

Ragnar Trail Relay – Team Info and Q&A

WELCOME - Welcome to the 2014 Appalachians Ragnar Trail Relay Prerace Trail Talk! I'm Kyle Legones, Trail Race Director for Appalachians. Alongside is Angela Heydorn, our market development manager. 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 Appalachians 2014. We would love to meet you and hear about your experiences. Please find us at the race!

You guys are going to have a blast at this race. The trails are so much fun and so beautiful!

THANK you to SALOMON for being the presenting sponsor. We are very excited 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 – Steve will be answering any questions via chat during this meeting. I will answer any unanswered questions at the end. I will send out Meeting Minutes in an email to all participants later this week. Anything else you can email me at kyle@ragnarrelay.com. (See bottom for all Questions and Answers).

SUSTAINABILITY/OUR GOAL

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.

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

Waste Stations and Compost - There will recycling bins, composting bins, and trash bins throughout the village and camping areas. When you check in we will give each team a liner for trash and a liner for recycling. Please use them! We will also have designated bins specifically for food waste and compostable products used in the food area(plates, napkins, utensils). Put everything in the right place!! There will be volunteers to help you.

Leave it better than you found it!

DIRECTIONS TO VENUE

The address for Big Bear Lake Camplands is 450 Big Bear Lake Road in Bruceton Mills, WV. Take Exit 29 off of interstate 68. Once you exit follow event signs. Your GPS might take you somewhere else.

WEATHER – The forecast looks fine. It looks like WV has gotten a lot of rain recently so it will be so green up there and so beautiful! There is a 30% chance of rain so be prepared!

Anticipated Weather – At the high 81

Anticipated Weather – At the low 58

Humidity – 67-77%

Apparent High Temperature based upon anticipated average weather above – 102

Apparent Low Temperature based upon anticipated average weather above – 57

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.

CAMPING

Camping is Thursday, Friday and Saturday nights are included in your registration. This included family and friends. We encourage everyone to carpool as parking will be limited. Please try and limit it to 2 vehicles per team.

PARKING / SHUTTLE PROCEEDURE

First off, please keep the environment in mind and try to carpool and limit the number of vehicles you bring to the race. This will also help alleviate any congestion.

We listened to your feedback and are alloweing teams to drive up to the venue and drop off their gear! It is going to be just like the airport with a speedy drop off! All teams will drive up to the venue where the driver will stay in the vehicle while the teams unloads their gear at the designated drop off areas. The driver will then follow signs to the parking area 2.5 miles down the road(you will pass it on your way in). They will park and get shuttled back to the venue. The shuttles will run from 4:00-11:00pm on Thursday, 7:00am-4:30pm on Friday and 10am-6:00pm on Saturday.

ARRIVAL TIMES

If you arrive before or after shuttle times we will have temporary parking for you until the shuttles start running. The Village and Team Check In opens at 7:30am on Friday morning. Your team needs to arrive at the venue at least 2 hours before the assigned start time on Friday. This allows time for parking, shuttle, check-in to the Race HQ, and a Safety Briefing before your teams start time.

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'). Please measure out your campsite as camping will be tight! Awards will be given for the best decorated team campsite and almost anything goes so be creative.

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 and Saturday nights.

There is no check out time on Sunday.

What to bring

Many runners ask what to bring and how much to bring. Whatever can fit in your 17x17. Pop up tents are allowed. Large coolers. Propane stoves or grills are allowed. (BBQ fine as long as there is no wood or charcoal). Open fires are NOT allowed. NO DOGS. Please bring your Hot and cold beverage cup. This is a cupless race! There are showers but only 8 units so you will be waiting in line. Bring Bug Spray!

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 make any questions/clarifications. Awards will be sent out after results are made final.

RACE CHECK-IN

Race check-in will begin at 7:30am on Friday. As far as waivers, if you are registered on a team you signed a waiver when you registered online. Any runners who are not registered and did not sign a Ragnar waiver will need to sign one at race check-in. Any pacers not associated with the team must sign a waiver. 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. If you have a minor on your team they **MUST** have their parent/guardian sign a minor waiver form before race day. You can obtain this form by emailing me; kyle@ragnarrelay.com. Or the minor and parent can sign them on race day if both will be present.

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. Please only email me if your pace is way off. And remember, we make the proper adjustments for trail when assigning start times so don't freak out about not finishing in time. You will finish.

First Start Time – 9:30am Friday

Last Start Time – 5:00pm Friday

Start times will be FINAL on Monday so please do not bother me with a request unless it is absolutely urgent.

SAFETY BRIEFING

Your whole team needs to come to the Transition Tent (Arch) for a safety briefing before your teams start time. We will be having fewer safety briefings so we can save our announcers voice. **We will be having them every hour. 9:10am will be the first safety briefing. Then it will be every hour at 10 minutes past the hour. So 2 start time groups will be attending each talk.** You will get information about the race, transition procedure, course, signage, safety, and rules. If a teammate cannot make it to your safety briefing they need to attend one before the last one at 5:00pm. If not please notify us and we will be sure you receive a safety briefing by one of our staff.

FOOD –CASH ONLY!!!

Please bring your own snacks and electrolytes. If you plan on cooking be prepared with your own meals.

Friday Lunch – 11am-4pm Monroes Catering. Great food!

Friday Dinner – 5pm-10pm – A pasta dinner(veggie), salad, roll, cookie and lemonade will be provided to all runners for FREE on Friday night. Extra pasta dinners can be purchased for \$12.00 cash only. Volunteers do not get a free meal so plan accordingly. When you check in you will receive meal tickets for all members of your team.

Saturday Breakfast -7-11am – Monroes Catering

Saturday Lunch-11am-4pm – Monroes Catering

Coffee/Cocoa- FREE in the village

Friday 10pm- Saturday 10am (if you need coffee outside of these hours bring your own!)

Please bring a hot beverage cup.

S'Mores will be provided FREE through the night on Friday and into the morning. 10am-10pm.

BEER GARDEN- Bring ID- Cash only

Friday 5pm-10pm

Saturday 11pm-4pm

No outside alcohol is allowed in venue. We won't be coming around a checking every cooler, but that is the rule.

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. There are 8 shower units on site so be prepared to wait in line. And again, BRING YOUR OWN CUP! Cupless race.

ICE

Ice can be purchased at the village. Ice will be available for injuries at the Medic tent.

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.

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**. BBQ's okay as long as no charcoal or wood.

RACE DAY SCHEDULE/VILLAGE FESTIVITIES- Be sure to check out the schedule online and in the email you will get with these minutes

There will be six free yoga sessions – 3 on Friday(6, 7 and 8) and three on Saturday(8, 9 and 10) – BYOM – Bring Your Own Mat.

We have some great live entertainment. 2 solo artists and a rocking band

Movies

Games and contests with prizes – air guitar and watermelon eating contest to name a few.

Bring your guitar, kazoo, egg shaker, ukulele. We will be jamming around the campfire

Merchandise will be selling all race.

Salomon will be demoing their shoes so go try them out!

LOOP DISTANCES CHANGED

Green – 3.5

Yellow – 4.6

Red – 6.7

Total mileage – 14.8

HOW IT WORKS/Transition Tent

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 (YELLOW) 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.

Off Course 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 (2) on the Red loop at about mile 3 and 5. These water stations will be CUPLESS. Bring your own cup/container/bladder/bottle (cold and hot).

COURSE RULES/ Out on the trail

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. This course is VERY TECHNICAL! Lots of rocks and roots. Almost all of it is on single track. It is so fun! But you need to watch your step! There is a very short super technical section on the red loop where you MUST walk. The red and yellow are more technical than the green. Be alert!

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. Only service dogs are allowed.

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. Be kind to your race bib.

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.

Carry Water - Water will be available in the Village, at the Transition, and on the Red loop(not on green and yellow). These water stations are **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. Remember that the animal is often more frightened of you than the other way around. Keep calm and you can stay safe.

Bears- make yourself big, hold your arms up, make noise, hold your ground.

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.

If you see an injured runner out on the course please report it when you arrive back at the village. Or if you have a phone call a team member so they can relay the message quicker. Get ALL the info you can! Gender, hair color, team name and number, what they are wearing, type of injury etc.

TRAIL SIGNAGE

Our signage is great! But you need to be paying attention! 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. Follow the signs and you will stay on course.

There will be volunteers out on the course to help guide runners at difficult intersections.

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. So if you signed up and will be running at the time of your shift, have another member of your team cover the shift.

Volunteer Shift Signup – We have shifts still available for Saturday. Please sign up! If you wait until race day to sign up you WILL get the middle of the night shifts. Just saying... Signups close this Friday.

Pay for Volunteer – In lieu of providing a volunteer, your team can pay \$80 which goes to our charity- Kane County Volunteer Center. This can also be done online.

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 at race check-in.

Volunteer Check-in - To check-in for your shift please show up 10 minutes early to the orange HQ tent.

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

THANK YOU!

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

Q&A

Q: Is there a charge for showers?

A: No

Q: What are the Shuttle Hours?

A: Thursday- 4-11pm, Friday – 7am-4:30pm, Saturday – 10am-6pm

Q: Are bikes allowed in the Village?

A: Bikes are allowed in the camping area but not in the village area

Q: What is the runner order?

A:

Runner 1st Loop 2nd Loop 3rd Loop

1st Runner 1 – Green 2 – Red 3 – Yellow

2nd Runner 1 – Yellow 2 – Green 3 - Red

3rd Runner 1 - Red 2 - Yellow 3 – Green

4th Runner 1 – Green 2 – Red 3 – Yellow

5th Runner 1 - Yellow 2 – Green 3 - Red

6th Runner 1 - Red 2 - Yellow 3 – Green

7th Runner 1 – Green 2 – Red 3 – Yellow

8th Runner 1 – Yellow 2 – Green 3 - Red

Q: Is there electricity in the camping area?

A: NO

Q: Is there anywhere where we can charge our cell phones?

A: Yes, there is a charging station in the village

Q: Can we bring in a trailer and park at our campsite?

A: No, camping will be tight. Tents only.

Q: Are Merch sales cash only as well?

A: Reception is spotty so I would bring cash just in case they are not able to get reception to take credit cards.

Q: Are RV's allowed?

A: NO