

Ragnar Trail Relay – Pre-Race Trail Talk Info and Q&A

WELCOME – Hey thanks for joining us guys and welcome to the 2014 Ragnar Trail Snowmass Pre-Race Trail Talk! I'm Pat Paterson, Trail Race Director for this race. We have a great crew at this race and they will all be working really hard to make sure you enjoy every minute of your time at the event. 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. This is a fun course at a beautiful venue. The weather looks great. The bands are all set to go. Should be good food, good friends and good fun.

THANK you to SALOMON for being our 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 if you want.

QUESTIONS – We will be answering any questions via chat during this meeting and I will answer a few questions at the end. We will send out Meeting Minutes in an email to all participants later this week. Anything else you can email me at pat@ragnarrelay.com at any time. I will try to answer quickly but it's a busy week leading up to the race so please be patient with me.

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. Toward that end, Leave No Trace will be at this race and will be awarding a FREE TEAM to the team to the campsite that they determine is the most sustainable and environmentally friendly.

THIS IS A CUPLESS RACE - Please use your own reusable drink containers. We will provide water, coffee, hot chocolate, and other beverages but we WILL NOT provide disposable cups. PLEASE Carry your own container in the village and on the trail. To that end, please have both a hot cup and a cold cup for your beverages.

Sustainable Gear – When considering what to bring to this race, Please stay away from items with excessive packaging. Try to bring items that have more than one use and if they are disposable, please try to make sure they can be recycled or composted. We have applied for certification from the Council for Responsible Sport and your efforts in reducing waste will help us – and the earth – out a lot.

Waste Stations and Compost - There will be 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). Please put everything in the right place!! There will be volunteers to help you. Please leave it better than you found it!

DIRECTIONS TO VENUE

Ragnar Village at Snowmass is near the Snowmass Village Recreation Center on Brush Creek Road just past the roundabout as you enter the Town of Snowmass. The address is:

2835 Brush Creek Rd.
Snowmass Village, CO 81615

Parking will be available close to the Village or up at the numbered lots in town. We do ask that you carpool as much as possible to cut down on carbon emissions and save a little room for your fellow racers in the parking lots.

WEATHER –

The forecast looks pretty good.

Anticipated Weather Snowmass (Friday) – At the high 81°F, 31% humidity, 8 MPH of wind and partly cloudy. Low of 44°F, 37% humidity and 6 MPH of wind.

Apparent High Temperature based upon anticipated weather above is 89°F AT.

Apparent Low Temperature based upon anticipated weather above is 35°F AT.

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.

PARKING / SHUTTLE PROCEDURE

We will be using three main parking lots. The Recreation Center Lot and Rodeo Parking Lots on Brush Creek Road, and the Black Saddle Lot on Clubhouse Drive. All of these lots are close and very walkable to the village. If we fill up those lots or you arrive late and there are no more spaces, there is parking available in the numbered lots in Snowmass Village and you can take a town bus down to the Rec Center.

NOTE – we do NOT have room for RV's in the parking lots. Sorry but parking is a bit tight.

We encourage everyone to carpool. It saves you money and it saves the environment!

ARRIVAL TIMES

Parking Lots and Campgrounds will open at 8:00am on Friday morning

Please DO NOT come before that hoping to get the ideal camping spot. There is plenty of room and lots of great sites so don't sweat it.

The Village and Team Check In will open at 9:00am on Friday. Your team needs to arrive at the venue at least 2 hours before your assigned start time. This allows time for parking, shuttle, check-in to the Race HQ, camp set up, 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'). There are areas in the Village that are closer to the action and some that are tucked away nice and quiet. Camping for runners, family, friends, and crew is FREE and is FRIDAY NIGHT ONLY. Everyone has to be cleared out by 8PM on Saturday evening.

NOTE – There is NO RV Camping at Snowmass Village.

Awards will be given for the best decorated team campsite and almost anything goes so be creative. We just ask that you do not bring feather boas, tinsel, or glitter (they always leave little bits of trash that are really hard to clean up).

Along those lines, Leave No Trace and the Center for Outdoor Ethics will be onsite to judge team campsites. The site that they deem to be the most environmentally friendly and sustainable will receive a certificate for a FREE ENTRY into a 2015 Ragnar Trail Race.

What to bring

Many runners ask what to bring and how much to bring. Well, bring whatever can fit in your 300 square feet. Pop up tents are allowed. Large coolers. Decorations, whatever. But please try to be sustainable.

Propane stoves or grills ARE allowed. Open fires are NOT allowed.

NO DOGS, cats or aligators. Please leave your pets at home.

NO generators – They are loud. We hope you can go a day or two without plugging in, but just incase you can't, We will have a solar powered charging station for phones, cameras, gps devices, gopros, etc.

Shower stuff – there WILL be showers, a pool and hot tubs available at the Snowmass Rec Center for \$10 per day. PLEASE BYOT (Bring Your Own Towel) Recreation Center hours are:

- Friday 5:30am – 6:00pm
- Saturday 8:00am – 8:00pm (note: pool and hot tubs open at 10:00am)

Please bring your Hot and Cold beverage cup. This is a cupless race!

FIRE and PERSONAL FOOD

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.

- The Town of Snowmass Village requires that all food and drink be stored in a bear proof container. We will provide a walk-in storage facility on site for your food/drink storage needs. Please store your coolers with food/drinks in there with your name on them. We will provide masking tape and markers to write your name on your belongings. It is mandatory that you store all food and beverages in this container—Town Rule.
- No food , beverages, or dirty dishes are to be kept in tents overnight - the idea is to eliminate anything that may attract a bear to the campground.
- Use the large metal walk-in trailer to store all food/drink including bottled and canned beverages. It will be placed on the softball diamond on the softball field
- So please keep your campsite clean to avoid attracting wildlife.
- Personal metal ammo boxes and bear proof containers are accepted as a way to store food during the day in your campsite and these too need to be put in the communal metal walk-in storage at night.
- Be sure not to leave any food in your car in the parking lot and ensure that all windows are up and doors are securely locked.

RACE CHECK-IN

Race check-in will begin at 9:00am on Friday. As far as your waiver, 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 online will need to do so at race check-in. Also, any underage minors need to have a waiver signed by a parent or legal guardian and email it to me or fax it to our office at 801-499-5023. 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. Please only email me if your pace is way off.

First Start Time – 11:00am Friday

Last Start Time – 5:00pm Friday

Start times will be **FINAL** on Monday so please try not to request any changes beyond then, unless it is absolutely urgent.

SAFETY BRIEFING

Your whole team needs to come to the Transition Tent (Arch) for a safety briefing 20 minutes before your teams first start time. 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 start at 4:40pm. If not please notify us and we will be sure you receive a safety briefing by one of our staff.

AWARDS

Awards will be given to the top 3 finishers from each category within each division. There will also be an award for the best team name, the best campsite, best costumes, and overall favorite team. We also have a few social media awards for best Instagram posts, etc.

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.

FOOD

LUNCH (served 11am – 3pm)

FRIDAY & SATURDAY

Burgers & Chicken (with Chips) from the Grill (\$9.00)

Hot Dogs (with Chips) from the Grill (\$6.00)

A Variety of Hot Soups (\$5.00/\$7.00)

Premium Cold Sandwiches with Kettle Chips (\$9.00)

Assorted Soft Drinks & Cookies

Friday Dinner – 5pm-10pm

Garden Salad with Crisp Lettuce & Seasonal Vegetables,
Ranch Dressing, Italian Herb Vinaigrette & Cruets of Olive Oil & Vinegar on the side
Soft Rolls with Whipped Butter

Rotini Pasta

Rice Blend

Steamed Baby Red Bliss Potatoes

A variety of Sauces including:

Hearty Marinara, Creamy Alfredo, Basil Pesto

Vegetable Minestrone Soup (Gluten Free & Vegan)

Assorted Mix-ins & Toppings including:

Green Peas, Steamed Broccoli, Vegetable Medley,

Garbanzo Beans, Grape Tomatoes, Pumpkin Seeds, Hard

Cooked Egg, Shredded Parmesan & Red Pepper Flakes

DESSERT

Platters of Chocolate Chunk & Oatmeal Raisin Cookies

BEVERAGES

Lemonade

Extra pasta dinners can be purchased for \$15. When you check in you will receive meal tickets for all members of your team. Volunteers do not get a free meal so please plan accordingly.

SATURDAY BREAKFAST (served 7am – 11am)

\$10.00 BREAKFAST BUFFET

Choose from Oatmeal, Scrambled Eggs,

Sausage, Breakfast Potatoes,

Fresh Fruit, Bagels & Much More

Coffee/Hot Chocolate – 10:00pm Friday to 10:00am Saturday – FREE

Please bring a hot beverage cup.

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

BEER- Bring ID - Cash only

Friday - 5pm-10pm

Saturday - 11pm-3pm

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. And again, BRING YOUR OWN CUP!

ICE

Ice will NOT be available for sale at the venue. It 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.

RACE DAY SCHEDULE- Be sure to check out the schedule online

We will have free 8-minute sports massages available on a first-come first-serve basis from 1pm to 6pm on Friday and then again from 10am to 3pm on Saturday.

There will be four free yoga sessions – Two on Friday (2pm and 5pm) and two on Saturday (8am and 10:30am) – BYOM – Bring Your Own Mat.

We have some great live entertainment. A couple of great bands and an awesome running movie along with games and contests with prizes

FRIDAY

5:48am – Sunrise

8:00am – Ragnar Village Opens

9:00am – 5:00pm Team Check-in

9:00am – 10:00pm Ragnar Merch Tent

11:00am – 5:00pm Team Starts

11:00am – 3:00pm Lunch

1:00pm – 6:00pm Massage

2:00pm – Yoga (Bring Your Own Mat)

4:30pm – Shirt Exchange – HQ Tent

5:00pm – 10:00pm Pasta Dinner

5:00pm – 10:00pm Beer Garden

5:00pm – Yoga (Bring Your Own Mat)

6:30pm – 8:30pm Music – Already Gone

8:36pm - Sunset

9:00pm – 9:00am Bonfire

9:00pm – 10:30pm – Movie – Unbreakable

10:00pm – 10:00am Coffee, Hot Chocolate, S'mores

11:00pm – 7:00am – Quiet Hours

SATURDAY

5:48am - Sunrise

7:00am – 11:00am Breakfast

8:00am – Yoga (Bring Your Own Mat)

8:00am – 6:00pm Ragnar Merch Tent

10:00am – 3:00pm Massage

10:00am – 6:00pm Finish Line Festivities
10:30am – Yoga (Bring Your Own Mat)
11:00am – 1:00pm Music – Miss Emily
11:00am – 3:00pm Lunch
11:00am – 3:00pm Beer Garden
4:00pm – Last Runners Allowed on Course
6:00pm – Race Ends
8:36pm – Sunset

Also bring football, Frisbee, soccer ball etc. Lots of grass to play on
Bring your guitar, kazoo, egg shaker, ukulele. We will be jamming around the campfire

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 Sunday, June 1.

Pay for Volunteer – In lieu of providing a volunteer, your team can pay \$80 which goes to our charity – the Aspen Camp for the Deaf program. This can also be done online by midnight on Sunday, May 1.

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 but your pickings for open shifts will be slim.

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.

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.

Order of Runners - the order is maintained throughout the 3 rotations of 8 team members. Green, Yellow, then Red. For example; Runner 3 would run the loops in this order: red (3), yellow (11), green (19).

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 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 on the Red loop at about mile 2.5. These water stations will be unmanned and **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 mostly single track and hard packed dirt. Please be careful out there.

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 certified 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 or 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.

- FACE the ANIMAL – DO NOT TURN & RUN
- MAKE YOURSELF BIG – arms up - do not crouch
- A bear standing upright on its hind legs is trying to identify you

- Walk slowly backwards away from the bear or lion
- When there is a comfortable space between you & the animal, the animal may leave
- DO NOT SCREAM – speak low & calm – identify yourself as human
- If charged: stand your ground. Running incites wildlife to chase.
- If attacked by a black bear or mountain lion – FIGHT BACK ! Use rocks/sticks and punch the animal in sensitive areas like the nose and face.

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

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.

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

QUESTIONS AND ANSWERS

Q – Can we unload our gear close to the camping area and then drive to the parking lots?

A – All of the parking is fairly close to the camping areas. It will be easier to just park and carry your gear in.

Q – What is the finish time window that we should ideally be shooting for?

A – We have assigned start times so that the majority of teams finish around noon. We have assigned start times so that the majority of teams finish around noon.

Q – Are pacers allowed at any time?

A – Yes. Your runner can have ONE human pacer on any loop at any time of day. No more than one & no dog pacers.

Q – How does the runner order work? Do all 8 runners run green, then all run yellow, then all run red?

A – No. Runner 1 on green, Runner 2 on yellow, Runner 3 on red, Runner 4 on green, Runner 5 on Yellow, and so on and so forth. There is also a picture that helps describe the runner order here <http://www.ragnartrail.com/img/how-it-works-large.jpg>.

Q – Are there times when the headlamps are required?

A – No. Headlamps aren't REQUIRED. But we HIGHLY recommend a really GOOD (70 lumens +) headlamp 2hrs before sunset.

Q – Would bringing safety vests make sense for the sections on roads or will they be closed?

A – Sure. Feel free. There will be traffic control measures but roads will not be closed.

Q – We had a runner drop out and need to swap someone else in. Can we do that before registration?

A – At this point. The best time to do that is at the HQ tent at check in.

Q – What is the best way to make noise at night to let the animals hear you?

A – Clap every once in a while. Sing. Whoop and hollar. Make it fun.

Q – Are there portapotties or do we use the rec bathrooms?

A – Yes. There will be ample portable toilets. There will also be indoor toilets in the Recreation Center while it is open.

Q – Please describe the rec center costs?

A – The Snowmass Rec center is \$10/day/person. Includes shower/pool/hot-tub/gym. \$3/towel or BYOT.

Q – Water Station locations?

A – There are water refill stations in the Village and campgrounds and one for Ultra runners just outside the Transition Tent. There is also a water station at the top of Sinclair Road on the Red Loop. No water stations on either Green or Yellow Loops.

Q – When you were seeding teams did you take in the altitude challenge for lowland teams?

A – We took altitude into account but not how it will effect 1 team vs another.

Q – Do you have any tips to running at altitude?

A – Slow down your pace and take it easy. Drink plenty of water. Dont drink alcohol. Enjoy the thin air.