

VANS

Team Vehicle Requirements

We suggest two vehicles for Regular teams, although we do allow a single vehicle provided 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 (we recommend one). Teams provide their own vehicles.

Vehicle Restrictions

We recommend 15 passenger vans whenever possible. Runners will have a lot more room to relax. Suburbans are also great vehicles. We recommend nothing smaller than a mini-van. We do not allow any vehicle wider than 6'6" and/or longer than 20'. Motorhomes, RV's, campers, trailers, buses or limos are not allowed on the course and or at the exchanges by any team or team support at any time. Failure to meet these standards will result in disqualification. For any doubts about the legality of team vehicle, please contact Ragnar prior to the race for approval.

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 need to be visible in the front windows. Teams using just one vehicle should post both van numbers in their windows so they are allowed at each exchange point.

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.

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 driveway
- Do not impede traffic by driving too slowly or by not properly pulling vehicle over to the side of the road when stopping
- Absolutely no littering, urinating or defecating in public locations; there are toilets and trash bins at every exchange along the route. Anyone in violation of this rule will be immediately disqualified and will not be allowed back in subsequent years.

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.

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, teams’ vehicles are not allowed to park on the same side of road as the exchange chute 500 feet before and after the 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.

Runner Drop Off

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

Restricted Areas

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

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.

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 but not at exchanges. 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.

Van Numbers Must Be Clearly Displayed

Van numbers will be distributed at check-in. These numbers are peel and stick paper 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.

RUNNERS

Runner Rotation

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

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. Ultra teams only need half of these items.

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.

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. Female runners must complete at least 18 legs (half) of the relay.

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.

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.

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.

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.

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.

Pacing

Pacing rules vary from race to race. Please consult your race's Race Bible for more information. It is located at runragnar.com. Additional pacing details will also be included in the Ragnar Mobile App under Safety & Rules.

VOLUNTEERS

Failure to Fulfill Volunteers Requirements Each team within 100 miles of any point on the course is required to provide 3 volunteers or pay for volunteers. Failure to fulfill volunteer requirements will result in disqualification.

HOLDING TEAMS

Understanding Projections and Start Times 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 about a 12-hour window. Based on your projections we will start your teams in a way that will keep them 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.

Getting Ahead of the Set-up Crew

We understand that it is impossible to perfectly project your teams pace, so we give teams a buffer zone of 1-3 hours (buffer gets bigger further into the race) before forcing them to stop at an exchange. If your team gets ahead of this buffer we will hold your team at one of the major exchanges.

Falling Behind the Clean-up Crew

If a team gets behind the projection and falls behind the cleanup 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.

HAVE FUN! BE SAFE!

Safe Runners – Safe Support – Safe Relay

In the event of a serious emergency call 911, then text 661-RAGNAR1 (661-724-6271) 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 insure 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.

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

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.

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.

Running at night

The following nighttime rules and suggestions have been developed to help insure the safety of all participants.

- Runners starting their legs between the Official Night-time Hours must wear one reflective vest, wear one head- lamp (or carry a flashlight), AND one blinking LED on their backside.
- Pacers may be used but ONLY during nighttime hours. Pacers DO NOT have to be a member of the team. Running pacers can run with the runner but MUST run in single file.

Headphones

The use of personal music devices with headphones while running is strongly discouraged. If you still choose to use them, you do so at your own risk and must meet the following requirements:

1. You must be able to 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)

Safe Use Tactics:

- When running you should be able to hear you own footsteps, if you can't your volume is too high.
- Run with one earphone out and one in, again you should be able to hear your own footsteps.

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

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

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.

- Exiting and being outside the vehicle Remember that these are open roads. Adhere to following rules and guidelines:

- 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 nighttime hours. 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.

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. Two flags will be provided at the start to Van 1 and two flags will be provided at Exchange 6 for Van 2. A \$15 charge will be placed on the credit card on file for each flag that is NOT returned at the finish line.

- Obey all traffic/pedestrian and jay walking laws.
- Cross at crosswalk if there is a cross walk 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 of lanes or more may be crossed at cross walks.

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

SUPPORT DESIGNATIONS

No Van Support

Vans are NOT allowed to pull over and support their runners from ANY location along these legs. Vans are also encouraged to proceed directly to the next exchange to await their runner. Water stations will be provided on longer No Van Support legs.

Partial No Van Support

If a leg is designated as "Partial No Van Support" the same "No Van Support" rules will apply only to certain sections of the leg. These sections will be marked on the leg maps found online and within the Ragnar App."

Special Note: On "No Van Support" and "Partial No Van Support" legs runners need to make sure they are well hydrated before starting their leg and should carry water with them to insure proper hydration throughout their run. All "No Van Support" and "Partial No Van Support" legs are labeled as such in the Race Bible, the race page on runragnar.com, and in the Ragnar mobile app. Water stations will be provided on longer No Van Support legs and sections.

Safe Relay

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

Prohibited Items on the Course

The following items are not allowed on the race course: rollerblades, 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.

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.

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.

In the Event of an Emergency

Minor Medical & First aid - Transport runner to First Aid Station (Major Exchanges & Finish Line) Serious Medical Issue - Transport runner to an Emergency Room

Major Medical Issue - Contact 911 and then text in for to 661-RAGNAR1 (661-724-6271)

We will have limited medical staff on hand. First aid personnel will be stationed at all major exchanges. They will be equipped to handle 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.

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, who are present, attend the Safety Training. The Safety Training will last approximately 10-15 minutes. Please arrive at least 1 hour early to the Start Line and Exchange Six to allow ad- equate time to attend Safety Training.

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 you've started running, 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, make a note of the time and turn this in at the finish line. If lightning persists longer than an hour, move ahead to the next ex-change where you will receive a Lightning Hold Card. For every hour of lightning, you will move ahead one ex- change. This Lightning Hold Card will be used to keep track of where and when you left the course and where and when you returned to the course. Turn these in at the exchange where you restart. After the race we will 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.

Bad Weather

The race will occur rain or shine. However, under certain severe weather conditions where significant damage or alterations to the racecourse 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 electrical storm, snow- fall, tornadoes, earthquakes, hurricanes, flooding, fog, etc.

Wildlife/Open Range Rules

If a runner encounters any aggressive wildlife on the course, get your runner off the road and into your sup- port 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.

Flooding

If a runner encounters flooded areas through which he or she cannot run, 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.

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 violate any of the above rules. Violations reported by teams will be taken under consideration when determining if a team will be disqualified (teams will not be automatically disqualified for violations reported by other teams). To report violations:

Send a text message to Race Command at

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.

Race Command will send out mass text messages to your vans if there is pertinent information we feel needs to be sent out regarding the race. They will be sent to the phone number you provided at Start or Exchange 6 when you checked in. If you have an additional phone number that would like to receive these updates, simply text Race Command with the request and the number will be added to our list.

ENFORCEMENT

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 6) 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 baton will be confiscated and the team must leave the course. If a team that receives 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. Immediate disqualifications include, but are not limited to, use of drugs or alcohol on the course, and violating any of the rules in the section entitled – Respect Local Residents and Communities.