



MALAK SERIES

TEAM HANDBOOK



2018 Palmetto Relay Team Handbook

Welcome to the Palmetto Relay! We are excited to have you join us for the 9th annual Palmetto Relay. The 200-mile course takes you from just outside Columbia, SC all the way to Charleston – finishing in Laurel Hill County Park. The 70-mile course takes you from Moncks Corner, SC in the Francis Marion Forest to Charleston. The Palmetto Relay has received permission to use roadways in the following counties: Lexington, Calhoun, Orangeburg, Berkeley, and Charleston. Please respect these communities. We have also had the full course reviewed and approved by SCDOT.

The first few pages of this document are for information specific to the Palmetto Relay. Then you will get into the general rules and information for the relay race.

Please make sure your whole team reads this document before the race.

Weather Conditions

Be prepared for a variety of weather conditions. The average temperatures are perfect for running with highs around 70 and lows in the mid 50s. However, the daily high temperature has a range of 50-85 degrees and low temperature of 35-60 degrees. It can be hot this time of the year and very humid, so be prepared to stay hydrated. Also, be prepared for the cold and rain. If extreme conditions occur, we will contact the race officials at each exchange zone if there is a need to suspend the race. We will then determine the plan and get that information out to all teams.

If temperatures are 75 degrees or higher during day legs, each active runner must carry a water bottle during the hours of noon-5PM.

Night Legs

Night legs are designated as legs run between 7:00 PM through 7:30 AM.

Packet Pick-Up

We will have packet pick-up for the Palmetto Relay (both /200 and /70) on Thursday March 22nd before the race in Columbia at the Springhill Suites of Columbia Downtown from 4:00 PM until 8:00 PM (this is one of the designated race hotels).

Only one team member needs to be present to get the race packet and it is not required that this be the team captain.

Springhill Suites Columbia Downtown/The Vista
511 Lady Street
Columbia SC 29201

If you are unable to pick up your team packet on Thursday we will have all remaining team packets at the starting line on Friday morning for the Palmetto Relay /200 and Saturday morning for the Palmetto Relay /70.

Weekend Parking at the Start

If your team has a vehicle that it plans to leave in Columbia during the race, Lexington County Recreation Commission has given us permission to leave these cars at the Red Bank Arena (the Palmetto Relay /200 race start). Note, these are left at your own risk and the Lexington County Recreation Commission is not responsible for anything that might happen to the vehicles. *They will not be towed from this location.*

We do not have weekend parking near the Palmetto Relay /70 start. If you are a Palmetto Relay /70 team and are in need of parking over the weekend, e-mail us at info@palmetto200.com.

Start Line

The starting line address for each of the races is below.

Palmetto Relay /200
Red Bank Arena
1159 Nazareth Road
Lexington, SC

Palmetto Relay /70
Berkeley Middle School
320 North Live Oak Drive
Moncks Corner SC 29461

Emergency Information

Dial 911 immediately in the case of a medical emergency. Once the situation has been resolved or is under control, please call the race director (Brian – (843) 209-3510) so we are aware and can take any necessary actions. We have been in contact with county EMS along the course, and they are aware of the race.

If the medical need is not immediate, but you would like to take your runner to a medical facility, listed below are the closest hospitals to each leg on the course. **Note: Palmetto Relay /70 Legs Numbers are in italics in the following chart.**

<u>Legs</u>	<u>Nearest Hospital</u>	<u>Phone Number</u>	<u>Address</u>
Start through leg 4	Lexington Medical Center	(803) 791-2000	2720 Sunset Blvd, West Columbia, SC 29169
Leg 5 through Leg 14	Regional Medical Center of Orangeburg	(803) 395-2200	3000 St. Matthews Rd, Orangeburg, SC 29118
Leg 15 through Leg 25 <i>Palmetto70 Leg 1 through Leg 3</i>	Moncks Corner Medical Center	(843) 761-8721	401 North Live Oak Dr, Moncks Corner, SC 29461 (on the course)
Leg 26 through Leg 36 <i>Palmetto Relay /70 Leg 4 through Leg 12</i>	Roper Saint Francis Mount Pleasant Hospital	(843) 606-7000	3500 North Highway 17, Mt Pleasant, SC 29466

Sleeping, Food, and Gas on the course

Hotels and Van Exchange Sleeping Accommodations

For teams that would like to get a place in the middle of the race to get a little nap, Santee State Park at exchange #12 has camping facilities to purchase (call the park and make sure to mention you are with the Palmetto Relay).

If you prefer hotels, there are a few located near Leg 14 in Santee - (near van exchange #12 - <http://www.i95exitguide.com/overnight-stops/santee-sc-i95-exit-98/>) - stay on Old Number 6 Highway instead of turning right to follow course on Leg 14.

Hotels are available in Moncks Corner on or near Leg 23 (near van exchange #24). Also, exchange zones 18, 24, and 30 have large parking lots and large, open grass areas for runners to get a little bit of sleep.

Note: If you choose to rest outside of your vehicles at one of the exchange zones, make sure you are well away from traffic. We don't want any accidents with runners trying to get some sleep and van drivers trying to find a parking spot.

Food and Gas on the course

- Exchange #3 – Town of Gaston – there are a number of stops for food and gas near this exchange.

- Exchange Zone #13 – Lone Star BBQ & Mercantile (BBQ buffet with Pork BBQ, Fried Chicken, Barbecue Ribs and take out menu) Open until 9:00 PM on Friday – A race favorite!!
- Near Leg 14 – This leg passes near an exit for I-95 (stay on Old Number 6 Highway instead of turning right to follow the course) and has multiple fast-food restaurants, sit down restaurants, and convenience stores (<http://www.i95exitguide.com/overnight-stops/santee-sc-i95-exit-98/>)
- Exchange Zone #18 – Will have food available for runners – sandwiches, chips, fruit, and drinks. Food will be available from approximately 8:00 PM through 2:00 AM. **This food will need to be pre-purchased. Information to pre-purchase will be sent in Team Captain E-mail.**
- Leg 23 – This leg passes through Moncks Corner, which has multiple fast-food restaurants and convenience stores. This will be in the middle of the night, so not everything will be open.
- Palmetto Relay /200 Exchange Zone #28:Palmetto Relay /70 Exchange #5 – Sewee Outpost (convenience store with fresh made breakfast sandwiches)
- Palmetto Relay /200 Exchange Zone #30:Palmetto Relay /70 Exchange #7 – Chick-Fil-A will be available for breakfast. They will have OJ, fruit cups, chicken biscuits, and plain biscuits as options. Food will be available from approximately 7:00 AM through noon. **This food will need to be pre-purchased. Information to pre-purchase will be sent in a Team Captain E-mail.**
- Remainder of course is through Mt. Pleasant, Isle of Palms, and Sullivan’s Island and there are numerous options for food and gas.

Showers On The Course

We are working with Santee State Park to have showers available to runners for a small fee. Once we have a finalized plan we will let teams know.

Finish Information

Finish Line: The finish line will be at Laurel Hill County Park in Mt. Pleasant.

Laurel Hill County Park
1400 North Highway 41
Mt. Pleasant, SC 29466

Arriving At Finish (Runners vs. Drivers): Runners will arrive at finish through a different park entrance than drivers. Runners will enter on the opposite side of the park through a trail head entrance. The last mile or so of the leg will be on hard packed dirt trails inside the park. Runners will follow the route in the Leg Maps Document (separate from the Team Handbook).

Drivers will enter the park through the vehicle entrance which is located on Highway 41 in Mt. Pleasant (address listed earlier in the Team Handbook). This is only a 2.5 mile drive from Exchange #35(/200):#11(/70) and is a different route than the runners will take. **Team Vans should not follow the Leg #36 runner directions – there is no vehicle entrance on the runner route.** Also, you will want to go directly to the finish line, so you can get there before your last runner arrives. Driving directions to get from the final exchange to the finish line are included in the Map section of the Team Handbook.

Timing

We will have modified chip timing again this year at the race. We will highlight this in the captain's e-mails and before the race so teams will better understand how the timing will work, but the details are below as well.

We will only time the last runner in the race (the runner of Leg #36 for the Palmetto Relay /200 and Leg #12 for the Palmetto Relay /70). We have the time each team started entered into the system, so having the finish time recorded through the chip will make determining team times and places much easier, faster, and more accurate at the end of the race.

The chip will be attached to a new team race bib that will be picked up at Exchange #34 (/200):Exchange #10 (/70). The last runner will pick up their chip/bib at this location. The last runner will wear this bib for the last leg and the chip will be scanned when that runner crosses the finish line.

Note, the bib/chip pick up station is not at the start of the last leg, but the start of the second to last leg. We want the last runner to have a chance to pick up the bib/chip and have plenty of time to attach to his/her shirt before worrying about getting ready for the final leg.

Post-Race Party

The post-race party will be at the Laurel Hill County Park at the race finish. We will have music, a taco bar from Moe's Southwest Grill with ground beef, chicken and beans (along with the expected toppings), and beer (along with other drinks). Festivities will get underway around 11:00 PM and will last until 5:30 PM. This party is included in the race entry fee and all participants are invited (runners, volunteers, and drivers).

Each runner race bib has 3 tickets – 1 for Food and 2 for beer. We don't want to limit the food and beer, but we want to make sure all finishers are able to enjoy the food and beer. Tickets will be required to get food and beer. After all teams have arrived (hopefully by around 4:30 PM), and they have had a chance to eat, we will no longer require tickets – so you can get seconds, thirds, etc. until the food and beer runs out. However, please drink responsibly.

We will have Team Driver bibs available at the Finisher's Table at the end of the race. Stop by to get your Team Driver a set of tickets.

*We will be checking ID for beer, so please make sure to have that with you.

Awards: Awards will be available at the finisher's check-in table as they are determined. As awards are finalized, we will announce them, but you can stop by the finisher's table at any time to see the status of the awards and pick up your awards. We will have a race wrap-up sometime between 4:30 – 5:30 pm, but we are trying to be conscious of teams that finish early that may not want to stay until 5:30 pm. For that reason, an official awards ceremony will not be held.

Showers at Finish: Showers will NOT be available at the finish line.

Maps/Navigation

We are currently working on the Map/Navigation Section. We will have this out soon and will update the Team Handbook when it is ready.

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This Handbook applies to all competitors, team support personnel, spectators, event staff and volunteers. This was designed to make your experience safe, smooth, enjoyable, and rewarding.

SECTION 1: RUNNERS' OVERVIEW OF HOW THE RELAY WORKS

A. Rotating Runners

For a team of 12, you will likely be divided into two vehicles that you provide. Clearly, larger vans (12 – 15 passenger) will offer more comfort, while mini-vans will be easier on your wallet and get the job done in family style (No vehicles larger than a 15 passenger van are allowed – this means no RVs). Usually the entire team (both vans) will head to the starting line to watch their first runner begin leg #1. The remaining 5 runners from van #1 drive ahead to exchange #1, drop off runner #2 and wait until runner #1 finishes. When runner #1 finishes, she passes a wristband (aka the proverbial baton) to runner #2 and then climbs into the van. The remaining 5 runners then drive to exchange #2 to pick up runner #2 and drop off runner #3. Repeat this process until you reach exchange #6 where runner #6 hands off to runner #7 in van #2. The same rotating process continues in van #2 until runner #12 passes the wristband back to runner #1 in van #1.

B. Safety Concerns

Safety is our #1 priority...

We believe runners should always run defensively. **Please be advised that you will be running on a course that is open to normal traffic.** Roads will be posted with race signs to alert approaching traffic. **All runners should be alert to traffic, blind turns, and road conditions.** All runners should run facing traffic unless otherwise noted on the leg map and should run on sidewalks or running paths when available.

Extreme Weather: If extreme weather hits any part of the course during the race, the race will be suspended in that area until the extreme weather has passed. Depending on how long it lasts, we may need to work with teams to allow all team members to run their expected legs and still have teams finish in the allotted time. If the delay lasts a significant amount of time, we might be forced to skip legs or even cancel the event.

Police on Course: Numerous police vehicles will be on the course – especially during night legs. They are there to make drivers and communities more aware of the race and to assist teams along the way.

Pepper Spray, etc.: You will be running on many rural country roads. As a result, there is the possibility of running into a stray dog or other type of animal. If you are concerned with this, we encourage you to be prepared and carry pepper spray or some other deterrent with you on your runs.

C. Emergency Information

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Dial 911 immediately in the case of a medical emergency. After the situation has been resolved or is under control, please call Race Director Brian Malak at (843)209-3510 so that he is aware and can take any necessary actions. We have been in contact with county EMS along the course, and they are aware of the race.

If the need is not immediate, but you still want to take the participant to a hospital, at the beginning of this handbook is a list of the closest hospitals to each leg on the course.

D. Starting Line

Teams should be at the Starting Line 45 minutes prior to their start if they need to pick up their race packets. Teams that have already picked up their race packets (if that was an option for the race) are expected to report to the Starter's Table at the Starting Line 30 minutes prior to the team's start time. Only the team's lead vehicle and lead runners need to be at the Start (if two vehicles are used), but it is always nice to have the entire team around to cheer on the beginning of the race (and in our opinion, well worth the extra effort). Upon arrival and leading up to your start time, teams will do the following:

1. Listen to a 10-minute safety and general information/reminder talk starting 15 minutes prior to your start
2. Ask any last minute questions of race staff

E. Course Markings

The course will be marked with directional signs (24" x 24") – approximately 400 of them. All turns will be marked, and signs will be approximately every 1-1.5 miles during long stretches on the same road. In addition, an "EXCHANGE ZONE AHEAD" sign will be posted about $\frac{1}{4}$ of a mile from the exchange zone to alert runners and drivers that the exchange zone is approaching. *However, it is the responsibility of the runner to navigate the course.*

We start putting signs out on the Tuesday before the race, and sometimes they go missing before the event – not very many, but a few. We try to replace these along the route when we see this during the race, but sometimes we do not get to them in time. As a result, make sure you know your leg and all of the turns you will be making – just in case.

F. Exchange Zone Information

We have looked long and hard to find safe, large and easy to navigate exchange zones. However, some exchange zones are smaller than others. To that end, please be sensitive where you park, stop and slow down to ensure safety for the runners (first and foremost) and do not block other vans entering or leaving the exchange zone. Some parking lots could be full with other support vans. If this occurs, please park off the road well beyond the runner exchange zone. EXCHANGE ZONE AHEAD signs will be posted on the course prior to reaching the Exchange Zone.

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1. Spectating: When outside of the van and spectating near an exchange zone, **do not stand in or block parking lot entrances** for your safety, the safety of the active runners and non-race and race traffic on the road. Also, remember when crossing the street to look left, look right, and look left again before entering into the road.

2. Race Officials: Race officials will be at every exchange zone. We greatly appreciate you treating them with respect. These officials are volunteers, and without them, this relay would not be possible. They have the authority to disqualify a team for any team violation or abusive behavior. Please understand that their judgment and decisions are considered final.

3. Check In: Check in with the race official when you complete a leg, and also make sure to check in when you are waiting for the baton/wrist band, so the race official will know which teams are arriving soon. Each relay team member will pass the wrist band at the end of a given stage in an exchange area. The exchange location will be marked with a cone.

4. Nighttime: Anybody leaving the van at an exchange zone during night time hours must wear a reflective vest, headlamp (or carry a flashlight), OR blinking lights to be more visible to vehicles driving in and out of the exchange zones.

During the night, be very careful when driving as there could be runners sleeping on the ground at the exchange zones. Runners are not supposed to set up for sleeping in trafficked areas, but make sure to be aware when driving just in case.

5. Conduct: HAVE FUN! And remember the golden rule -- treat everyone like you would like to be treated. Remember that you are running through people's towns, sometimes in the middle of the night, so enjoy the experience, but always act in a manner in which you can be proud. Clean up all of your trash at each exchange zone. Some exchange zones may not have garbage cans, so please put your trash in a plastic bag before leaving the exchange zone and take it with you until you find a suitable location to place it. Some exchange zones allow us to use their restrooms. It is very important to make sure these are treated with respect and left clean. *If we do not treat the exchange zones with respect and keep them clean, we might not be able to use these locations in future years.*

6. Restroom Facilities on the Course: Each exchange zone will have port-o-potties and/or restrooms provided by the exchange zone. See an official if you are unable to locate the restroom facilities.

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G. 10-Minute Average Team Pace

Participating teams must average 10 min/mile pace or faster to finish the race with enough time to cross the finish line and enjoy the party that celebrates your accomplishment. **If you think your team will be slower than a 10 min/mile pace, please contact us before the race or during the race at (843) 209-3510.** We will talk through your options so you and your team can get to the finish line and enjoy the post-race party.

H. Incorrect Time Estimates

Teams running significantly ahead of (20 or more seconds/mile faster) projected pace could get to exchange zones before race officials arrive. If this happens, we will require these teams to wait at an exchange zone until race officials have arrived to get back into the projected time frame for that part of the race.

Teams running significantly behind (20 or more seconds/mile slower) projected pace could get to exchange zones after race officials leave. If this happens, we will require these teams to either skip a leg and move to the next exchange zone or have team members run legs simultaneously (this will require the team to drop off runners at multiple exchange zones and pick these runners up) to get back into the projected time frame for that part of the race.

We understand that at the beginning of the race teams could be significantly faster or slower than their projected team paces because the first few runners could be significantly faster or slower than the overall projected team paces. The length of time the first several exchange zones are open is designed for this scenario.

I. Finishing With Your Runner: Having the whole team cross the finish line with their last runner is not only allowed, but encouraged.

SECTION 2: SAFETY RULES FOR RUNNERS

A. Day Legs

During the day legs runners are highly encouraged to wear a reflective vest or a brightly colored shirt. Suggested shirt colors are bright yellow, bright green, bright orange and bright pink.

B. Rain

Hopefully there will not be any rain to deal with, but if there is rain during the day, runners must wear their nighttime gear – reflective vest, headlamp (or carry flashlight) AND blinking lights on front and back.

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C. Hydration

To ensure all runners stay appropriately hydrated during runs (especially in the hottest part of the day), if the forecast temperature is above 75 degrees, it is required for the active runner to carry water, Gatorade, or some other form of hydration while running between 12:00 PM and 5:00 PM. We will let you know before the race if this is required. Teammates/vans can give the active runner water, etc. at any time.

D. Music

Music devices (Ipods, MP3 players, etc.) are allowed during the daylight legs, but are not allowed during night legs. No music of any kind is allowed during the night legs. Note: Runners will be allowed to have headphones (or phone speakers) during the night legs to listen to Leg Map directional information (such as the RunGo app).

E. Communication Devices (cell phones, walkie talkies, etc.)

We encourage the active runner to always have a cell phone or carry a walkie talkie. This allows for communication with the team in the case of a wrong turn, injury or other unexpected occurrence while running. Runners can use phones as a music device during daylight hours.

F. Night Legs and Safety

Some of this will be a repeat of previous information, but safety is very important, so we are stating it again.

1. Runners must wear a reflective vest, head lamp (or carry a flashlight), AND two blinking lights (one on the front and one on the back) during the designated hours for night legs.
2. Anybody leaving the van at an exchange zone must wear a reflective vest, headlamp (or carry a flashlight), OR blinking lights to be more visible to vehicles.
3. As exciting as the nighttime legs can be, we understand there is a little anxiety around these. To help alleviate that, we have worked with the county sheriffs' departments to provide support for the relay. If you have safety concerns on the course, please tell a police officer or race official.
3. Companion runners are permitted during the designated hours for night legs. The companion runner must be a team member, must wear a bib number, and must comply with all Relay Rules – including the night safety rules.
4. Your van can monitor runners throughout the night as long as rules of the road are followed. Generally, this is done in a leapfrog style by driving about .5 to 1 mile in front of your runner and pulling off into a side street or large shoulder and waiting for your runner to pass. ***For everyone's safety, stop only where you can get completely off the road where the runners are running (large shoulder or side street).*** After the runner passes (and you cheer your teammate on), the team gets back into the van and does this again until the van needs to go to the next exchange zone to drop off the next runner. *Note: we will have police patrolling the course through the night legs and if they see vehicles parked in an unsafe manner/location the officer will stop and make you move along.*

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5. All legs and exchange zones during the night hours will be designated as Quiet Zones. Please respect local families by not playing audible music outside the support vehicles and by keeping conversations hushed.
6. No music of any kind is allowed during the night legs – not even playing through your phone speaker. Please don't put our Relay Officials in a position to enforce this rule. This rule also is in effect when getting out of your van at an exchange zone during the night – no music of any kind.
7. When driving through communities at night, please show respect and do not honk horns or shine lights in house windows. We need the support of the communities we run through to put on this event.

SECTION 3: GENERAL RULES FOR RUNNERS

A. Runner Rotation and Active Runner

Teams do not have to keep the same order throughout the race. However, a runner cannot run successive legs. Teams can assist their runners on the course by giving water or fuel. When doing this please abide by all rules of driving to ensure the safety of you, the runner and other drivers. Remember no roads will be closed for the race.

B. Race Bibs

Race bibs must be worn by every runner while on the course. All team members will have the same number. Bibs will be provided in the team race packet.

C. Wrist Bands

A team wristband (the baton) must be worn at all times throughout the race by the active runner on the course. This is provided in your race packet.

D. Injuries/Alternate Runners

If a runner is injured during the race and cannot continue, you can bring in an alternate. However, that alternate runner must have already registered for the race – and this cannot be used for a competitive advantage. If an injury occurs during a leg and the runner cannot continue, one of your other runners can finish the leg – but this runner must exchange with another runner at the end of the leg where the runner was injured. **If either of these situations occurs, you must contact Race Director Brian Malak at (843) 209-3510 to report the incident. If we hear from another team without hearing from your team, a time penalty will be assessed for this action.**

E. Vans Following Runners

We CANNOT allow vans to follow runners directly on the course. As well intentioned as your van-mates are, it can cause traffic problems for other teams and those just using the road to get from one place to another (see **night safety** for how to support runners at night).

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F. Bikes on the Course

We cannot officially sanction companion bike riders on the course. Participants on bicycles are not covered by our insurance and are not considered part of the race. However, these are open roads, and we do not stop teams from using companion bike riders. If you choose to do this, we want to make sure you understand that anyone biking on the course does so at their own risk, and the race is not responsible for any problems or injuries that occur as a result. If you do use companion bike riders, we encourage them to wear the same safety gear (head lamps, flashing lights on front and back, and reflective vests) for their safety and the safety of the runners.

G. Drinking and Driving

This should be a no brainer, but ANY consumption of alcohol during this event will not be tolerated and will result in immediate disqualification of the team if witnessed by any race official. We promise that the post-race party will provide an opportunity to imbibe when the relay is finished. Your safety, and the safety of all participants, is our #1 priority and should be yours, too.

H. Support Vehicles

Each team will be permitted two support vans on the course. The course has been chosen very carefully for your enjoyment and safety; however, many exchange zones will not accommodate extra vehicles.

The maximum size of a support vehicle is a 15 passenger van – no RVs are allowed.

I. Rule Enforcement

All teams are encouraged to watch for rule infractions by other teams. Self-policing of this event is a key to its success. Race officials will be at locations throughout the course enforcing rules, recording teams that pass through the exchanges, and noting infractions. Please report all rule violations to an exchange zone official at the next exchange zone.

J. Disqualification

We take all the relay rules and regulations very seriously. In the unlikely event that any rules are broken, or abusive behavior is displayed to anyone (a runner, a volunteer, a passerby -- anyone) the team can be disqualified.

SECTION 4: SUPPLY CHECK LISTS FOR RUNNERS

A. Required Van Supplies:

- At least one mobile phone per van with a list of all team member mobile phone numbers
- Emergency kit: antibiotic ointment, athletic wrap, Band-aids, cold packs and pain medicine
- Team Handbook

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- Reflective vests – at least two; see night safety rules to make sure you have enough
- Headlamps – at least two; see night safety rules to make sure you have enough
- Blinking Lights - at least four; see night safety rules to make sure you have enough

B. Recommended Van Supplies:

- Clipboard/Spreadsheet for team time log
- At least one Walkie Talkie per van as cell coverage can be spotty in places
- Cooler with ice
- Sports drinks
- Water
- Food/snacks/energy bars/gels
- Maps
- Printout of runner legs --- you will be amazed how many times you read and re-read this pertinent information!
- Marker, paper, pens
- Wet wipes, paper towels
- Tarp – used to lay sleeping bags on if sleeping outside
- Trash bags
- Van/SUV storage rack

C. Recommended Runner Supplies:

- Cell Phone
- Camera
- Driver license, ID
- Ear plugs and eye mask for sleeping
- Flashlight
- Foot-care aids
- Money
- Pillow & Blanket
- Sleeping bag, tent, tarp
- Plastic bags for wet clothes, icing injuries, trash
- Protective aids: pepper spray, phone, whistle
- Reflective, warm, water wicking gear
- Windbreaker jacket
- Running shoes, shirts, shorts, socks - a clean set for each leg (as well as something to change into between each leg)

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- Toiletries: Shampoo, soap, toothbrush, toothpaste, deodorant, toilet paper, towel
- Sunglasses, sunscreen, hat, visor
- Vaseline, BodyGlide
- Hand held water bottle or hydration belt with bottle
- Bandana/cloth for dusty roads
- Hair ties/pony tail holders
- Newspaper (to stuff in wet shoes if rainy)

Tip: Come well prepared with supplies, but pack as light as possible because space will be tight in the vans. A large duffle bag with a zipper is recommended for each runner. Additionally, each runner will probably want a small, personal backpack or drawstring type bag to keep essentials close at hand.

SECTION 5: RACE MAPS

The map information included with the handbook includes driving direction information and location overviews. **These are not the leg maps used for running.** The leg maps with turn by turn directions for running are on the race website and can be printed from a separate document (links are on the website and sent in the captain's emails).

THIS INFORMATION IS COMING SOON