



RAGNAR CAPE COD

May 13-14, 2016



a seriousfun camp



**Ragnar Cape Cod 2016 | Supplemental Information**

# 12 FRIENDS 2 VANS 2 DAYS 1 NIGHT 200 MILE RELAY UNFORGETTABLE STORIES

## ABOUT RAGNAR

Ragnar is the overnight running relay race that makes testing your limits a team sport.

At Ragnar, we strive to make life more awesome. This may sound like a lofty goal, but it starts very simple. We believe in better health, lasting relationships and an enormous amount of fun.

Americans average 7 hours + of screen time and 4 minutes outdoors a day. We exist to break that cycle and rebuild individuals' connections with their mind and body, with nature, and with other like-minded people. Ragnar is changing relationships, communities, participant health and wellness, and the world of endurance sports.

Ragnar Events presented its first event, the Ragnar Relay Wasatch Back, in Utah in 2004 and since then has grown to a national series consisting of both road and trail events that number over 38 annually. For more information, see [www.ragnarrelay.com](http://www.ragnarrelay.com).

## RAGNAR CAPE COD 2016

The race will start at Nantasket Beach in Hull, MA on Friday May 13<sup>th</sup>, 2016 and will finish at The Pilgrim Monument in Provincetown on Saturday May 14<sup>th</sup>, 2016. The course will be nearly 200 miles consisting of 36 relay legs with each leg ranging in 3-8 miles.

Each team is responsible for providing two support vehicles, with six runners in each vehicle. The first vehicle will drop off the first runner at the start, and then proceed to the first exchange point. At the first exchange, the vehicle will drop off the second runner and pick up the first runner when that runner's leg is complete. Teams will repeat this pattern for six legs until they hand off to their second vehicle. This leapfrogging pattern will continue all the way to the finish line.

We anticipate 525 teams to participate in the race. Each team is typically comprised of 12 individuals and 2 vehicles (there are a few "ultra" teams that only have six (6) individuals and one van). Therefore, we anticipate 6100 participants and 1000 vehicles to be involved in the race.



# 12 FRIENDS ② VANS 2 DAYS 1 NIGHT 200 MILE RELAY UNFORGETTABLE STORIES

## RUNNER EXPERIENCE

In the Ragnar Relay Series, 12 crazy friends (or 5 crazier friends for an ultra team) pile into two vans and tag team running 200(ish) miles relay-style over two days and one night. Only one runner hits the road at a time. Often called a slumber party without sleep, pillows or deodorant, this unique relay turns out crazy costumes, inside jokes, close quarters and unforgettable stories. Each Ragnar brings thousands of people together to create deeper connections and celebrate together as they conquer a challenge they couldn't accomplish alone.

Participants have been unfailingly enthusiastic about their experiences. There are always a wide variety of human interest stories associated with these events. These range from the experienced runner finding special meaning through participation in a running event as a member of a team; to the first-time runner who participates at the urging of a friend and discovers previously unknown abilities and a love for running; to families, businesses, old friends and other groups who enhance their relationships as they individually and collectively test their limits; to teams who simply run for a cause, whether in honor of a deceased friend or relative, or to raise money for local charities or another charity of special importance to the team.

## COMMUNITY IMPACT

Communities also directly benefit economically from money spent by participants for food, lodging and other services. Additionally, Ragnar partners with regionally based charities for each event to encompass an even more positive impact on the local communities.

This year Ragnar Events is very fortunate to partner with The Hole in the Wall Gang Camp, a non-profit organization dedicated to providing "a different kind of healing" to seriously ill children and their families throughout the Northeast, free of charge. It's a community that celebrates the fun, friendship and spirit of childhood, where every kid can "raise a little hell." Ray Shedd, Senior Development Officer of Hole in the Wall Gang Camp, said "the Ragnar experience embodies what Camp is all about – camaraderie, challenge, and a healthy dose of crazy, good fun!

Through our partnership, The Hole in the Wall Gang Camp will be receiving a monetary donation in addition to fundraising efforts on behalf of our teams.

To learn more about The Hole in the Wall Gang Camp visit: <http://www.holeinthewallgang.org/>



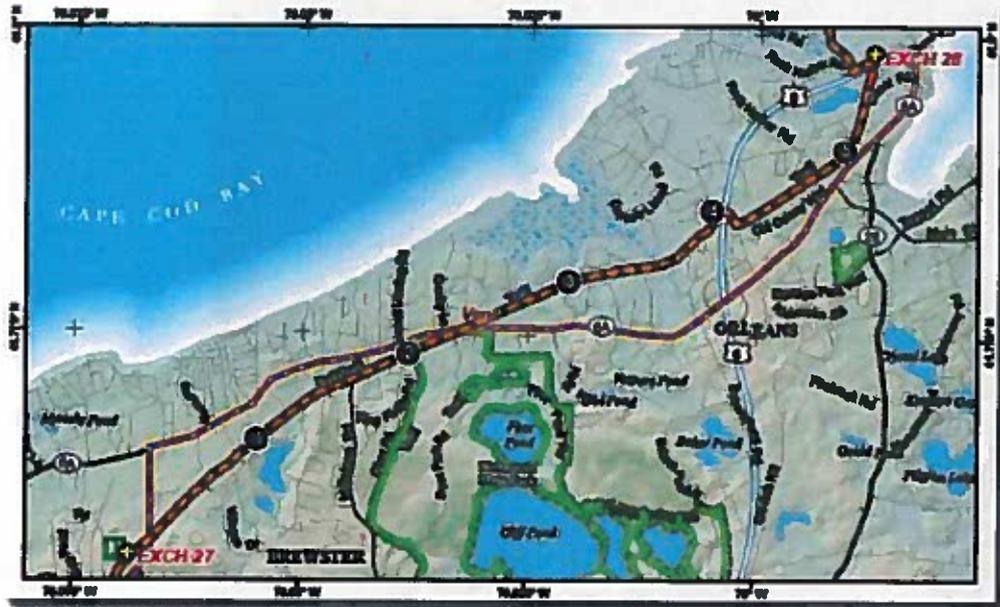
# Proposal to the Town of Orleans

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We propose using the same route in 2015 as was used in 2014 pending the approval of the Town of Orleans and the Police Department of the Town of Orleans.

## **Turn by Turn Directions Leg 28**

- Heading northeast on the Cape Cod Rail Trail
- Exit Cape Cod Rail Trail on Salt Ridge Road
- Turn Right on West Road
- Turn Left to enter Cape Cod Rail Trail
- Arrive at Exchange 28 – Orleans Court House



**EXCHANGE 28 ADDRESS**  
 Orleans Court House  
 237 Rock Harbor Road  
 Orleans, MA 02563

**LEG DESCRIPTION:**  
 You'll continue along the Rail Trail for this entire leg on your way to the town of Orleans.

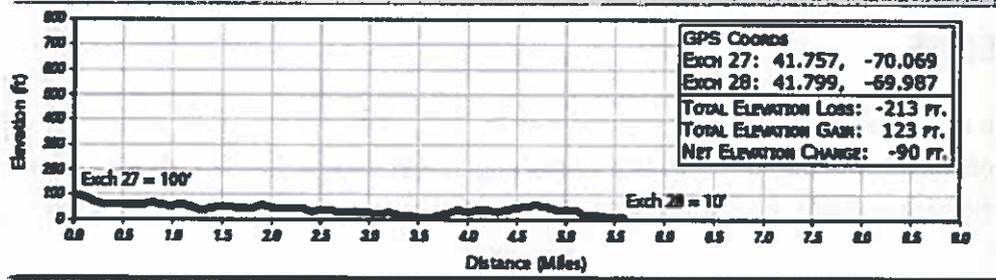
**LEG NOTES:**  
 Runners and vans will be separated for this entire leg while runners are on the

Cape Cod Rail Trail. It is recommended that runners carry water. Van support areas along the Trail are marked on the map.

**LEG LEGEND:**  
 0.0 Depart Exchange 27 heading northeast on the Cape Cod Rail Trail  
 4.0 Exit Cape Cod Rail Trail on to Sally Ridge Road  
 4.0 Turn RIGHT (SE) onto West Road  
 4.1 Turn LEFT (E) to get back on the

5.6 Cape Cod Rail Trail  
 Arrive at Exchange 28

**VAN ROUTE**  
 0.0 Depart Exchange 27 heading north on Underpass Road  
 0.7 Turn RIGHT (E) onto Main Street/BA  
 0.1 Take the Rock Harbor Road exit (W) at the rotary  
 0.4 Arrive at Exchange 28



## Proposal to the Town of Orleans

Previous exchange point at Orleans Court House:

Key:



Runner Route



Van Route



Parking



Portable Toilets



Exchange Chute



Police Officer



## EVENT TIMELINE

- Event set up will begin 11:30 PM - *Friday set-up.*
- Volunteers on site at Orleans Court House starting at 5:30 AM - *Saturday*
- First participant at 6 AM, peak at 10:27 AM with 49 vehicles/teams or 294 participants, last runner at 1:30 PM
- Event clean up to start at 2 PM

## Traffic | Safety | Emergencies | First Aid

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### Traffic Impact

We anticipate 525 teams to register for this year's event. That means no more than 525 runners will be on the course at any given time. Teams will be provided with staggered start times, from 5 AM to 4 PM on Friday, May 13<sup>th</sup>. Because start times are spread over a 9-hour period and only 525 runners are on the course at any given time, *there will never be a large group of runners at any one location.* Typically the complete group of 525 individual runners will be spread out over 30-40 miles.

### Safety

Runner safety is of foremost concern. All teams are provided a Race Bible that includes a detailed course description and event rules. All runners sign waivers to acknowledge that the course includes areas where there may be traffic congestion and that they must obey race rules, which require observance of all applicable traffic rules and regulations.

All runners are required to run on the sidewalk when available. If there is no sidewalk available then the route has been designed where a sufficient shoulder or bike lane is available. Whenever, possible our runners are directed to run against traffic as that is typical safe practice for runners. Runners are all also required to obey all crosswalk signals. Vehicles with teammates are required to obey all speed limits, traffic signs, and laws of the road.

Each team must have at least six reflective vests and two flashlights. These must be presented at the time that the team checks in. Runners starting their legs after 7:00 PM and before 6:00 AM must be wearing a reflective vest, a flashing tail light and holding a flashlight or headlamp. Additionally, any team-member or spectator must wear a reflective vest during these hours when outside of their vehicle while on our course and on public roads.

Runners are also instructed during a required team safety briefing to text Ragnar for any concerns of problems out on the course. The designated number to reach Ragnar Race Command is 661-RAGNAR1 (661-724-6271). Race Command communicates with all Staff members via telephone, push-to-talk radio, and text. Race Command manages weather, runner location, lost runners, animal control, night time hours, and rule infractions. Teams may text if they have a lost or injured runner, a moved sign, or general question about the course. In case of emergency all runners and staff will call 911 then contact our Race Command number to let race staff know of the emergency. This number and information on our safety requirements are outlined as well on the RagMag – our race day publication.

We have 10-12 Ragnar Staff and trained volunteers on the course at all times monitoring the course. Ragnar teams can be issued by any Ragnar Staff or trained volunteer for violating any rules outlined in the RagMag. These violations are then reported to Race Command and Race Command will then notify the team that they have been given a violation.

## First Aid

A first-aid station and first-aid staff will be located at each major exchange location. These first-aid stations will be equipped to handle extreme dehydration, heat stroke, and all of the minor sport injuries we often experience, including; blisters, sprains, strains, stings, etc. We require our first aid staff to be licensed to administer intravenous fluids (typically EMT intermediate and above, or RN, PA, M.D., etc). We hire first aid workers (EMT intermediate or above), either through a medical staffing agency.

In the event of a major medical emergency (i.e. any life threatening condition or injury that requires immediate medical attention) we instruct runners/volunteers to first call 911. The line of communication then follows: 911 → Race Director → Senior Race Director → Course Manager for that section.

In addition to our own first aid services on the course, we list the local emergency rooms near the course, along with their address and phone number in the race packets.

# Safety | Emergencies | First Aid (2)

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## Contingency/inclement weather plan

### 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 will cancel the event. Conditions that may result in a race being canceled or

delayed include but are not limited to the following: severe electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, etc.

### Lightning

If there is lightning at the start of the race we will delay starts until the lightning clears. If runners see lightning on the course after the race has started, runners are to off the road and into the support vehicle. If lightning clears within 1 hour runner will go back on the road where they left and make a note of the time. If lightning persists longer than an hour, runners will move ahead to the next exchange and be informed of Ragnar decision on whether or not the race will continue.

### Rain

If there is severe rain on the course, we will ask that runners and teams return to their support vehicles and drive to the nearest exchange point. Severe rain hold hours will be set in full hour increments. Runners will skip 1 leg per 1 hour of the hold. Teams will be directed to drive to the nearest exchange where Ragnar will send staff to manage exchange while keeping 4-8 staff members to troubleshoot on the course.

### Heat

If the apparent temperature reaches 120°F we will implement a heat hold. The Heat Hold hours will be set in full hour increments. Runners will skip 1 leg per 1 hour of Heat Hold. Teams will be directed to drive to the nearest exchange where Ragnar will send staff to manage and explain the heat hold while keeping 4-8 staff members to troubleshoot on the course.

### Flooding

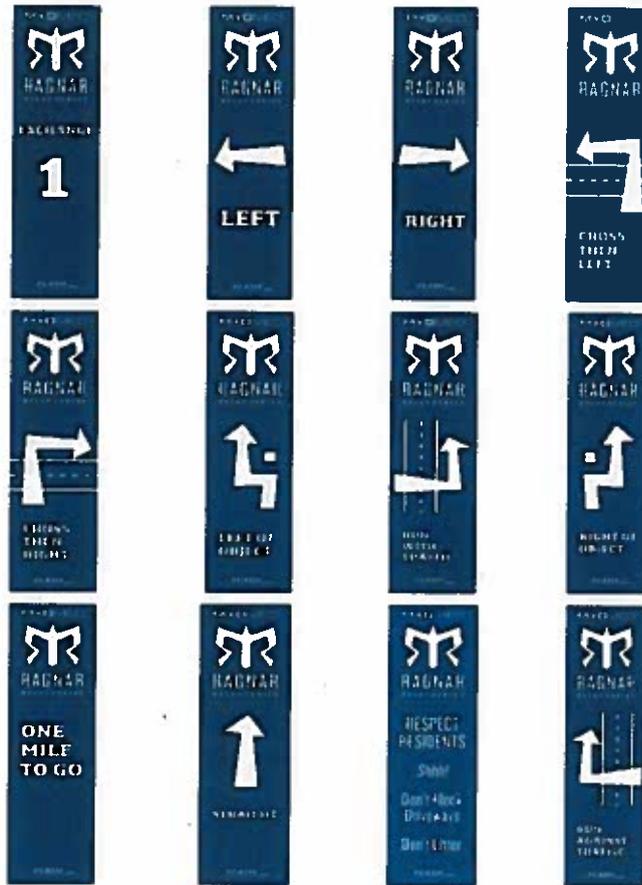
If a runner encounters flooded areas that cannot be ran through, runner are to get into the support vehicle, drive the runner ahead where the road is no longer flooded to continue running his or her leg.

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## Signs

Along the course there will be course signs that communicate to the runners which direction to go, on what side of the road to run, which exchange they are at, etc. Directional signs are only placed at change of direction intersections. An example of such a sign can be seen in the picture below:

The signs are 42" High, 18" Wide, .25" Thick and are made of corrugated plastic. Each sign will be secured to a delineator post traffic cone. An example of the traffic cone is shown below.



## Additional Information

### Insurance

We are sanctioned under USA Track and Field through American Specialty Insurance. I will forward you the certificate of insurance as soon as it is issued to us.

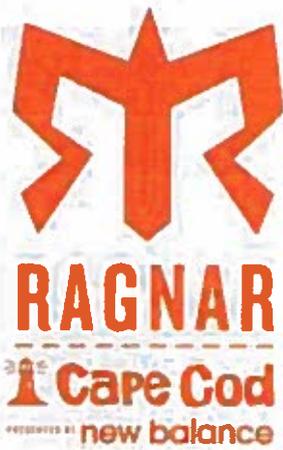
### Waste receptacles

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We will hire a company to place dumpsters at each of our major exchange locations. In addition – the exchange will also have various Ragnar trash boxes for participants on site at the Finish line. Volunteers and Staff will be given the task of emptying the trash cans and keeping exchanges clean.

**Toilets**

We will hire a company to place toilets at each of our exchange locations. A minimum of 20 toilets will be placed at Nantasket Beach.



**Mike Dionne** | Race Director  
**Ragnar Relay Series**

7 Donna Pass, Hopkinton MA  
01748

Corporate Office:

12 S. 400 W. | 2<sup>nd</sup> Floor

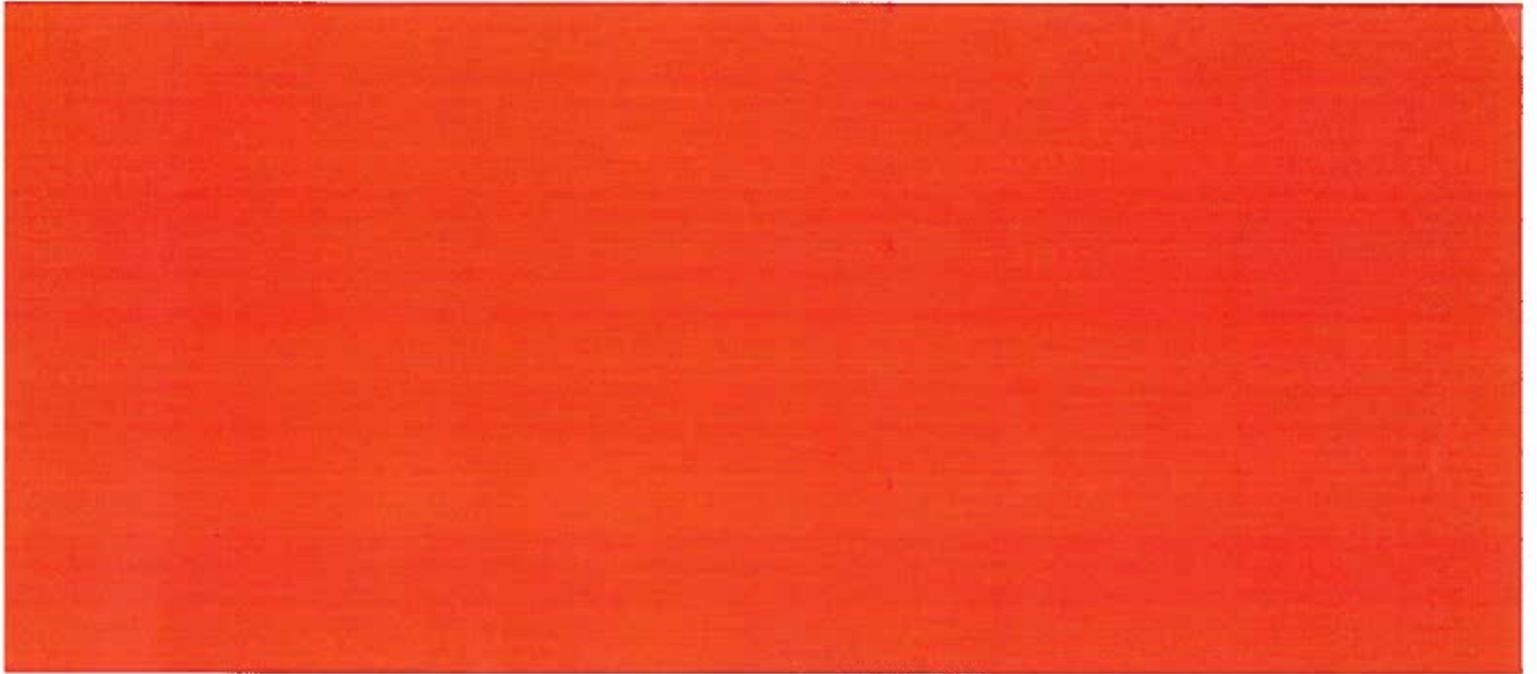
Salt Lake City, UT 84101

**O** 877.83.RELAY ext. 142

**F** 801.499.5023

**C** 617-686-3216

[mdionne@ragnarrelay.com](mailto:mdionne@ragnarrelay.com)



<b>Exchange 28</b> Venue: Court House	<b>Location:</b> Orleans Court House 237 Rock Harbor Road, Orleans, MA 02563	<b>Venue</b> Robin Hubley-O'Donnell, 774-392-0539 <b>Contact:</b> 0539	<b>Night Time Hours</b> 6:30 pm - 6:00 am
Max Parking Space Peak Parking Needs Peak Time	<b>Volunteer Shift Time</b> Shift 1 Shift 2	<b>Key:</b> Parking Cones & Tape Van's Path Runner's Path	Toilets Volunteer Chute No Parking Police officer
130 50 9:45 AM	Start End 3:00 AM 8:30 AM 8:00 AM 2:30 PM		

**DETAIL**



**DETAIL NOTES:**

<b>CHUTE PLACEMENT</b>	Placed on trail
<b>PARKING INSTRUCTIONS</b>	
<b>TRAFFIC CONCERNS</b>	
<b>VAN/RUNNER FLOW</b>	
<b>PORT-A-POTTIE PLACEMENT</b>	
<b>PRIVATE PROPERTY CONCERNS</b>	
<b>OTHER DETAIL NOTES</b>	There will be a Orleans police officer stationed on the road slowing traffic for runners and directing the van/runner crossing at the entrance to the court house.

**Volunteer Duties**

<b>(A)</b>	Exchange Chute: monitor chute and make sure baton exchange happens between double orange tape, mark timing of each team, announce approaching runners' race numbers. When it is slow, manage the toilets and change garbage bags.	1
<b>(B)</b>	Radio: Stand approximately 200 yards ahead of the exchange chute and call in runners on the radio to Volunteer A. Might be stationed further up the road than the layout shows.	1
<b>(C)</b>	Traffic: Direct and manage traffic in the parking lot. When it is slow, manage the toilets and change garbage bags.	1

Inventory Item	Quantity	Inventory Item	Quantity
Portable Toilets	7	binders	1
Additional Cones	8		
SWAT Shirts	1		
Exchange BIN	1		
Volunteer Hats	6		
Water (Bottles)	6		
Volunteer Goodies	6		
Radios: Small (exchange bins)	2		





# RAGNAR RELAY CAPE COD

May 13-14<sup>th</sup>, 2016

CONTACT				
Last Name	First		Date	
Address				
City	State		ZIP	
Phone	E-mail Address			
EXCHANGE INFO				
Are there toilets available for use?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	If yes, where and how many?	
If no, are portable toilets allowed?	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	If yes, where?	
When can they be delivered?	5/13/16 after 5:00PM		Picked-up?	As proposed in your Diagram By 7:30 AM on 5/16/16
How many parking spots are available?				

This letter grants permission for the Ragnar Relay Cape Cod held on May 13-14, 2016, to use Orleans Courthouse Parking Lot as an exchange point for the event. Ragnar would like to utilize the parking area from approximately 11:30 PM on 5/13 → 2:00 PM on 5/14/15.

I understand that the property will be left in the same condition as when Ragnar arrived at the site and that a Certificate of Insurance will be sent to me at the above address, if requested. Any damages incurred during the time of the event will be the responsibility of Ragnar Events, LLC.

I understand that Ragnar Events, LLC staff and volunteers agree to leave the premises as clean as they found it. If such location is not deemed (or 'found') satisfactory, Ragnar Events, LLC agrees to take any necessary measures to ensure the property is left as it was found or better.

\_\_\_\_\_  
Property Manager or Spokesperson

\_\_\_\_\_  
Date

Please return via email or mail to:

Mike Dionne  
7 Donna Pass  
Hopkinton, MA 01748  
Ragnar Events, LLC  
Phone: 617-686-3216  
Email: [mdionne@ragnarrelay.com](mailto:mdionne@ragnarrelay.com)

