway
2.1	Continue STRAIGHT over 84th St
2.5	Turn LEFT onto Grange Ave
2.8	Turn LEFT onto 76th St
3.1	Turn LEFT into Exchange 18

VAN ROUTE

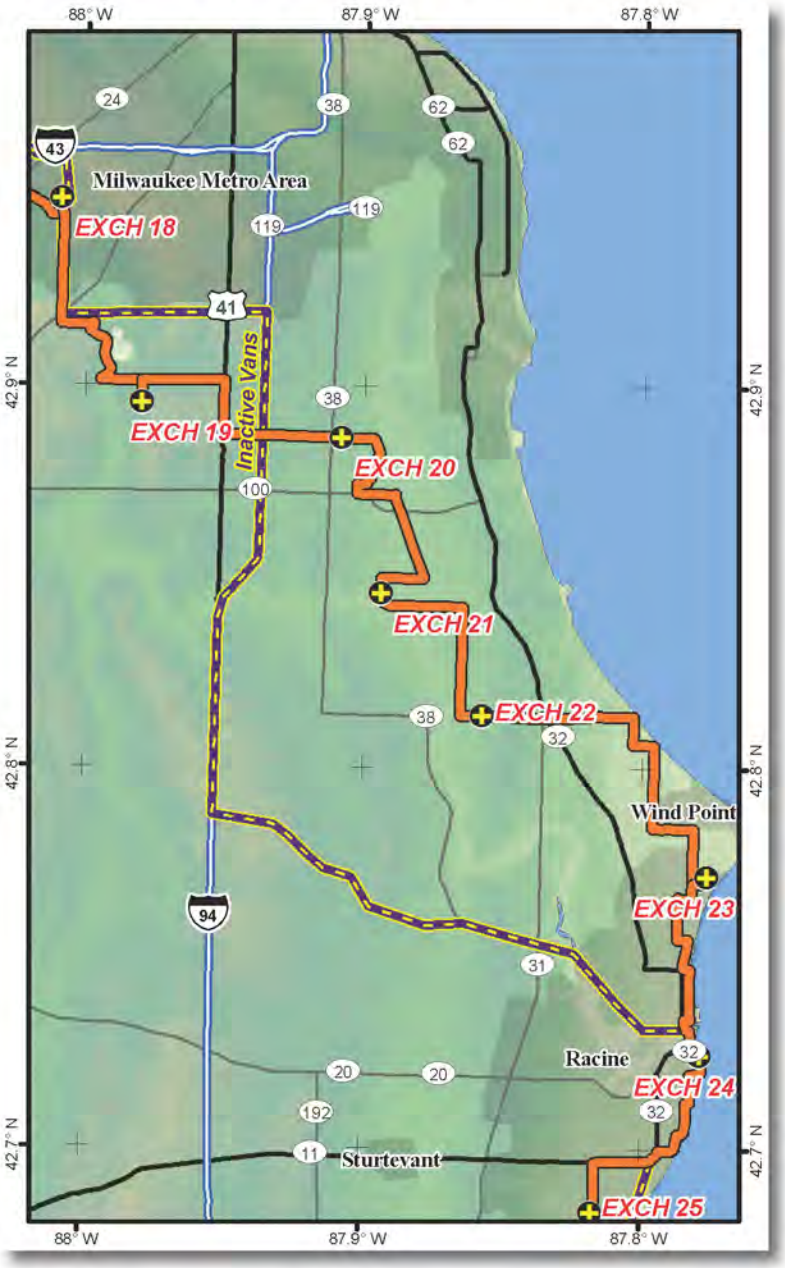
0.0	Exit exch, turn left onto Coldspring Rd
0.1	Turn Left onto 108th St
0.6	Turn Left onto Layton Ave
1.0	Turn Right onto Root River Parkway
*	Follow Runners
3.3	Arrive at Exchange 18.



GPS Coords
Exch 17: 42.966, -88.047
Exch 18: 42.949, -88.009

Total Elevation Loss:	-39 ft.
Total Elevation Gain:	68 ft.
Net Elevation Change:	29 ft.

Van 2 -- Legs 19-24 -- 31.6 Miles



OVERVIEW

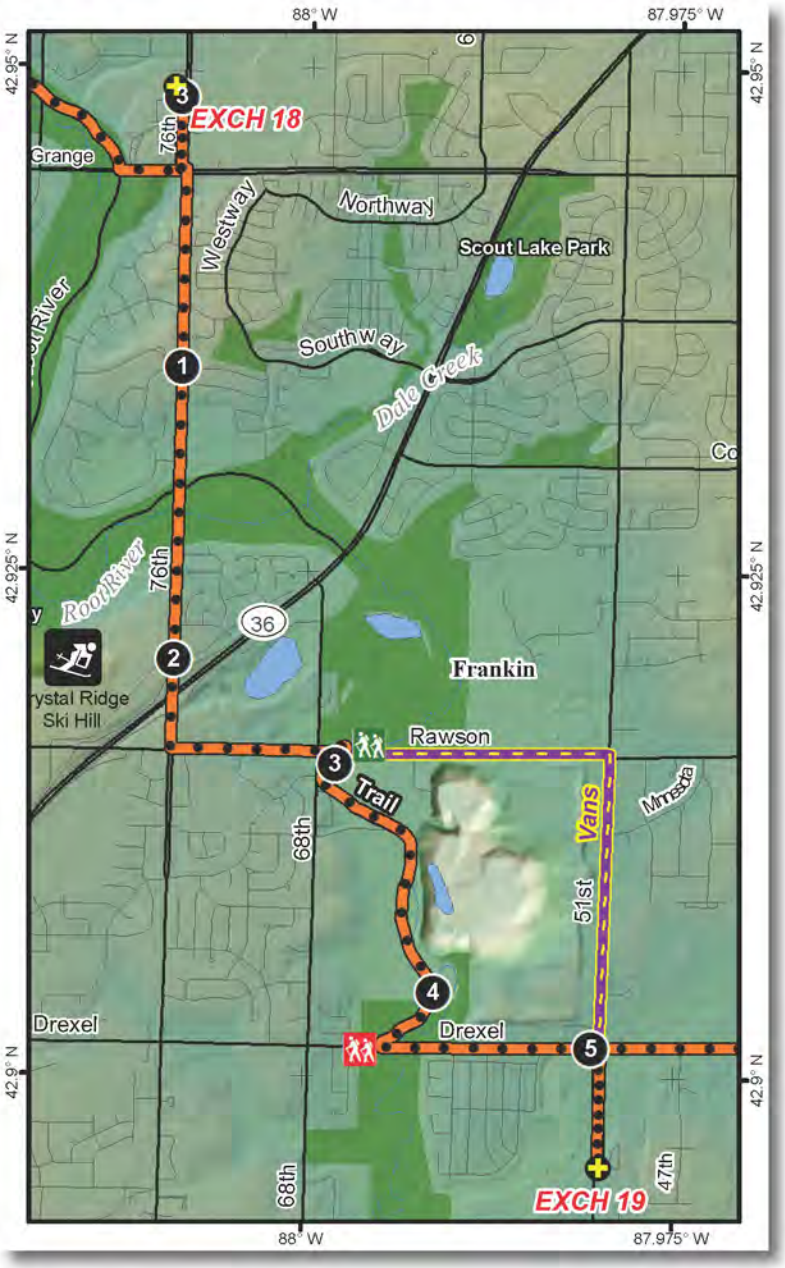
The next section runs through the towns of Franklin, Oak Creek and meanders through Racine. Runners will continue running on the Root River Parkway and the Oak Leaf Trail.

INACTIVE VAN DIRECTIONS

0.0	Exit Exchange 18 Turn Right onto 76th St (south)
2.3	Turn LEFT onto Rawson Ave
5.8	Merge onto I-94E/ US-41S
15.3	Take Exit 329 towards Racine, merge onto 27th St
15.6	Take LEFT CR-K E
18.8	Enter roundabout, take 1st Exit onto Northwestern Ave/ WI-38E
25.6	Take RIGHT onto S Main St/WI-32
25.9	Take LEFT onto 6th St which turns into John Pershing Drive
26.3	Arrive at Exchange 24

Food, sleeping area and exchange chute located at exchange and YMCA

Leg 19 -- 5.4 Miles -- Moderate



EXCHANGE 19
FRANKLIN HIGH SCHOOL
8222 S 51ST ST, FRANKLIN WI 53132

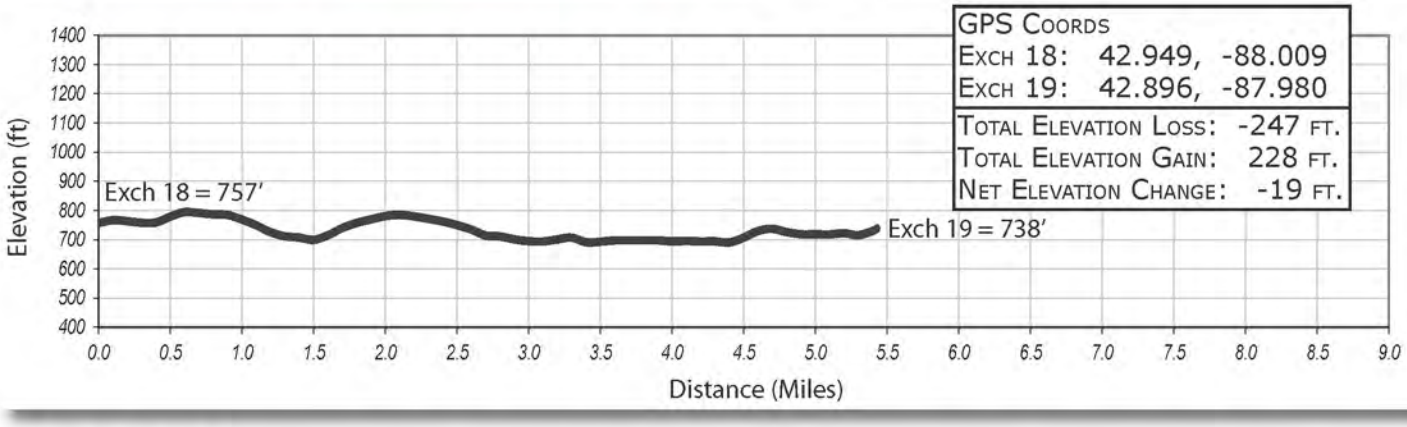
LEG DESCRIPTION
Runners will continue on Root River Parkway through the city limits of Greendale and into Franklin.

LEG LEGEND

0.0	Turn RIGHT out of Exchange 18 onto 76th St (with traffic)
2.3	Turn LEFT onto County Rd DE (Sunset Dr)
2.9	Turn LEFT onto Oak Leaf Trail
3.0	Turn RIGHT under bridge on trail
4.3	Turn LEFT onto Drexel Ave
5.0	Turn RIGHT onto 51st St
5.4	Arrive at Exchange 19

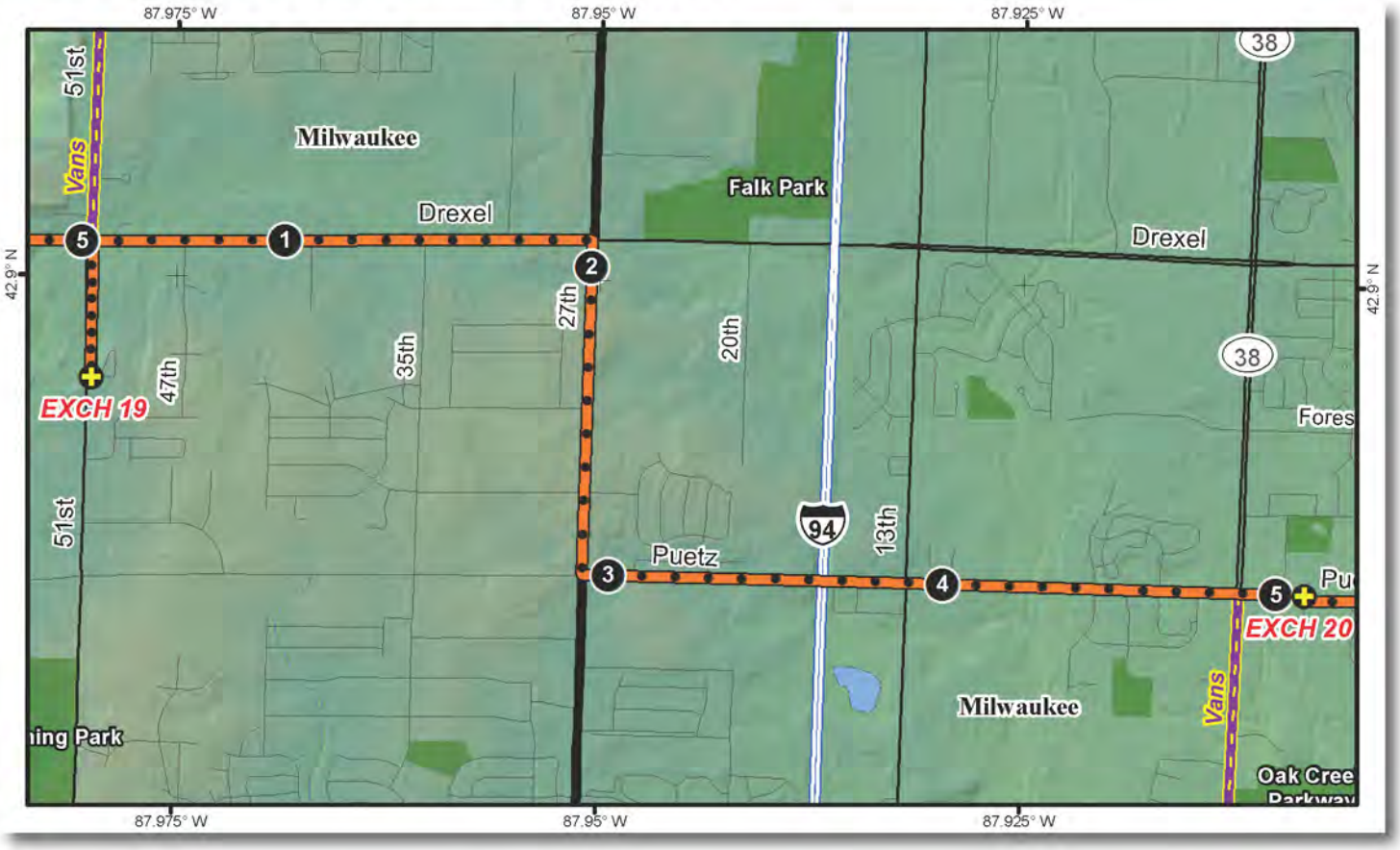
VAN ROUTE

0.0-2.9	Follow Runners, continue east on Rawson Ave
3.8	Turn RIGHT onto 51st St
5.2	Arrive at Exchange 19



GPS Coords	
Exch 18:	42.949, -88.009
Exch 19:	42.896, -87.980
Total Elevation Loss:	-247 ft.
Total Elevation Gain:	228 ft.
Net Elevation Change:	-19 ft.

Leg 20 -- 5.1 Miles -- Moderate



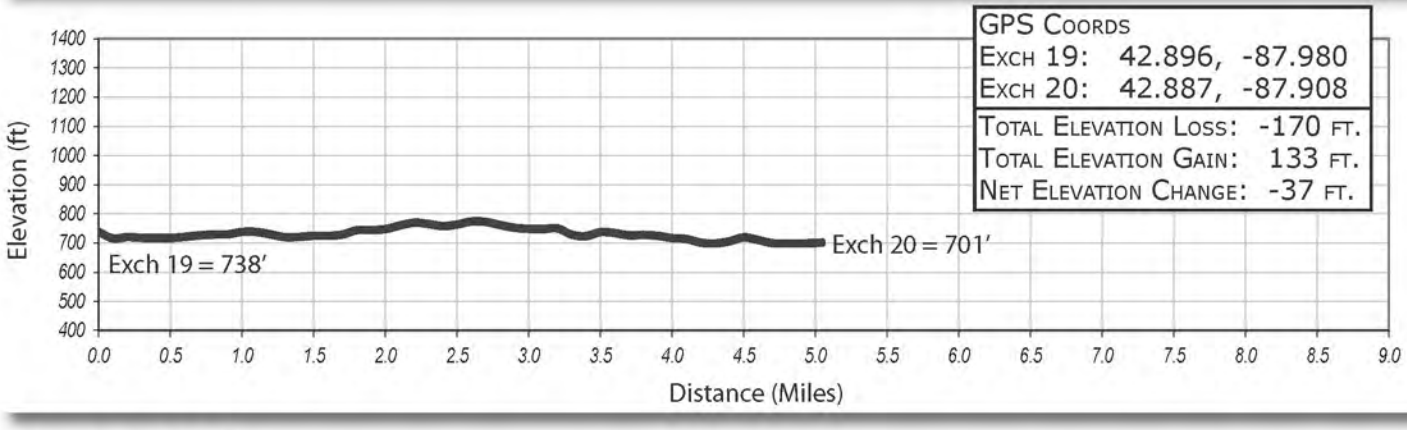
EXCHANGE 20
OAK CREEK HIGH SCHOOL
340 E PUETZ RD
OAK CREEK, WI 53154

LEG DESCRIPTION
Leg takes you through Franklin and into Oak Creek through the neighborhoods.

LEG NOTES:
Be aware of runners as you turn into high school.

LEG LEGEND

0.0	Depart Exchange 19 heading North on 51st St
0.4	Turn RIGHT onto Drexel Ave
1.9	Turn RIGHT onto South Highway 241 (27th St)
2.9	Turn LEFT onto Puetz Rd
5.1	Arrive at Exchange 20



GPS Coords
Exch 19: 42.896, -87.980
Exch 20: 42.887, -87.908

Total Elevation Loss: -170 ft.
Total Elevation Gain: 133 ft.
Net Elevation Change: -37 ft.

Leg 21 -- 5.3 Miles -- Moderate

EXCHANGE 21
PARKWAY APOSTOLIC CHURCH
10940 S NICHOLSON RD, OAK CREEK WI 53154

LEG DESCRIPTION
Leg runs through the city of Oak Creek on side roads. Runners will run along the Oak Leaf Trail.

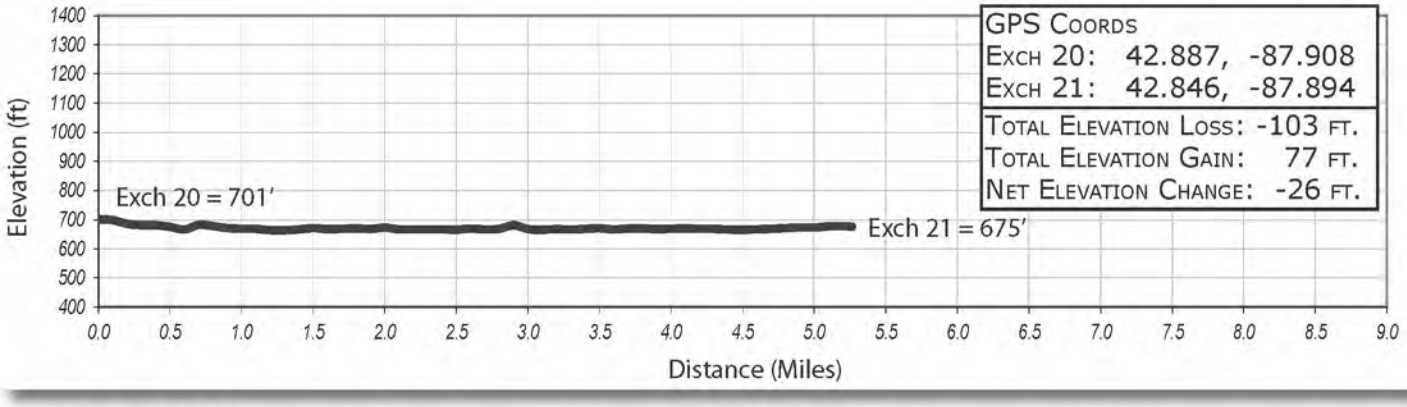
LEG NOTES
Runners will run on sidewalk at Ryan Rd, NOT freeway. **Vans be cautious of runners crossing over roads on Pennsylvania Ave.

LEG LEGEND

0.0	Depart Exchange 20 heading east on Puetz Rd
0.6	Turn RIGHT onto Oak Leaf Trail crossing over road
1.9	Turn LEFT onto Ryan Rd (**STAY ON SIDEWALK**) at school
2.6	Turn RIGHT onto Trail
4.2	Turn RIGHT onto Elm Rd
5.0	Turn LEFT onto Nicholson Rd
5.3	Arrive at Exchange 21

VAN ROUTE

0.0	Depart out of school, heading south (LEFT) on Howell Ave
1.0	Turn LEFT onto Ryan Rd (Highway 100)
2.1	Turn RIGHT onto Nicholson Rd
3.6	Arrive at Exchange 21



GPS Coords
Exch 20: 42.887, -87.908
Exch 21: 42.846, -87.894

Total Elevation Loss: -103 ft.
Total Elevation Gain: 77 ft.
Net Elevation Change: -26 ft.

Leg 22 -- 4.0 Miles -- Moderate

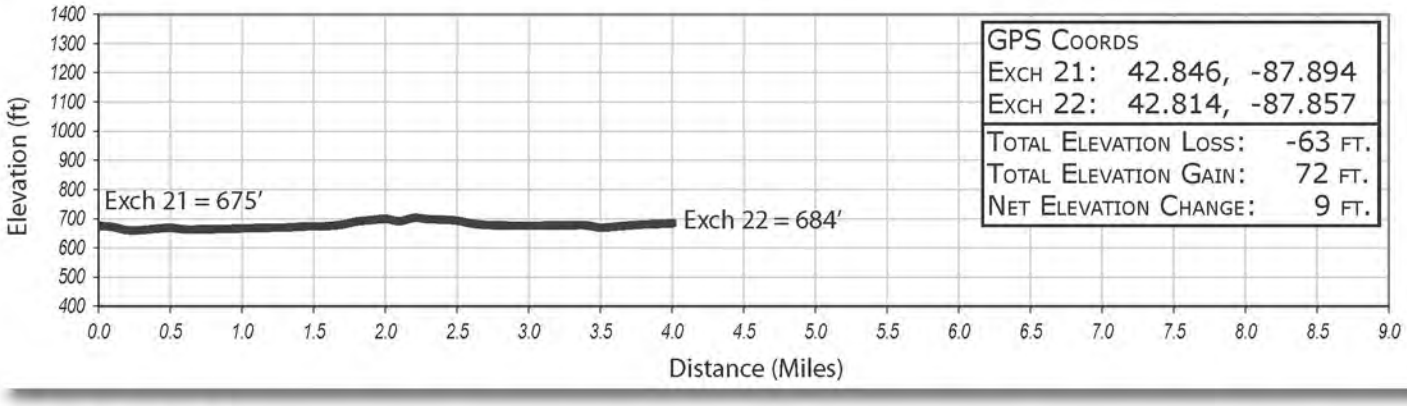
EXCHANGE 22
GREATER RACINE KENNEL CLUB
6320 6 MILE RD, RACINE WI 53402

LEG DESCRIPTION
Leg takes you on country roads through Racine to next exchange.

LEG NOTES
Exchange located at Greater Racine Kennel Club. Be aware of traffic and runners on this road. There are no street lights along the road.

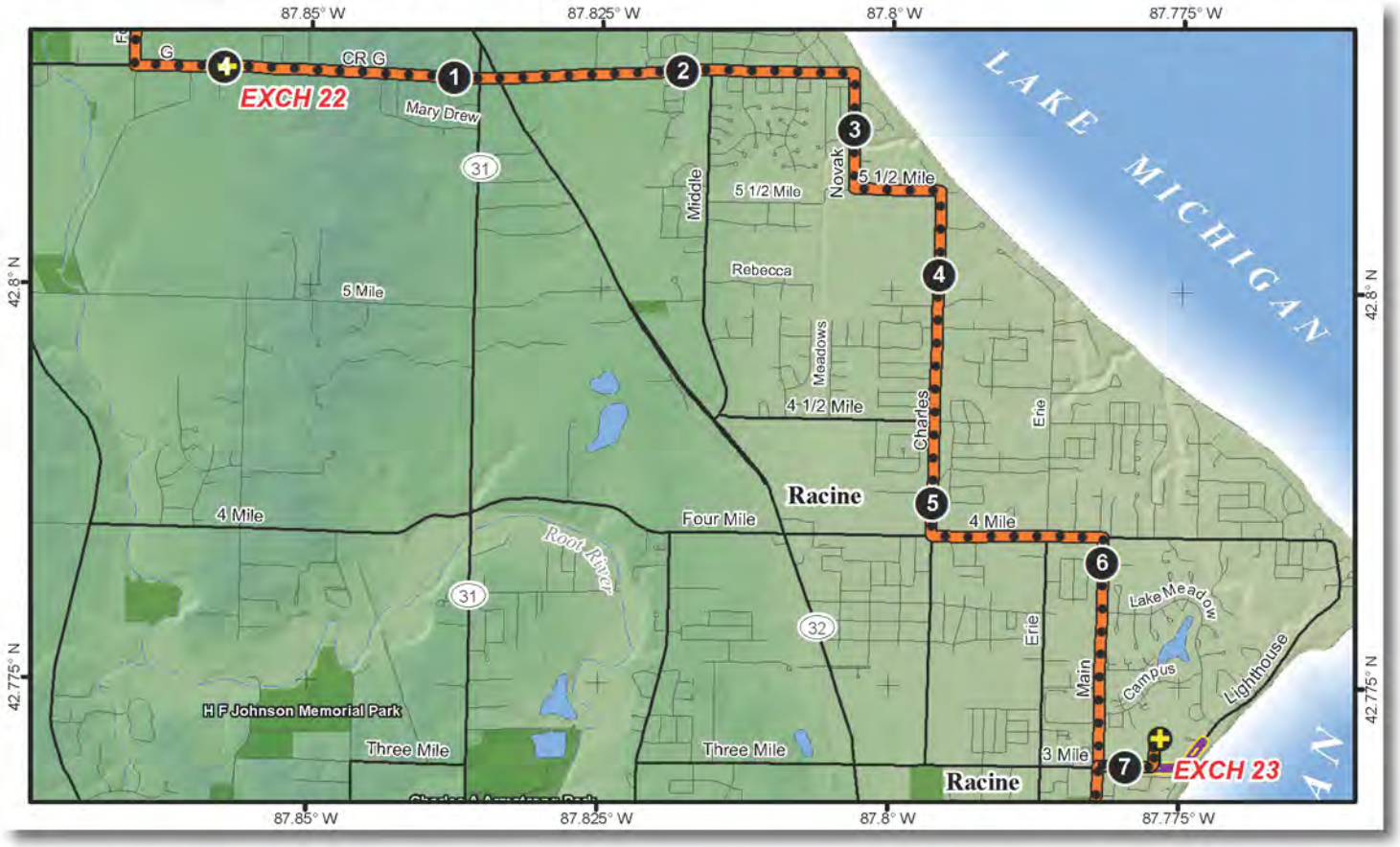
LEG LEGEND

0.0	Depart Exchange 21 Turn Left onto Nicholson Rd
0.2	Turn LEFT onto County Line Rd
1.6	Turn RIGHT onto Foley Rd
3.6	Turn LEFT onto 6 Mile Rd
4.0	Arrive at Exchange 22



GPS Coords	
Exch 21:	42.846, -87.894
Exch 22:	42.814, -87.857
Total Elevation Loss:	-63 ft.
Total Elevation Gain:	72 ft.
Net Elevation Change:	9 ft.

Leg 23 -- 7.3 Miles -- Hard



EXCHANGE 23
THE PRAIRIE SCHOOL, 4050 LIGHTHOUSE DR, RACINE WI 53402

LEG DESCRIPTION
This leg is flat through the country roads of Racine.

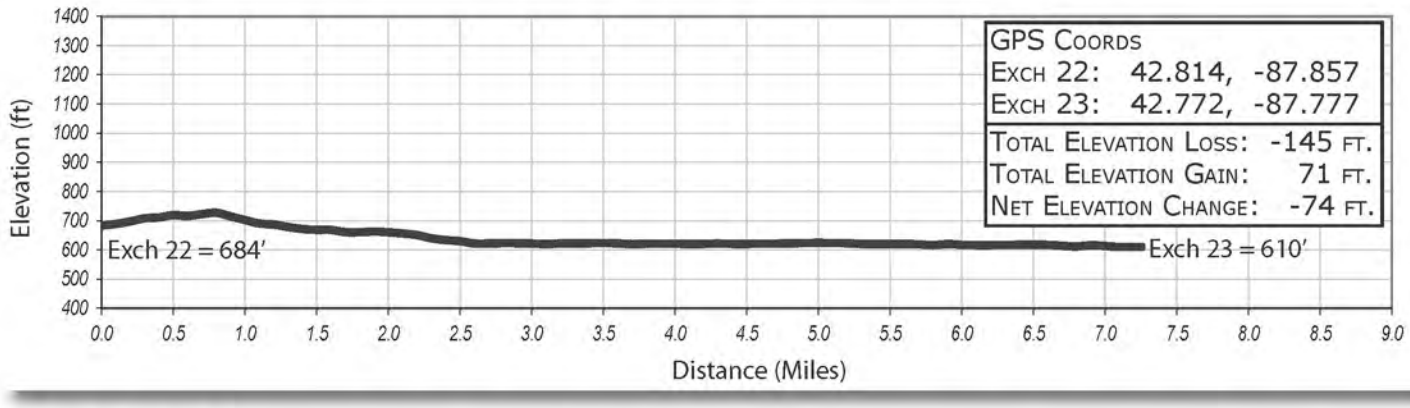
LEG NOTES
****PLEASE NOTE YOU ARE IN A NEIGHBORHOOD. KEEP NOISE DOWN AND RESPECT THE RESIDENTS.**

LEG LEGEND

0.0	Depart Exchange 22 heading east on 6 Mile Rd (Please run on INSIDE of the cones.)
2.7	Turn RIGHT onto Novak Rd
3.2	Turn LEFT onto 5 ½ Mile Rd
3.6	Turn RIGHT onto Charles St
5.1	Turn LEFT onto 4 Mile Rd (Run with traffic)
5.9	Turn RIGHT onto Main St
6.9	Turn LEFT onto 3 Mile Rd
7.1	Turn LEFT onto trail
7.3	Arrive at Exchange 23

VAN ROUTE

0.0	Follow Runners
7.1	Continue on 3 Mile Rd
7.2	Road curves and becomes Lighthouse Dr
7.3	Arrive at Exchange 23



Leg 24 -- 4.5 Miles -- Moderate

EXCHANGE 24
JOHN PERSHING PARK
500 PERSHING DR, RACINE WI 53403
AND
RACINE YMCA
725 LAKE AVE, RACINE WI 53403
(showers, sleeping and food located here)

LEG DESCRIPTION
This leg continues through the neighborhoods of Racine then along the waterfront through a park to the next exchange.

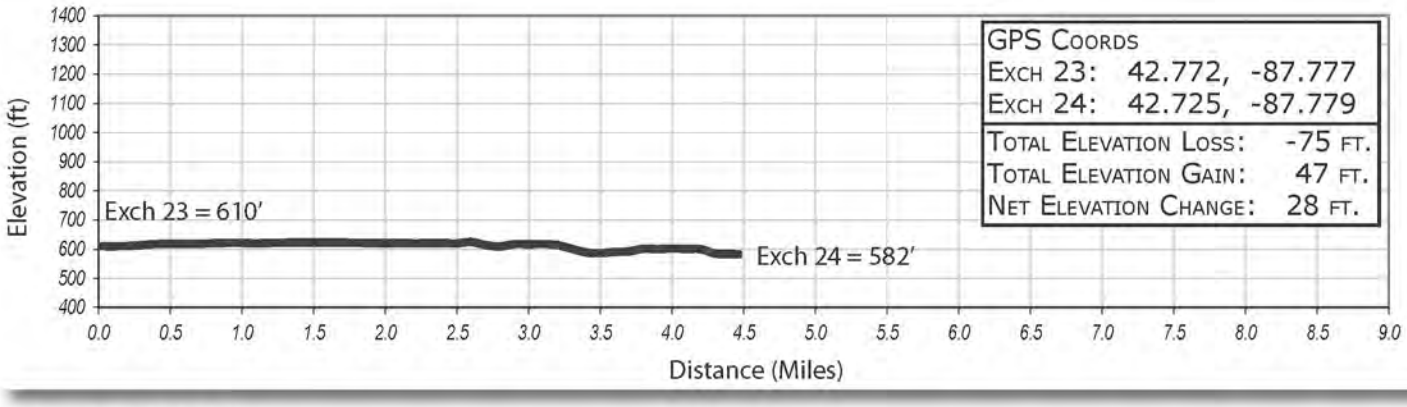
LEG NOTES
Exchange chute located at John Pershing Park. Vans will park on east side of park along lake. Showers, food and inside sleeping area is located at the YMCA. Access to the YMCA from the chute location is west through the parking lot and into the back door of YMCA.

LEG LEGEND

0.0	Depart Exchange 23 heading south on trail
0.2	Turn RIGHT on 3 Mile Rd (with traffic)
0.4	Turn LEFT onto Main St
0.8	Turn RIGHT onto Carlton Dr
0.8	Turn LEFT onto Erie St, with traffic
1.7	Turn LEFT onto Melvin St
1.9	Turn RIGHT onto Main St
2.4	Turn LEFT onto Goold St
2.5	Turn RIGHT onto Michigan Blvd
3.5	Turn RIGHT onto Dodge St
3.6	Turn LEFT onto Main St
3.8	Turn LEFT onto State St
3.9	Turn RIGHT onto Lake Ave
4.1	Turn LEFT onto 6th St. Run with traffic
4.3	Turn RIGHT onto Pershing Dr (Run with traffic on grass)
4.5	Arrive at Exchange 24

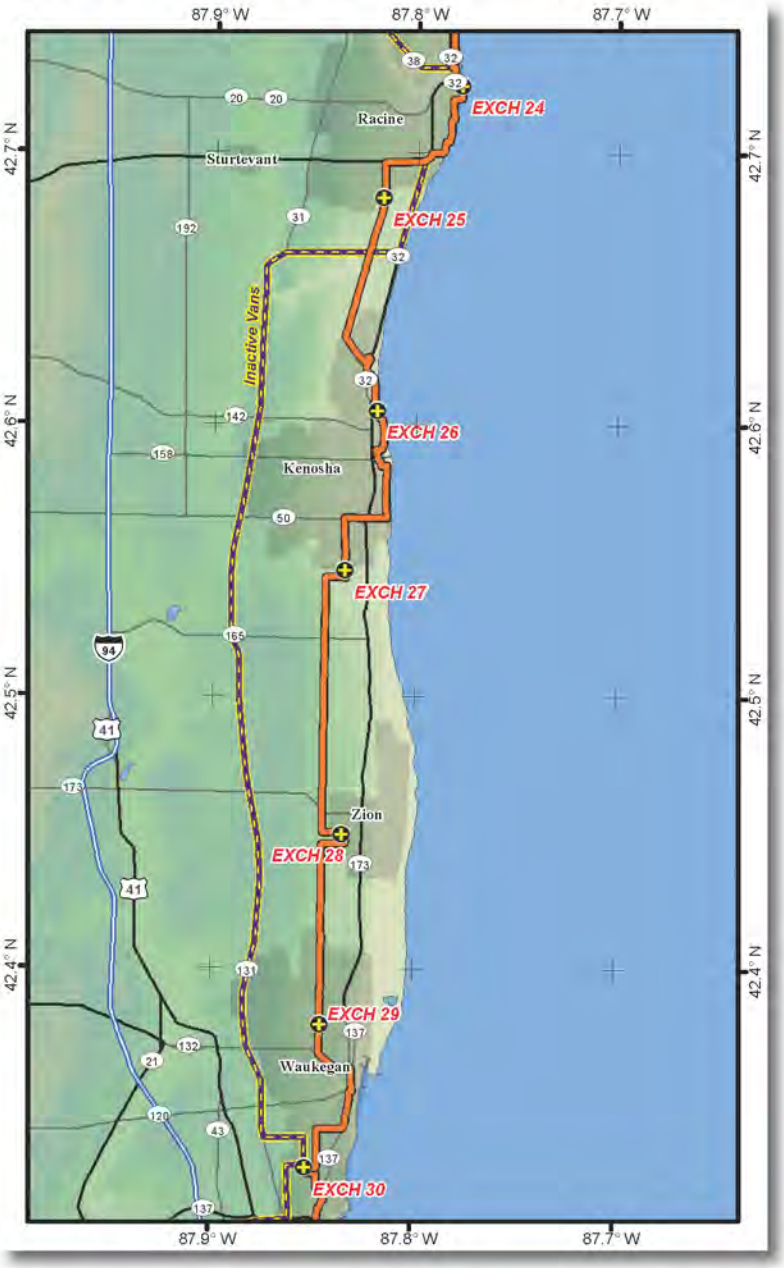
VAN ROUTE

0.0	Exit Exchange 23, RIGHT onto Lighthouse Dr
0.5	Turn LEFT onto Main St (follow runners)
3.5	Turn RIGHT onto Hamilton St off Michigan Blvd
3.6	Turn LEFT onto Main St (first traffic light)
4.2	Turn LEFT onto 6th St
4.5	Arrive at Exchange 24



GPS Coords	
Exch 23:	42.772, -87.777
Exch 24:	42.725, -87.779
Total Elevation Loss:	-75 ft.
Total Elevation Gain:	47 ft.
Net Elevation Change:	28 ft.

Van I -- Legs 25-30 -- 34.9 Miles



OVERVIEW

First legs will wind through Racine along the lake shore. Some lucky runners will get a great view of the sunrise over the lake. Runners will jump on the MRK trail and wind through Racine and into Kenosha. Runners will continue through Kenosha along the lake and back onto the MRK trail, crossing over the state line and into the next major exchange in Zion, IL.

INACTIVE VAN ROUTE

0.0	Depart Exchange 24 Turn LEFT onto John Pershing Dr (south)
0.8	Turn LEFT onto Main St
1.0	Turn RIGHT 13th St
1.0	Turn LEFT onto Wisconsin Ave
1.9	Turn RIGHT onto 21st St
2.4	Turn LEFT onto Racine St/ WI-32
5.1	Turn RIGHT onto 1st St/ CR-KR
8.1	Turn LEFT onto Green Bay RD/ WI-31S
31.6	Turn LEFT onto 14th St
32.4	Turn RIGHT onto Lewis Ave
32.8	Turn LEFT onto 17th St
33.0	Arrive at Exchange 30

Leg 25 -- 4.6 Miles -- Moderate

EXCHANGE 25
DR JONES ELEMENTARY SCHOOL
3300 CHICORY RD, RACINE WI 53403

LEG DESCRIPTION
Runners follow General John J Pershing Dr through the park then follow the water front into Roosevelt Park in Racine. Runners will jump on the MRK Trail in Racine to the next exchange.

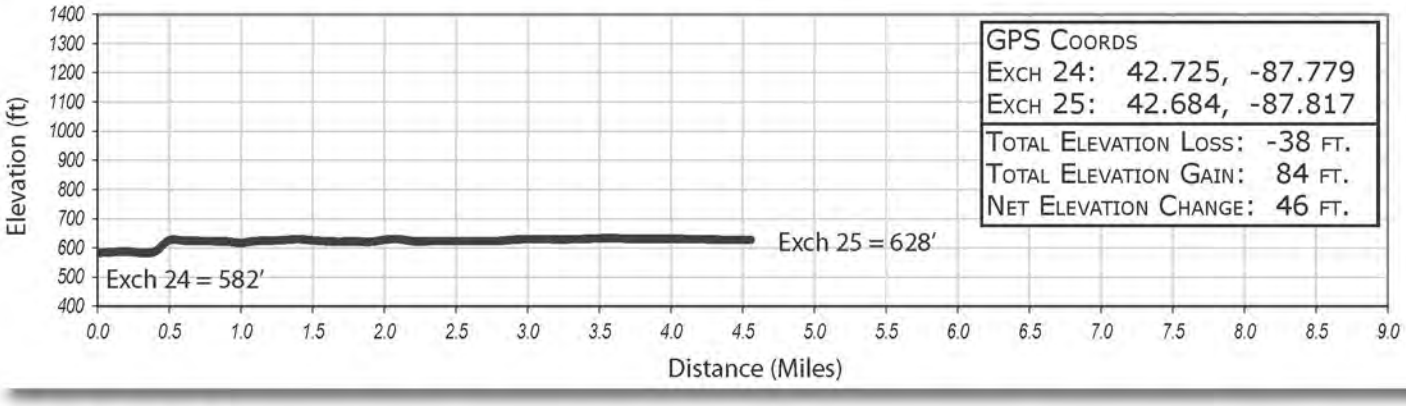
LEG NOTES
Enter the parking lot at the west end of the school. **Be aware of runners leaving Exchange 25.**

LEG LEGEND

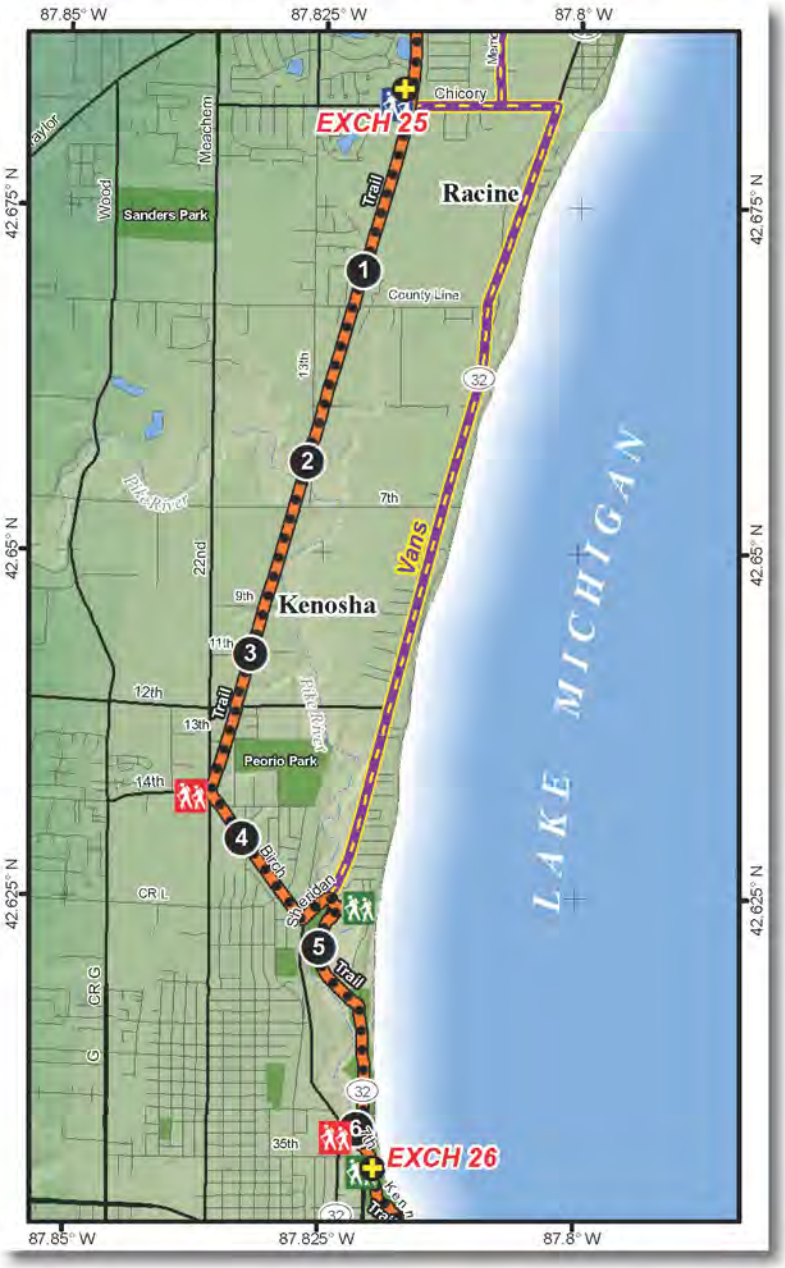
0.0	Depart Exchange 24 on John Pershing Dr
0.3	Take a natural RIGHT onto 11th St (run on sidewalk)
0.5	Turn LEFT onto Main St
1.0	Turn RIGHT onto 16th St
1.1	Turn LEFT onto Wisconsin Ave
1.7	Turn RIGHT onto 21st St
1.8	Turn LEFT onto Roosevelt Park Dr, turns into 24th St
2.4	Turn LEFT onto Racine St, turns into Sheridan Rd
2.6	Turn RIGHT onto Durand Ave (with traffic)
2.8	Continue STRAIGHT through Memorial Dr (with traffic)
3.6	Turn LEFT onto trail (at West Blvd)
4.5	Turn RIGHT off trail at school
4.6	Arrive at Exchange 25

VAN ROUTE

0.0	Follow Runners
0.8	Turn RIGHT onto 14th St
0.9	Turn LEFT onto Wisconsin Ave Follow Runners
2.8	Turn LEFT at Memorial Dr, off Durand Ave. (first traffic light)
4.1	Turn RIGHT at Chicory Rd
4.6	Arrive at Exchange 25



Leg 26 -- 6.2 Miles -- Hard



EXCHANGE 26
PENNOYER PARK
3601 7TH AVE, KENOSHA WI 53140

LEG DESCRIPTION
Leg follow MRK Trail through Kenosha. Runners exit trail and run through Carthage College Campus and then through Alford Park and into Pennoyer Park.

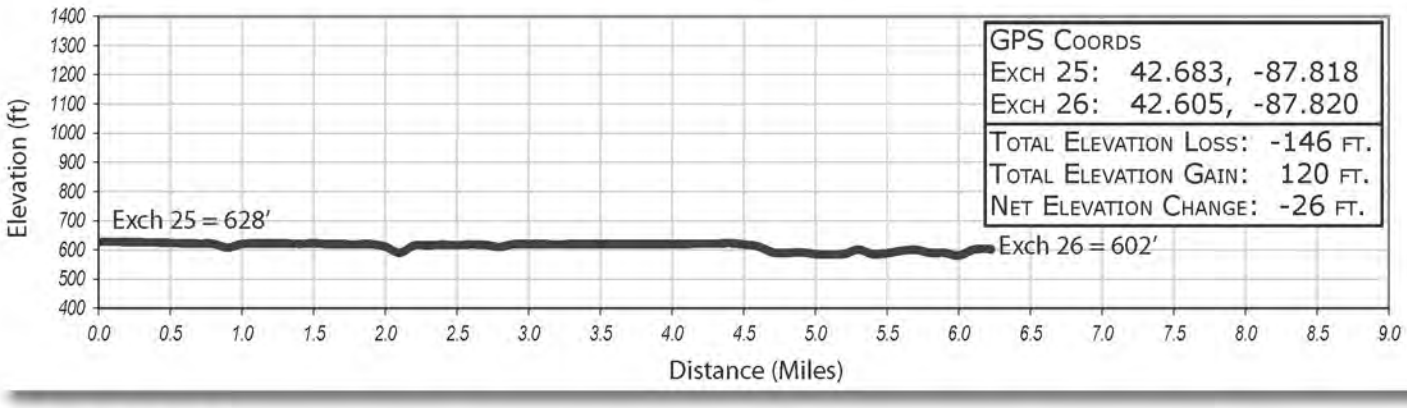
LEG NOTES
Vans can support their runner at Carthage College. Turn into the first parking lot. Be aware of runners crossing the road and parking lot entrance to get to the trail.

LEG LEGEND

0.0	Depart Exchange 25
0.1	Turn RIGHT back onto MRK Trail
1.8	Stay on trail at 13th Ave intersection
3.7	Turn LEFT at Birch Rd off trail, running with traffic
4.4	Turn LEFT onto Sheridan Rd (with traffic)
4.5	Turn RIGHT as Sheridan Rd curves down to light
4.6	Cross Alford Park Dr. Stay on sidewalk
4.6	Continue STRAIGHT into Carthage College Campus
4.7	Cross over the road and Turn RIGHT onto bike trail through campus
4.9	Cross over bridge. Stay on trail and Turn LEFT at crosswalk
6.0	Turn LEFT at 7th Ave
6.1	Turn RIGHT over Kennedy Dr. Stay on trail
6.2	Arrive at Exchange 26

VAN ROUTE

0.0	Exit Exchange 25 Turn LEFT onto Chicory Rd
0.8	Turn RIGHT onto Sheridan Rd (Hwy 32)
5.0	Turn LEFT into Carthage College to support runner
5.0	Turn LEFT out of college onto Alford Park Dr, runners will be on trail to your left
6.3	Turn LEFT onto 7th Ave
6.4	Turn LEFT onto Kennedy Dr
6.5	Arrive at Exchange 26



Leg 27 -- 5.6 Miles -- Hard

EXCHANGE 27
ANDERSON PARK
8730 22ND AVE, KENOSHA WI 53143

LEG DESCRIPTION
Runners will continue through John F Kennedy Memorial Park into Kenosha and Pleasant Prairie.

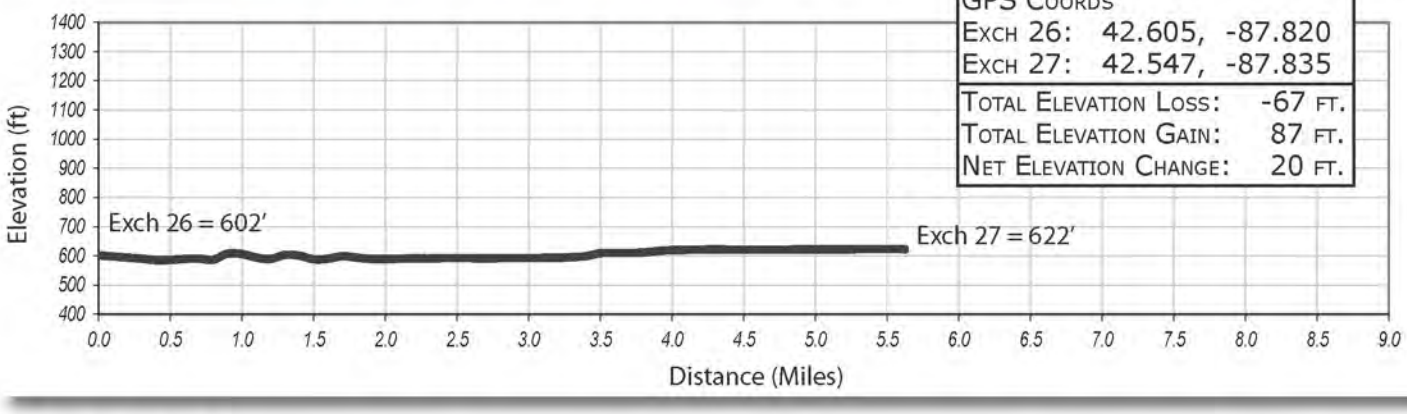
LEG NOTES
Runners will cross over 22nd Ave into the exchange chute.

LEG LEGEND

0.0	Depart Exchange 26 on the trail through John F Kennedy Memorial Park
1.0	STRAIGHT over Simmons Island Rd
1.0	Turn LEFT onto Kennedy Dr off trail
1.1	Turn RIGHT heading west on 50th St
1.2	Turn LEFT onto 7th Ave followed by an immediate LEFT onto 6th Ave
1.5	Turn LEFT onto 54th St
1.6	Turn RIGHT onto 5th Ave
1.7	Turn LEFT onto 56th St
1.9	Turn RIGHT onto 3rd Ave
2.2	Turn RIGHT onto 60th St
2.2	Turn LEFT onto 3rd Ave
3.2	Turn RIGHT onto 75th St
4.3	Turn LEFT onto 22nd Ave
5.6	Arrive at Exchange 27

VAN ROUTE

0.0	Exit Exchange 26 Turn Left onto Kennedy Dr
0.0	Follow Runners
5.6	Arrive at Exchange 27



GPS Coords	
Exch 26:	42.605, -87.820
Exch 27:	42.547, -87.835
Total Elevation Loss:	-67 ft.
Total Elevation Gain:	87 ft.
Net Elevation Change:	20 ft.

Leg 28 -- 7.7 Miles -- Very Hard

CHRIST COMMUNITY CHURCH
2500 DOWIE MEMORIAL AVE, ZION IL 60099

LEG DESCRIPTION
Runners will leave the exchange running along the south side of the park. Turning onto the MRK Trail and following the trail to the next exchange. Runners will run along MRK Trail crossing over the state line into IL.

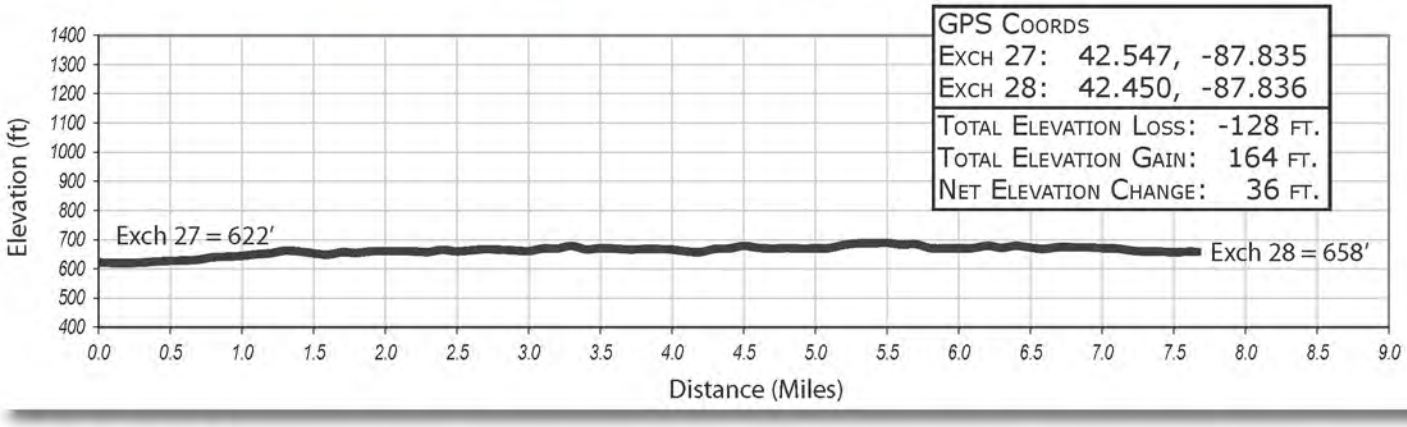
LEG NOTES
**Be aware of runners crossing upon entering the exchange.

LEG LEGEND

0.0	Depart Exchange 27 heading South along the sidewalk on 22nd Ave
0.2	Turn RIGHT onto 89th St on sidewalk
0.7	Turn LEFT at 30th Ave onto MRK Trail
1.2	STRAIGHT over Springbrook Rd Continue STRAIGHT onto trail
4.2	Cross over the IL/WI State line
7.1	Turn LEFT onto Salem Blvd
7.6	Turn RIGHT onto Dowie Memorial Dr
7.7	Arrive at Exchange 28

VAN ROUTE

0.0	Depart Exchange 27 heading South on 22nd Ave
0.4	Turns into 93rd St then turns into Springbrook Rd
1.8	Turn LEFT onto County Rd EZ (39th Ave)
7.2	Turn LEFT onto Salem Blvd
8.2	Turn RIGHT onto Dowie Memorial Dr
8.3	Arrive at Exchange 28



GPS Coords	
Exch 27:	42.547, -87.835
Exch 28:	42.450, -87.836
Total Elevation Loss:	-128 ft.
Total Elevation Gain:	164 ft.
Net Elevation Change:	36 ft.

Leg 29 -- 5.5 Miles -- Moderate

EXCHANGE 29
LAKE COUNTY COMMUNITY ACTION
1200 W GLEN FLORA AVE
WAUKEGAN, IL 60085

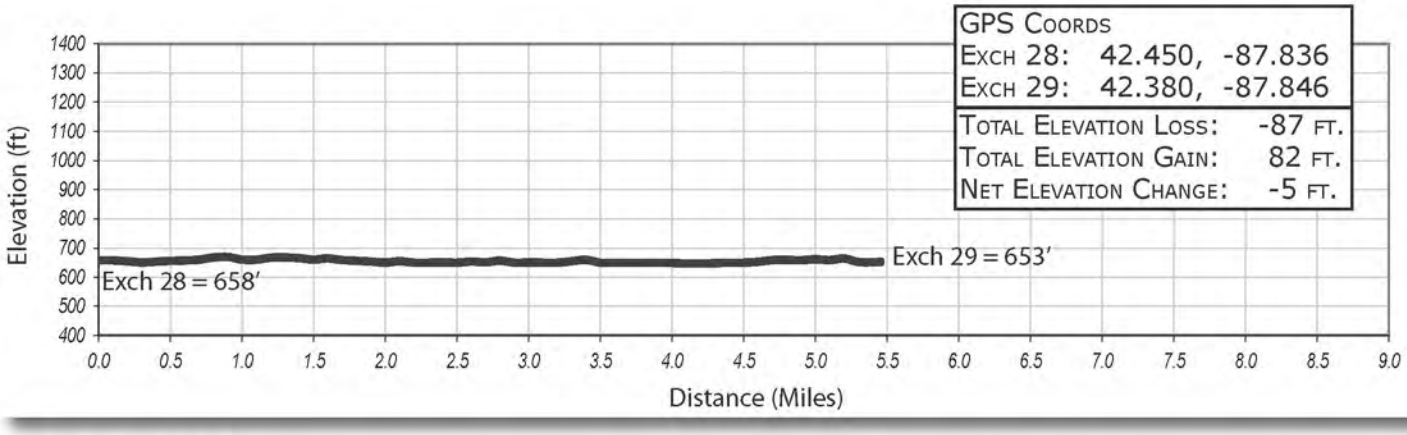
LEG DESCRIPTION
Runners will run on the Robert McClory Bike Path through Zion and into Waukegan.

LEG LEGEND

0.0	Depart Exchange 28 on Dowie Memorial Dr
0.1	Turn RIGHT onto sidewalk on Bethel Blvd
0.2	Turn RIGHT onto 27th St
0.8	Turn LEFT onto the Robert McClory Bike Path
5.5	Arrive at Exchange 29

VAN ROUTE

0.0	Depart Exchange 28 on Dowie Memorial Dr
0.1	Turn RIGHT onto Bethel Blvd
0.2	Turn RIGHT onto 27th St
1.3	Turn LEFT onto Lewis Ave
5.1	Turn LEFT onto Sunset Ave (A19)
5.7	Turn RIGHT onto Western Ave
6.5	Turn RIGHT onto Glen Flora Ave
6.5	Arrive at Exchange 29



GPS Coords	
Exch 28:	42.450, -87.836
Exch 29:	42.380, -87.846
Total Elevation Loss:	-87 ft.
Total Elevation Gain:	82 ft.
Net Elevation Change:	-5 ft.

Leg 30 -- 5.3 Miles -- Moderate

EXCHANGE 30
NORTH CHICAGO HIGH SCHOOL
1717 17TH ST, NORTH CHICAGO IL 60064

LEG DESCRIPTION
Runners will stay on the Robert McClory Bike Path and then run on sidewalks in neighborhoods.

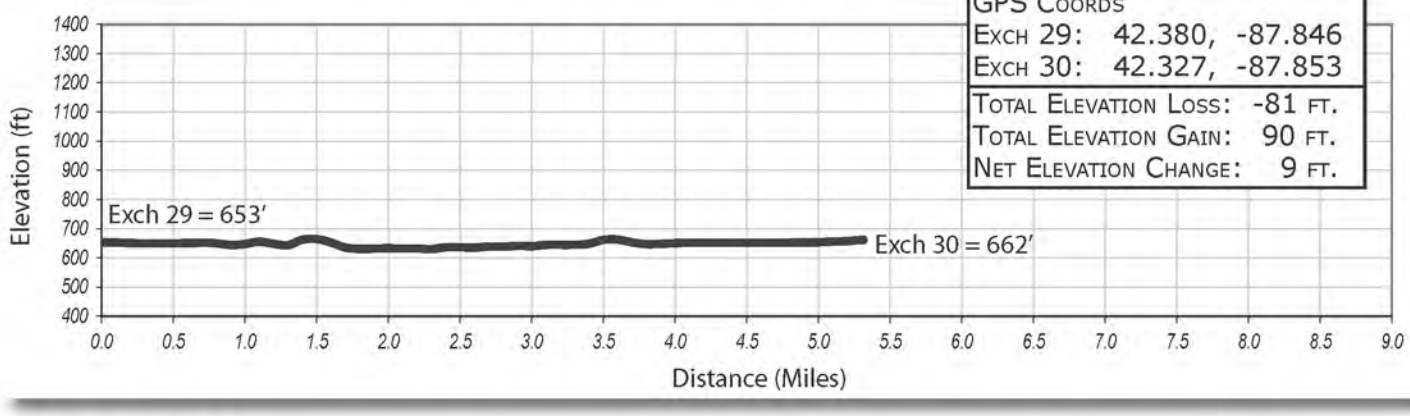
LEG NOTES
Runners will be on the trail then run through the neighborhoods of North Chicago.

LEG LEGEND

0.0	Stay on Robert McClory Bike Path heading South
0.8	Turn LEFT onto Grand Ave
1.7	Cross over Sheridan Rd
1.7	Turn RIGHT onto Sheridan Rd
2.3	Turn RIGHT onto Belvidere St
2.4	Turn LEFT onto Genesee St
3.4	Turn RIGHT onto 10th St
4.0	Turn LEFT onto McClory Bike Path
5.0	Turn RIGHT onto 18th St
5.3	Arrive at Exchange 30

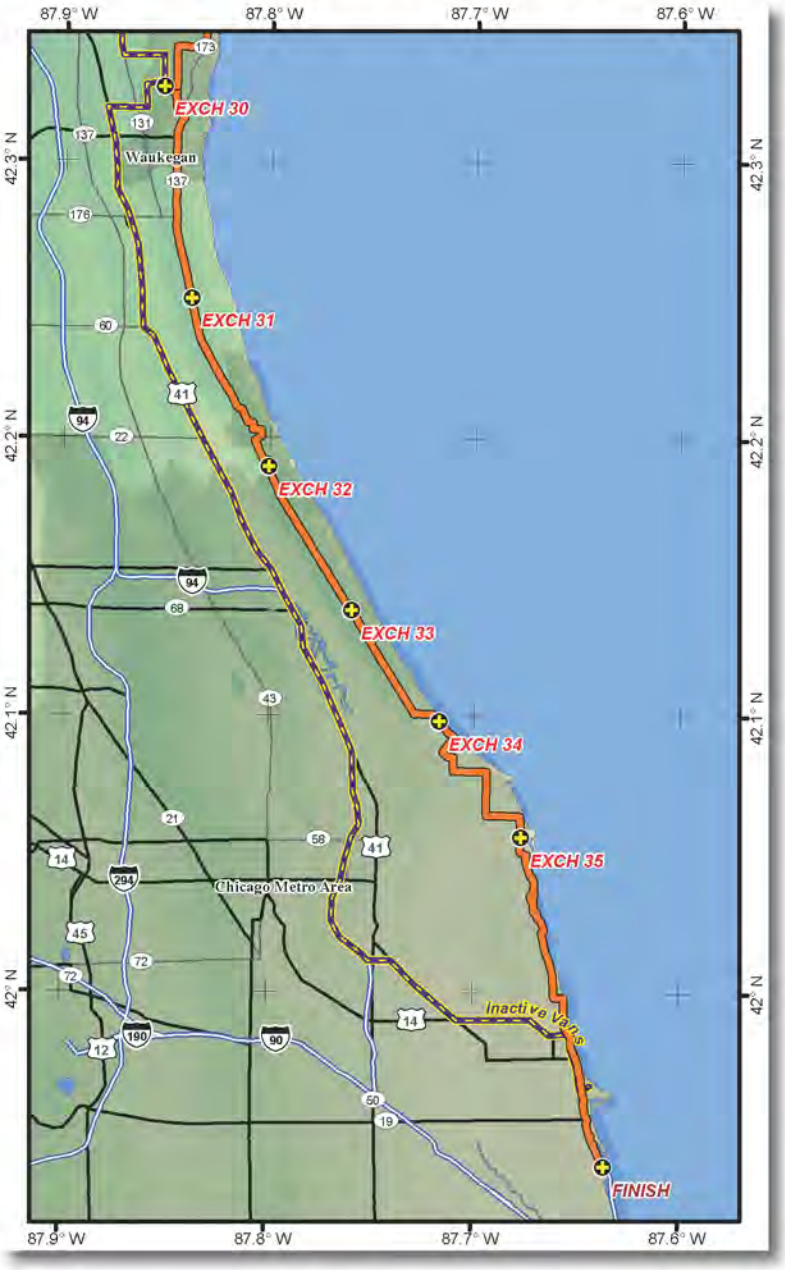
VAN ROUTE

0.0	Depart Exchange 29 STRAIGHT onto Pine St
0.5	Turn LEFT onto Grand Ave
1.6	Turn RIGHT onto Sheridan Rd
2.2	Turn RIGHT onto Belvidere St
2.3	Turn LEFT onto Genesse St
2.5	Turn RIGHT onto Sheridan Rd
3.3	Turn RIGHT onto 10th St
3.9	Turn LEFT onto Glenn Dr (street right before runners turn left onto trail)
4.7	Turn RIGHT onto 16th St
5.2	Turn LEFT onto Lewis Ave
5.3	Turn LEFT onto 17th St
5.7	Arrive at Exchange 30



GPS Coords	
Exch 29:	42.380, -87.846
Exch 30:	42.327, -87.853
Total Elevation Loss:	-81 ft.
Total Elevation Gain:	90 ft.
Net Elevation Change:	9 ft.

Van 2 -- Legs 31-36 -- 33.6 Miles



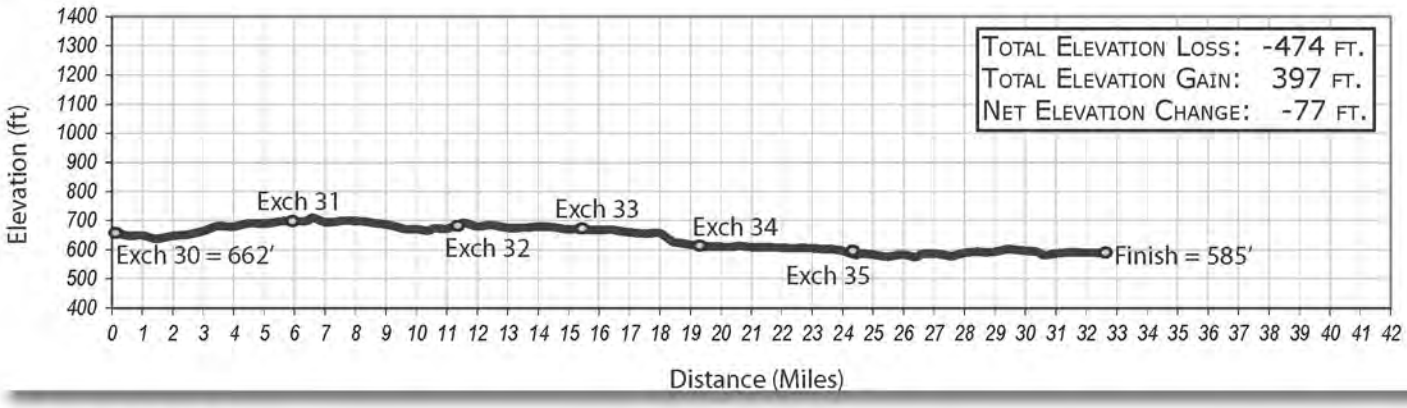
OVERVIEW

This is it! The Ragnar festivities await you on the shores of the Lake Michigan in Lincoln Park. Final legs take you into North Chicago, Lake Forest, Highland Park, Evanston and Chicago. Runners will run along the shoreline passing through Northwestern University and Loyola University before running to the finish line.

INACTIVE VAN ROUTE

0.0	RIGHT out of parking lot onto 17th (west)
0.5	LEFT onto Lewis Ave
1.1	Turn RIGHT onto Martin Luther King Jr Dr
2.1	Turn LEFT onto US 41 S/Skokie Hwy
15.2	Continue onto I-94 E
25.3	Take exit 39B for Touhy Ave E
25.4	Merge onto W Touhy Ave
26.0	Turn right onto N Lincoln Ave
28.2	Slight left onto W Peterson Ave
30.0	Slight right onto N Ridge Ave
30.6	Turn left onto W Hollywood Ave
31.0	Continue onto N Lake Shore Dr
32.5	Take the Wilson Ave exit

There is no event parking available at the finish line. All teams must park in the Wilson Parking Lot and catch a shuttle.



Leg 31 -- 6.0 Miles -- Hard

LEG 31
EXCHANGE 31
GORTON COMMUNITY CENTER
400 EAST ILLINOIS RD
LAKE FOREST, IL 60045

LEG DESCRIPTION
Runners will get back onto the Robert McClory Bike Path through North Chicago and into Lake Forest.

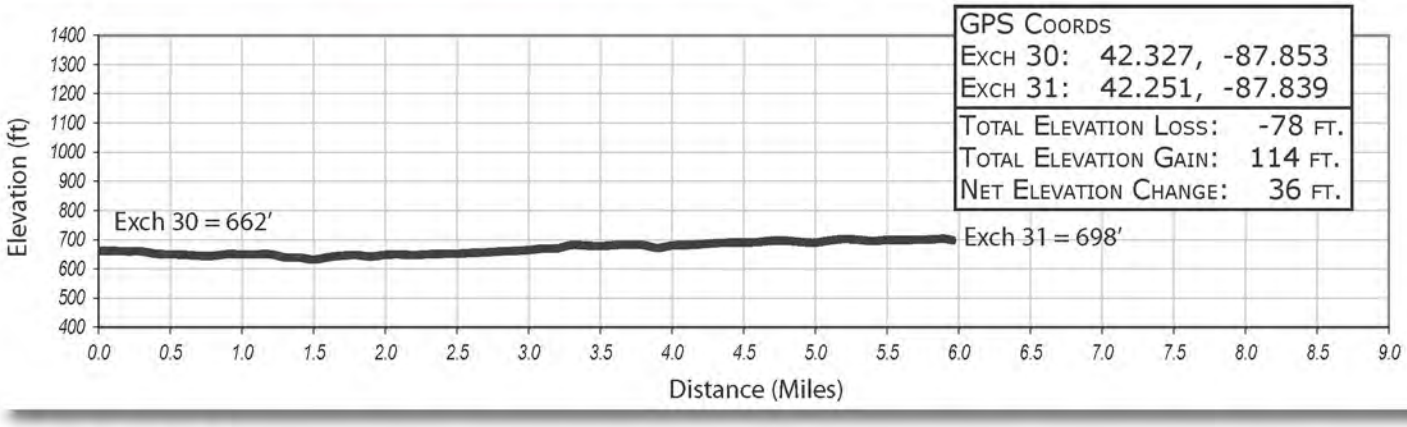
LEG NOTES
Runners will run past Great Lakes Navel Training Academy and into Lake Bluff and Lake Forest.

LEG LEGEND

0.0	Depart Exchange 30
0.0	Turn RIGHT onto Hervey Ave
0.1	Turn LEFT onto Argonne Dr.
0.4	Turn RIGHT onto Robert McClory Bike Path
0.6	Continue STRAIGHT through Commonwealth Ave
0.8	Turn LEFT onto ML King Jr Dr
1.0	Turn RIGHT onto Sheridan Rd.
2.1	Sidewalk turns into Trail
4.9	Turn LEFT off trail in Lake Forest
4.9	Turn RIGHT onto McKinley Rd
6.0	Arrive at Exchange 31

VAN ROUTE

0.0	Turn RIGHT out of parking lot onto 17th St (west)
0.1	Turn LEFT onto Lewis Ave
0.8	Turn LEFT onto ML King Jr Dr
1.5	Turn RIGHT onto Main St-turns into Sheridan Rd
*	Follow Runners
6.4	Turn Left into Exchange 31



GPS Coords	
Exch 30:	42.327, -87.853
Exch 31:	42.251, -87.839
Total Elevation Loss:	-78 ft.
Total Elevation Gain:	114 ft.
Net Elevation Change:	36 ft.

Leg 32 -- 5.2 Miles -- Moderate

EXCHANGE 32 - INDIAN TRAIL ELEMENTARY SCHOOL
2023 ST JOHNS AVE, HIGHLAND PARK, IL 60035

LEG DESCRIPTION
Leg runs through the Village of Lake Forest then runners will get back onto the Robert McClory Bike Path. Runners will exit trail at Metra-Sheraton Fort Train Station running through Highland Park and into Highland. Runners will get back onto the trail for a short time and get off at Highland Park High School.

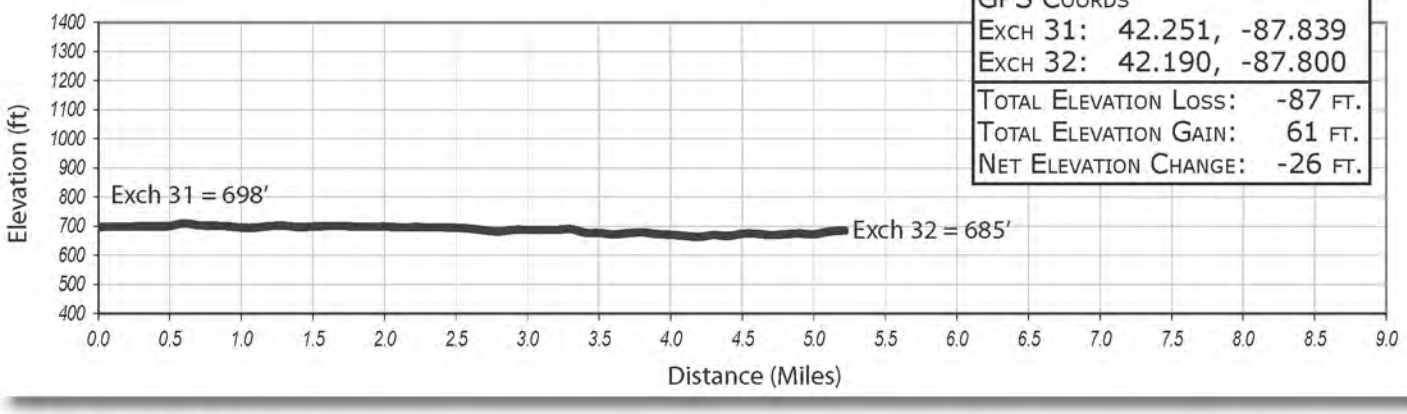
LEG NOTES
Vans can support their runner at Metra Fort Station. Be aware of runners crossing in parking lot at train station.

LEG LEGEND

0.0	Depart Exchange 31 on McKinley Rd. Run on sidewalk.
0.0	Continue STRAIGHT over Illinois Rd and run on trail
2.4	Turn LEFT onto Old Elm Rd
2.5	Turn RIGHT onto Sheridan Rd
3.5	Turn LEFT onto Clay Ave,
3.6	Turn RIGHT onto Lake View Ave
3.8	Turn LEFT onto Walker Ave
4.0	Turn RIGHT onto St Johns Ave
4.1	Turn RIGHT onto Bloom St
4.4	Turn LEFT onto Waukegan Ave
4.4	Cross the street and run onto the trail
4.9	Turn LEFT onto Vine Ave
5.1	Turn RIGHT onto St Johns Ave
5.2	Arrive at Exchange 32

VAN ROUTE

0.0	Depart from Exchange 31 Turn Left onto McKinley Rd.
0.0	Turn RIGHT onto Illinois Rd
0.1	Turn LEFT onto Western Ave
1.3	Turn LEFT onto Westleigh Rd, turns into Sheridan Rd
2.6	Turn RIGHT into Metra Fort Sheridan Station to support runner
2.6	Head South on Sheridan Rd. Follow Runners
4.1	Continue on Bloom St
4.1	Turn LEFT onto Green Bay Rd
4.6	Turn LEFT onto Vine Ave
4.8	Turn RIGHT onto St Johns Ave
5.0	Arrive at Exchange 32



GPS Coords	
Exch 31:	42.251, -87.839
Exch 32:	42.190, -87.800
Total Elevation Loss:	-87 ft.
Total Elevation Gain:	61 ft.
Net Elevation Change:	-26 ft.

Leg 33 -- 4.2 Miles -- Moderate

EXCHANGE 33
GLENCOE METRA STATION
298 PARK AVE, GLENCOE IL 60022

LEG DESCRIPTION
Majority of leg is on the Robert McClory Bike Path.

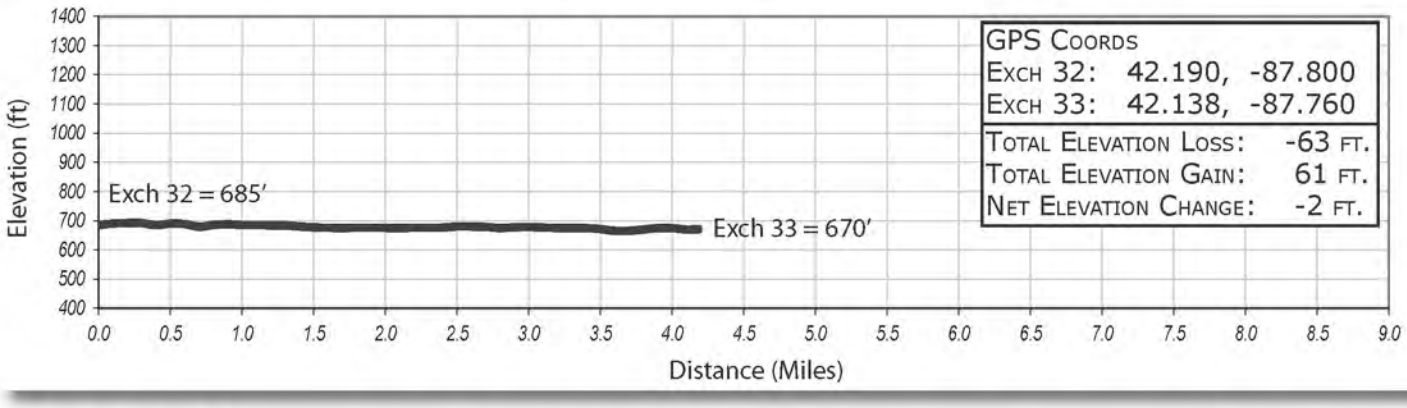
LEG NOTES
Exchange located at Henry Kalk Park. The exchange will be located in the park. Vans can park in the parking lot west of the park.
**Vans can support runners at Metra-Breaside Station. Be aware of runners running through parking lot off trail.

LEG LEGEND

0.0	Depart Exchange continuing on St Johns Ave
0.6	Turn LEFT into parking lot at Highland Park Train Station
0.7	Turn LEFT onto trail at end of parking lot
*	Continue South on trail into Glencoe
4.0	Continue STRAIGHT onto Old Green Bay Rd
4.2	Arrive at Exchange 33

VAN ROUTE

0.0	Turn LEFT onto St. Johns Ave, turns into Lambert Tree Ave
2.7	Turn RIGHT onto Lincolnwood Ave
3.2	Turn RIGHT onto County Line Rd
3.5	Turn LEFT onto Green Bay Rd
4.7	Turn RIGHT onto Old Green Bay Rd
5.2	Turn RIGHT onto Park Ave
*	Turn LEFT into parking lot
*	Turn RIGHT into Exchange 33



GPS Coords	
Exch 32:	42.190, -87.800
Exch 33:	42.138, -87.760
Total Elevation Loss:	-63 ft.
Total Elevation Gain:	61 ft.
Net Elevation Change:	-2 ft.

Leg 34 -- 3.7 Miles -- Easy

EXCHANGE 34
ELDER LANE PARK
299 SHERIDAN RD, WINNETKA IL 60093

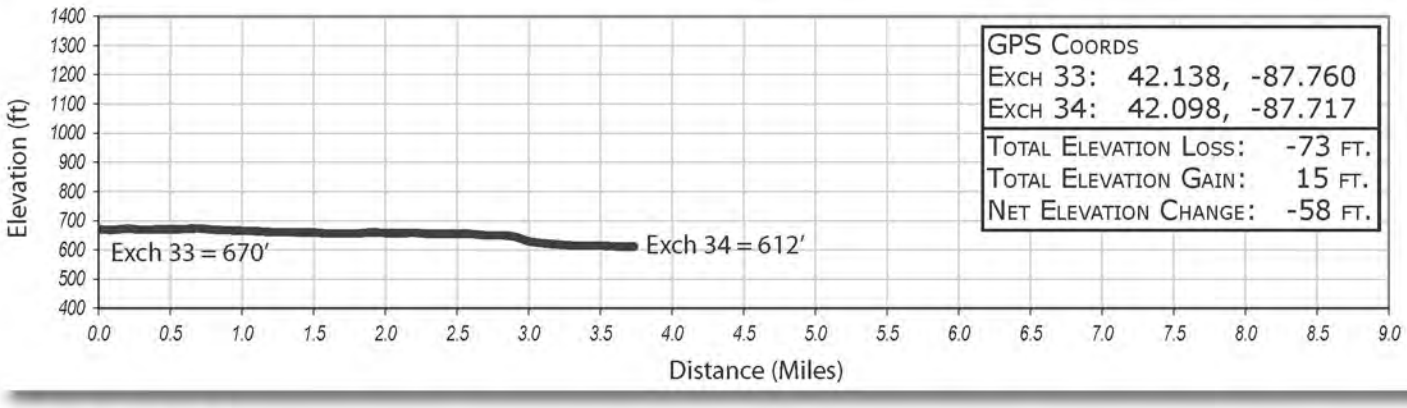
LEG DESCRIPTION
Runners will run on Robert McClory Bike Path and through the neighborhoods of Glencoe and Winnetka

LEG LEGEND

0.0	Depart Exchange 33 continuing on trail
0.4	Cross over Hazel Ave STRAIGHT onto trail
3.0	Continue on trail until you turn RIGHT to exit the trail on Willow Rd, running WITH TRAFFIC
3.5	Turn RIGHT onto Sheridan Rd
3.7	Arrive at Exchange 34

VAN ROUTE

0.0	Continue out of the exchange on Old Green Bay Rd
0.2	Turn RIGHT onto Park Ave
0.3	Turn LEFT onto Green Bay Rd
1.8	Turn LEFT onto Tower Rd
2.3	Turn RIGHT onto Sheridan Rd
3.8	Arrive at Exchange 34



GPS Coords	
Exch 33:	42.138, -87.760
Exch 34:	42.098, -87.717
Total Elevation Loss:	-73 ft.
Total Elevation Gain:	15 ft.
Net Elevation Change:	-58 ft.

Leg 35 -- 5.0 Miles -- Moderate

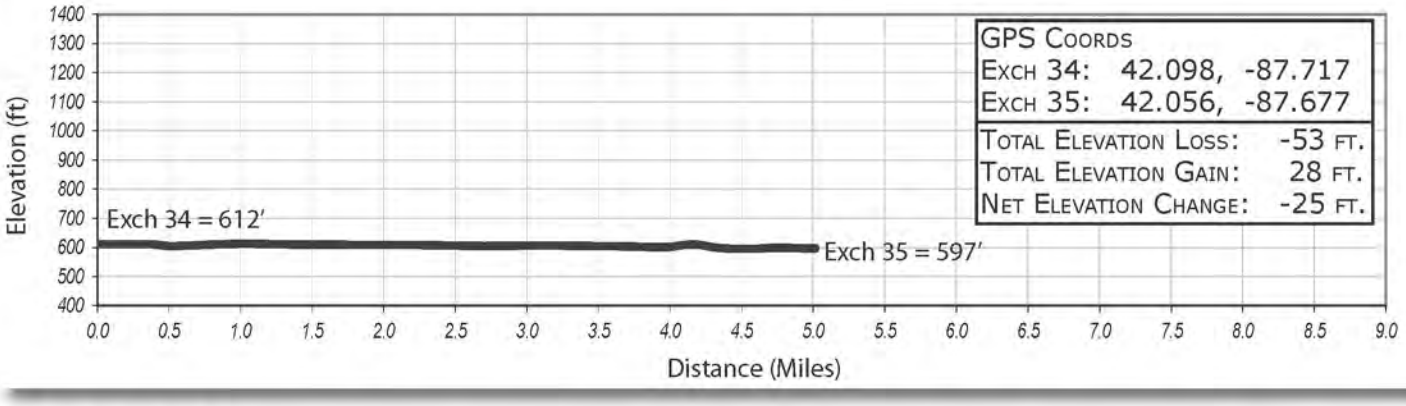
LEG 35
EXCHANGE 35
NORTHWESTERN UNIVERSITY
2121 SHERIDAN RD
EVANSTON IL 60201

LEG DESCRIPTION
Runners will travel through Kenilworth, Wilmette and Evanston and run into Northwestern University.

LEG NOTES
Exchange located at Northwestern University in parking lot West of the Henry Crown Sports Pavilion.

LEG LEGEND

0.0	Runners depart Exchange 34 heading South on Sheridan Rd
0.5	Turn RIGHT onto Kenilworth Ave
1.0	Turn LEFT onto Cumnor Rd (turns into Chestnut Ave)
1.4	Turn RIGHT onto 13th St
1.7	Turn LEFT onto Forest Ave
2.5	Turn RIGHT onto 5th St, turns into Ashland Ave
3.6	Turn LEFT onto Central St
4.5	Turn RIGHT onto Sheridan Rd (with traffic)
4.6	Turn LEFT onto Lincoln St, turns into North Campus Dr
5.0	Arrive at Exchange 35



GPS Coords	
Exch 34:	42.098, -87.717
Exch 35:	42.056, -87.677
Total Elevation Loss:	-53 ft.
Total Elevation Gain:	28 ft.
Net Elevation Change:	-25 ft.

Leg 36 -- 9.4 Miles -- Very Hard

FINISH LINE: LINCOLN PARK, GROVE 13
N Lake Shore Dr & W Barry Ave,Chicago, IL 60657

FINISH LINE PARKING
Wilson Parking Lot
W Lawrence Ave & W Wilson Ave, Chicago, IL 60640

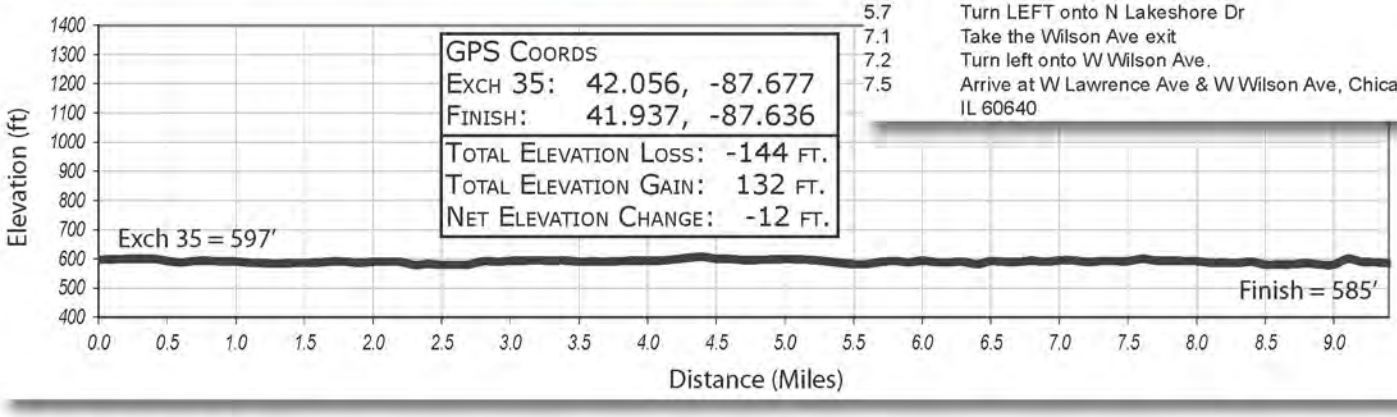
LEG DESCRIPTION
Runners will run along the shoreline at Northwestern University then make their way through Lake Front Park, the neighborhoods of Evanston and Chicago, past Loyola University and finish by winding through Lincoln Park to Grove 13. There will be two water stations on this leg.

LEG NOTES
The finish line is located at Lincoln Park, Grove 13.

PARKING NOTES
All teams must park in the Wilson Parking Lot at W. Lawrence Ave. & W. Wilson Ave, Chicago, IL. Teams will take a 10 minute shuttle to the finish line. There is no parking available at the finish line. Van 2 should go directly from Exchange 35 to the finish line parking lot to leave plenty of time to catch a shuttle. Do not pass go. Do not collect $200.

LEG LEGEND

0.0	Depart Exchange 35 running South on Sheridan Rd
0.5	Run STRAIGHT onto trail through Centennial Park & Lake Front Park
1.6	Turn RIGHT off trail onto Lee St
1.7	Turn LEFT onto Sheridan Rd
1.8	Turn LEFT onto Main St, turns into Sheridan Rd
2.2	Turn LEFT onto Keeney St
2.3	Turn RIGHT onto Sheridan Sq
2.4	Turn LEFT onto Sheridan Rd
2.9	Continue LEFT on Sheridan Rd at Juneway Terrace
4.5	Turn LEFT at Devon Ave/Sheridan Rd
4.8	Stay RIGHT on Sheridan Rd at Loyola University
5.5	Turn LEFT onto Ardmore Ave
5.6	Turn RIGHT onto trail through park
9.2	Turn RIGHT towards Finish Line
9.4	Arrive at Finish Line

VAN ROUTE

0.0	Depart Exchange 35 turn LEFT out of parking lot onto N Campus Dr
0.1	Turn LEFT onto Sheridan Rd
0.4	Turn LEFT to stay on Sheridan Rd
0.8	Turn RIGHT onto Forest Place, turns into Forest Ave
1.7	Turn LEFT onto Main St
1.7	Turn RIGHT onto Forest Ave
2.2	Turn LEFT onto South Blvd
2.4	Turn RIGHT onto Sheridan Rd
4.5	Turn LEFT onto W Sheridan Rd
5.7	Turn LEFT onto N Lakeshore Dr
7.1	Take the Wilson Ave exit
7.2	Turn left onto W Wilson Ave.
7.5	Arrive at W Lawrence Ave & W Wilson Ave, Chicago, IL 60640