

Ragnar Trail Relay – Team Captains Mtng

WELCOME - Welcome the participants. You guys are going to have a blast at this race. THANK 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 the page.

Water Stations - 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 (cold and hot).

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 – noon

Last Start Time – 5pm

ARRIVAL TIMES

Your team needs to arrive at the venue 3 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.

DIRECTIONS TO VENUE

Big Bear Lake Camplands – www.bigbearwv.com scroll to bottom and click “getting here”. Near the border of WV and MD. I-68 Exit29 (Hazelton) then drive 3 miles south to the main gate of Big Bear Camplands. The guard will then point you toward the race venue. Just go straight for a couple of miles. You will pass the Big Bear “Country Store”. This is your last chance for supplies. Then the road will turn to gravel and you have 0.5 miles to go before the Village.

ONCE YOU ENTER BIG BEAR – PLEASE DRIVE SLOWLY

RVs/CABINS

Big Bears tenting area, cabins, and RV park are about 2 miles from the race venue. We DO NOT recommend that you plan to use these facilities during the race. However, if you want to rent a cabin or park an RV at Big Bear to use before and after the race that would work. RVs and pop-ups will not be allowed in the race parking 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 pick your campsite and walk your stuff over from your car.

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.

RACE CHECK-IN

Your team captain will check-in to the race once your campsite has been selected. Only the team captains needs to check-in. You will get team shirts, bibs, and some goodies.

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.

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.

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 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 90 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 (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.

FOOD

Friday night Pasta Diner (Meat/Veggie) will be provided to all runners for free. Extra food can also be purchased for the duration of the event.

AMENITIES

Hot outdoor showers will be available 24/7 during the race.

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.

SUPPLIES / GEAR

- Flagging tape for tent stakes / lines
- Headlamps with extra Batteries
- Water is available in the village but bring your own so you don't have to stand in line

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

Q. Are there elevation maps for each of the loops?

A. Yes. The elevation is on the trail map on the website.

Q. Do we have to do anything special for substituting for injured runners?

A. Pre-race yes, contact us at trailblazer@ragnarrelay.com or (801)499-5024. During race no, follow the substitution rules in the trail guide (available on the website).

Q. Can we claim a campground for a second team so we can camp next to each other?

A. Yes you can. The campsites are obtained on a first come first served basis. We ask that every team consolidate to a 300 square foot (17'x17') area.

Q. If a person in my team arrive on Thursday, and I dont get there until Friday, can they get camp site?

A. Yes. Camping is permitted on Thursday and you can keep your same site from Thursday to Friday.

Q. What time can we get there on Thursday?

A. You can arrive anytime on Thursday. Teams need to arrive 3 hours before their assigned start time on Friday but if you want to show up early that is fine. Race check-in starts at 10am on Friday.

Q. What order do we run the loops in?

A. Green, yellow, red.

Q. 300 SF of camp space seems small-how accurate is that?

A. Accurate. It is enough space. We will have some markings on the ground for guidelines.

Q. Can we use charcoal grills?

A. You can bring a propane stove and cook at your campsite, but no open fires please.

Q. Safety for women? A team member is concerned about running trails alone at night

A. Your team can have a pacer on each and every loop if you so desire. This pacer can be a member of the team or a friend/family/crew member. We just ask that any pacers who are not part of your team sign a waiver at race check-in.

Q. my team has updated our paces, but we did not get an answer to a time change

A. We posted start times on 5/14/13. Therefore, any changes to your paces after this date would not be reflected in the assigned start time unless you have alerted us. If any of your runner paces have changed since 5/14/13 and it drastically altered your teams average pace, please contact us at pat@ragnarrelay.com.

Q. Can we bring a small charcoal grill?

A. Sorry, no charcoal grills. Propane is allowed though.

Q. Are there showers available?

A. Yes, there are heated outdoor showers.

Q. Will confirmation emails be sent to teams who requested time changes?

A. Yes. If you make the changes through pat@ragnarrelay.com or trailblazer@ragnarrelay.com, we will confirm.

Q. If my team only has 6 members, do we still get the 8 pasta tickets?

A, Yes you do. Each regular team gets 8 meal tickets. Each ultra team gets 4. Please let us know at the check-in tent if you are NOT going to use a meal ticket.

Q. Are there any concerns with wild animals? Do we need special containers for food?

A. We will be making enough noise so that animals will not enter camp. But, it is always a good idea to protect your food and keep it out of your tents.

Q. Can we hang hammocks at the camp?

A. Yes. In some places.

Q. Are there vegetarian options available?

A. Yes. There will be both sauce with meat and meatless pasta on Friday night.

Q. How many team will there be?

A. 141 Teams.

Q. Will there be a bonfire Thursday night? And coffee Friday morning?

A. There will not be a bonfire Thursday night. Coffee will be available at the Country Store about 1 mile from the venue site. Once the race starts at noon on Friday, you will not be able to drive to the Country Store There will be a bonfire on Friday night with free coffee and hot chocolate all night long.

Q. Is there power at the campsites?

A. There is no electrical power at camp sites. There will be solar powered recharge stations for phones and laptops in the Village.

THANK YOU!

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