OFFICIAL 2014 RACE BIBLE

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

ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE.
Registered Teams will be notified of all changes.
Race Specific Details are found on Page 6.

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INTRODUCTION

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

UPDATES

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

December 6, 2013 – Dates and Deadlines updated
3/13 – Volunteer Policies (Section 3), Refund & Transfer Policy (Secion 2.G) Maps, Night Time hours
4/7/14 – Name Change Deadline, Star Time Request End Date and Subsitution Dates Updated
7/17 – Team Captain Meeting Date and Location, Holding Team Times
7/25 – Leg Maps Updated – Leg 21 and Leg 25

RACE INFORMATION

Race Name: Ragnar Relay Great River

Race Director: Ricky Baker | ricky@ragnarrelay.com |612.501.4004

Facebook Event: FACEBOOK EVENT

Race Charity: **TBD**

IMPORTANT DATES & INFORMATION

REGISTER YOUR TEAM ONLINE AT:	REGISTRATION LINK	
Early Team Registration Deadline	Nov 5, 2013 – Feb 28, 2014	REGULAR $1320 ULTRA $880 HS $400
Regular Team Registration Deadline	Feb 29 – June10, 2014	REGULAR 1440 ULTRA $960 HS $500
Late Team Registration	June 11 – July 10, 2014	REGULAR $1620 ULTRA $1080 HS $580
Start Time Requests	June 20 – July 18, 2014	
Volunteer Registration	July 1 – Aug 1, 2014	
Pay for Volunteers Deadline	Aug 1, 2014	$120/vol
Team Member Substitution Deadline	July 18, 2014	Free
Late Substitution	July 19 – Aug 1, 2014	$10.00
Final Substitution	Aug 2 – Race Day	$20.00
Final Team Name Change Deadline	July 12, 2014	
Team Captain's Meeting	July 31, 2014 7:00pm	Presidents Room Coffman Student Union 300 Washington Ave Minneapolis MN 55455
OFFICIAL NIGHT TIME RUNNING HOURS	7:15pm – 6:45am	
AWARD CEREMONY	None Onsite	

OFFICIAL HOLDING TIMES

Exchange	Hold teams arriving before:	Allow held teams back onto the course at:	Course Takedown
6	Friday Aug. 15 10:30 AM	Friday Aug. 15 1:00 PM	Friday Aug. 15 10:00 PM
12	Friday Aug. 15 3:30 PM	Friday Aug. 15 6:00 PM	Saturday Aug. 16 2:30 AM
18	Friday Aug. 15 8:15 PM	Friday Aug. 15 10:15 PM	Saturday Aug. 16 6:45 AM
24	Saturday Aug. 16 1:30 AM	Saturday Aug. 16 3:30 AM	Saturday Aug. 16 11:30 AM
30	Saturday Aug. 16 5:45 AM	Saturday Aug. 16 7:45 AM	Saturday Aug. 16 3:45 PM

BEFORE THE RACE

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1. GETTING STARTED

1.A) To Do List

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

1.B) Organizing a Team

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

Here are some tips that will make organizing a team easy

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

1.C) Online Team Finders

If a team is looking for runners, we recommend using our "Team Finder" tool located on your profile page. This tool is located on the bottom right of every runner's profile page. Simply click the box indicating you are available to join a team. Choose the race(s) you are interested in running, your type of team preference (regular, ultra, or high school), a team gender preference, and pace preference. If you do not have a preference, you can click multiple boxes, or none of them. When you're finished, just click update and teams looking for runners will be able to find you in the Ragnar Database.

If your team is looking for runners, the team captain can use the "Runner Finder" tool on the bottom right of their team page. Simply click the box indicating you are looking for runners, select a 10k pace range, then click the circular arrow buttons next to the paces. This will populate a list of runners in that pace range. You can send them a message and ask if they are interested. Be sure to include your contact information!

Another great resource is our The Ragnar Relay Series Facebook Fan Page. Within the fan page, each race is listed under the "events" section. Reach out and communicate with runners and team on either page.

1.D) Getting Ready

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

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

1.E) Starting times

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

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

To accurately project a team's pace, take each individual runner's 10k race pace and calculate an average team pace. If individuals have not participated in a competitive 10k recently, we strongly encourage them to run one before submitting a team pace. Alternatively, consider getting together as a team for training run at a competitive 10k pace.

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

1.F) Training

Good training will help make this an enjoyable race as well as prevent injury. A training guide is available on our website at http://www.ragnarrelay.com/training. As with all training programs, please consult a physician first.

2. REGISTRATION

2.A) Team Registration

Registration is available online and should be completed by the Team Captain. Simply click the "Register Now" link on the Registration webpage and follow the instructions. After completing the registration process the team captain will receive an email confirming registration and assigning team number. A ***non-refundable entry fee*** is due at the time of online registration.

2.B) Team Name

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

2.C) Individual Team Member Registration

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

2.D) Signing Online Waiver

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

2.E) Participant Age Restrictions

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

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

2.G) Refund & Transfer Policy
Refund Policy: All entry fees are non-refundable.

Transfer Policy: Teams may transfer their registration to any Ragnar Relay, excluding sold out Ragnar Relays, within 12 months of the Ragnar Relay for which they were originally registered. Teams may only transfer a registration once. When a transfer is made, the original price paid will be applied to the new relay registration fee. In cases where the new relay registration fee is more than the original price paid, the team will be required to pay the difference. In cases where the new relay registration fee is less than the original price paid the difference will not be refunded.

If a transfer request is made after regular registration ends, a $400 transfer fee ($275 for ultra) will be deducted from the original price paid. If a Ragnar Relay reaches "wait list" status, as indicated by a wait list button on the Ragnar Relay locations page (http://ragnarrelay.com/events), teams may only transfer to another Ragnar Relay if a replacement team is found. If a transfer is made after a Ragnar Relay is in "wait list" status, a $400 transfer fee ($275 for ultra) will be deducted from the original price paid. All transfers must be approved two weeks prior to the day before the race starts (Thursday).

3. VOLUNTEERS

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

3.A) Each Team Must Provide 3 Volunteers
If any one team member lives within 100 miles of the course, it is mandatory for the team to supply 3 volunteers. Volunteer sign-up will open up approximately six weeks before the race (see Volunteer Sign-up Dates on Page 6).

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

All volunteers must:

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

- Be willing to fulfill their entire shift at an assigned location
- Provide their own food and drink during shift (we will have water bottles for volunteers)

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

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

4. TEAM CAPTAINS MEETING AND MINUTES
Three weeks before the race there will be a Team Captain Meeting. During the meeting we will discuss the rules and any concerns or comments the Team Captains have as well as last minute changes. If Team Captains are not able to attend the Team Captain Meeting, minutes will be sent out two weeks before the race.

5. TEAM CHECK-IN
Van 1 must check in at the Start Line at least one hour before their official start time. Van 2 must check in at Exchange 6 at least one hour prior to starting their legs. When checking in, each van must present the following items:

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

*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

Running Reflective Vests

APPROVED

Reflective Harness

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

NOT APPROVED

Reflective sleeves

NOT APPROVED

Reflective Belt

NOT APPROVED

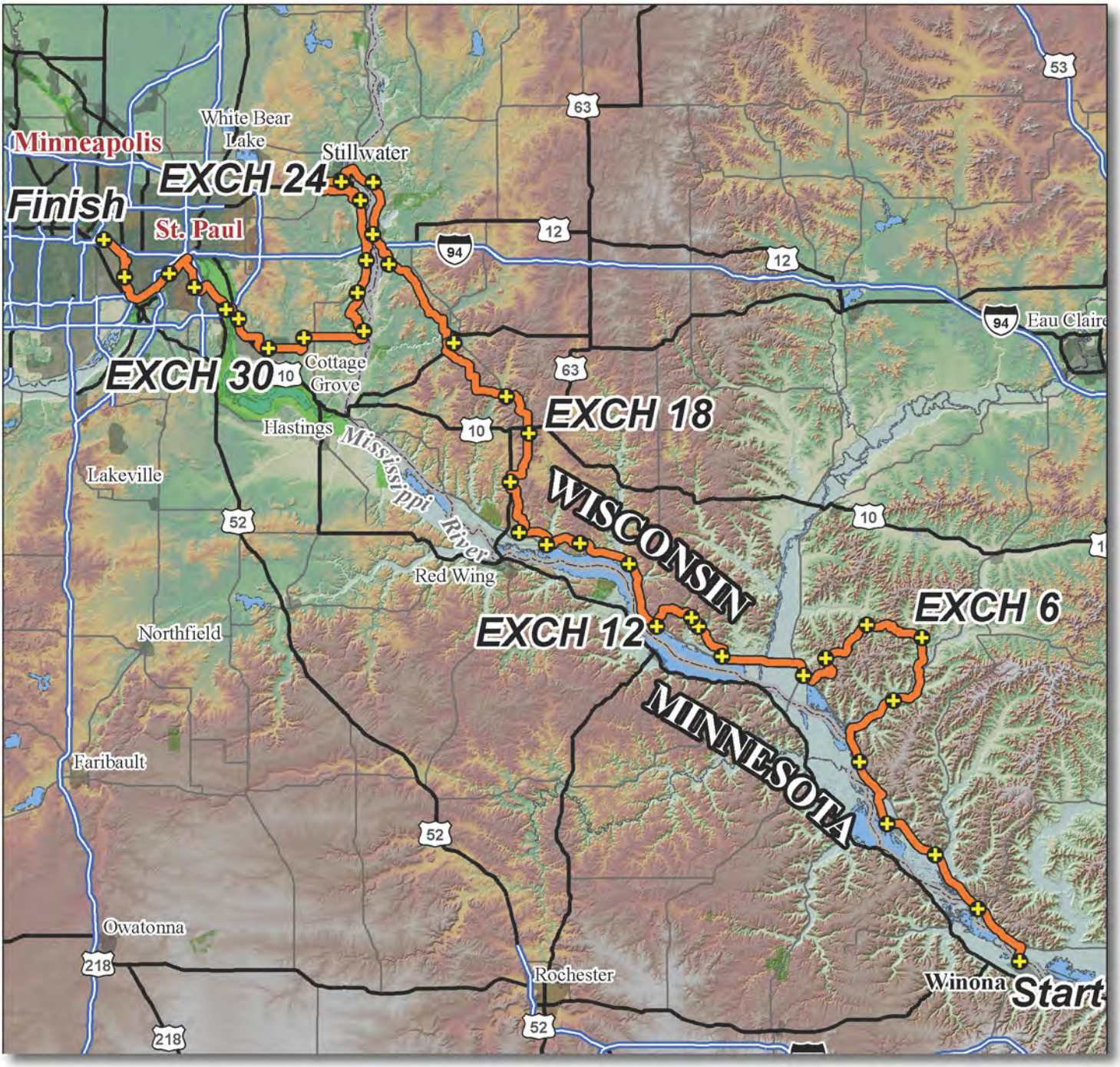
Clothing with Reflective Piping

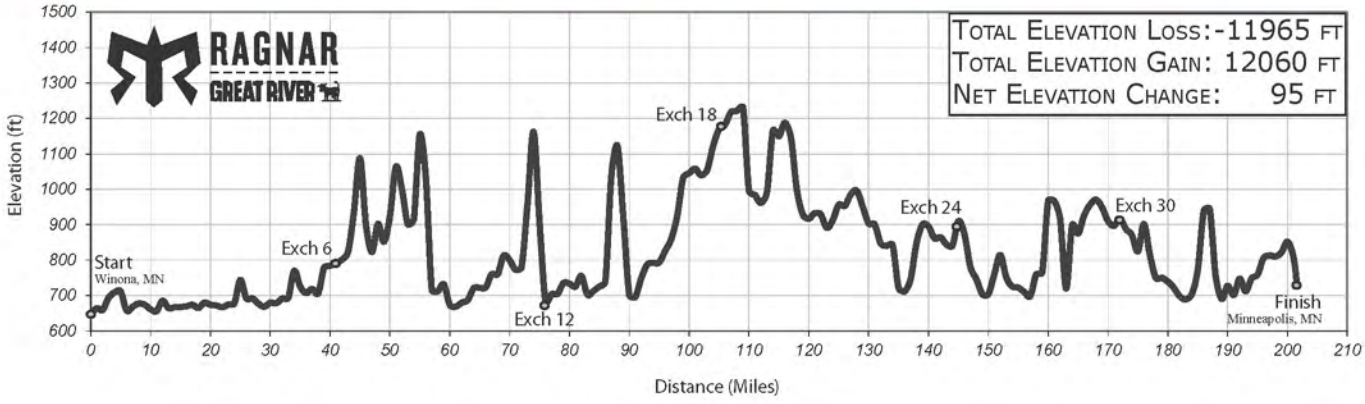
For questions please contact the Race Director

DIRECTIONAL SIGNS

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

Course Overview -- 201.6 Miles





Map Symbol Legend

Exchange

Tenth-Mile Marker

Mile Marker

Runner Route

Van Route

Water Station

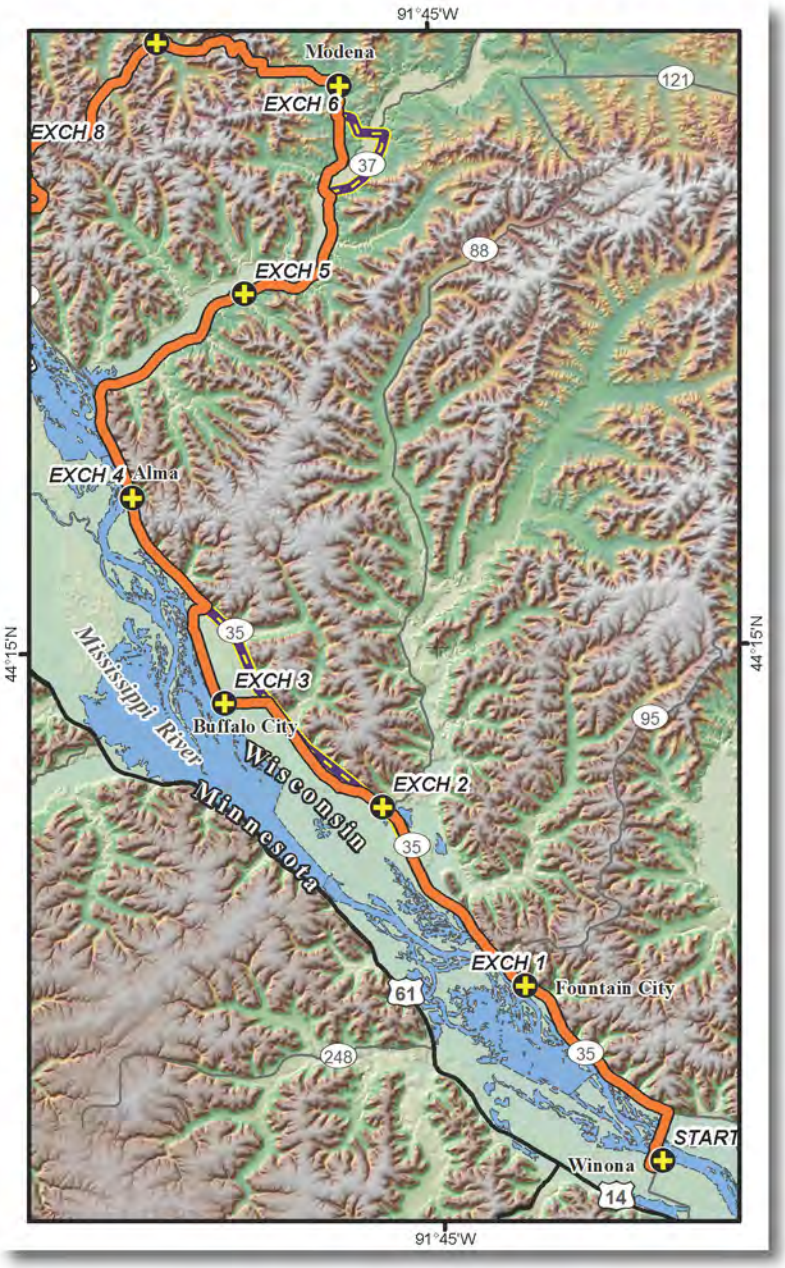
Trail Entrance and Exit

Trail Entrance

Trail Exit

No Van Support Segment

Van I -- Legs I-6 -- 41.0 Miles



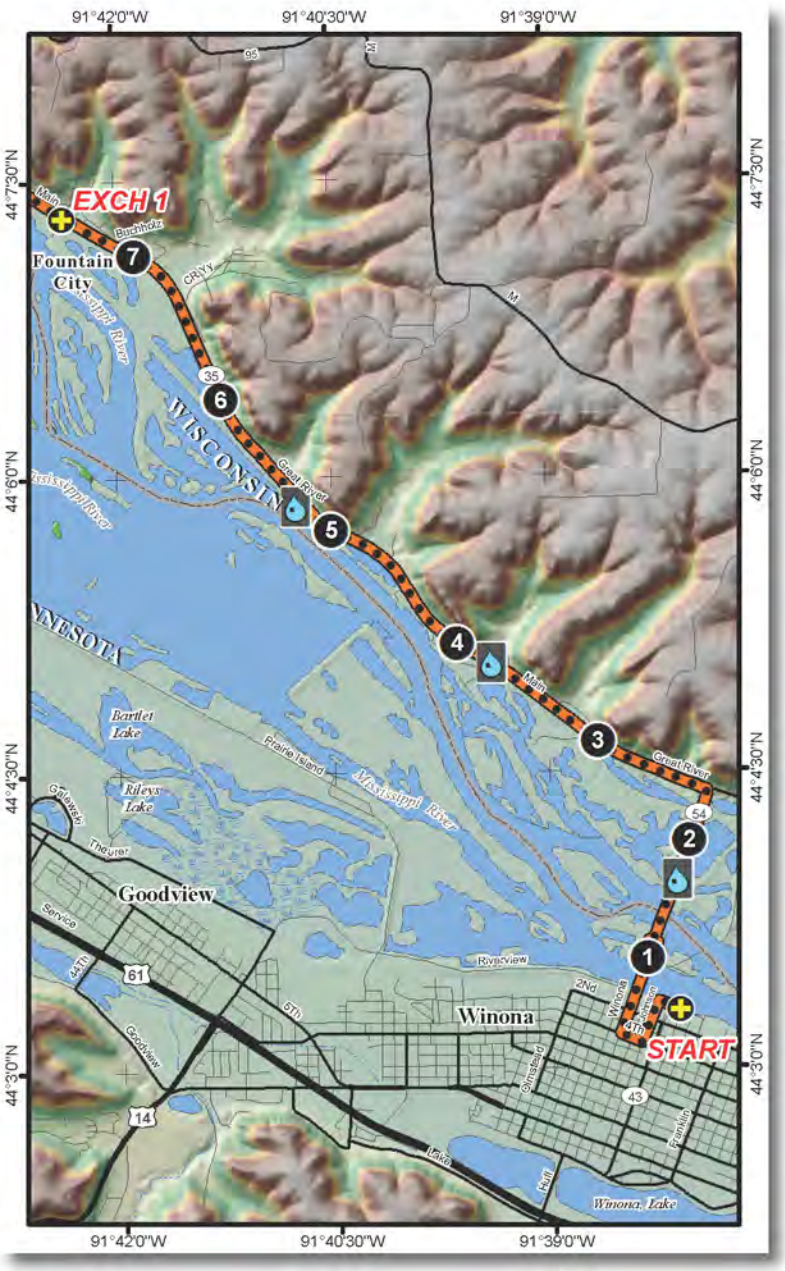
Inactive Van Directions:

0.0	Depart start line, west
0.2	Turn LEFT (S) onto Johnson St.
0.4	Turn RIGHT (NW) onto 4th St.
0.6	Turn RIGHT (N) onto SR-43/Winona St.
2.1	Turn LEFT (NW) onto SR-35
26.9	Turn RIGHT (NE) onto SR-37
38.4	Turn LEFT (W) onto CR-J
40.6	Arrive at Exch 6

Starting Line Notes:
The Starting Line is located at Levee Park in Winona, MN. Parking is on the west and east side of the park, accessed using Johnson St and Walnut St. respectively. Start Line amenities are located on the east side of the park.

Exchange 6 Notes:
Parking and exchange amenities are located at Modena Convenience Store (S905 County Road J Mondovi WI 54755)

Leg 1 -- 7.5 Miles -- Very Hard -- NO VAN SUPPORT



LEG NOTES:

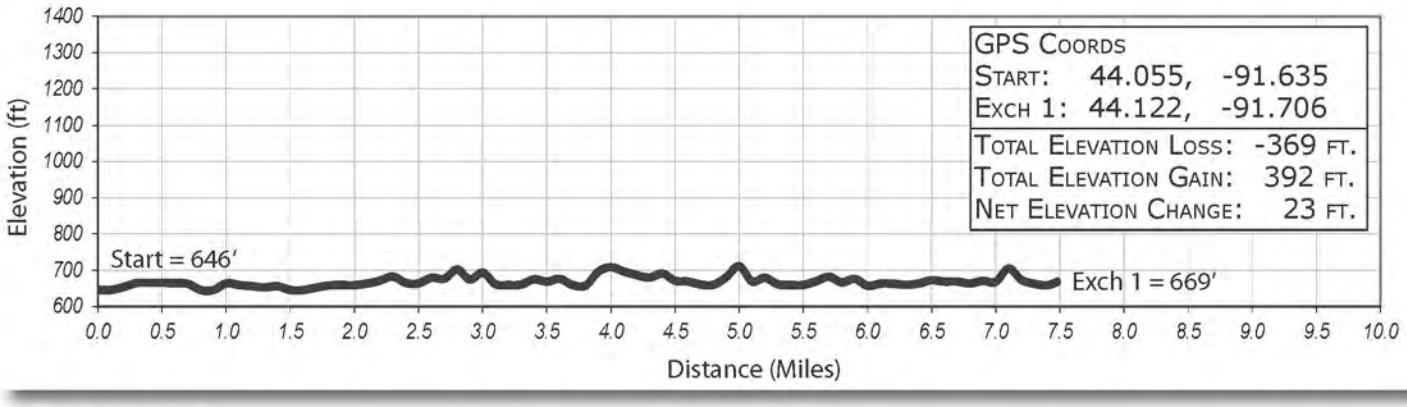
Exch 1 is located near BJ Liquor in Fountain City, WI. (813 S Main St, Fountain City, WI) Vans should turn left (S) onto Mill St. to access parking.

Vehicle Note: During the first mile of the leg, vehicles will depart the start, turn left (S) on Johnson St, right (W) on 4th St, and right (N) on Winona St/SR-43, and then proceed to cross the bridge into WI.

Support Note: Team members will not be able to support their runners on this leg. Runners will want to run with their own water bottle. Water stop at ~1.8miles, 3.9miles and 5.2miles.

LEG LEGEND:

0.0	Depart the start line, running WEST on Front Street.
0.1	Turn LEFT (S) onto Johnson Street Run AGAINST traffic.
0.4	Turn RIGHT (W) onto 4th St. Run AGAINST traffic.
0.5	Turn RIGHT (NE) onto Winona Street/HWY 43. Run WITH traffic on sidewalk.
1.1	Halfway across the bridge, runners will turn RIGHT (E) to exit SR-43 and run a loop of road that goes under the bridge and brings them back up to the west side of the bridge/SR-43, turn LEFT (N) and run AGAINST traffic.
2.3	Turn LEFT (W) onto SR-35. Run AGAINST traffic.
7.5	Turn LEFT (S) onto Mill St., arrive at Exch 1



Leg 2 -- 6.2 Miles -- Hard -- NO VAN SUPPORT

Leg Notes:

Exch 2 is located at Cochrane Fountain City High School. (S2770 Hwy 35, Fountain City WI)

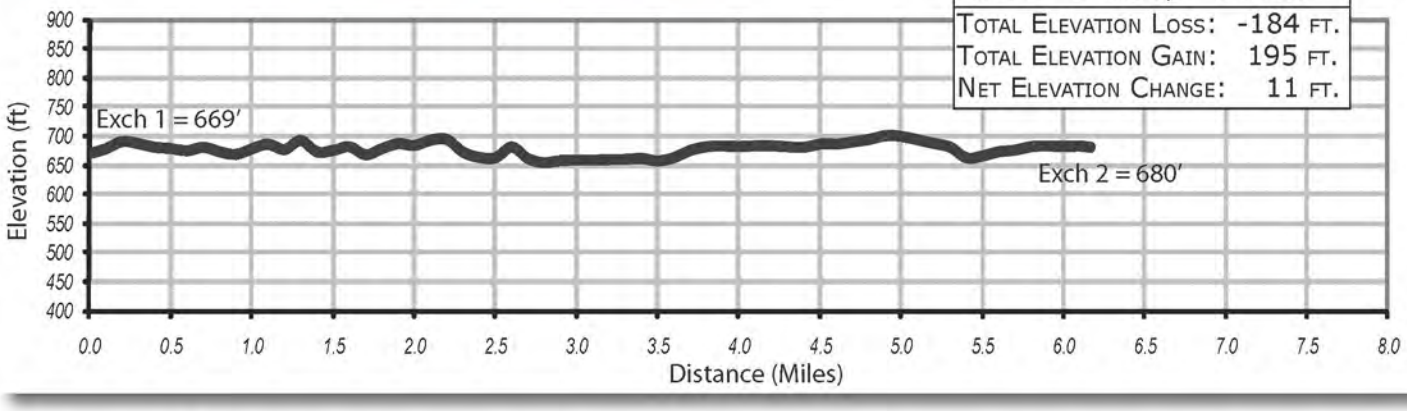
Safety Note: The exchange is located across SR-35 from parking. **Please use caution when crossing**. Only the next runner should access the exchange.

Support Note: Team members will not be able to support their runners on this leg. Runners will want to run with their own water bottle. Water stop at ~mile 3.8miles.

Leg Legend:

0.0	Depart Exch 2, and turn LEFT (NW) from Mill St. onto SR-35. Run AGAINST traffic.
6.2	Arrive at Exch 2

GPS Coords	
Exch 1:	44.122, -91.706
Exch 2:	44.190, -91.780
Total Elevation Loss:	-184 ft.
Total Elevation Gain:	195 ft.
Net Elevation Change:	11 ft.



Leg 3 -- 5.3 Miles -- Moderate

Leg Notes:

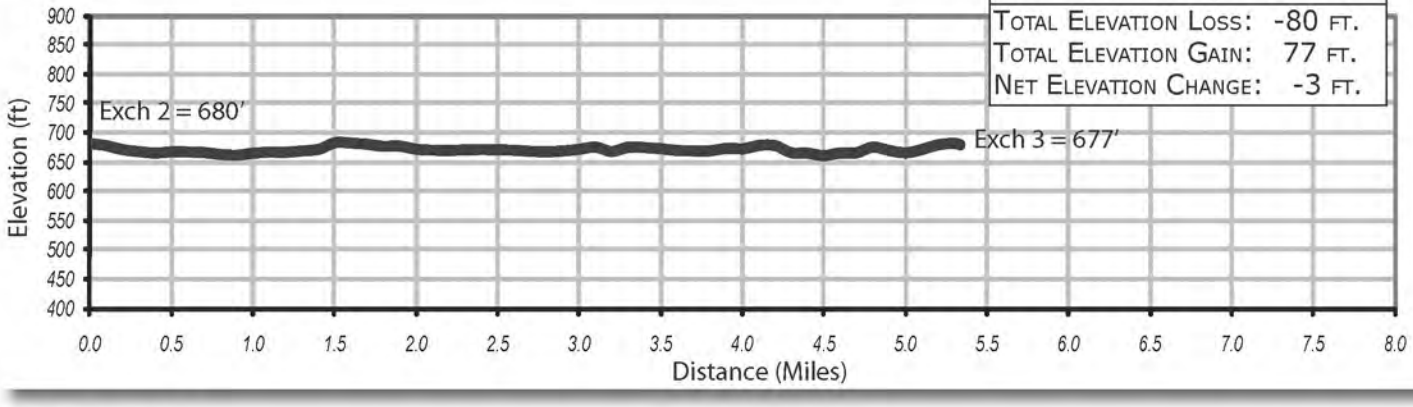
Exch 3 is located across the street from the Buffalo City Park in Buffalo City, WI. (Off 10th St/Buffalo City Rd) Vans must park in the parking lot in the park or along Humbolt St.

Please respect the residents of Buffalo City when exchanging at the park

Leg Legend:

0.0	Depart Exch 2, Continue on SR-35. Run AGAINST traffic.
0.7	Turn LEFT (W) on Prairie Moon Road. Run AGAINST traffic.
2.9	Continue RIGHT on Prairie Moon Road at Kamrowski Road. Run AGAINST traffic
4.2	Turn LEFT (W) onto 10th St/ Buffalo City Rd. Run AGAINST traffic.
*	As you approach the Park you will be directed to cross and run WITH traffic by volunteers.
5.3	Arrive at Exch 3

GPS Coords	
Exch 2:	44.190, -91.780
Exch 3:	44.231, -91.862
Total Elevation Loss:	-80 ft.
Total Elevation Gain:	77 ft.
Net Elevation Change:	-3 ft.



Leg 4 -- 6.6 Miles -- Hard -- PARTIAL NO VAN SUPPORT

Leg Notes:

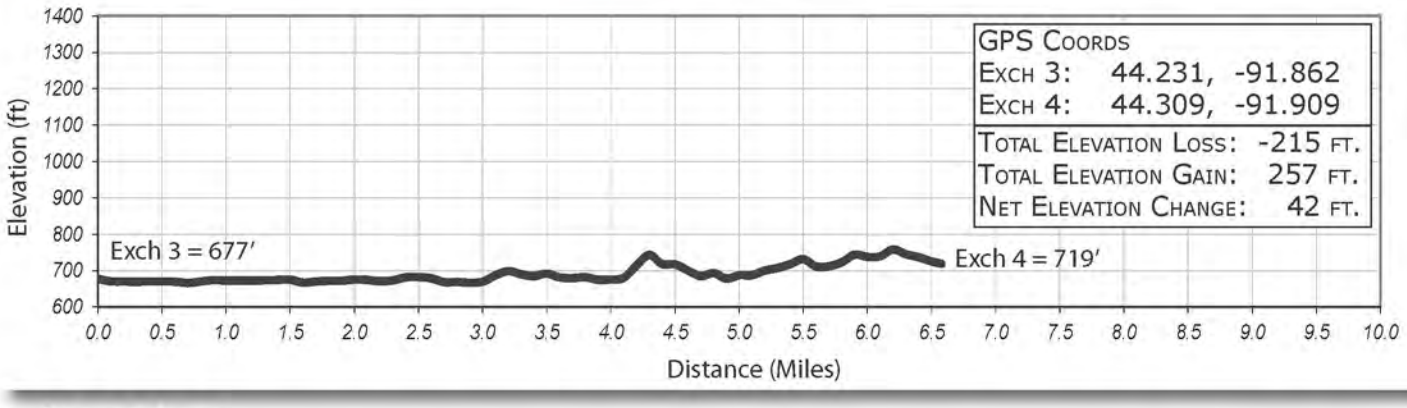
Exch 4 is located on Old Highway 35 and Highway 35. Parking available Along Old Highway 35. Vans should turn left on Old Highway 35, continue to the end of the road and park on the right. When leaving exchange you will continue in the same direction you came in and exit LEFT onto SR-35

Support Note: Team members will not be able to support their runners on while on Hwy 35. Vans will want to support their runners before Hwy 35 and runners will want to run with their own water bottle.

Safety Note:
Vans should take extreme caution when entering Old Hwy 35 to access the exchange. Due to a construction project at the Power Plant vans will cross trucks hauling heavy equipment on a blind corner.

Leg Legend:

0.0	Depart Exch 3, west on 10th St. Run WITH traffic.
0.1	Turn RIGHT (N) onto River St, then LEFT (W) onto 11th St. Run AGAINST traffic.
0.2	Road veers RIGHT (N) and becomes River St/CR-OO. Run AGAINST traffic.
3.0	Turn LEFT (NW) onto SR-35. Run AGAINST traffic.
6.6	Arrive at Exch 4



Leg 5 -- 7.8 Miles -- Very Hard -- NO VAN SUPPORT

Leg Notes:

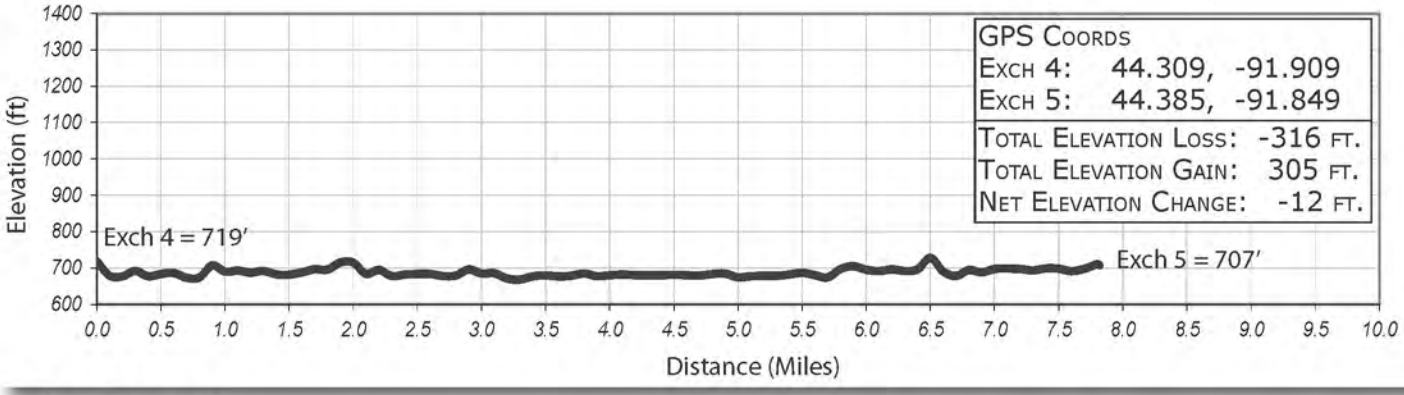
Exchange 5 is located in front of the Town of Alma-Tell School District building between Alma and Modena, WI. (Intersection of SR-37 and CR-F) Vans must park in parking lot and/or along CR-F.

Safety Note: Please use caution when crossing SR-35 onto SR-37. There will be police to assist crossing.

Support Note: Team members will not be able to support their runners on this leg. Runners will want to run with their own water bottle. Water stop at ~2 miles, 4.5miles and ~6.0miles.

Leg Legend:

0.0	Depart Exch 4, northwest on Hwy 35. Run AGAINST traffic.
2.8	Turn Right at SR-35/SR-37 and Run AGAINST traffic. There will be assistance crossing SR-35
7.8	Continue on SR-37 and arrive at Exch 5.



Leg 6 -- 7.6 Miles -- Very Hard -- PARTIAL NO VAN SUPPORT

Leg Notes:

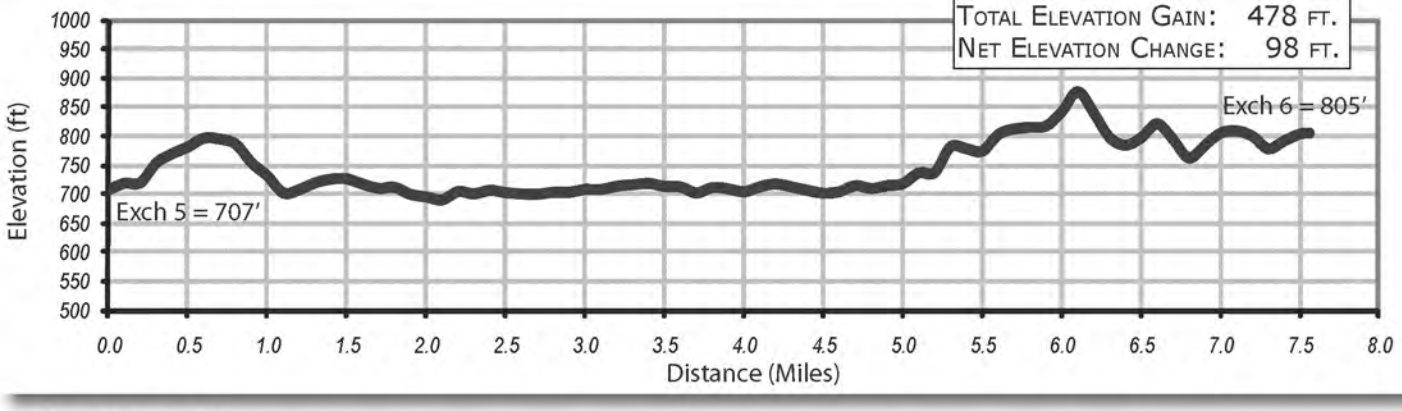
Exchange 6 is located at Modena Convenience Store (S905 County Road J Mondovi WI 54755)

Support Note: Team members will not be able to support their runners on Hwy 37 of this leg. Runners will want to run with their own water bottle. Water stop at ~mile 2.8.

Leg Legend:

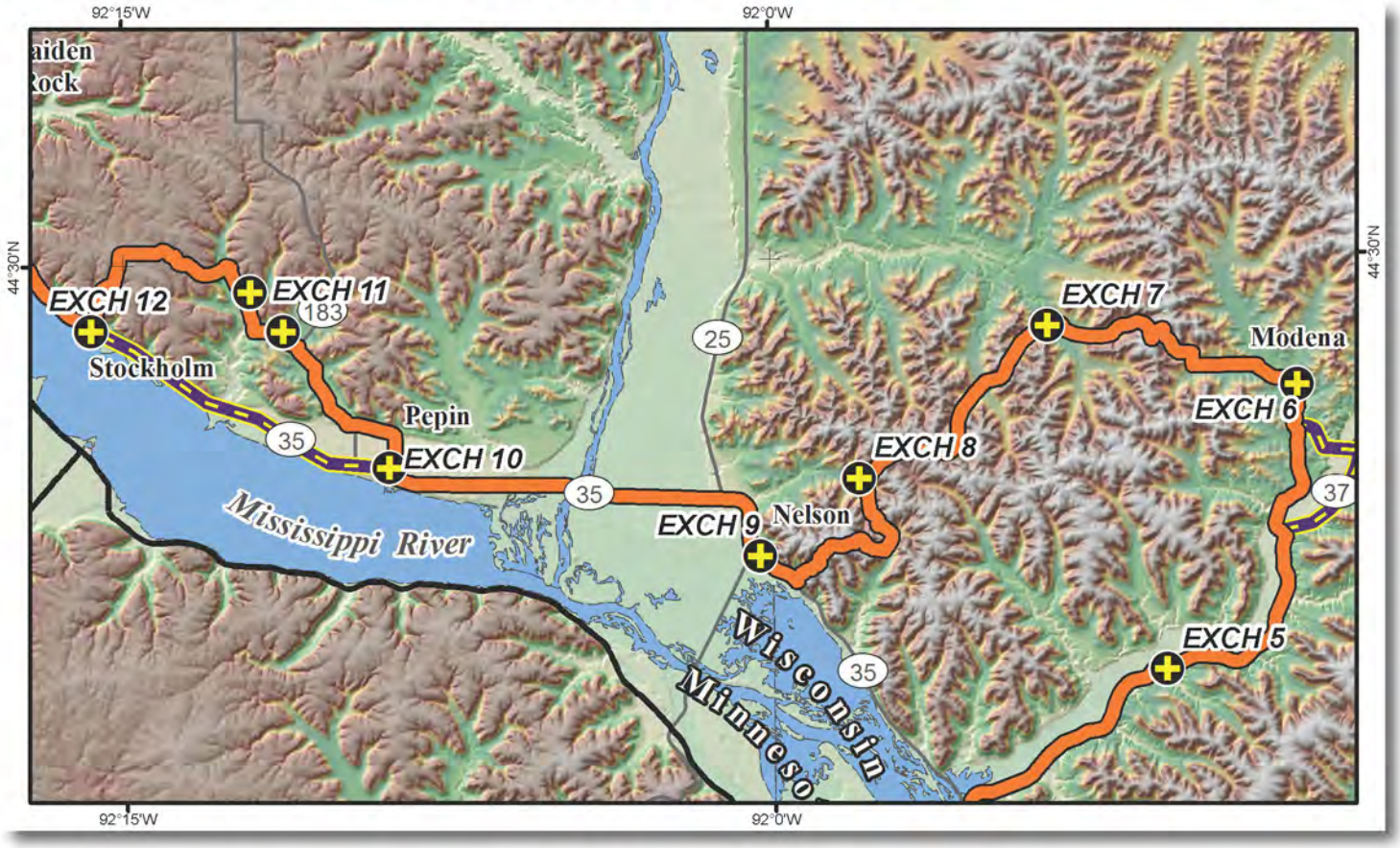
0.0	Continue (NE) on SR-37. Run Against traffic.
4.2	Left (NW) on CR KK. Continue (NE) on Rockwell Rd. Run Against traffic.
6.9	Left (N) on CR J
7.6	Arrive at Exch 6

GPS Coords		
Exch 5:	44.385,	-91.849
Exch 6:	44.464,	-91.797
Total Elevation Loss:	-380 ft.	
Total Elevation Gain:	478 ft.	
Net Elevation Change:	98 ft.	



RAGNAR GREAT RIVER
PRESENTED BY NordicTrack

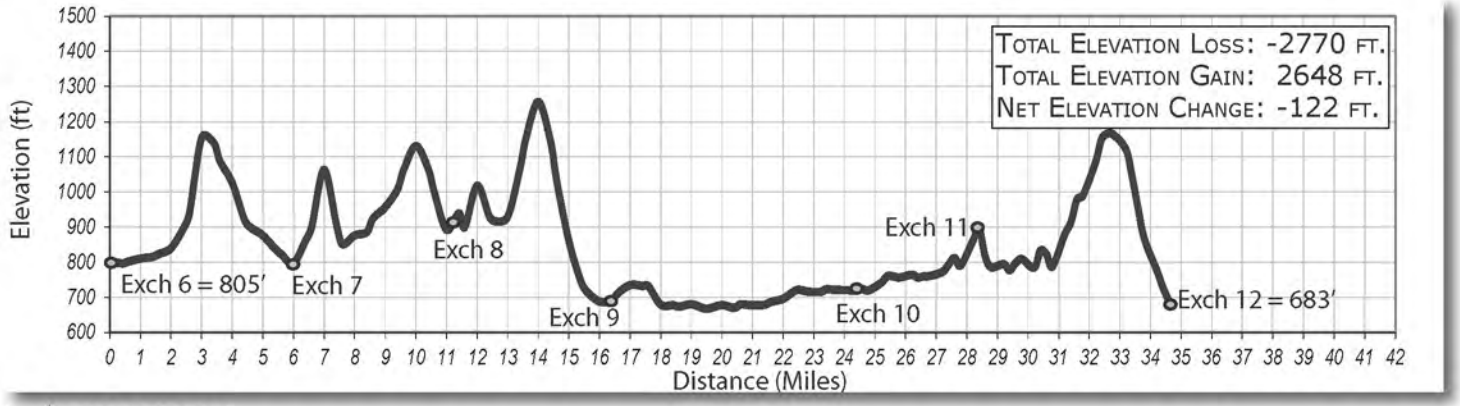
Van 2 -- Legs 7-12 -- 34.6 Miles



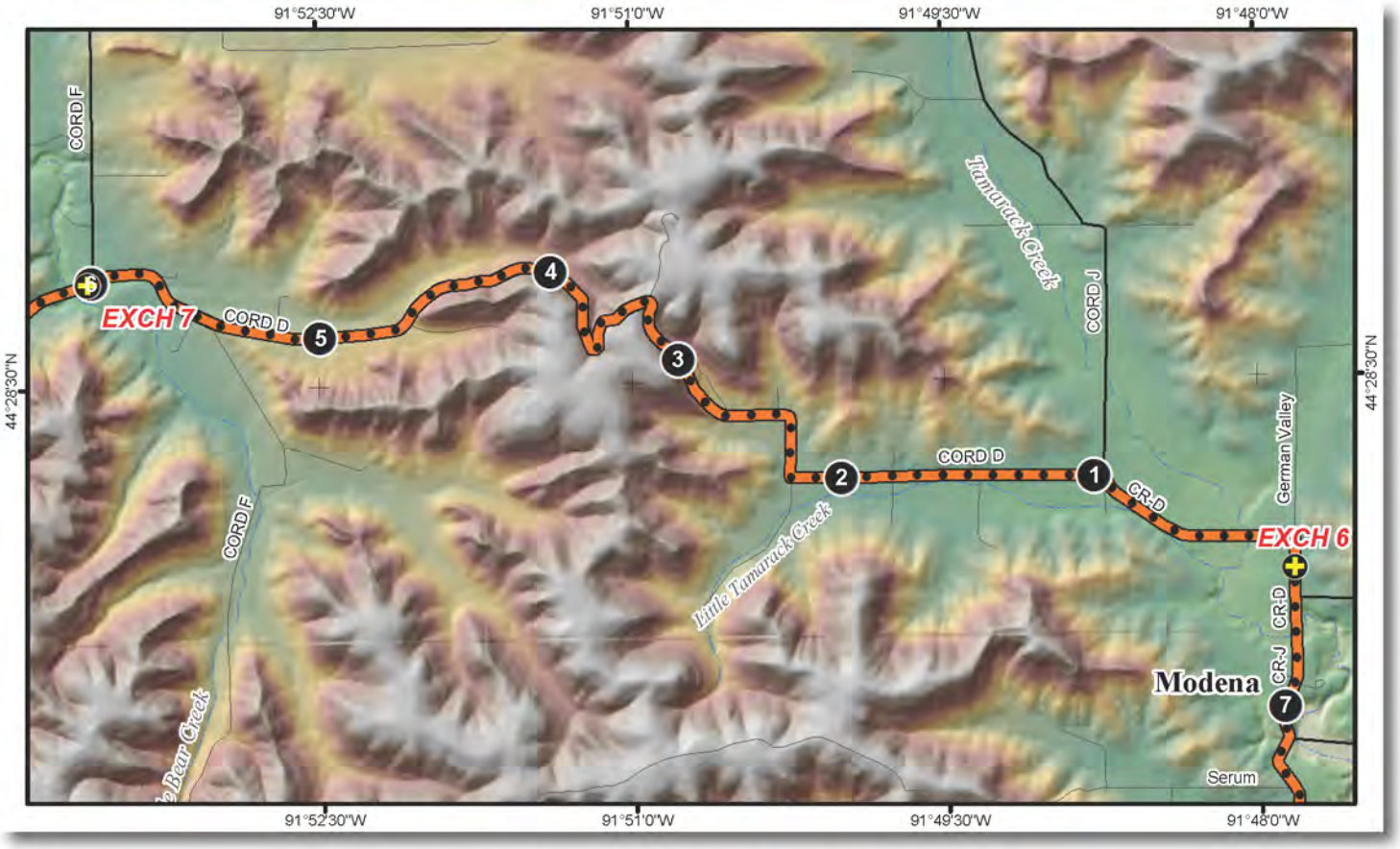
Inactive Van Directions:

0.0	Depart Exch 6, north on CR-J
0.1	Turn LEFT (W) onto CR-D
13.5	Turn RIGHT (W) onto SR-25/ SR-35
14.1	Continue on SR-35/Great River Rd
27.0	Turn LEFT (S) onto Spring St. and arrive at Exch 12 in Stockholm Village Park

Exchange 12 Notes:
Parking and exchange amenities available inside Stockholm Village Park in Stockholm, WI. (Off of Spring St.) Gelly's Pub will also have food available for runners.



Leg 7 -- 6.0 Miles -- Very Hard



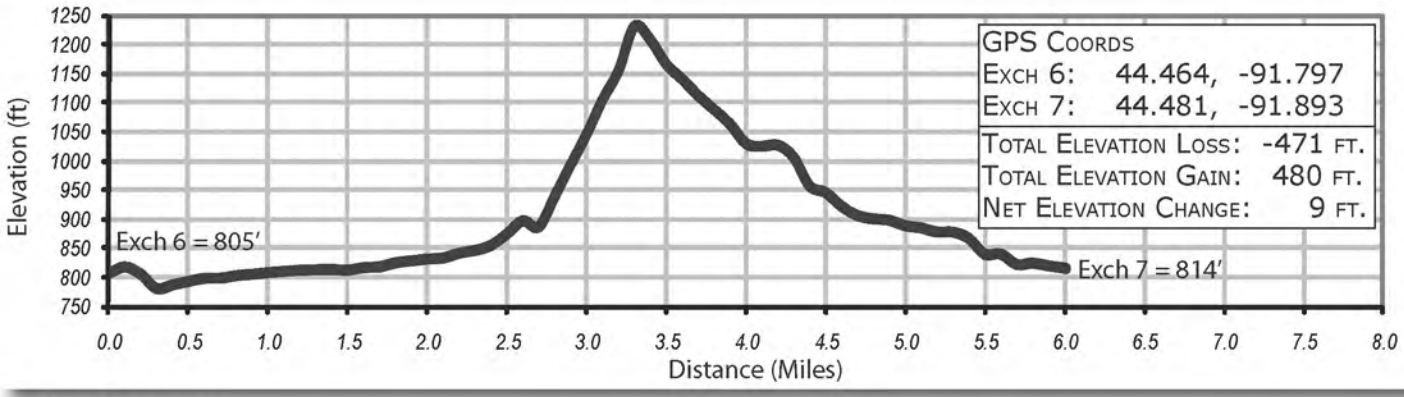
Leg Notes:

Exch 7 is located in front of Lyster Parish Hall near Nelson, WI. (S793 County Rd F, Nelson, WI) Parking available along CR-F. **Please respect the church grounds.**

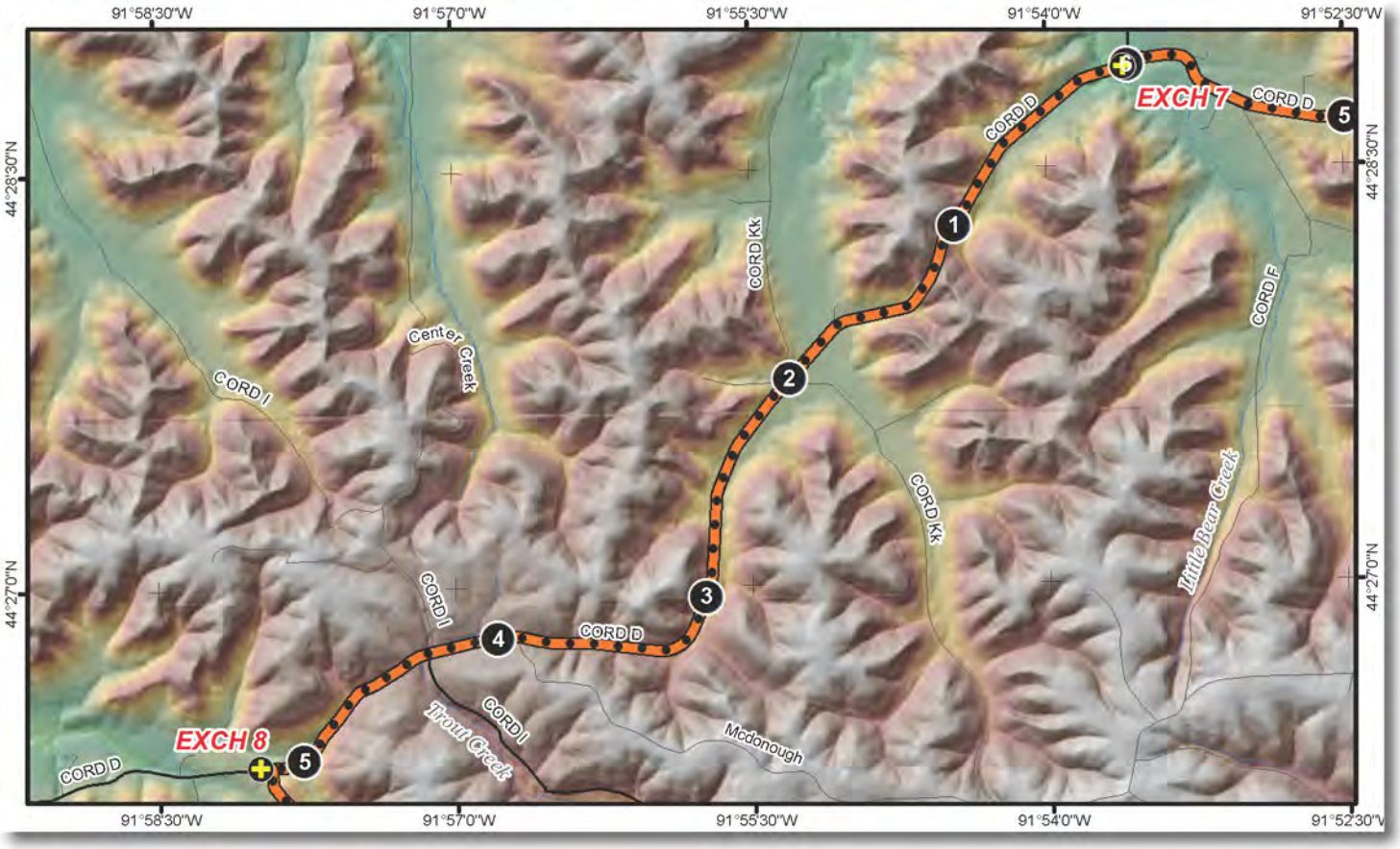
Safety Note: The exchange chute and parking are on opposite sides of the road. Park vehicles only in the parking area. Only the next runner, plus one other team member may cross the road to access the exchange chute.

Leg Legend:

0.0	Depart Exch 6, north on CR-J. Run AGAINST traffic.
0.1	LEFT (N) CR-D. Left (W) on CR-D Run AGAINST traffic.
6.0	Arrive at Exch 7



Leg 8 -- 5.2 Miles -- Very Hard



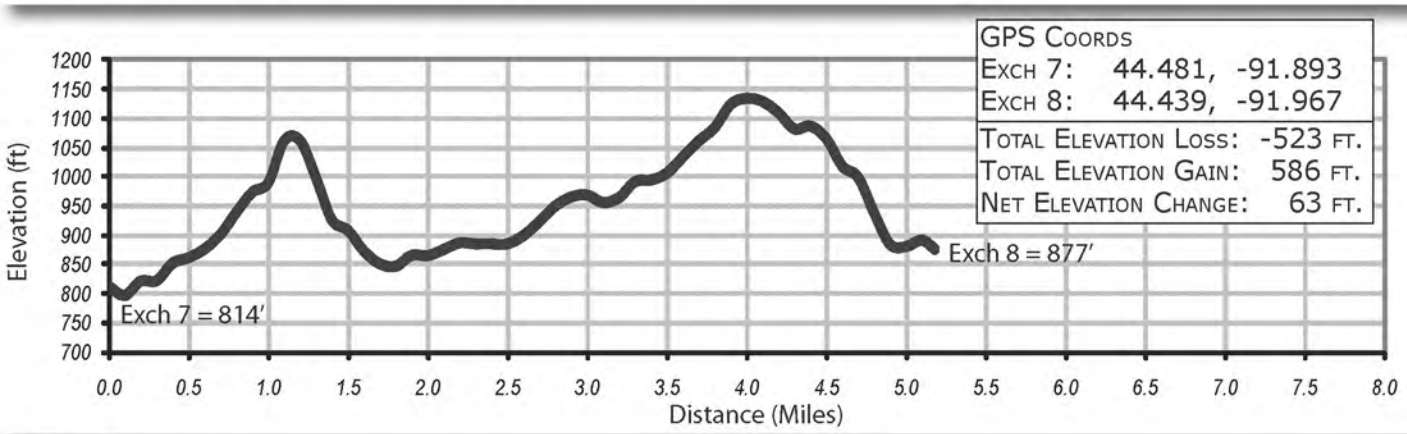
Leg Notes:

Exch 8 is located across the street from the Nelson Town Hall. (Near the intersection of CR-D and Deer Creek Rd) Parking at the town hall parking lot and along Deer Creek Rd. Please be safe when crossing the road.

Safety Note: The exchange chute and parking are on opposite sides of the road. Park vehicles only in the parking area. Only the next runner, plus one other team member may cross the road to access the exchange chute.

Leg Legend:

0.0	Depart Exch 7, southwest on CR-D. Run AGAINST traffic.
5.2	Arrive at Exch 8



GPS Coords	
Exch 7:	44.481, -91.893
Exch 8:	44.439, -91.967
Total Elevation Loss:	-523 ft.
Total Elevation Gain:	586 ft.
Net Elevation Change:	63 ft.

Leg 9 -- 5.0 Miles -- Very Hard -- Partial No Van Support

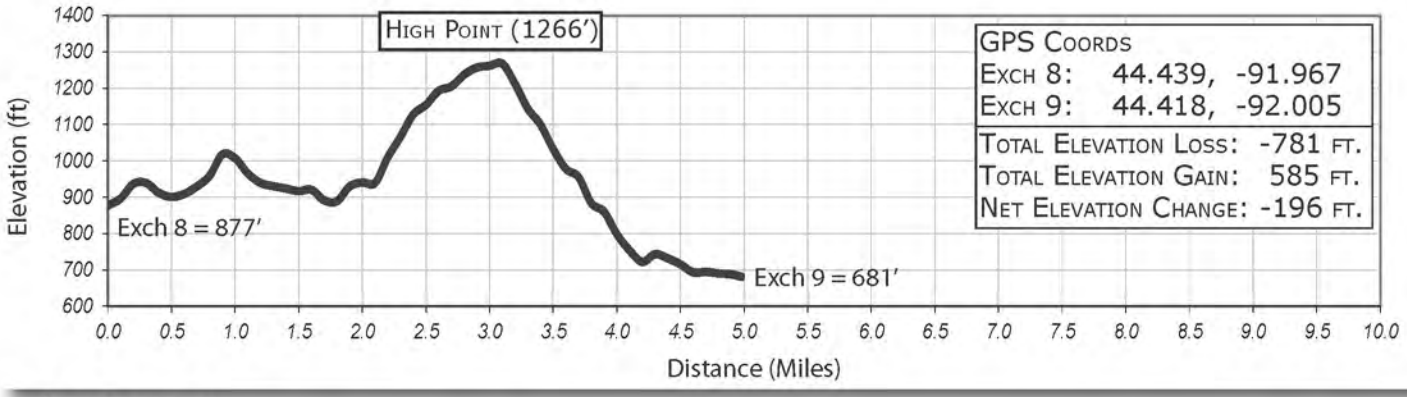
Leg Notes:

Exch 9 is located at Nelson Creamery (S237 Hwy 35, Nelson WI). A portion of this leg runs on gravel roads.

Safety Note: Runner will have to cross SR-35 at Marke Bluff Road. Use CAUTION when crossing.

Leg Legend:

0.0	Depart Exch 8, NE on CR-D. Run WITH traffic. There will be a short 2-way runner traffic.
0.1	Right (S) on Deer Creek Road. Run AGAINST traffic.
1.8	Right (W) on Marke Bluff Road. Run AGAINST traffic.
4.1	Right (NW) on SR-35. Run AGAINST traffic. **USE CAUTION WHEN CROSSING SR-35.**
5.0	Arrive at Exch 9



Leg 10 -- 8.2 Miles -- Very Hard -- NO VAN SUPPORT

Leg Notes:

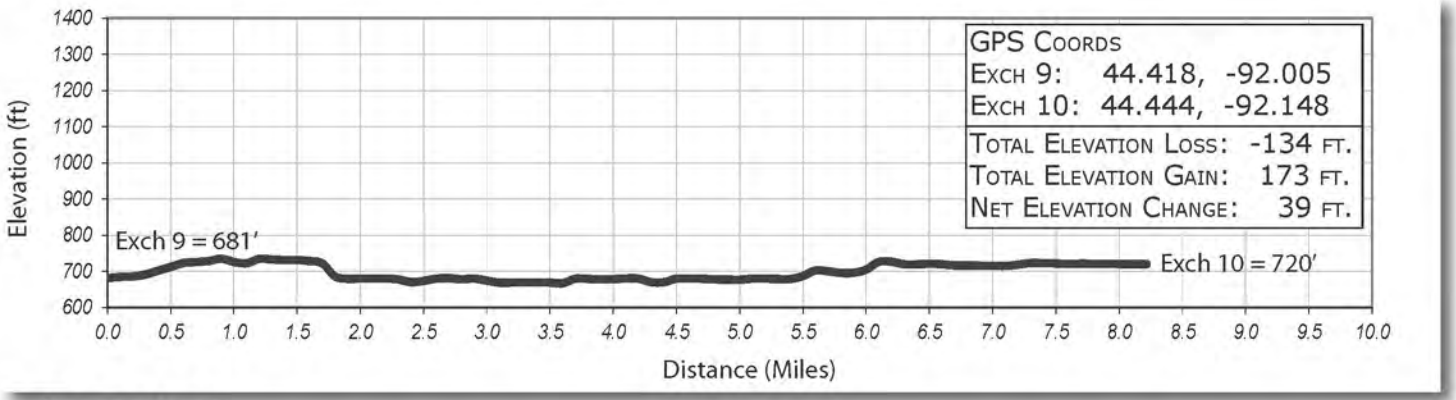
Exch 10 is located at Pepin High School. (510 Pine Street, Pepin WI)

Support Note: Team members will not be able to support their runners on this leg. Runners will want to run with their own water bottle. Water stop located at miles 3.1, 4.0 and 6.1.

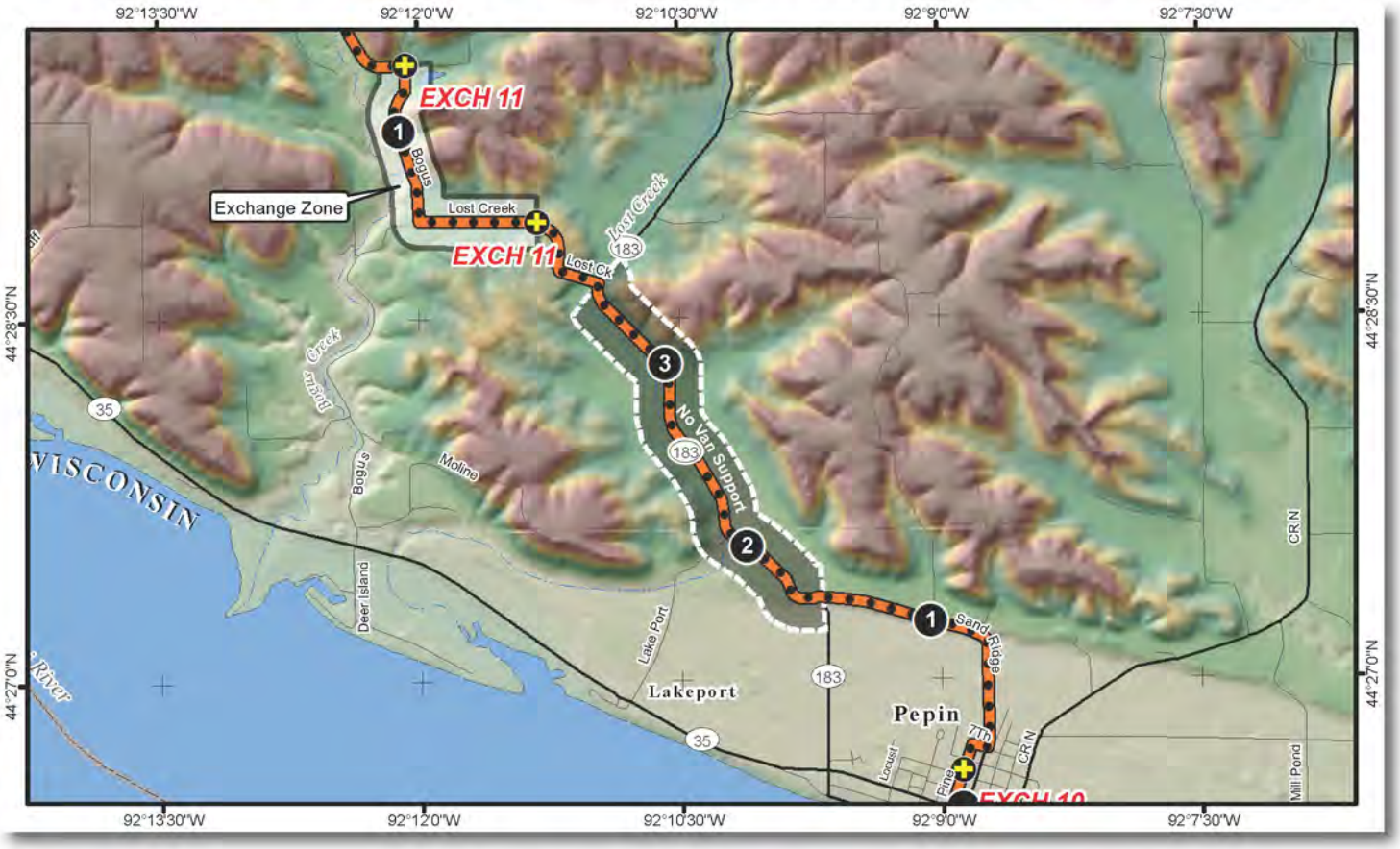
Exchange 11 Note: There will not be restrooms at exchange 11.

Leg Legend:

0.0	Depart Exch 9 run AGAINST traffic on SR-35.
0.2	Right at SR-35/25 intersection. Continue on SR-35, run WITH traffic.
0.3	Cross and run against traffic in cross walk at Jefferson Street.
0.3	Continue on SR-35, run AGAINST traffic.
8.1	Right (N) on Pine St. Run WITH traffic.
8.2	Arrive at Exch 10



Leg 11 - 4.0 to 5.3 Miles - Moderate - PARTIAL NO VAN SUPPORT



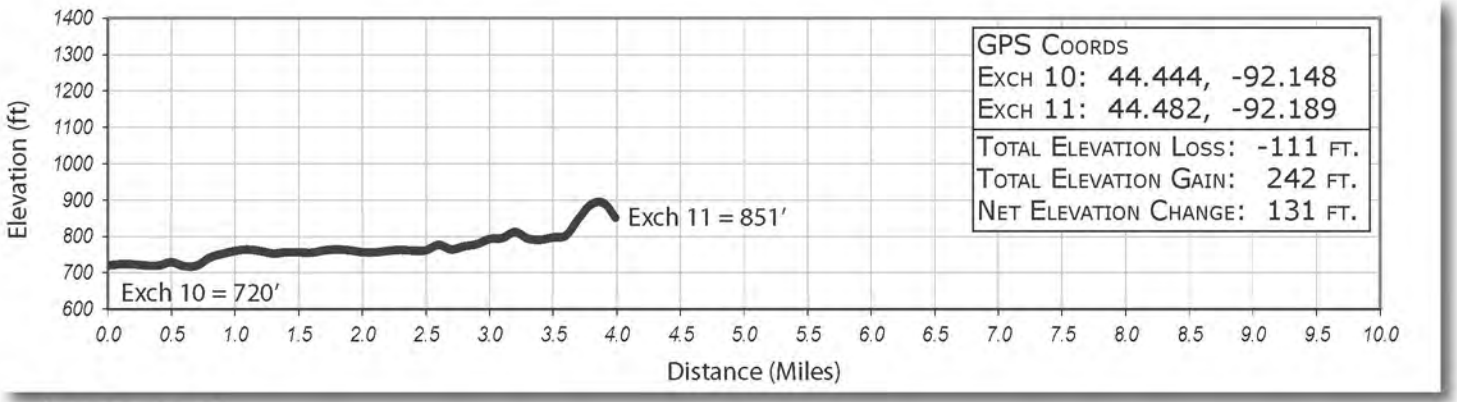
Leg Notes:

Exch 11 - Choose your own Exchange.

Exchange Note: There will be a 1.5 mile exchange zone. You can exchange anywhere within this zone. Make sure to pull vehicle as far off road in a safe and legal place, exit vehicle on passenger side, and use caution when crossing – make sure to use flags when crossing. There will not be restrooms at this exchange. A portion of this leg is run on gravel roads.

Leg Legend:

0.0	Depart Exch 10 run WITH traffic on Pine Street.
0.1	Right (E) on 7th Street. Run AGAINST traffic.
0.2	Left (N) on Sand Ridge Rd. Run AGAINST traffic.
1.5	Continue Running NW on CR CC. Run AGAINST traffic.
3.5	Left (W) on Lost Creek Rd. Run AGAINST traffic.
4.0	*Begin Exchange Zone 0.5 mile on Lost Creek Rd.*



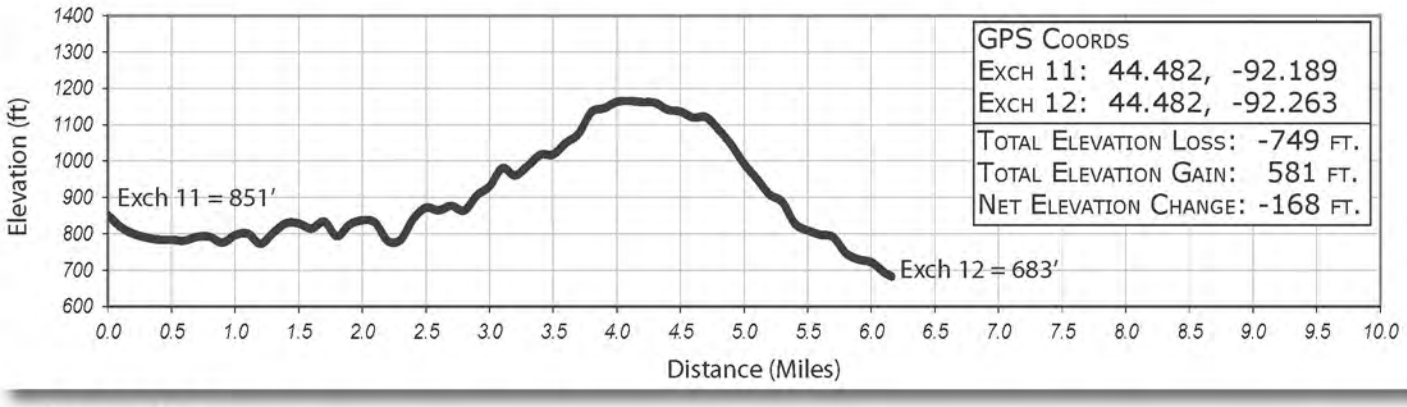
Leg 12 -- 4.9 to 6.2 Miles -- Very Hard

Leg Notes:

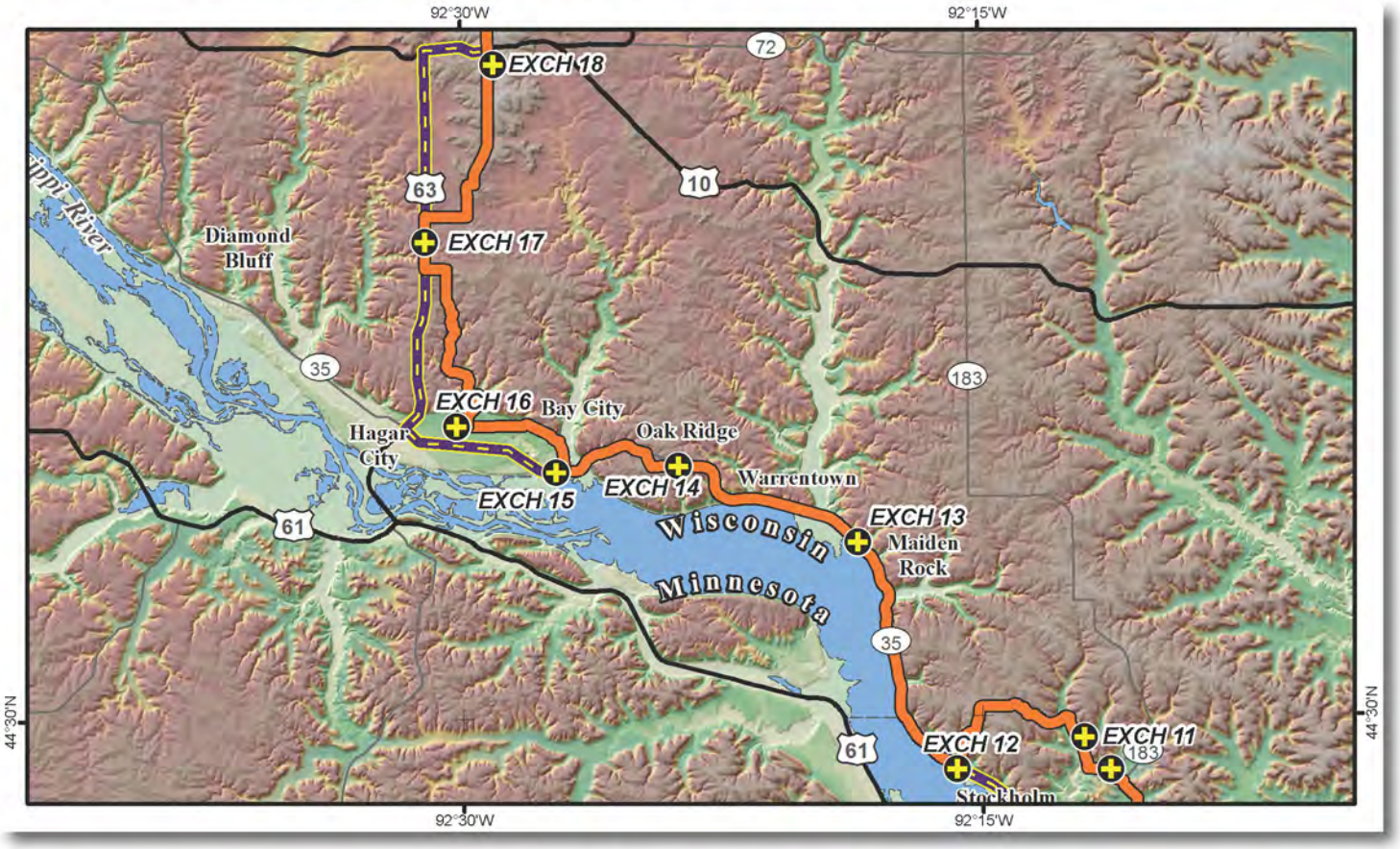
Exch 12 is located at Stockholm Village Park in Stockholm, WI. (off of Spring St.) Parking and venue amenities are located at the park. Please use caution when driving through Stockholm. A portion of this leg is run on gravel roads.

Leg Legend:

0.5	Right (N) on Bogus Rd. Run AGAINST traffic.
1.3	*End Exchange Zone at Bogus Rd. and Foster Rd. intersection.*
1.3	Left (W) Foster Rd. Run AGAINST traffic.
4.2	Continue (W) on CR – J. Run AGAINST traffic.
6.2	Arrive at Exchange. *Use Caution when running through Stockholm and crossing Hwy 35*



Van I -- Legs 13-18 -- 30.0 Miles



Inactive Van Directions:

0.0	Take SR-35 to HWY 63
18.6	Right on HWY 63 (N) to HWY 10
27.8	Right on HWY 10 (E)
29.4	Right on S Maple Street
29.8	Left on W Elm Street.
30.0	Arrive at Exchange 18.

Exchange 18 Notes:
Parking and exchange amenities available at Ellsworth High School (323 Hillcrest Street, Ellsworth WI)

Leg 13 -- 6.3 Miles -- Very Hard -- NO VAN SUPPORT

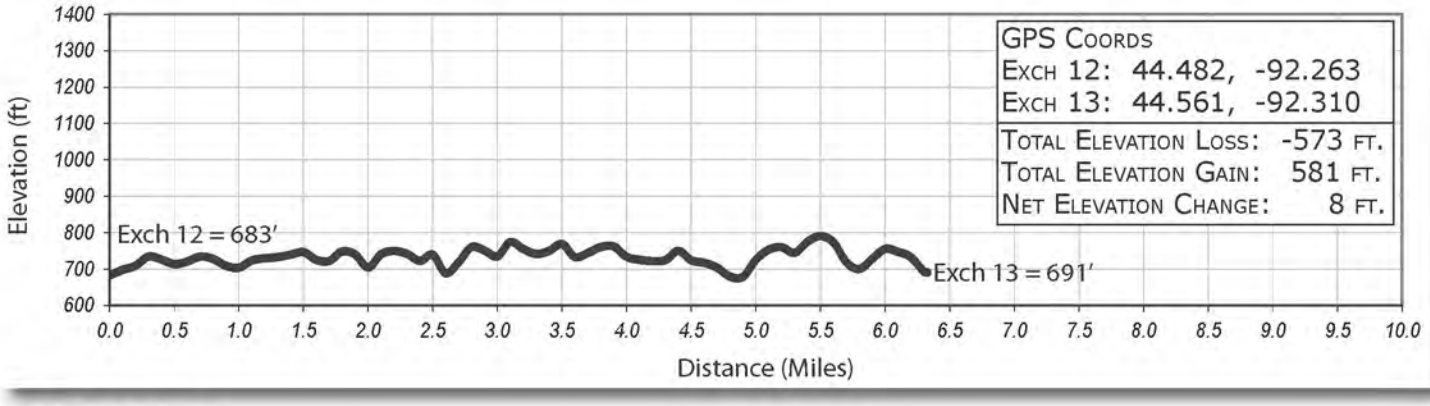
LEG NOTES:

Exch 13 is near the intersection of SR-35 and Chestnut St in Maiden Rock, WI. Parking available at Maiden Rock City Park. (Off Chestnut St.)

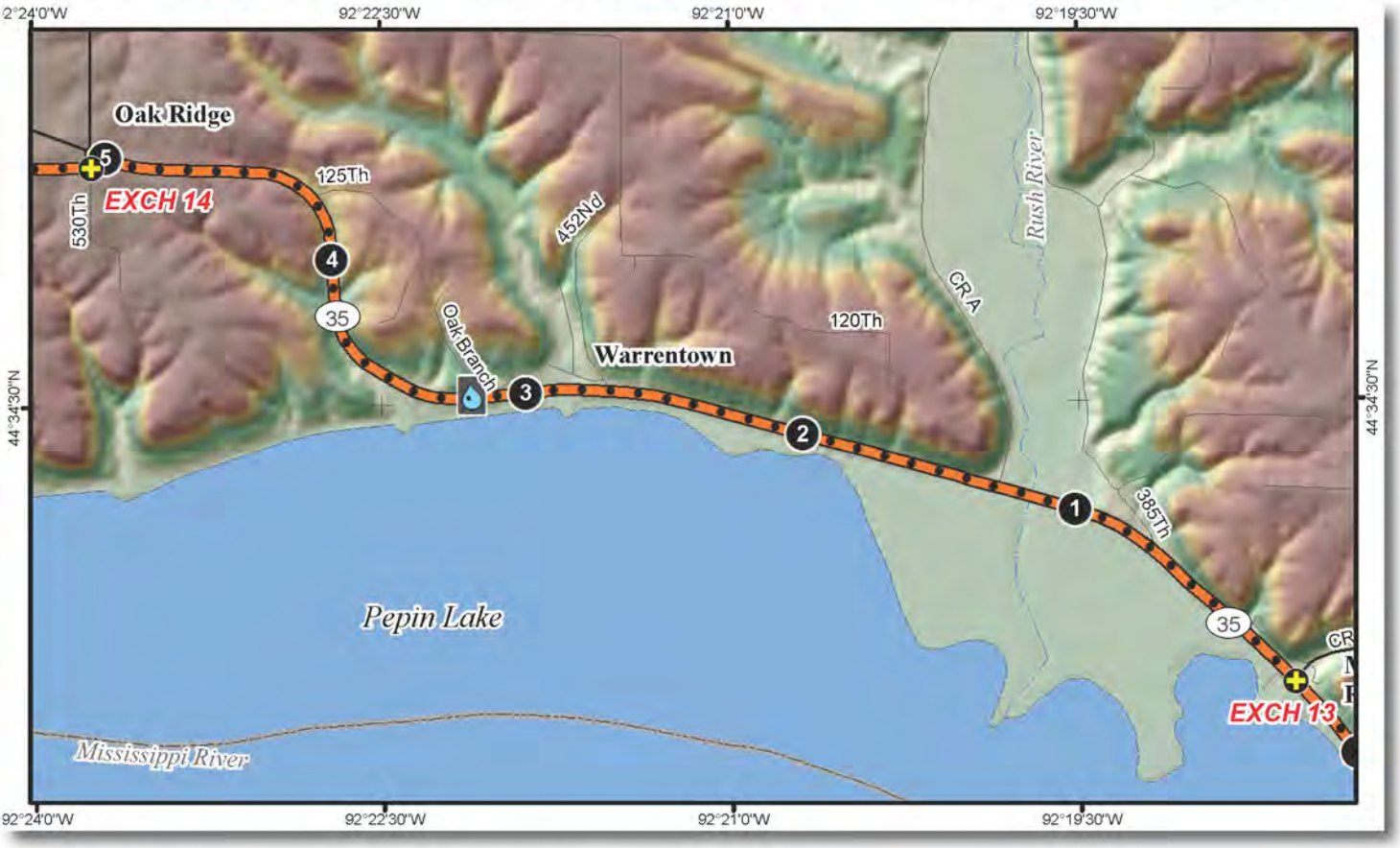
Support Note: Team members will not be able to support their runners on this leg. Runners will want to run with their own water bottle. Water stop at ~ mile 2.75.

LEG LEGEND:

0.0	Depart Exch 12, north on Spring St. Run AGAINST traffic.
0.1	Turn LEFT (NW) onto SR-35/1st St. Run AGAINST traffic.
6.3	Arrive at Exch 13 near Maiden Rock Park.



Leg 14 -- 5.1 Miles -- Very Hard -- NO VAN SUPPORT



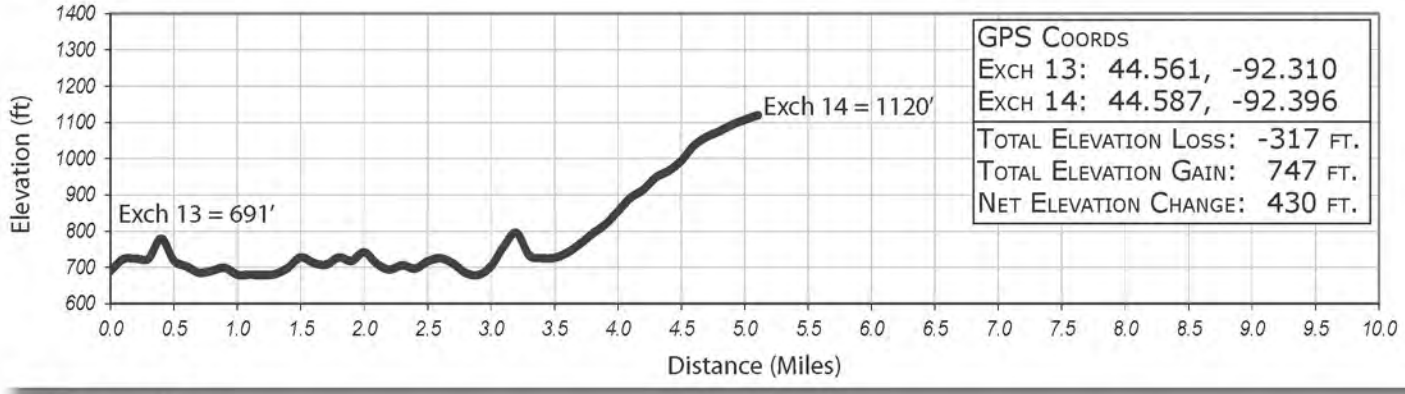
LEG NOTES:

Ex 14 is located at Brownseed Genetics (N1279 530th Street, Bay City WI)

Support Note: Team members will not be able to support their runners on this leg. Runners will want to run with their own water bottle. Water Stop at ~3mile.

LEG LEGEND:

0.0	Depart Exch 13 on SR-35/ Great River Rd, northwest. Run AGAINST traffic.
5.0	Left (S) on 530th Street. Run AGAINST traffic.
5.0	Right (W) on 130th Street. Run AGAINST traffic.
5.1	Arrive at Exchange.



GPS Coords	
Exch 13:	44.561, -92.310
Exch 14:	44.587, -92.396
Total Elevation Loss:	-317 ft.
Total Elevation Gain:	747 ft.
Net Elevation Change:	430 ft.

RAGNAR GREAT RIVER
PRESENTED BY NordicTrack

Leg 15 -- 3.4 Miles -- Easy -- NO VAN SUPPORT

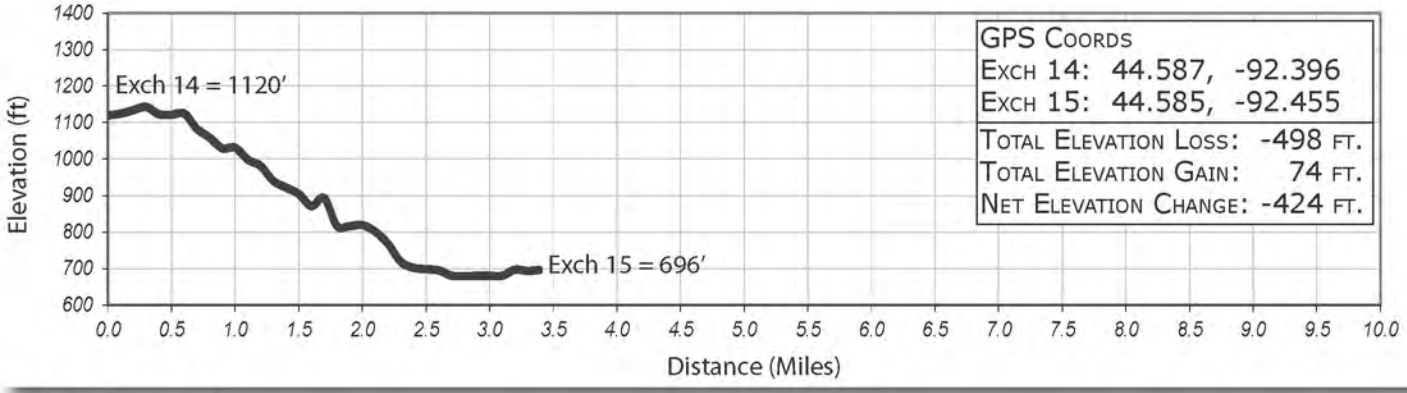
LEG NOTES:

Exch 15 is located at Mikes Bay Town Liquor. (W6454 Hwy 35, Bay City WI)

Support Note: Team members will not be able to support their runners on this leg. Runners will want to run with their own water bottle.

LEG LEGEND:

0.0	Depart Exch 14 west on 130th Street. Run AGAINST traffic.
0.6	Right (NW) on 560th Street. Run AGAINST traffic.
1.0	Left (W) on Hwy 35. Run Against Traffic.
3.2	At CR – EE cross and run WITH Traffic. **USE CAUTION WHEN CROSSING HWY 35**
3.4	Arrive at Exch 15



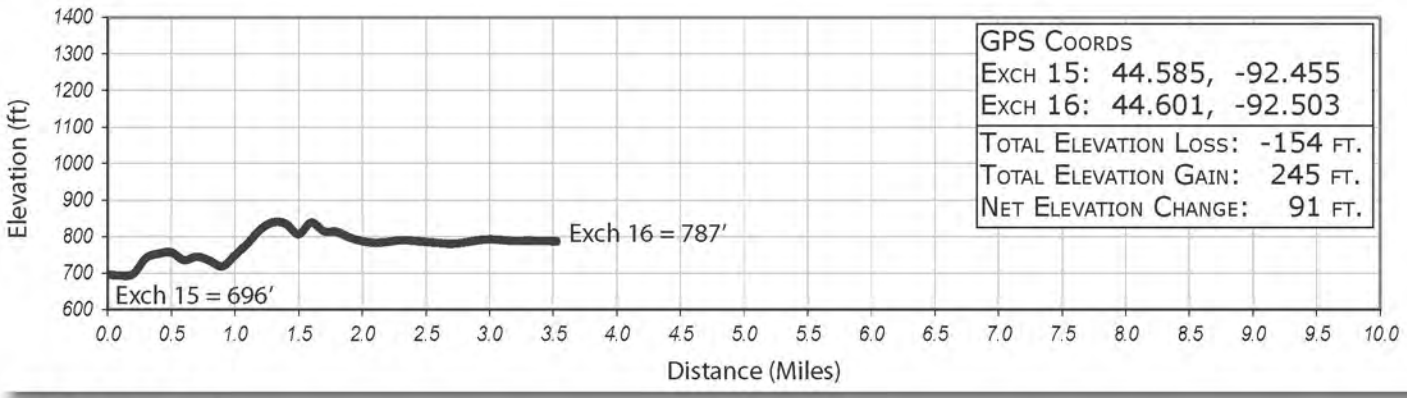
Leg 16 -- 3.5 Miles -- Moderate

LEG NOTES:

Exch 16 is located at Prairie View Elementary School. (W7375 170th Ave, Hager City, WI). A portion of this leg will be run on gravel roads.

LEG LEGEND

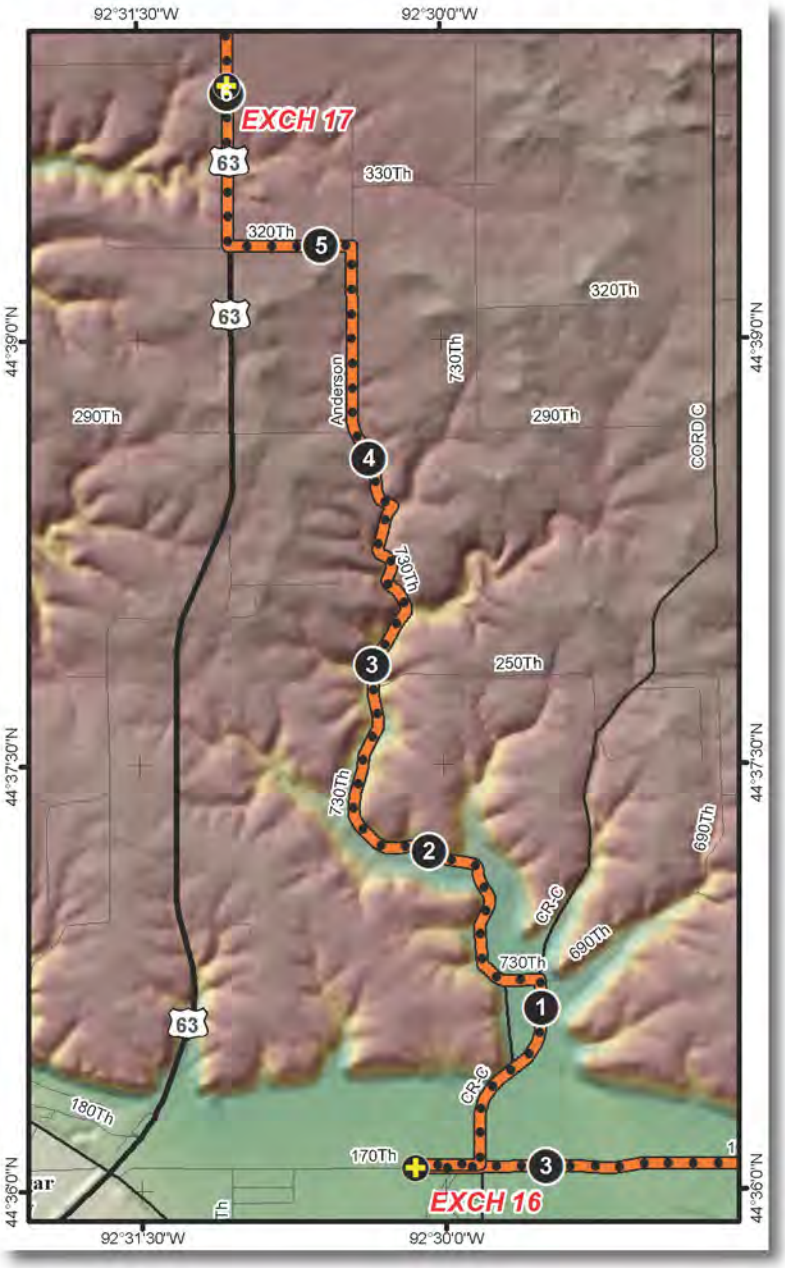
0.0	Depart Exch 15 on Hwy 35 (E). Run WITH traffic. There will be a short 2 way runner section.
0.2	Left (N) on CR – EE. Run AGAINST traffic.
1.0	Left (NW) on 170th Ave. Run AGAINST traffic
1.9	Continue Left (SW) on 170th Ave. Run AGAINST Traffic.
3.5	Arrive at Exch 16



GPS Coords
Exch 15: 44.585, -92.455
Exch 16: 44.601, -92.503

Total Elevation Loss: -154 ft.
Total Elevation Gain: 245 ft.
Net Elevation Change: 91 ft.

Leg 17 -- 6.0 Miles -- Very Hard



LEG NOTES:

Exch 17 is located at Lindgren Elementary (N3470 US Hwy 63 Hager City WI). A portion of this leg will be run on gravel roads.

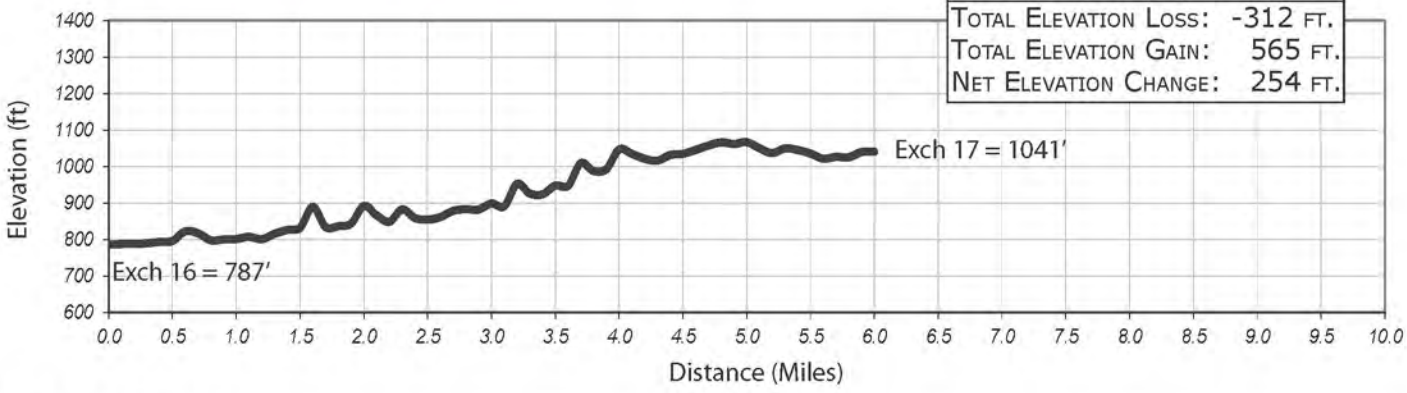
Support Note: You will not be allowed to support your runner while they are running on US Hwy 63.

LEG LEGEND:

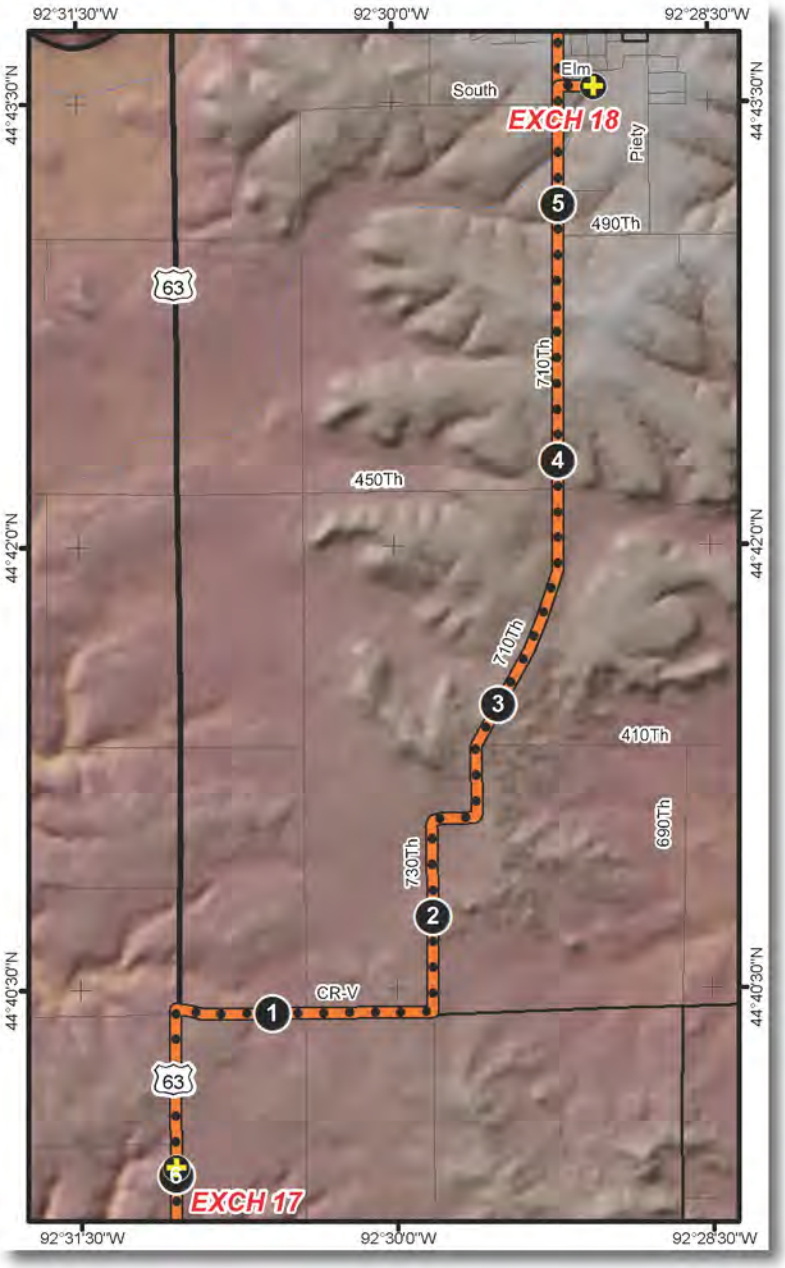
0.0	Exit Exchange 16 by running WITH traffic.
0.3	Left (N) on CR- C. Run AGAINST Traffic.
1.1	Left (NE) on 730th Street. Run AGAINST traffic.
3.8	Left (NE) on Anderson Rd. Run AGAINST traffic.
4.9	Left (W) on 320th Ave. Run AGAINST traffic.
5.4	Right (N) on US Hwy 63. Run WITH Traffic.
6.0	Arrive at Exch 17

GPS Coords
Exch 16: 44.601, -92.503
Exch 17: 44.665, -92.518

Total Elevation Loss: -312 ft.
Total Elevation Gain: 565 ft.
Net Elevation Change: 254 ft.



Leg 18 -- 5.6 Miles -- Hard



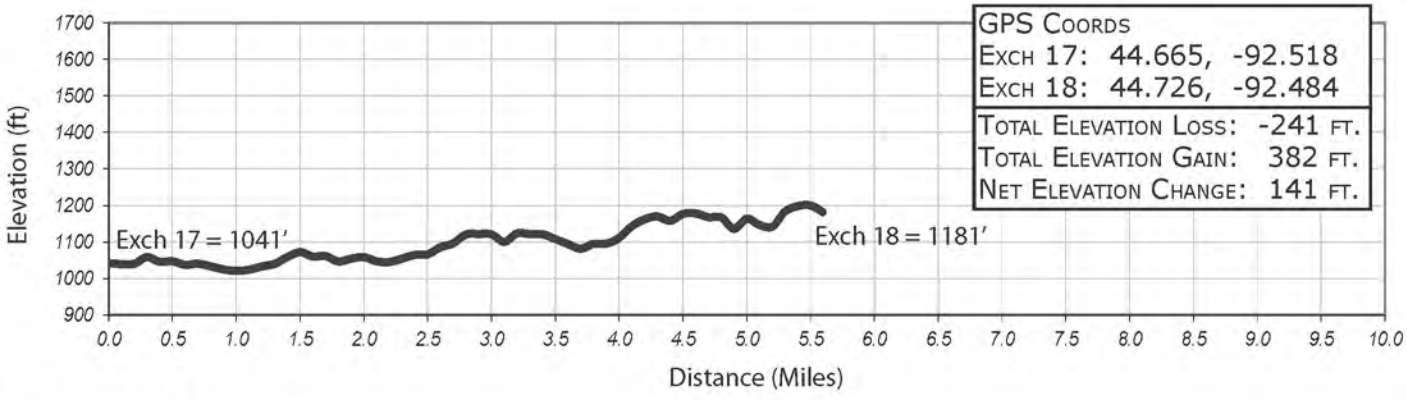
LEG NOTES:

Parking and exchange amenities available at Ellsworth High School (323 Hillcrest Street, Ellsworth WI)

Support Note: You will not be able to support runner on US Hwy 63.

LEG LEGEND:

0.0	Exit Exchange 17 on US Hwy 63. Run WITH Traffic.
0.6	Right (E) on CR – V. Run AGAINST Traffic.
1.6	Left (N) on 730th Street. Run AGAINST Traffic.
5.4	Right (E) on Elm Street. Run AGAINST Traffic.
5.6	Arrive at Ex 18.

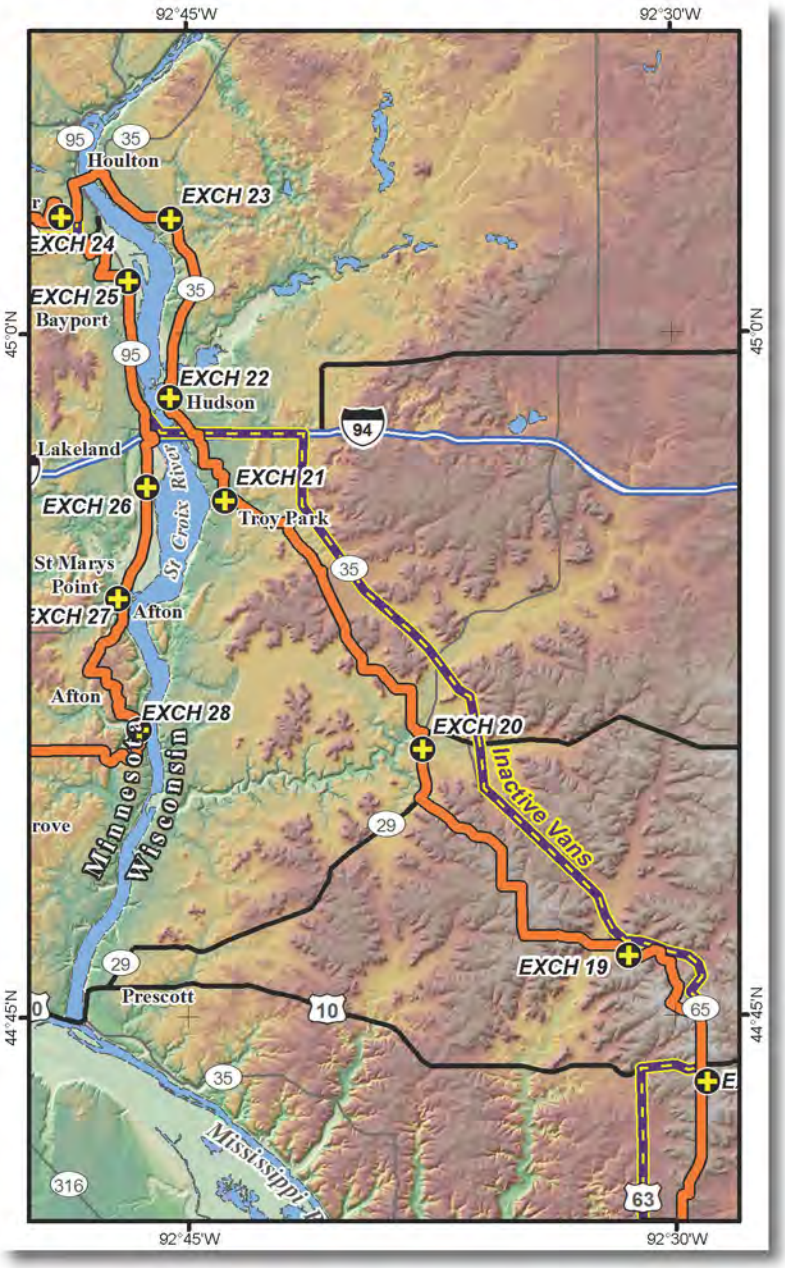


GPS Coords
Exch 17: 44.665, -92.518
Exch 18: 44.726, -92.484

Total Elevation Loss: -241 ft.
Total Elevation Gain: 382 ft.
Net Elevation Change: 141 ft.

RAGNAR GREAT RIVER
PRESENTED BY NordicTrack

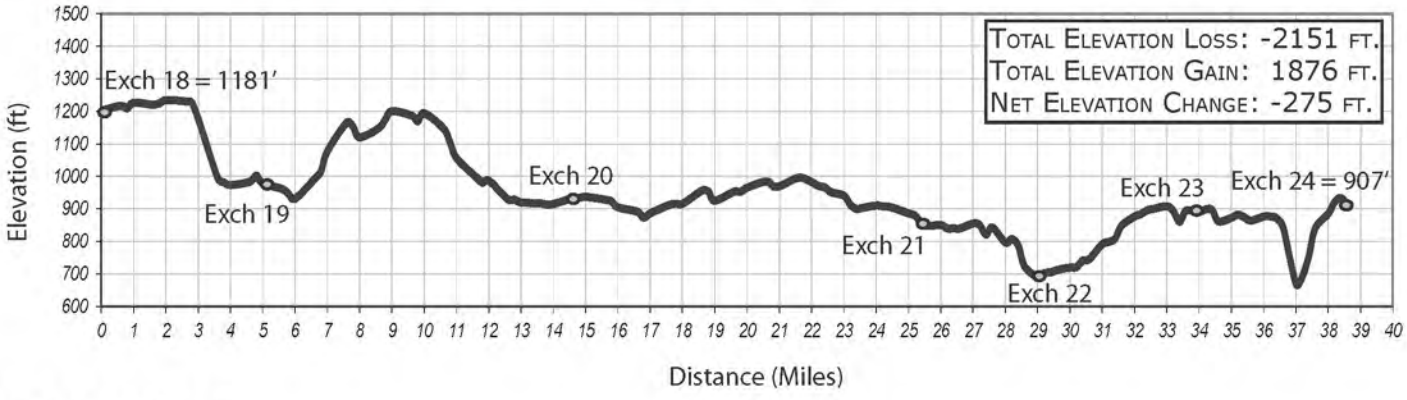
Van 2 -- Legs 19-24 -- 37.0 Miles



Inactive Van Directions:

0.0	Exit exchange 18 on Elm St
0.2	Right on S Maple Street
0.6	Continue North on SR-65
14.6	Continue north on SR-35.
21.2	West on I-94,
25.1	Exit SR-95.
25.3	North on SR-95.
32.0	Left on Myrtle St.
32.2	Left on 3rd St.
33.0	Right on Marsh Street.

Exchange 24 Notes:
Parking and exchange amenities are available at Stillwater Junior High (523 Marsh Street West, Stillwater MN) Parking is located in the parking lot on the NE side of the school. The amenities and exchange are located on the SW side of the school, follow signs to exchange and amenities.



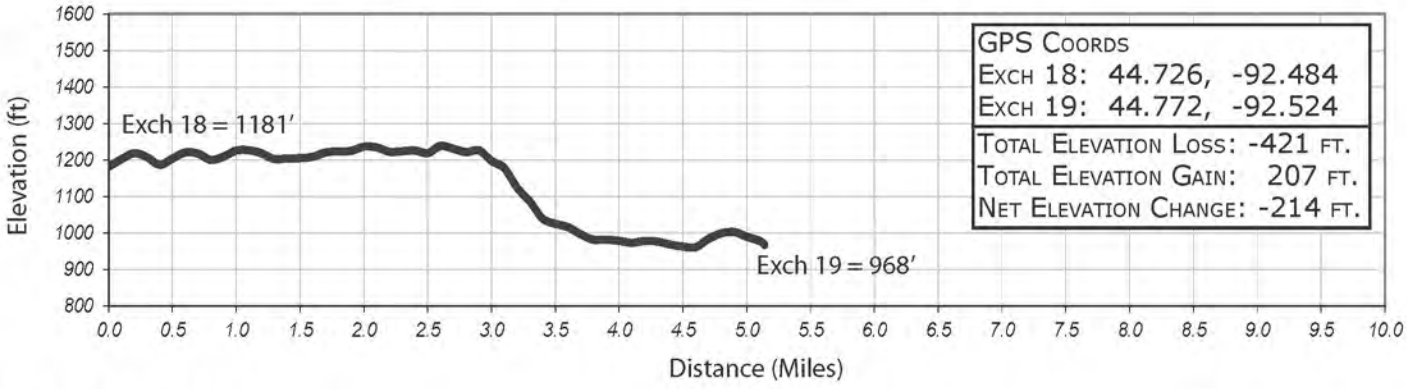
Leg 19 -- 5.1 Miles -- Moderate

LEG NOTES:

Exch 19 is located at Helmer Printing (6402 790th Street, Beldenville WI), parking in gravel lot on Right.

LEG LEGEND:

0.0	Depart Exch 18, running WITH traffic on Elm St.
0.2	Turn Right (N) on S Maple St. Run AGAINST traffic.
1.8	Turn Left (W) on Crosstown Road. Run AGAINST traffic.
2.6	Turn Right (N) on 740th Street. Run AGAINST traffic.
3.8	Turn LEFT (W) on 750th Street. Run AGAINST traffic.
4.2	Turn Left (W) onto SR-65 / CR-J. Run AGAINST traffic.
4.4	Turn Left (SW) on CR-J. Run AGAINST traffic.
5.0	Turn Right (N) on 790th Street. Run AGAINST traffic.
5.1	Arrive at Exch 19

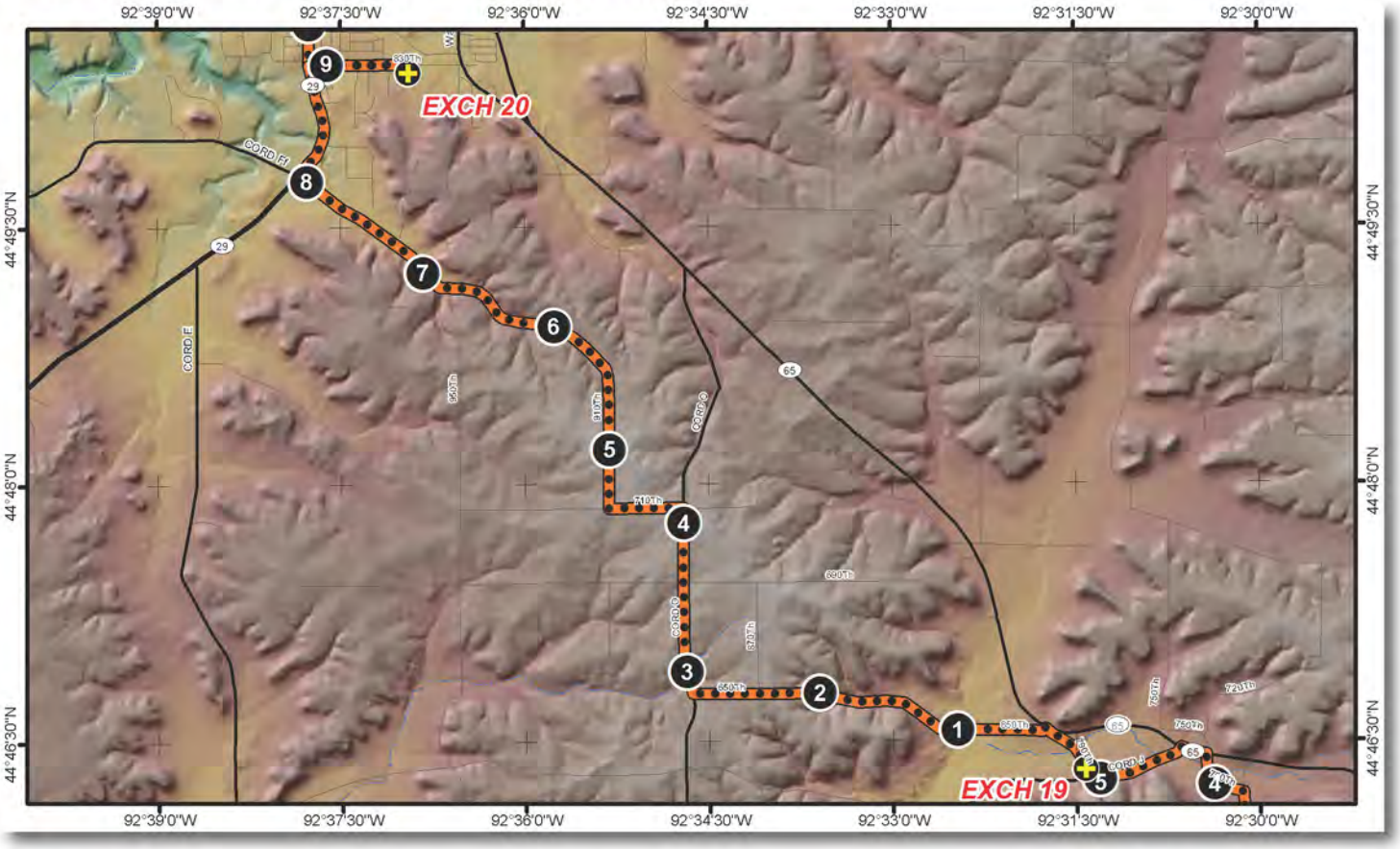


GPS Coords
Exch 18: 44.726, -92.484
Exch 19: 44.772, -92.524

Total Elevation Loss: -421 ft.
Total Elevation Gain: 207 ft.
Net Elevation Change: -214 ft.

RAGNAR GREAT RIVER
PRESENTED BY NordicTrack

Leg 20 -- 9.6 Miles -- Very Hard

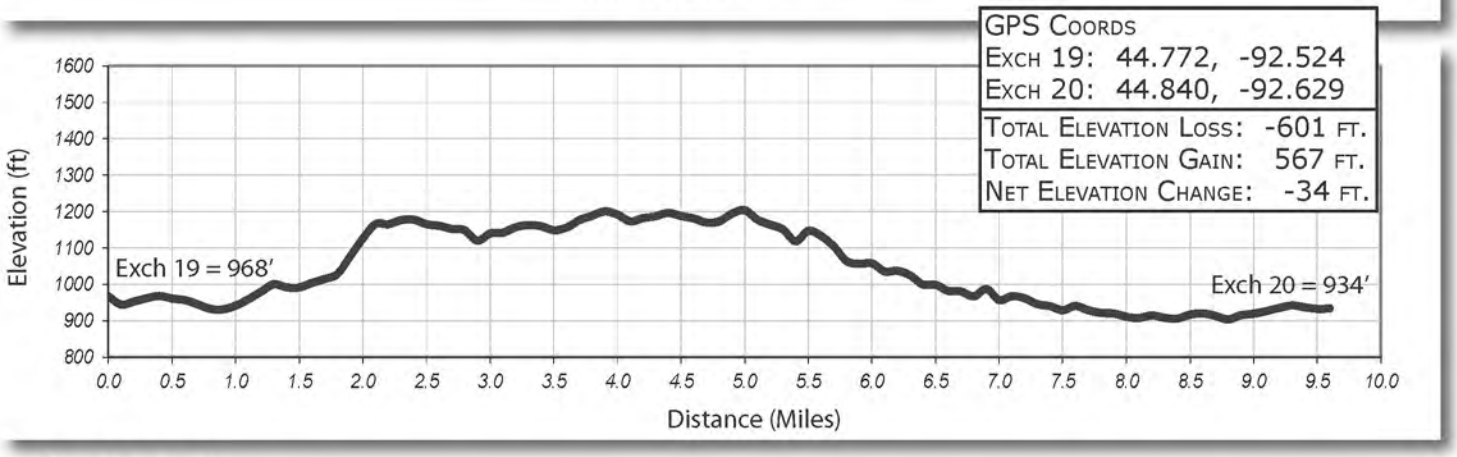


LEG NOTES:

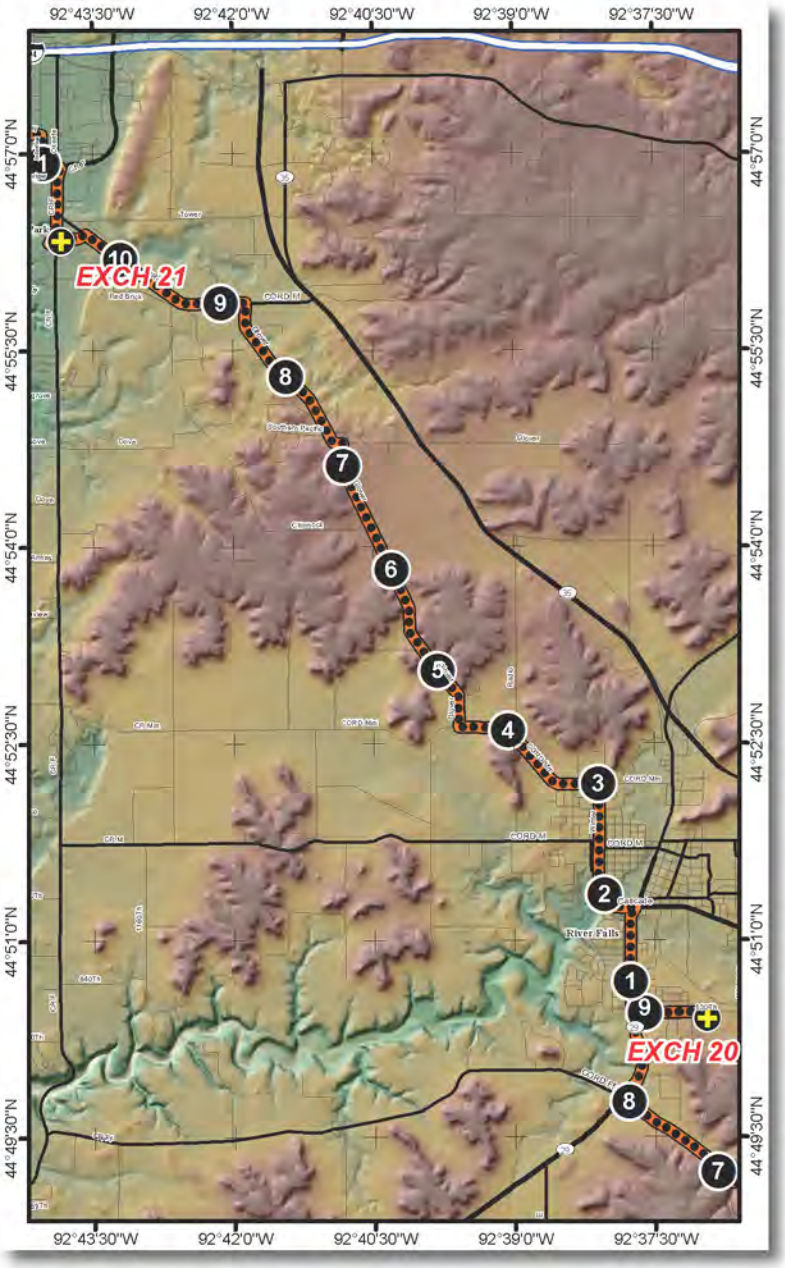
Exch 20 is located at River Falls High School (818 Cemetery Road, River Falls WI). A portion of this leg is run on gravel roads.

LEG LEGEND:

0.0	Depart Exch 19 on 790th Street, northeast. Run AGAINST traffic.
0.4	Left (W) on 650th Ave. Run AGAINST traffic.
2.8	Right (N) on CR-O. Run AGAINST traffic.
4.1	Left (W) on 710th Ave. Run AGAINST traffic.
4.6	Right (N) on 910th Street. Run AGAINST traffic.
6.8	Continue on 770th Ave. Run AGAINST traffic.
8.1	Right (NE) on SR-35. Run WITH traffic on path.
8.9	Right (E) on Cemetery Road. Run WITH traffic.
9.6	Arrive at Exch 20.



Leg 21 -- 10.6 Miles -- Very Hard

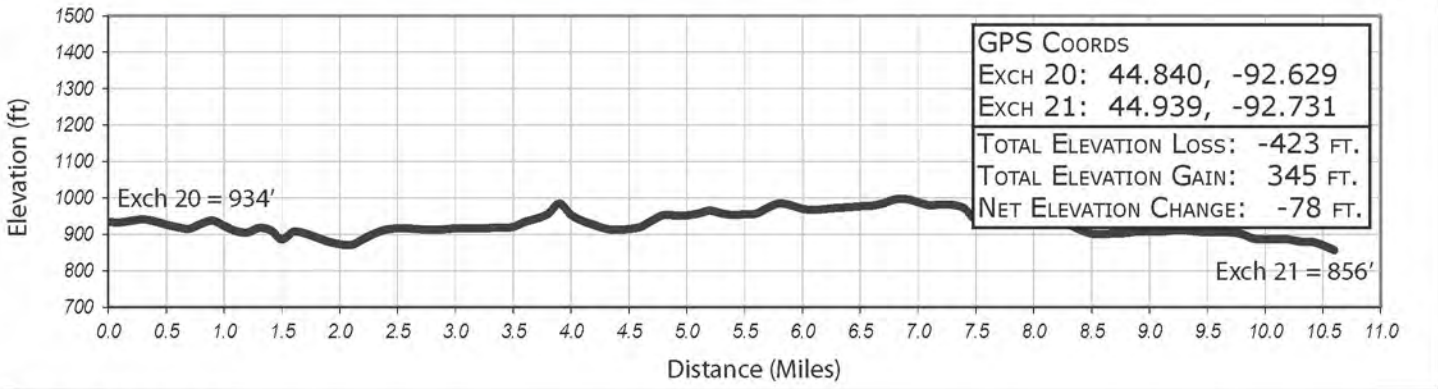


LEG NOTES:

Exch 21 is located at River Crest Elementary School. (535 CR-F, Hudson, WI) Vans must park in the school parking lot. Runners will run through parking lot to the exchange.

LEG LEGEND:

0.0	Depart Exch 20, west on Cemetery Road
0.7	Right (N) on SR-35. Run WITH traffic.
1.7	Left (W) on Cascade Ave. Run AGAINST traffic.
1.8	Continue as Cascade Ave veers right and turns in to Winter Street. Run AGAINST traffic.
3.0	Left (W) on CR-MM. Run AGAINST traffic.
4.4	Right (N) on S Glover Road. Run AGAINST traffic.
7.2	Left (NW) on N Glover Road. Run AGAINST traffic.
8.8	Left (W) CR-FF. Run AGAINST traffic.
10.4	Left in School parking lot. Arrive at Exch 21



Leg 22 -- 3.8 Miles -- Easy

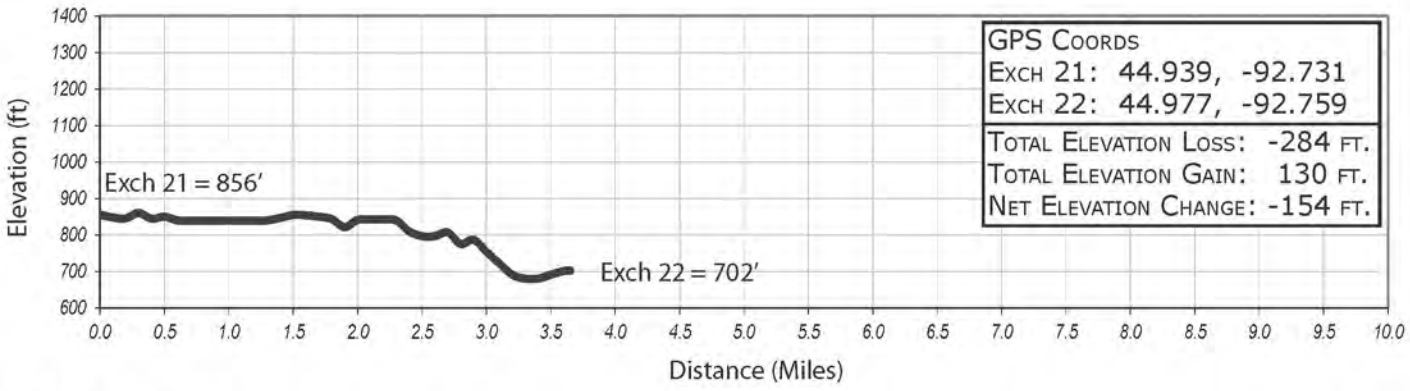
LEG NOTES:

Exch 22 is located at Lakefront Park in Hudson, WI. (1st St and Vine Street Hudson WI) Parking is available in the park.

Notice: Runners will enter a trail in Lake Front Park after 3.2 miles; vans will use 1st St for the last .3 miles to arrive at the exchange.

LEG LEGEND:

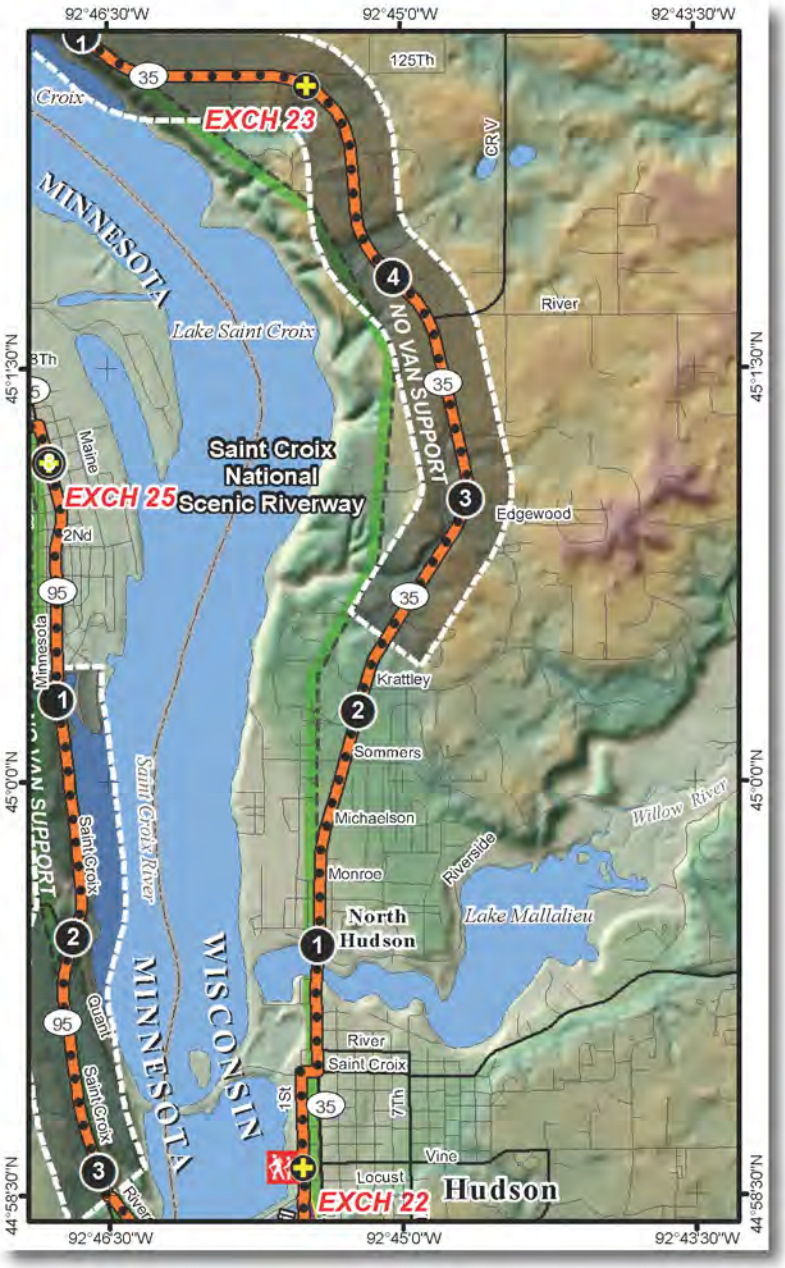
0.0	Depart Exch 21 RIGHT on CR-F, north. Run AGAINST traffic.
0.8	Turn LEFT (NW) onto O'Keefe Rd. Road name will change to Mayer Rd. Run AGAINST traffic.
1.0	Turn RIGHT (N) onto Industrial Rd. Run AGAINST traffic.
1.3	Turn LEFT (W) onto Hanley Rd. Run AGAINST traffic.
1.6	Turn RIGHT (N) onto Heggan St. Run AGAINST traffic.
2.4	Turn LEFT (W) onto Coulee Rd, just past the I-94 overpass. Run WITH traffic on Sidewalk.
3.3	Stay STRAIGHT (W) onto Buckeye St. Run AGAINST traffic.
3.4	Turn RIGHT (N) on 1st Street. Run AGAINST traffic.
3.5	Turn LEFT onto running trail. (Vehicles turn continue on 1st St)
3.8	Arrive at Exch 22.



GPS Coords	
Exch 21:	44.939, -92.731
Exch 22:	44.977, -92.759
Total Elevation Loss:	-284 ft.
Total Elevation Gain:	130 ft.
Net Elevation Change:	-154 ft.

RAGNAR GREAT RIVER
PRESENTED BY NordicTrack

Leg 23 -- 4.9 Miles -- Hard -- PARTIAL NO VAN SUPPORT



LEG NOTES:

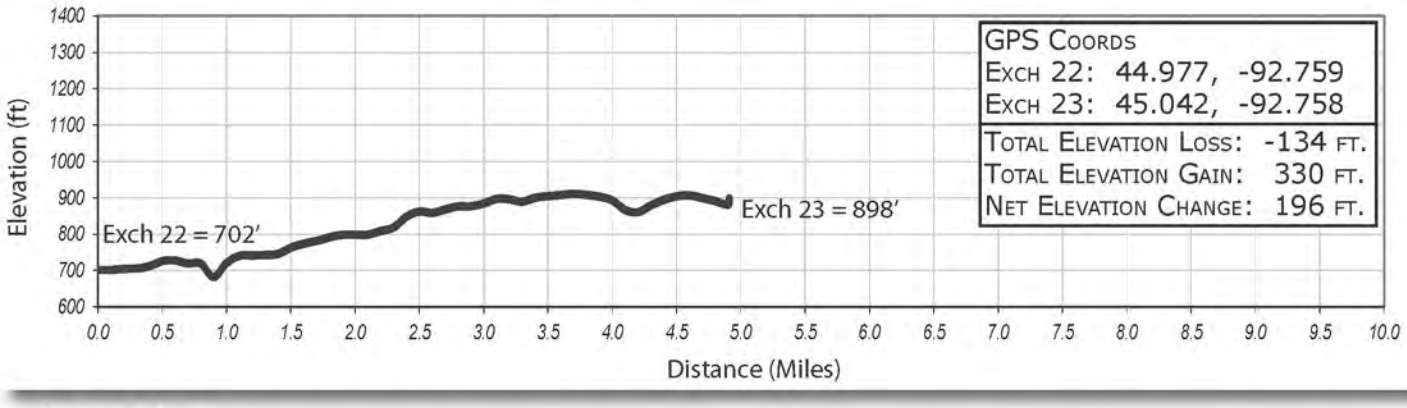
Exch 23 is located across the street from Valley House Weddings and Banquets. (125th Ave and Hwy 35 Hudson WI) Vans must park in the parking lot around the Valley House Weddings and Banquets. Look for portable restrooms behind the building. Please be safe crossing the highway.

Support Note: Team members will not be able to support their runners on SR 35 from Starwood Road to Ex 23. Runners will want to run with their own water bottle.

Safety Note: The exchange chute and parking are on opposite sides of the road. Park vehicles only in the parking area. Only the next runner, plus one other team member may cross the road to access the exchange chute.

LEG LEGEND:

0.0	Depart Exch 22, north on 1st St. Run AGAINST traffic.
0.4	Turn RIGHT (E) onto St Croix St. Run AGAINST traffic.
0.5	Turn LEFT (N) onto SR-35 / 2nd St. Run AGAINST traffic.
4.9	Remain on SR-35 for rest of leg. Arrive at Exch 23.



GPS Coords	
Exch 22:	44.977, -92.759
Exch 23:	45.042, -92.758
Total Elevation Loss:	-134 ft.
Total Elevation Gain:	330 ft.
Net Elevation Change:	196 ft.

LEG 24 -- 4.4 MILES -- HARD -- PARTIAL NO VAN SUPPORT

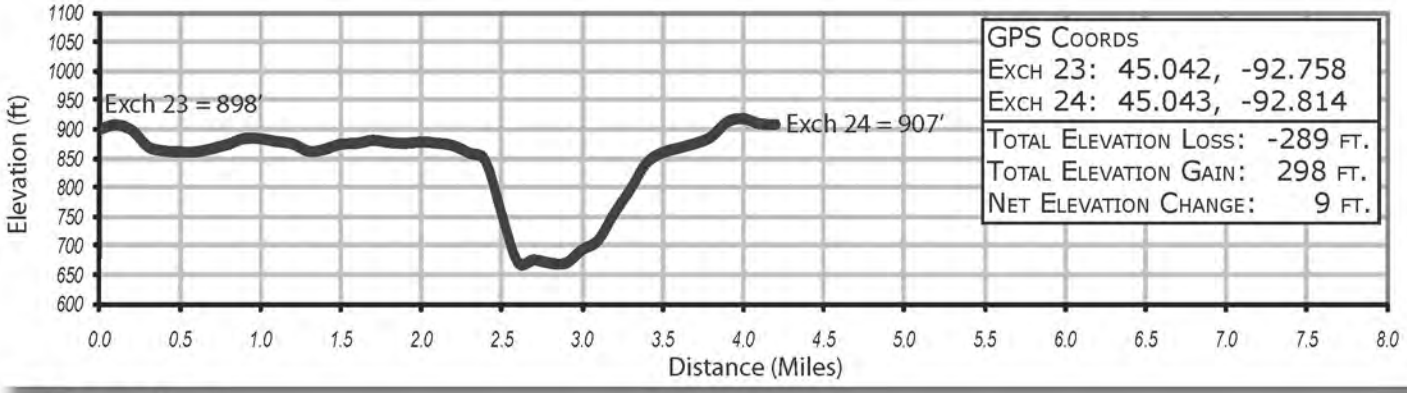
LEG NOTES:
Exch 24 is located at Stillwater Junior High in Stillwater, MN. (523 Marsh Street, Stillwater MN)

Support Note: Team members will not be able to support their runners on SR 35 from Ex 23 to Stillwater. Runners will want to run with their own water bottle.

Notice: There is a lift bridge at mile 2.9. most teams will cross the bridge before it starts operating at 7am. The bridge will lift once every hour and will cause a 10min delay in traffic. Please keep track of your time lost and report it at the finish line so that your team's total time can be adjusted.

LEG LEGEND:

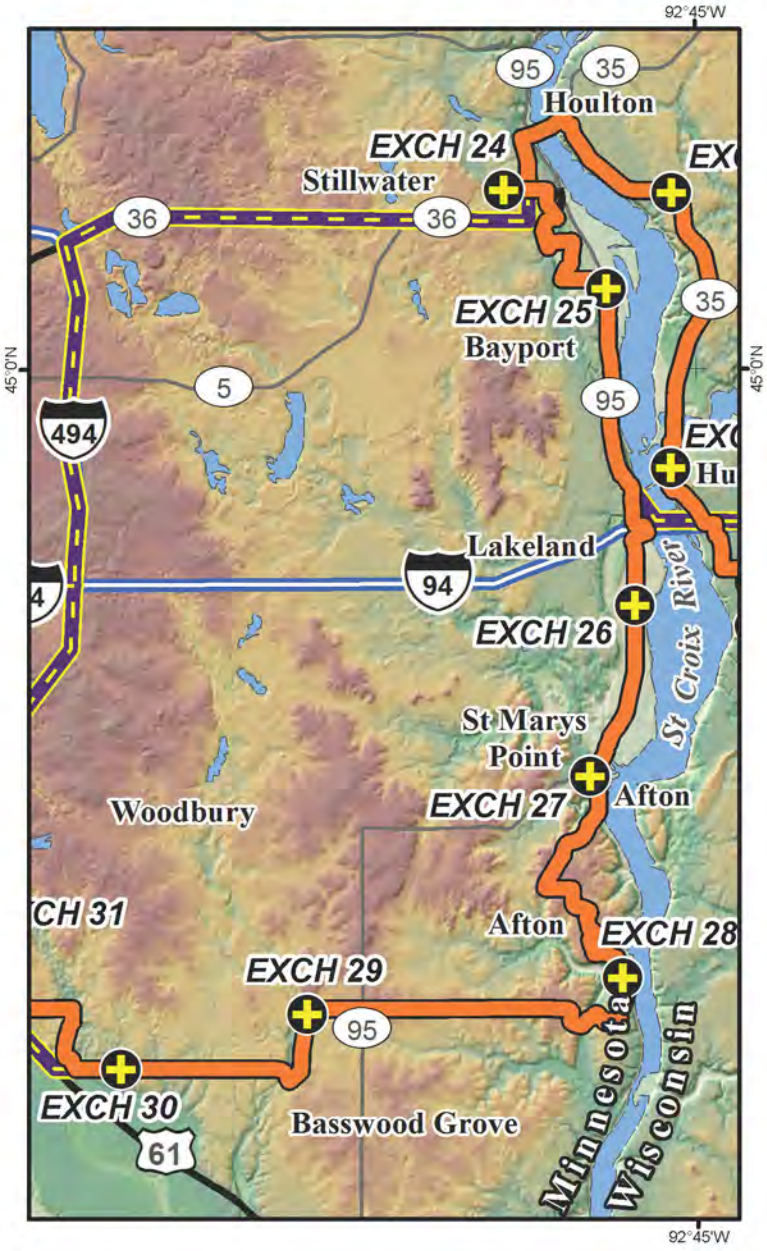
0.0	Depart Exch 23 on SR-35, west. Run AGAINST traffic.
2.2	Turn Left (W) on Church St. Run AGAINST traffic.
2.3	Turn Right (N) on State St. Run AGAINST traffic.
2.4	Turn LEFT (SW) on CR-E. Run AGAINST traffic.
2.5	Bear LEFT (SW) onto SR-64. Run AGAINST traffic.
2.6	Cross St. Croix River bridge using the sidewalk and enter Minnesota. Road name changes to SR-36/SR-64. Temporary delays are possible on lift bridge.
3.0	Continue on Chestnut St. Run AGAINST traffic.
3.2	Left (S) on S 3rd Street. Run AGAINST traffic.
3.9	Right (W) on W Orleans Street. Run WITH traffic.
4.4	Arrive at Exch 24



GPS Coords	
Exch 23:	45.042, -92.758
Exch 24:	45.043, -92.814
Total Elevation Loss:	-289 ft.
Total Elevation Gain:	298 ft.
Net Elevation Change:	9 ft.

RAGNAR GREAT RIVER
PRESENTED BY NordicTrack

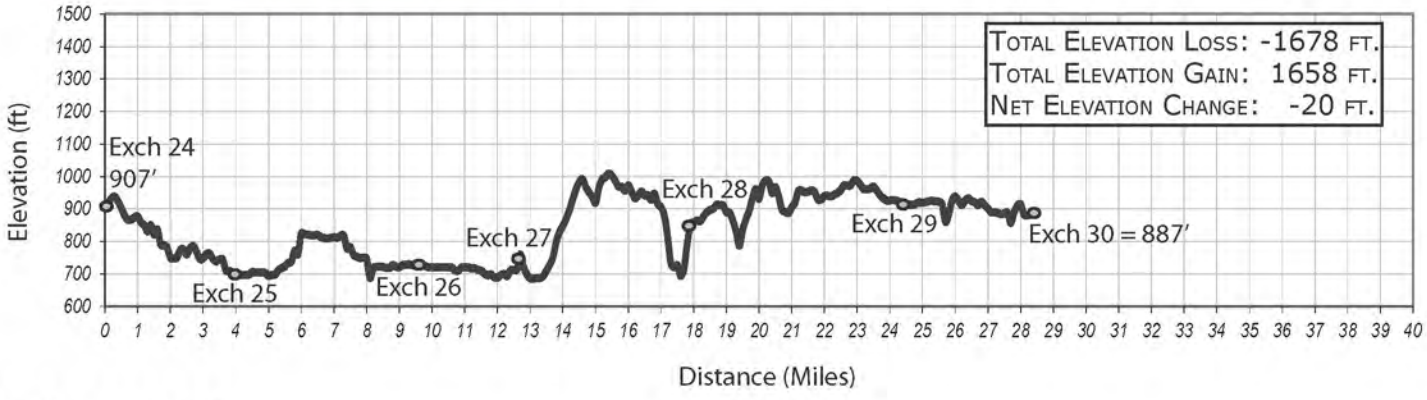
Van I -- Legs 25-30 -- 28.4 Miles



Inactive Van Directions:

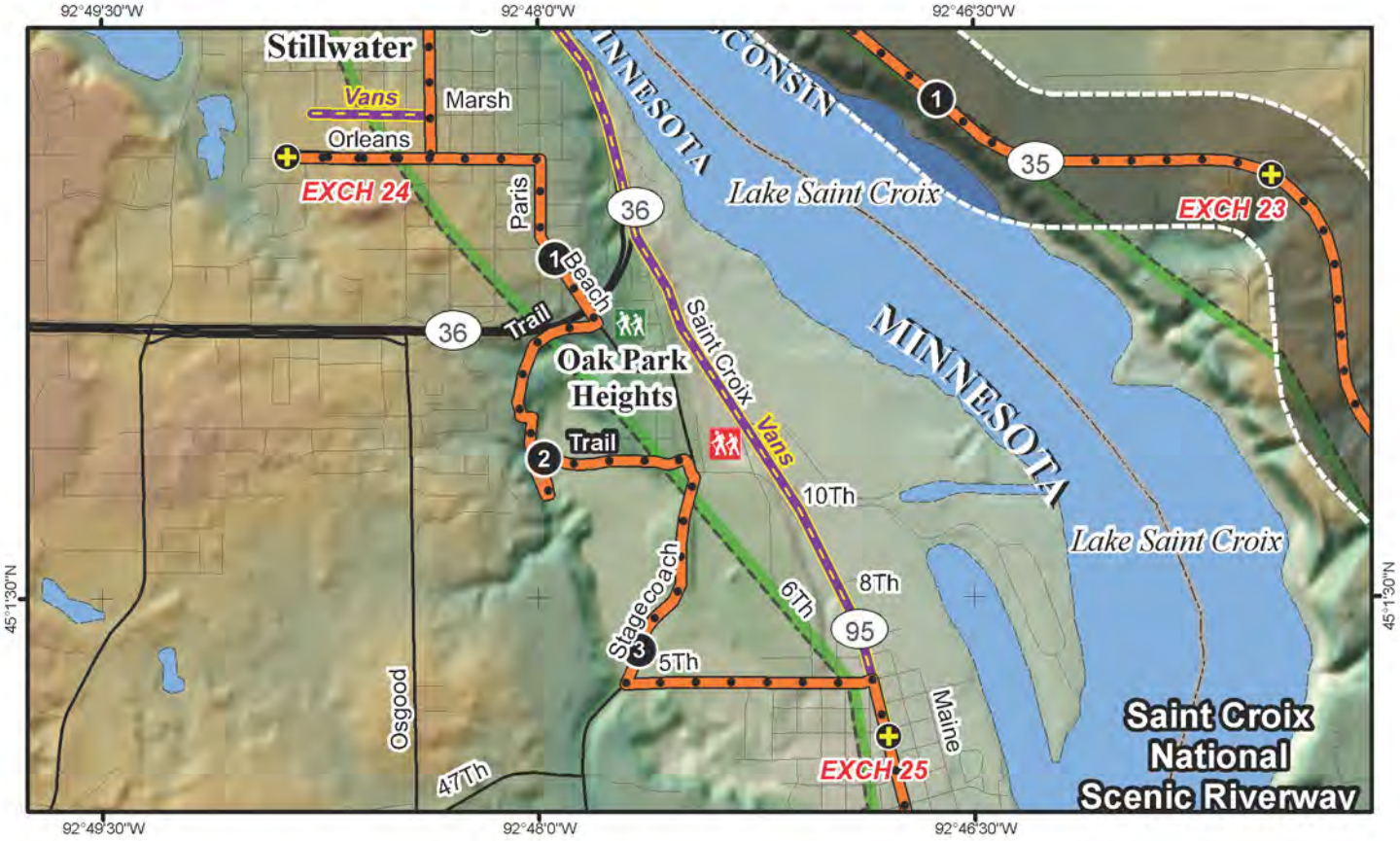
0.0	Exit parking lot on Marsh Street (E)
0.2	Right (S) on Osgood Ave N / 4th Street.
0.9	Right (W) on Hwy 36
8.6	South on Interstate 694, continue South on Interstate 494.
19.3	Exit South on Hwy 10
23.8	Exit East on 80th Street S
25.0	Arrive at Exchange 30.

Exchange 30 Notes:
Parking and exchange amenities are located at Park High School (8040 8th Street, Cottage Grove, MN 55016)



RAGNAR GREAT RIVER
PRESENTED BY NordicTrack

Leg 25 -- 4.0 Miles -- Easy



Exch 25 is located at Perro Park Bay Port, MN. (3rd Ave/Hwy 95, Bayport MN)

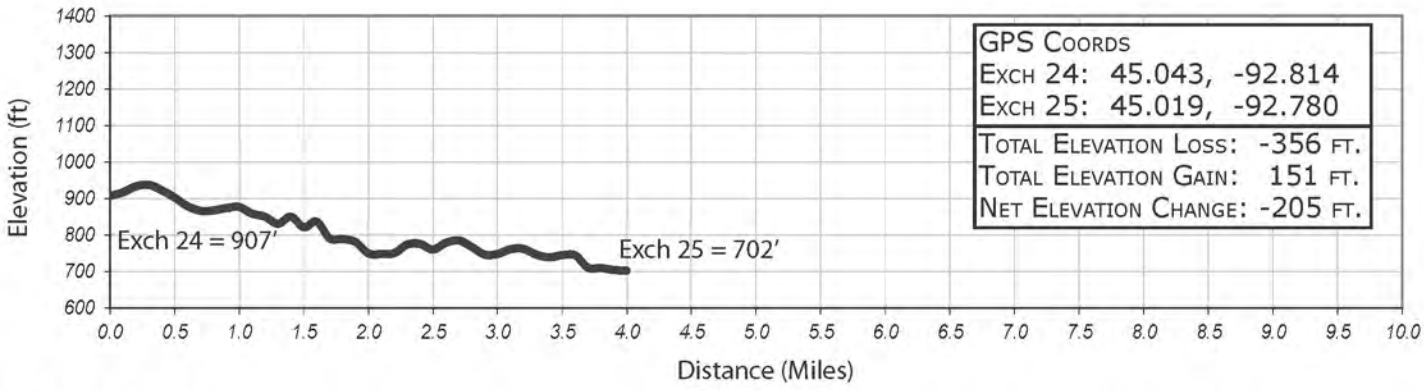
Safety Note: Please use crosswalk and caution when crossing SR-95 in Bayport.

LEG LEGEND:

0.0	Depart Exch 24, (E) on Orleans Street. Run WITH traffic.
0.7	Right (S) on Paris Ave, Run AGAINST traffic.
0.9	Left (SE) on Beach Rad, Run AGAINST traffic.
1.2	Right (W) on Running Path
1.6	Continue on Valley View Path. Exit RIGHT on Stagecoach Trail
2.5	Right (S) on Stagecoach Trail, Run AGAINST traffic
3.1	Left (E) on 5th Ave, Run AGAINST Traffic.
3.8	Right (S) on Hwy 95. Run AGAINST Traffic.
4.0	Arrive at Exch 25

Van Directions:

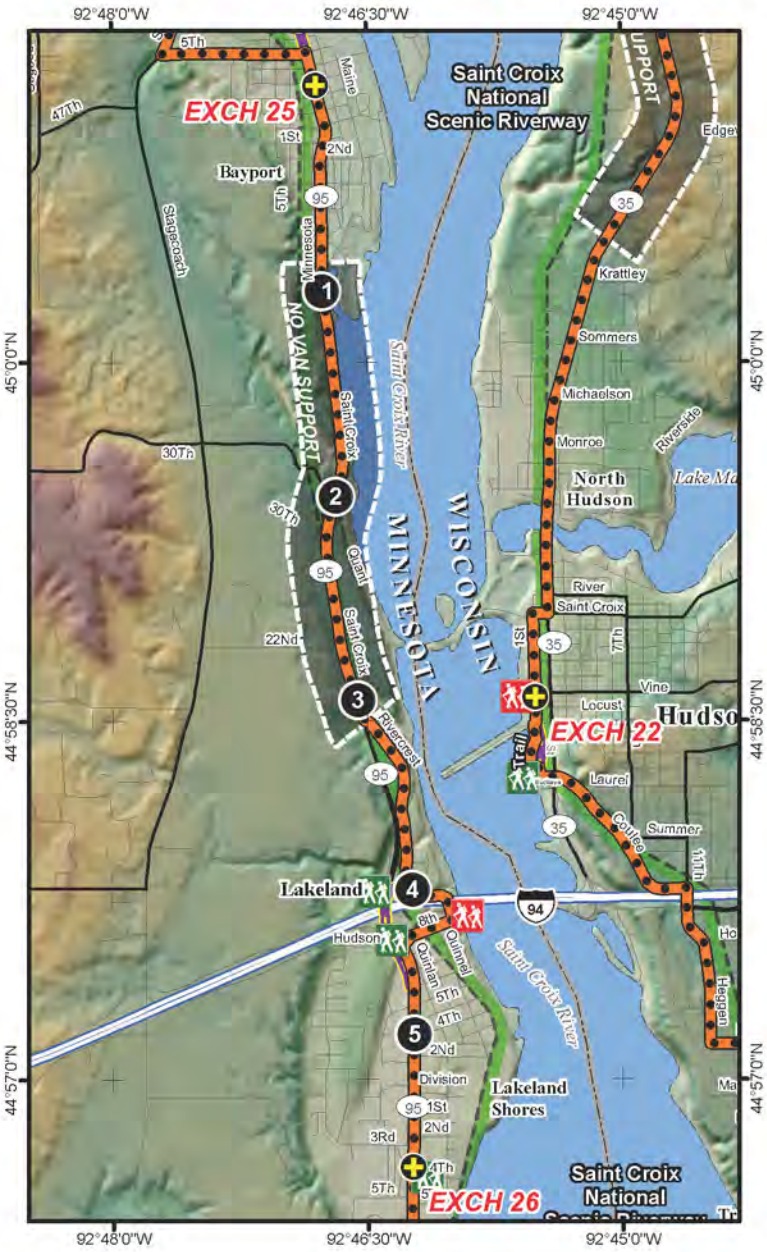
0.0	Exit Exchange 24 East on Marsh Street
0.3	Left on 3rd Street
1.1	Right on Chestnut Street
1.2	Right on Hwy 95, arrive at Exchange 25



GPS Coords
Exch 24: 45.043, -92.814
Exch 25: 45.019, -92.780

Total Elevation Loss: -356 ft.
Total Elevation Gain: 151 ft.
Net Elevation Change: -205 ft.

Leg 26 -- 5.6 Miles -- Moderate -- Partial No Van Support



LEG NOTES:
Exch 26 is located at Lakeland School. (475 St Croix Trail S, Lakeland MN)

Notice: Vehicles and runners will be separated for a little while as the runners run on a trail. (No vehicles are allowed on the trail.)

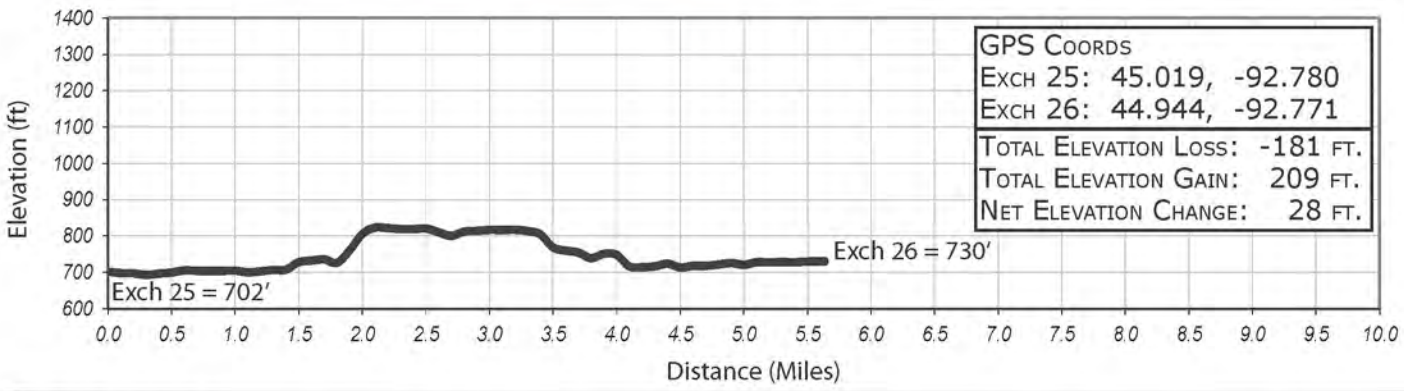
Support Note: Please don't support your runner on any stretch of SR-95 that is 50 mph and above.

LEG LEGEND:

0.0	Depart Exch 25 (S) on Hwy 95. Run AGAINST traffic.
3.0	Turn Left (SE) on Rivercrest Road N. Run AGAINST traffic.
4.0	Continue on trail that runs under 494 bridge.
4.2	Right (S) on Quixote Ave. Run AGAINST traffic.
4.3	RIGHT (SW) on 8th Street N. Run AGAINST traffic.
4.5	LEFT (S) on running trail at Quinian Ave.
5.6	Arrive at Exch 26.

Van Directions:

*	Follow running route to mile 4.0
4.0	Continue (S) on SR-95/St Croix Trail
5.5	Arrive at Exch 26



Leg 27 -- 3.1 Miles -- Easy

LEG NOTES:

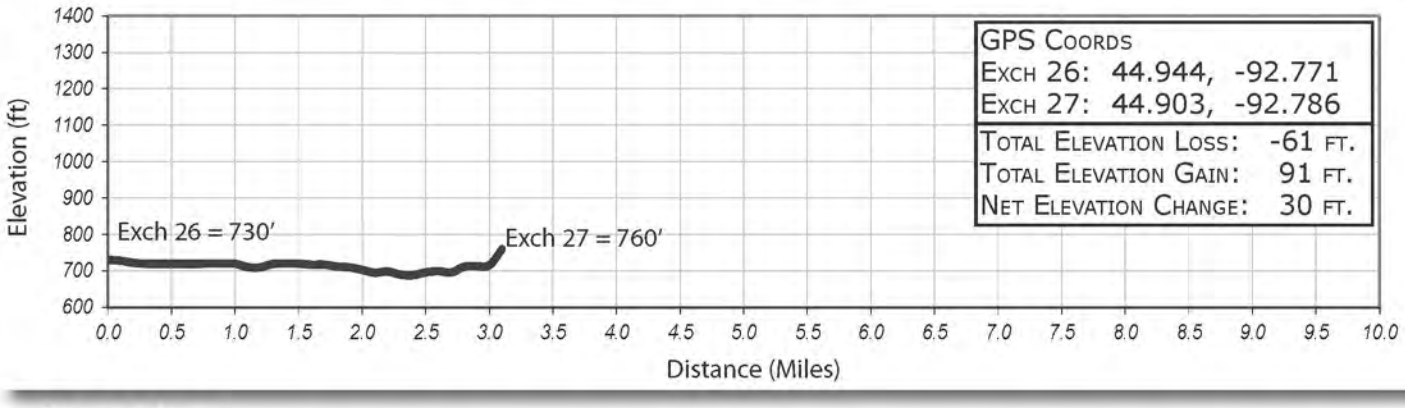
Exch 27 is located at Memorial Lutheran Church. (15730 Afton Blvd, Afton MN)

Notice: Vehicles and runners will be separated for a little while as the runners run on a trail. (No vehicles are allowed on the trail.) Runners will be on a running path the whole time between Exch 26 and 27 that parallels St. Croix Trail/Hwy 18/MN-95.

Safety Note: Use Caution when crossing Hwy 35 in the town of Afton. Use crosswalk.

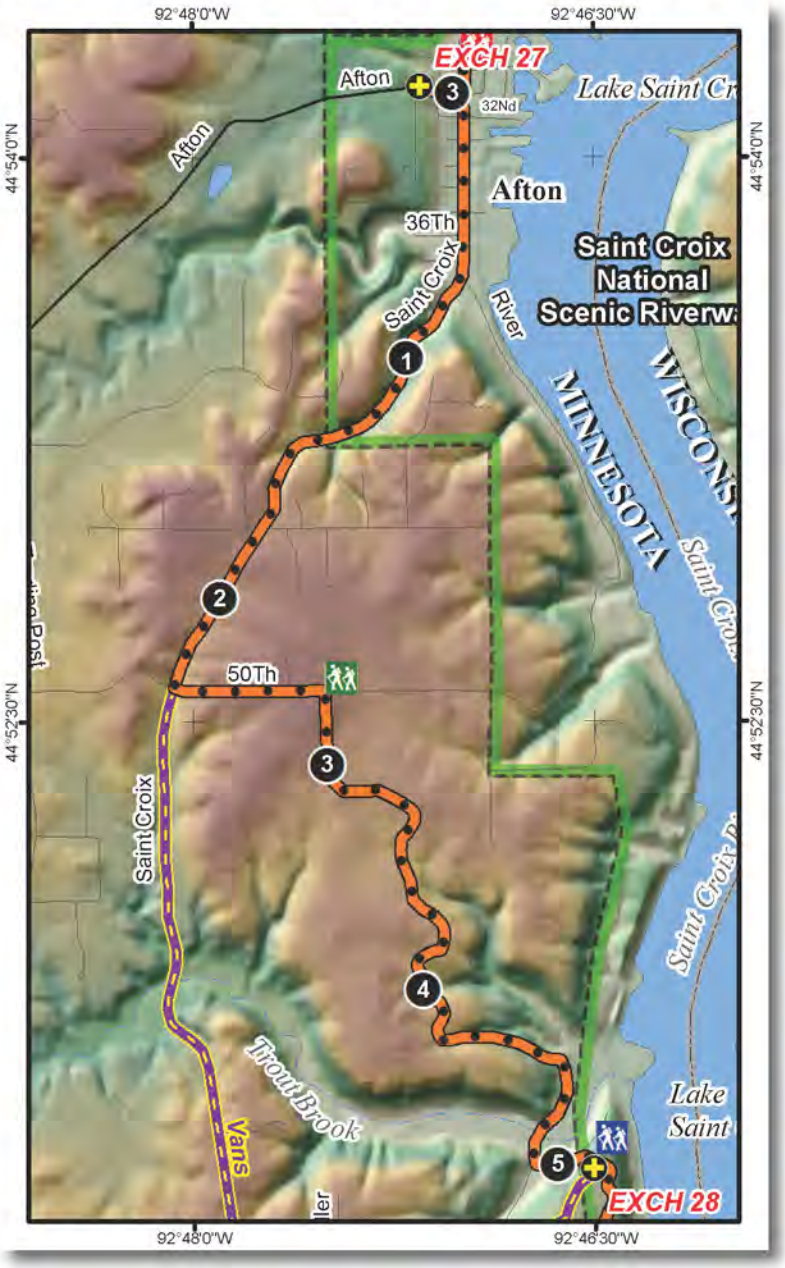
LEG LEGEND:

0.0	Depart Exch 26, South on Running path.
2.8	Continue South on Hwy 95/ St Croix Trail. Run AGAINST traffic.
3.0	Right (E) on Afton Blvd. Run WITH traffic.
3.1	Arrive at Exch 27



GPS Coords	
Exch 26:	44.944, -92.771
Exch 27:	44.903, -92.786
Total Elevation Loss:	-61 ft.
Total Elevation Gain:	91 ft.
Net Elevation Change:	30 ft.

Leg 28 -- 5.1 Miles -- Very Hard



LEG NOTES:

Exchange 28 is located at Afton State Park. (6959 Peller Ave S, Hastings MN)

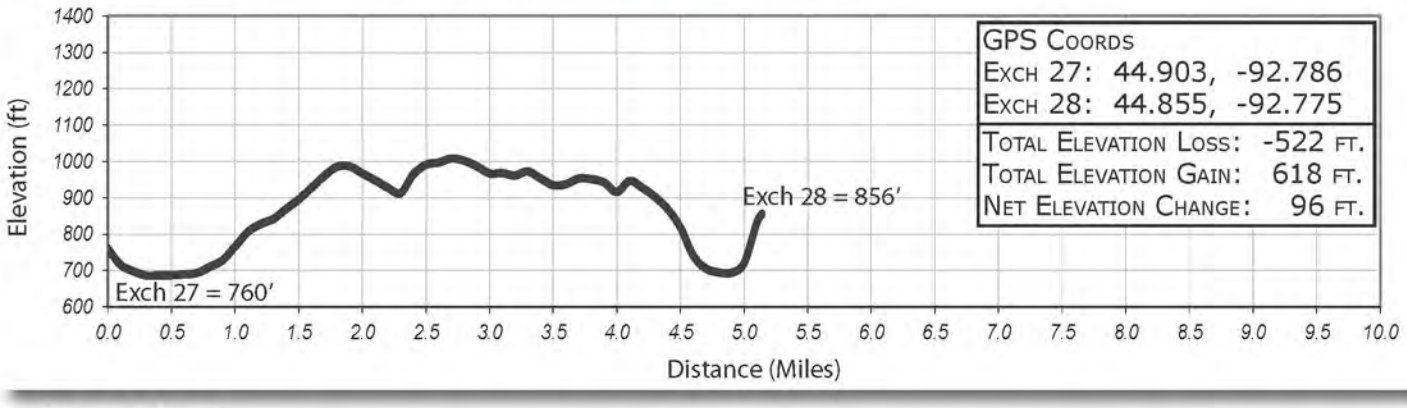
Safety Note: Use Caution when crossing Hwy 35 in the town of Afton. Use crosswalk. The last 2.5 miles of the leg are run on the Hiking/Horse trails in Afton State Park. (Uneven surfaces) Vans will be separated for this section and runners are advised to run with a water bottle. Please make sure to follow signage and LED lights on trail section.

LEG LEGEND:

0.0	Depart Exch 27, East on Afton Blvd. Run AGAINST traffic.
0.1	Right (S) on St. Croix Trail. Run AGAINST traffic.
0.7	Veer right on and continue on St Croix Trail/Hwy 21. Run AGAINST traffic.
2.3	Left (E) on 50th Street. Run AGAINST traffic.
2.8	Right (S) at Prairie Loop Trail Head into Afton State Par.
*	Follow Signage and LED's as you run along the Prairie Loop Hiking trail to the Picnic Area.
5.1	Arrive at Exch 28.

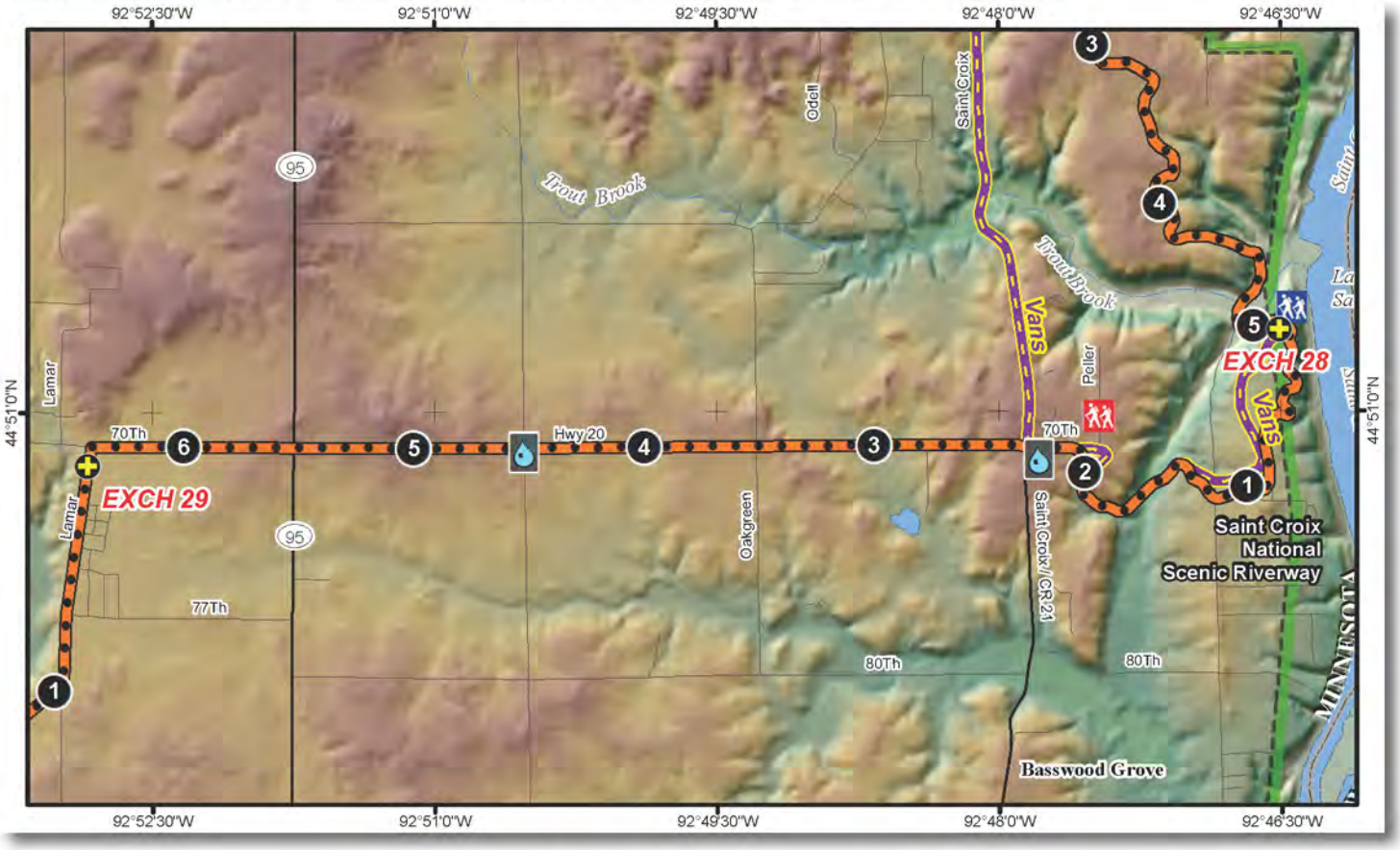
Van Directions:

0.0	Follow Runner Route to 50th Street
2.3	Continue South on St. Croix Trail/Hwy 21
4.3	Left on Hwy 20
4.7	Access Afton State Park and follow road to picnic area for the exchange point



GPS Coords	
Exch 27:	44.903, -92.786
Exch 28:	44.855, -92.775
Total Elevation Loss:	-522 ft.
Total Elevation Gain:	618 ft.
Net Elevation Change:	96 ft.

Leg 29 -- 6.5 Miles -- Hard -- NO VAN SUPPORT

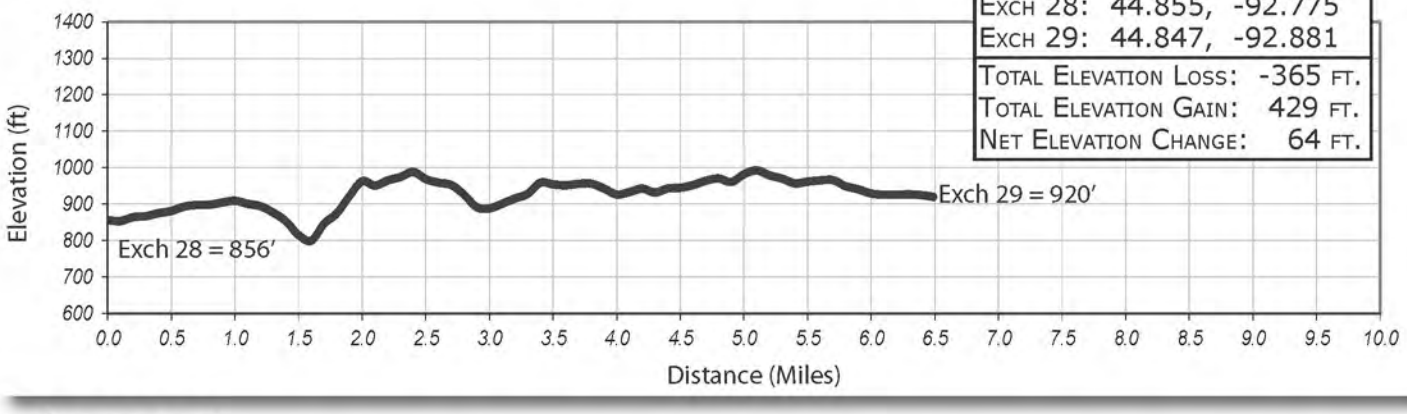


LEG NOTES:

Exch 29 is located at Larmar Park. (7025 Lamar Ave, Cottage Grove MN). Water stop at 2.0 and 4.3 miles.

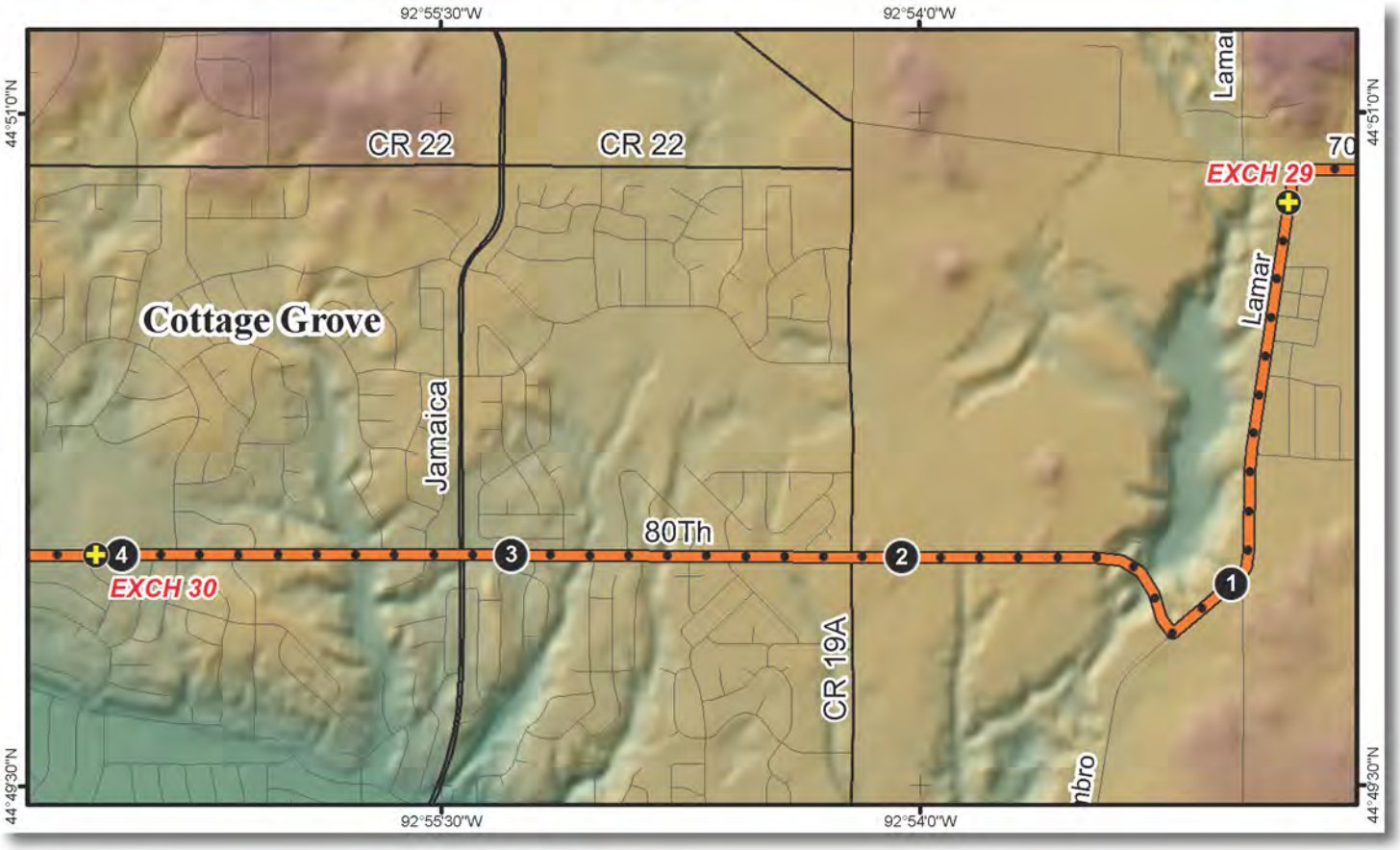
LEG LEGEND:

0.0	Depart Exch 28, on Hiking/ Biking Trail South to the State Park Exit.
2.3	Continue Straight at end of Trail and Run AGAINST traffic on Hwy 20 (W)
6.4	Turn Left (S) on Larmar Ave S. Run AGAINST traffic.
6.5	Arrive at Exch 29



GPS Coords	
Exch 28:	44.855, -92.775
Exch 29:	44.847, -92.881
Total Elevation Loss:	-365 ft.
Total Elevation Gain:	429 ft.
Net Elevation Change:	64 ft.

Leg 30 -- 4.1 Miles -- Moderate

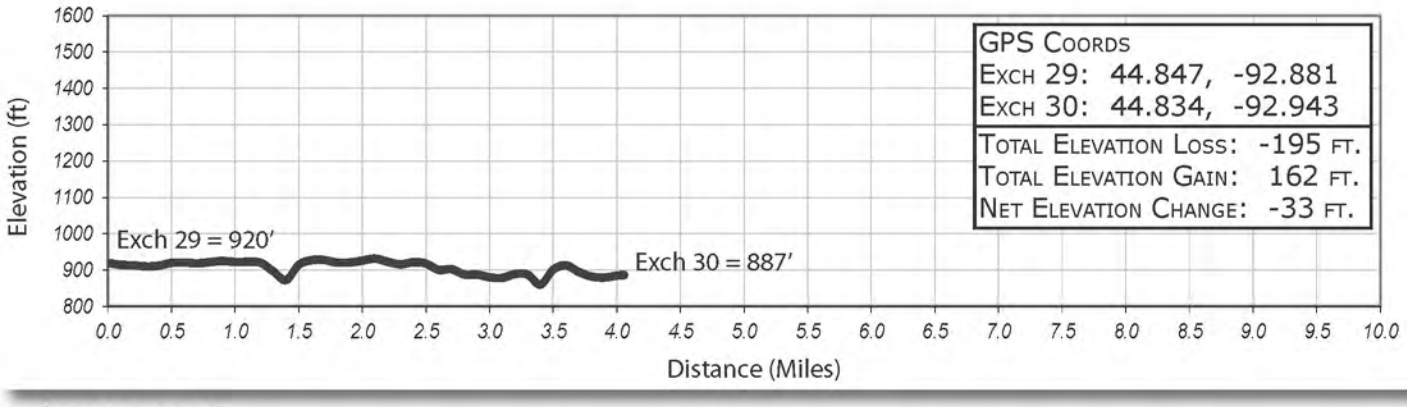


LEG NOTES:

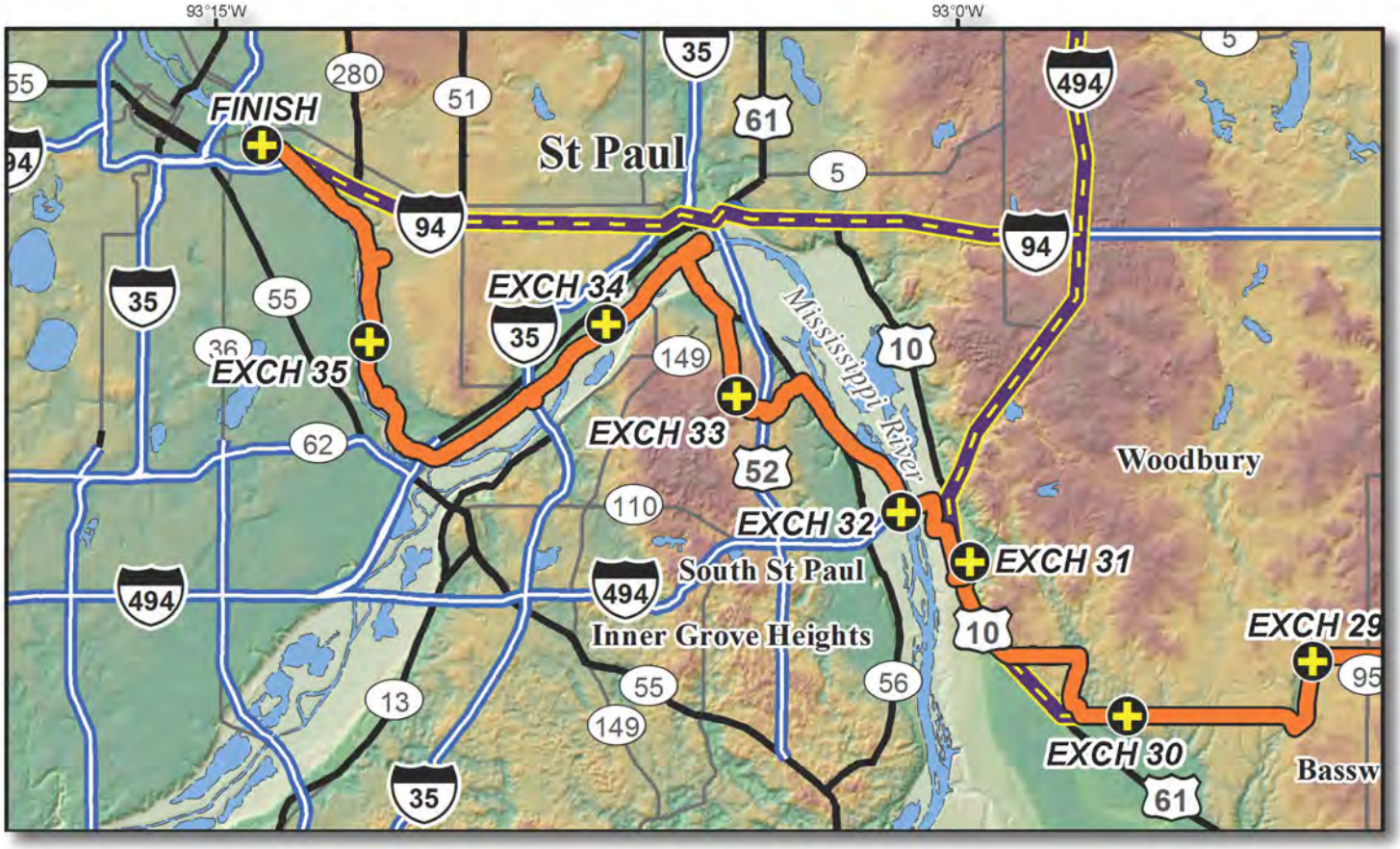
Exch 30 is located at Park High School (8040 8th Street, Cottage Grove, MN 55016)

LEG LEGEND:

0.0	Depart Exch 29, continue South on Lamar Ave
1.2	Turn Right (NW) on 80th Street S. Run WITH traffic.
4.1	Arrive at Exch 30.



Van 2 -- Legs 31-36 -- 29.3 Miles



Inactive Van Directions:

0.0	From Exch 30, go south west on 80th Street
1.0	Go north on Hwy 10 to Inter state 94.
10.5	West on Interstate 94. (toward Minneapolis)
19.8	I-94 West exit Huron Blvd
20.1	Left on Fulton St SE
20.4	Right on East River Parkway
20.7	Arrive at finish Line.

Finish Line Notes:
The finish is located at the East River Flats. Runners will approach from the east on the running path. Parking is available in the underground parking structure directly across from East River Flats. Height restrictions due apply. (8'2")

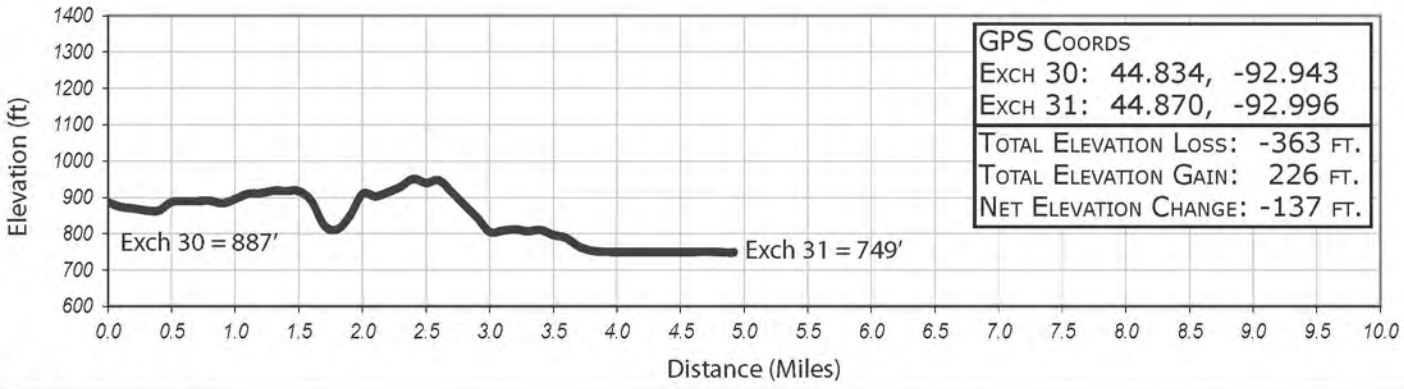
Leg 31 -- 5.0 Miles -- Moderate

LEG NOTES:

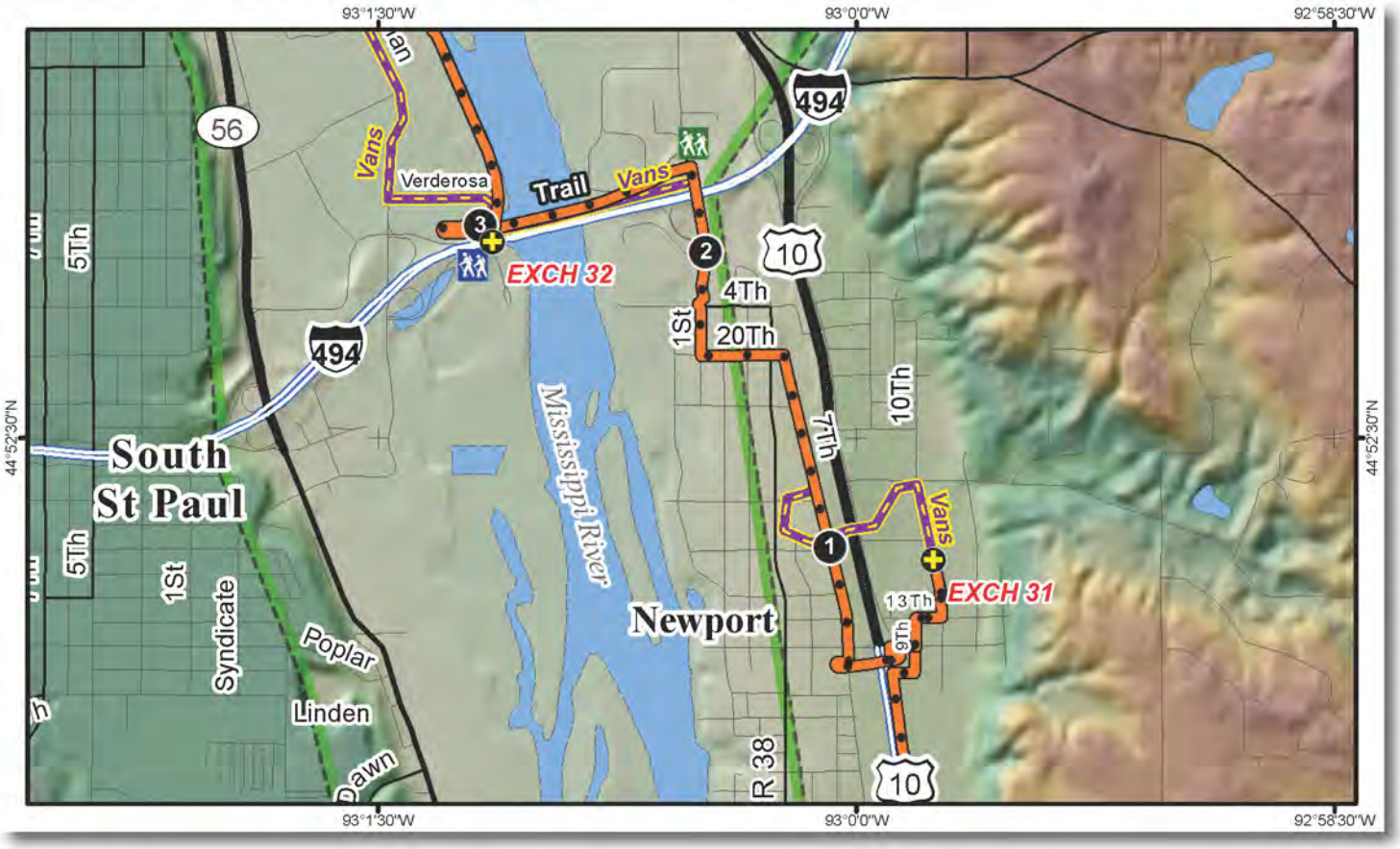
Exch 31 is located at Newport Lutheran Church. (900 15th Street, Newport MN)

LEG LEGEND:

0.0	Depart Exch 30, West on 80th Street. Run WITH traffic on sidewalk.
0.8	Turn Right (N) on Hardwood Ave S Run WITH traffic.
1.9	Turn Left (W) on 70th Street S. Run WITH traffic.
3.4	Turn Right (NW) on Hastings Ave. Run AGAINST traffic on path.
4.6	Turn Right (E) on Tibbett Pl. Run AGAINST traffic. **USE CAUTION WHEN CROSSING Hastings Ave**
4.7	Turn Left (N) on 9th Ave. Run AGAINST Traffic.
4.8	Turn Right (E) on 13th Street. Run AGAINST traffic.
4.9	Turn Left on 10th Street. Run AGAINST traffic.
5.0	Arrive at Exch 31.



Leg 32 -- 3.1 Miles -- Easy

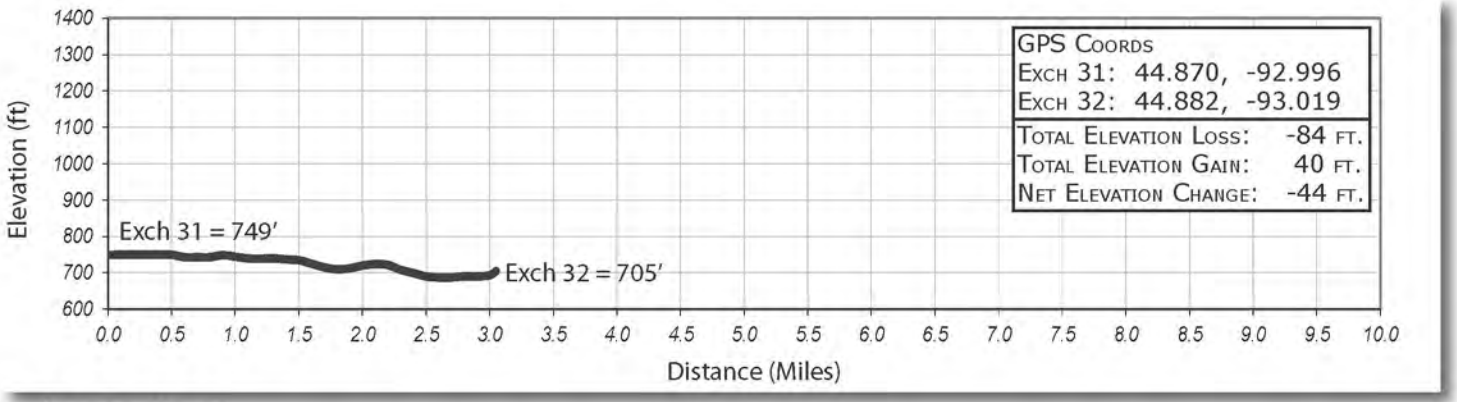


LEG NOTES:
Exch 32 is located at the boat launch under I-494. Vans and runners will be separated for a time while runners cross Hwy 10 and crossing on I-494.

Van Directions: Vans will depart Exch 31 North on 10th Ave, left on Glen Road, left on 7th Ave, vans will follow route to I-494. Vans enter I-494 going West. Exit immediately after crossing the river (do not change lanes) on Hardman Ave. Right on Hardman Ave, right at Verdosa Ave and follow to the boat launch.

LEG LEGEND:

0.0	Depart Exch 31, South on 10th Ave. Run WITH traffic.
0.1	Turn Right (W) onto 13th St. Run AGAINST traffic.
0.2	Turn Left (S) on 9th Ave. Run AGAINST traffic.
0.3	Run RIGHT (W) on 12th Ave. Run AGAINST traffic.
0.3	Turn LEFT (S) onto running trail that crosses over Hwy 10.
0.6	Exit running path after crossing over Hwy 10 and turn Left (N) on 7th Ave.
1.5	Turn LEFT (W) on 20th Street. Run AGAINST traffic.
1.7	Turn RIGHT (N) on 1st Ave. Run AGAINST traffic.
1.9	Turn RIGHT (NE) on 21st Street. Run AGAINST traffic.
1.9	Turn Left (N) on Maxwell Ave. Run WITH traffic on sidewalk.
2.2	Turn Left (W) onto running path that parallels I-494 over the Mississippi River.
2.8	After crossing river follow running path as it loops down towards the river.
3.0	Turn RIGHT (S) on Verderosa Ave. Run AGAINST traffic.
3.1	Arrive at Exch 32



Leg 33 -- 4.5 Miles -- Moderate

LEG NOTES:
Exch 33 is located at St Croix Lutheran School. (1200 Oakdale Ave, West St. Paul MN)

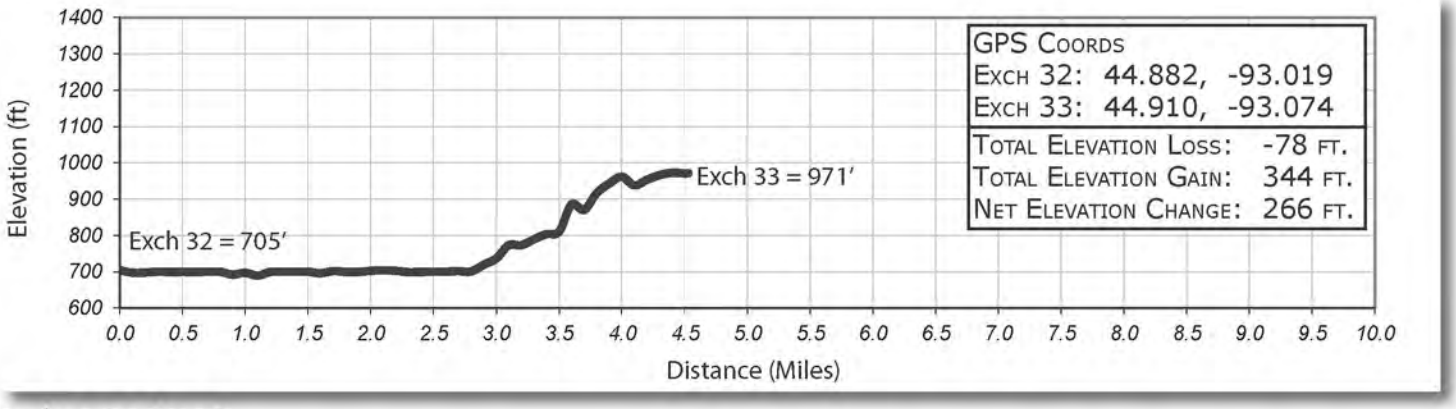
Notice: Runners and vans will be separated for the entire leg. Runner will want to run with a water bottle. There are a couple opportunities to support runner 1) Park located off Bryant Ave (Large Parking lot) 2) Parking lot after runners cross over Concord street. (small parking lot)

LEG LEGEND:

0.0	Depart Exch 32, run North on Running Trail along River.
2.8	The running path will take you over the Rail Road tracks. After crossing the Rail Road tracks take a RIGHT (W) onto running path.
3.2	Continue Straight on run path as it goes under 19th Ave
*	Continue on Running path through Kaposia Park, over Hwy 52, through Thompson Park.
4.5	Arrive at Exch 33.

Van Directions:

0.0	Exit Exchange 32 North on Verderosa Ave
0.4	Turn Right (N) on Hardman Ave
1.6	Turn Right (N) on Concord Ave
3.1	Turn Left (W) on Butler Ave
4.3	Turn Left (S) on Oakdale Ave
4.5	Arrive at Exch 26



GPS Coords	
Exch 32:	44.882, -93.019
Exch 33:	44.910, -93.074
Total Elevation Loss:	-78 ft.
Total Elevation Gain:	344 ft.
Net Elevation Change:	266 ft.

Leg 34 -- 5.3 Miles -- Moderate

LEG NOTES:

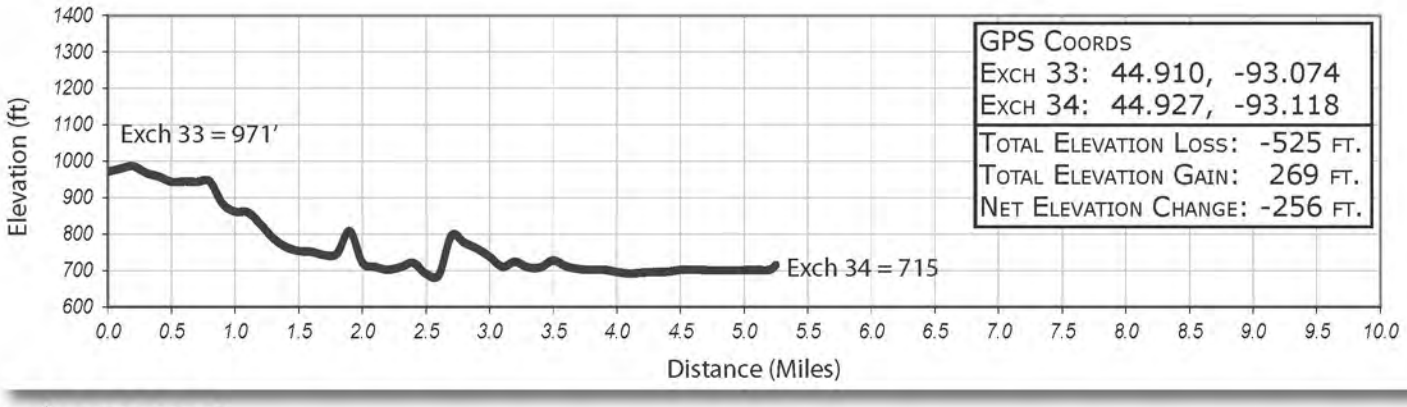
Exch 34 is located at the business park on Randolph Ave and James Ave

LEG LEGEND:

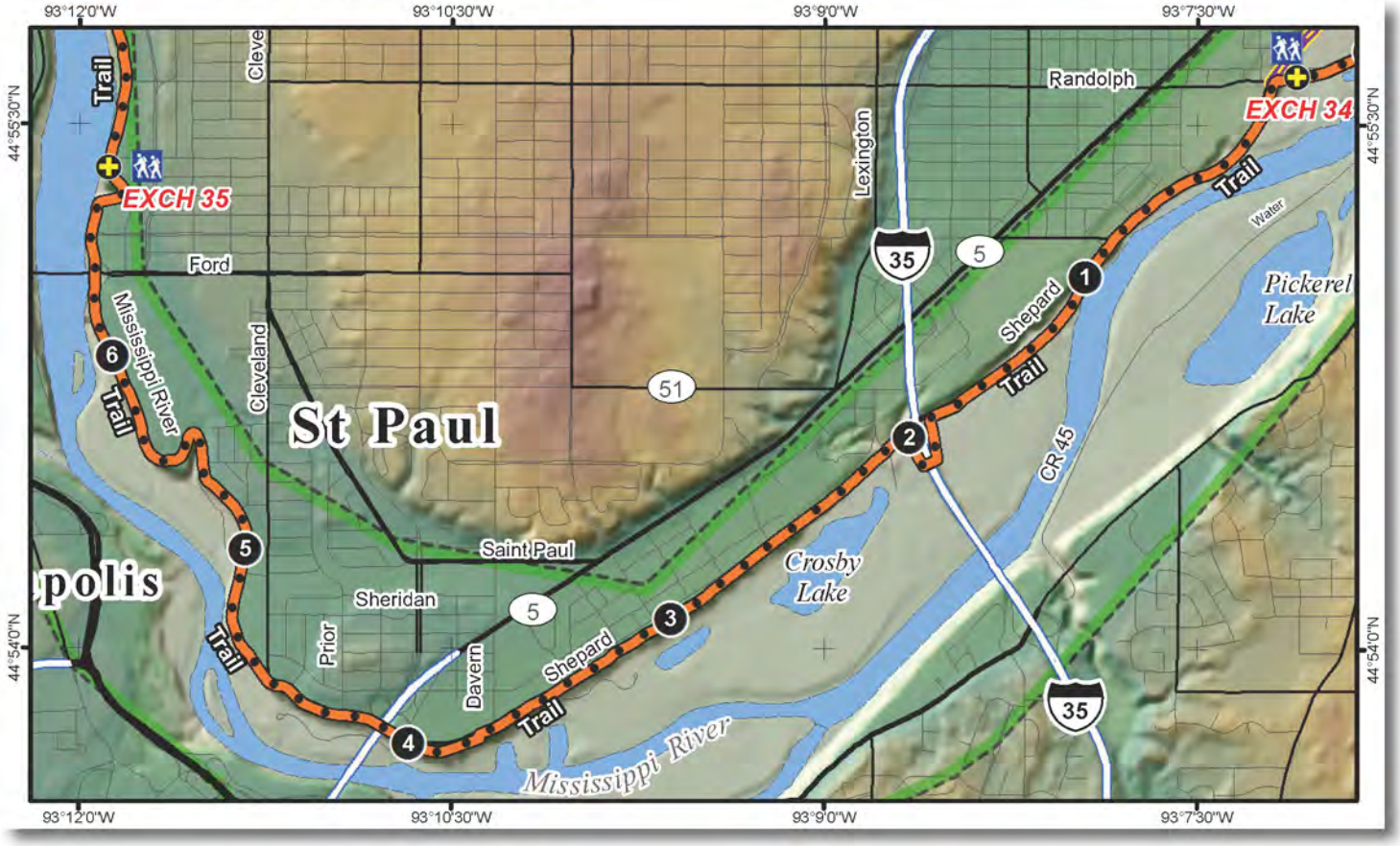
0.0	Depart Exch 33, North on Oakdale Ave. Run WITH traffic on sidewalk.
1.3	Right (N) on State Street. Run WITH traffic.
1.4	Left (NW) on Ceaser Chaves Ave. Run WITH traffic.
2.7	Right (NE) on Kellogg Blvd. Run WITH traffic.
3.0	Right (SE) on Sibley Street. Run AGAINST Traffic.
3.2	Right (SW) on Shepard Road. Run on Running Path along Shepard Road. ***Use Caution when Crossing Shepard Road***
5.3	Arrive at Exch 34

Van Directions:

0.0	Follow Runner Route to Kellogg Blvd
2.9	Right on Jackson Street
3.0	Right on Shepard Road
5.1	Left on Randolph Road
5.2	Arrive at Exch 34



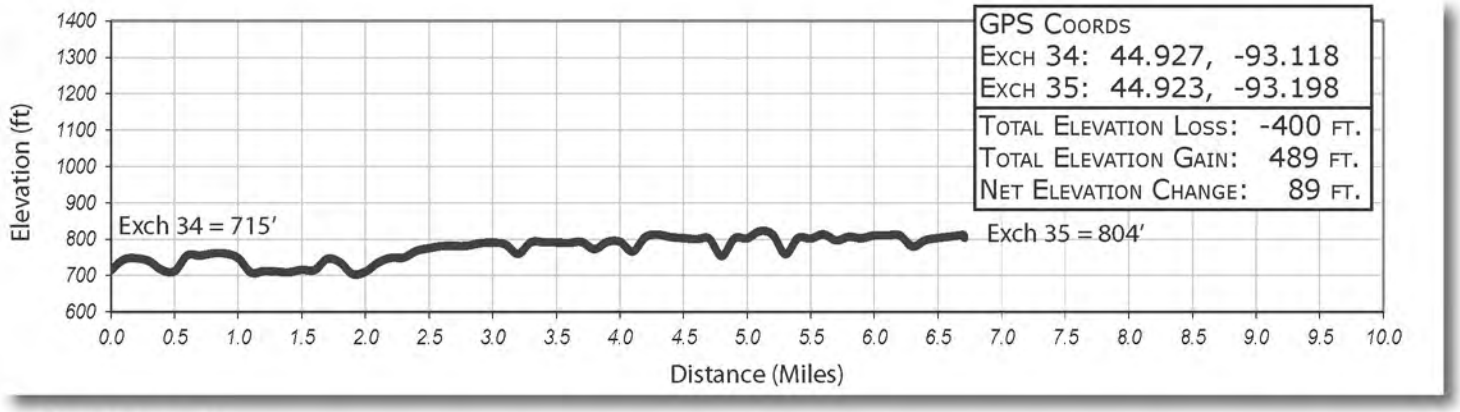
Leg 35 -- 6.7 Miles -- Hard



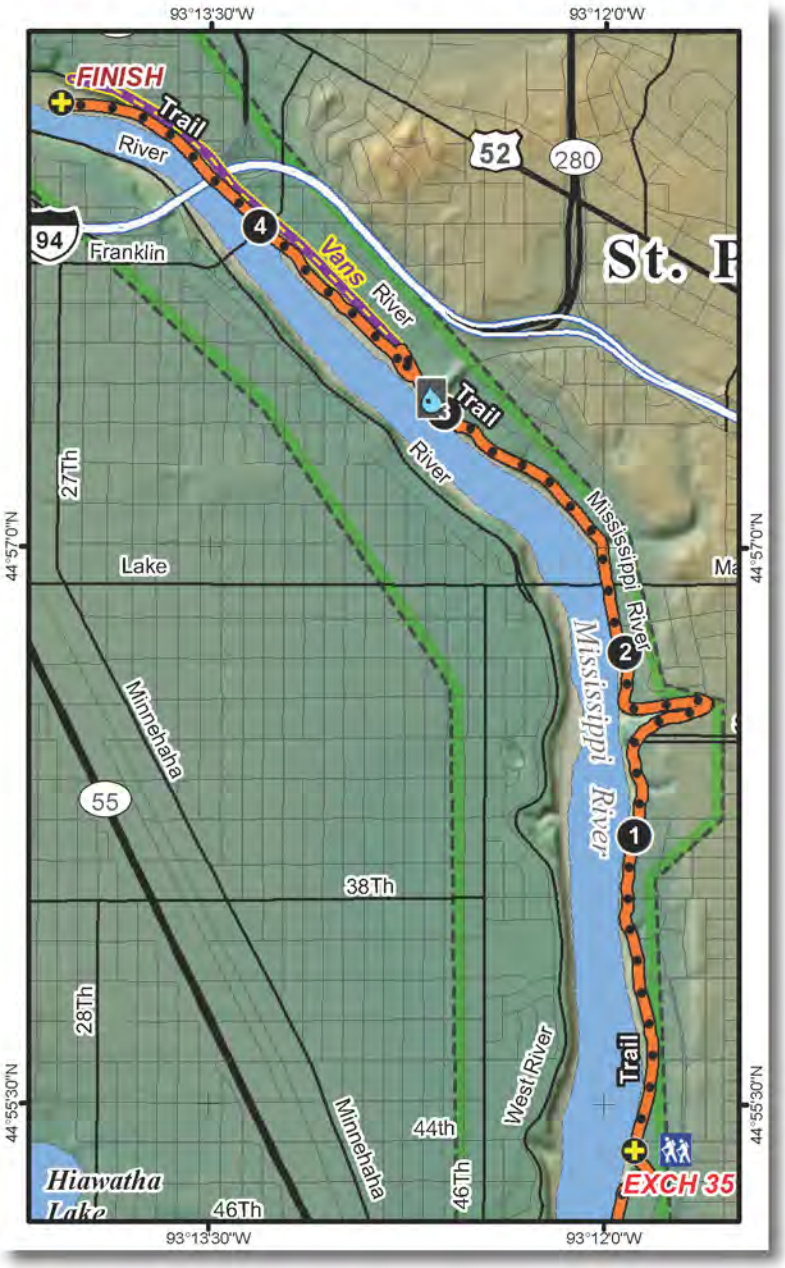
LEG NOTES:
Exch 35 is located at Sunny Hollow Montessori School. (636 S. Mississippi River Blvd, St. Paul MN)

LEG LEGEND:

0.0	Depart Exch 34, NW on running trail
0.1	Turn LEFT (S) at Shepard Road, Run on Running Trail along Shepard Road.
6.7	Arrive at Exch 35.



Leg 36 -- 4.8 Miles -- Moderate



LEG NOTES:

The finish is located at the East River Flats. (360 East River Flats, Minneapolis MN) Runners will approach from the east on the running path. Parking is available in the parking structure directly across from East River Flats. **It is suggested the Van 2 supports the runner before Cecil Street and go immediately to the Finish Line.** Height restrictions due apply. (8'2")

Notice: Runners and vans will be separated while runners run on trails and vehicles take an alternate route. There is plenty of parking in structure, please be patient when entering/exiting.

LEG LEGEND:

0.0	Depart Exch 35, Run North on the running trail along Mississippi River Blvd.
3.3	Turn LEFT, down the hill towards path along river across from Shiners Hospital.
3.4	After running down hill, runners will do a 'U' turn and continue (NW) on running path along river.
4.8	Arrive at Finish

VAN DIRECTIONS:

0.0 *	Continue North on Mississippi River Blvd Running route parallels Mississippi River Blvd
3.3	At Cecil Street runners will turn LEFT to access running path along the river. Vans will continue straight on E. River Parkway.
4.7	Arrive at Finish. Parking will be in the underground parking structure on your right.

GPS Coords	
Exch 35:	44.923, -93.198
Finish:	44.970, -93.234
Total Elevation Loss:	-273 ft.
Total Elevation Gain:	210 ft.
Net Elevation Change:	-63 ft.