

Ragnar Trail Relay – Team Info and Q&A

WELCOME - Welcome to the 2013 McDowell Mountain Ragnar Trail Relay Team Captain's Meeting. I'm Pat Paterson, Trail Race Director for McDowell Mountain. Alongside is Kyle Legonis, a fellow Trail Race Director who will be Transition Manager for this race. Tanner Bell, Co-Founder of Ragnar Relays will be the Assistant Race Director for this race. Hope you all get a chance to meet and talk with Tanner at this race. We have a great crew at this race and they will all be working hard to make sure you enjoy every minute of your time at McDowell Mountain 2013.

You guys are going to have a blast at this race. This is a beautiful course in a beautiful place – desert scenes, views, great weather, etc.

THANK you to SALOMON for being the presenting sponsor. We are stoked to be aligned with Salomon. They make some amazing trail shoes and gear and you guys will get a chance to demo their shoes at the race.

QUESTIONS – We will take Questions and attempt to answer them during this conference and will send out Meeting Minutes in an email to all participants later this week. Anything else you can email me at pat@ragnarrelay.com

DIRECTIONS TO VENUE

The address for McDowell Mountain Regional Park is 16300 McDowell Mountain Park Dr., Fountain Hills, AZ 85255. Directions can be found on Maricopa County website here <http://www.maricopa.gov/parks/mcdowell/Directions.aspx>

ONCE YOU ENTER McDowell Mountain – PLEASE DRIVE SLOWLY

WEATHER – The forecast looks pretty good. A little warm but clear.

Anticipated Weather – At the high 84°F, 25% humidity, 8 MPH of wind and sunny.

Anticipated Weather – At the low 54°F, 31% humidity, 4 MPH.

Apparent High Temperature based upon anticipated average weather above – 87°F AT.

Apparent Low Temperature based upon anticipated average weather above – 44°F AT.

Hydration and sunscreen are going to be very important. Stay hydrated my friends.

PARK ENTRY FEE

Maricopa County Parks and Recreation Department charges a \$6 per vehicle entry fee unless you have a Maricopa County Annual Pass. Cash and Credit Cards are accepted.

PARKING / SHUTTLE PROCEEDURE

Parking is about 1/3 to 1/2 mile from the main village area. If you don't feel like walking and lugging your gear, we will have two shuttles running from parking area to the drop off zone in the camping area. The shuttles will run from 8am-2pm on Friday and 10am-4pm on Saturday. The main village area is directly adjacent to the drop off zone.

CAMPSITE SELECTION

You will be free to choose your own campsite. There are not assigned campsites. We just ask that you keep your team's campsite to 300 square feet or less (17'x17'). Awards will be given for the best decorated team campsite and almost anything goes so be creative.

No vehicles will be allowed at the campsite, so make sure everything is packed in bags and ready to be loaded on the campsite shuttle.

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. Camping for runners, family, friends, and crew is FREE on Friday night.

There is camping at the race venue before the race (Thursday) and after the race (Saturday) if you purchase a campsite through the McDowell Mountain Regional Park for \$17 per night paid at entry. NOTE: There is a restroom onsite for use on Thursday and Saturday night that will handle about 200 people per day.

Everyone must be out of the venue by noon on Sunday.

RVs/Trailers/Pop-Ups

RVs and Trailers are not allowed at the venue. There are RV sites in the park but they are about 2 miles from the venue.

ARRIVAL TIMES

The Village and Team Check In open at 9am on Friday. Your team needs to arrive at the venue 3 hours before the assigned start time. This allows time for parking, shuttle, check-in to the Race HQ, and a Safety Briefing before your teams start time.

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. Once the waiver and the release have been completed you will get team shirts, bib, race belt, and some goodies. All roster changes/additions can be taken care of at race check-in.

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 – 12:00am Friday

Last Start Time – 4:30pm Friday

SAFETY BRIEFING

Your whole team needs to come to the Transition Tent (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

Friday Dinner – 5pm-10pm – A pasta dinner and salad will be provided to all runners for FREE on Friday night. Extra pasta dinners can be purchased for \$10 cash or charge.

Dinner

FRIDAY October 18 5pm-10pm

Pasta dinner for all racers consisting of:

- vegetarian pasta dinner with red sauce and vegetables
- salad with dressing options
- dinner roll
- homemade cookie
- lemonade

Additional meals and support meals will be provided at \$10 per person.

Coffee/Cocoa

Friday 10pm- Saturday 10am
Please bring a hot beverage cup.

Food Truck

Saturday 7am-4pm
SuperFarm SuperTruck will provide an amazing breakfast and lunch menu. Food is fresh, never frozen and all handmade. They only use cottonseed oil in our fryer and will provide vegetarian, glutenfree and dairy free options. Meals will include, but will not be limited to the following –

Breakfasts

Breakfast burritos
Egg Sandwiches
Yogurt Parfait

Lunches

Angus Burgers
Pulled Pork Sandwiches
Hebrew National All Beef Dogs
Farm Salad with homemade dressing

Snacks

Homemade granola
Handcut fries
Mac and cheese
Homemade ice creams and sorbets
Scones and stickybuns

Drinks

Lemonade
Soft drinks
Powerade
Chocolate milk

Coffee, Hot Chocolate, and S'Mores will be provided FREE through the night on Friday and into the morning.

BEER

Friday October 18 4pm-10pm
Saturday Oct 19 12pm-4pm

WATER

Potable water will be available onsite but 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.

FIRE

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

There will be a bonfire in the village and s'more fires for roasting on Friday night. You can bring a propane stove for cooking/coffee making at your own campsite but **NO OPEN CAMPFIRES OR FLAMES PLEASE.**

RACE DAY SCHEDULE

We will have free 8-minute sports massages available on a first-come first-serve basis. There will be four free yoga sessions – two on Friday and two on Saturday – BYOM – Bring Your Own Mat. We have a couple of bands, an awesome running movie, games and other stuff.

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 2nd 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.

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.

WATER STATIONS – A water station will be available in the Village, at the Transition Tent, and (1) on the Red loop at about mile 3.5. These water stations will be CUPLESS. Bring your own cup/container/bladder/bottle (cold and hot).

VOLUNTEERS

Regular Team Volunteers - Each regular team is required to fill one volunteer shift. Volunteer shifts will be 3 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 – I opened up a bunch of new volunteer shifts last night. Official signup closes at midnight this Friday, October 11.

Pay for Volunteer – In lieu of providing a volunteer, your team can pay \$80 which goes to our charity – McDowell Sonoran Conservancy. This can also be done online by midnight on Friday, October 11.

If your team misses the deadline and needs to sign up for a volunteer shift or pay for a volunteer shift, your team captain can take care of it 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 or bike 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 – It is going to be warm during the day on Friday and Saturday. 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 - Most of the areas on the course have pretty good 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.

Rattlesnakes SHOULD be hibernating but no guarantees.

Jumping Choya – nasty little cactus balls that roll around in the wind. WEAR GAITERS. DO NOT ATTEMPT TO REMOVE WITH YOUR HANDS. Use two flat rocks or go to first aid.

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 bonfire and s'more fires 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 – Please 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

Tip: to get rid of jumping chollo. Pull them out with a comb.

Pat's email address is: pat@ragnarrelay.com

PARKING AND SHUTTLE

Q: How often to shuttles run and where do you park to get it

A: shuttles will begin running at 8:00am and will run until 2pm on Friday. Shuttles will run every 15 minutes. Sat they will run from 10-5.

Parking will be the first right hand turn after entering the park. 4 peaks staging area parking lot.

Q: How far is the campsite from the parking lots? Is it too far to walk?

A: 1/3 of a mile. Not too far to walk but with gear it will seem longer

Q: What time do the shuttles start?

A: Shuttles start at 8am Friday

Q: what are shuttle times and where are cars parked versus race venue

A: parking area is a 1/3 of a mile from camping area

Q: When does the shuttle start running on Friday.

A: 8am

Q: Do we drive to the parking area and then get shuttled to the campsite?

A: Yes

Q: We can drop off gear at the campsite and then park the cars, correct?

A: No, you park and then load your gear onto the shuttle

Q: He just said shuttles only run until 2:00 on Friday?

A: yes because all teams should be checked in by that time (2 hours before start time)

Q: How early can we arrive on Friday if we don't need the shuttle?

A: Any time after 7am

Q: how early will you all be setting up on Friday?

A: we will be there at 7am

Q: Do we need to accompany all of our gear on the shuttle?

A: Yes, at least one team member needs to unload it.

Q: Where do we park to catch the shuttle?

A: Parking will be the first right hand turn after entering the park. 4 Peaks Staging Area parking lot

Q: What do you suggest for camping gear? Tent size?

A: Anything that can fit in a 300 square foot area

Q: Is there a parking fee for our vehicles?

A: There is a \$6 entry fee

RACE

Q: What order are the loops?

A: Green, Yellow, Red

Q: Does everyone have to be there by 2pm even if we have a later start than that?

A: You should check in at least 2 hours before your assigned start time

Q: Do we check-in anytime b/w 9am-5pm or is there specific check-in times for each team?

A: You should check in at least 2 hours before your assigned start time

Q: what type of strap do we pass from runner to runner?

A: you pass a bib belt and you receive a slap bracelet

Q: will you have any race personnel or volunteers out on the courses?

A: yes there will be volunteers at critical intersections and water stations

Q: Did pat just recommend something to prevent sand in shoes?

A: Gaiters

Q: What if a team member needs to leave early before the rest of our team finishes Sat?

A: As long as they have completed all three of their loops, they can leave. Not all team members have to be there at the finish.

Q: just to confirm, runner 1 does green, runner 2 does yellow, runner 3 red, and then runner 4 is green?

A: yes. Runners 1-8 repeat that sequence 3 times, start with runner 1-3 the pattern is green, yellow, red. Repeat. On the website there is a link "what is a trail relay" and "how it works"

:<http://www.ragnartrail.com/about/how-it-works>

Q: just to confirm the race loop sequence: first loop for each of the team members will be the green lp?

A: yes, everyone starts with green, then yellow, then red and repeat until everyone has run all

Q: what if one of my team members backs out last minute?

A: The other team members have to run their legs for them or if you have someone to fill their spot be sure they sign a waiver at HQ before they run.

Q: What if a member doesn't show up day of event? Is the entire team disqualified?

A: no, the other team members just have to run their legs for them.

Q: There has been a few rattle snake bites lately out there. Anyone we need to notify if we see one?

A: I don't know what we could do about it. Our trail talk (safety talk) will include rattlers

Q: Will there be ice available for potential injuries?

A: yes, medics will have ice for injuries

Q: can you describe the trails, rocky, sandy, etc

A: they are desert trails. Hard packed sand with some dry wash (loose sand) crossings.

Q: which loops will have water stations?

A: The Red loop will have a water station at approximately mile 3.5

Q: Can we change our start time?

A: You may email the director and ask to have your start time changed. Though he cannot always grant your request as we assign start times based on your teams overall pace

Q: Will we have a pace calculator for this race?

A: You can create your own pace calculator. I don't think we have one posted on the website

Q: Are adjustments made to 10k pace due to increased difficulty of trail?

A: yes, we ask for your 10k road pace and we make the adjustments for trail

Q: if people register for team through site, waivers should be completed already right?

A: yes, when you accept the invite to be on a team you complete an electronic waiver

Q: If members just recently added their personal pace times, will the team start times be adjusted?

A: if it changes your overall team pace significantly please let the director know. If not there is no need to adjust your start time

CAMPING / FOOD

Q: Thurs night, you have to pay to camp out?

A: Yes \$17 per campsite. You pay that when you enter

Q: Can we have a generator?

A: A small quiet generator is fine as long as you turn it off during quiet hours

Q: please give the times again for the breakfast

A: 7-11am

Q: EZ ups ok?

A: Yes. Any size pop up is okay as long as it is within campsite restrictions

Q: will there be showers available?

A: No

Q: Can we have a gas camp stove at our camp site?

A: Propane stoves are fine

Q: is there cream for coffee is there a cost for coffee

A: bottomless coffee all night/morning long! No charge. Yes, there will be creamer

Q: if we buy extra food, do they accept credit cards? or cash only?

A: They accept both

Q: Can you ballpark a price for breakfast/lunch?

A: \$6 - \$10

Q: If needed can some rest or sleep in their vehicles?

A: shuttles will not be running at night so you will have to walk to your car

Q: breakfast and lunch sat are free for runners?

A: No, Friday dinner is free for runners. All other food is available for purchase

Q: Can we bring our own beer for the campsite?

A: The trail guide says that outside alcohol is not permitted. But we do not check each campsite

Q: so volunteers are not included in free meal?

A: No

Q: How much drinking water will be supplied?

A: There will be plenty. We will have a hydration station at the village for you to fill up at. We will have a 1000 gallon water truck on site.

Q: Are we allowed to "tag" other campsites? Similar to how we tag other vans at traditional Ragnars?

A: Yes

Q: Are 55 gallon water tanks allowed?

A: If it can fit on the shuttle or if you want to carry it a 1/3 of a mile then sure

Q: Are tiki's allowed at Campsites?

A: No

Q: Will food vendors take credit cards?

A: Yes

THANK YOU!

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