

## Relay Team – Participant Guide

### Course Overview

A serious, hardy test for ultra runners of any level, the ***RUN FOR THE HEROES - RUN ACROSS GEORGIA*** starts in Columbus at the end of the rolling hills of the Appalachians and then transitions into the coastal plains of middle Georgia with gently sloping, downhill and tailwind-aided roads into Savannah. Make no mistake: this will be a tough test for any endurance athlete.

### Course Ratings

Elevation Change: ★★★★★

Technical Terrain: ★★★★★

Overall Difficulty: ★★★★★

Pavement: ★★★★★

Scenery: ★★★★★??

### Pre-Race Meeting/Package Pick-up/Bag Drop

Saturday, May 28, 2011, 5:00 a.m. at:

National Infantry Museum  
1775 Legacy Way  
Columbus, Georgia 31903

***All Team Captains must attend Pre-Race Meeting. Those teams that do not complete the scheduled check-in and attend the meeting will not be allowed to participate. No exceptions.***

### Race Date

Saturday, May 28, 2011

### Start Time

6:00 a.m.

### Finish Cutoff Times

10:00 p.m., Sunday, May 29, 2011 (40 hours)

### On-Course Cutoff Times

The finish cutoff time will be enforced. Continuation on the course after the Finish Cutoff Time will be unofficial. No finish times will appear in the results for those missing the finish cutoff time. RFH-RAG Relay Teams must complete the course in 40 hours to be considered official finishers. Only official finishers will appear in the results.

## **Aid Stations and Crew**

Teams and Runners must be completely self-supported by their own means or via their own crew.

## **Accommodations**

We will provide a detailed list of all restaurants, convenience stores, motels, police/fire stations, churches, etc., along the route corresponding to mile markers for your use during the Run. RFH-RAG will not provide any accommodations or aid. Runners can stay, eat and resupply anywhere they can arrange—hotel (not many along route), motel (plenty, but some are interesting), tents, farms, churches, etc.

## **Tracking**

Each team will be required to check in with Race Central via one telephone call every 8 hours each and every day. Teams will be required to provide Team Name and approximate location. Race central number will be provided at the pre-race meeting.

## **Crew/Bikes/Pacers**

Team runners cannot have pacers or bike escorts at any time. Each team runner must complete each assigned leg of the course under his or her own power. Walk, run, crawl, jump, skip, hop or roll to the finish line, but all must be done under your own power. No assistance in any form will be allowed to complete the 260 mile Run.

Racers, crew, and staff must not litter, mar, or pollute the landscape or environment.

## **Safety**

All racers and all crew members/pacers must wear reflective material, as well as blinking red lights facing front and rear. Racers and crew members are encouraged to wear reflective material during the day as well.

All runners are required to run opposing traffic and must obey all laws. There will be many traffic circumstances we cannot identify and address. All runners must use common sense and respect the road. Cars and trucks are much bigger and stronger than we are and drivers are often times distracted. Runners must yield to all cars and trucks.

Always look and listen both ways before crossing the highways. Remember that drivers will not expect to encounter a racer or parked vehicle out on the course. Remember we are on public roads. Racers should not cross over the highway more than necessary; crews should cross the highway carefully to being assistance to their racer.

## **Police**

County Sheriff Departments and Police Departments along the route have been notified about this event. They are aware of the extra foot traffic and will be available for assistance.

## **Moisture Management**

Georgia is hot and humid in May. Moisture management is crucial for event success. Do not underestimate the effects of moisture. In addition to the heat and humidity, it is very common for rainy periods for days on end. Watch out for rubbing, chafing and blisters.

## **Wind**

As runner proceeds to the coast, wind can be an issue. The average prevailing wind is NW at 7 mph, but be prepared mentally for hours of running with a 10-20 mph headwind.

## **Team Competition**

Men – Open and Masters

Women – Open and Masters

Mixes – Minimum of 3 women and 5 men

Military - Open

## **Vehicle Decorations and Team Names**

All teams are encouraged to decorate their vehicles. We ask that the Team Name and decorations be tasteful and appropriate for all ages. Teams with offensive names or decorations will be asked to change names and remove decorations.

## **Race Wrist Wraps**

Reflective wraps, worn around the wrist, must be worn by the runner actively running. The Wrist Wrap issued to each team at the Pre-Race Meeting will be the hand-off at each Relay Transition and are a condition to proper team check-in at the Finish Line.

## **Runner Rotation**

Teams are required to establish a runner rotation and keep the same rotation/order throughout the entire race. If a runner becomes injured, then the runner is removed from the rotation and every other runner is moved up a slot. Teams cannot substitute new runners once the race starts. Only runners on the registered team may run the race.

## **Fort Benning**

The race will begin at the National Infantry Museum and proceed onto the Army military post of Ft. Benning, GA. Ft. Benning officials have been gracious to allow us to run the first 14 miles of the RFH-RAG on Ft. Benning. This will allow us to run roads with plenty of room and very low traffic. However, team access will not be allowed on to Ft. Benning. Each team's second runner will be loaded on a bus and taken to Transition #1 for Leg #2. All teams will meet Leg #2 runner at the border of Ft. Benning at Hwy. 26. Each Leg #2 Runner must have a photo I.D. to get onto Ft. Benning to access Transition #1.

## **Finish Line Festival**

The Finish Line will be at Emmett Park on Bay Street in Savannah. RFH-RAG Celebration will occur on Sunday evening from 7:00-10:00 at Emmett Park. Food will be provided. Awards Ceremony will start at 8:00 p.m.