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.

April 14, 2014

Changes:
Maps added, Team Captain's Meeting

RACE INFORMATION

Race Name: Ragnar Relay Wasatch Back
Race Director: Julia Bullard | Julia@ragnarrelay.com
Facebook Event: Ragnar Relay Wasatch Back 2014
Race Charity: The Extra Mile Program

IMPORTANT DATES & INFORMATION

REGISTER YOUR TEAM ONLINE AT:	Here	
Early Team Registration Deadline	SOLD OUT	
Regular Team Registration Deadline		
Late Team Registration		
Start Time Requests	April 28- May 9, 2014	
Volunteer Registration	Team Number	Registration Date
	1-300	May 5 - June 9, 2014
	301-600	May 7 – June 9, 2014
	601-1000	May 12 – June 9, 2014
Pay for Volunteers	Now-June 9,2014	$120/vol
Team Member Substitution Deadline	May 25, 2014	Free
Late Substitution Deadline	May 26- June 13, 2014	$10.00
Final Substitutions	June 14- June 26, 2014	$20.00
Final Team Name Change Deadline	May 2, 2014	
Team Captain's Meeting	June 18th, 2014	5:00 pm & 7:00pm
	SCHEELS 11282 S State St. Sandy, UT	
OFFICIAL NIGHT TIME RUNNING HOURS	8:00pm- 6:30am	
AWARD CEREMONY	Awards will be mailed out after the race.	

OFFICIAL HOLDING TIMES

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 wbvolunteers@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 wbvolunteers@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

Two 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

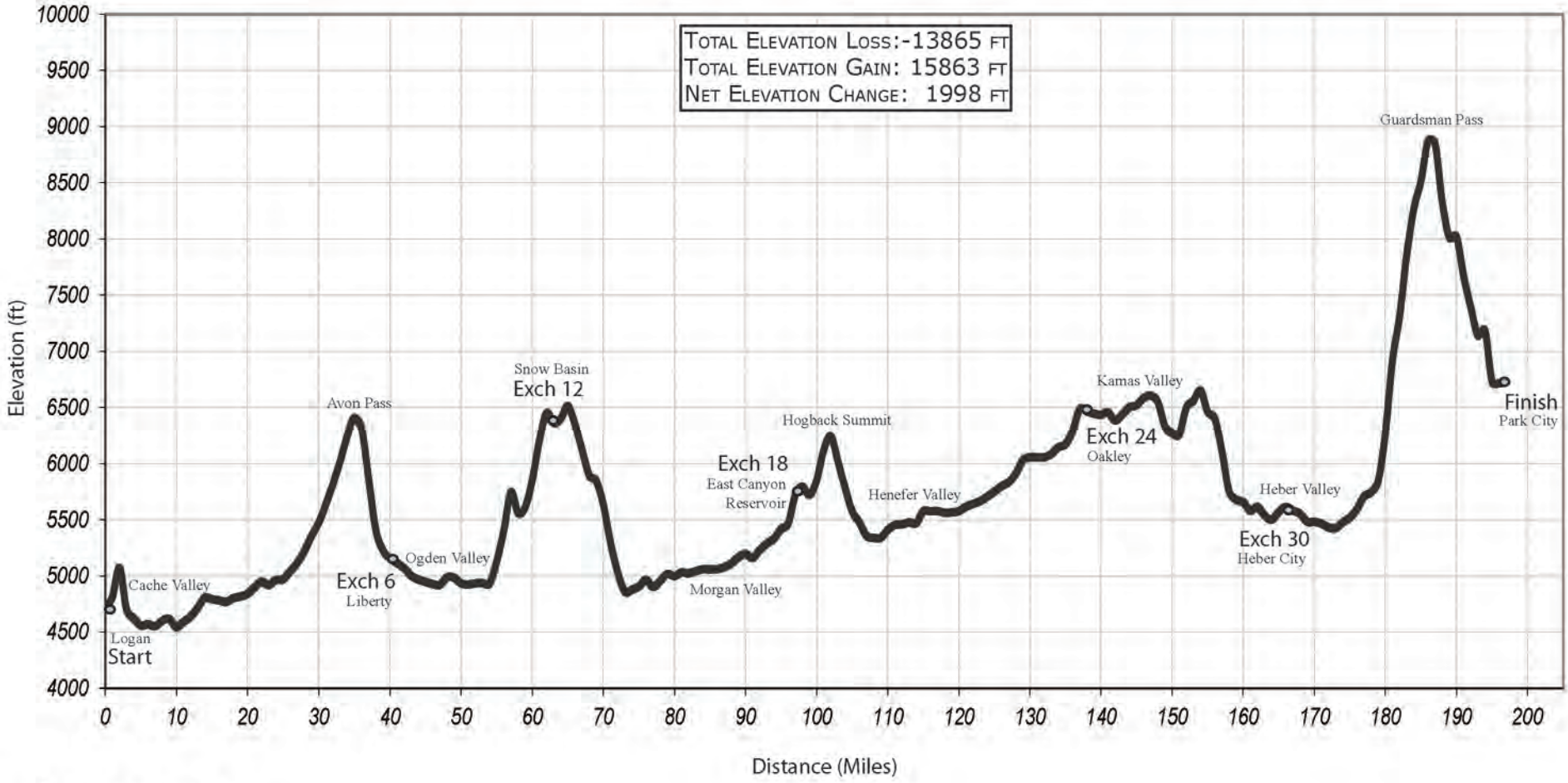
For questions please contact the Race Director

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 - 196.5 Miles

Course Profile



RAGNAR WASATCH BACK

Maps by MarathonGIS.com

Map Symbol Legend

Exchange

Tenth-Mile Marker

Mile Marker

Runner Route

Van Route

Water Station

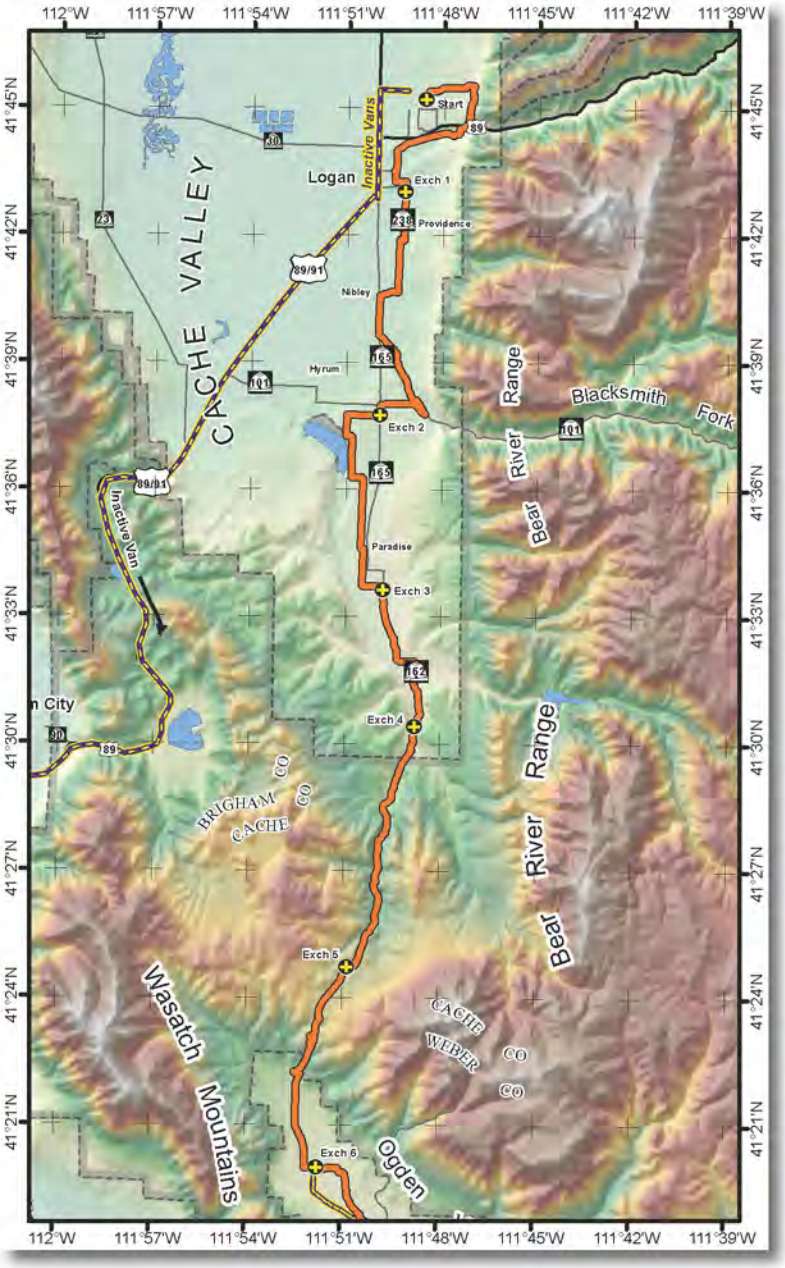
Trail Entrance and Exit

Trail Entrance

Trail Exit

No Van Support Segment

Van 1 -- Legs 1-6 -- 40.5 Miles



OVERVIEW:

The race begins by traversing through beautiful Cache Valley, with the Wellsville Range bordering the west and the Bear River Range closing in on the east. After 3 legs of gentle rolling hills, the course exits the valley, summits Avon Pass, and descends into Ogden Valley via a bone-jarring descent.

START LINE ADDRESS:

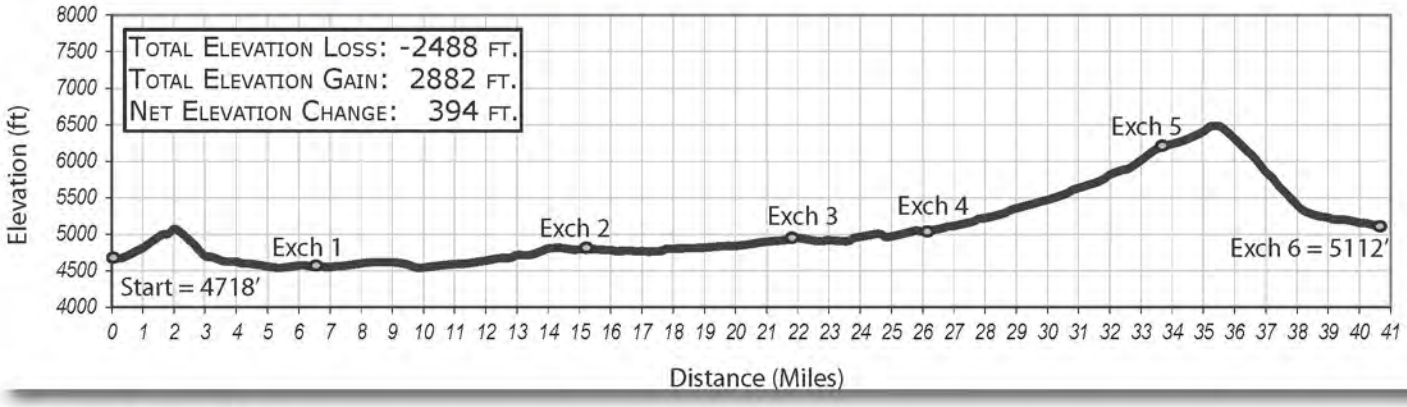
Utah State University, Ralph Maughan Track
1200 North and 800 East
Logan, Utah 84321

INACTIVE VAN ROUTE TO EXCH 6:

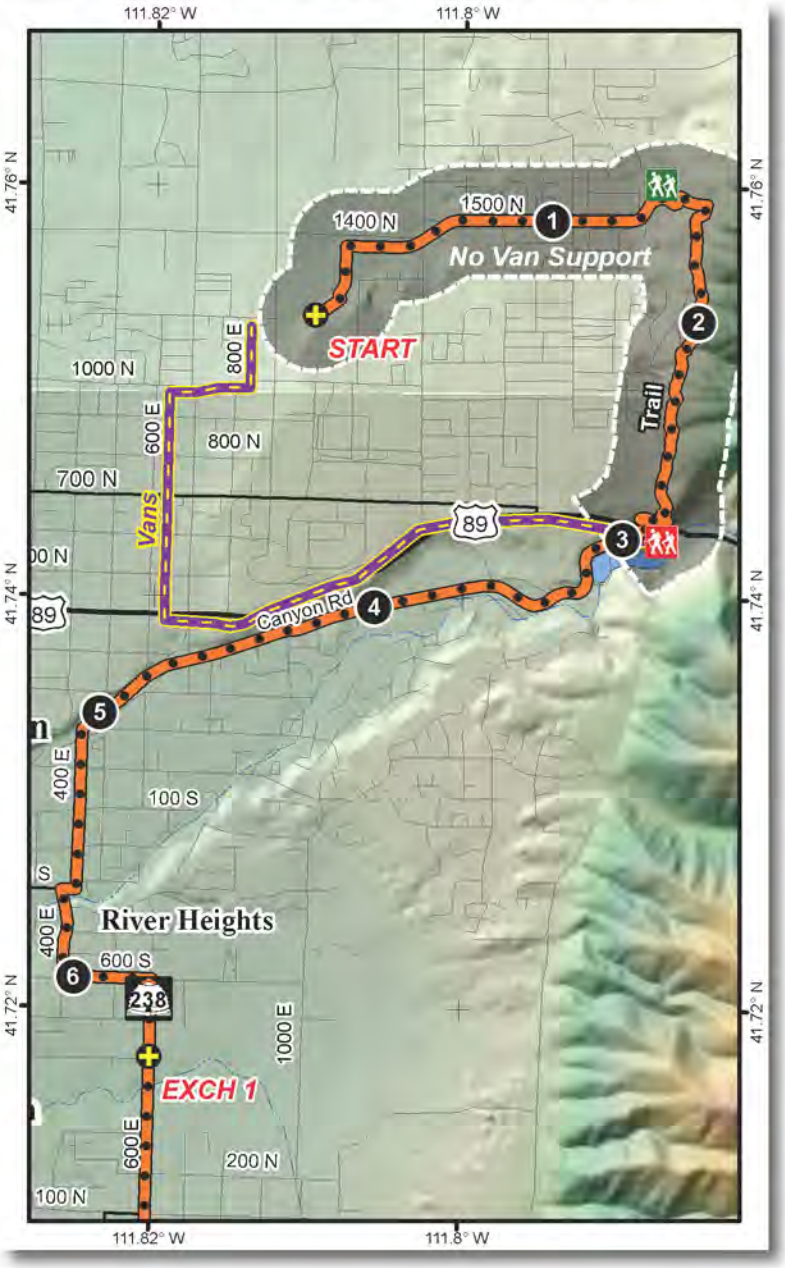
Van 2, the inactive van, can choose to bypass the start and drive straight to Exch 6 from the Wasatch Front (on I-15).The inactive van will meet the active van (legs 1-6) at Exch 6 in Liberty. **SPECIAL NOTE: If Van 2 chooses to go to the Start Line in Logan, it CANNOT follow the race route over Avon Pass. It must take US-89 and go through Brigham City, Ogden, and Ogden Canyon to meet Van 1 at Exch 6. Additionally North Ogden Divide will be closed to Ragnar Vans. Van 2 will NOT be permitted to drive beyond Exch 4.**

From I-15 through Ogden Canyon to Exch 6:

0.0	From I-15, take Exit 344 to SR-39 (12th St.) and travel east into Ogden Canyon
9.6	Turn LEFT (N) onto SR-158 (Over Pineview Dam)
13.4	Veer LEFT, continue on SR-158
14.0	Turn LEFT (NW) onto SR-162 (At Maverick/ Valley Market)
17.0	Turn RIGHT (E) into parking area at Exch 6



Leg 1 -- 6.5 Miles -- Very Hard -- PARTIAL NO VAN SUPPORT



EXCHANGE 1 ADDRESS:
LDS chapel, 800 S 600 E, River Heights, UT 84321
GPS: 41.7176972°, -111.8193889°

LEG DESCRIPTION:
Runners head up the mountain to the Bonneville Shoreline Trail and then cross underneath US-89 near the mouth of Logan Canyon. Leg traverses through City of Logan, and then winds its way through the rural communities of River Heights and Providence.

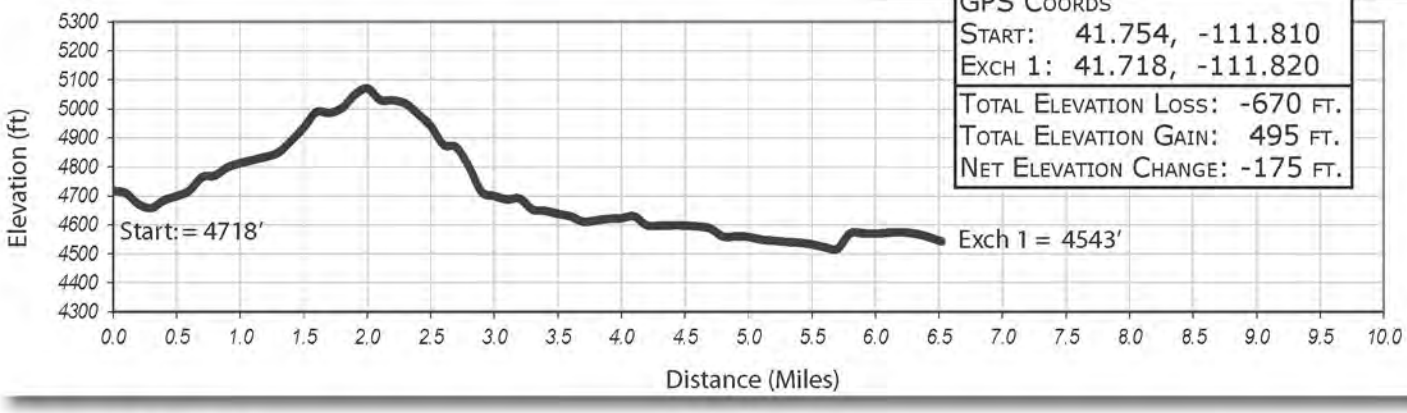
LEG NOTES:
Starting line located at the Utah State University track. Exchange 1 is at LDS church on east side of street in Providence. The Bonneville Shore Trail is very exposed to sun, and runners may want to carry water.

LEG LEGEND:

0.0	Depart Start Line heading northeast from the track, through parking lot and onto 1400 N.
0.3	Turn RIGHT (W) onto 1400 N. Road veers left and becomes 1500 N.
1.4	At roundabout, turn RIGHT (N) onto Aspen Dr and take immediate RIGHT (E) on Mountain View Ln. Follow foot path from road towards Bonneville Shoreline Trail.
1.6	Turn RIGHT (S) on Bonneville Shoreline Trail.
2.6	At fork in trail, follow main trail downhill past two water tanks on your right, crossing canal bridge, to the US-89 tunnel crossing.
2.9	Upon exiting tunnel under US-89, cross and turn RIGHT (W) on Canyon Rd. Cross at Ragnar Sign.
5.1	Turn LEFT (S) on 400 E
5.6	Turn RIGHT (W) on 300 S
5.7	Turn LEFT (S) on 400 E/Country Rd
6.0	Turn LEFT (E) on 600 S
6.3	Turn RIGHT (S) on 600 E.
6.5	Arrive at Exch 1

VAN ROUTE:

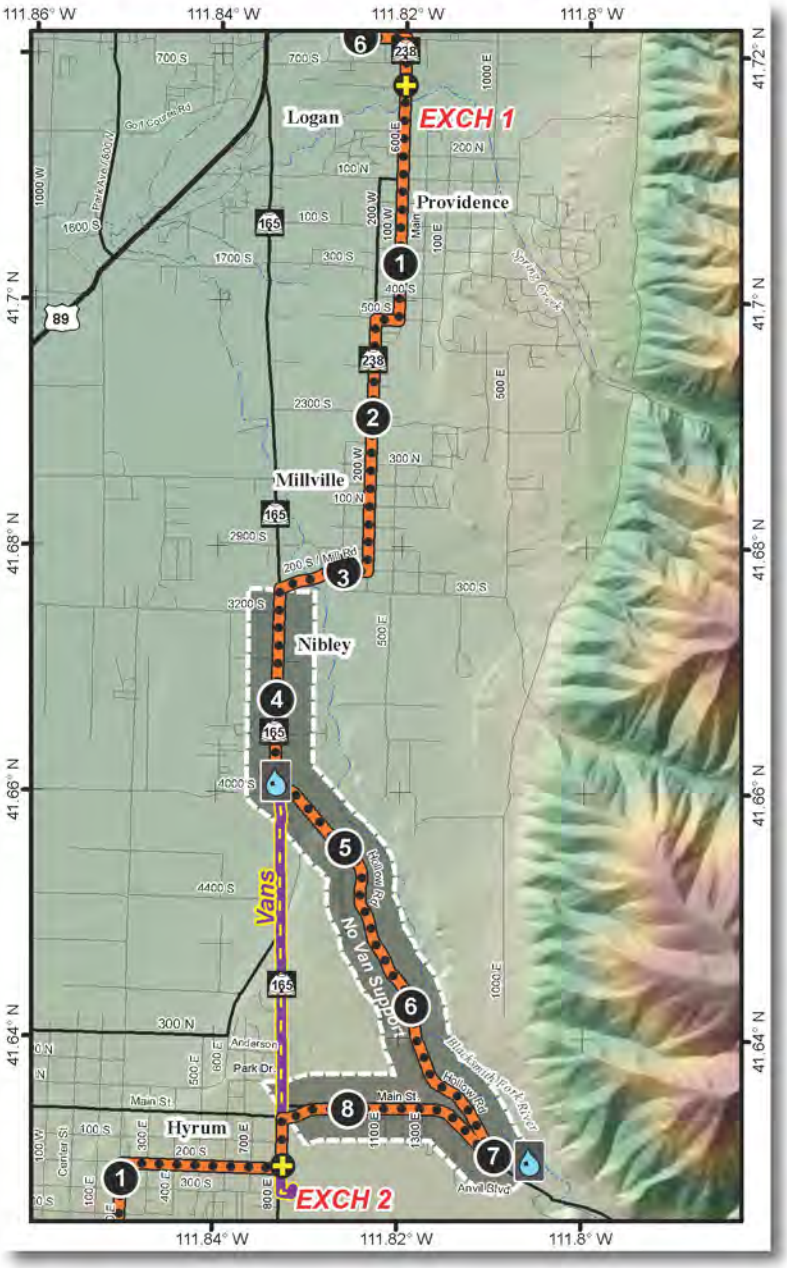
0.0	Depart USU track/stadium parking, turning LEFT (S) on 800 E
2.0	Turn RIGHT (W) on 1000 S
0.5	Turn LEFT (S) on 600 E
1.2	Turn LEFT (E) onto Highway 89 towards Logan Canyon
2.9	Turn RIGHT (S) onto Canyon Road and rejoin runner's path



GPS Coords
Start: 41.754, -111.810
Exch 1: 41.718, -111.820

Total Elevation Loss: -670 ft.
Total Elevation Gain: 495 ft.
Net Elevation Change: -175 ft.

LEG 2 -- 8.7 MILES -- VERY HARD -- PARTIAL NO VAN SUPPORT



EXCHANGE 2 ADDRESS:
Mountain Crest High
255 S 800 E
Hyrum, UT 84319
GPS: 41.6295667°, -111.8323361°

LEG DESCRIPTION:
Route continues through Cache Valley and rural communities of Millville, Nibley, and Hyrum.

LEG NOTES:
NO VANS ALLOWED ON HOLLOW ROAD IN NIBLEY.

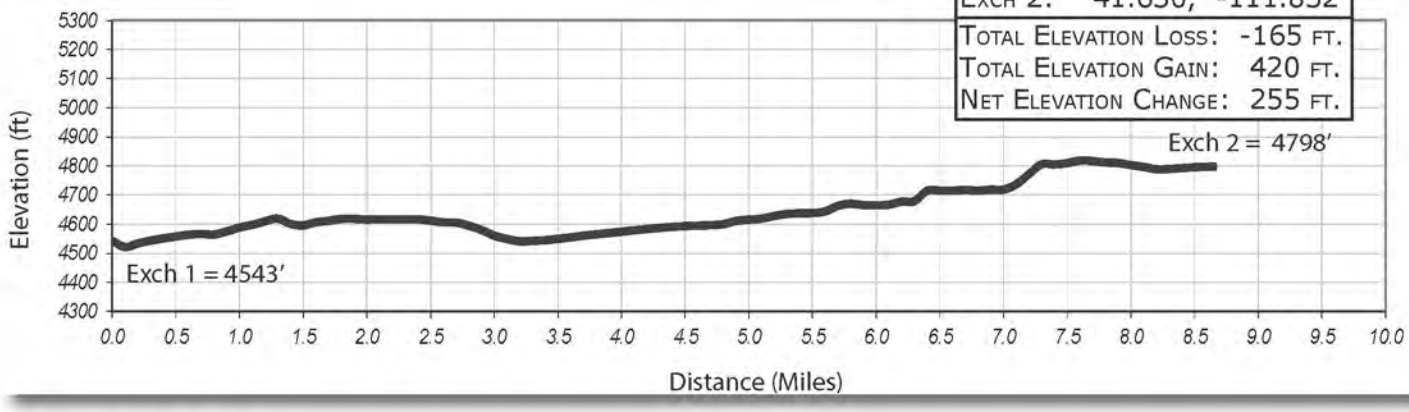
LEG LEGEND:

0.0	Depart Exch 1 traveling South on 100 W.
1.3	Turn RIGHT (W) onto 500 South
1.4	Turn LEFT (S) on 200 W. Road becomes Main St (Millville).
2.9	Turn RIGHT (W) on 200 S / Mill Rd
3.4	Turn LEFT (S) on Main St (Nibley) / SR-165
4.5	Turn LEFT (SE) on Hollow Rd
7.0	Turn RIGHT (W) on Blacksmith Fork Canyon Rd
8.4	Turn LEFT (S) on 800 E/SR-165
8.7	Arrive at Exchange 2

VAN ROUTE:

0.0	Depart Exch 1 and follow runners path.
4.4	Continue on Main St / SR-165 to Hyrum. ***Do not follow runners as they take a left onto Hollow Rd.***
6.7	Turn Left on 300 S to enter Exchange 3 parking.

GPS COORDS	
EXCH 1:	41.718, -111.820
EXCH 2:	41.630, -111.832
TOTAL ELEVATION LOSS:	-165 FT.
TOTAL ELEVATION GAIN:	420 FT.
NET ELEVATION CHANGE:	255 FT.



RAGNAR WASATCH BACK

Leg 3 -- 6.7 Miles -- Hard

EXCH 3 ADDRESS:

LDS Chapel
135 E 9400 S
Paradise, UT 84328
GPS: 41.5608139°, -111.8300667°

LEG DESCRIPTION:

Leg starts out flat, meandering through Hyrum neighborhoods, passes Hyrum Reservoir, then begins gentle climb into the town of Paradise.

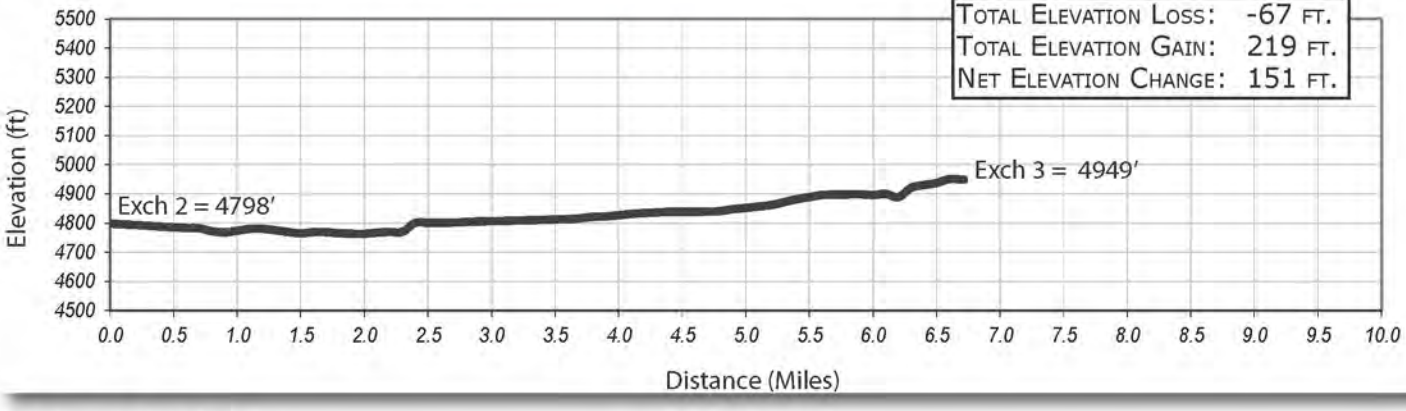
LEG NOTES:

Van parking at LDS chapel. Vans continue straight on 9300 S and go around the block to enter the first parking lot entry on the east side. **NO VAN 2'S ALLOWED PAST HERE!!**

LEG LEGEND:

0.0	Depart Exch 2, traveling West on 200 S
0.9	Turn LEFT (S) at 200 E
1.5	Bear LEFT (E) at 600 S, following main road
1.7	Bear RIGHT (S) at 600 W, following main road
2.8	Turn LEFT (E) at 7000 S
3.1	Bear RIGHT (S) road becomes 400 W
6.1	Road curves LEFT (E) at 9300 S
6.6	Turn RIGHT (S) on 100 E (Paradise)
6.7	Arrive at Exchange 3.

GPS Coords	
Exch 2:	41.630, -111.832
Exch 3:	41.561, -111.830
Total Elevation Loss:	-67 ft.
Total Elevation Gain:	219 ft.
Net Elevation Change:	151 ft.



Leg 4 -- 4.3 Miles -- Moderate

EXCH 4 ADDRESS:

Kotter's field
11999 S Canyon Rd / SR-162
GPS: 41.506568,-111.813457

LEG DESCRIPTION:

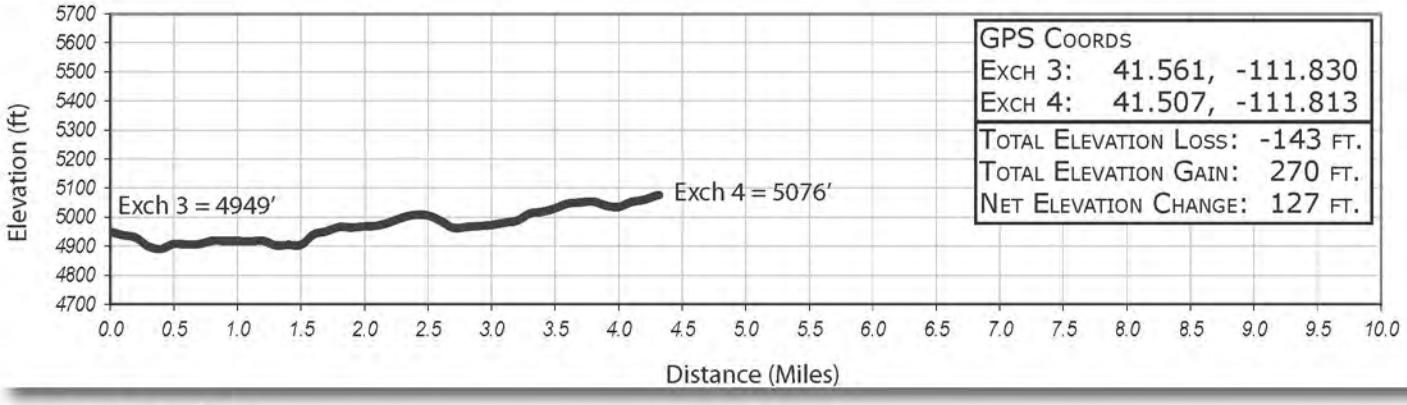
Road begins to ascend into Avon Pass.

LEG NOTES:

There will be a Road Closed Sign for local traffic before the exchange. This closure is for the race and Ragnar Vans are allowed through the closure. REMEMBER, ONLY VAN 1 IS ALLOWED OVER AVON PASS!

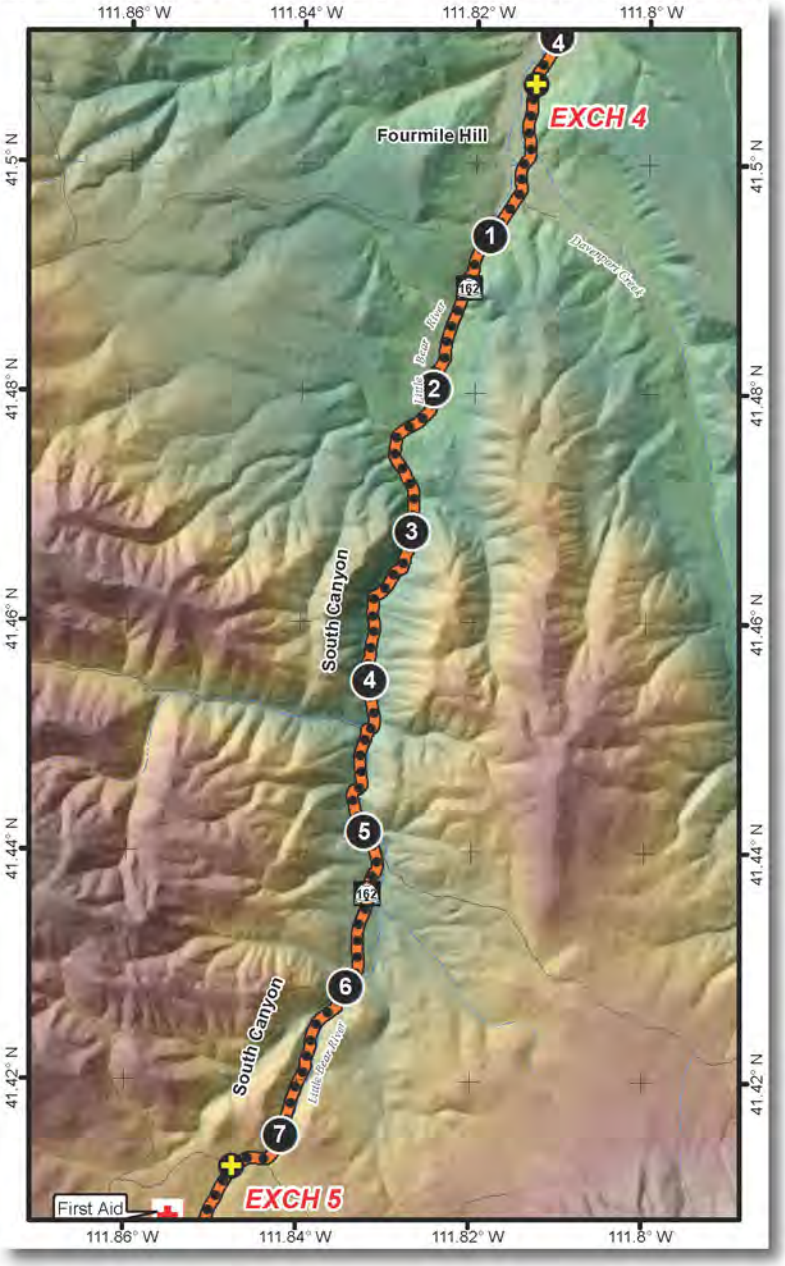
LEG LEGEND:

0.0	Depart Exch 3 heading South on 100 E/ SR-165
1.9	Road veers LEFT (E) onto 11000 S
2.5	Turn RIGHT (S) on 800 E (Avon)
4.3	Arrive at Exch 4



GPS Coords	
Exch 3:	41.561, -111.830
Exch 4:	41.507, -111.813
Total Elevation Loss:	-143 ft.
Total Elevation Gain:	270 ft.
Net Elevation Change:	127 ft.

Leg 5 -- 7.4 Miles -- What the Hill?!



EXCH 5 ADDRESS:

Dirt parking area along Canyon Rd / SR-162
GPS: 41.406917,-111.850912

LEG DESCRIPTION:

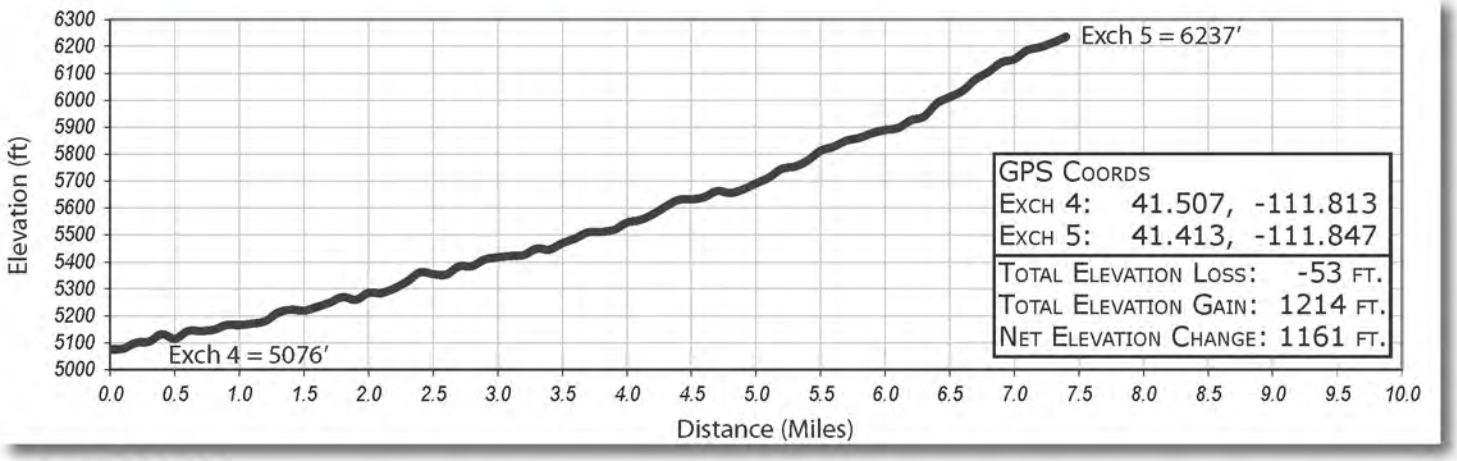
Gravel road climbs Avon Pass. Put on your climbing shoes and grab some water!

LEG NOTES:

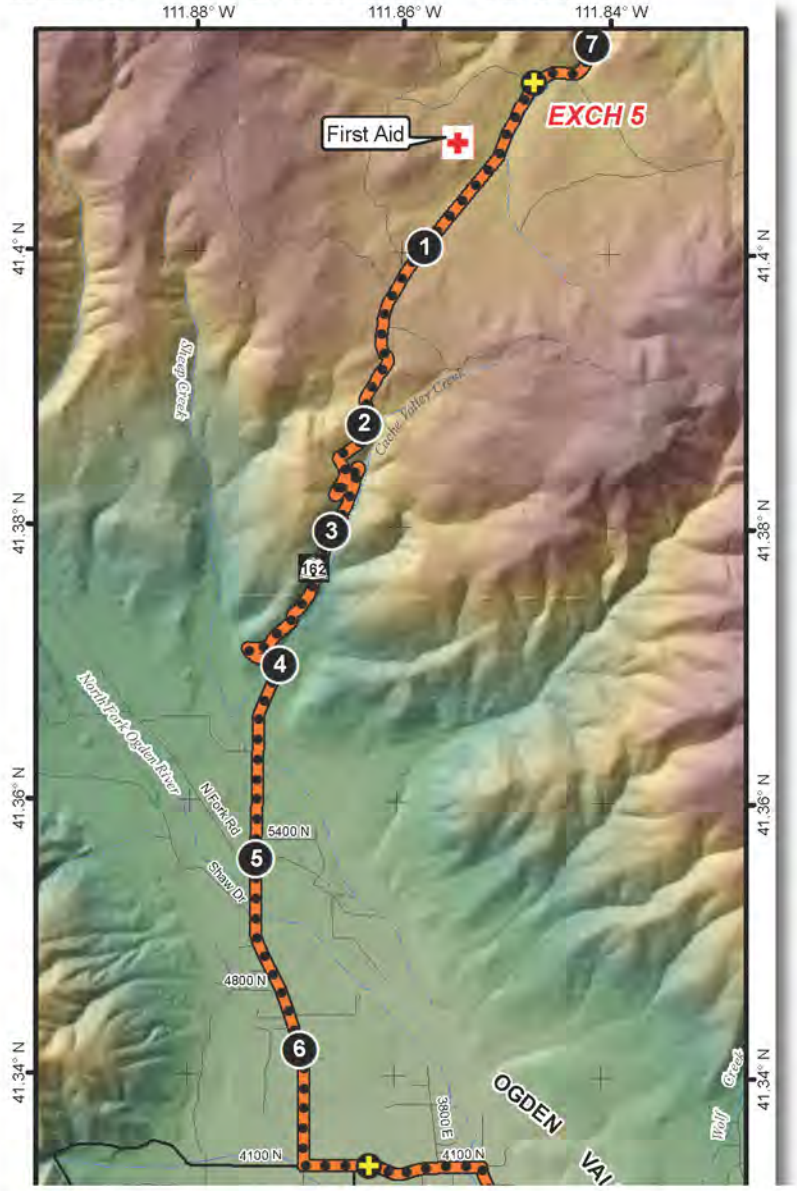
This is a very difficult uphill leg on a very dusty road. VANS!! Please drive slowly to reduce the amount of dust for the runners and be extra courteous. **WE RECOMMEND THAT VAN 1'S SHOULD BE 4x4 OR HIGH CLEARANCE VEHICLES TO TRAVERSE AVON PASS.** Runners should make sure and hydrate, hydrate, hydrate! Angle parking only along road. Due to limited amounts of parking at this location, we ask that you do not linger here longer than necessary. Please follow volunteer instructions and thank Ragnar Staff member Dave, who manages this very tight exchange each year!

LEG LEGEND:

0.0	Depart Exch 4 traveling south on Hwy 162.
0.6	Intersection. Go straight.
1.8	Pass over cattle guard
3.8	Pass over bridge
4.0	Pass through gate
4.3	Road forks, take left fork, continuing south of main road
5.7	Stay right (across cattle guard)
6.9	Stay right (across cattle guard)
7.4	Follow main road. Just keep going. You'll get there. Arrive at Exch 5



Leg 6 -- 6.9 Miles -- Hard



EXCH 6 ADDRESS:

Liberty Park
Nordic Valley Way & 4100 N / SR-162
Liberty, UT 84310
GPS: 41.333477,-111.862548

LEG DESCRIPTION:

Route dives into Ogden Valley in a knee-jarring descent. Leg turns to pavement at 3.8 miles. VANS! Please drive slowly to reduce dust and be courteous of runners!

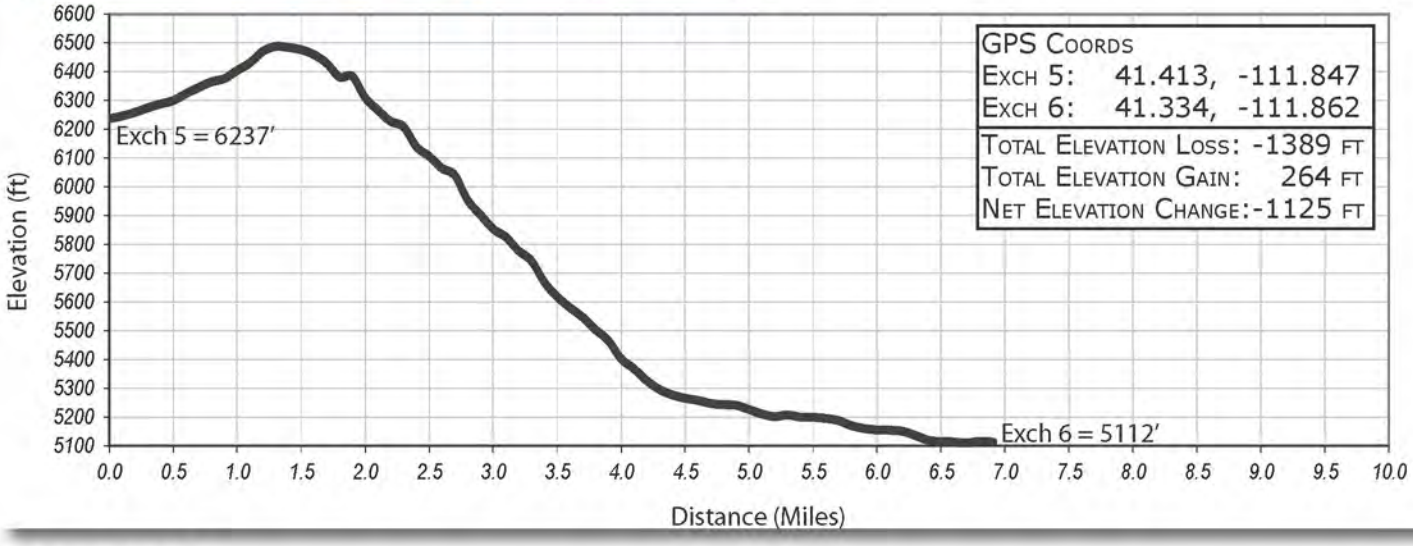
LEG NOTES:

Van 1 turns right at Nordic Valley Way, then LEFT (E) into field to park. When exiting Exch 6, head back onto Nordic Valley Way, turning LEFT (S) towards Pine View Reservoir Dam. Van 1 CANNOT follow runners' path.

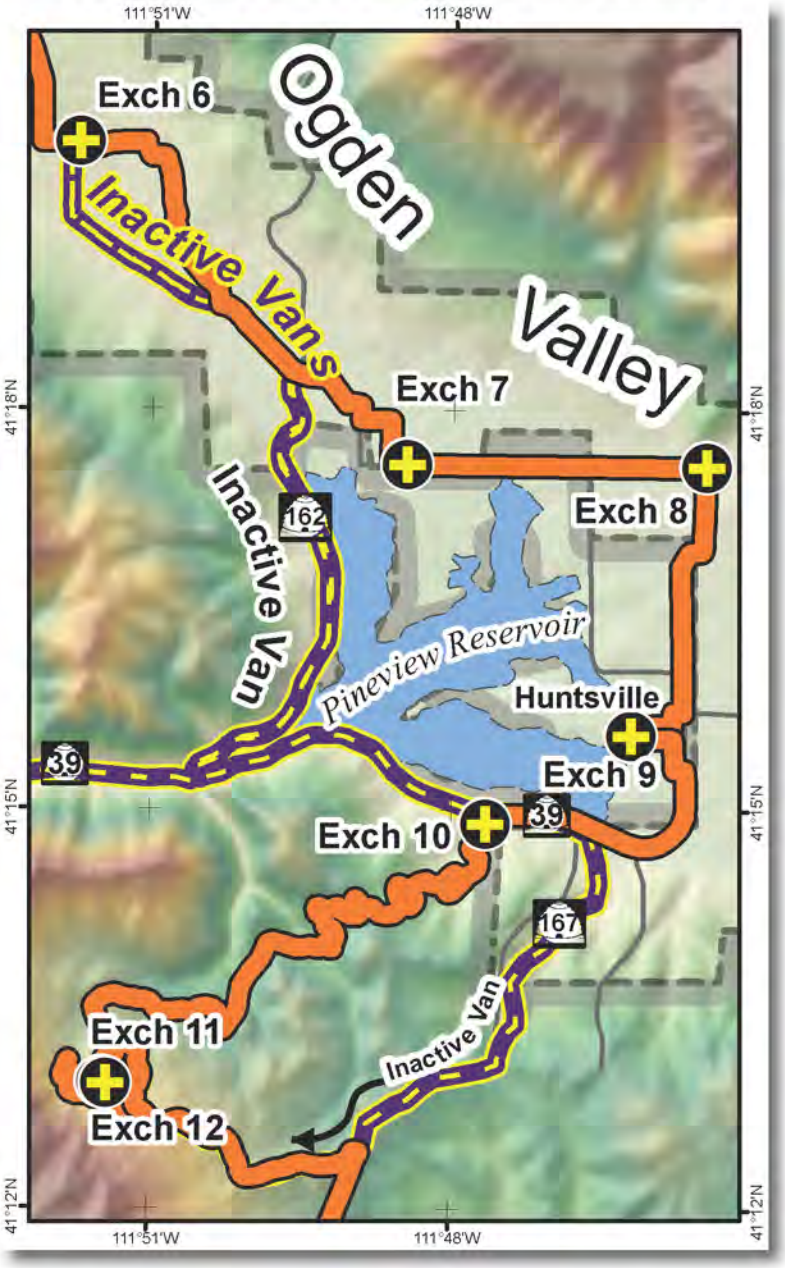
Van 2 turns right from Nordic Valley Way into field to park. Exits on opposite side to follow runners' path on 4100 N. See Exchange 6 Parking Map.

LEG LEGEND:

0.0	Depart Exch 5, traveling south on Hwy 162
4.2	Gravel ends, pavement begins
6.6	Turn LEFT (E) onto 4100 N
6.9	Arrive at Exch 6, Liberty City Park



Van 2 -- Legs 7-12 -- 22.5 Miles

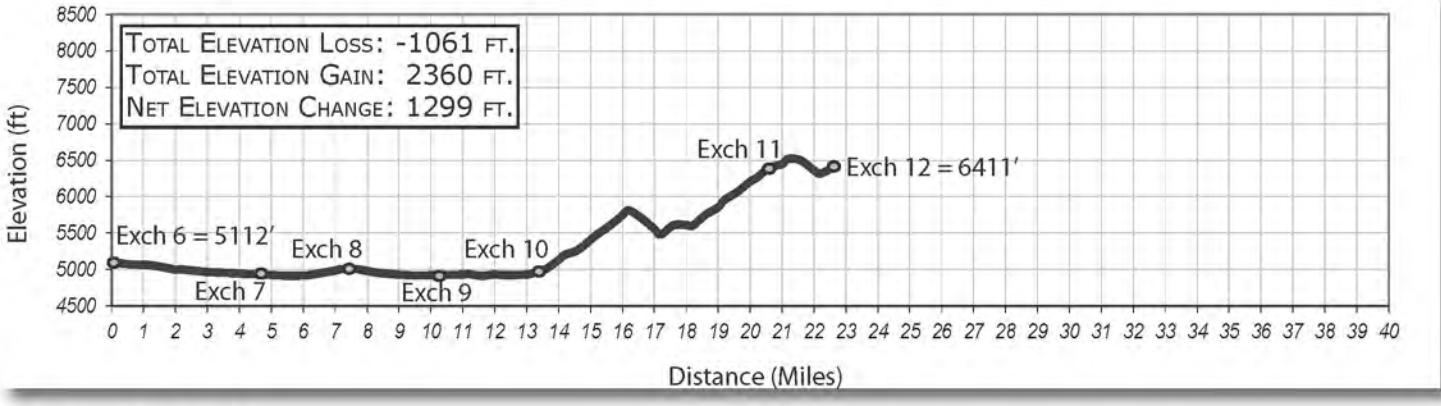


OVERVIEW DESCRIPTION:

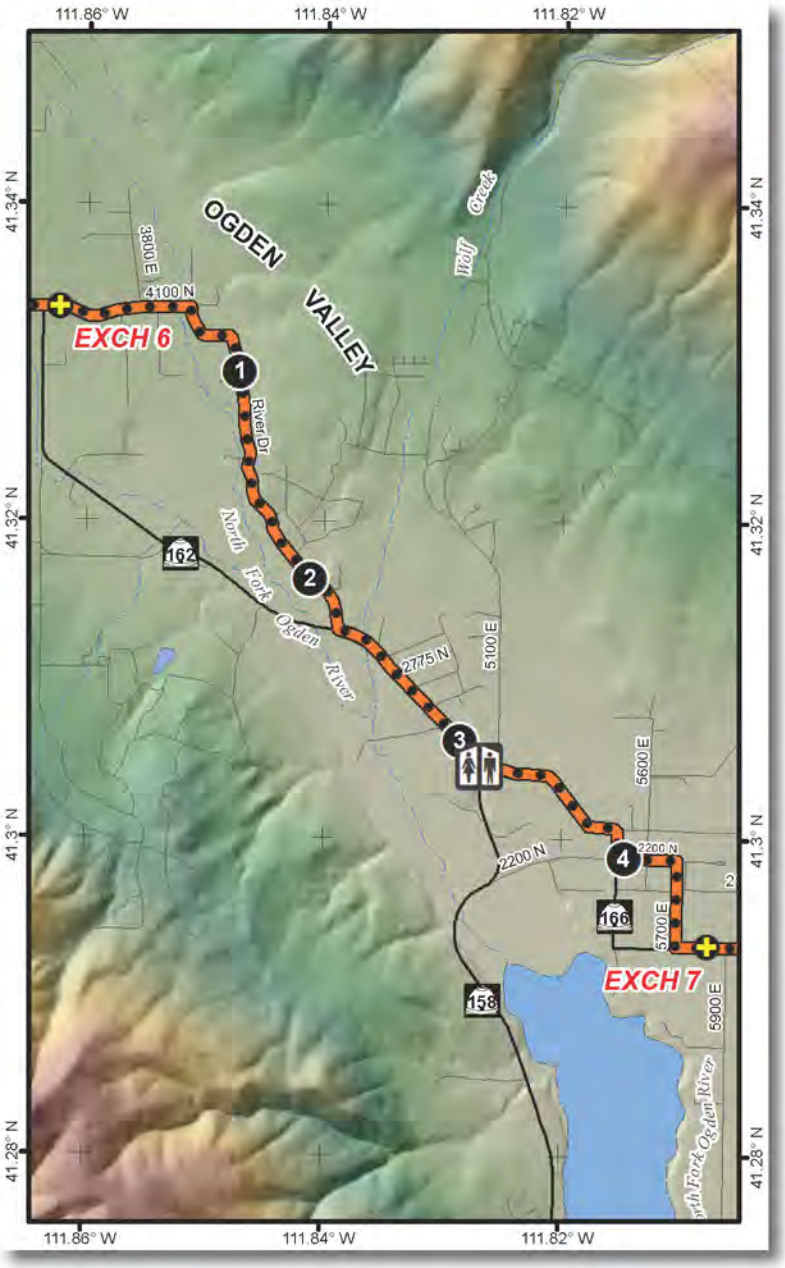
The course continues through beautiful Ogden Valley then ascends up scenic Snow Basin Rd.

INACTIVE VAN ROUTE TO EXCH 12:

0.0	From Exch 6, turn an immediate LEFT (S) onto Nordic Valley Way/ SR-162
0.6	Turn LEFT (SE) to stay on SR-162
3.0	Turn RIGHT (S) to stay on SR-162 (at Maverick and Valley Market intersection)
7.3	Cross dam, then turn LEFT (E) onto SR-39/Ogden Canyon
10.2	Pass Exch 10. Stay STRAIGHT (E) on SR-39
11.1	Turn RIGHT (S) onto SR-167 (Trappers Rd)
14.9	Turn RIGHT (W) onto Snow Basin Rd (SR-226)
18.2	Turn LEFT (S) to go up to Earl's Lodge. Arrive at Exch 12. Parking will be in all lots north of the lodge.



Leg 7 -- 4.7 Miles -- Easy



EXCH 7 ADDRESS:

Valley Elementary School
5821 E. 1900 N
Eden, Utah 84310
GPS: 41.2933167°, -111.8076806°

LEG DESCRIPTION:

Route is mostly flat and passes through Liberty and Eden neighborhoods.

LEG NOTES:

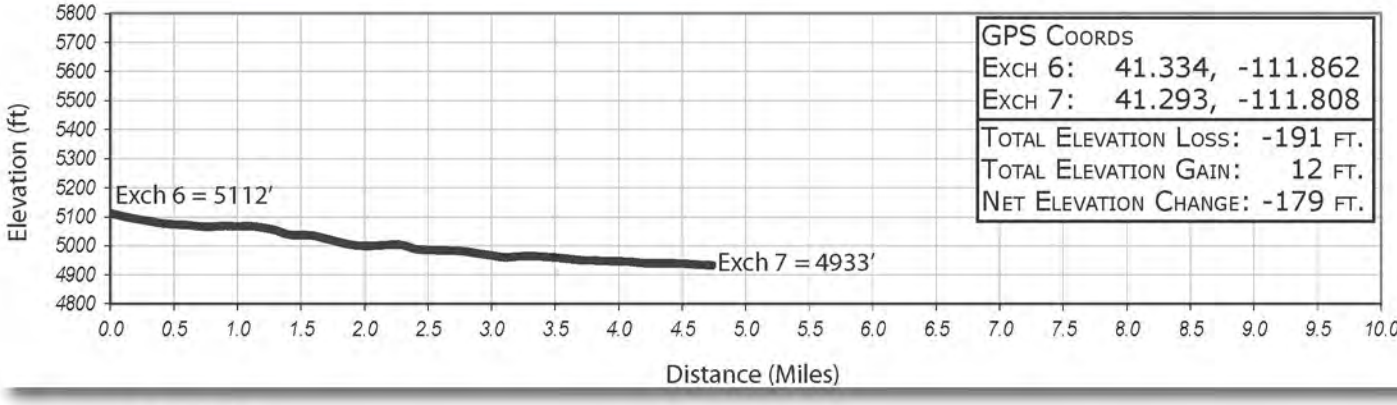
Maverick gas station, Eats of Eden, and Valley Market located on the intersection at Mile 3.2.

VAN ROUTE:

Entering Exch 6, Van 2 turns right from Nordic Valley Way into field to park. Exits on opposite side to follow runners' path on 4100 N. See Exchange 6 Parking Map.

LEG LEGEND:

0.0	Depart Exch 6, traveling east on 4100 N
0.6	Turn RIGHT (S) onto River Dr.
2.3	Turn LEFT (E) onto N Highway 162
3.9	Turn RIGHT (S) onto 5500 E
4.0	Turn LEFT (E) onto 2200 N
4.2	Turn RIGHT (S) onto 5700 E
4.6	Turn LEFT (E) onto 1900 N
4.7	Arrive at Exch 7



Leg 8 -- 2.6 Miles -- Easy

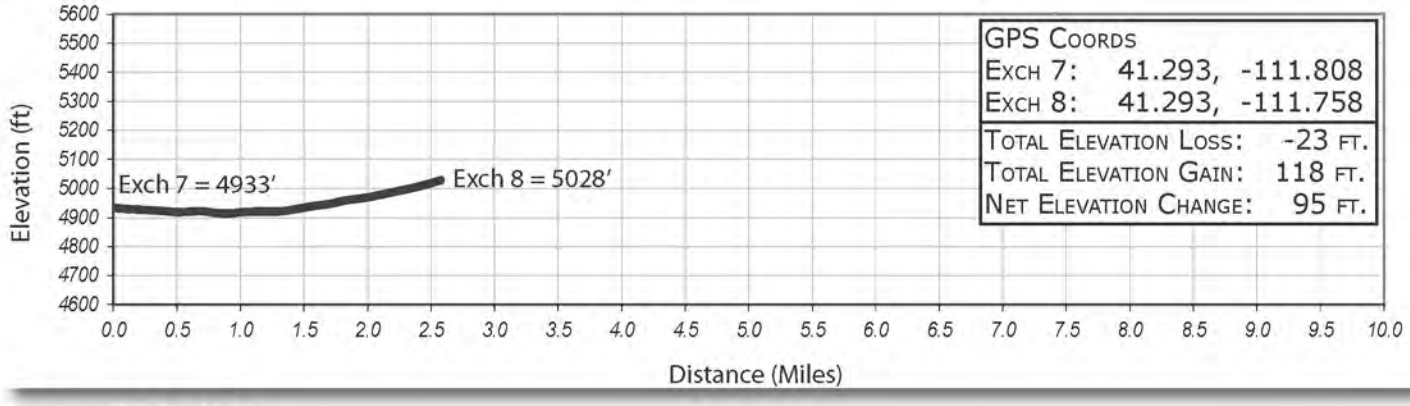
EXCH ADDRESS:
Utah Dept of Natural Resources Trailhead
1900 N 7900 E
Huntsville, UT 84317
GPS: 41.293165,-111.758115

LEG DESCRIPTION:
Splendid saunter through Ogden Valley.

LEG NOTES:
EXCH 8 parking at trailhead parking area.

LEG LEGEND:

0.0	Depart Exch 7 traveling east on 1900 N
2.6	Arrive at Exch 8



GPS Coords	
Exch 7:	41.293, -111.808
Exch 8:	41.293, -111.758
Total Elevation Loss:	-23 ft.
Total Elevation Gain:	118 ft.
Net Elevation Change:	95 ft.

Leg 9 -- 2.9 Miles -- Easy

EXCH 9 ADDRESS:
LDS Chapel
277 S 7400 E
HUNTSVILLE, UTAH 84317
GPS: 41.2594694°, -111.7705250°

LEG DESCRIPTION:
Flat leg continues through Ogden Valley and finishes near historic Huntsville Town Center.

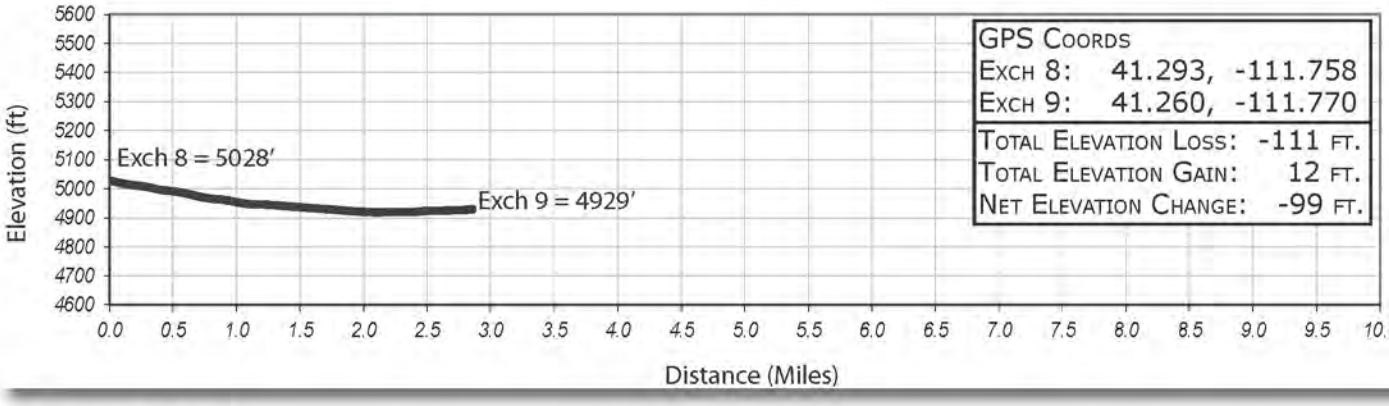
LEG NOTES:
SLOW!! Please note that speed limit through Huntsville is 25 MPH. Please respect Huntsville residents and SLOW DOWN. Exchange is also a couple doors down from Huntsville BBQ. Yum!!

LEG LEGEND:

0.0	Depart Exch 8 by making an immediate RIGHT (S) onto 7900 E
0.7	Road jogs RIGHT
0.8	Road jogs LEFT, becomes 7800 E
2.2	Turn RIGHT (W) onto 100 S (Main St)
2.3	Turn LEFT (S) on 7700 E
2.4	Turn RIGHT (W) on 200 S
2.8	Turn LEFT (S) on 7400 E
2.9	Arrive at Exch 9

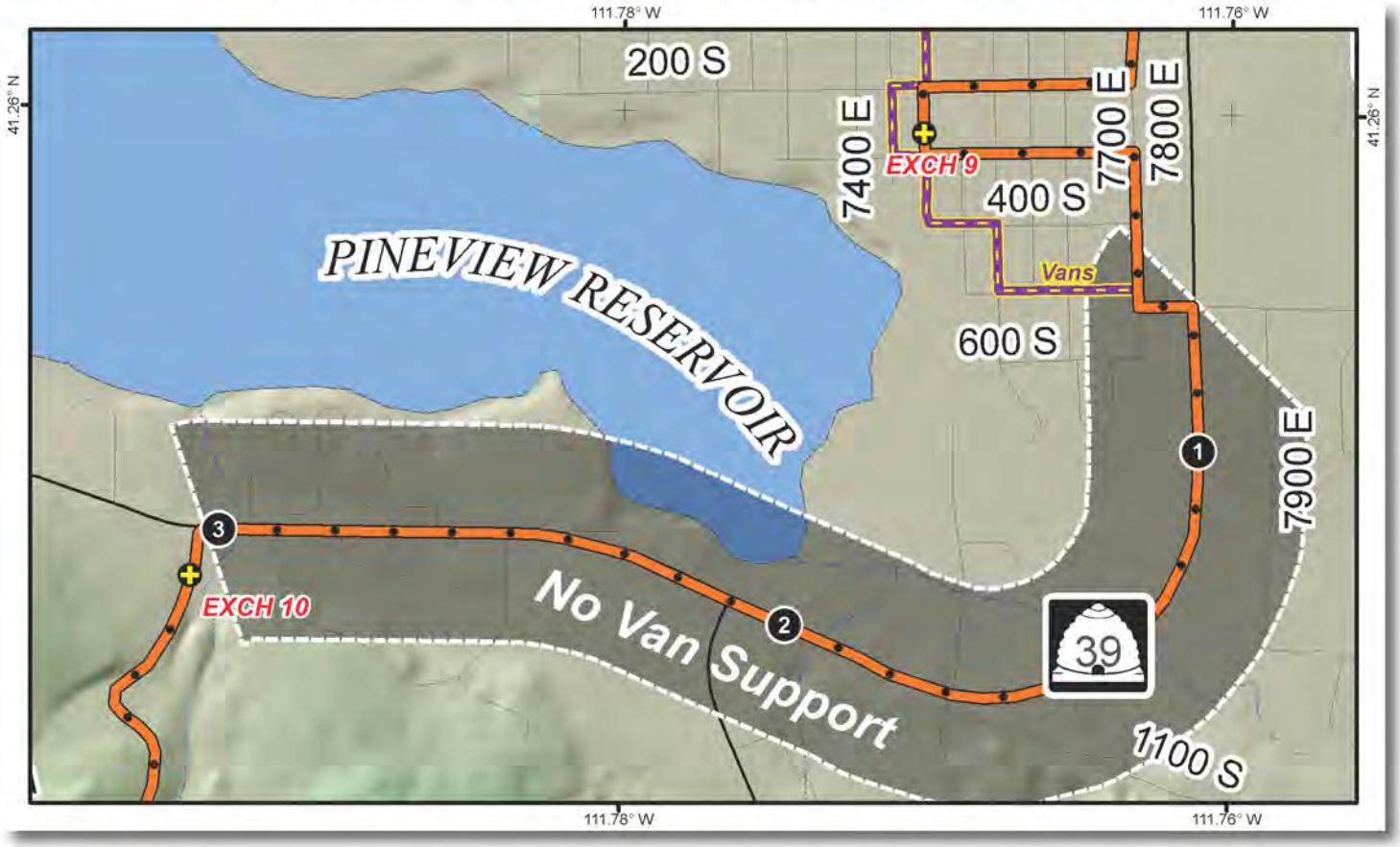
VAN ROUTE:

0.0	Follow runner route to turn RIGHT (W) onto 100 S (Main St)
2.3	Continue STRAIGHT (W) on 100 S (Main St)
2.7	Turn LEFT (S) on 7400 E
2.8	Turn RIGHT (W) on 200 S
2.9	Turn LEFT down alleyway (right BEFORE Shooting Star Saloon)
2.9	Arrive at Exch 9



GPS Coords	
Exch 8:	41.293, -111.758
Exch 9:	41.260, -111.770
Total Elevation Loss:	-111 ft.
Total Elevation Gain:	12 ft.
Net Elevation Change:	-99 ft.

Leg 10 -- 3.1 Miles -- Easy -- PARTIAL NO VAN SUPPORT



EXCH 10 ADDRESS:
Ogden Canyon Rd (SR-39) & Old Snowbasin Rd (SR-226)
Huntsville, UT 84317
GPS: 41.249378,-111.794101

LEG DESCRIPTION:
Flat leg continues out of Ogden Valley to Old Snow Basin Rd.
LEG NOTES:

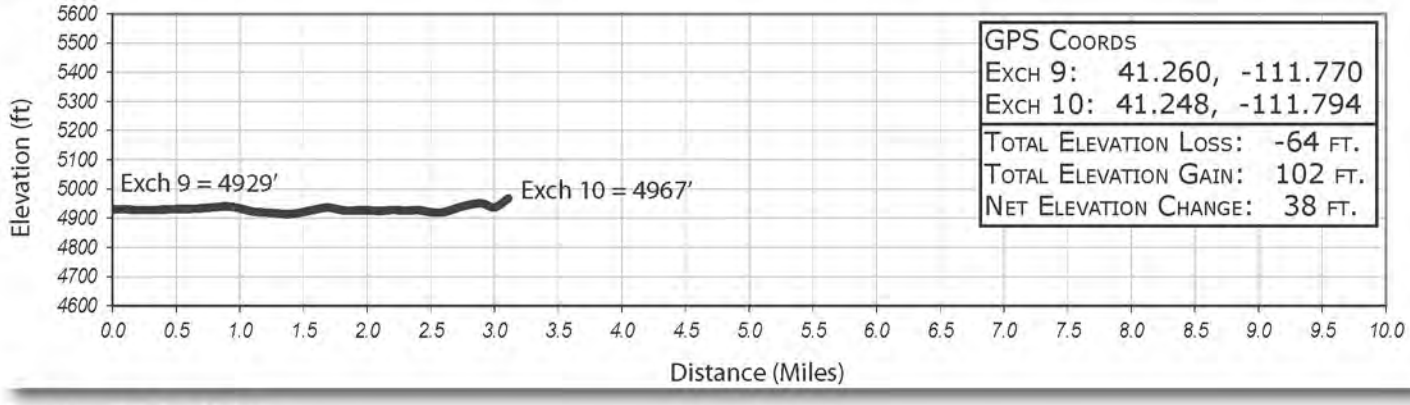
Parking in field at SW of intersection.
Enter on the right, exit at opposite end.
PARTIAL NO VAN SUPPORT.

LEG LEGEND:

0.0	Depart Exch 9, continuing south on 7400 E
0.0	Turn LEFT (E) on 300 S
0.4	Turn RIGHT (S) on 7700 E
0.7	Turn LEFT (E) on 500 S
0.8	Turn RIGHT (S) on 7800 E
	(SR-39)
3.1	Arrive at Exch 10

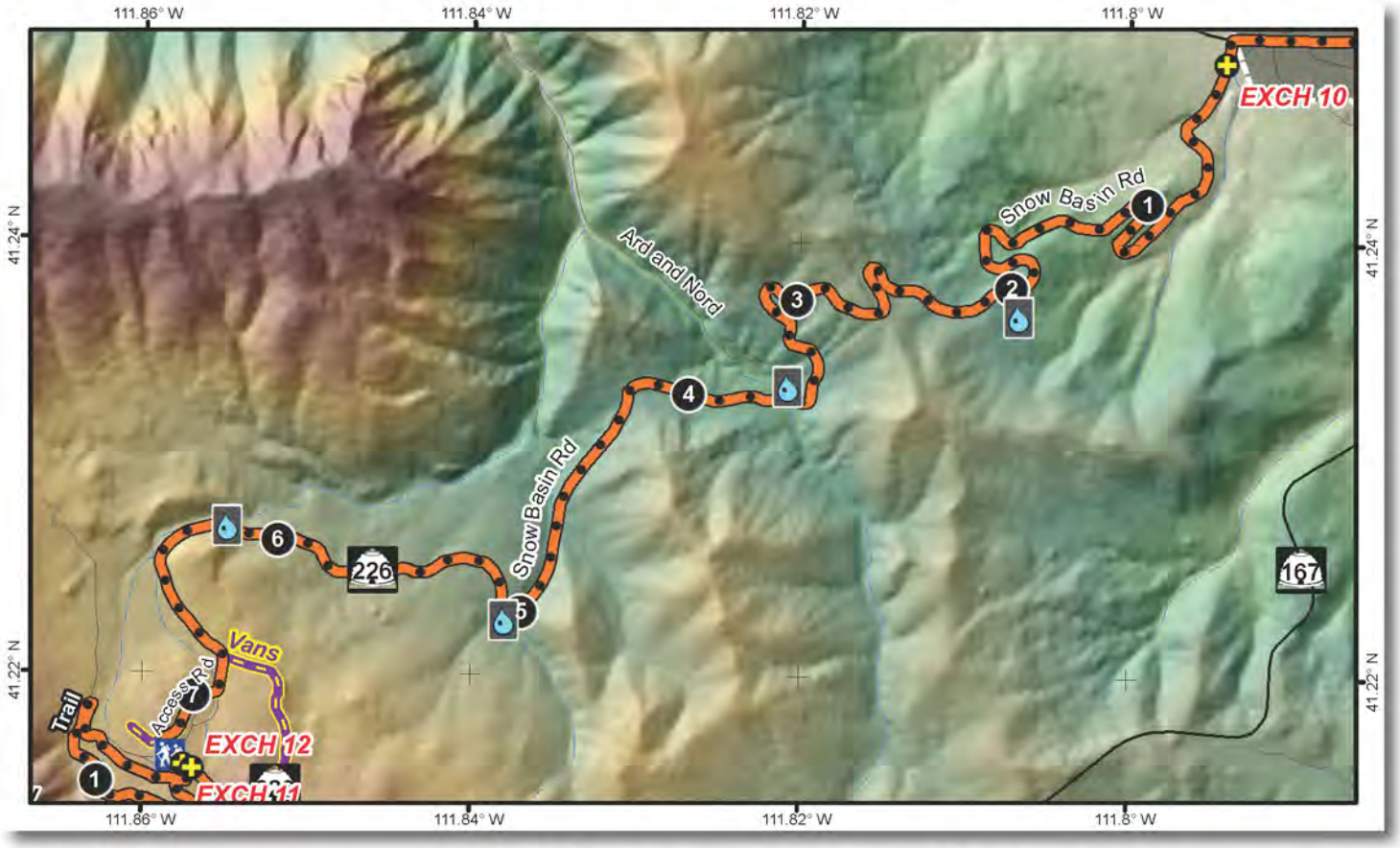
VAN ROUTE:

0.0	Depart Exch 9 and make and immediate LEFT (E) on 300 S
0.1	Turn RIGHT (S) on 7400 E
0.2	Turn LEFT (E) on 400 S
0.3	Turn RIGHT (S) on 7500 E
0.4	Turn LEFT (E) on 500 S to meet runner route



GPS Coords	
Exch 9:	41.260, -111.770
Exch 10:	41.248, -111.794
Total Elevation Loss:	-64 ft.
Total Elevation Gain:	102 ft.
Net Elevation Change:	38 ft.

Leg II -- 7.3 Miles -- WE HOPE YOU KNOW WHAT YOU'RE GETTING YOURSELF INTO -- NO VAN SUPPORT



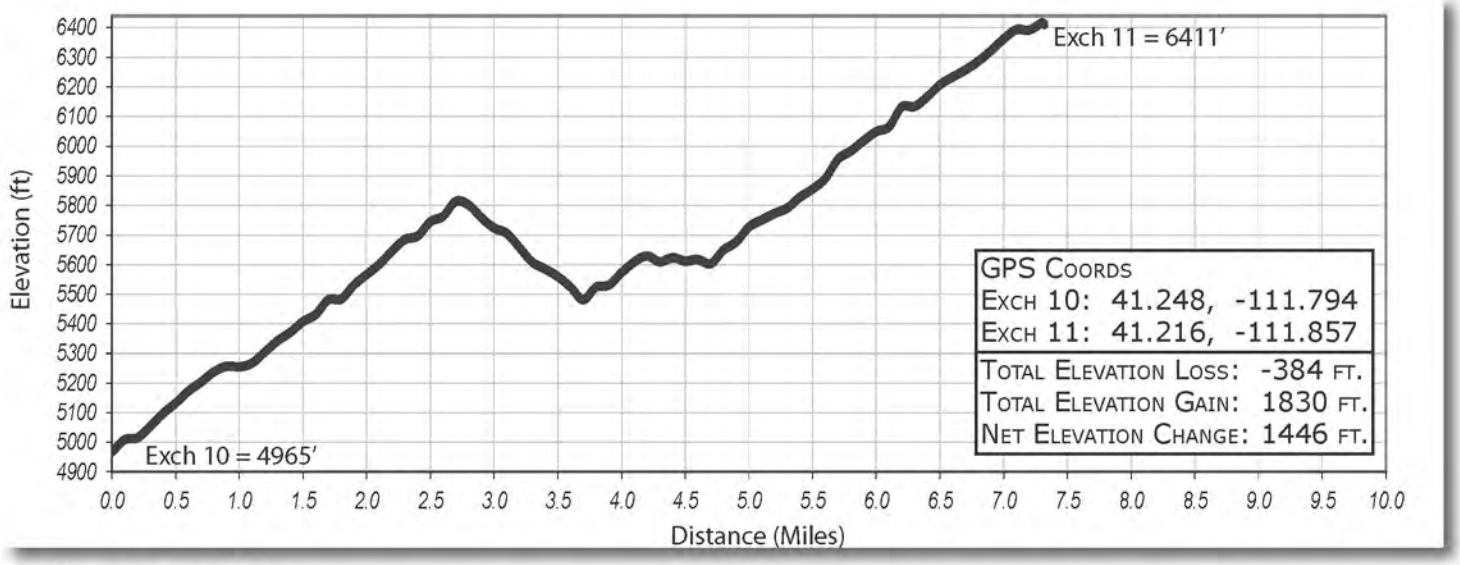
EXCH 11 ADDRESS:
Snowbasin Resort west parking lot
GPS: 41.218498,-111.863098

LEG DESCRIPTION:
Tough climb up Old Snowbasin Road. Beautiful views of Pineview Reservoir and Mt. Ogden. Only Runners allowed on this leg. Vans will take Trappers Loop, due to damage on Old Snowbasin Road. Runners should take all necessary aid and water with them that they think they will need. Get ready!

LEG NOTES:
Exch 11 is located behind Earl's lodge. Enter Snowbasin at the main entrance. Follow road to the right until the end.

LEG LEGEND:

0.0	Depart Exch 10, running up SR 226
3.7	Continue on road passing Ard & Nord trailhead
6.45	Leave paved road to enter single track foot path on the right
6.7	Turn LEFT (S) onto broad, dirt trail
7.3	Arrive at Exch 11.



Leg 12 -- 2.0 Miles -- Moderate -- NO VAN SUPPORT

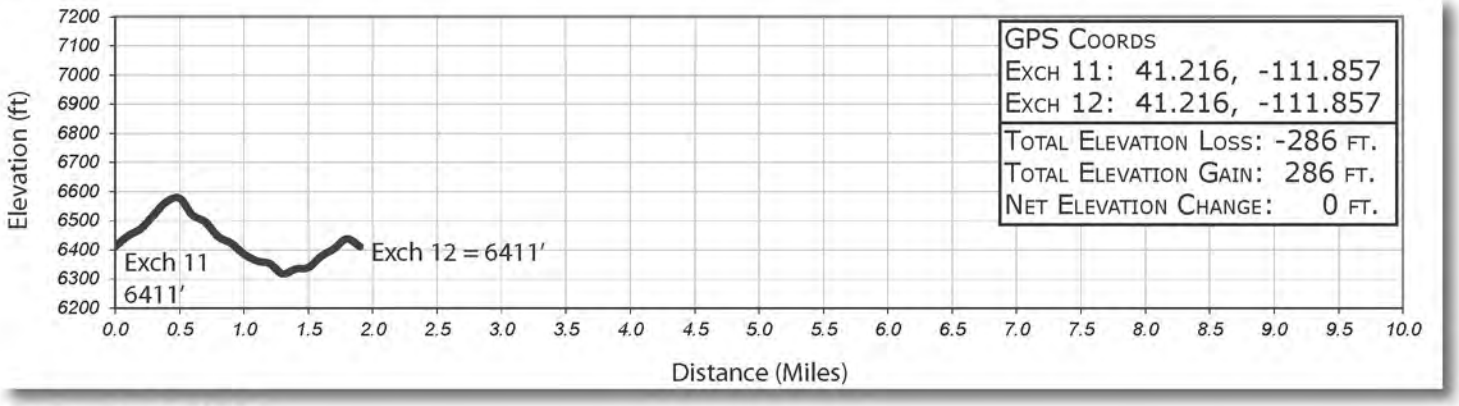
EXCH 12 ADDRESS:
Snowbasin Lodge
GPS: 41.215103,-111.859284

LEG DESCRIPTION:
Trail run at Snowbasin Resort. Trail will be marked with cones and beacons.

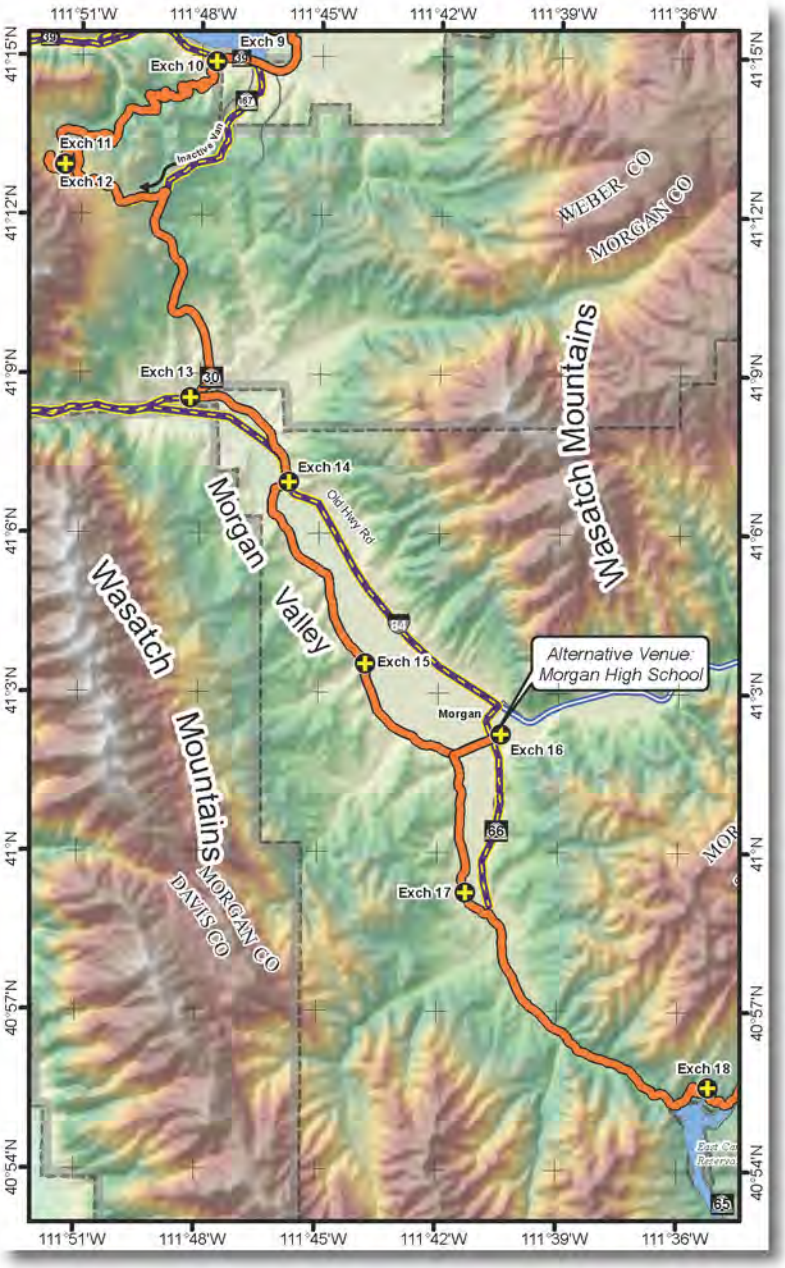
LEG NOTES:
Stay put at Snowbasin and enjoy the festivities while Runner 12 runs their first leg.
Exch 12 parking at Snowbasin Resort. NO VAN SUPPORT.

LEG LEGEND:

0.0	Leave the exchange chute, heading up hill along the ski lift. Watch your step off the plaza!	
0.1	Turn LEFT on dirt road.	
0.4	Turn RIGHT onto 1-lane dirt track	
0.5	Underneath ski lift, turn RIGHT going downhill onto single track trail. Follow trail over the river and through the woods, passing the resort area on your right	
1.3	Turn RIGHT at entrance of broad, dirt trail to enter Snowbasin's west parking lot. Follow parking lot uphill past fenced electrical power station	
1.5	Turn RIGHT onto dirt road, back towards Snowbasin main area	
2.0	Arrive at Exch 12	



Van 1 -- Legs 13-18 -- 33.9 Miles



OVERVIEW DESCRIPTION:
This set of legs begins with a bang—over 2000 feet of descent in the first leg, which travels down Trapper's Loop Road. Upon arriving in Mountain Green, the course changes to easy rolling hills on road paralleling I-84, and increases in uphill gradient as the runners enter East Canyon and close in on the Reservoir.

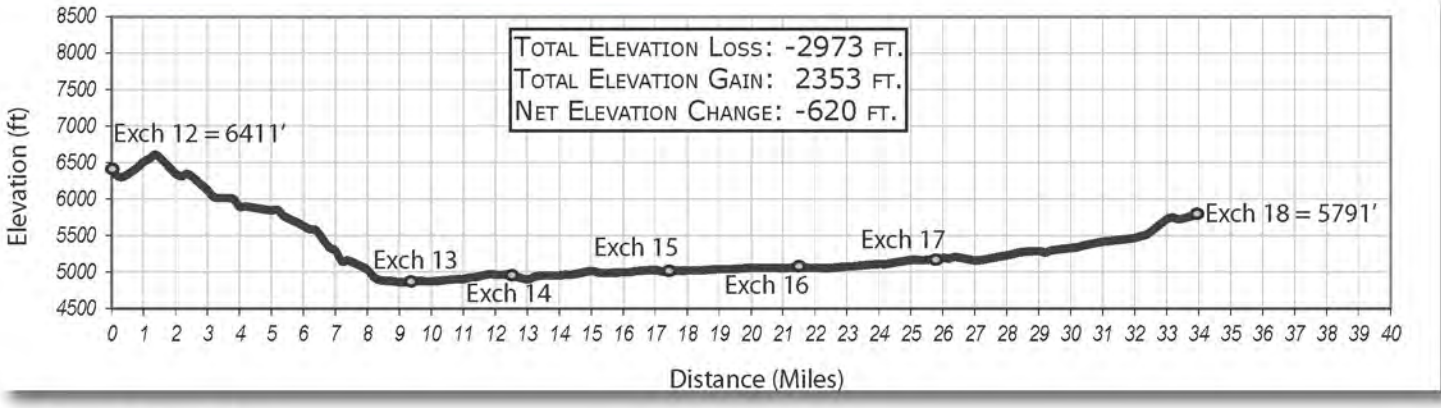
INACTIVE VAN ROUTE TO EXCH 18:

0.0	Depart Exch 12, traveling southeast on Snow Basin Rd (SR-226)
3.0	Turn RIGHT (S) onto Trapper's Loop Rd (SR-167)
8.4	At the base of Trapper's Loop (Sinclair/Old Farm Market) turn right. Continue west merge onto I-84 WEST. Yes, we know the race is in the opposite direction. You're on a 10 minute detour to avoid multiple traffic jams. Thanks for your patience!
15.1	Turn RIGHT on US-89 SOUTHBOUND to Salt Lake City (go over the overpass first), taking Exit 87A.
15.2	Keep right as you circle around and go under the freeway. EXIT immediately onto I-84 EAST (towards Cheyenne/Morgan) to get back on the freeway going the opposite direction
30.1	Take EXIT 103 to Morgan
30.4	Turn RIGHT (S) onto State Street.
31.4	Turn LEFT onto 100 N
31.6	Arrive at Exch 16 as an alternative hang out area*. When leaving Ex 16, turn right on Young St and left on State St (100 E) to continue to Exch 18 (15 miles).

***Alternative Venue**

In an effort to reduce congestion at Exch 18, teams must use Morgan High School (Exchange 16) in Morgan City as their waiting point instead of Exch 18. Van 2 will wait at Morgan High and should plan to arrive at Exchange 18 at least one hour prior to Van 1. Morgan High will offer full services (sleeping, water, first aid and restroom facilities).

Please note that Exchange 18 will still be the exchange hand off location and teams should plan accordingly to make it to Exchange 18 before Van 1.



Leg 13 -- 9.3 Miles -- Very Hard -- NO VAN SUPPORT

EXCH 13 ADDRESS:

LDS Chapel
5378 W Old Hwy Rd
MOUNTAIN GREEN, UTAH 84050
GPS: 41.1427444°, -111.8041556°

LEG DESCRIPTION:

Long downhill leg. It's a great leg if you have the knees for it.

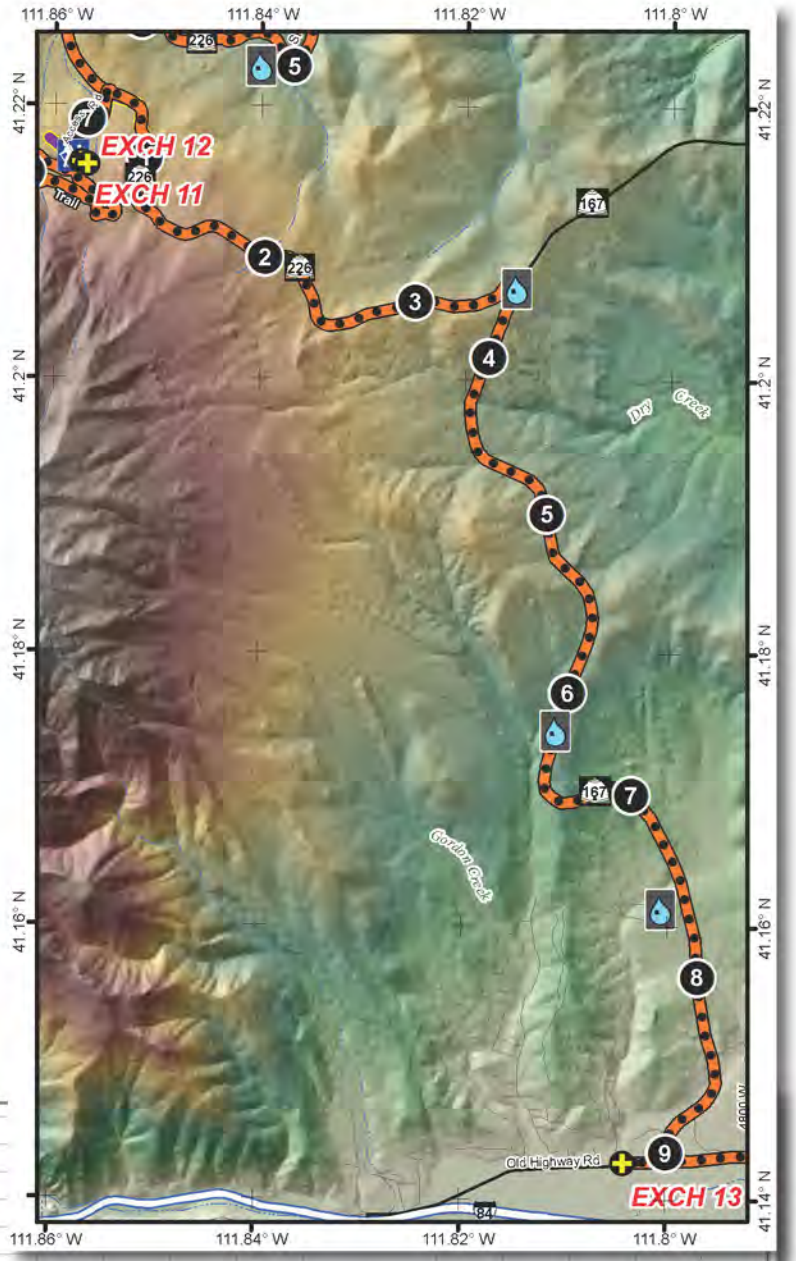
LEG NOTES:

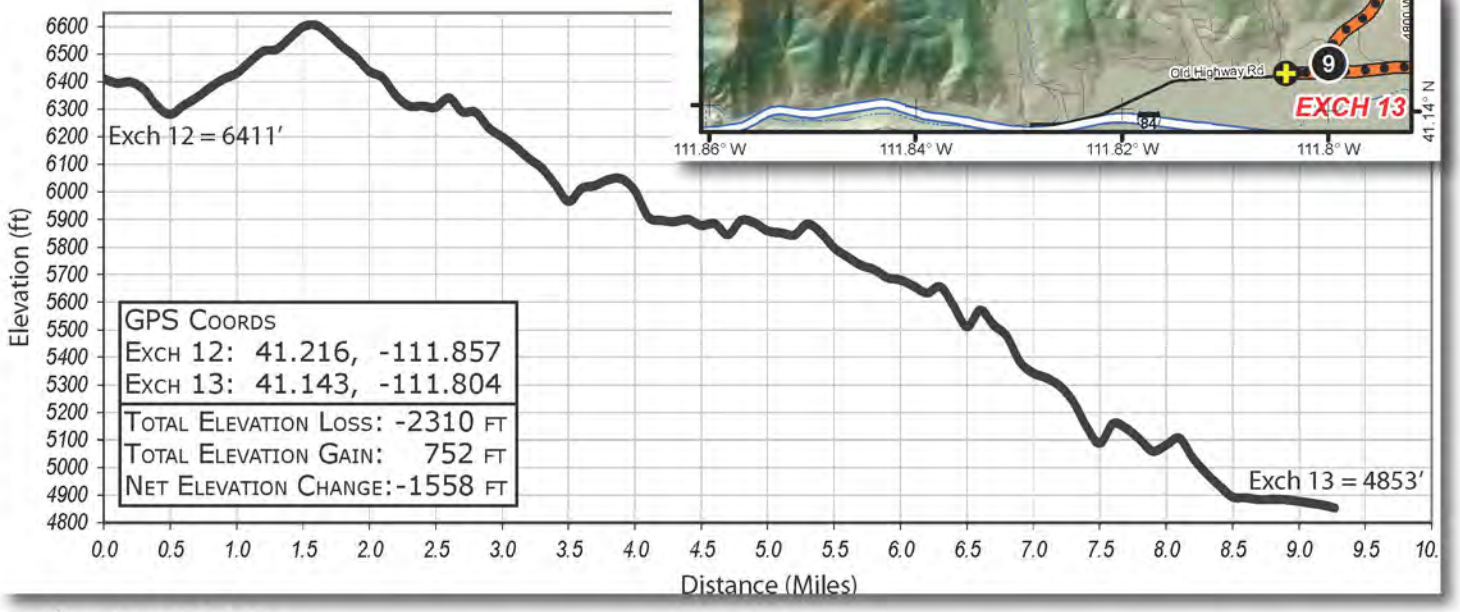
Exch 13 is at the LDS Chapel West of the Sinclair Station at the base of Trapper Loop. NO PARKING or PULLING OVER on Trapper's Loop Road or on the East side of Trappers Loop.

Please respect residents. Minimize noise. No cheering during night legs.

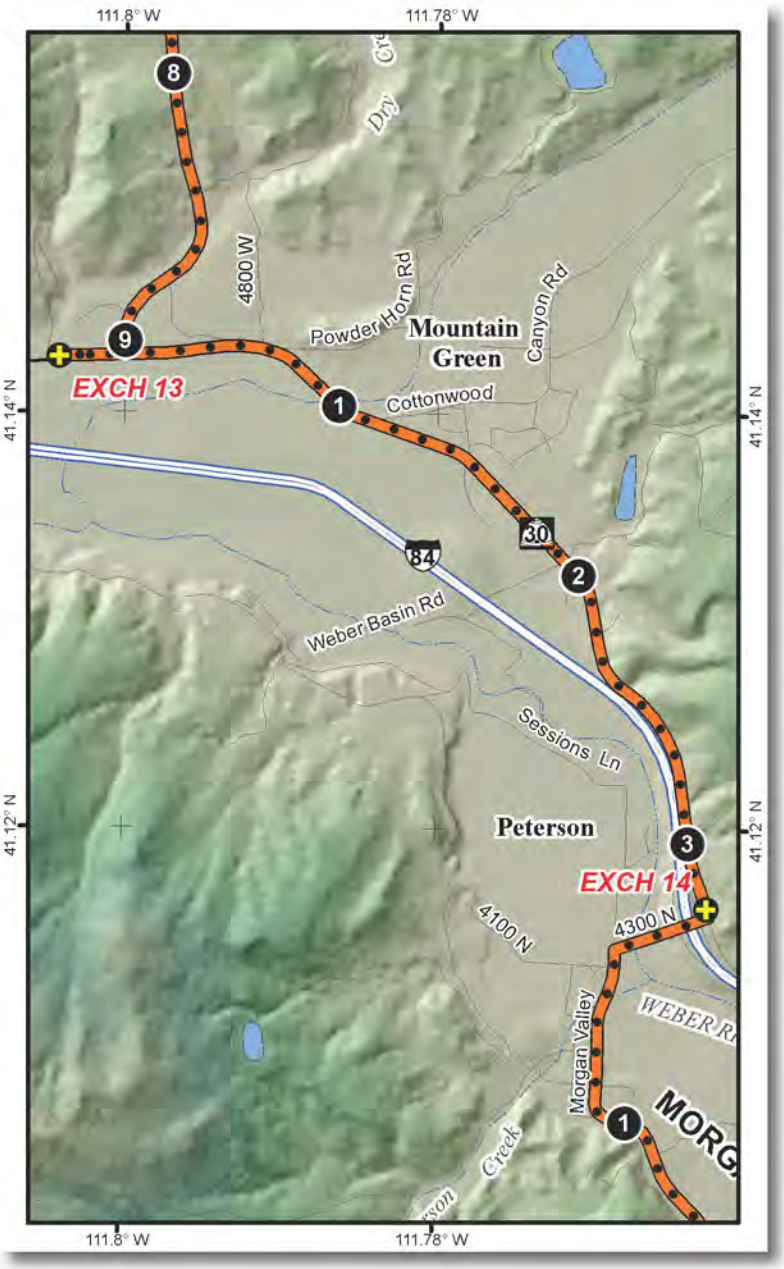
LEG LEGEND:

0.0	Depart Exch 12 heading West on trail.
0.1	Turn RIGHT (N) on paved road. Stay within the pedestrian fencing. Follow road out to main entrance of Snowbasin.
0.5	Turn RIGHT (E) at main entrance onto Snow Basin Road/ SR-226
3.5	Turn RIGHT (S) onto Trappers Loop Road/ SR-167
9.0	Turn RIGHT (W) on Hwy 30
9.3	Arrive at Exch 13





Leg 14 -- 3.2 Miles -- Easy



EXCH 14 ADDRESS:

Gravel Area on the right
1390 W Old Hwy Rd
Morgan, UT 84050
GPS: 41.116563,-111.762987

LEG DESCRIPTION:

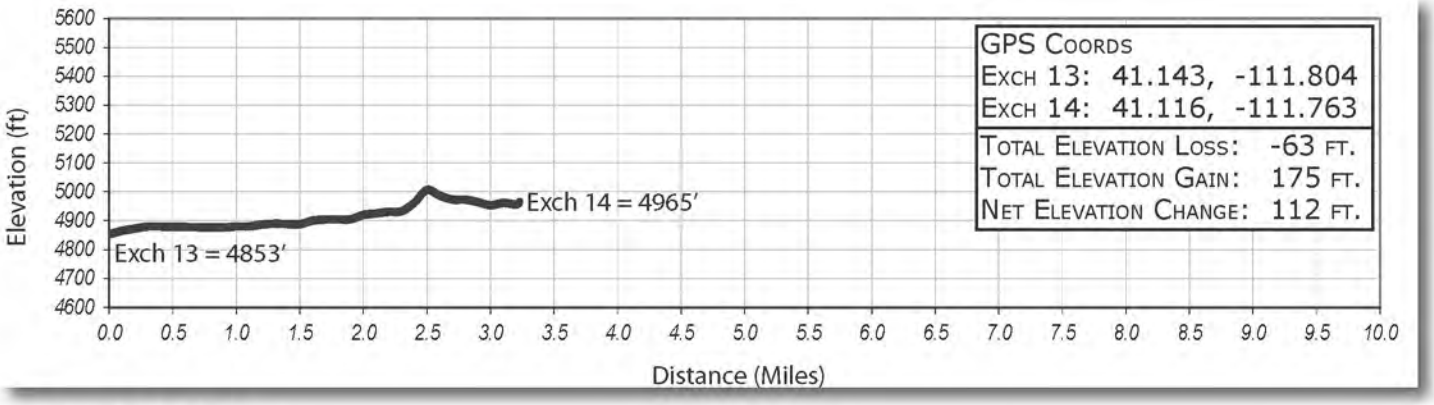
Easy rolling hills parallel Interstate 84.

LEG NOTES:

Gravel parking area for Exch 14 is on the right. Due to the lack of parking in this area, please do not linger longer than necessary. Please respect residents. Minimize noise. No cheering during night legs.

LEG LEGEND:

0.0	Depart Exch 13 heading east on Hwy 30
3.2	Arrive at Exch 14



GPS Coords	
Exch 13:	41.143, -111.804
Exch 14:	41.116, -111.763
Total Elevation Loss:	-63 ft.
Total Elevation Gain:	175 ft.
Net Elevation Change:	112 ft.

Leg 15 -- 4.9 Miles -- Moderate

EXCH 15 ADDRESS:

LDS chapel
1255 N Morgan Valley Dr
Morgan, UT 84050
GPS: 41.0594278°, -111.7305000°

LEG DESCRIPTION:
QUIET ZONE!
Leg passes through QUIET residential area.

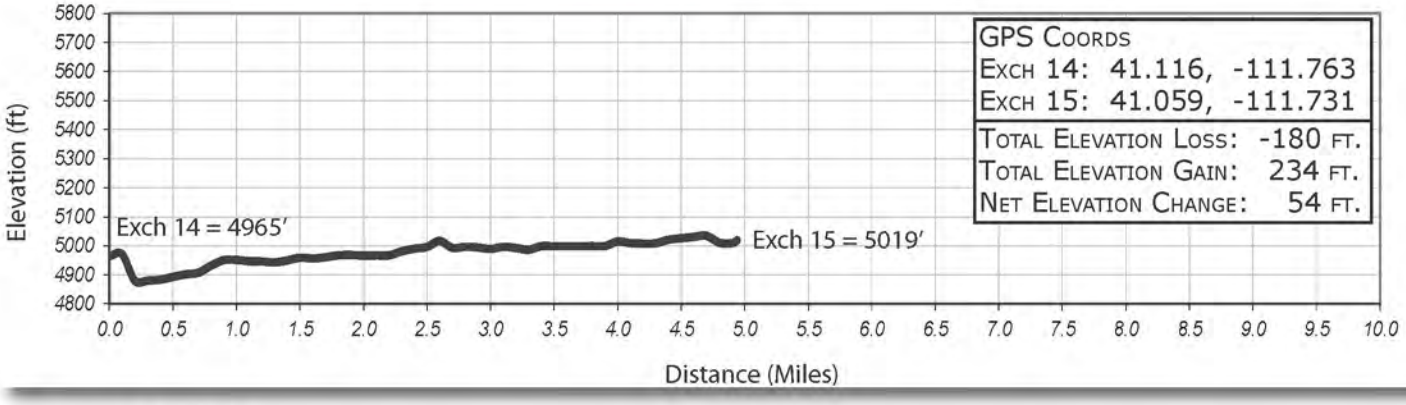
LEG NOTES:

Exch 15 is at Milton Park. Parking is at LDS church.

Please respect residents. Minimize noise. No cheering during night legs.

LEG LEGEND:

0.0	Depart Exch 14 and immediately turn RIGHT (W) onto 4300 N
0.3	Turn LEFT (S) onto Morgan Valley Dr.
4.9	Arrive at Exch 15



Leg 16 -- 4.2 Miles -- Easy

EXCH 16 ADDRESS:

Morgan High School
200 E Young St
Morgan, UT 84050
GPS: 41.0373139°, -111.6737472°

LEG DESCRIPTION:
QUIET ZONE!
Leg passes through QUIET residential areas.

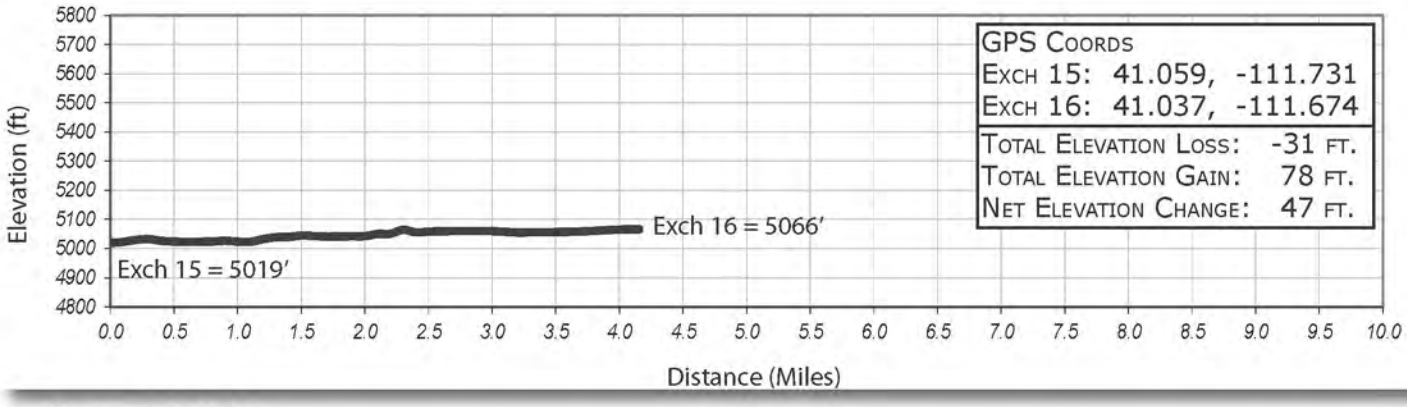
LEG NOTES:

Parking available further east on Young St.

Please respect residents. Minimize noise. No cheering during night legs.

LEG LEGEND:

0.0	Depart Exch 15, south on Morgan Valley Dr.
3.0	Turn LEFT (NE) onto Young St
4.2	Arrive at Exch 16



GPS Coords	
Exch 15:	41.059, -111.731
Exch 16:	41.037, -111.674
Total Elevation Loss:	-31 ft.
Total Elevation Gain:	78 ft.
Net Elevation Change:	47 ft.

Leg 17 -- 4.2 Miles -- Moderate

EXCH 17 ADDRESS:

LDS chapel
2700 S Morgan Valley Dr
Morgan, UT 84050
GPS: 40.9875750°, -111.6881778°

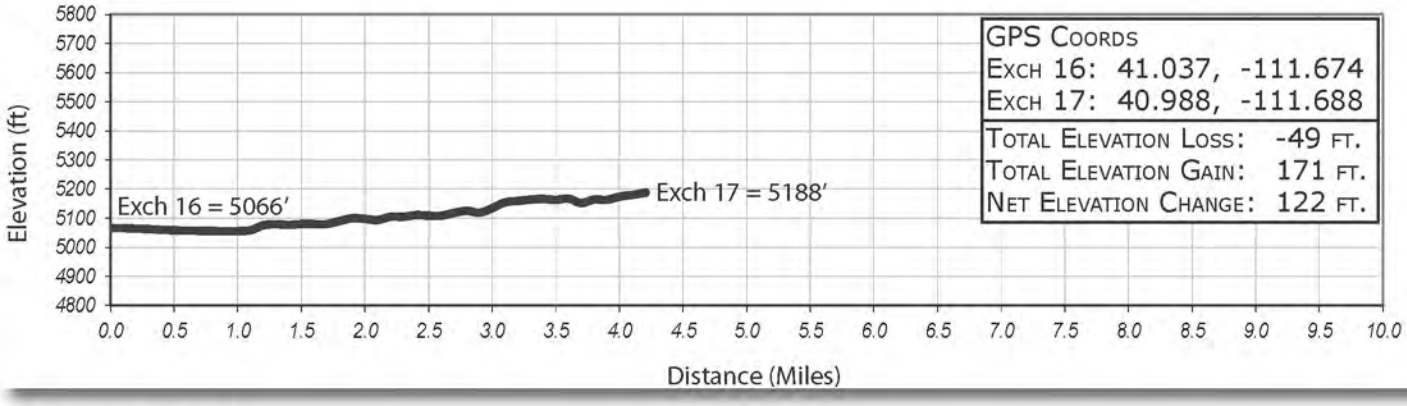
LEG DESCRIPTION:
QUIET ZONE!
Winding rolling hills start to climb toward East Canyon.

LEG NOTES:

Please respect residents. Minimize noise. No cheering during night legs.

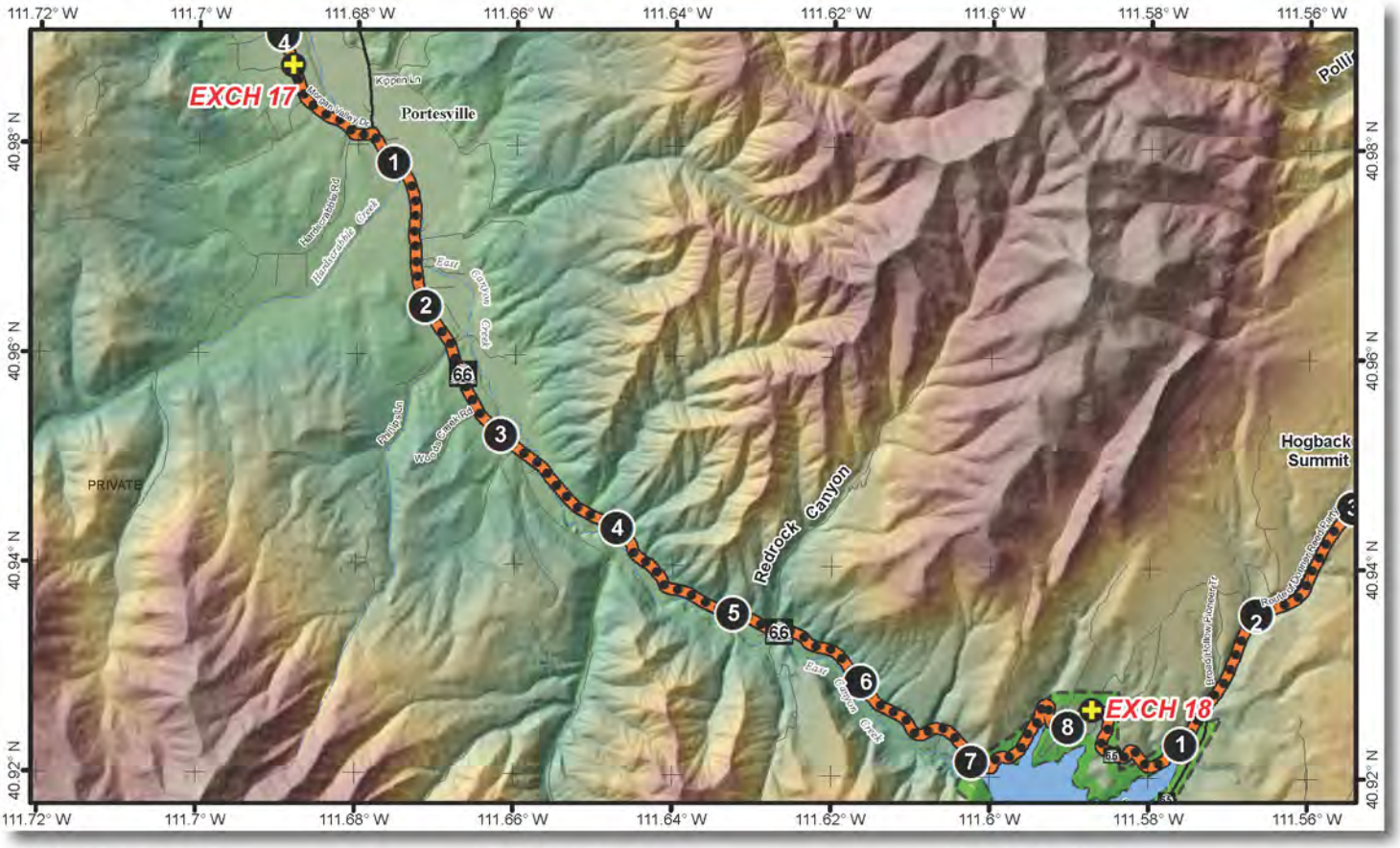
LEG LEGEND:

0.0	Depart Exch 16, southwest on Young St
1.1	Turn LEFT (S) onto Morgan Valley Dr
4.2	Arrive at Exch 17



GPS Coords	
Exch 16:	41.037, -111.674
Exch 17:	40.988, -111.688
Total Elevation Loss:	-49 ft.
Total Elevation Gain:	171 ft.
Net Elevation Change:	122 ft.

Leg 18 -- 8.2 Miles -- Very Hard



EXCH 18 ADDRESS:

East Canyon State Park
GPS: 40.924927, -111.591074

LEG DESCRIPTION:

Difficult uphill road climbs to East Canyon Reservoir. The left lane is closed to vehicle traffic for runners' exclusive use.

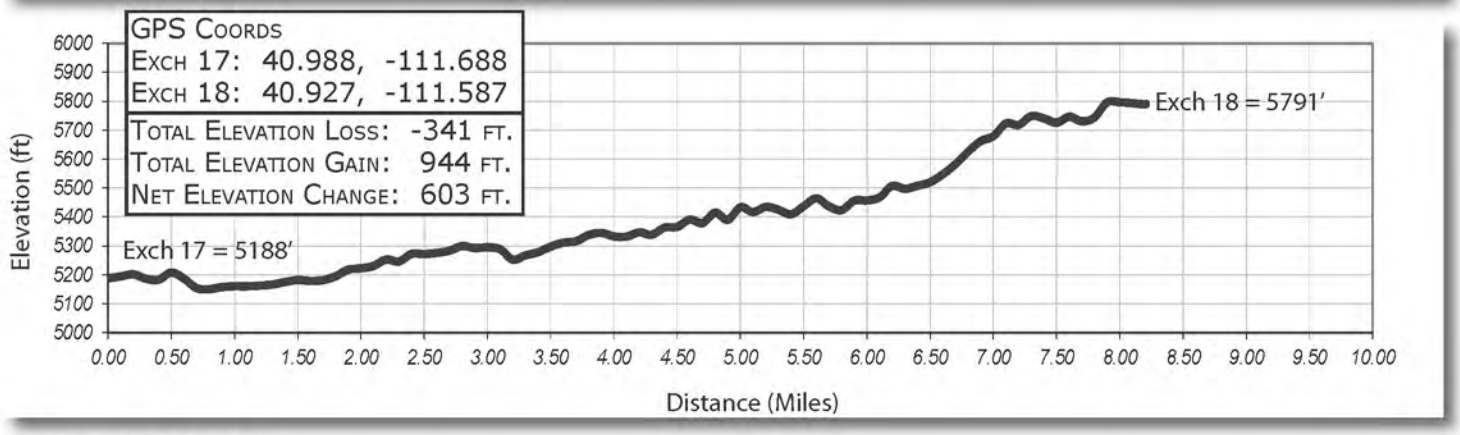
LEG NOTES:

Parking inside East Canyon State Park. After baton exchange, participants are encouraged to shuttle ahead and sleep at North Summit High School (see next page for directions).

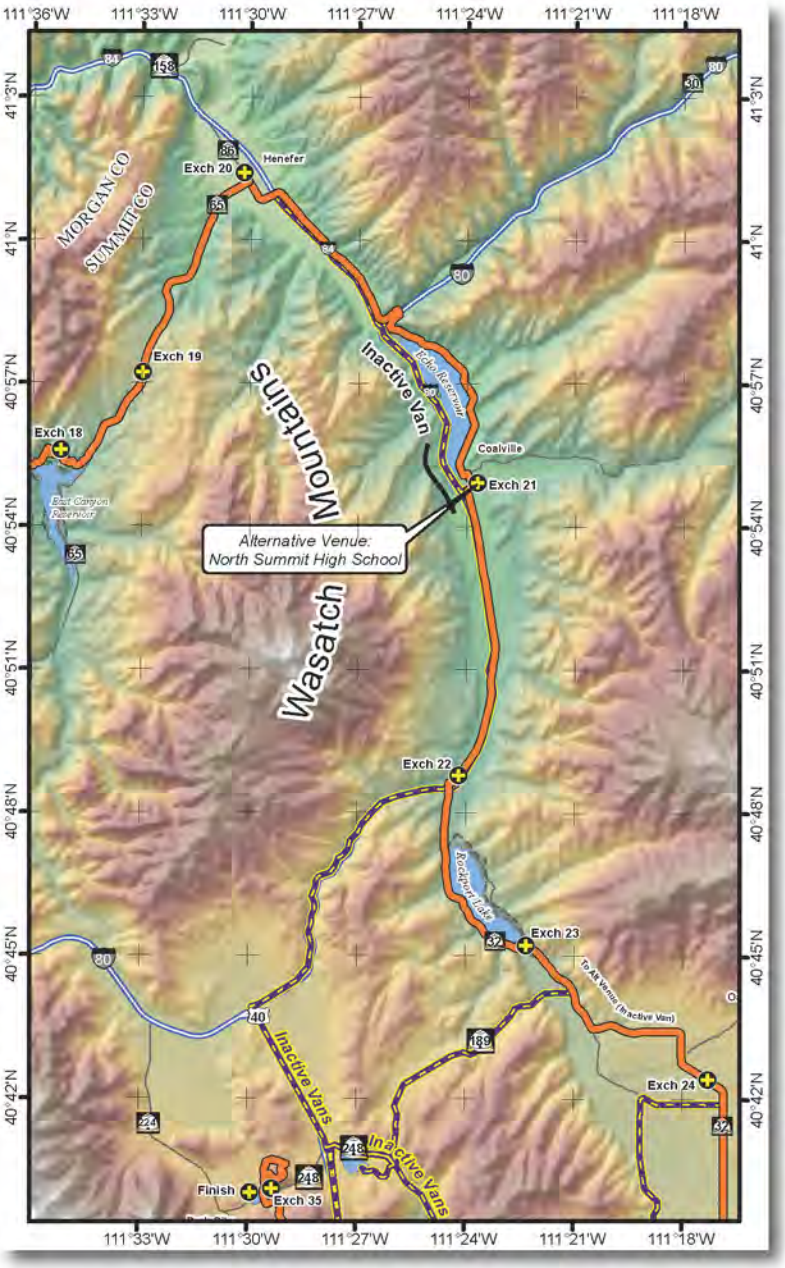
Please respect residents. Minimize noise. No cheering during night legs.

LEG LEGEND:

0.0	Depart Exch 17, south on Morgan Valley Drive/ 600 W.
0.8	Cross and then turn RIGHT (S) onto SR-66 / East Canyon Rd
8.2	Major Exchange – East Canyon State Park



Van 2 -- Legs 19-24 -- 40.4 Miles



OVERVIEW DESCRIPTION:
Although this set of legs begins by moderate canyon climbing and descending, the latter legs are marked by mostly flat and subtle uphill stretches. Runners will pass by Echo Reservoir and Rockport Reservoir and will run through the towns of Henefer, Coalville, and Wanship.

INACTIVE VAN ROUTE TO ALT VENUE AND EXCH 24:

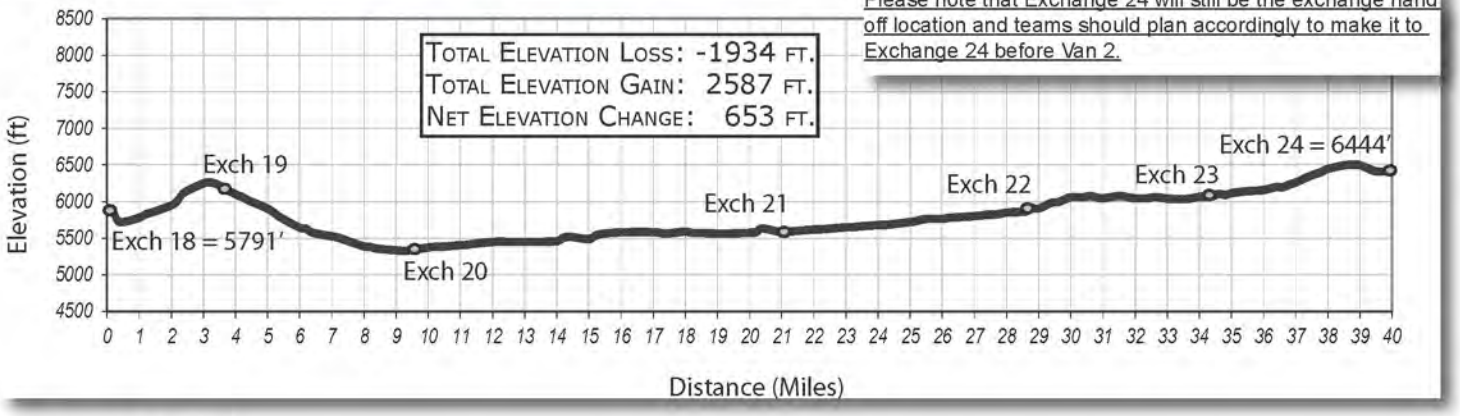
0.0	Depart Exch 18, traveling east on SR-66
1.6	Road merges with SR-65, and road name changes to SR-65. Continue straight
9.6	Turn RIGHT (S) onto Main St / SR-65
10.1	Stay on Main St. as it veers LEFT (E). Take Main St all the way to I-84
10.4	Turn RIGHT (SE) to merge onto I-84
14.4	Take Exit 120 to merge onto I-80 W toward Salt Lake
19.0	If you want to stop at Alt Venue, take Exit 162 toward Coalville. Turn LEFT (E) onto 100 S at end of exit ramp
19.4	Turn LEFT (N) onto Main St then turn RIGHT (E) onto 80 S
19.5	Arrive at Alt Venue (North Summit High)

NOTE: Please do not follow running route on SR-32 (Exchanges 22-23) by Rockport Reservoir. This will help decrease the traffic on those narrow roads around Rockport. Please follow directions and take US-40 as stated below.

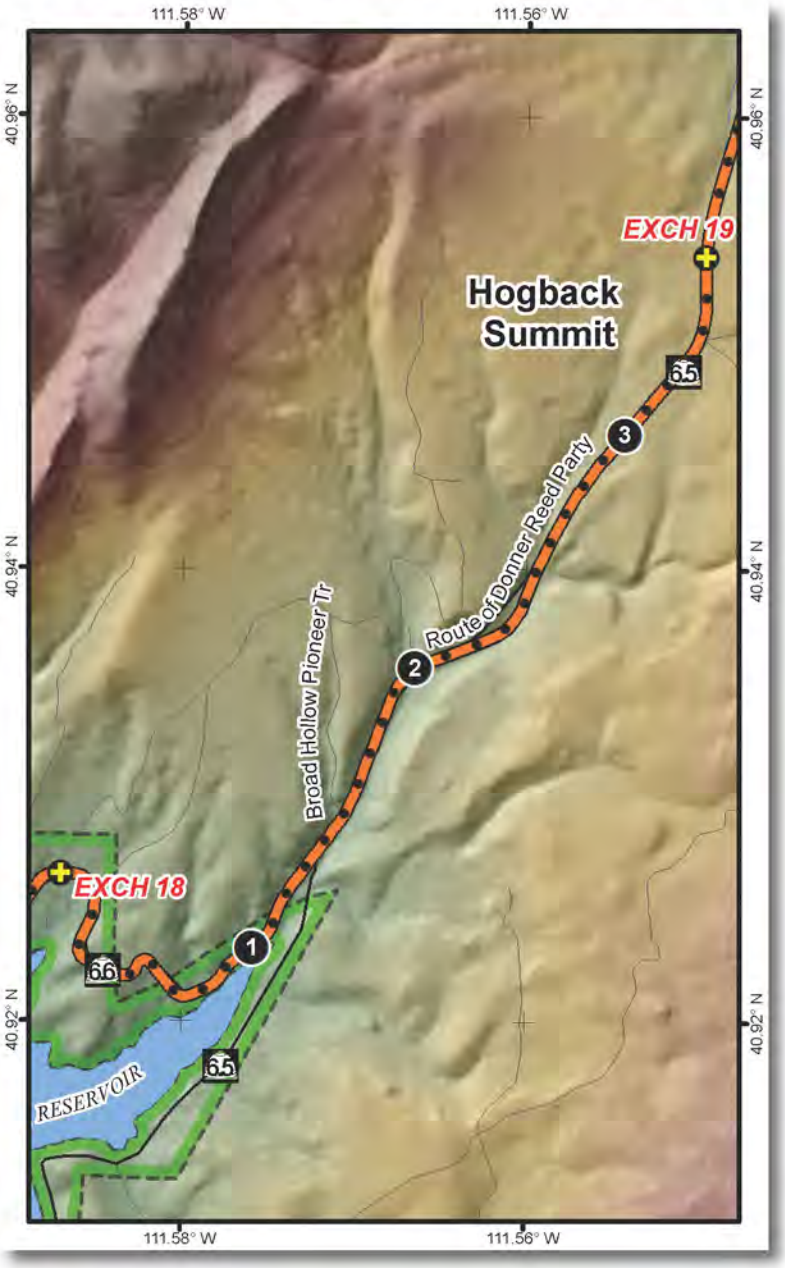
19.5	From Alt Venue, retrace path to I-80, and continue south on I-80
35.2	Merge onto US-40 towards Heber (South) at Exit 146
39.0	From US-40 take Exit 4 onto SR-248 to Kamas
40.8	Turn LEFT (North) onto Brown's Canyon Road
47.7	Turn RIGHT (South) onto SR-32 in PEOA (Rejoin Running Route)
48.7	Continue STRAIGHT (S) onto Wooden Shoe Lane
51.0	Road forks, stay LEFT (SE) on 3700 N
53.0	Turn LEFT (N) on Millrace Road
53.5	Turn RIGHT (E) on 4200 N
54.2	Arrive at Ex 24

Alternative Venue
In an effort to reduce congestion at Exchange 24, teams should proceed to North Summit High School in Coalville as an alternate waiting point. Van 1 must wait at North Summit High School and arrive at Exchange 24 at least one hour prior to Van 2. North Summit High School will offer food, sleeping, showers, water, first aid, and restroom facilities.

Please note that Exchange 24 will still be the exchange hand off location and teams should plan accordingly to make it to Exchange 24 before Van 2.



Leg 19 -- 3.6 Miles -- Moderate



EXCH 19 ADDRESS:

Historical Marker on Canyon Rd SR-65
(Also Morgan/Summit County Line)
GPS: 40.953848,-111.549588

LEG DESCRIPTION:

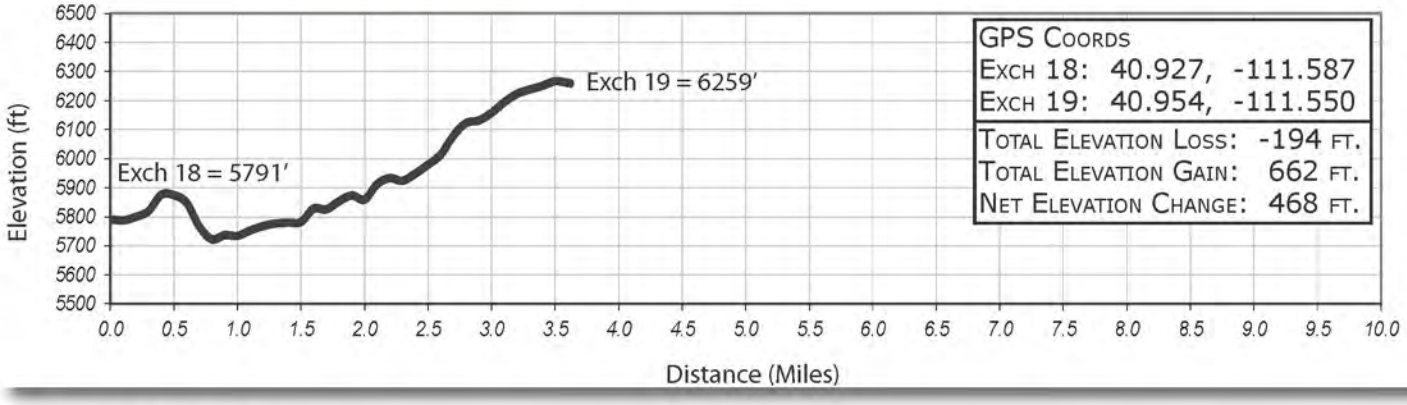
Moderate climb, winds through canyon.

LEG NOTES:

Van parking on shoulder on left side of road. Angle parking only; parking is limited. Please do not linger at exchange.

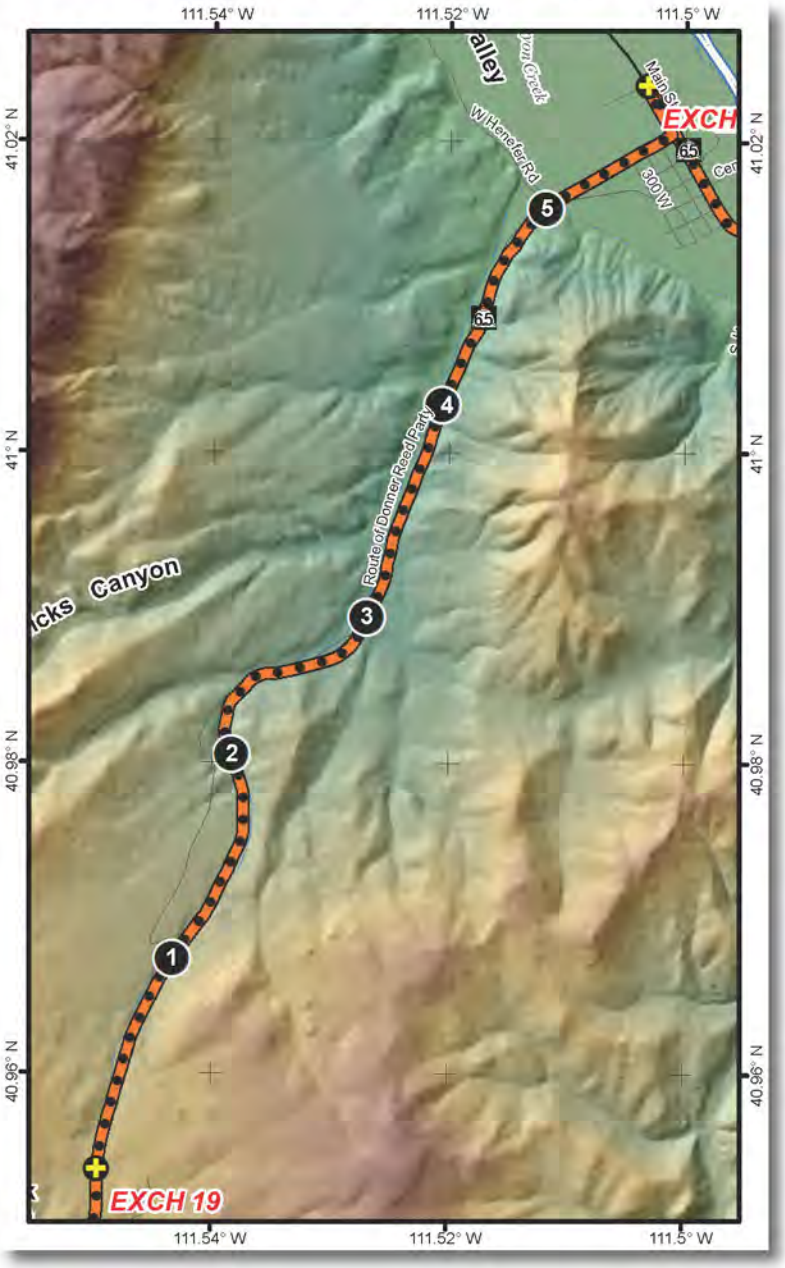
LEG LEGEND:

0.0	East Canyon State Park
1.5	Intersection – continue STRAIGHT (NE)
3.6	Exchange – Historical marker on left of road.



GPS Coords	
Exch 18:	40.927, -111.587
Exch 19:	40.954, -111.550
Total Elevation Loss:	-194 ft.
Total Elevation Gain:	662 ft.
Net Elevation Change:	468 ft.

Leg 20 -- 5.9 Miles -- Moderate



EXCH 20 ADDRESS:

LDS Chapel
708 North Main Street
Henefer, UT
GPS: 41.0237111°, -111.5032167°

LEG DESCRIPTION:
QUIET ZONE!
Downhill canyon road enters the town of Henefer.

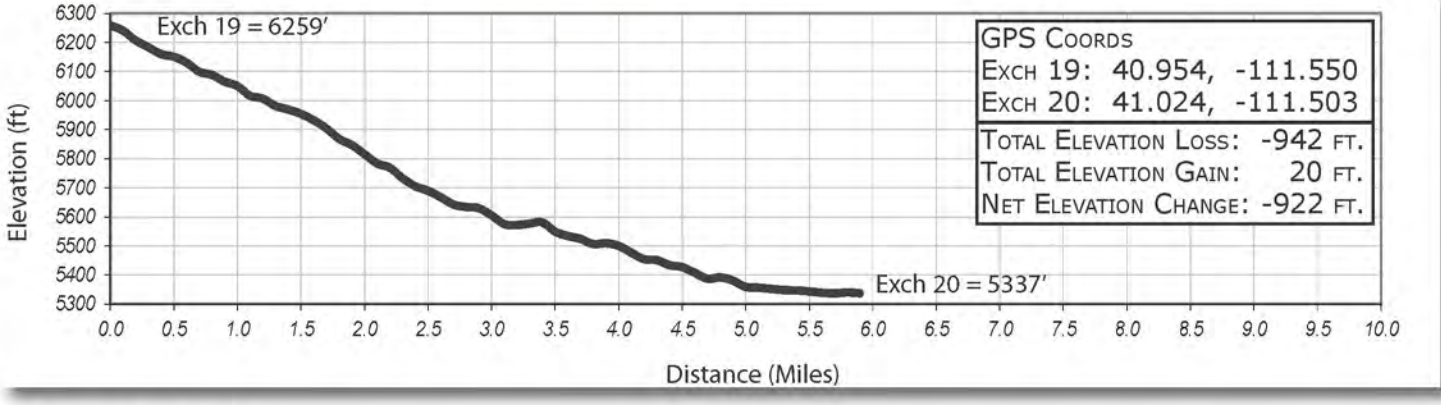
LEG NOTES:

Van parking on shoulder on right side of road.

Please respect residents. Minimize Noise. No cheering during night legs.

LEG LEGEND:

0.0	Depart Exch 19, Historical Marker on left side of road
4.9	Road forks, stay LEFT (NW)
5.5	Turn LEFT (NW) on Main St
5.9	Arrive at Exchange 20



Leg 21 -- 11.6 Miles -- Very Hard -- NO VAN SUPPORT

EXCH 21 ADDRESS:
North Summit High School
111 E 100 S
Coalville, UT 84017
GPS: 40.9156194°, -111.3949944°

LEG DESCRIPTION:
QUIET ZONE!
Road parallels I-84 to Echo Reservoir, and then goes around the east side of the reservoir on Union-Pacific Rail Trail. Please note: **This trail is very rugged and rocky! Pay attention at night!**

LEG NOTES:
Exchange located at North Summit High School at the corner of 100 E and 100 S in Coalville. North Summit High School will be open all night offering hot showers, food, and sleeping areas.

NO VAN SUPPORT.

Please respect residents. Minimize noise. No cheering during night legs.

LEG LEGEND:

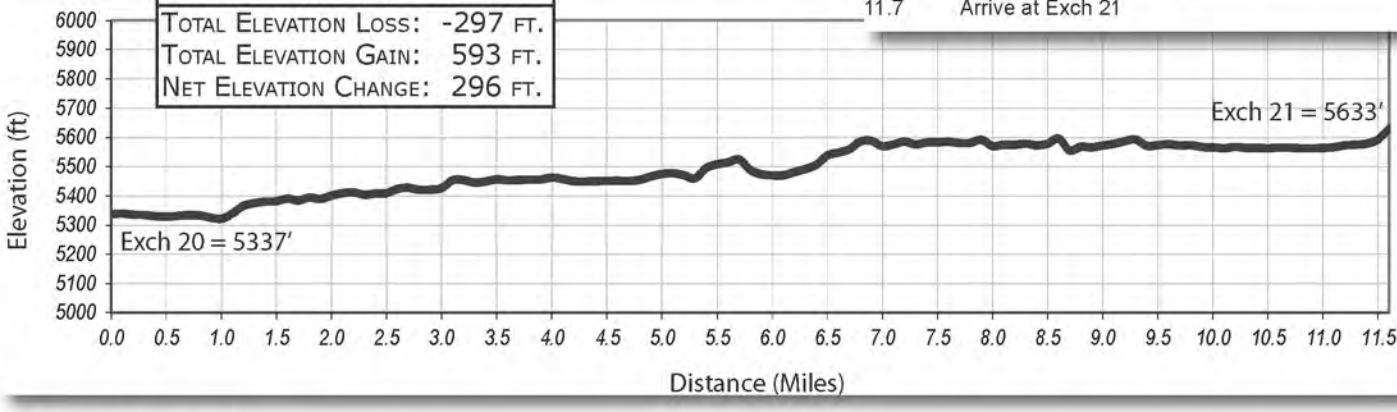
0.0	Depart Exch 20, southeast on Main Street
0.8	Road veers Left and continues over 1-84 over pass.
1.2	Veer RIGHT (S) to Echo Road
5.5	Road veers LEFT (E) into canyon
5.7	Take RIGHT (S) to go under train bridge and high way overpass. Follow road RIGHT (SW) towards the dam. Road will veer LEFT (S).
6.4	Veer left to get on the dirt Union-Pacific Rail Trail, which parallels Echo Dam Rd. Trail is rocky.
7.6	Trail continues through tunnel under the road
10.2	Trail turns from dirt to pavement
11.1	Turn LEFT (E) on 100 N to exit Rail Trail and enter Coalville
11.2	Turn RIGHT (S) onto Main St
11.4	Turn LEFT (E) on Center St at Chevron
11.5	Turn RIGHT (S) on 100 E and climb the hill
11.6	Arrive at Exch 21

VAN ROUTE:

0.0	Vans take SR-86/Echo Road
5.7	Turn RIGHT onto Echo Dam Road
11.2	Stay on Echo Dam Road into Coalville
11.4	Turn LEFT (E) on Center St at Chevron
11.6	Turn RIGHT (S) on 100 E
11.7	Arrive at Exch 21

GPS Coords
Exch 20: 41.024, -111.503
Exch 21: 40.916, -111.395

Total Elevation Loss: -297 ft.
Total Elevation Gain: 593 ft.
Net Elevation Change: 296 ft.



Leg 22 -- 7.5 Miles -- Hard -- NO VAN SUPPORT

EXCH 22 ADDRESS:
Rail Trail Parking
Hoytsville Rd & Old Lincoln Hwy
Coalville, UT 84017 (Just outside of Wanship)
GPS: 40.813238,-111.403666

LEG DESCRIPTION:
Route gradually climbs along Weber River Valley toward Wanship. Most of this leg is on the Union-Pacific Rail Trail.

Vehicles take Hoytsville Rd to the exchange.

LEG NOTES:
Van parking on left side of road in Rail Trail parking lot at corner of Hoytsville Rd and Old Lincoln Hwy in Wanship. No parking on side of road.

NO VAN SUPPORT

Please respect residents. Minimize noise. No cheering during night legs.

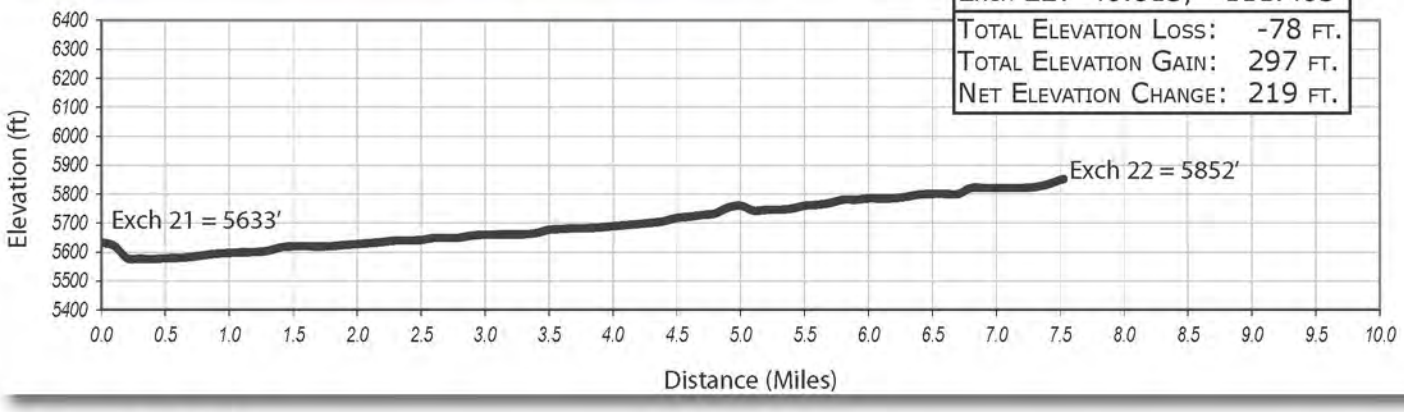
LEG LEGEND:

0.0	Depart Exch 21, west on 100 S
0.1	Veer RIGHT (W) onto 80 S
0.2	Turn LEFT (S) onto Main St / Hoytsville Rd., then turn RIGHT (W) onto 100 S
0.4	Turn LEFT (S) onto rail trail
7.5	Arrive at Exch 22

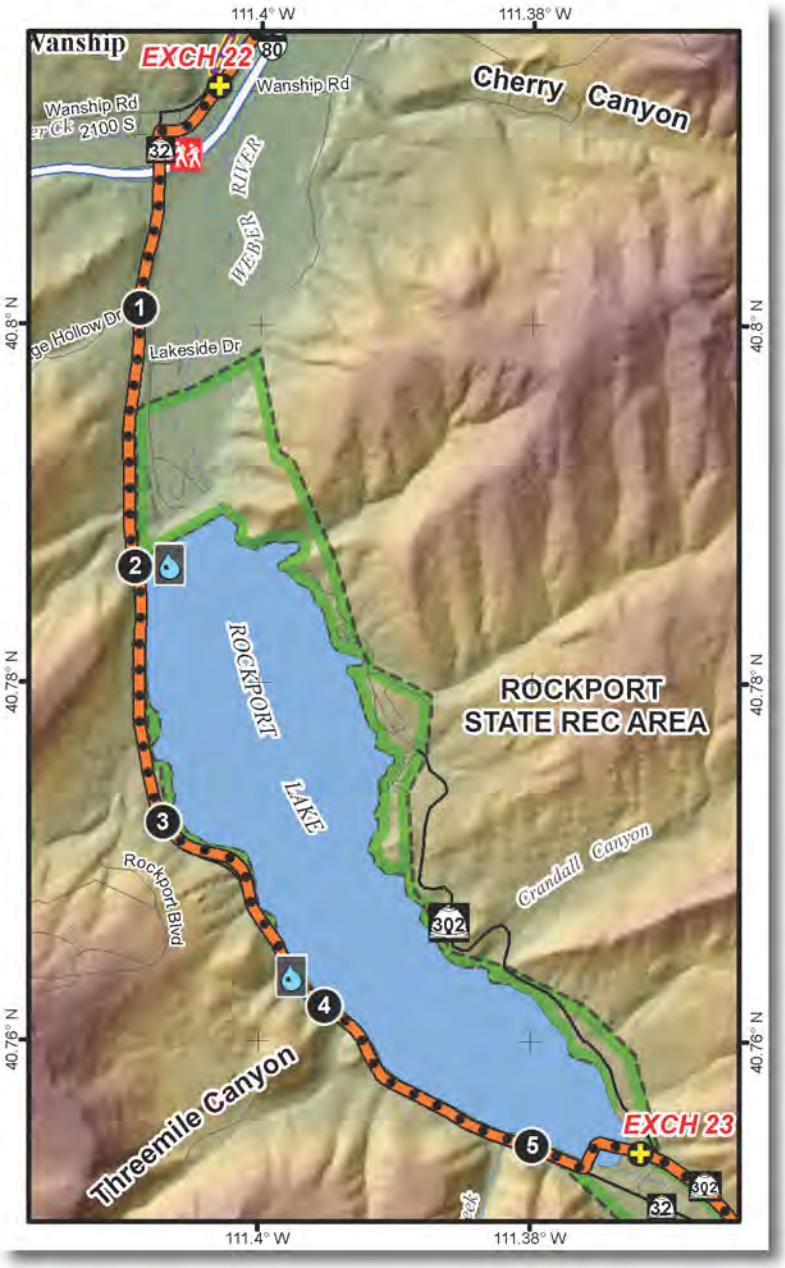
VAN ROUTE:

0.0	Depart Exch 21, west on 100 S
0.1	Veer RIGHT (W) onto 80 S
0.2	Turn LEFT (S) onto Main St / Hoytsville Rd
7.3	Continue STRAIGHT (S) on Hoytsville Road to Exchange

GPS Coords	
Exch 21:	40.916, -111.395
Exch 22:	40.813, -111.403
Total Elevation Loss:	-78 ft.
Total Elevation Gain:	297 ft.
Net Elevation Change:	219 ft.



Leg 23 - 5.5 Miles - Moderate - No Pulling Over/No Van Support



EXCH 23 ADDRESS:

Rockport State Park
Peoa, UT 84061
GPS: 40.753387,-111.373024

LEG DESCRIPTION:

Route leaves Wanship and goes around Rockport Lake.

LEG NOTES:

Exchange is located on left side of road immediately after entrance to Rockport State Park. Incoming vans will turn LEFT (E) into park. Outgoing vans will follow Siddoway Road heading southeast out of the exchange to SR-32.

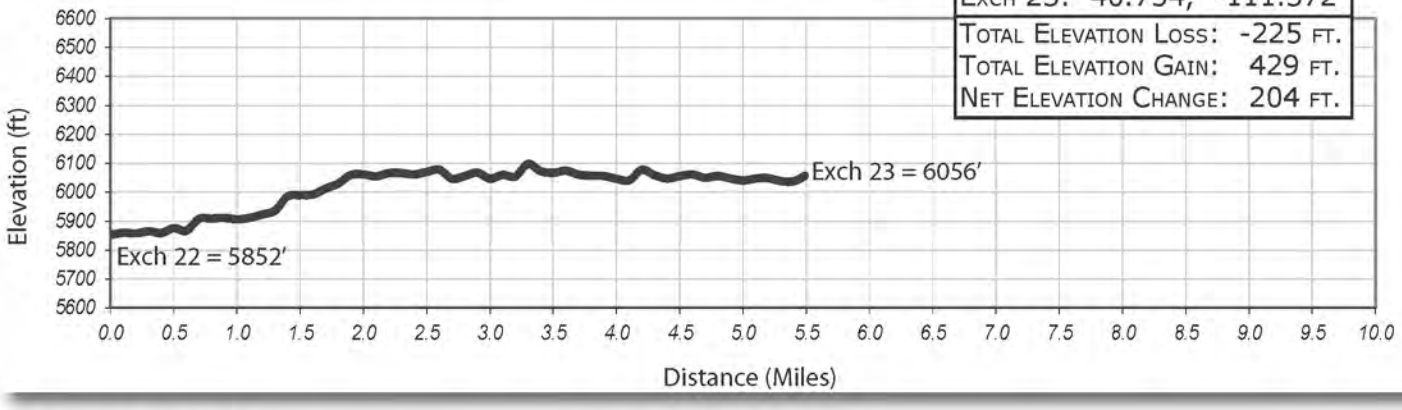
VANS: ABSOLUTLEY NO PULLING OVER AND NO VAN SUPPORT on SR-32. Violators may be ticketed by Summit County Police. Water Stations will be provided for runners.

Please respect residents. Minimize noise. No cheering during night legs.

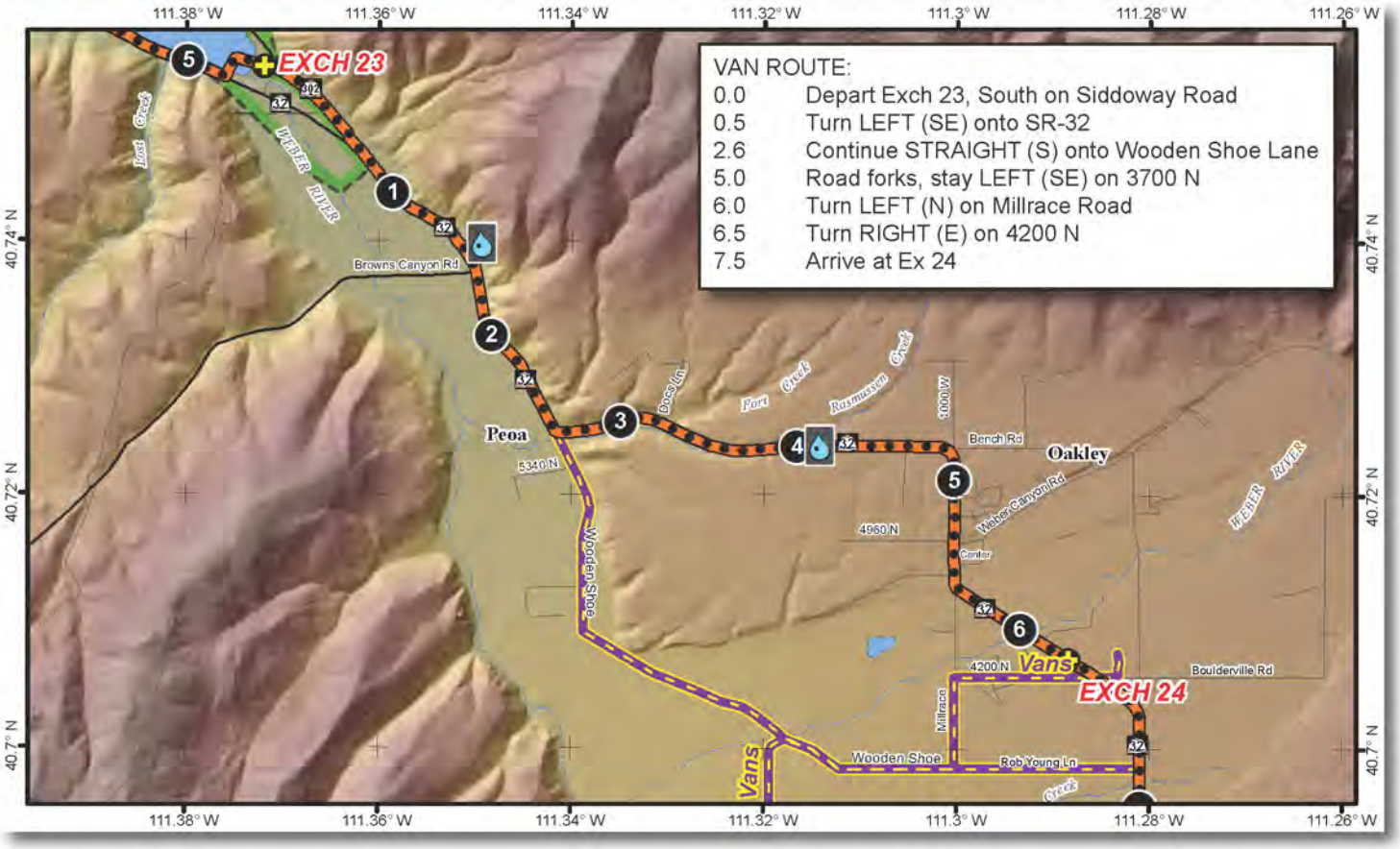
LEG LEGEND:

0.0	Depart Exch 22, southwest on Union Pacific Rail Trail
0.2	Turn LEFT (S) onto SR-32 / Main St
5.2	Turn LEFT (NE) into Rockport State Park / SR-302, south campground entrance
5.5	Arrive at Exch 23

GPS Coords	
Exch 22:	40.813, -111.403
Exch 23:	40.754, -111.372
Total Elevation Loss:	-225 ft.
Total Elevation Gain:	429 ft.
Net Elevation Change:	204 ft.



Leg 24 -- 6.3 Miles -- Hard -- No Pulling Over/No Van Support



EXCH 24 ADDRESS:
Oakley Rodeo Grounds
4300 N Hwy32
Oakley, UT 84036
GPS: 40.7066444°, -111.2873778°

LEG DESCRIPTION:
QUIET ZONE!
Moderate climb into town of Oakley

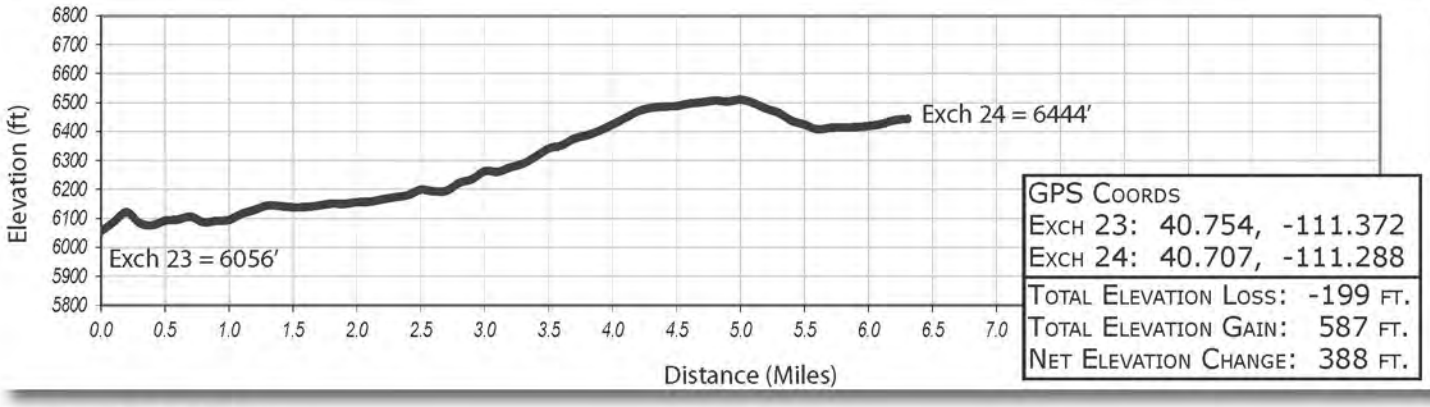
LEG NOTES:
Incoming vans enter through main entrance off Hwy 32. Outgoing vans exit on opposite side of rodeo grounds, turn south to reach Boulderville Rd (4200 N) and exit south on Hwy 32. Exchange 24 offers outdoor sleeping areas and fundraising breakfasts.

VANS: ABSOLUTLEY NO PULLING OVER AND NO VAN SUPPORT on SR-32. Please follow Van directions below. Violators may be ticketed by Summit County Police. Water Stations will be provided for runners.

Please respect residents. Minimize noise. No cheering during night legs.

LEG LEGEND:

0.0	Depart Exch 23, South on Siddoway Road
0.8	Turn LEFT (SE) onto SR-32
2.6	Turn LEFT (E) to stay on SR-32
4.8	Turn RIGHT (S) to stay on SR-32 (Main St)
5.6	Turn LEFT (SE) to stay on SR-32
6.3	Arrive at Exch 24



Van I -- Legs 25-30 -- 30.6 Miles

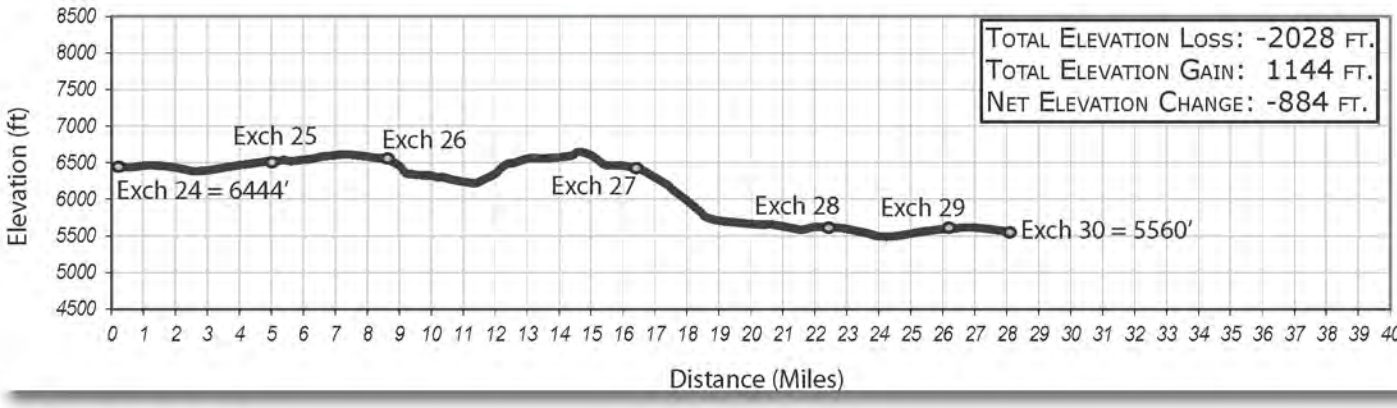
OVERVIEW DESCRIPTION:
Runner at the beginning of this set of legs will enjoy relatively moderate terrain through Kamas Valley as they pass through the towns of Oakley, Kamas, and Francis. Runners will take on some rolling hills as they pass by the Jordanelle Reservoir, and then hit a bone jarring descent into Heber Valley. After the descent, runners wind their way through Midway and Heber to arrive at Exchange 30.

INACTIVE VAN ROUTE TO ALT VENUE AND EXCH 30:

0.0	Depart Exch 24, traveling southeast on SR-32
0.8	Turn RIGHT (W) onto Rob Young Lane/3700 North
2.7	Turn LEFT (S) onto Democrat Alley/2000 West (You're out in the boonies. Don't worry about it.)
7.1	Turn LEFT (E) onto 200 S/ SR-248 towards Kamas
8.9	Turn LEFT (N) onto 200 E
9.1	Turn RIGHT (E) onto Center Street and RIGHT (S) on 300 E to go to the Alt Venue* for indoor sleeping, hot showers, and breakfast.
9.6	Arrive at Alt Venue (South Summit High School)
**********	
9.6	Retrace path back to SR-32/Main Street
9.8	Head WEST on 200 S in Kamas to follow SR-248 towards Park City. (Your GPS may indicate a faster way to Heber, but this route will help avoid potential traffic problems and improve the safety of our runners. On a non-Ragnar day it only takes 5-minutes longer anyway.)
21.5	At the interchange with US-40, turn LEFT (S) towards Heber.
30.6	At first stop light, continue straight to Heber.
34.0	Continue to follow US-40 / Main St all the way through Heber
35.3	Turn RIGHT (SW) onto SR-189
35.8	Turn RIGHT (NW) on Industrial Parkway
36.3	Turn LEFT (W) on School House Way
36.4	Arrive at Exch 30 (Rocky Mountain Middle School)

***Alternative Venue**
In an effort to reduce congestion at Exchange 30, teams should proceed to South Summit High School in Kamas as an alternate waiting point. Van 2 should wait at South Summit High School and arrive at Exchange 30 at least one hour prior to Van 1. South Summit High School will offer food, sleeping, showers, water, first aid, and restroom facilities.

Please note that Exchange 30 will still be the exchange hand off location and teams should plan accordingly to make it to Exchange 30 before Van 2.



Leg 25 - 5.0 Miles - Easy - No Pulling Over/No Van Support

EXCH 25 ADDRESS:

South Summit High School
45 S 300 E
Kamas, UT 84036
GPS: 40.6424500°, -111.2741361°

LEG DESCRIPTION:
QUIET ZONE!
Fairly flat route from Oakley to Kamas.

LEG NOTES:
Food, showers, sleeping areas, restrooms, and water available at South Summit High School.

VANS: ABSOLUTLEY NO PULLING OVER AND NO VAN SUPPORT on SR-32. Please follow Van directions below. Violators may be ticketed by Summit County Police. A water Station will be provided for runners.

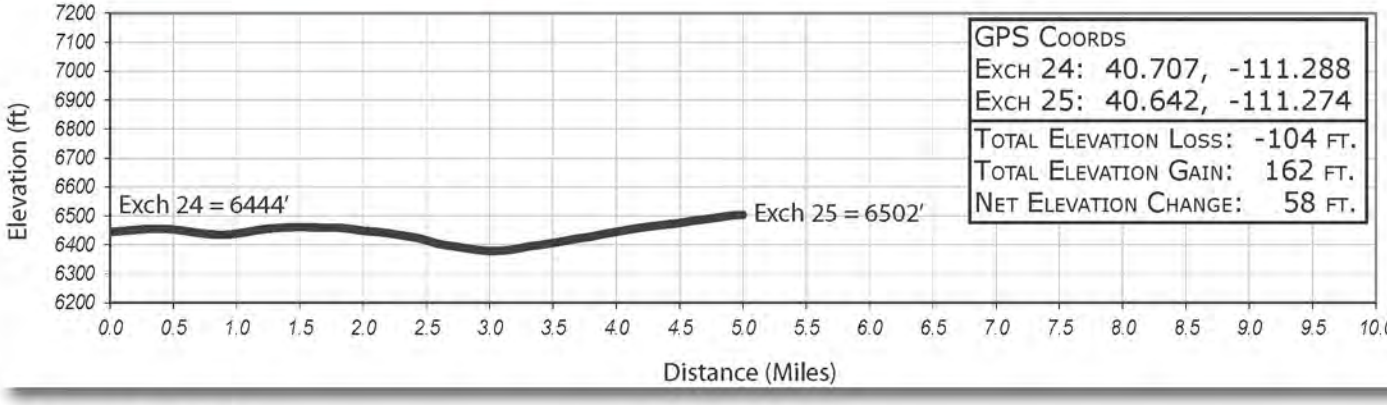
Please respect residents. Minimize noise. No cheering during night legs.

LEG LEGEND:

0.0	Depart Exch 24, southeast on SR-32
4.3	Turn LEFT (E) on 300 N
4.5	Turn RIGHT (S) on 200 E
4.8	Turn LEFT (E) onto Center St
5.0	Turn RIGHT (S) on 300 E, arrive at Exch 25

VAN ROUTE:

0.0	Depart Exch 24, sortheast on SR-32
0.6	Turn RIGHT (W) on Rob Young Lane/3700 N
2.6	Keep LEFT (S) at the fork onto Democrat Alley/ 2000 West
7.0	Turn LEFT (E) onto 200 S/SR-248
9.0	Turn LEFT (N) onto 200 E
9.2	Turn RIGHT (E) onto Center Street and RIGHT (S) on 300 E
9.4	Arrive at Exch 25



GPS Coords	
Exch 24:	40.707, -111.288
Exch 25:	40.642, -111.274
Total Elevation Loss:	-104 ft.
Total Elevation Gain:	162 ft.
Net Elevation Change:	58 ft.

Leg 26 -- 3.6 Miles -- Easy

EXCH 26 ADDRESS:

Francis Town Park
2317 S Spring Hollow Rd
Francis, UT 84036
GPS: 40.6090444°, -111.2803556°

LEG DESCRIPTION:
QUIET ZONE!
Gentle climb leaves Kamas and enters Francis.

LEG NOTES:

Vans will turn LEFT (E) at 4-way stop before Exch 26 to enter exchange from the field.

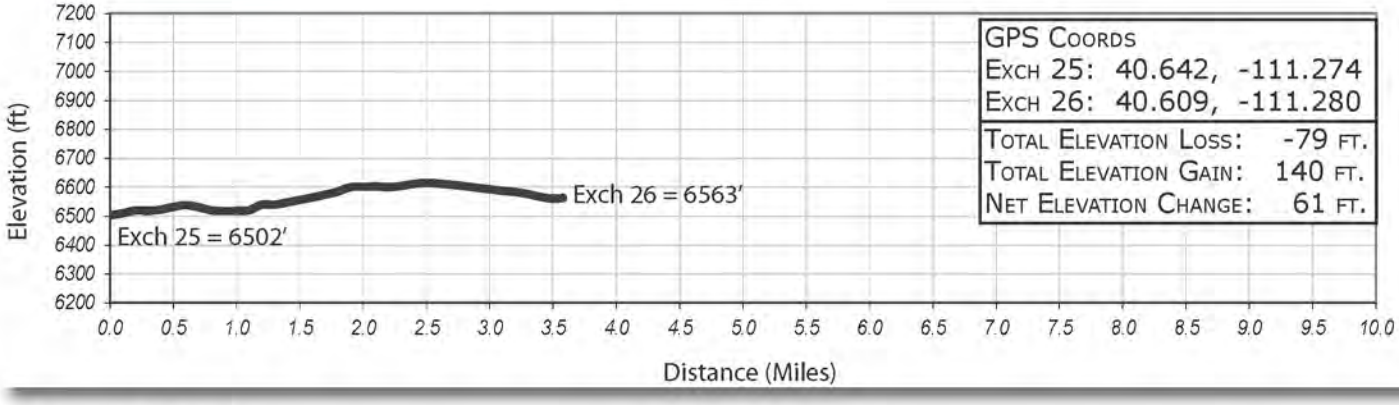
Please respect residents. Minimize noise. No cheering during night legs.

LEG LEGEND:

0.0	Depart Exch 25, south on 300 E
0.4	Turn LEFT (E) on 400 S
0.6	Turn RIGHT (S) on Foothill Dr/500 E
2.5	Turn RIGHT (W) on W Main Village Way/SR-35
3.5	Turn LEFT (S) onto SR-32
3.6	Arrive at Exch 26

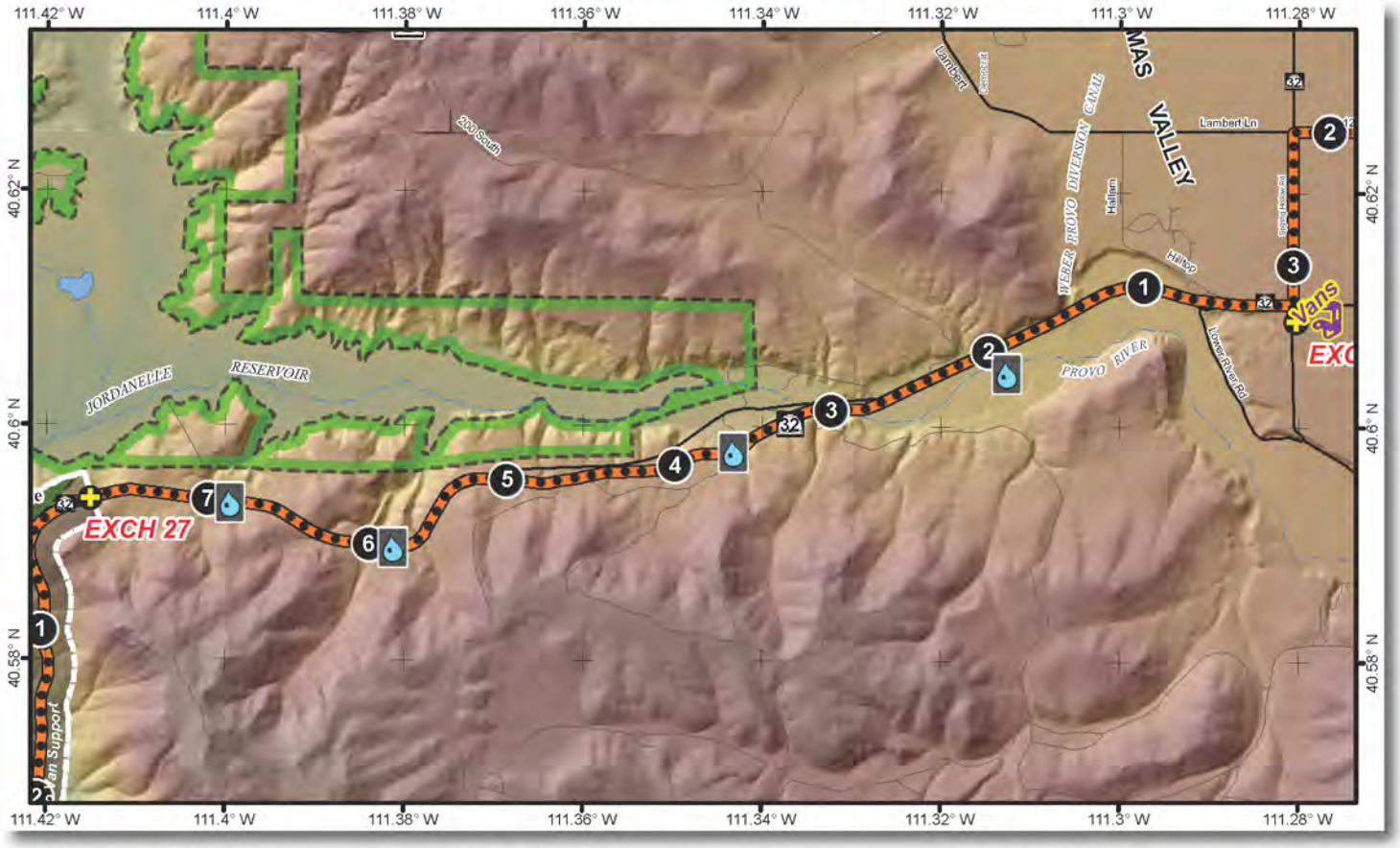
VAN ROUTE:

0.0	Depart Exch 25, south on 300 E
0.4	Turn LEFT (E) on 400 S
0.6	Turn RIGHT (S) on Foothill Dr / 500 E
1.4	Turn RIGHT (W) on Page Ln
2.2	Turn LEFT (S) on SR-32
3.2	Turn LEFT (E) on Main Village Way/ SR-35
3.5	Arrive at Exch 26



GPS Coords	
Exch 25:	40.642, -111.274
Exch 26:	40.609, -111.280
Total Elevation Loss:	-79 ft.
Total Elevation Gain:	140 ft.
Net Elevation Change:	61 ft.

Leg 27 -- 7.7 Miles -- Very Hard -- NO VAN SUPPORT



EXCH 27 ADDRESS:

Jordanelle Reservoir Overlook Area
US-32
GPS: 40.593893,-111.415246

LEG DESCRIPTION:

Difficult rolling route leaves Francis and goes by Jordanelle Reservoir on SR-32.

LEG NOTES:

Van parking on right side of road at scenic overlook.

VANS: ABSOLUTLEY NO PULLING OVER AND NO VAN SUPPORT on SR-32. Violators may be ticketed by Summit County/ Wasatch County Police. A water Station will be provided for runners.

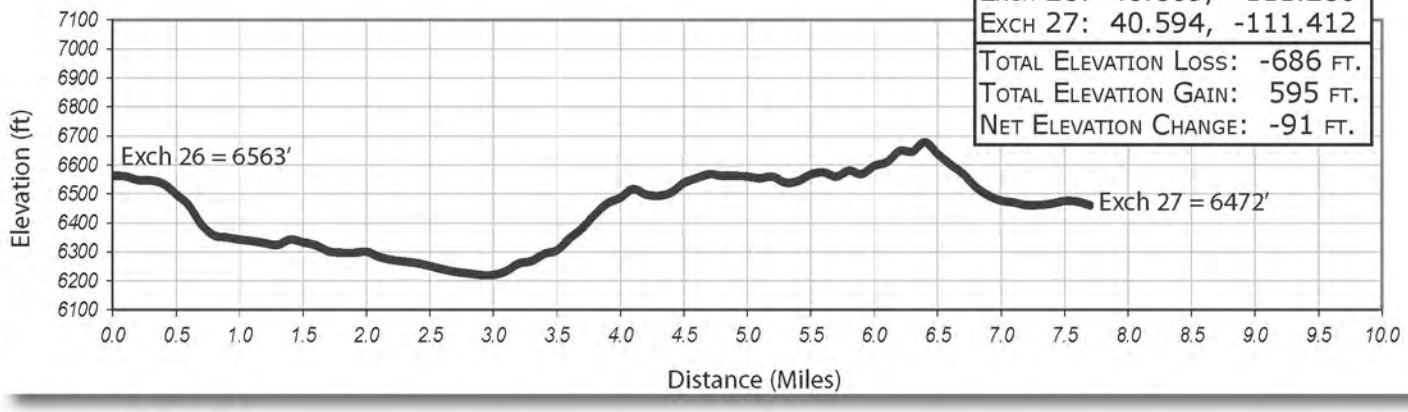
Please respect residents. Minimize noise. No cheering during night legs.

LEG LEGEND:

0.0	Depart Exch 26, north on Spring Hollow Rd
0.1	Turn LEFT (W) on SR-32
7.7	Arrive at Exch 27

GPS Coords
Exch 26: 40.609, -111.280
Exch 27: 40.594, -111.412

Total Elevation Loss: -686 ft.
Total Elevation Gain: 595 ft.
Net Elevation Change: -91 ft.



Leg 28 -- 6.1 Miles -- Hard -- NO VAN SUPPORT

EXCH 28 ADDRESS:

Field SW of Heber Valley Artisan Cheese
881 River Road
Midway, UT 84049
GPS: 40.5256750°, -111.4628889°

LEG DESCRIPTION:
Route plummets into Heber Valley, crosses the Provo River, and enters Midway. Be prepared for a quick descent!

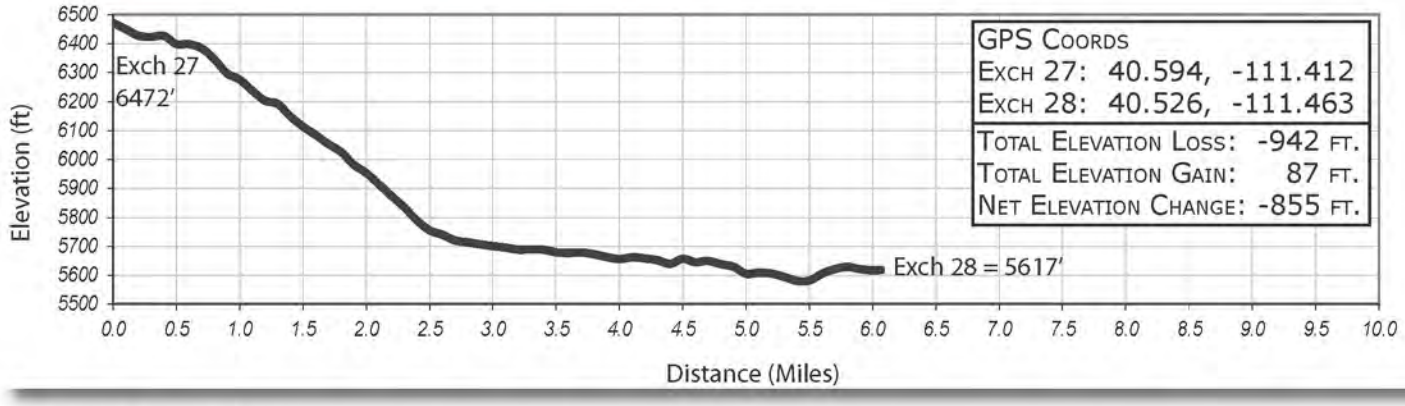
LEG NOTES:
Officers at intersection of US-40 and SR-32 to help runners cross. Runners should be prepared to wait. Please follow their directions and be sure to shout out a Thank You to these gents that help us every year!

Vans continue straight through stop light at intersection with US-40 and follow River Road to Midway. At roundabout, turn left to follow River Road to Exchange 28 on your right .

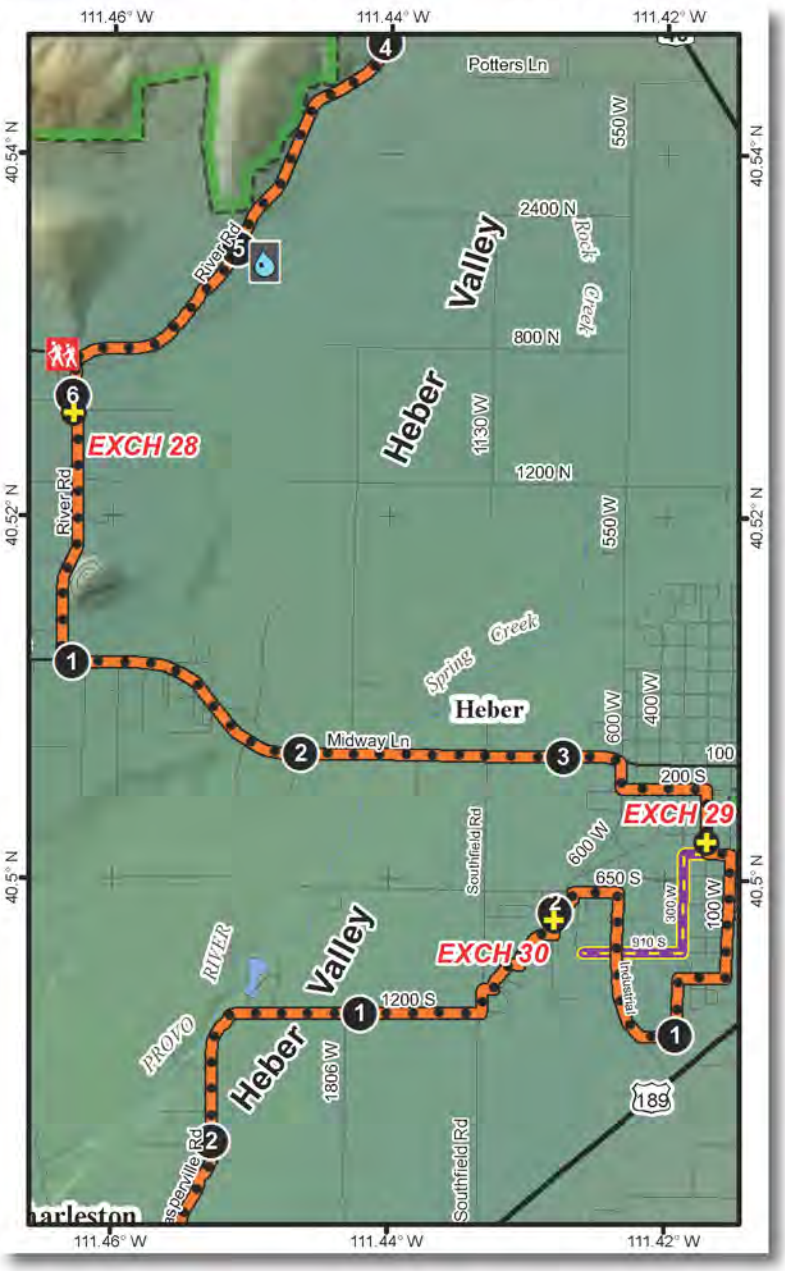
NO VAN SUPPORT
Please respect residents. Minimize Noise. No cheering during night legs.

LEG LEGEND:

0.0	Depart Exch 27, southwest on SR-32. Run against traffic.
2.9	Continue STRAIGHT (W) through US-40 intersection. Obey Police Officers at intersection! Run WITH traffic.
3.4	Cross bridge over Provo River.
5.2	At Dutch Hollow Road enter bike trail, parallel with River Road.
5.9	At roundabout, take second RIGHT (W) onto Burgi Lane
5.95	After 20 yards, cross Burgi Lane to sidewalk trail, heading south towards Memorial Hill.
6.1	Arrive at Exch 28



Leg 29 -- 3.9 Miles -- Easy



EXCH 29 ADDRESS:

LDS Chapel
500 S 200 W
Heber City, UT 84032
GPS: 40.5016167°, -111.4168028°

LEG DESCRIPTION:

Leg wanders past Memorial Hill and follows Midway Ln into Heber.

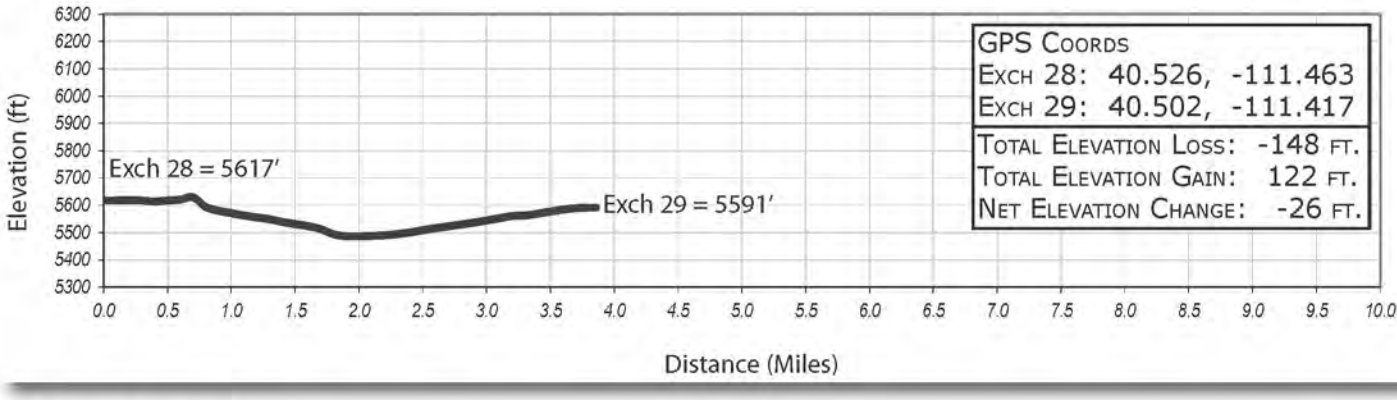
LEG NOTES:

We recommend vans head straight to Exch 30 after dropping off their runner to have ample time to park and meet their team.

Please respect residents. Minimize noise. No cheering during night legs.

LEG LEGEND:

0.0	Depart Exch 28, heading south on River Road, RUNNING WITH TRAFFIC.
1.0	Cross Main St and turn left, running against traffic
1.6	Get on paved trail paralleling Midway Ln
1.8	Cross bridge over Provo River
3.2	Turn RIGHT (S) on 600 W
3.3	Turn LEFT (E) on 200 S
3.7	Turn RIGHT (S) on 200 W
3.9	Arrive at Exch 29



GPS Coords	
Exch 28:	40.526, -111.463
Exch 29:	40.502, -111.417
Total Elevation Loss:	-148 ft.
Total Elevation Gain:	122 ft.
Net Elevation Change:	-26 ft.

Leg 30 -- 2.0 Miles -- Easy

EXCH 30 ADDRESS:
Rocky Mountain Middle School
800 W School House Way
Heber, UT 84032
GPS: 40.4978028°, -111.4279917°

LEG DESCRIPTION:
Flat leg through city of Heber

LEG NOTES:
Exchange and parking at Rocky Mountain Middle School.

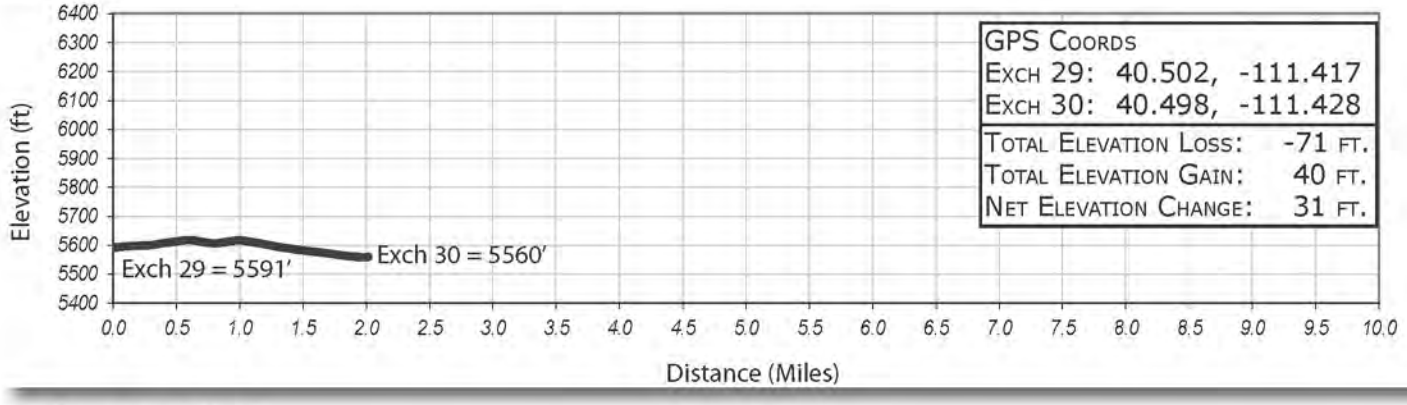
Please respect residents. Minimize noise. No cheering during night legs.

LEG LEGEND:

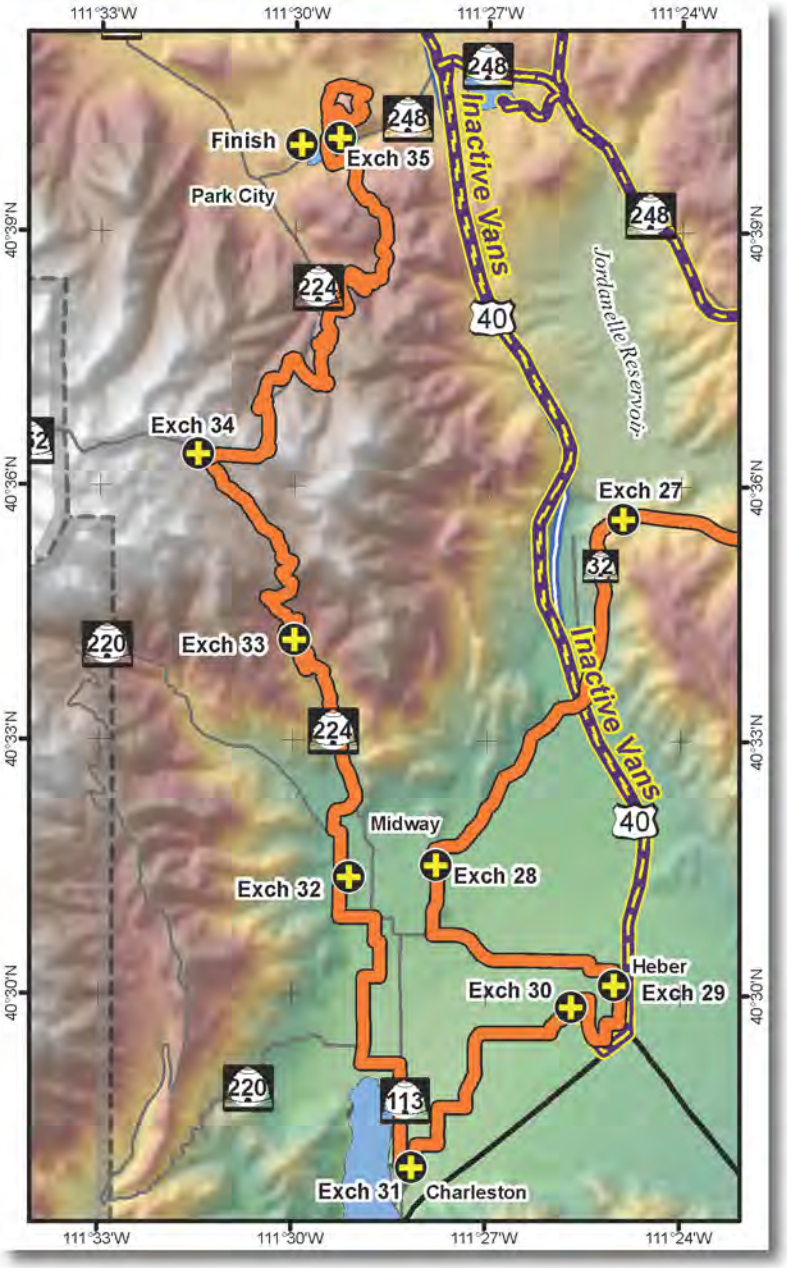
0.0	Turn LEFT (E) on 500 S
0.1	Turn RIGHT (S) on 100 W
0.6	Turn RIGHT (W) on 1000 S
0.8	Turn LEFT (S) on 300 W
1.0	Turn RIGHT (W) on Daniel Road
1.1	Turn RIGHT (N) on Industrial Pkwy
1.7	Turn LEFT (W) on 650 S
1.9	Turn LEFT (S) on School House Way
2.0	Arrive at Exch 30

Van Directions:

0.0	Depart exchange 29 heading south and immediately turn RIGHT (W) on 500 S
0.1	Turn LEFT (S) on 300 W
0.5	Turn RIGHT (W) on 910 S
0.9	Arrive at Exch 30



Van 2 -- Legs 31-36 -- 30.6 Miles



OVERVIEW DESCRIPTION:

This set of legs begins by traversing through Heber City, Charleston, and Midway. Then begins the quad-burning climb up Ragnar Hill, the namesake of the Series, and over Guardsman Pass in Wasatch Mountain State Park. The subsequent descent into Park City is noted by many to be nearly as brutal as the climb, but runners will be treated to grand views in reward.

IN CASE OF INJURY on legs 33-34, runners should proceed uphill to the next exchange point to receive treatment.

ONLY VAN 2 IS ALLOWED TO PARK AT THE FINISH LINE!! Van 1 will be shuttled into the Finish.

INACTIVE (VAN 1) ROUTE TO FINISH LINE:

0.0	Depart Exch 30, south on School House Way
0.4	Turn RIGHT (S) on Industrial Parkway
0.9	Turn LEFT (NE) on US-189
1.3	Turn LEFT (N) on Main St / US-40. Continue north on US-40 past Jordanelle Reservoir toward Park City.
15.2	Exit US-40 at Exit 4 and turn RIGHT (E) on SR-248 towards Kamas
17.2	Turn RIGHT (W) onto Richardson Flat Road, just past the Stock Building Supply.
18.2	Turn RIGHT (N) into Richardson's Flat
18.2	Arrive at shuttle parking area

Leg 31 -- 4.1 Miles -- Easy

EXCH 31 ADDRESS:

LDS chapel, Charleston
3413 W 3400 S
Heber, UT 84032
GPS: 40.4661444°, -111.4688944°

LEG DESCRIPTION:

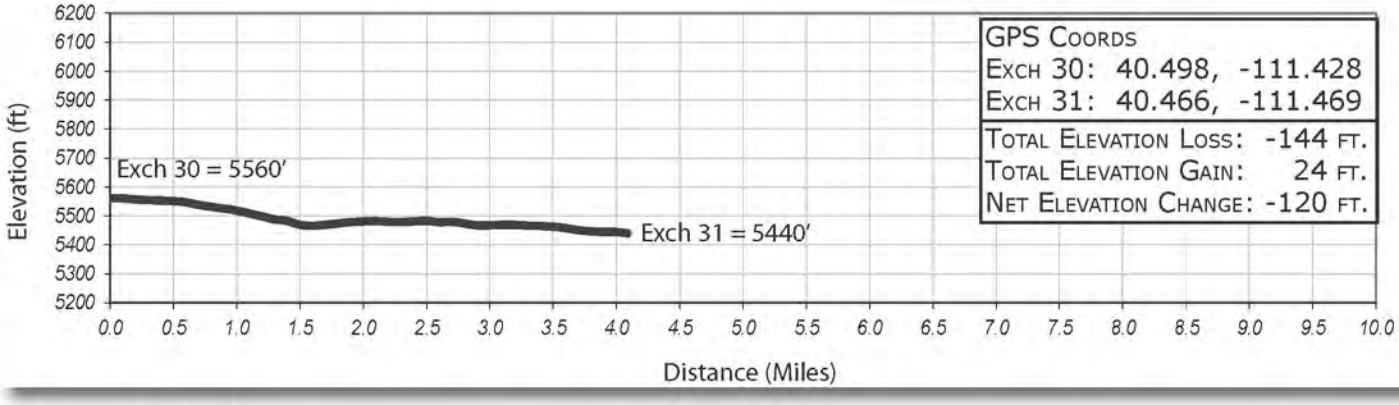
Passes through agricultural/livestock field from Heber to Charleston.

LEG NOTES:

Van parking at LDS chapel in Charleston.

LEG LEGEND:

0.0	Depart Exch 30, south on School House Way
0.1	Turn RIGHT (W) on Hicken Ln
0.3	Turn RIGHT (W) on 960 S, road name changes 1140 W and then to 1100 S
0.5	Turn LEFT (S) on Southfield Rd/1200 W
0.55	Turn RIGHT (W) on 1200 S
0.6	Cross railroad tracks. Use caution. Unplug earphones.
1.5	Road veers left, becomes Casperville Rd
2.15	Cross railroad tracks. Use caution. Unplug earphones.
2.5	Turn RIGHT (W) on 2400 S
2.9	Turn LEFT (S) on 3000 W
3.4	Turn RIGHT (W) on 3000 S
3.7	Turn LEFT (S) on 3400 W
4.0	Turn RIGHT (W) on 3400 S
4.1	Arrive at Exch 31



GPS Coords	
Exch 30:	40.498, -111.428
Exch 31:	40.466, -111.469
Total Elevation Loss:	-144 ft.
Total Elevation Gain:	24 ft.
Net Elevation Change:	-120 ft.

Leg 32 -- 5.5 Miles -- Moderate

EXCH 32 ADDRESS:

Homestead Resort
700 N Homestead Dr
Midway, UT 84049
GPS: 40.5232639°, -111.4852861°

LEG DESCRIPTION:

Passes Deer Creek Reservoir to the city of Midway.

LEG NOTES:

Van parking at Homestead Resort. Overflow parking 200 yards north on Bluff Road.

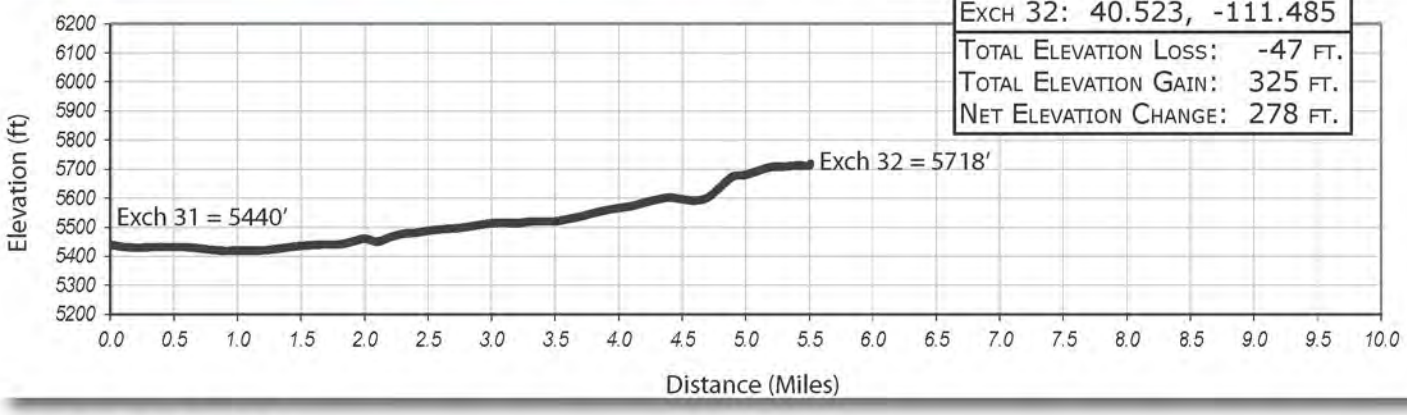
LEG LEGEND:

0.0	Depart Exch 31 west
0.1	Turn RIGHT (N) on Charleston Rd / 3600 W
1.6	Turn LEFT (W) on Tate Ln
2.1	Turn RIGHT (N) on Stringtown Rd
3.3	Turn RIGHT (E) on 500 S
3.5	Turn LEFT (N) on 250 W
4.0	Turn LEFT (W) on 100 S
4.0	Turn RIGHT (N) on 300 W
4.4	Turn LEFT (W) on 200 N
4.8	Road turns RIGHT (N), becomes Homestead Drive
5.5	Arrive at Exch 32, Homestead Resort

Van Route:

0.0	Depart Exch 31 heading west
0.2	Turn RIGHT (N) on Charleston Rd / 3600 W
1.6	Continue STRAIGHT (N) road becomes Center Street
3.3	Turn LEFT (W) on Main Street
3.7	Turn RIGHT (N) on 300 W to meet back up with runner path

GPS Coords	
Exch 31:	40.466, -111.469
Exch 32:	40.523, -111.485
Total Elevation Loss:	-47 ft.
Total Elevation Gain:	325 ft.
Net Elevation Change:	278 ft.



Leg 33 - 4.4 Miles - You've got to be Kidding Me!

EXCH 33 ADDRESS:

Exactly 3.0 miles up Pine Canyon Rd (SR-224) from Warm Springs Rd
GPS: 40.569928,-111.499875

LEG DESCRIPTION:

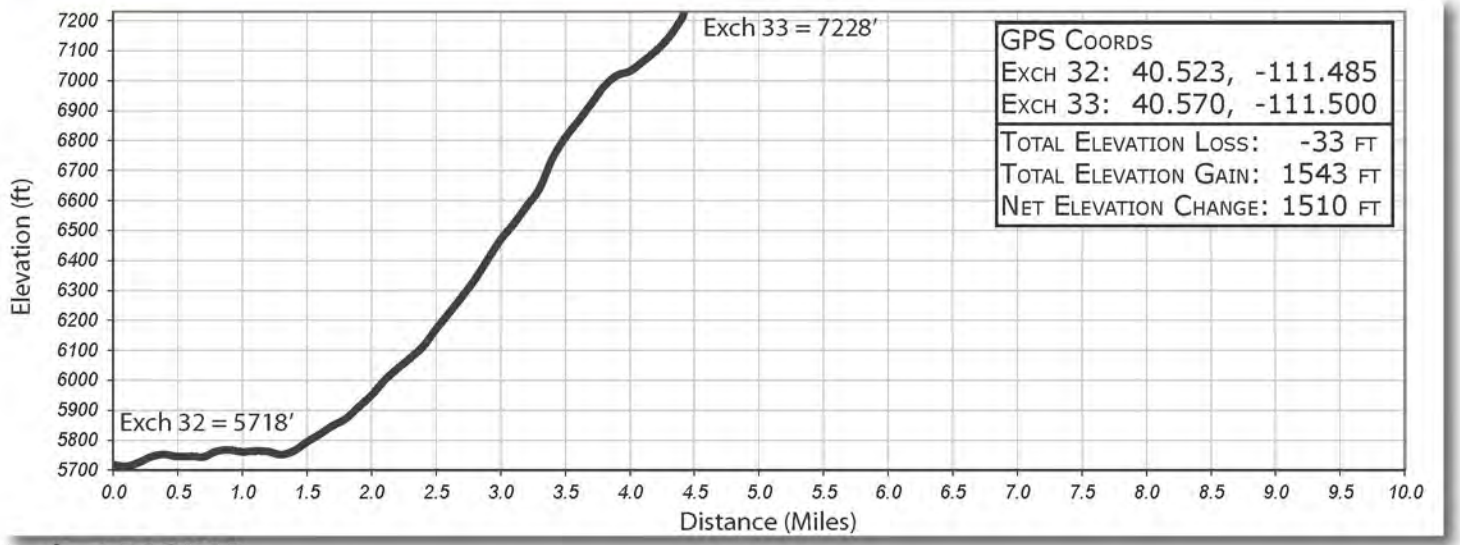
Severe uphill climb through Wasatch Mountain State Park on gravel road.

LEG NOTES:

Vans should park on right side of the road. Parking is VERY limited. Please do not leave road. Be very careful to throw all trash in trash cans. We are dependent on the support of Wasatch Mountain State Park. Because of limited parking, please do not linger here longer than necessary.

LEG LEGEND:

0.0	Depart Exch 32 at Homestead Resort heading North on Homestead Drive/700 W
0.7	Veer LEFT (W) road becomes Snake Creek Canyon Road
0.8	Turn RIGHT (N) onto Warm Springs Road
1.4	Merge LEFT (N) onto Pine Canyon Rd
1.5	Run up the mountain.
4.4	Arrive at Exch 33



Leg 34 "Ragnar" -- 4.0 Miles -- Very Hard

EXCH 34 ADDRESS:
Summit of Guardsman Pass
GPS: 40.6065722°, -111.5249722°

LEG DESCRIPTION:

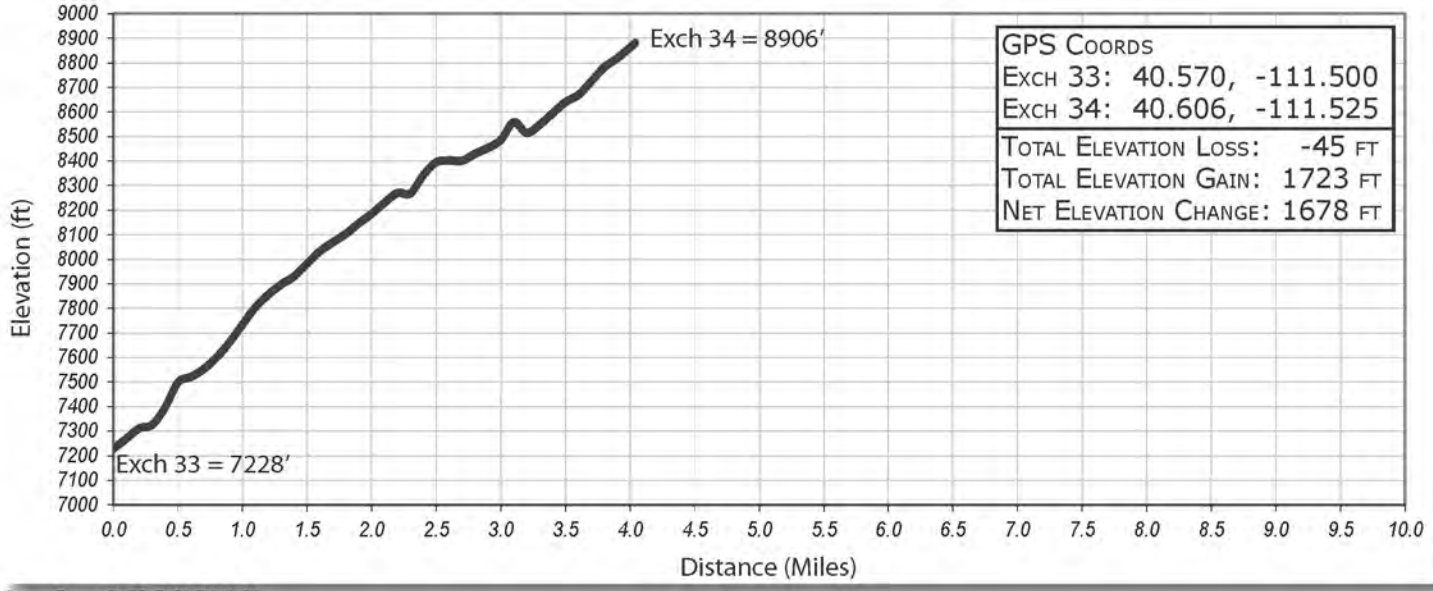
Severe uphill climb through Wasatch Mountain State Park on gravel road.

LEG NOTES:

Parking is limited; do not linger at exchange. Please do not leave road. Be very careful to throw all trash in trash van. We are dependent on the support of Wasatch Mountain State Park. Hydrate, Hydrate, Hydrate!

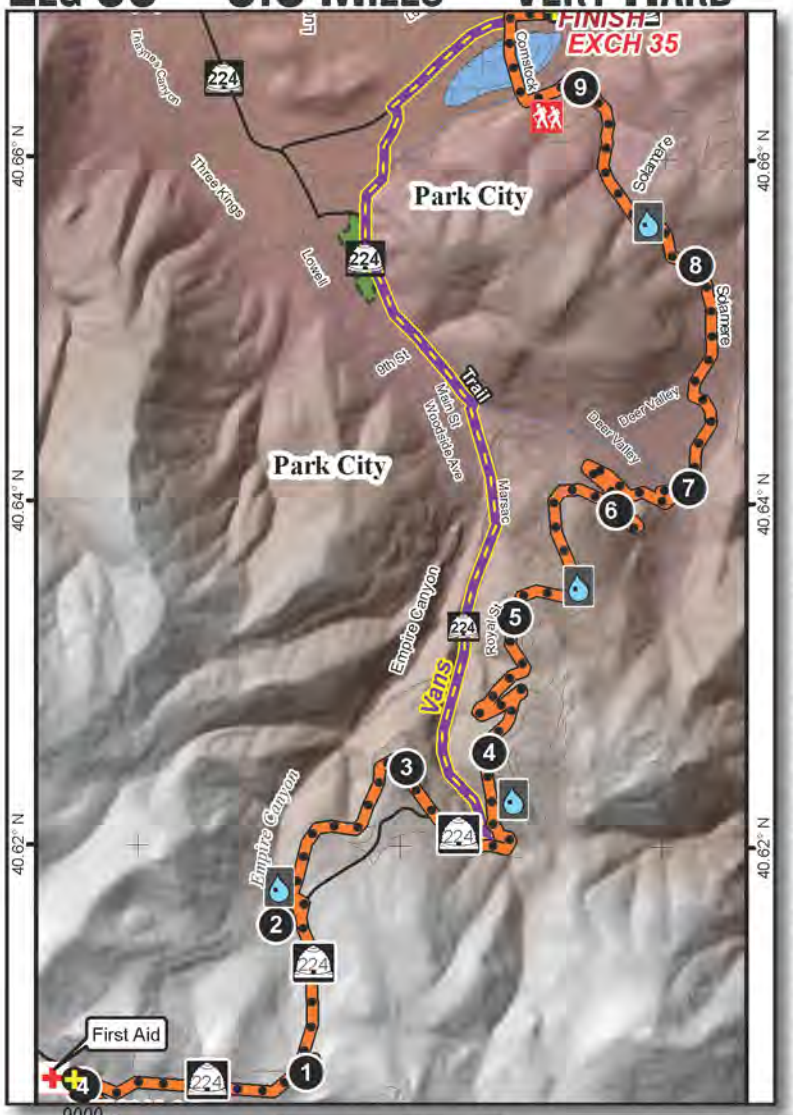
LEG LEGEND:

0.0	Depart Exch 33, north on SR-224
2.2	Midway Reservoir (look through the trees on right side)
4.0	Arrive at Exch 34. Road intersects at Park City / Brighton road sign



GPS Coords	
Exch 33:	40.570, -111.500
Exch 34:	40.606, -111.525
Total Elevation Loss:	-45 ft
Total Elevation Gain:	1723 ft
Net Elevation Change:	1678 ft

Leg 35 -- 9.8 Miles -- Very Hard -- NO VAN SUPPORT



EXCH 35 ADDRESS: Park City High School
1750 Kearns Blvd, Park City, UT 84060
GPS: 40.6686472°, -111.4885667°

LEG DESCRIPTION:

Severe downhill drop into Park City.

LEG NOTES:
NO VAN SUPPORT- NO STOPPING ZONE! Teams must proceed directly to PCHS. You must not pull over at any time. Ragnar Staff and PC Law Enforcement will be monitoring.

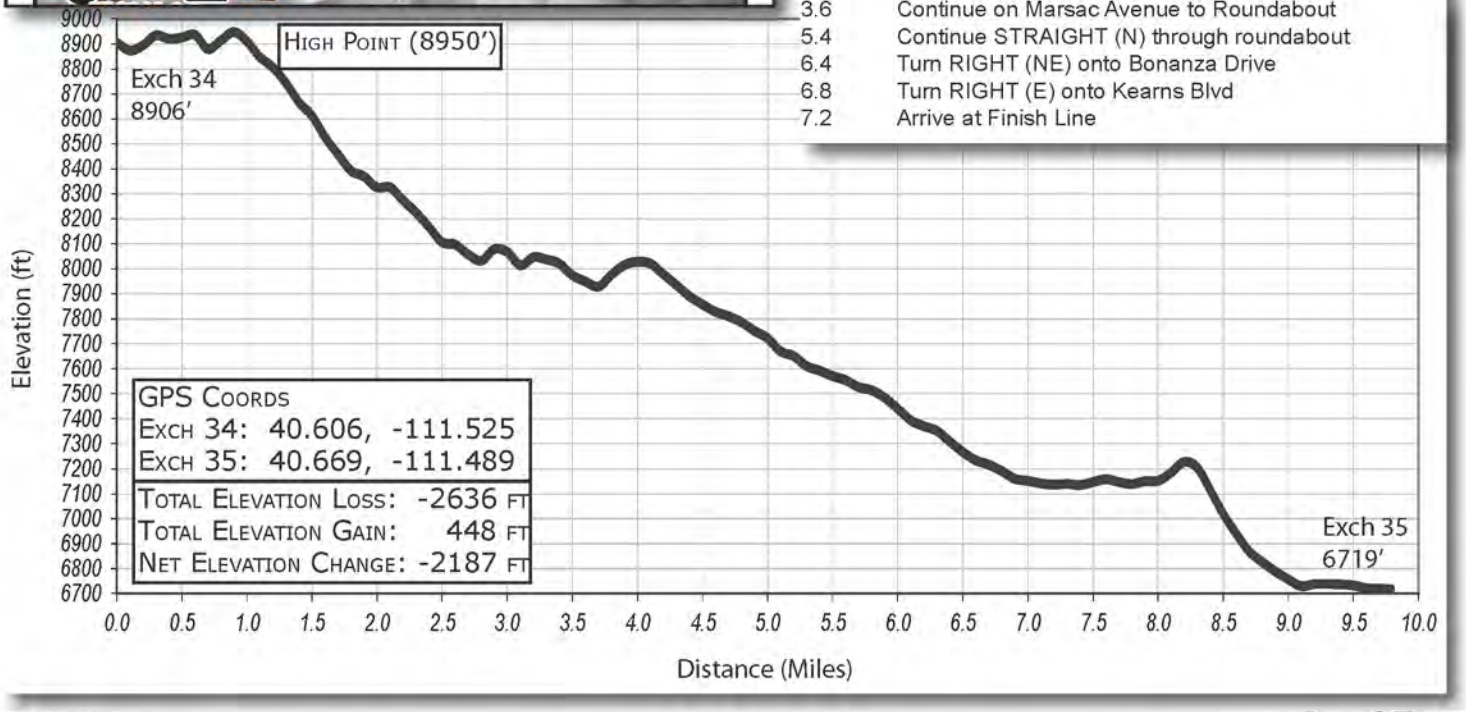
Van 2- You must proceed directly to Park City High School. You will need to park at the PCHS and walk over to exchange 35. Make sure you give yourself plenty of time to do so.

LEG LEGEND:

0.0	Depart Exchange 34 and turn RIGHT (E) to remain on SR- 224
0.9	Turn RIGHT (N) onto Marsac Ave/SR-224
3.6	Turn RIGHT (N) onto the Guardsman Connection Road (Vans stay left on Marsac Ave/SR-224)
3.9	Turn LEFT (N) onto Royal St
6.8	Turn LEFT (N) onto Deer Valley Dr
6.9	Turn RIGHT (E) on Doe Pass Road
7.0	Turn LEFT (N) on Deer Valley Dr
7.4	Turn RIGHT (N) on Solamere Dr
8.2	Turn LEFT (W) onto trail
8.8	Continue onto Euston Dr
9.0	Run through Paddington Dr and turn LEFT (W) onto Rail Trail
9.2	Turn RIGHT (N) on Comstock Drive
9.6	Turn RIGHT (E) on trail
9.8	Arrive at Exch 35

VAN DIRECTIONS

0.0	Depart Exchange 34 and turn RIGHT (E) to remain on SR- 224
0.9	Turn RIGHT (N) onto Marsac Ave/SR-224
3.6	Continue on Marsac Avenue to Roundabout
5.4	Continue STRAIGHT (N) through roundabout
6.4	Turn RIGHT (NE) onto Bonanza Drive
6.8	Turn RIGHT (E) onto Kearns Blvd
7.2	Arrive at Finish Line



Leg 36 -- 2.8 Miles -- Moderate -- NO VAN SUPPORT

FINISH LINE ADDRESS:

Park City High School
1750 Kearns Blvd
Park City, UT 84060
GPS: 40.6699194°, -111.4891917°

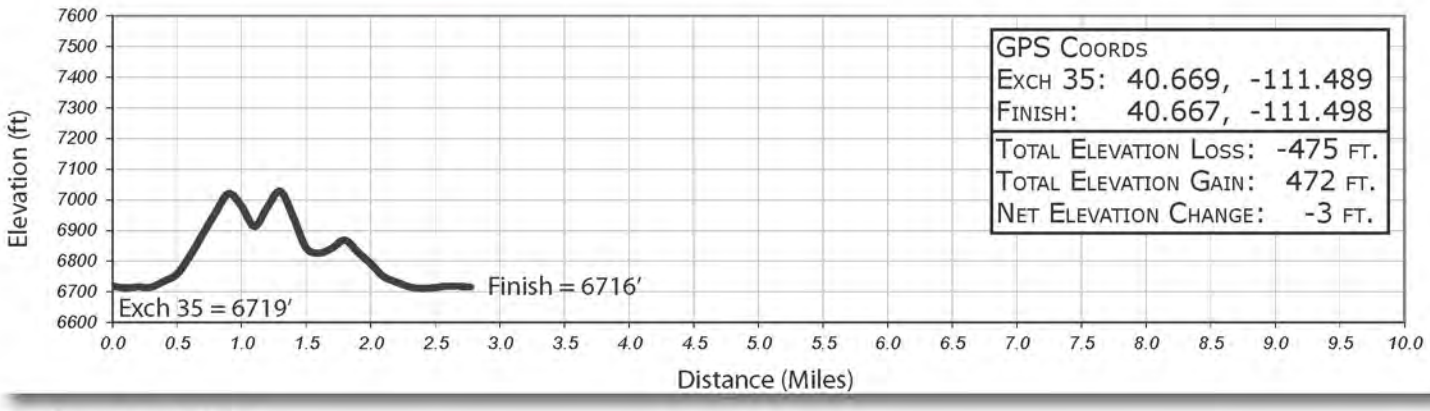
LEG DESCRIPTION:

Climb to the top of PC Hill and take in the view! Leg then takes a mixture of trail and road in a scenic loop around Park City High School.

LEG NOTES:

NO VAN SUPPORT

Finish line located at Park City High School. Part of the runners' route is on trail.

LEG LEGEND:

0.0	Depart Exchange 35 heading Southeast on Trail
0.1	Turn LEFT (E) on Kearns Blvd
0.2	Turn LEFT (N) onto road
0.5	Turn RIGHT (E) to enter trail, Follow switch back up PC Hill
1.1	Turn LEFT (W) to follow trail
1.6	Turn LEFT (NW) at water station and continue onto Morning Sky Ct
1.8	Turn LEFT (W) onto Silver Cloud Drive
2.1	Turn LEFT (S) onto Meadows Drive
2.4	Turn LEFT (E) to enter trail and make an immediate RIGHT (S)
2.7	Turn LEFT (E) in parking lot
2.8	Arrive at Finish Line