



# Ragnar Bourbon Chase Road 2024 Runner Packet

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Hello Ragnarians and future Ragnarians!

This runner packet is designed to communicate event information specific to Ragnar Road Bourbon Chase. If this is your first Ragnar relay, or you have more general questions about what to expect on race weekend, please review our most up-to-date [Race Bible](#). The Race Bible provides an overview of series-wide details such as team divisions and classifications, required safety gear, rules and policies that we advise all Ragnarians to become familiar with!

The runner packet is a live document and we will continue to update this file with additional information as things are finalized. Please don't hesitate to reach out to me at [derwin@runragnar.com](mailto:derwin@runragnar.com) if you would like clarification on anything leading up to race weekend.

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## Important Dates

**Race Dates:** October 4 - 5, 2024  
**Registration Closes:** August 30, 2024  
**Start Times Posted:** September 6, 2024  
**Team Name Change Deadline:** September 2, 2024  
**Pay for Volunteers Deadline:** September 30, 2024

## Helpful Information

**Race Director Contact Info:** Dan Erwin | [derwin@runragnar.com](mailto:derwin@runragnar.com)  
**Start Line Location:** Jim Beam Distilling Company - 568 Happy Hollow Rd. Clermont, KY 40110

**Finish Line Location:** Lexington Brewing & Distillery Company - 401 Cross St, Lexington, KY 40508

**Additional Dates/Deadlines:** Go to the [Dates/Updates section](#) of the race page and you will find the dates and deadlines on the right side of the screen.

**Captain's Tools:** Go to the [Get Ready](#) section of the race page and you will find a captain's checklist, captain's spreadsheet, and packing list to share with your team.

**Pace Calculator & Hold Times:** [BC 2024 Pace Calculator and Hold Times.xlsx](#)

**Race Bible:** [If you are new to Ragnar, or need a review, this is your book of Ragnar. Soak it in. It is available on the Get Ready section of the race website.](#)

## **Bourbon Experience**

In addition to all the amazing bourbon stops we have for you along the course, check out these added bourbon experiences before, during, and after the race!

We are so excited to announce the Town Branch Single Barrel Bourbon commemorative Ragnar bottle is now available for purchase online at <https://shop.lexingtonbrewingco.com/specials/?t=Bourbon200>.

- Please follow prompts in completing purchase and select "Pick up at Distillery" option in the shipping method portion. (This product is only available for pick-up at the Lexington Brewing & Distilling Co Visitor Center. Shipments of this bottle are only permitted within the State of Kentucky).
- \*Upon pickup, please remember to show photo ID for age verification\*
- PICK-UP LOCATION: 412 Cross Street Lexington, KY – Ragnar 2024 Bourbon Chase Relay Finish Line Celebration

Join us at the finish line for guided bourbon tastings hosted by your favorite bourbon brands! Each scheduled tasting will highlight featured bourbons you can't find in the free tasting section of the finish line! Spots are first come first serve and can be reserved at the finish line!

Join your fellow Ragnarians and our partner Bluegrass Distillers for a Sunday Recovery Brunch at Eppings in Lexington! Details [here](#). Reserve your spots now and don't miss out on this awesome experience!

## **Brooksee Timing - Track Your Runner!**

NEW THIS YEAR! TRACK YOUR RUNNER - Real time tracking available at Bourbon Chase!

### **How it works**

We've teamed up with Brooksee Timing this year so you can track your runners from start to finish. There will be checkpoints along the course and each time your runner passes one, your team (or friends at home) can track the runner's progress. Follow along on the live leaderboard to see where your team stacks up against the rest! Teams can opt in for the enhanced runner tracking for just \$35/team.

Don't miss out on this game-changing addition to your Ragnar Relay experience. Purchase live tracking today to take your team camaraderie and race day support to a whole new level. See you at the starting line!

[Sign up for this amazing experience here!](#)

## **Captains Meeting and Team Check In**

### **Runner AMA Meeting**

- The Race Director, Daniel Erwin, will be hosting an "Ask Me Anything" information session where you can listen to important race information, and ask any and all questions to get ready for race weekend! We ask that as many runners

attend so you can share this vital information with your teams and be prepared to have a great time!

- Date and Time: Tuesday, October 1st, 2024 at 7:00 pm EST
  - [Join the meeting now](#)
  - Meeting ID: 296 871 187 632
  - Passcode: QnjGjC

### **Online Check In**

All participants will receive an email at the beginning of race week inviting them to complete our online check-in process. This will include watching a short safety video and completing your required waivers.

**\*Online check-in will close at 12 PM Thursday, October 3rd, prior to race weekend - please make time to complete this process in order to expedite your packet pickup!\***

You and your van mates will only need to arrive 30 minutes early to complete packet pickup and check-in, provided that your online check-in has been completed.

### **Race Weekend: Check in**

- Van 1 will check in at the Start Line: Jim Beam Distilling Company - 568 Happy Hollow Rd. Clermont, KY 40110
  - Gear Check: Please be prepared to show your Safety Gear (1 safety vest per person, and 2 head lamps and 2 taillights per team).
- Van 2 will check in at Exchange 6: Idle Hour Park - 700 Walnut St, Springfield, KY 40069
  - Gear Check: Please be prepared to show your Safety Gear (1 safety vest per person, and 2 head lamps and 2 taillights per team).

### **Check In Steps**

- *Gear Check:* Please be prepared to show your Safety Gear:
  - 1 safety vest per person
  - 2 headlamps (per team)
  - 2 taillights (per team)
- *Confirm Online Check-In*
  - If you have not completed Online Check-In, please give yourself additional time to watch the required safety video and sign your participant waiver.
- Pick up Runner Goodie Bag, Safety Flags, T-Shirts, & Runner Bibs
- 10 minutes prior to your start time, check in with the Announcer for your Slap Bracelet

### **During the Race**

Ragnar Race Command is a texting communication tool connecting you to Ragnar staff throughout the race. To reach Race Command, please text 661-RAGNAR1 ([661-724-6271](tel:661-724-6271)).

Necessary communications and updates during the race also will be texted to teams via the Race Command platform. All teams must provide at least one cell phone number per van during check-in in order to receive notifications from Race Command.

### **Night Time Hours**

The designated night time hours for 2024 Ragnar Bourbon Chase will be from 6:15 p.m. to 8:00 a.m.

- Safety Gear, including a safety vest, taillight and headlamp, will be required during night time hours for all active runners.

- All non-running participants must wear safety vests when outside of their vehicle.

***Please note: all event staff and volunteers want to do their part to guarantee you'll have an amazing time, and part of that includes ensuring the safety of all participants! If you are asked by event staff to return to your vehicle to retrieve your safety vest, please be respectful and wear your required gear.***

## **VAN SUPPORT**

All legs that make up a Ragnar Course have a leg designation, either: Full Van Support, Partial Van Support or No Van Support.

**For all Van Paths - [Visit our RunGo Group](#)**

***Full Van Support:*** Participants are allowed outside of the van to support their runners where it is safe and legal to do so. Any participant (not the runner) who is outside of their team van and crossing a road, must do so with the aid of an orange crossing flag. Ragnar provides two orange crossing flags to each van before the race which need to be returned at the finish line. The crossing flags are not permission to stop traffic, just to help with visibility to local traffic.

***Partial Van Support:*** Participants are not allowed outside of the van to support their runners on certain designated sections of the leg. There are many Partial Van Support legs.

***No Van Support:*** Participants (not the runners) are not allowed outside of the van to support their runners. Ragnar will provide a water station(s) on longer No Van Support legs. Vans need to follow van directions. There are large parts of the course on beautiful trails, and this can make it hard to support your runner. Please pay attention to the timing of your runner on these legs as several are run at night after dark. Van routes may apply to those legs designated No Van Support. Please respect the communities we run through and follow the van directions.

***Please note: Some legs specify alternative Van Route directions that depart from the designated runner path; these routes may also differ from GPS directions. These custom directions may be in accordance with local law enforcement, mandated by local permitting, or to ensure overall participant safety by diverting traffic around the runner path. Please follow the van route when directed to do so.***

## **Runner Behavior**

### **Rule Enforcement**

Ragnar Road Races operate on a "3 strike policy". Meaning if you break the rules three times, you will be disqualified. This is 3 strikes total, amongst all team members and/or vans associated with the team. So, if Van 1 is issued a strike and Van 2 is issued a strike, then there is only 1 strike remaining between both vans. Here are some examples of violations Staff will be enforcing along the course. Please refer to the Race Bible for a complete listing.

- Outside of van without nighttime gear during designated nighttime hours.
- Supporting runners on legs designated as No Van Support.
- Crossing roads to support runners (where allowed) without safety flags.
- Breaking traffic laws.
- Not following volunteer instructions.
- Inappropriate van decorations.

### **AUTOMATIC DISQUALIFICATION**

- Urinating or defecating anywhere outside of a designated portable toilet or restroom.
- Consumption of alcohol on the course - tastings are allowed at distilleries only.
- Supporting in areas where leg notes specifically say you will be automatically disqualified. Read the notes, folks!

### **Parking, Patience, and Politeness**

There are a few exchanges that may have very tight parking areas. The only way we can make this work efficiently is to have each van follow instructions, and be respectful of the volunteers, the facilities, and each other. Please be expeditious in exiting these exchanges and avoid loitering.

### **Love the Locals**

Towns and exchange points have been gracious in hosting us and we'd like to remind runners to be respectful guests. Please be courteous at all exchanges and keep in mind that inappropriate van decorations, vulgar language, and smoking/vaping at exchanges are not allowed.

- Please leave these areas as you found them.
- You will be provided one bag for trash and another for recycling. Dumpsters will be available at designated major exchanges- please refer to the exchange notes and dispose of your trash in the receptacles provided.
- Maintain a respectable noise level when passing through residential areas, particularly during nighttime hours.
- Support local businesses and exchange fundraisers when possible. :)

## **Runner Navigation**

We are transitioning away from the Ragnar App and new this year we'll be using RunGo for ALL of our course directions. You can access routes via the link below or through the RunGo App. You do not need the app or an account to access route information, but you are welcome to use the app and continue as a guest or create your own account if you prefer.

### **For Leg Directions:**

1. Go to event group - [RunGo Runner Group](#)
2. Select leg
3. Start the route
4. Premium is not required for getting the GPX files. Need to tap share sheet, and then export route as GPX option.

If you find an error during the event for the course or directional information, please contact Race Command at [661-724-6271](#).

## **Course Information:**

### **Start Line: Jim Beam**

- Exchange Address - 568 Happy Hollow Rd, Clermont, KY 40110
- Exchange Open - 4:00 AM
- Exchange Close - 12:00 PM
- Van #1 and Ultra team check in
- Sweet Happenings:
  - **Local Fundraiser:** American Heritage Girls KY1225 will be selling baked goods for your team to stock up on! They will also be selling safety vests at the start line in case you forget yours for check in. Supplies are limited and sales are cash only!

### **Exchange 1: C&S Millworks**

- Exchange Address - 1015 Deatsville Rd, Coss Creek, KY 40013
- Exchange Open - 5:15 AM

- Exchange Close - 1:15 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 2: St. Gregory Parish**

- Exchange Address - 330 Samuels Loop, Coss Creek, KY 40013
- Exchange Open - 5:30 AM
- Exchange Close - 1:30 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)
- Sweet Happenings:
  - Bethlehem Softball will be selling baked goods, coffee and drinks at Ex 2! Cash only!

#### **Exchange 3: Guthrie Opportunity Center**

- Exchange Address - 900 Nutter Dr. Bardstown, KY 40004
- Exchange Open - 6:30 AM
- Exchange Close - 2:00 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 4: Heaven Hill**

- Exchange Address - 1311 Gilkey Run Rd, Bardstown, KY 40004
- Exchange Open - 7:00 AM
- Exchange Close - 2:30 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 5: Holy Rosary Church**

- Exchange Address - 6650 Cissellville Road, Manton, KY 40069
- Exchange Open - 8:45 AM
- Exchange Close - 3:45 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 6: Idle Hour Park**

- Exchange Address - 700 Walnut St, Springfield, KY 40069
- Exchange Open - 8:30 AM
- Exchange Close - 6:00 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)
- Sweet Happenings
  - Van #2 Check In
  - Ragnar SWAG Bags - 1 per team
  - Team T-shirts - Pick up here for BOTH Van 1 & Van 2
  - Ragnar GEAR Tent
  - Ragnar Partners
  - Medic Tent
  - RAGNAR CAPTAIN GIFT! Don't forget to pick up your Nathan's captain collapsible cup! Our THANK YOU to Captains for herding all these cats :D

#### **Exchange 7: Choose Your Own Exchange (Old Perryville Road)**

- Exchange Address - Beginning [37.664975, -85.148683](#) End [37.662250, -85.137092](#)
- Exchange Open - 11:45 AM
- Exchange Close - 6:15 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 8: Choose Your Own Exchange (Pottsville and Logan Road)**

- Exchange Address - Beginning [37.648225, -85.082364](#) End [37.648200, -85.071594](#)
- Exchange Open - 12:30 PM
- Exchange Close - 7:00 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 9: Perryville**

- Exchange Address - 204 S Buell St, Perryville, KY 40468
- Exchange Open - 1:45 PM
- Exchange Close - 8:00 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)
- NOT at Exchange 9 but something that we wanted to call out! Come and enjoy a delicious lunch inside the newly renovated 200-year-old church, turned into an event venue! **1828 Perryville Chateau** will be waiting for you! Buy your

food at the booth outside and come and enjoy it inside and take the opportunity to tour the chateau with air conditioning and comfortable lounging places to relax and recharge. Use of bathrooms is also available! Menu will include:

- Hotdog with bacon cheddar smoked sausage and chili on top. Choice of chips, drink and cookie or banana
- Chicken salad with grapes and bourbon sweet pecans on a croissant, chips, drink and cookie or banana
- Nachos with chile con carne
- Delicious multiple flavor snow cones
- Water, Gatorade and more!

#### **Exchange 10: Corner of Tuggle Road and Hwy 150**

- Exchange Address - 41 Tuggle Rd, Danville, KY 40422
- Exchange Open - 2:15 PM
- Exchange Close - 8:15 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 11: Wilderness Trail Distillery**

- Exchange Address - 4095 Lebanon Rd, Danville, KY 40422
- Exchange Open - 3:30 PM
- Exchange Close - 9:00 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)
- Sweet Happenings:
  - Special Message from Wilderness Distillery Visitor Center Manager, Emily Toadvine - *"Hey Runners! Join us for a special treat before you leave for the next exchange! We have an exclusive barrel pick waiting just for you. Don't forget to snap a pic and tag our metal building! Our gift shop will be open until 8:30 PM, so come unwind and celebrate your achievements!"*

#### **Exchange 12: Downtown Danville**

- Exchange Address - 321 W Main St, Danville, KY 40422
- Exchange Open - 2:15 PM
- Exchange Close - 10:00 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)
- Sweet Happenings:
  - Burgin FLBA will be selling baked goods at Ex 12! Cash only!

#### **Exchange 13: Temple Baptist Church**

- Exchange Address - 4637 S Danville Bypass, Danville, KY 40422

- Exchange Open - 4:45 PM
- Exchange Close - 10:00 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 14: Stanford**

- Exchange Address - 204 W. Main Street, Stanford, KY 40484
- Exchange Open - 6:15 PM
- Exchange Close - 11:15 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)
- Sweet Happenings:
  - The city of Stanford is going ALL OUT at this exchange! From 4pm to midnight, they will be offering FREE cookies (donated by the local community and the LCHS Culinary Class). They will also have an assortment of food trucks available (may not be there the whole time) and you won't be board! (See what we did there?!) The city of Stanford has TON of board games and fun that your teams can partake in on your down time! Get ready for a PAR-TAY!

#### **Exchange 15: Dark and Lonely**

- Exchange Address - 1905 Knob Lick Rd, Stanford, KY 40484
- Exchange Open - 6:45 PM
- Exchange Close - 11:45 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)
- Sweet Happenings:
  - The Rockyford Masonic Lodge #765 will be offering FREE coffee and snacks at this exchange! Stop by for a treat and show them your appreciation!

#### **Exchange 16: Junction City Elementary School**

- Exchange Address - 250 School St, Junction City, KY 40440
- Exchange Open - 8:00 PM
- Exchange Close - 12:30 AM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 17: Lowe's Home Improvement**

- Exchange Address - 51 May Blvd. Danville, KY 40422
- Exchange Open - 8:45 PM

- Exchange Close - 1:00 AM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 18: Millennium Park**

- Exchange Address - 1000 Cunningham Way, Danville, Ky 40422
- Exchange Open - 7:30 PM
- Exchange Close - 2:15 AM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)
- Sweet Happenings:
  - **Local Fundraiser:** The Franklin Lodge 28 will be selling food and drinks! Cash only!

#### **Exchange 19: Bright Leaf Golf Resort**

- Exchange Address - 1742 Danville Rd, Harrodsburg, KY 40330
- Exchange Open - 10:15 PM
- Exchange Close - 2:45 AM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 20: Mercer Area Family Education and Wellness Inc**

- Exchange Address - 130 N College St. Harrodsburg, KY 40330
- Exchange Open - 10:45 PM
- Exchange Close - 3:15 AM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)
- Sweet Happenings:
  - **Local Fundraiser:** The Bat Jackets Baseball will be selling baked goods! Venmo or cash accepted!

#### **Exchange 21: Kountry Kupboard**

- Exchange Address - 2780 Louisville Rd, Harrodsburg, KY 40330
- Exchange Open - 11:45 PM
- Exchange Close - 4:15 AM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

### Exchange 22: Louise's Place

- Exchange Address - 3604 Louisville Rd. Harrodsburg, KY 40330
- Exchange Open - 12:00 AM
- Exchange Close - 4:45 AM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

### Exchange 23: Salvisa Baptist Church

- Exchange Address - 138 Kirkwood Rd, Salvisa, KY 40372
- Exchange Open - 12:30 AM
- Exchange Close - 5:15 AM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

### Exchange 24: Anderson County High School

- Exchange Address - 750 Broadway St, Lawrenceburg, KY 40342
- Exchange Open - 11:45 PM
- Exchange Close - 7:15 AM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)
- Sweet Happenings:
  - **Local Fundraiser:** Mother of Brothers Booster Club will be selling HOT food and drinks all night. We even heard rumors of there being a grill! Venmo and cash are accepted!

### Exchange 25: Liberty Hall Farm

- Exchange Address - 250 Steele Road, Versailles KY 40383
- Exchange Open - 2:45 AM
- Exchange Close - 8:00 AM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

### Exchange 26: Falling Springs Park

- Exchange Address - 235 Beasley Rd, Versailles, KY 40383
- Exchange Open - 3:45 AM
- Exchange Close - 9:30 AM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs

- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 27: Southside Elementary School**

- Exchange Address - 1300 Troy Pike Versailles, KY 40383
- Exchange Open - 4:00 AM
- Exchange Close - 10:00 AM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 28: Woodford County Courthouse**

- Exchange Address - 103 S Main St, Versailles, KY 40383
- Exchange Open - 4:15 AM
- Exchange Close - 10:30 AM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 29: Millville Community Center**

- Exchange Address - 6715 McCracken Pike, Frankfort, KY 40601
- Exchange Open - 5:15 AM
- Exchange Close - 12:00 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 30: Mill Creek Park**

- Exchange Address - 270 Duncan Road, Frankfort, KY 40601
- Exchange Open - 3:45 AM
- Exchange Close - 1:15 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 31: Choose Your Own**

- Exchange Address - Beginning: [38.154165, -84.743682](#) End: [38.154428, -84.736399](#)
- Exchange Open - 6:15 AM
- Exchange Close - 1:45 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs

- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 32: Northside Elementary School**

- Exchange Address - 500 Northside Drive, Midway, KY 40347
- Exchange Open - 6:45 AM
- Exchange Close - 2:45 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 33: Falcon Wood**

- Exchange Address - 1200 Falcon Wood Way, Lexington, KY 40511
- Exchange Open - 8:00 AM
- Exchange Close - 4:15 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 34: The Council of State Governments**

- Exchange Address - 1776 Avenue of the States, Lexington, KY 40511
- Exchange Open - 8:30 AM
- Exchange Close - 6:00 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Exchange 35: Legacy Trail Trailhead**

- Exchange Address - 1745 McGrathiana Parkway, Lexington, KY 40511
- Exchange Open - 9:00 AM
- Exchange Close - 7:00 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs
- Leg Turn by Turn Directions - [Link to RunGo](#)
- Van Path Directions - [Link to RunGo](#)

#### **Finish Line: Lexington Brewing & Distilling Company**

- Exchange Address - 401 Cross Street, Lexington, KY 40508
- Exchange Open - 9:00 AM
- Exchange Close - 8:00 PM
- No Van Support Leg - Due to the nature of the roads on this course, all legs are No Van Support legs

- Leg Turn by Turn Directions - [RunGo Link](#)
- Van Path Directions - [RunGo Link](#)
- Sweet Happenings
  - Ragnar Gear Store
  - Each runner receives a wristbands for three free bourbon samplings
  - Guided bourbon tastings (there is a fee for this and sign ups are at the Finish Line)
  - Ragnar Partners & samples
  - FINISHER MEDALS!
  - Take your team photos by the arch, use your phone or ours!
  - Live DJ
  - Medic Tent

## **FAQ**

Q: What are the earliest and latest start times available?

A: Start times range from 5:00 AM to 12:00 PM

Q: Can I leave my personal vehicle at the Start or Exchange 6 on Friday and then come and pick it up after the race?

A: Unfortunately, you cannot leave your personal vehicle at any of the exchanges to be picked up at a later time. We suggest riding to Start/Exchange 6 in your team vehicle. If you must drive your personal vehicle, we suggest you find a public parking lot where you can leave your car and not get ticketed or towed.

Q: Where can I find the pace calculator?

A: The pace calculator is linked in the dates and updates section of the website prior to the race. If you are concerned about hitting hold times or missing exchange open and close times, please download a copy of the pace calculator to your computer, fill it out, and email it to [derwin@runragnar.com](mailto:derwin@runragnar.com) with your start time change request.

Q: Why do legs and course maps change?

A: Each year we need to make adjustments to the course based on permit requirements, increased team size, construction along the course, conflicting events or feedback from local communities. The number one reason for course changes every year is bad runner behavior. This is why it is so important to Love the Locals! Respect quiet hours, keep your van decorations kid-friendly, and respect private property at all times.

Q: What is van parking like at major exchanges? Are friends and family allowed to park and hang out?

A: Unfortunately, our majors and minors are not able to accommodate additional vehicles for friends and family. Only the "on" vehicle will be allowed to park at each of the minors and only 2 vans per team will be allowed to park at the major exchanges. Friends and family are encouraged to wait until the finish line where there is plenty of additional parking for them.

Q: How early should we arrive at the Start Line or Exchange 6?

A: If your team has completed online check in, Van 1 should arrive at the start line thirty minutes before their assigned start time, and Van 2 should arrive at Exchange 6 thirty minutes before Runner 6 is expected to arrive at the exchange. If your team has NOT completed online check in, you should arrive at the start line one hour before your assigned start time. A link to online check in will be emailed to you race week.

Q: How many teams are in each start wave?

A: Approximately 15-20 teams start at each start time.

Q: How many bibs does each team receive?

A: Regular teams receive 12 bibs and Ultra teams receive 6 bibs.

Q: Can a team use one vehicle instead of two?

A: Absolutely! Teams often use one vehicle to save on rental fees and fuel and to be eco-friendlier. If you decide to use one vehicle, make sure you place the stickers for both Van 1 and Van 2 on your vehicle so that you will be allowed to park at each of the exchanges. Vehicles also need to follow our size requirements. If you have any concerns about your vehicle size, please reach out to Customer Service or the Race Director.

Q: What do the runners use as a baton to hand to their next runner?

A: Teams will receive one slap bracelet to pass from runner to runner at each exchange.

Q: What if we lose our slap bracelet?

A: If you lose your slap bracelet, please text Race Command. They will coordinate to have either a new slap bracelet delivered to you or you can pick up another one at the next Major Exchange. Slap bracelets have a timing chip on them, so be sure to keep them throughout the race!

Q: Are we able to recycle our slap bracelet?

A: The slap bracelet is yours to keep! However, if you plan on tossing it in the trash, we encourage you to turn it in at the finish line so that we can properly recycle it.

Q: How many mile markers do you have on the course?

A: We place a "One Mile to Go" sign at the one-mile mark before each exchange. We do everything we can to make sure the sign placement is accurate, but it might vary by a tenth of a mile in some cases.

Q: What happens if a sign is lost or stolen?

A: We have staff patrolling the course replacing lost or stolen signs. If you come across a missing sign, please text it in to Race Command immediately so that we can get it fixed ASAP. Always run with your phone so that you do not get lost if a sign is missing or stolen.

Q: Where and when do you take team photos?

A: We take your team photo at the finish line. We will then upload them after the race!

Q: Do all 12 runners have check in at the start line?

A: No. Only Van 1 is required to check in at start. Van 2 will check in at Exchange 6.

Q: Will there be Ragnar gear available for sale at the race?

A: Yes. Ragnar gear will be sold at Exchange 6 and at the Finish Line.

Q: Are there water stations along the course?

A: We have water available at all of the major exchanges and on some of the No Van Support legs. Check the leg descriptions on the website to see if there are water stations on your legs.

Q: What if we lose reception on the course? Can we still use the RunGo App?

A: Yes. You do not need the app or an account to access route information, but you are welcome to use the app and continue as a guest or create your own account if you prefer. And yes, the RunGo app can work offline if you download routes before you start running. The app saves the route to your phone, so it doesn't use cellular data once you start running.

**Please remember to thank our volunteers and locals! Along with our runners, they are the heart and soul of our races and we couldn't do it without them!!! Happy Running**