

Ragnar Trail Relay – Team Info and Q&A

WELCOME - Welcome the participants. You guys are going to have a blast at this race. Such a beautiful course. THANK you to SALOMON for being the presenting sponsor. We are stoked to be aligned with Salomon.

QUESTIONS – See a list of Q&As at the bottom of this document.

WATER STATIONS – A water will be available in the Village, at the Transition, (1) on the Red loop and (2) on the Yellow loop. These water stations will **CUPLESS**. Bring your own cup/container/bladder/bottle (cold and hot).

WEATHER – The forecast looks pretty good. Sunny with highs in the low 80s and lows in the mid 40s.

START TIMES

Starting times are based on the 10K road race paces that were submitted by each runner on your team. These predictions are critical to a successful event and will allow us to place teams in starting slots based upon the teams overall pace. Your team captain can view your start time by logging into their team page.
First Start Time – 11:00am Friday
Last Start Time – 3:30pm Friday

ARRIVAL TIMES

Your team needs to arrive at the venue 2 hours before the assigned start time. This allows for time for parking, shuttle, check-in to the race, and a Safety Briefing before your teams start.
If your team arrives on Thursday please do so between the hours of 10am-10pm. Please note that the race crew will be busy setting up the venue. We will point you to a parking spot and a camping site.
If your team arrives on Friday please do so between the hours of 9am-1:30pm.

CAMPING

Camping for runners, family, friends, and crew is FREE on Thursday, Friday, AND Saturday nights. Everyone must be out of the venue by 4pm unless they receive special permission from Sierra At Tahoe Resort. There will be no services (water/trash/toilets) on Thursday or Sunday.

DIRECTIONS TO VENUE

The address for Sierra At Tahoe is 1111 Sierra-at-Tahoe Road, Twin Bridges, CA 95735.
Directions can be found on Sierra At Tahoe's website here <http://www.sierraattahoe.com/plan-buy/getting-here>

ONCE YOU ENTER SIERRA AT TAHOE – PLEASE DRIVE SLOWLY

RVs/Trailers/Pop-Ups

RVs, trailers, and pop-up are allowed in the parking area but we DO NOT want you camping in them. We ask that you park them in the parking lot and then join the rest of the teams in the camping area.

PARKING / SHUTTLE PROCEEDURE

Parking is directly adjacent to the Village and camping area. We will point you into a parking space. Then you can walk to the camping area or hitch a ride on the shuttle. Then you will pick your campsite and check-in to the race. Race check-in begins at 9:00am on Friday.

CAMPSITE SELECTION

You will be free to choose your own campsite. There are not assigned campsites. We just ask that you keep your teams campsite to 300 square feet or less (17'x17'). There are areas in the Village that are closer to the action and some that are tucked away nice and quiet. Ask the volunteers for recommendations.

NOTE that the camping area is in a paved parking lot. Don't worry, the parking lot is flat and level and has great views. You just will not be able to stake down your tents. The reason for the camping area being located in the parking lot is due to construction in the main base area.

RACE CHECK-IN

Race check-in will begin at 9:00am on Friday. Any runners who have not signed a Ragnar waiver will need to do so at race check-in. We also need a Sierra At Tahoe release from EVERY runner. You can print out this release and bring it with you [here](#). Once the waiver and the release have been completed you will get team shirts, bibs, and some goodies.

All roster changes/additions can be taken care of at race check-in.

SAFETY BRIEFING

Your whole team needs to come to the transition area (Big Arch) for a safety briefing 20 minutes before your teams start time. You will get information about the race, transition procedure, course, signage, safety, and rules.

FOOD

A free vegetarian pasta dinner will be provided to all runners on Friday night. Extra pasta dinners can be purchased for \$11 (cash). A food truck will also be available to purchase breakfast and lunch on Saturday (cash only). Free Coffee, Hot Chocolate, and S'Mores will be provided through the night on Friday. There are no food services on Thursday or Saturday night.

WATER

We will have limited potable water available at the race. We highly encourage teams to bring their own water in reusable containers. No single use water bottles please.

ICE

Ice will not be available at the venue.

SHOWERS

NONE

HOW IT WORKS

Green/Yellow/Red – Loops on the course. Order of loops.

One at a Time - Only one runner from your team is running out on the course at a time.

First Runner - Just before your teams designated start time, your first runner will line up in the starting corral. ALL FIRST RUNNERS SHOULD HAVE ON A GREEN SLAP BRACELET. We will give a countdown and then your race begins. Your first runner will pass under the arch and then get started on the 1st loop (Green). When the 1st runner finishes the 1st loop (Green) they will pass under the arch and into the transition tent.

Second Runner - The 2nd runner will be waiting for the hand off in the transition tent. When the 1st runner finishes running they will meet the 2nd runner, go to the transition tables, and hand off the racebelt/bib. The Transition volunteers will take the slap bracelet from the runner that just finished and give a new slap bracelet to the runner about to start.

Red Loop (Ski Lift) - The red loop starts with a ½ mile run to the Grandview Express Ski lift. The lift will take about 10 minutes to get to the top of Sierra At Tahoe Resort, where runners will continue running the rest of the red loop. Note that the forecast calls for temperatures in the low 40s. We will provide blankets for the chairlift ride so you can stay warm.

Slap Bracelet - The color of your slap bracelet will correspond to the color of the loop you are running. Green loop = a green slap bracelet. You do not keep the slap bracelets. They are turned into the volunteers after each loop.

Timing - Loop times start as soon as the last runner passes through the arch. If your next runner is sleeping and is delayed in getting started on their loop, the clock is already running.

Next Runner Not at the Transition - If you finish your loop and your next runner isn't in the transition area DO NOT LEAVE the transition tent without handing in your racebelt/bib. Go to the transition tables, leave your racebelt/bib and the slap bracelet with the volunteers. They will have it waiting for your next runner when (if) they show up.

Lost Runners - If your runner is taking longer than expected, give it some time. Trail running is harder than road running. They may have tweaked an ankle. They may be enjoying the sights of nature. If they have been out on the course twice as long as you would expect them, please let our volunteers at the Transition Tent know. We will get a course marshal out there to find them.

VOLUNTEERS

Regular Team Volunteers - 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 loops, if they so desire. Teams can also have a non-runner volunteer for their team. **Failure to fulfill volunteer requirements will result in disqualification.**

Ultra Team Volunteers - Ultra teams are not required to provide a volunteer.

Registered Volunteer is Different than Actual Volunteer - You can't split up a volunteer shift with multiple volunteers. However, the person who signed up for the shift does not have to be the one to volunteer. Anyone can volunteer for your team. They just have to show up at the correct TIME for the correct SHIFT.

Volunteer Shift Signup – Official signup has already closed but if your team needs to pay for a volunteer shift or to sign up for a volunteer shift, your team captain can take care of it at a race checkin.

Volunteer Check-in - To check-in for your shift please show up 20 minutes early to the orange HQ tent.

Thank the Volunteers - Please give a quick thanks to the volunteers when you see them.

COURSE RULES

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 Nothing - No littering. Leave nothing but footprints.

Stay on the Trail - Run only on designated trail surfaces. Cutting switchbacks or running next to the trail increases our footprint. 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 muddy. Go through puddles and not around them. Running around mud, rocks, or downed tree limbs widens trails.

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.

Runner Rotation - Runners must run in the same sequence for each segment of the race, every eighth loop. For example, if a runner runs loop 3, the runner must also run loop 11 and loop 19. Ultra teams can switch runners every loop or run two loops in a row.

Injured Runners During Race - In the event of an injury, any of the remaining runners can replace the injured runner's loops. A 9th member is not allowed to join the team in order to run the remaining loops. 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.

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.

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.

Running at night - You don't need all of the safety gear like running at night on the road but you will need a headlamp. A good one, and check the batteries. We recommend 70 lumens at the least.

Running in the Heat - The Apparent Temperature of the race is forecasted to be near 95 degrees. Runners should prehydrate before each of their loops, hydrate while running, and re-hydrate after each of their loops. Water should be supplemented with electrolytes such as Nuun, etc. Closely monitor the condition of your teammates before and after each loop. Lather up with SUNSCREEN...especially if you are wearing a Speedo. If you are worried about the condition of one of your runners, please visit the Medic Tent.

Carry Water - Water will be available in the Village, at the Transition, and on the Red/Yellow loops. These water stations will **CUPLESS**. Bring your own cup/container/bladder/handheld (cold and hot).

Carry a Phone - Some of the areas on the course have cell reception. If you feel more comfortable carrying a phone when you run, we encourage this practice. Make sure that you have the phone number for one of your teammates so you can call them if you come across an extremely beautiful vista.

Personal Music Devices & Headphones - The use of personal music devices with headphones while running is strongly discouraged. Trail running requires runners to 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 always 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.

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 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.

VILLAGE RULES

Campsite Setup - Be very careful walking around the Village at night. Please use flagging ribbon when staking down tents and don't string a line across a walkway.

Fires - Team campfires are NOT allowed in the Village campsites during the race at any time.

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.

Trash & Recycling - When you leave, your campsite should look exactly like it did before you arrived. Ragnar will provide each team with a liner for trash and a liner for recycling. At the end of the race, please bring these full tied up liners to trash and recycling dumpsters. Ragnar will also have compost for the event. Please make your best effort at recycling, composting, and reducing waste.

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.

Bad Weather - Under certain severe weather conditions, we reserve the right to cancel the event, shorten the event, and/or hold teams until the weather improves.

SUSTAINABILITY

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.

Water Bottles - Please use your own reusable drink containers. We have provided water, coffee, hot cocoa but we WILL NOT provide disposable cups. Carry your own container in the village and on the trail.

Waste Stations - There will be two waste stations in the village with recycling bins, composting bins, and trash bins.

Sustainable Gear – Stay away from items with excessive packaging. Try to bring items have more than one use and if they are disposable, they can be recycled.

TRAIL SIGNAGE

Signage will consist of 6"x6" ground staked arrow signs. The arrows are highly reflective. The background color of the sign will correspond to the loop. Green Circle = Green Loop. Yellow Square = Yellow Loop. Red Diamond = Red Loop. There will also be a small LED light on the sign that will also correspond to the loop. Please DO NOT alter any of the trail signage.

MEDIC TENT

We will have medical staff on hand. 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 a major emergency call 911, go to the medic tent, and notify the nearest race official.

AWARDS

Awards will be given to the top 3 finishers from each category within each division. There will also be an award for the fastest time on each of the three loops, best team name, the best campsite, best costumes, and overall favorite team. Preliminary results will be posted to the website by Wednesday after the race. Teams have a few days to review the results and requests any questions/clarifications. Awards will be sent out after results are made final.

Q&A's

Q: I know fires are not allowed but what about charcoal.

A: Charcoal is NOT allowed due to burn restrictions. Propane campstoves & grills are allowed. The size of the BBQ pit doesnt matter. No open flames. Propane only. Sorry.

Q: Will the propane stoves be available Thursday and/or Friday?

A: Ragnar is not providing stoves. If you need a stove you must bring your own. NO charcoal or wood fires, only propane grills or campstoves.

Q: If traveling by motor home, RV, trailer, or pop-up to the event, can it be parked in the parking lot (not in the village)?

A: RVs, motorhomes, trailers, and pop-up ARE allowed in parking area but NOT in the camping area. We just dont want you CAMPING in the RVs, motorhomes, and trailers. Parking is ok.

Q: Are there showers at the resort?

A: No showers at this race. Sorry.

Q: Is there food sold at resort?

A: A free vegetarian pasta dinner will be provided to all runners on Friday night. Extra pasta dinners can be purchased for \$11. A food truck will also be available to purchase breakfast and lunch on Saturday (cash only). Free Coffee, Hot Chocolate, and S'Mores will be provided through the night on Friday. There are no food services on Thursday or Saturday night.

Q: We all run the same thing right, no change in difficulty and no reason to change up order of runners?

A: Correct. Every runner will run green, yellow, & red but not necessarily in that order.

Q: How does the shuttle work (can you go back and forth to your car or once you get there are you stuck?)

A: The parking area is actually quite close to the camping area. We are just providing the shuttle as a convenience. The shuttle will run back and forth from 8am-5pm on Friday and again 10am-4pm on Saturday. There will be no shuttle service on Thursday or Sunday.

- Q: Will we be able to walk back and forth to our cars once parked?
A: Yes you may walk back and forth to your cars during the event. We highly discourage you leaving the venue during the event.
- Q: Will the main road be open to traffic, in case we need to go to town to get something?
A: We will not close the road. However, we strongly discourage leaving the venue once you arrive.
- Q: Do UltraTeams also just cycle through the 3 loops in the same order?
A: Yes. Ultra teams will cycle through the loops green, yellow, red, green, yellow, etc. Each runner will run two loops at a time.
- Q: How late can our team arrive on Thursday?
A: Teams can arrive as late as 10pm on Thursday.
- Q: What time do we have to be out of the campsite area Sunday morning?
A: Teams must leave by 4pm on Sunday
- Q: Can we still change team name?
A: Sorry no. team name change date has passed.
- Q: What should we do if we have less than 8 runners? Our team has 7.
A: Your team will need to complete all 24 loops (8 green, 8 yellow, and 8 red) in order to complete the race. Your team will cycle through the loops in order; 1-green, 2-yellow, 3-red, 4-green, 5-yellow, etc, etc. If the 8th runner is missing, the other 7 runners on your team will have to fill in on the missing three legs. Please consult the Trail Guide for a more in depth answer.
- Q: We had a runner back out at the last minute. How late can we add a last minute runner?
A: You can substitute at race check-in but your last minute runner must sign both release forms.
- Q: Can we bring a generator?
A: Yes, but we highly discourage it. We will have solar powered recharging stations for your phones, i-pods, batteries, etc.
- Q: Is there an age limit for volunteers?
A: Volunteers must be at least 16 years old.
- Q: Are night runs lit up along trail?
A: The trails are not lit but the signage on trails will all be lit with led lights
- Q: Do all team members have to be present for check-in? What if one of our team members is arriving late?
A: No. Team members can arrive late. They will just need to sign a waiver before running.

THANK YOU!

Thank you SALOMON for being the presenting sponsor of this event. And thank you for running!