

Trail Race Guide

2023 Race Season

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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 Race Bible. All information in this document is subject to change.

Updates

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

Race Bible posted 3/9/2023 for 2023 season

- Included language for Sprint teams for team size, volunteers and campsites. Adjusted language in the packing list to be inclusive of sprint teams.
- Clarified process for teams that fall behind race cutoffs during the race, as well as related impacts to division/classification award eligibility.

Race Information / Important Dates & Information

Race specific information, including important dates, can be found on the race specific website under the Dates / Updates tab. The race specific Runner Packet (link on the race website) will be the most up to date source of information for the race. The Race Director will update the Runner Packet with course and schedule changes, information on Gear Drop and Parking, as well as any safety concerns. Check the Runner Packet frequently as it is a living document and will be continually updated as the race draws closer.

Sustainability

Ragnar realizes the importance of organizing socially and environmentally responsible events. To that end, Ragnar strives 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. Ragnar works with each venue and community to make the event sustainable. To reduce the carbon footprint of the race, please limit your cars to two cars per team.

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.**

Getting Started

To Do List

- Decide on your team type and start recruiting your team.
 - Standard: 8 people running 3 loops each
 - Ultra: 4 people running 6 loops each
 - Black Loop: 2 people running 3 loops on Friday and one extra-long loop on Saturday (only available at select races)
 - Sprint: 3 people running 2 loops on Saturday (only available at select races)
- Register and pay for the team online at <https://www.runragnar.com> before the close of registration*.
- Invite all team members to register online on your team page before the online runner invite deadline*.
- Register for a volunteer shift on your profile before the online deadline or make the "Pay for Volunteer" payment before the online deadline*.
- Check your team's assigned start time 3-4 weeks prior to the event.

*See the "Dates/Updates" section of the race webpage for specific dates.

Organizing a 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 Other Team Sizes section). Any standard or ultra 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 register your team online and then begin collecting entry fees from members of the team. Runners will feel more committed once they pay for their portion of the team entry. Many team captains ask their friends but then never get a firm commitment. When it comes time for their friends to sign up, they haven't trained and they end up back out. Don't be in this camp.
- 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.

Finding Runners / Finding a Team

We recommend using the Ragnar Relay Facebook event pages.

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
- Read over the Trail Race Bible, Race Webpage, and especially the race specific Runner Packet
- Deadlines for team name changes, signing up for or paying for a volunteer shift, runner additions to roster, etc. These deadlines can be found on the "Important Dates" section of the race webpage.

Team Name and Costumes

We encourage clever and witty team names, as well as unique and creative team costumes. However, we ask that you keep your team name and team costumes Family Friendly. What is Family friendly? A good rule of thumb, if you have to ask, it probably isn't. We reserve the right to request team name changes as well as change your team costume if found obscene or indecent according to the FCC standards. At a bare minimum, not to be cheeky, but we don't want to see your cheeks, keep them covered (should you trip near a cactus you'll thank us).

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 road race pace and not how many overall minutes it takes to complete the 10K. 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 difference between road and trail running, the difficulty of the course, elevation above sea level, as well as 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 contact the Race Director. We have a "double-up" process in place for

teams that fall behind the course cutoff during a race. Race staff on site will walk you through what to do if this happens. Teams that implement a “double-up” process on their own or otherwise fail to follow the course and race rules listed in this guide will be ineligible for division / category awards.

Black Loop teams will all start together on Friday with a mass start on the Green Loop. The Green Loop start time will be assigned 4 weeks prior to the race. Teams will have one-hour windows in which to start the Yellow and Red loops on Friday. The exact start times for these loops will be set closer to the race and can be found in the race-specific Black Loop Runner Packet. The Black Loop start time on Saturday morning will be based on your team’s aggregate (Green + Yellow + Red) loop times. Your start time will be calculated depending on how many minutes behind you are from the leading time. For example, if the 1st place team starts at 7:00am, and you are seven minutes behind them, your start time for the Black Loop will be 7:07am.

Finishing Early

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 finishes before 9am on Saturday, grab a nap, come back at 9am to run under the arch as a team and pick up your medals. *Please note medals **will not** be available before 9am.*

Training

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

Trail Running Gear and Camping Gear

Trail running is different than road running and this may require some different gear. Check out a list of essential trail running and camping gear for the event under the “Get Ready” tab of your race webpage.

- **Everyone** should run with a water container of some sort. Some of the loops will have water stations but all will be CUPLESS WATER STATIONS. There will also be a water station in the Village but it will also be a CUPLESS WATER STATION.
- **Standard, Ultra and Black Loop teams** should also ensure every person at the race has a good headlamp. We recommend one with 70 lumens or more.

Divisions & Classifications

There are multiple divisions and classifications available for your team. Review the Trail Relays Divisions and Classifications table on our [website](#) see which division and

classification your team belongs. Teams will not be allowed to change their division/classification after they check in on race day.

High School Teams

To be classified as a High School Team, ALL of the team members must be students ages 12-18. This is mandatory to qualify for High School pricing. See Participant Age Restrictions section for additional requirements.

Runner Order

Standard Teams (8 Runners)

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

Ultra Teams (4 Runners)

Ultra teams are made up of four runners. Each member of the team will complete six loops of the course. Ultra teams can choose to run one of the following two ways:

1. Run two loops back to back three times (i.e. the first runner would run loops 1-2, 9-10, 17-18)

OR

2. Run 6 times, 1 leg at time (i.e. the first runner will run loops 1, 5, 9, 13, 17, 21).

All runners on the team must choose the same format and cannot switch formats during the race.

Black Loop Teams (2 Runners)

For optimal Black Loop enjoyment, we highly recommend you run together with your teammate. Your time will end when the second teammate completes each loop. It is expected that you are within shouting distance of your partner at all times while on course. This is for safety reasons and also to help encourage each other to run the best you can.

Sprint Teams (3 Runners)

Each member of the team will complete two loops of the relay. Runners must run in the same sequence for each segment of the race, every third loop. For example, if a runner runs loop 2, he/she must also run loop 5.

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. Teams 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 loops must stay in the same pattern (every). For example, if spot #1 remained vacant, the loops that would need to be filled would be loops 1, 9, and 17. Those loops can be filled with 3 different runners, or one “super runner” can take on all three loops.

Registration

Team Registration

Registration is available online for each race and should be completed by the Team Captain. Simply click the “Register” link on the race 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.

Individual Team Member Registration

Once the team has been registered and paid for online, the team captain has until the Online Runner Invite deadline to invite each individual team member to register online (see the Dates / Updates tab of the race website 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 prior to the deadline.

Waivers

All team members *must* sign a waiver in order to participate. Team captains sign their waiver online when they register the team. All other runners and volunteers on the team will sign their waivers online when they accept the online invite from the team captain. Any runner or volunteer added to the team roster on race day will need to sign a waiver at the HQ Tent before they can run or volunteer. Any participant under the age of 18 must have a parent or legal guardian sign our [online Minor Waiver](#) prior to the event.

Participant Age Restrictions

Any participant under the age of 18 must have a parent or legal guardian sign the [online Minor Waiver](#) before they can run or volunteer. 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 adult can camp with the team at no cost and can pace minor runners. However, the adult cannot be a runner on the team if it is a High School Team (see High School Teams section). Those under 12 years of age are restricted, however Ragnar will consider formal requests for extraordinary circumstances through the Race Director.

Runner 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. See Participant Age Restrictions section for minor waiver requirements.

Team Refund / Transfer Policy

Refer to the transfer policy on our website [here](#).

Volunteers

Standard Team Volunteer Requirements

Each standard team is required to fill one volunteer shift. Volunteer shifts will be 3 hours in length, so runners are able to fill a volunteer shift in between or before running their loops. Teams can also 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.**

Volunteer shift sign-up will open up approximately one month before the race (see the Dates / Updates tab of your race for specific dates). The following are prerequisites for volunteers:

- Be at least 16 years old
- Sign a waiver – either online or at volunteer check-in. See Participant Age Restrictions section for minor waiver requirements.
- Wear a 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. Some volunteer shifts are in areas that trading out volunteers is not an option mid shift. Do not plan on splitting shifts between multiple runners.
- Provide their own food and drink during shift

Ultra, Sprint & Black Loop Volunteer Requirements

Ultra teams, Sprint teams, and Black Loop teams don't have to provide a volunteer.

Pay for Volunteers

In lieu of providing a volunteer, teams have the option of paying \$120 for Ragnar to recruit volunteers through a local non-profit. Ragnar's partner charity(s) will receive a donation when they provide a volunteer for your team. Team captains can pay for a volunteer online on their team captain's page before the Pay for Volunteer Deadline (see Dates / Updates tab of the race website for specific dates). Teams can pay for volunteers onsite on race day upon check-in at the HQ Tent.

Race Day Arrival Info

Directions

Check the race webpage and race specific Runner Packet for the race venue address and directions.

Gear Drop and Parking

Each of our Race Venues has different gear drop and parking rules and regulations. Specific info of this sort is also posted to the race webpage and race specific Runner Packet. **We ask that teams bring NO MORE than 2 vehicles to the race and follow all volunteer instructions.** No vehicles should be left unattended in Gear Drop at any time – Gear Drop is for active loading and unloading ONLY, just like at the airport.

Check-In

All runners must check in online before arriving at the race. Watch for an email the week leading up to your race. (Pro tip: make sure to check your spam folders too) As part of this, each runner will watch a safety briefing video. The ENTIRE team must complete this. That means every runner must do this online before the race. Team captains will confirm the roster of runners once everyone has completed their individual check ins. Online check in will close at 5PM MST the day before the start of the race. i.e., Online check in will close at 5PM MST on Thursday for a Friday-Saturday race. Not completing this prior to being onsite at a race will slow down the process of your check in. Roster changes and late additions will need to check in at HQ after the “Final Online Runner Invite Deadline” posted on the Dates / Updates section of your race’s webpage.

Know your team number ahead of time, and have that number handy to provide to volunteers during parking and check-in. You can find your team number online on your team page at runragnar.com (Log into your account in the upper right corner). Upon check-in at the race, the team will receive the team bib (also the timing chip), a bib-belt, volunteer shift reminder with instructions, all the shirts for the team according to the sizes input before the “team name change deadline” (one month prior to the race), a trash and recycle liner to be used at the team’s campsite, three slap bracelets (one for each loop color) and some other goodies. Teams will not be allowed to change their division/classification after they complete the online check-in process. (Bib belts and slap bracelets must be returned once your team finishes the race to claim your team medals.)

Race Day Roster Changes

Every runner should be added to the team roster prior to the Online Runner Invite Deadline (see Dates / Updates tab of the race website for specific dates). However, we know that changes happen. Teams often have last minute runners fill in due to injury or complications. If a runner needs to be added to the team or the roster needs to be changed after the Online Runner Invite Deadline, it can be done on race day at the HQ Tent.

Any new runners will need to sign a waiver before running. See Participant Age Restrictions section for minor waiver requirements.

Participant Shirts

When the Team Captain (or team representative) checks into the race at Ragnar HQ they will receive all of the t-shirts for the team. Make sure to check your size in your runner profile before the deadline (approximately five weeks pre-race).

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 300 square ft. (approximately 17' x 17'). Staking out a spot near the Village (main event area) will mean that you are in the middle of the action and have a shorter distance to walk back and forth between your campsite/Village during the event. Selecting a spot on the edge of camp may give you a little quieter (IE – better sleep?), if you are into that sort of thing, but it also means you will have further to walk back and forth during the event. Check your race specific runner packet on the race's webpage for specific camping guidelines.

Sprint Teams will not be able to set up campsites, but we will have areas within the Ragnar Village where Sprint teams can hang out and create their "home base" between runs.

Team Campsites: Fires, Generators and Quiet Hours

Campfires and gas powered generators are NOT allowed at team campsites during the race at any time. Ragnar will provide a group bonfire (depending on the venue and area burn restrictions) but individual team campsite fires are not allowed. Propane stoves and small propane heaters are allowed but must be continually monitored by someone when in use. Propane fire pits or fire rings are NOT allowed. No charcoal, wood burning, or open flames are permitted at any time. Ragnar will provide a solar powered charging station for phones but individual team campsite generators are not allowed. Solar powered/battery powered generators are allowed in the camping area.

Since all teams camp within close proximity of one another, we do have standard quiet hours from midnight until 6am on Thursday and Friday nights. Please show respect for your fellow participants by keeping ruckus to a minimum and save your kazoo playing for a mid-afternoon pick-me-up.

Amenities – Food, Showers, Activities

Food

Check out the race specific Runner Packet for all of the details on food available for purchase at the event. Ragnar provides free s'mores, coffee, hot chocolate and water during the event – all other food must be purchased by participants. Treat it just like a

camping trip with 7 friends. And please note, Ragnar strives to provide vendors with vegetarian options but other food preferences (gluten-free, vegan, etc) are not always available. Please bring 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 race specific Runner Packet for all of the details on amenities. If a specific amenity is not listed on the webpage, that venue does not have that amenity.

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.

Course Rules

Many of these rules follow the principles of **LEAVE NO TRACE**. You should know and practice these principles outside of the race, whenever you are on the trails.

Take Nothing

Take nothing but photos. Leave 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.

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 highly discouraged.

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.

Run Over Obstacles

Run single file in the middle of a trail, even when laden with a fresh blanket of snow or mud. Go through puddles, 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.

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. Service dogs are allowed at the event, but they must remain under control at all times.

Pacing Rules (Buddy pass NOT Offered on Trail)

Running pacers are allowed during the race. Please try to pace within your team before recruiting outside pacers. 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 already on the team roster.

Trail running at night under a blanket of stars can be one of the best experiences. It can also be thrilling and even a little frightening to hear a deer rustling in the bushes as you run past. But just because it is thrilling, doesn't mean that it is dangerous. At Ragnar, we are very focused on safety. Any safety concerns on a course or specific loop will be addressed quickly during the race. In an extreme case, this could include "holding/closing" one of the loops or the entire course for a portion or entirety of the race. **The "Buddy Pass" as offered at Ragnar (Road) Relays is not offered at Ragnar Trail Relays.** Any runner who does not feel comfortable running a nighttime loop by themselves should run with a pacer. Any team who skips a loop (IE – runs less than the full 24 loops) will receive a DNF on the official race results.

Drones

Non-official use of drones at Ragnar Trail events is prohibited without special approval.

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.

Race Rules

Violations of rules listed within the Trail Race Bible will be reviewed by the Ragnar staff at the event. Violations may result in disqualification. "Three strikes and you're out"

Rules and Safety Enforcement

Rules are enforced based on a "three strikes you're out" policy. There will be race officials monitoring the event to enforce rules. Teams will be notified in person whenever possible or via text message if they receive a rule violation (cell phone numbers are collected during registration). If a team receives three violations, a race official will meet them to review the validity of each violation. If the race official deems that the violations are valid, the team's bib will be confiscated and the team must leave the venue.

In addition to race officials, teams will have the ability to report rule violations to HQ in the Village. Race officials will determine the validity of all reports received from teams. Teams looking to report rule violations should be prepared to provide race officials with the team number or name and a detailed explanation of the violation.

Race officials may also disqualify teams on the spot without prior warning for what they deem to be serious rule violations.

Code of Conduct

At Ragnar, fun is a priority, but it's also important to us to provide a safe and enjoyable event and to protect the interests and safety of all participants, volunteers, staff, and bystanders. In order to do this, we have developed a Code of Conduct.

The following are examples of unacceptable conduct:

- Theft or unauthorized removal, use, or operation of other's private property
- Alcoholic beverages not consumed in a responsible manner or in violation of local ordinances or permits
- Boisterous or disruptive activity, including assaults on other participants or Ragnar Staff and volunteers, horseplay, fighting, verbal or physical threats, abuse or similar activities
- Insubordination
- Disregard of safety rules
- Sexual or any other type of harassment or discrimination
- Any behavior that endangers the health, safety, or well-being of any participants, volunteers, staff or bystanders
- The use or distribution of any illegal drug or other substance
- Violation of any local, state or federal statute, regulation or law
- Use of profanity, insults, or any other type of verbal abuse or obscene gestures
- Any other violation of any rules, regulations or safety guidelines imposed by Ragnar

Participants who choose not to adhere to this Code of Conduct will be subject to penalty, including, but not limited to disqualification, immediate expulsion from the event,

revocation of any future registrations and prevention from participating or attending future Ragnar events. No refunds will be given.

Notwithstanding, Ragnar reserves the right to refuse participation, attendance or registration of any individual for any reason.

We expect all participants to act with mutual respect for everyone so we can all have the best possible race experience.

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/she must also run leg 11 and leg 19. See Ultra Teams section for info on Ultra team rotation.

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 loop in which the runner was injured, loops cannot be split in pieces. For example, if runner 3 is injured half way through his/her first loop, any member of the team may complete the loop for him/her. Any member of the team can also fill in loops 11 and 19. Those loops can be filled with different runners, or one runner can fill in both of the remaining 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/she cannot enter back into the race. If an IV is administered, the injured runner is no longer eligible to run. If you are uncertain about completing the race by the 6pm cut off time please see a staff member to discuss your options.

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 loops for her. At least 12 loops (half) of the relay must be completed by female runners.

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 instruction will result in disqualification.

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.

Use of Slap Bracelets

Each team will receive three slap bracelets that corresponds with the color of the runners loop. IE- A runner on the red loop will have a red slap bracelet. These will be shared only with your teammates. A sanitation station will be set up outside the transition tent for you to self clean them between runners. Slap bracelets must be returned at the end of the race along with the bib belt to receive your team medals.

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. Additional race specific race hazards are found in the race specific Runner Packet found on the race website. 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.

Running at Night

While we don't require headlamps, safety vests or safety blinking lights for trail races, we highly recommend a headlamp and / or a handheld light for nighttime runs as it gets very dark in the woods and is often nearly impossible to navigate without one. Check the Race Schedule (linked in the race specific Runner Packet) for sunrise and sunset hours.

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 Apparent Temperature. The Apparent Temperature (AT) is a measurement of heat stress on the human body that combines air temperature, relative humidity, wind speed and solar radiation levels. If the apparent temperature is above 78°, heat cramps and heat exhaustion are possible. Above an AT of 89°, 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 loops, hydrate while running, and re-hydrate after each of their loops. 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. Slowing your pace and applying a wet cloth to the head and back of the neck are effective methods of keeping your core body temperature down. 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 loops.

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.

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

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

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.

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.

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 provides a group bonfire but individual team campsite fires are not allowed.

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 beginning one hour before the first teams start time through the end of 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 the emergency is severe call 911, then notify a Race Official.

Mandatory Trail Safety Video during online team check-in

Teams are required to watch our Safety Video during the online check in process.

Everyone is required to watch the safety video before they run. The Safety Video will last approximately 12 minutes and will cover things such as trail markings, what to do in case of an injury, trail ethics, and what you can expect at the race. **Black Loop** teams will have an additional race briefing prior to their Green Loop start.

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.

Awards / Results

Awards will be given to the top 3 finishers from each category within each division for teams who complete all 24 loops. There will also be an award for best team name, the best campsite, best costumes (no feathers or glitter), and overall favorite team. Preliminary result links will be posted the website after the race. Participants will have a short time to request clarification and loop changes and then results will be made final within one week of the race. Teams will not be allowed to change their division/classification after they check-in to the race. See the race website for specific dates on when results will be posted. We have a “double-up” process in place for teams that fall behind the course cutoff during a race. Race staff on site will walk you through what to do if this happens. Teams that implement a “double-up” process on their own or otherwise fail to follow the course and race rules listed in this guide will be ineligible for division / category awards.

LOST AND FOUND

If you’ve misplaced personal items during the race, the first place to check is at the HQ tent. Ragnar is not responsible for any lost property, but we do our best to gather items turned into us and make them available for retrieval before the race ends. If you still can’t locate your items, please contact customerservice@runragnar.com after the race to see if anything was turned in at a later time.