

Lake to Lake Team Relay Rules

RACE RULES

These are the rules that we ask all teams to be well aware of and abide by. Any violation of any of these rules will result in the following penalties that are stated above. All rules are designed to keep YOU SAFE and our cities that we will be running through HAPPY! It may look like there are a million rules, which there kind of are, but they are all pretty straightforward and make sense so just read them up and then live the dream and have an amazing time at this relay. Any questions on the rules or on something that you don't see in here feel free to give Aaron Metler a call at (435)703-0975

Divisions:

Open Women- Must be all women

Open Men- All Men or if you have 1 dude you fall into this category no matter what unless you have a mixed team. Ex. 4 ladies 1 guy is this division.

Mixed- Must have at least 2 of each sex to be in this division

Awards will be given for top 10 in each of these divisions with everyone receiving a special finishing award.

You can have up to 5 runners which means you can run this relay yourself, or with 2 or 3, if you would like but you can have a MAX of 5 on your team.

MINIMUM PER RUNNER: Each runner MUST run at least 2 legs for a team to not be disqualified. We will be at all exchanges with a clipboard recording finishers so keep it cool and you have nothing to worry about. Due to the short length of this relay there WILL BE NO EXCEPTIONS for dropping out due to injury. If you don't have each team member run two you will be DQ'd from the final award results. You can still run and finish the relay but your team won't be eligible for top 10 awards.

EXCHANGE POINTS:

Exchanges are allowed at the designated points only. Any team subbing out team members not at these designated points will be DQ'd. All handoffs will be touch handoffs which means a handslap, chest bump, back to back, leap frog or any thing else you'd like to do as long as you make contact with your next runner.

VEHICLES: Each team will be allowed 1 vehicle ONLY, and they must have your vehicle number in your front window displayed so we know you are in the race. You have enough time to drop your runner, pick up the next one and continue on and make it to the next leg! All teams will be penalized 1 hour for reckless driving or not obeying the speed limit signs. Please always yield to the runners and be careful of other pedestrians and traffic!

MEDICAL: A list of all the local ambulances for each city will be in your packet with contact information. In the event of emergency all our staff which will be at all exchanges are first aid and CPR certified and you have this list in case you need to call for help during this event. All

cities ambulances will know the event will be going on and be on call waiting for you if there is an emergency. **IT IS YOUR RESPONSIBILITY TO CALL IF THERE IS AN EMERGENCY** as there is no way to get a staff member in all of your vehicles to make that decision!

AID STATIONS/ WATER AND FOOD: This is all on your own. Bring your own grub and drinks throughout the day for all your runners. This is just like any other relay. At the end we will have a luscious display of food to devour so after downing energy bars and water for hours then you'll get some REAL FOOD!

RUNNER OFF COURSE: If a runner gets lost he/she must go back to the place of getting lost and resume on the proper course. A vehicle can take the runner back to the point of getting lost. If a runner gets lost on a trail run and can't find his/her way back on course the team must take another runner (or the same runner if he/she is found in time) and rerun the leg from the start. Penalty for violating this rule is disqualification. There are many spots on this course that if you know the roads you can take short cuts. This will not be tolerated as we will have staff out and about watching the course. Overall it is an honor system though and this relay is all about having fun. So run the route, enjoy the route having an amazing time and don't be a cheater!

SUPPORTING RUNNER: Since the distances in this relay are also so short there will be NO bike support or vehicle support. This means you cannot bike next to your runner or drive slowly next to them and give them water. Any failure to abide by this rule will be a 30 minute penalty.

RUNNER NUMBERS: Each team is given 10 of the same numbers for identification. Runners are required to wear their numbers, or have a visible drawn on number on them at all times. Teams will be penalized 30 minutes for each violation.

BATHROOMS ON THE COURSE: There will be two porta potties at each exchange. Going on the side of the road **WILL NOT BE TOLERATED**, and any teams caught will be assessed a 2 hour penalty. We are going through lots of residential areas and no one wants you to soil their lawn. Please prepare to go before you run by going earlier on or at the porta potties at your exchange. There is only two at each so the first couple of legs please know that there could be some longer lines and prepare accordingly!

SEVERE WEATHER: First of all it's St. George and it doesn't rain here! Well that's what we thought for the Marathon. Anyway in the event of rain we will continue as normal. In the event of lightening it is your responsibility to pull your runner off the course and wait 30 mins till no more lightening is seen to return your runner to the course. You must keep track of this time off by your self for your team if this happens then let us know how much time you were off the course and we will subtract this from your total times.

RUNNER DIRECTIONS: FOLLOW ALL DIRECTIONS AS FAR AS WHICH SHOULDER TO RUN ON SERIOUSLY! When we say run on the left shoulder on your leg description that doesn't mean weave around from side to side.

LISTENING TO RACE OFFICIALS: Rude behavior, not listening to race officials or course marshals, or general insubordination will receive a 1 hour penalty.

HEADPHONES: Only allowed on city trails portions and not roads since course is open. 30 minute penalty for violation of this rule.

PARKING AT EXCHANGE POINTS: Always park on the right hand side of the road past an exchange point. Park facing in the direction the next leg is going. And always use caution when pulling out to leave an exchange - not only for the safety of the runners, but also for the local traffic that may be on the roads.

ON THE DIRECTIONS: Are written exactly how they will be ran on the course. I have went through these legs a million times and went over all possible areas where you would need information on how to stay on the route. Read your directions and know them because the course will be minimally marked to avoid impact on all these other cities. Overall they are pretty simple to follow as most legs end up just following a trail.

AWARDS BANQUET: The dinner and awards ceremony at the conclusion of the race will take place at a location to be announced. For those who do not have a relay bib number the costs will be \$10.00 per person for non relay runners if purchased during the Captains Meeting. \$15 per person if purchase the day of.

COURSE CHANGES: If any course changes are necessary your team captain will be notified.

ROSTER CHANGES: Any roster changes accompanied by waiver **MUST BE TURNED IN AT THE CAPTAINS MEETING ONLY!**

CAPTAINS MEETING: Will be for team **CAPTAINS ONLY!** On Friday, March 6th from 8:30pm-9:00pm **ATTENDANCE IS MANDATORY!** If you have circumstances that are pretty ridiculously good let me know and we can work something out but it better be a good reason!

TRASH: In order to continue to do a race like this we need all your cooperation on trash. Only throw all trash in garbage cans that will be at the exchanges or keep them in your vehicle until after and throw them out in a trash receptacle. Any littering will be a 1 hour penalty!

HAVE AN AMAZING TIME AT THIS RELAY IT WILL KNOCK YOUR SOCKS OFF!