

# RULES & REGULATIONS

## SUSTAINABILITY

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Ragnar realizes the importance of organizing socially and environmentally responsible events. To that end, Ragnar Trail Relays will strive to reduce waste, minimize climate impact, involve the local community, and promote health. We implore you to help us with this goal. Carpool to the event, purchase carbon offsets for your team travel, don't use disposable plates/silverware/cups/napkins, stay away from food with excessive packaging, you know...reduce, reuse, recycle.

## CUPLESS RACE

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We are a cupless race. Every participant (runner, volunteer, friend, family, crew, etc) should bring two cups, one for cold liquid and one for hot liquid. We will provide water, hot chocolate, and coffee but you need to bring the container, this includes WHILE YOU ARE RUNNING. To reduce the carbon footprint of the race, please limit your cars to two cars per team.

## START TIMES

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Starting times are based on accurate pace predictions. It is critical for a successful event that each runner has an accurate 10K road race pace in their online profile. Note that pace means how long it takes you to run one mile (minutes/mile) at your race pace and not how many overall minutes it takes to complete the 10K. These predictions are critical to a successful event and will allow us to place teams in starting slots based upon the teams overall 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.

When assigning starting times, we consider the pace of all of the runners on the team. Therefore, it is extremely important that the pace submitted for each runner is accurate.

## LEASE NOTE

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Your team needs to have an average of at least 11-minutes/mile road race 10K pace in order to finish in



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the specified timeline. If you have concerns about this for your team, please make sure and contact the Race Director.

## TRAINING

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Good training will help make this an enjoyable race as well as prevent injury. A training guide can be found on the race webpage in the Training section. As with all training programs, please consult a physician first.

### **Trail Running Gear and Camping Gear**

Trail running is different than relay/road running and thus the gear needed changes. Check out a list of essential trail running and camping gear for the event on the race webpage in the Training section.

### **Headlamps**

Every person (runner, friends, family, crew, etc) at the race should have a good headlamp. We recommend one with 70 lumens or more.

### **Water Container**

Every runner should run with a water container of some sort. Some of the loops will have water stations but all will be CUPLESS WATERSTATIONS. There will also be a water station in the Village but it will also be a CUPLESS WATERSTATION.

## TEAMS

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### **Regular Teams (8 Runners)**

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Regular teams are made up of eight 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 eighth leg. For example, if a runner runs leg 3, he must also run leg 11 and leg 19.

### **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 4 women. To be in the women's division the team must be all women.



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DIVISION	REQUIREMENT
Open	One or more under 30
Submasters	All 30 or over
Masters	All 40 or over
Corporate/Public Service	Six or more runners are employees/military/firemen/ law enforcement
High School	Students ages 12-18

Within in each division there are 3 gender classifications: Men's, Women's, and Mixed. View the table below to see where your team belongs.

CLASSIFICATION	REGULAR (Teams of 8)	ULTRA (Teams of 4)
Men	5-8 men	3-4 men
Women	All women	All women
Mixed	4 or more women	2 or more women

## High School Teams

To be classified as a High School Team, all of the team must be students 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 team with one or more participant(s) under the age of 18 must also have at least 1 adult (25 or older) with them at the race. The individual over 25 doesn't have to be a runner on the team, but can be. Those under 12 years of age are restricted. Ragnar will consider formal requests for extraordinary circumstances through the Race Director.

## ULTRA TEAMS

Ultra teams are made up of four 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, 9-10, 17-18) OR 2.) Run 6 times, 1 leg at time (i.e. the first runner will run legs 1, 5, 9, 13, 17, 21). All runners on the team must choose the same format and cannot switch formats during the race.

## Divisions

There are several divisions in the Ultra 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



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mixed division teams must have at least 2 women. To be in the women's division the team must be all women.

## OTHER TEAM SIZES

We permit teams to run with as few as 2 runners, as many as 8 runners, and anything in between. Solo runners and teams with more than 8 runners are specifically not allowed to participate. Any 2-person team must contact the race director for approval and procedures/rules for the race. Team with any number of runners other than 4 or 8 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 eighth leg). For example, if spot #1 remained vacant, the legs that would need to be filled would be legs 1, 9, and 17. Those legs can be filled with 3 different runners, or one "super runner" can take on all three legs.

## REGISTRATION

### Team Registration

Registration is available online and should be completed by the Team Captain. Simply click the "Register Now" link at RagnarTrail.com, 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 for the ENTIRE TEAM is due at the time of online registration.

### Individual Team Member Registration

Once the team has been registered and paid for online the team captain has until the deadline to register each individual team member online (See registration deadlines included in your race's Trail Guide, at RagnarTrail.com). The team captain must send an invitation from the online team profile. Each team member must accept the invite, fill out the online form, and read and accept the online waiver agreement. If the team registers during the late registration time period, then team members will need to be registered within two weeks of the date that the team registered.

### Signing Online Waiver

All team members must sign a waiver in order to participate. Team captains sign their waiver when they register



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the team. All other team members will receive the waiver in conjunction with the team invite sent to them by their team captain. Waivers can also be signed by logging in to your profile page. You must first be associated with a team to sign the waiver.

Teams often have last minute runners fill in due to injury or complications. We will have waivers available at check-in for this reason. If someone on your team has not signed the online waiver they **MUST** sign the waiver before the team captain can check-in. Your team can't start running until all the team's waivers are signed. Dang attorneys!

## **Participant Age Restrictions**

Any participant under the age of 18 must have a parent or legal guardian sign a waiver. Any team with one or more participant(s) under the age of 18 must also have at least 1 adult (25 or older) with them at the race. The individual over 25 doesn't have to be a runner on the team, but can be. Those under 12 years of age are restricted. Ragnar will consider formal requests for extraordinary circumstances through the Race Director. Specific rules apply for High School Teams, please see the Trail Guide on Ragnar-Trail.com for the race you are attending.

## **Substitutions/Additions**

If team members need to be changed (substituted or added), the team captain must log onto the team page and simply click on the substitute button next to the runner that is to be replaced 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 and any additional fee information.) Substitutions/additions can be made at the start line but the runner has to be present to sign the waiver.

## **Refund/Transfer Policy**

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### **Refund Policy**

All entry fees are non-refundable.

### **Transfer Policy**

Teams may transfer their registration to any Ragnar Relay,



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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 \$300 transfer fee (\$150 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 \$300 transfer fee (\$150 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).

## VOLUNTEERS

### Regular Team Volunteer Requirements

Each Regular Team Must Provide One Volunteer (Ultra teams don't have to provide a volunteer)

Each regular team is required to fill one volunteer shift. Volunteer shifts will be 4 hours in length, so runners will be able to fulfill a volunteer shift in between running their legs if they so desire. Teams can also have a non-runner volunteer for their team or pay \$120 for a volunteer to be recruited by Ragnar through a local non-profit. The person who signs up for the volunteer shift is not the one who has to show up to work the volunteer shift, as long as someone volunteers for the shift on behalf of your team (meaning you can change volunteers right before the shift). Failure to fulfill volunteer requirements will result in disqualification.

Ultra teams are not required to provide a volunteer.

Volunteer shift sign-up will open up approximately one month before the race (See Volunteer Sign-up Date in Section 3 and 4). The following are prerequisites for volunteers:

- Be at least 16 years old
- Sign a waiver – either online or at volunteer check-in
- Wear their reflective vest (provided by Ragnar) while at



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- their assigned location
- Be physically able to perform their assigned duties
- Be willing to fulfill their entire shift at an assigned location
- Provide their own food and drink during shift

## Ultra Team Volunteer Requirements

Ultra teams don't have to provide a volunteer

## Donate For Volunteers

Teams also have the option to pay for a volunteer to be recruited by Ragnar through a local non-profit, in lieu of providing a volunteer themselves. The local non-profit will receive a donation when they provide a volunteer for your team. In order to be eligible for this option, teams must make their donations online by the deadline. After the deadline, donations will no longer be accepted for volunteers and teams will be required to provide the necessary volunteer for their team (see Pay for Volunteer deadlines in Trail Guide for event at RagnarTrail.com).

## RACE DAY ARRIVAL INFO

Directions to Race Venue will be provided at RagnarTrail.com (see the travel section of the race page) and on the Ragnar Mobile App located within your race's details and information.

## Parking

Each of our Race Venues has different parking rules and regulations. Specific info of this sort is also posted to the race webpage in the Travel section as well as in the Trail Guide for the event. We ask that teams bring NO MORE than 2 vehicles to the race.

## Check-In

Team captains must check in to the race at Ragnar Race HQ at least two hours before their official start time. Upon check-in, the team captain will receive the team runner bib with belt (also the timing chip), volunteer shift reminder with instructions, and runner shirts.

## Race Day Waivers

Every runner should sign an online waiver when they join the team online, but we know that changes happen. Teams often have last minute runners fill in due to injury



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or complications. We will have waivers available at check-in for this reason. If someone on your team has not signed the online waiver they **MUST** sign the waiver before the team captain can check-in. Your team can't start running until all the team's waivers are signed. Dang attorneys!

## **Participant Shirts**

When the Team Captain checks into the race at Ragnar Race HQ they will receive all of the team's participant shirts. Note that you will only receive as many shirts as were on your team roster by the Team Member Substitution Deadline (See Trail Guide for your event for more details). Try the shirts on and if necessary, exchanges can be made at the HQ tent after 4:30pm on Friday (dates and times may vary). If your team received less than (8) shirts (or 4 for Ultra teams) it is probably because your team roster wasn't complete by the Team Member Substitution Deadline. Race HQ will be happy to give you the proper number of shirts after 4:30pm on Friday (dates and times may vary. Consult your event's Trail Guide and Schedule at RagnarTrail.com for more information).

## **Campsite Selection and Setup**

After the team captain checks-in they will be able to select a campsite for their team. We don't assign specific campsites but we do ask that your team takes up less than 300ft<sup>2</sup>. Staking out a spot near the Race Headquarters will mean that you are in the middle of the action. Selecting a spot on the edge of camp may guarantee you a little more sleep, if you are in to that sort of thing.

## **Team Campsite Fires & Generators**

Campfires and generators are **NOT** allowed in the Village campsites during the race at any time. Ragnar will provide group bonfires (depending on the venue and area burn restrictions, more details will be provided in your event's Trail Guide at RagnarTrail.com) but individual team campsite fires are not allowed. Ragnar will provide a solar powered charging station for phones but individual team campsite generators are not allowed.

## **Amenities – Food, Showers, Activities**

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### **Food**

Although every race is different, we strive to provide a full



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Friday night dinner. Check out the Village section of the race webpage, on RagnarTrail.com, for all of the details on Ragnar provided meals. We recommend that you also bring team food. Treat it just like a camping trip with seven friends.

And please note, Ragnar strives to provide vegetarian options at all meals but other food preferences (gluten-free, vegan, etc) are not always available. Please consider bringing your own food if you have specific dietary requirements.

## **Showers, Activities, Etc**

Each venue offers different special amenities. Some have showers, some ziplines, and some horse rides, and more. Check out the Village section for your race at Ragnar-Trail.com for all of the details on activities, schedule, and amenities.

## **Trash and Recycling**

Pack it in, pack it out. Treat this adventure just like a back-country camping trip. If you bring it, you need to take it home. When you leave, your campsite should look exactly like it did before you arrived. Ragnar will have trash, recycling, and compost for the event waste but teams should deal with their own waste. Please make your best effort at recycling, composting, and reducing waste.

## **COURSE RULES**

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Many of these rules follow the principles of LEAVE NO TRACE. You should know and practice these principles outside of the race, whenever you are on the trails.

### **Take Nothing**

Take nothing but photos. Leave natural or historic objects as you find them, this includes wildflowers and native grasses. Removing or collecting trail markers is serious vandalism that puts others at risk.

### **Leave Nothing**

No littering. Leave nothing but footprints. Pack out at least as much as you pack in. Gel wrappers with their little torn-off tops and old water bottles don't have a place on the trail. Consider wearing apparel with pockets that zip or a hydration pack that has a place to secure litter you find on the trail. Any runners who are reported to have



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damaged private or public property or to have littered, or defecated on the course will be disqualified and will not be invited back. Toilets and trash cans will be provided in the Village. Costumes are highly encouraged but they should not end up on the course. Costumes with feathers, glitter, etc are not allowed.

## **Stay on the Trail**

Run only on designated trail surfaces. Cutting switch-backs or running next to the trail increases our footprint on the natural environment. When multiple trails exist, run on the one that is the most worn. No cutting the course. Call out “on your left” when trying to overtake another runner and allow other runners to pass you.

## **Run Over Obstacles**

Run single file in the middle of a trail, even when laden with a fresh blanket of snow or muddy. Go through puddles and not around them. Running around mud, rocks, or downed tree limbs widens trails, impacts vegetation, and causes further and unnecessary erosion. Use caution when going over obstacles, but challenge yourself by staying in the middle of the trail.

## **No Dogs**

No dogs on the course. No dogs in the campsite. No dogs at the event. We love dogs too but this is a safety issue for participants and for the dogs.

## **Pacing**

Running pacers are allowed during the race. Runners may run with ONE pacer at any time (humans only, sorry no dog pacers). Runners are not allowed to have more than one pacer at a time. Pacer and runner should run single file when passing another runner or being passed. Bicycle pacers are never allowed on the course. Note that all pacers must sign a waiver if they are not assigned team runners.

## **Prohibited Items on the Course**

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



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## RACE RULES

### **Runner Rotation**

Runners must run in the same sequence for each segment of the race, every eighth leg. For example, if a runner runs leg 3, he must also run leg 11 and leg 19. More information for Ultra team rotation provided in your event's Trail Guide, located at [RagnarTrail.com](http://RagnarTrail.com)

### **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 11 and 19. Those legs can be filled with different runners, or one can fill in the remaining legs. A 9th 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. At least 12 legs (half) of the relay must be completed by female runners.

### **Follow Race Officials Instructions**

Race officials include staff and volunteers. Course volunteers 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 runner

Runners are responsible to make sure that they stay on the course. If a runner gets off course, they are to return on foot to the point where they went off course and continue from there. Markings have been placed along the course but sometimes runners overlook markings; be prudent in your knowledge of the course.



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## Visible Race Number

Team race bibs must be worn and visible on the front of the runner at all times. This bib and race belt (provided to every team at check-in) is also the timing chip.

## Use of Slap Bracelets

At the start of each leg, the runner will be given a slap bracelet that corresponds with the color of the runners loop. IE- A runner on the red loop will have a red slap bracelet.

## SAFETY

Safety is our number one priority. There are many potential hazards in a race of this type including, but not limited to: trail conditions, weather, and wild animals. 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 campers, 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.

## 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 runner's safety by monitoring the condition of their runners before and after each leg. Runners should pre-hydrate before each of their legs, hydrate while running, and re-hydrate after each of their legs. Water should be supplemented with electrolytes such as NUUN, etc. Proper hydration is obtained when the runner has clear (light lemonade colored) and copious urine. If you are worried about the condition of one of your runners, please visit the Medic Tent.

Water will be available in the Village but not necessarily along the course. Be a responsible trail runner and carry your own water and nutrition during your legs.



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## **Water Container**

Every runner should run with a water container of some sort. Some of the loops will have water stations but all will be CUPLESS WATERSTATIONS. There will also be a water station in the Village but it will also be a CUPLESS WATERSTATION.

## **Personal Music Devices & Headphones**

The use of personal music devices with headphones while running is strongly discouraged. Trail running 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:

- Be aware of the sounds around you
- Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling)
- Be able to hear “on your left”. Listen for other runners trying to pass you.

## **Wild Animals**

The solitary nature of trail running can be exhilarating but trying to be as quiet as possible is not a good strategy in the backcountry. Startling wildlife can cause a dangerous situation. Making noise while you are running will help alert wildlife of your presence and keep you safe. If you do see a wild animal, common practice is to make noise and to keep your distance.

## **Alcohol**

While participating in the race, the consumption of alcohol is highly discouraged. Alcohol greatly increases the risk of dehydration. Alcohol also effects perception and equilibrium, two things that are highly important while trail running. If you choose to consume alcohol it must be consumed responsibly in the Village area, when and where city ordinances and permits allow.

## **Bonfires**

Bonfires have functioned as catalysts for bonding experiences for thousands of years. Who doesn't like roasting s'mores while listening to someone strumming a 6-string. We are bringing the fire to the event (depending on the venue and area burn restrictions) but you have to bring

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good sense. Dangerous behavior around the bonfires is unacceptable. No fire-walking or carrying burning sticks. Any children brought to the event must be supervised around the fires at all times. Ragnar is providing group bonfires but individual team campsite fires are not allowed.

## **In Case of Injury / Emergency**

If you are injured while running out on the course, NEVER cut across country as a shortcut back to the Village. Continue to follow the trail markings back to the Village or go backwards along the course to get back to the Village. If you can't walk, just sit down along the trail. We will get someone out to help you.

We will have limited medical staff on hand. In order to provide the best care possible, our medics are there to focus on medical issues, not minor first aid issues. Teams are strongly encouraged to bring first aid kits and treat their own minor first aid issues. A list of recommended items for first aid kits can be found on the Packing List which can be found on the Updates section of each race webpage.

A Medic Tent will be located in the Village and will be open and available at all hours during the race. In the event of an emergency notify the nearest race official, as they will be able to communicate with the Medic Tent. If you are not near any race officials, please call the Race Director. If the emergency is severe call 911, then the Race Director.

## **Mandatory Trail Briefing at Start Line**

Teams are required to attend a Trail Briefing 20 minutes before their assigned start time. Each team is required to have all team members, who are present, attend the Trail Briefing. The Trail Briefing will last approximately 10 minutes and will cover things such as trail markings, course specifics, what to do in case of an injury, and trail ethics. Please arrive at the race at least 3 hours before your team's start time to give yourself adequate time to check-in and go through the Trail Briefing.

## **Bad Weather**

The race will occur rain or shine. However, under certain severe weather conditions where significant damage or alterations to the race course occur, we reserve the right to cancel the event, shorten the event, and/or hold teams

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until the weather improves. 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.

## AWARDS / RESULTS

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Awards will be given to the top 3 finishers from each category within each division. There will also be an award for best team name, the best campsite, best costumes (no feathers or glitter), and overall favorite team. Preliminary results will be announced via email and placed on the website after the race. Participants will have a short time to request clarification and division/class changes and then results will be made final within two weeks of the race. See your race's Trail Guide for more information. You can download the Trail Guide at [RagnarTrail.com](http://RagnarTrail.com)



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