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## OFFICIAL 2013 TRAIL GUIDE

[www.ragnartrail.com](http://www.ragnartrail.com)

<https://www.facebook.com/pages/Ragnar-Trail-Relays>

**ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE.**

Registered Teams will be notified of all changes  
Race Specific Details are found in Section 3 and 4

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## 1. INTRODUCTION

This packet contains important team information for the Ragnar Trail Relay. Team captains are responsible to be familiar with everything contained in this packet and to educate all team members on significant information. It is recommended that all runners read through the Trail Guide. All information in this document is subject to change.

## 2. UPDATES

ITEMS IN THIS TRAIL GUIDE ARE SUBJECT TO CHANGE. Registered teams will be notified of all changes. It is important that all teams make sure that they have an updated version of the Official TRAIL GUIDE. Use the following list of updates to determine if the TRAIL GUIDE you have downloaded is current with the one online.

UPDATED – 1/28/13

## 3. RACE INFORMATION

**Race Name:** Ragnar Trail McDowell Mountain  
**Race Venue:** McDowell Mountain Regional Park  
**Race Address:** 16300 McDowell Mountain Park Dr., MMRP, Arizona 85255  
**Race Director:** Steven Aderholt | [steven@ragnarrelay.com](mailto:steven@ragnarrelay.com) | 801.746.9848  
**Race Charity:** TBD

## 4. IMPORTANT DATES & INFORMATION

REGISTER YOUR TEAM ONLINE AT:	<a href="#">REGISTRATION LINK</a>	
<b>Early Team Registration</b>	1/22/13 – 5/20/13	\$1040 R / \$660 U / \$330 HS
<b>Regular Team Registration</b>	5/21/13 – 8/15/13	\$1160 R / \$700 U / \$350 HS
<b>Late Team Registration</b>	8/16/13 – 9/15/13	\$1280 R / \$760 U / \$380 HS
<b>Start Time Requests</b>	9/6/13	
<b>Volunteer Registration</b>	9/20/13 – 10/4/13	
<b>Pay for Volunteers</b>	\$80 payment made 2/15/13 – 10/4/13	
<b>Team Member Substitution Deadline</b>	9/5/13	Free
<b>Late Substitution Deadline</b>	9/6/13 – 9/26/13	\$10.00
<b>Final Substitutions</b>	9/27/13 – 10/4/13	\$20.00
<b>Final Team Name Change Deadline</b>	9/5/13	
<b>AWARD CEREMONY</b>	TBD	

## 5. 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. Carpool to the event, purchase carbon offsets for your team travel, don't use disposable plates/silverware/cups/napkins, stay away from food with excessive packaging, you know...reduce, reuse, recycle.

## 6. GETTING STARTED

### 6.A) To Do List

- Start recruiting an 8 or 4 person team, plus one volunteer (regular teams only).
- Register and pay for the team online at [my.ragnartrailrelay.com](http://my.ragnartrailrelay.com) before the deadline.
- Register all team members online at [my.ragnartrailrelay.com](http://my.ragnartrailrelay.com) before deadline.

- Register volunteer online at [my.ragnartrailrelay.com](http://my.ragnartrailrelay.com) before deadline. Or make the “Pay for Volunteer” donation before deadline. Select a volunteer shift (regular teams only – Ultra teams are not required to provide a volunteer)
- Request start time before deadline. You will have the ability to request a start time 4-6 weeks prior to the event. See Section 4 for specific dates.

### 6.B) Organizing a Team

The two team types to choose from are regular team (8 people running 3 legs each) and ultra team (4 people running 6 legs each). Each regular team will be classified as a male, female, or mixed team and will compete in one of several divisions. Each ultra team will compete as a male, female or mixed team.

Here are some tips that will make organizing a team easy

- If you don't know 7 other runners don't worry. You probably know 3 or 4 and they probably know 3 or 4. Teams made up this way (with friends of friends) are often the most fun. By the end of the race you'll have 7 great friends!
- If you do not have 8 runners or do not want 8 runners, no problem, you can have any number of runners between 3 and 8 (see section 11). Any team with less than 3 runners needs to contact the race director about procedures and rules for the race.
- Set a date by which you want to send in registration and begin collecting entry fees from members of the team. Runners will feel more committed once they fill out an entry form and give you money. Many teams commit friends, but since the friends never pay or fill anything out, they don't feel committed. When it comes time to sign up they haven't trained and they back out.
- Once you have a few firm commitments, register the team. Again, this will make the team feel more committed. You shouldn't have a hard time finding the rest of your runners.

### 6.C) Finding Runners / Finding a Team

We recommend using the Ragnar Trail Relay Facebook page. <https://www.facebook.com/pages/Ragnar-Trail-Relays>

### 6.D) Getting Ready

Once a team has been organized we recommend the team meet several times prior to the event to work out logistics. It may be helpful to discuss the following things:

- What to do if a runner finishes their leg and the next runner isn't in the transition area.
- What to do if a runner gets lost.
- What to eat. What types of food and drink to bring.
- What types of clothing, running gear, and camping equipment everyone should bring. Weather is uncertain; be prepared for hot and cold weather extremes as well as rainy weather.
- Running at night.
- What starting time to request.

### 6.E) Start times

Starting times are based on accurate pace predictions, it is critical for a successful event that each runner has an accurate 10K road race pace in their online profile. Note that pace means how long it takes you to run one mile (minutes/mile) at your race pace and not how many overall minutes it takes to complete the 10K. These predictions are critical to a successful event and will allow us to place teams in starting slots based upon the teams overall pace. If individuals have not participated in a competitive 10k recently, we strongly encourage them to run one before submitting a team pace. Alternatively, consider getting together as a team for training run at a competitive 10k pace.

To request start times captain's need to do the following: 1. Log into your account, 2. Access your team's profile page, 3. Click the 'Request Start Time' button (this button will not appear until start time requests open, see section 3 and 4 for date).

To assign starting times, we take each team's top three preferred starting times and the submitted average pace of all of the runners on the team. We try to put teams in one of their preferred time slots, but we are not always able to fulfill these requests. Start time requests are prioritized based on when a team registers. The earlier the team registers the more likely they will be to get their requested start time. It is extremely important that the pace submitted for each team is accurate.

**PLEASE NOTE:** Your team needs to have an average of at least 14-minutes/mile pace in order to request a start time and finish in the specified timeline. If you have concerns about this for your team, please make sure and contact the Race Director.

**6.F) Training**

Good training will help make this an enjoyable race as well as prevent injury. A training guide can be found on the race webpage in the Training section. As with all training programs, please consult a physician first.

**6.G) Trail Running Gear and Camping Gear**

Trail running is different than road running and thus the gear needed changes. Check out a list of essential trail running and camping gear for the event on the race webpage in the Training section.

**7. REGULAR TEAMS**

**7.A) 8 Runners**

Regular teams are made up of eight runners. Each member of the team will complete three legs of the relay. Runners must run in the same sequence for each segment of the race, every eighth leg. For example, if a runner runs leg 3, he must also run leg 11 and leg 19.

**7.B) Divisions**

There are several divisions in the Regular Team category (Open, Sub-masters, Masters, Corporate/Public Service and High School) and three classifications within each division (Men's, Women's and Mixed). To qualify for the mixed division, teams must have at least 4 women. To be in the women's division the team must be all women.

<b>DIVISION</b>	<b>REQUIREMENT</b>
Open	One or more under 30
Submasters	All 30 or over
Masters	All 40 or over
Corporate/Public Service	Six or more runners are employees/military/fireman/law enforcement
High School	Students ages 12-18

Within in each division there are 3 gender classifications: Men's, Women's, and Mixed. View the table below to see where your team belongs.

<b>CLASSIFICATION</b>	<b>REGULAR (Teams of 8)</b>	<b>ULTRA (Teams of 4)</b>
Men	5-8 men	3-4 men
Women	All women	All women
Mixed	4 or more women	2 or more women

**7.C) High School Teams**

To be classified as a High School Team, all of the team must be students ages 12-18. This is mandatory to qualify for High School pricing. Any participant under the age of 18 must have a parent or legal guardian sign a waiver, please contact the Race Director for this waiver. Any team with one or more participant(s) under the age of 18 must also have at least 1 adult (25 or older) with them at the race. The individual over 25 doesn't have to be a runner on the team, but can be. Those under 12 years of age are restricted. Ragnar will consider formal requests for extraordinary circumstances through the Race Director.

## **8. ULTRA TEAMS**

### **8.A) 4 Runners**

Ultra teams are made up of four runners. Each member of the team will complete six legs of the course. Ultra teams can choose to run one of the following two ways 1.) run two legs back to back three times (i.e. the first runner would run legs 1-2, 9-10, 17-18) **OR** 2.) Run 6 times, 1 leg at time (i.e. the first runner will run legs 1, 5, 9, 13, 17, 21). All runners on the team must choose the same format and cannot switch formats during the race.

### **8.B) Divisions**

There are three divisions in the Ultra category: Men's, Women's and Mixed. To qualify for the mixed division teams must have at least 2 women. To be in the women's division the team must be all women.

## **9. OTHER TEAM SIZES**

We do permit teams to run with any number of runners from 3 to 8 runners. Team with any number of runners other than 4 or 8 should treat the open spots as injury runners. Teams may choose whichever spot they want as the "vacant runner"- but the legs must stay in the same pattern (every eighth leg). For example, if spot #1 remained vacant, the legs that would need to be filled would be legs 1, 9, and 17. Those legs can be filled with 3 different runners, or one "super runner" can take on all three legs.

## **10. REGISTRATION**

### **10.A) Team Registration**

Registration is available online and should be completed by the Team Captain. Simply click the "Register Now" link on the Registration webpage and follow the instructions. After completing the registration process the team captain will receive an email confirming registration and assigning team number. A **non-refundable entry fee** is due at the time of online registration.

### **10.B) Individual Team Member Registration**

Once the team has been registered and paid for online the team captain has until the deadline to register each individual team member online (See registration deadlines in section 3 and 4 for more info). The team captain must send an invitation from the online team profile. Each team member must accept the invite, fill out the online form, and read and accept the online waiver agreement. If the team registers during the late registration time period, then team members will need to be registered within two weeks of the date that the team registered.

### **10.C) Signing Online Waiver**

All team members *must* sign a waiver in order to participate. Team captains sign their waiver when they register the team. All other team members will receive the waiver in conjunction with the team invite sent to them by their team captain. Waivers can also be signed by logging in to your profile page. You must first be associated with a team to sign the waiver.

Teams often have last minute runners fill in due to injury or complications. We will have waivers available at check-in for this reason. If someone on your team has not signed the online waiver they **MUST** sign the waiver before the team captain can check-in. Your team can't start running until all the team's waivers are signed. Dang attorneys!

### **10.D) Participant Age Restrictions**

Any participant under the age of 18 must have a parent or legal guardian sign a waiver. Any team with one or more participant(s) under the age of 18 must also have at least 1 adult (25 or older) with them at the race. The individual over 25 doesn't have to be a runner on the team, but can be. Those under 12 years of age are restricted. Ragnar will consider formal requests for extraordinary circumstances through the Race Director. Specific rules apply for High School Teams, please see section 9.C.

### **10.E) Substitutions/Additions**

If team members need to be changed (substituted or added), the team captain must log onto the team page and simply click on the substitute button next to the runner that is to be replaced and fill out the new team member's information. There is no charge for substitutions/additions made before the substitution/addition deadline. Late substitutions/additions can be made for a \$10 or \$20 fee per substitution or addition. (See registration deadlines for exact dates.) Substitutions/additions can be made at the start line but the runner has to be present to sign the waiver.

### **10.F) Refund Policy**

All entry fees are non-refundable, even if a team is no longer able to participate in the relay. Teams can roll or transfer their registration to any relay (this does not include sold out or capped relays) within the next 12 months of the relay they signed up for. Using the price paid for the original team a potential charge/refund may need to be processed based on the current registration price for the new relay. Teams that request a transfer before late registration keep the full value of their registration in transferring to a different relay. If the request is made after late registration, \$300 is reduced from their registration price (\$150 for ultra) when transferring to a new relay.

## **11. VOLUNTEERS**

### **11.A) Regular Team Volunteer Requirements**

#### **Each Regular Team Must Provide One Volunteer (Ultra teams don't have to provide a volunteer)**

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 legs if they so desire. Teams can also have a non-runner volunteer for their team or pay \$80 for a volunteer to be recruited by Ragnar through a local non-profit. **Failure to fulfill volunteer requirements will result in disqualification.**

Ultra teams are not required to provide a volunteer.

Volunteer shift sign-up will open up approximately one month before the race (See Volunteer Sign-up Date in Section 3 and 4). The following are prerequisites for volunteers:

- Be at least 16 years old and have a valid driver's license
- Wear their official volunteer T-shirt while at their assigned location
- Be physically able to perform their assigned duties
- Be willing to fulfill their entire shift at an assigned location
- Provide their own food and drink during shift

### **11.B) Ultra Team Volunteer Requirements – Ultra teams don't have to provide a volunteer**

### **11.C) Donate For Volunteers**

Teams also have the option to pay for a volunteer to be recruited by Ragnar through a local non-profit, in lieu of providing a volunteer themselves. The local non-profit will receive a donation when they provide a volunteer for your team. In order to be eligible for this option, teams must make their donations online by the deadline. After the deadline, donations will no longer be accepted for volunteers and teams will be required to provide the necessary volunteer for their team. (See Pay for Volunteer deadlines for exact dates in Section 3 and 4.)

## **12. RACE DAY ARRIVAL INFO**

### **12.A) Directions**

Check Section 3 for the name of the Race Venue and the address. Specific info of this sort is also posted to the race webpage in the Travel section and emailed to the team captain before the race.

### **12.B) Parking**

Each of our Race Venues has different parking rules and regulations. Specific info of this sort is also posted to the race webpage in the Travel section and emailed to the team captain before the race.

### **12.C) Check-In**

Team captains must check in to the race at least **two hours before** their official start time. Upon check-in, the team captain will receive the team runner bib with belt (also the timing chip), a course map, volunteer shift reminder w/ instructions, and runner shirts.

### **12.D) Race Day Waivers**

Every runner should sign an online waiver when they join the team online, but we know that changes happen. Teams often have last minute runners fill in due to injury or complications. We will have waivers available at check-in for this reason. If someone on your team has not signed the online waiver they **MUST** sign the waiver before the team captain can check-in. Your team can't start running until all the team's waivers are signed. Dang attorneys!

### **12.E) Campsite Selection and Setup**

After the team captain checks-in they will be able to select a campsite for their team. We don't assign specific campsites but we do ask that your team takes up less than 300ft<sup>2</sup>. Staking out a spot near the Race Headquarters will mean that you are in the middle of the action. Selecting a spot on the edge of camp may guarantee you a little more sleep, if you are in to that sort of thing.

### **12.F) Team Campsite Fires**

Campfires are **NOT** allowed in the Village campsites during the race at any time. Ragnar will provide group bonfires (depending on the venue and area burn restrictions) but individual team campsite fires are not allowed.

### **12.G) Amenities – Food, Showers, Activities**

Food – Although every race is different, we strive to provide a full Friday night dinner. Sometimes we are even able to partner with a local non-profit to provide a basic Saturday breakfast as a fundraiser. Check out the Village section of the race webpage for all of the details on Ragnar provided meals. We recommend that you also bring team food. Treat it just like a camping trip with 7 friends.

Showers, Activities, Etc – Each venue offers different special amenities. Some have showers, some ziplines, and some horse rides, and more. Check out the Village section of the race webpage for all of the details on amenities.

### **12.H) Trash and Recycling**

Pack it in, pack it out. Treat this adventure just like a backcountry camping trip. If you bring it, you need to take it home. When you leave, your campsite should look exactly like it did before you arrived. Ragnar will have trash, recycling, and compost for the event waste but teams should deal with their own waste. Please make your best effort at recycling, composting, and reducing waste.

## **13. 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.

### **13.A) Take Nothing**

Take nothing but photos. Leave natural or historic objects as you find them, this includes wildflowers and native grasses. Removing or collecting trail markers is serious vandalism that puts others at risk.

### **13.B) Leave Nothing**

No littering. Leave nothing but footprints. Pack out at least as much as you pack in. Gel wrappers with their little torn-off tops and old water bottles don't have a place on the trail. Consider wearing apparel with pockets that zip or a hydration pack that has a place to secure litter you find on the trail. Any runners who are reported to have damaged private or public



property or to have littered, urinated or defecated on the course will be disqualified and will not be invited back. Toilets and trash cans will be provided in the Village.

### **13.C) Stay on the Trail**

Run only on designated trail surfaces. Cutting switchbacks or running next to the trail increases our footprint on the natural environment. 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.

### **13.D) Run Over Obstacles**

Run single file in the middle of a trail, even when laden with a fresh blanket of snow or muddy. Go through puddles and not around them. Running around mud, rocks, or downed tree limbs widens trails, impacts vegetation, and causes further and unnecessary erosion. Use caution when going over obstacles, but challenge yourself by staying in the middle of the trail.

### **13.E) 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.

### **13.F) 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.

### **13.G) Prohibited Items on the Course**

The following items are not allowed on the race course: bicycles, dogs or other animals, baby joggers/strollers, and any other device that may endanger others or put a runner at an advantage over the other participants.

## **14. RACE RULES**

### **14.A) Runner Rotation**

Runners must run in the same sequence for each segment of the race, every eighth leg. For example, if a runner runs leg 3, he must also run leg 11 and leg 19. See section 7A for Ultra team rotation.

### **14.B) Injured Runners During Race**

In the event of an injury, any of the remaining runners can replace the injured runner. With the exception of the leg in which the runner was injured, legs cannot be split in pieces. For example, if runner 3 is injured half way through his or her first leg, any member of the team may complete the leg for him or her. Any member of the team can also fill in legs 11 and 19. Those legs can be filled with different runners, or one can fill in the remaining legs. A 9th member is not allowed to join the team in order to run the remaining legs. 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.

### **14.C) Mixed Division Injured Runners**

The same rules and regulations for Mixed Division apply as described in the above section. If, however, the injured runner is female and her dropping out causes there to be more males than females on the team, then only female runners may finish her legs for her. At least 12 legs (half) of the relay must be completed by female runners.

### **14.D) Follow Race Officials Instructions**

Race officials include staff and volunteers. Course volunteers are considered Race Officials. They have authority to disqualify a team for rule violations, abusive behavior, or a team's failure to follow instructions given by volunteers. Abusive treatment or disregard for their authority will result in a strike or disqualification.

#### **14.E) 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 been placed along the course but sometimes runners overlook markings; be prudent in your knowledge of the course.

#### **14.F) 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.

#### **14.G) Use of Slap Bracelets**

At the start of each leg, the runner will be given a slap bracelet that corresponds with the color of the runners loop. IE- A runner on the red loop will have a red slap bracelet.

### **15. SAFETY**

Safety is our number one priority. There are many potential hazards in a race of this type including, but not limited to: trail conditions, weather, and wild animals. We ask that all teams please take appropriate precautions to insure a fun and safe event. Please help us keep the race safe by focusing on being safe runners, safe campers, and by helping us keep the race as a whole safe. Below are some basic guidelines and rules to help us all have a safe race.

#### **15.A) Running in the Heat**

Staying hydrated is critical to having a fun and successful Ragnar race, not to mention staying healthy and avoiding a heat related illness such as dehydration, heat exhaustion, or heat stroke. Hydration becomes especially critical during times of high heat index. The heat index (HI) is an index that combines air temperature and relative humidity to determine how hot it feels. If the heat index is above 90°, heat cramps and heat exhaustion are possible. Above a HI of 105°, heat exhaustion is likely and heat stroke is probable with continued activity.

Teams must ensure their runner's safety by monitoring the condition of their runners before and after each leg. Runners should pre-hydrate before each of their legs, hydrate while running, and re-hydrate after each of their legs. Water should be supplemented with electrolytes such as NUUN, etc. Proper hydration is obtained when the runner has clear (light lemonade colored) and copious urine. If you are worried about the condition of one of your runners, please visit the Medic Tent.

Water will be available in the Village but not along the course. Be a responsible trail runner and carry your own water and nutrition during your legs.

#### **15.B) Personal Music Devices & Headphones**

The use of personal music devices with headphones while running is strongly discouraged. Trail running requires that all runners 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.

#### **15.C) Wild Animals**

The solitary nature of trail running can be exhilarating but trying to be as quiet as possible is not 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.

#### **15.D) 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, when and where city ordinances and permits allow.

#### **15.E) Bonfires**

Bonfires have functioned as catalysts for bonding experiences for thousands of years. Who doesn't like roasting s'mores while listening to someone strumming a 6-string. We are bringing the fire to the event (depending on the venue and area burn restrictions) but you have to bring good sense. 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. Ragnar is providing group bonfires but individual team campsite fires are not allowed.

#### **15.F) 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 back 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.

We will have limited 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 an emergency notify the nearest race official, as they will be able to communicate with the Medic Tent. If you are not near any race officials, please call the Race Director. If the emergency is severe call 911, then the Race Director.

#### **15.G) Mandatory Trail Briefing at Start Line**

Teams are required to attend a Trail Briefing 15 minutes before their assigned start time. Each team is required to have all team members, who are present, attend the Trail Briefing. The Trail Briefing will last approximately 10 minutes and will cover things such as trail markings, course specifics, what to do in case of an injury, and trail ethics. Please arrive at the race at least 2 hours before your team's start time to give yourself adequate time to check-in and go through the Trail Briefing.

#### **15.H) Bad Weather**

The race will occur rain or shine. However, under certain severe weather conditions where significant damage or alterations to the race course occur, we reserve the right to cancel the event, shorten the event, and/or hold teams until the weather improves. There will be no refunds given if the race is canceled due to weather. Conditions that may result in a race being canceled or delayed include but are not limited to the following: severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, etc.

#### **16. 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.