



**RAGNAR TRAIL
WAWAYANDA LAKE**

PRESENTED BY



salomon

OFFICIAL TRAIL GUIDE

www.ragnartrail.com

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

ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE.

Race Specific Details are found in Section 3 and 4

TABLE OF CONTENTS

1. INTRODUCTION
2. UPDATES
3. RACE INFORMATION
4. IMPORTANT DATES & INFORMATION
5. SUSTAINABILITY
6. GETTING STARTED
 - 6A. To Do List
 - 6B. Organizing a Team
 - 6C. Finding Runners / Finding a Team
 - 6D. Getting Ready
 - 6E. Team Name
 - 6F. Start Times
 - 6G. Holding Teams Procedure
 - 6H. Training
 - 6I. Trail Running Gear and Camping Gear
7. REGULAR TEAMS
 - 7A. 8 Runners
 - 7B. Divisions
 - 7C. High School Teams
8. ULTRA TEAMS
 - 8A. 4 Runners
 - 8B. Divisions
9. OTHER TEAM SIZES
10. REGISTRATION
 - 10A. Team Registration
 - 10B. Individual Team Member Registration
 - 10C. Signing Online Waiver
 - 10D. Participant Age Restrictions
 - 10E. Substitutions/Additions
 - 10F. Refund/Transfer Policy
11. VOLUNTEERS
 - 11A. Regular Team Volunteer Requirements
 - 11B. Ultra Team Volunteer Requirements
 - 11C. Pay For Volunteers
12. RACE DAY ARRIVAL INFO
 - 12A. Directions to Venue
 - 12B. Parking
 - 12C. Check-In
 - 12D. Race Day Waivers
 - 12E. Participant Shirts
 - 12F. Campsite Selection and Set-up
 - 12G. Team Campsite Fires & Generators
 - 12H. Amenities – Food, Showers, Activities
 - 12I. Trash and Recycling
13. COURSE RULES
 - 13A. Take Nothing
 - 13B. Leave Nothing
 - 13C. Stay on the Trail
 - 13D. Run Over Obstacles
 - 13E. No Dogs
 - 13F. Pacing
 - 13G. Prohibited Items on Course
14. RACE RULES
 - 14A. Runners Rotation
 - 14B. Injured Runners During the Race
 - 14C. Mixed Division Injured Runners
 - 14D. Follow Race Officials Instructions
 - 14E. Follow Correct Route, navigation is responsibility of each runner
 - 14F. Visible Race Number
 - 14G. Use of Slap Bracelets
15. SAFETY
 - 15A. Running in the Heat
 - 15B. Personal Music Devices & Headphones
 - 15C. Wild Animals
 - 15D. Alcohol
 - 15E. Bonfires
 - 15F. In Case of Injury / Emergency
 - 15G. Mandatory Trail Briefing before team check-in
 - 15H. Bad Weather
16. AWARDS/RESULTS
17. RACE RELEASE AND WAIVER

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.

3. RACE INFORMATION

Race Name: Ragnar Trail Wawayanda Lake, in association with New York Road Runners

Race Date: September 30-October 1st, 2016

Race Venue: Wawayanda State Park

Race Address: 855 Warwick Turnpike, Hewitt, NJ 07421

Race Director: Kyle Laufiso | kyle@ragnarrelay.com | 908.313.6824

4. IMPORTANT DATES & INFORMATION

Start Times Posted	By 5pm MST on September 2, 2016	
Volunteer Registration	Opens at 5pm MST on Sept. 2-25, 2016	
Pay for Volunteers Deadline	Sept. 25, 2016	
Team Member Substitution Deadline	Sept. 9, 2016	Free
Late Substitution Deadline	Sept. 10-16, 2016	\$10.00
Final Substitutions	Sept. 17-23, 2016	\$20.00
Final Team Name Change Deadline	Sept. 2, 2016	
Classification/Division Change Deadline	Sept. 23, 2016	
Team Info and Q&A Session	7PM (EST) Sept. 21, 2016	
Team Info and Q&A Session – Web link	http://www.ustream.tv/channel/ragnar-trail-series	
Preliminary Results Posted to Website	Oct. 4, 2016	
Requests for Results Clarification & Changes	Oct. 6, 2016	
Final Results Posted to Website	Oct. 7, 2016	

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.

CUPLESS RACE – We are a cupless race. Every participant (runner, volunteer, friend, family, crew, etc) should bring two cups, one for cold liquid and one for hot liquid. We will provide water, hot chocolate, and coffee but you need to bring the container, this includes WHILE YOU ARE RUNNING.

To reduce the carbon footprint of the race, please limit your cars to two cars per team.

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 before the deadline.
- Invite all team members to register online at my.ragnartrailrelay.com before deadline.
- Register volunteer online at my.ragnartrailrelay.com before deadline. Or make the “Pay for Volunteer” payment before deadline. Select a volunteer shift (regular teams only – Ultra teams are not required to provide a volunteer)
- Check your team’s assigned 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 and will compete in one of several divisions.

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.
- Assigned Start Time, arrival to the event, and transportation

6.E) Team Name

When selecting a team name, please remember that Ragnar Trail Relays are family friendly events. Teams are encouraged to bring their families, friends, and support crew to the race. Children will be present at the event. We encourage you to think about how children might respond to your team name when the announcer calls it over the loudspeaker. Use the same respect when considering your campsite decorations and team t-shirts.

6.F) 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.

When assigning starting times, we consider the pace of all of the runners on the team. Therefore, it is extremely important that the pace submitted for each runner is accurate.

PLEASE NOTE: Your team needs to have an average of at least 11-minutes/mile road race 10K pace in order to finish in the specified timeline. If you have concerns about this for your team, please make sure and contact the Race Director.

6.G) Holding Teams Procedure: Based on your team's average 10k road race pace that you submitted, we will start your team at a time that will help ensure that you will finish between 9am and 6pm on Saturday. If your team is projected to finish before 9am on Saturday we may place a hold on your team (stop you from running for a period of time). Your hold time will be deducted from your final overall time.

6.H) 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.I) 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.

Headlamp - Every person (runner, friends, family, crew, etc) at the race should have a good headlamp. We recommend one with 70 lumens or more.

Water Container –Every runner should run with a water container of some sort. Some of the loops will have water stations but all will be CUPLESS WATERSTATIONS. There will also be a water station in the Village but it will also be a CUPLESS WATERSTATION.

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.

DIVISION

Open

Submasters

REQUIREMENT

One or more under 30

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.

CLASSIFICATION	REGULAR (Teams of 8)	ULTRA (Teams of 4)
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 several divisions in the Ultra 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 2 women. To be in the women's division the team must be all women.

9. OTHER TEAM SIZES

We permit teams to run with as few as 2 runners, as many as 8 runners, and anything in between. Solo runners and teams with more than 8 runners are specifically not allowed to participate. Any 2-person team must contact the race director for approval and procedures/rules for the race. 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. A **non-refundable entry fee** for the ENTIRE TEAM 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.

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 a team member can no longer participate the team captain can remove them from their roster and invite a new runner to the team. To remove a member of your team simply click on the remove runner button on your team captain's page. To add a member to your team simply click on the invite button on your team captain's page and enter the new runner's email address and send them the invite. 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 race headquarters on race day but the runner has to be present to sign the waiver.

10.F) Refund/Transfer Policy

Refund Policy: All entry fees are non-refundable.

Transfer Policy: Teams may transfer their registration to any Ragnar Relay, excluding sold out Ragnar Relays, within 12 months of the Ragnar Relay for which they were originally registered. Teams may only transfer a registration once. When a transfer is made, the original price paid will be applied to the new relay registration fee. In cases where the new relay registration fee is more than the original price paid, the team will be required to pay the difference. In cases where the new relay registration fee is less than the original price paid the difference will not be refunded.

If a transfer request is made after regular registration ends, a \$300 transfer fee (\$150 for ultra) will be deducted from the original price paid. If a Ragnar Relay reaches "wait list" status, as indicated by a wait list button on the Ragnar Relay locations page (<http://ragnarrelay.com/events>), teams may only transfer to another Ragnar Relay if a replacement team is found. If a transfer is made after a Ragnar Relay is in "wait list" status, a \$300 transfer fee (\$150 for ultra) will be deducted from the original price paid. All transfers must be approved two weeks prior to the day before the race starts (Thursday).

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 3 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 \$120 for a volunteer to be recruited by Ragnar through a local non-profit. The person who signs up for the volunteer shift is not the one who has to show up to work the volunteer shift, as long as someone volunteers for the shift

on behalf of your team (meaning you can change volunteers right before the shift). **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
- Sign a waiver – either online or at volunteer check-in
- Wear their reflective vest (provided by Ragnar) 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) Pay For Volunteers

Teams also have the option of paying \$120 for Ragnar to recruit volunteers along the course. Ragnar's partner charity/charities will receive a donation when they provide a volunteer for your team. In order to be eligible for this option, teams must make their payments online by the deadline. After the deadline, payments 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.

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. We ask that teams bring **NO MORE** than 2 vehicles to the race.

12.C) Check-In

Team captains must check in to the race at Ragnar Race HQ during their assigned check-in window, which opens two hours before their team's official start time. Captains should know their team number ahead of time, and have that number handy to provide to volunteers during check-in. Captains can find their team number on their team's page at <https://my.ragnarrelay.com>. Upon check-in, the team captain will receive the team runner bib with belt (also the timing chip), 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) Participant Shirts

When the Team Captain checks into the race at Ragnar Race HQ they will receive all of the team's participant shirts. Note that you will only receive as many shirts as were on your team roster by the Team Member Substitution Deadline (See page #3). Try the shirts on and if necessary, exchanges can be made at the HQ tent after 4:30pm on Friday. If your team

received less than (8) shirts (or 4 for Ultra teams) it is probably because your team roster wasn't complete by the Team Member Substitution Deadline. Race HQ will be happy to give you the proper number of shirts after 4:30pm on Friday.

12.F) Campsite Selection and Setup

Upon arrival at the venue, teams may choose their own campsite. We don't assign specific campsites but we do ask that your team takes up less than 300ft². 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.G) Team Campsite Fires & Generators

Campfires and generators 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. Ragnar will provide a solar powered charging station for phones but individual team campsite generators are not allowed.

12.H) Amenities – Food, Showers, Activities

Food – Although every race is different, we strive to provide a full Friday night dinner. 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.

And please note, Ragnar strives to provide vegetarian options at all meals but other food preferences (gluten-free, vegan, etc) are not always available. Please consider bringing your own food if you have specific dietary requirements.

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.I) 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, or defecated on the course will be disqualified and will not be invited back. Toilets and trash cans will be provided in the Village. Costumes are highly encouraged but they should not end up on the course. Costumes with feathers, glitter, etc are not allowed.

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. Note that all pacers must sign a waiver if they are not assigned team runners.

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 have 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 runner's 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 necessarily along the course. Be a responsible trail runner and carry your own water and nutrition during your legs.

Water Container – Every runner should run with a water container of some sort. Some of the loops will have water stations but all will be CUPLESS WATERSTATIONS. There will also be a water station in the Village but it will also be a CUPLESS WATERSTATION.

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:

1. Be aware of the sounds around you.
2. Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling).
3. Be able to hear "on your left". Listen for other runners trying to pass you.

Safe Use Tactics

- When running you should be able to hear your own footsteps, if you can't your volume is too high.
- Run with one earphone out and one in, again you should be able to hear your own footsteps.

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 affects 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. In order to provide the best care possible, our medics are there to focus on medical issues, not minor first aid issues. Teams are strongly encouraged to bring first aid kits and treat their own minor first aid issues. A list of recommended items for first aid kits can be found in the Packing List on the Updates section of each race webpage.

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 Safety Video before team check-in

Teams are required to watch our Safety Video before checking in. Each team is required to have all team members, who are present, attend the Safety Video. The Safety Video will last approximately 13 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 watch the Safety Video and check-in. If a team member arrives after the last showing of the safety video, their team captain is responsible for sharing the information from the video with them.

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 / RESULTS

Awards will be given to the top 3 finishers from each category within each division. There will also be an award for best team name, the best campsite, best costumes (no feathers or glitter), and overall favorite team. Preliminary results will be announced via email and placed on the website after the race. Participants will have a short time to request clarification and division/class changes and then results will be made final within two weeks of the race. See Section 4 for specific dates on when results will be posted.

17. Race Release and Waiver

RAGNAR TRAIL RELAY - RACE RELEASE AND WAIVER 2016

As a condition of my participation in the Ragnar Trail Relay (the "Event") as a runner, volunteer or otherwise, I hereby covenant not to sue and agree to release from liability the Ragnar Relay Series, together with its founders, owners, officers, directors, managers, agents and employees, including but not limited to Ragnar Events LLC, Ragnar Holdings LLC and their respective investors, officers, directors, managers, members, agents and employees; Ragnar Relay race officials and volunteers; and any and all other sponsors, suppliers, agents, independent contractors and other personnel in any way assisting or associated with this Event (collectively the "Releasees"). This Race Release and Waiver (this "Release") is a contract with legal and binding consequences and it applies to all activities relating to the Event, whether located on the race course, the village or other race-related venues, and also including any camping activity before or after the Event. I have read this Release carefully before signing, and I understand what it means and what I am agreeing to by signing.

In consideration of the acceptance of my application for entry or participation as a volunteer in this Event by one or more Releasees, I hereby freely agree to and make the following contractual representations and agreements:

1. I know that this Event, which takes place both in daylight and at night, is held primarily on rough trails but sometimes may also be on open roads and is a potentially hazardous activity. I voluntarily assume full and complete responsibility for all risks associated with participating in the Event and for any injury or accident that may occur during my participation in this Event, including by way of example and not limitation: illness; traveling to and from the event; camping before or after the Event; falls; collisions with pedestrians, vehicles, other participants, wild animals, and fixed or moving objects; the effects of weather, including temperature extremes and humidity; traffic accidents; the negligence of myself and/or others, including Releasees; and trail conditions, road conditions, including without limitation darkness and surface conditions such as loose sand, roots, rocks, uneven ground, and/or pot holes. I am aware of and appreciate all of these risks. I understand that wild animals, snakes, insects, vehicle traffic and spectators will be present along the race course and that police protection will not be provided. I know that the presence of wild animals and vehicle traffic during the race present certain risks including animal attack and the risk of motor vehicle accidents involving participants, spectators, and/or other vehicles, and that such accidents can result in death or serious injury. I am also aware that if there is a camping activity before or after the Event (a) the parking area may be multiple miles away from the camping area, and (b) if there should be adverse weather, a fire, or other Act of God, it is possible that that I could be placed in uncomfortable, and perhaps even dangerous, circumstances, notwithstanding evacuation plans and any shuttle services or emergency and medical vehicles and services that may be available. I further understand that the Releasees are not responsible for lost/stolen/damaged items from vehicles or campsites.
2. As a condition of my participation, I agree to abide by all traffic and pedestrian laws and regulations and to follow any and all of Releasees' safety instructions, including all rules and conditions set forth in the Trail Guide, which is available on the Ragnar Relay Series website, www.ragnarrelay.com. I understand that my failure to do so may result in serious injury or death and may be grounds for my disqualification from this Event.
3. I acknowledge that I should not enter and participate in this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this trail race and I further agree that race officials may authorize necessary emergency treatment for me.
4. I represent and warrant that (a) my team and I will participate fully in all of the safety training provided by the Ragnar Relay Series, and (b) they and I agree to adhere to the rules and regulations included in such safety training.
5. Having read this waiver and knowing and assuming these risks, and in consideration of the acceptance of my participation, I hereby for myself, my heirs, my executors, administrators or anyone else who might claim on my behalf (collectively my "Successors"), covenant not to sue, and FOREVER WAIVE, RELEASE, DISCHARGE, and HOLD HARMLESS Releasees from any and all claims, injuries, damages, liabilities, causes of action, and expenses (including without limitation attorney's fees and costs), and inconvenience to person or property (collectively, "Losses") of any kind or nature whatsoever arising out of my participation in this Event, even though such liability may arise out of negligence or carelessness on the part of Releasees.
6. In exchange for my being permitted to participate in the Event, and understanding there will be no additional compensation to me, I hereby authorize Ragnar Events LLC, to use my image or likeness for Event promotional purposes.
7. I understand the Event registration fees are nonrefundable. I have read the Trail Guide and agree to abide by the rules and conditions contained therein.
8. I acknowledge and agree, for myself and my Successors, that the above representations are contractually binding, and that should I or my Successors assert a claim contrary to what I have agreed to in this agreement, the claiming party shall be liable for the expenses (including legal fees) incurred by the Releasees in defending such claim. This Release may not be modified orally, and a waiver or modification of any provision shall not be construed as a waiver or modification of any other provision herein or as consent to any subsequent waiver or modification. I consent to the release by any third party to Releasees and their insurance carriers of my name and medical information that may relate to any injury or death I may suffer arising from my participation in the Event. Every term and provision of this agreement is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable.
9. I acknowledge and agree that there are no refunds if the Event is cancelled or delayed due to causes beyond Releasees' control, including but not limited to, acts of God, war, strikes or labor disputes, fires, riots, terrorism, vandalism, accident, government orders, certain severe weather conditions such as severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, severe weather conditions where significant damage or alterations to the race course occur, or any other force majeure event.

PRINT NAME: _____

SIGNATURE: _____

DATE OF BIRTH: _____

DATE OF SIGNATURE: _____

MINOR WAIVER - COMPLETE IF RUNNER/VOLUNTEER IS BELOW THE AGE OF 18

CONSENT AND RELEASE BY PARENT OR GUARDIAN

I am the parent or guardian of the above-named minor (my "Child"). My Child is fit for the Event, and I (and, if I am married, my spouse) consent to my Child's participation. I have read and I understand the above Release. In consideration of allowing my Child to participate, I (and, if I am married, my spouse) consent to the foregoing Release and agree that its terms shall likewise bind me (and, if I am married, my spouse), my Child, and our respective heirs, legal representatives, assignees, and anyone else who might claim on their own behalf or mine or my Child's behalf. I (and, if I am married, my spouse) hereby forever release and discharge, and shall defend, indemnify and hold harmless Releasees, from every claim (including without limitation a claim of loss of consortium), liability, cause of action, and expense that I (and, if I am married, my spouse) or my Child or any other person may allege against any of the Releasees (including medical expenses and reasonable legal fees and costs) as a direct or indirect result of injury or death to me or my Child because of my Child's participation in the Event, whether caused by the negligence of my Child, the Releasees, or others, to the maximum extent permitted by law. I (and, if I am married, my spouse) covenant not to sue Releasees on my behalf or on behalf of my Child for any claim arising from my Child's participation in the Event. If I am married, I am signing this Release also in behalf of, and as authorized agent for, my spouse.

PARENT NAME: _____

PARENT SIGNATURE: _____

DATE OF SIGNATURE: _____