

2018 RUBY MOUNTAIN TIMBERLINE TRAIL RELAY

Information guide

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TABLE OF CONTENTS

Welcome and Overview – What is the Ruby Mountain Timberline Trail Relay?

1. How to get started - Recruiting runners & Organizing a team
2. Registration – Team Captain & Individual team members
3. Important dates & event Information, Race Directors, Event schedule
4. What to expect
5. Start times, race day arrival & check-in
6. Divisions & Classifications
7. Course Rules
8. Race Rules
9. Safety Rules
10. Volunteers
11. Waiver
12. Trail Descriptions
13. Run for the Cause – Charity opportunity
14. Check List
15. Participant line-up & Time log
16. Leg Charts
17. Maps



WELCOME & OVERVIEW *High elevation trails, spectacular Lakes, an unforgettable day*

Ruby Mountain Timberline Trail Relay - Lamoille, Nevada

Find your best friends (or anyone ready for a memorable, nature-fueled experience) and join us August 25, 2018 to run relay style all day long on some of the most famous trails in the Ruby Mountains. Your team will set up camp at Roads End at the top of Lamoille Canyon, a hidden gem just outside of Elko, Nevada. Runners (friends, co-workers, kids) are welcome to start their Timberline Trail experience one evening earlier on Friday for s'mores, a campfire, and stargazing.

On Saturday, the fun begins before the sun comes up as teams of 6 (or 1, 2, 3 or 4) cycle through a series of three challenging trail legs/loops that start and finish back at ROADS END BASE CAMP which sits at 8700 feet in elevation. You'll run through sweet summer sage, under towering pines and over bridges and packed dirt trails that take you up and up – to 10,500 feet in elevation! And on to spectacular scenery including Island Lake, Lamoille Lake, and from the Liberty Pass Trail you'll be able to see Dollar Lakes and Castle Lake.

The race wraps up Saturday evening where you can finish together under the pine pole arch and celebrate with the traditional RMR belt buckle. Don't miss the experience to see the Ruby Mountains in a very unique and exhilarating way.

WHAT IS THE DIFFERENCE BETWEEN THE RUBY MOUNTAIN RELAY AND RUBY MOUNTAIN TRAIL RELAY?

In our Ruby Mountain (Road) Relay, teams covered 184- miles of running from point A to point B, on paved, backroads, and dirt roads on teams of 12 or 6-persons. In our single-day, 55-mile, Trail Relay, teams of 1-6 run/walk/ hike, relay-style on three different single-trail legs that start and finish at ROADS END BASE CAMP. Teams run all day until each member has completed all three trails or 55-miles.

DO I RUN/HIKE THE WHOLE THING BY MYSELF?

No, but you certainly can. Teams of up to 6 run relay style from the start to the end. A 1-person team will run/hike the full 55-mile relay by themselves. On the (Road) Ruby Mountain Relay, it was divided into 36 legs and on the trail the race has three trails with 12-legs. You'll tag team it. Participant ONE will run the first leg and you'll meet them at the first handoff point at the ROADS END BASE CAMP. Then, participant TWO will take over, and so-on-so forth until everyone has run the twelve legs.

WHAT ARE THE TYPES OF TEAMS?

There are several options. Up to 6-people can participate on a team. Each team type can register different divisions such as all women or all men teams, cross fit, family, high school, corporate, public service, family, open & masters.

HOW MANY MILES DO YOU RUN/HIKE AS PART OF THE A TEAM?

For a 6-person team, you will run/hike anywhere from 7 moderate miles to 16 difficult miles but it will depend on the number of people on your team. Fewer team members mean more miles to cover.

HOW DO YOU KNOW WHERE TO GO?

Each trail entrance will be marked with a different colored flag and sign. The trails are forest service standard, well-worn, and easy to follow. Volunteers will also be located on the course. The final turn around point will also be marked with a flag. You will touch the flag and turn around and return back to BASE CAMP.

DO YOU HAVE TO RUN/HIKE IN THE DARK? It's definitely possible but it may depend on where you fall in the running line-up. This relay is 55-miles and not considered an "overnight" relay but for some teams it will start well before the sun comes up. We are hopeful for clear skies so that the scheduled full moon will be out in all its splendor for all of the early start teams! All team members that start before sun up will be required to wear a headlamp and should also carry a flashlight for near and far lighting.

DO I HAVE TO BE FAST?

Anyone can run/hike this course as long as you train. We encourage teams to have an overall pace of 18 min/mile. This means that you can balance your paces though out your team. (For example, if one person on your team runs/hikes a 30 min/mile pace, have someone that runs an 8 mm pace so that you have an overall pace of 18 mm). The most important thing is that every team that starts is allowed to finish. If you're running behind schedule, the RMR Staff will work with you so that you finish before the cutoff.

With some tips and training almost, anyone can run/hike the Timberline Trail Relay. We will be arranging several events that will help prepare you with pro-trips for training. Check out upcoming events on the Ruby Mountain Relay Facebook page. Good training will help make this an enjoyable race as well as prevent injury. **Trail Training Tips** can be found [Here](#). As with all training programs, please consult a physician first.

1. HOW TO GET STARTED - Recruit and organize a team

1. Start recruiting a 2,3, 4 or a 6-person team, plus one volunteer (regular 4-6-person teams only)
2. Team Captain will register and pay for the team online at <https://rubymountainrelay.com> and invite all team members to register online at <https://rubymountainrelay.com> . Team members can be added to the team roster on race day for a \$20/add participant fee.
3. Register for a volunteer shift online at <https://rubymountainrelay.com>. Or make the “Pay for Volunteer” payment before the online deadline. Select a volunteer shift (regular teams only – Ultra-teams are not required to provide a volunteer). Volunteer shifts can be selected onsite on race day but the options are limited at that point.
4. Check your team’s assigned start time 1-week prior to the event. (emailed to team captains)

Recruit a Team

- Don’t just look for runners. Anyone who is active even if they aren’t a “runner” can enjoy a Trail Relay.
- Reach out to co-workers, cousins, brothers, friends from your cross-fit gym or run club, and friends of friends. Cast a wide-net, you never know who might be interested.
- Run for a reason. Join the RUN FOR A CAUSE charity team and raise money for a great cause.
- Check out the Ruby Mountain Facebook event page. Many individuals are looking for teams to join and you can contact them directly.
- Don’t worry if you don’t know all the members of your team. By the end of the weekend, you’ll be old friends.
- Many Team Captains don’t have all 6 spots filled before they register their team.

Organizing a Team

The team types to choose from are “regular” team (6 people running 2 legs each, 4 people running 3 legs) and “ultra”-team (1, 2, or 3 people running 12, 6, 4 loops/legs each). Each regular team will be classified as a male, female, or mixed team and will compete in one of several divisions. Each ultra-team will compete as a male, female or mixed team and will compete in one of several divisions. Here are some tips that will make organizing a team easy:

- If you don't know 5 other runners don't worry. You probably know 1 or 2 and they probably know 1 or 2. Teams made up this way (with friends of friends) are often the most fun. By the end of the day you'll have 5 great friends!
- If you do not have 6 runners or do not want 6 runners, no problem, you can have any number of runners between 1 and 4 or 6.
- Set a date by which you want to register your team online and then begin collecting entry fees from members of the team. Runners will feel more committed once they pay for their portion of the team entry. Many team captains ask their friends but then never get a firm commitment. When it comes time for their friends to sign up, they haven't trained and they end up backing out. Don't be in this situation.
- Once you have a few firm commitments, register the team. Again, this will make the team feel more committed. You shouldn't have a hard time finding the rest of your runners.

Getting Ready Once a team has been organized we recommend the team meet several times prior to the event to work out logistics. It may be helpful to discuss the following things:

- What to do if a runner finishes their leg and the next runner isn’t in the transition area.
- What to do if a runner gets lost.
- What to eat. What types of food and drink to bring.
- What types of clothing, running gear, and camping equipment everyone should bring. Weather is uncertain; be prepared for hot and cold weather extremes as well as rainy weather.
- Running in the dark.
- Assigned start time, arrival to the event, and transportation
- Read over the Trail Guide. All the information you need is contained in this guide.
- Deadlines for registration and price increases

2. REGISTRATION

Team Registration Registration is available online and should be completed by the Team Captain. Click the “Register Now” link on the Ruby Mountain Relay website and follow the instructions for the imAthlete registration process. A non-refundable entry fee for the ENTIRE TEAM is due at the time of online registration. *Note: All team information should be entered at: imAthlete.com. Team captains can manage team information. If you need help, please contact imAthlete directly at 887-IMA-7979.

Individual Team Member Registration Once the team has been registered and paid for online the team captain will invite individual team members to register. Each team member must fill out the online form, and read and accept the online waiver agreement. Each participant added to the team roster on race day will be charged a \$20 fee.

Participant Age Restrictions & Waiver Any participant under the age of 18 must have a parent or legal guardian sign the Waiver at the end of this Trail Guide, bring the signed Waiver with them to the race, and turn it in before they can run or volunteer. Any team with participant(s) under the age of 9 must also have at least 1 adult (25 or older) with them at the race. The adult can camp with the team at no cost and can pace minor runners. However, the adult cannot be a runner on the team if it is a High School Team. Those under 9 years of age are restricted, however will consider formal requests for extraordinary circumstances through the Race Director.

Participant Substitutions/Additions If a team member can no longer participate the team captain must email the race director so their name can be removed from their roster and a new runner can be added to the team. There is no charge for substitutions/additions made during online registration. Substitutions/additions can be made on race day for a \$20 participant fee and the added runner must print and sign a waiver at the end of this guide and turn it in to the check-in table.

Team Refund/Transfer Policy All entry fees are non-refundable. Transfer Policy: Teams may transfer their registration to next year’s Ruby Mountain Relay, within 12 months of the Timberline Trail Relay. Teams may only transfer a registration once. When a transfer is made, the original price paid will be applied to the new relay registration fee. In case where the new relay registration fee is more than the original price paid, the team will be required to pay the difference.

Team Name and Costumes

We encourage clever and witty team names, as well as unique and creative team costumes. However, we ask that you keep your team name and team costumes Family Friendly. What is Family friendly? A good rule of thumb, if you have to ask, it probably isn't. We reserve the right to request team name changes as well as change your team costume if found obscene or indecent.

3. IMPORTANT DATES & INFORMATION

This packet contains important team information. Team captains are responsible with becoming familiar with everything contained in this packet and to relay significant information to team members. It is important that all teams have an updated version of the Official TRAIL GUIDE. The date of "update" will be listed on the front page on the top left of the trail guide. The Trail guide is subject to change and will be final the week before the race.

A. RACE DIRECTORS: Robert Johnson & Anne Simmons (rubymountainrelay@gmail.com)

B. REGISTRATION INFORMATION, IMPORTANT DATES & EVENT SCHEDULE

Early Team Registration Deadline = February 28 (\$90 1 person, \$250 2-3 person, \$550 4-6 person)

Regular Team Registration Deadline = May 31 (\$100 1 person, \$300 2-3 person, \$600 4-6 person)

Late Team Registration Deadline = August 1 (\$100 1 person, \$350 2-3 person, \$650 4-6 person)

C. EVENT DATE & SCHEDULE

Friday, August 24, 2018

Location: Roads End, Lamoille Canyon, Nevada

TEAM CHECK-IN: 6-8 PM (PDT)

*Set up camp, S'mores, and star gazing

Saturday, August 25, 2018

Location: Roads End, Lamoille Canyon, Nevada

TEAM CHECK-IN: 1 hour before assigned start time (PDT)-Start time between 3 am & 6 am

*Pancake BREAKFAST served all day on Saturday

*S'mores on Saturday

TEAM PHOTO: Anytime at the RMTT Banner

**All photos will be posted on the Ruby Mountain Relay Facebook Page.*

Run for the Cause – Join the Ruby Mountain Relay in the effort to raise money for the official race charity- The Northeastern NV Autism Network. Teams can gather donations for the official charity from friends, families, businesses, team/club sponsors, etc. All donations must be submitted by September 1st. The team that raises the most money for the charity wins!

Award: All teams who raise \$250 or more qualify for TBA

4. WHAT TO EXPECT

The RUBY MOUNTAIN TIMBERLINE TRAIL RELAY is everything you love about Nevada in Summertime. Here's what to expect:

- Three incredible trails to challenge your mind, body and soul. Most runners do a combination of trail running and hiking as they take in the sights.
- Nothing but breathtaking nature!
- Roads End Base Camp – A central gathering place where teams unite around a fire and soak up the atmosphere.
- A free breakfast served all day for every participant. (Pancakes and eggs)
- Hot coco, frozen yogurt, fruit and chips starting Saturday morning/afternoon.
- Free s'mores (Bring your own roasting sticks)
- A Red Cross First-aid tent to help with any minor ailments.
- Portable toilets, water, designated sleeping/camping area, massages? and parking.
- A finisher tee-shirt and car decal for every participant.
- The famous belt buckle finisher award
- Well-marked courses that are fun and easy to navigate.
- Memories for days to come.

5. START TIMES, RACE DAY ARRIVAL & CHECK-IN

Start times (3 am – 6 am depending on speed)

Each team will be assigned a start time based on their projected 10k pace estimates. Starting times are based on accurate pace predictions, it is critical for a successful event that each runner has an accurate 10K road race pace in their online profile. Note that pace means how long it takes you to run one mile (minutes/mile) at your race pace and not how many overall minutes it takes to complete the 10K. These predictions are critical to a successful event and will allow us to place teams in starting slots based upon the teams' overall pace. If individuals have not participated in a competitive 10k recently, we strongly encourage them to run one before submitting a team pace. You may consider the **Starr Valley Spring Run-Off 10K on April 21, 2018**. Alternatively, consider getting together as a team for training run at a competitive 10k pace. When assigning starting times, we consider the difference between road and trail running, the difficulty of the course, elevation above sea level, as well as the pace of all of the runners on the team. Therefore, it is extremely important that the pace submitted for each runner is accurate.

PLEASE NOTE: We encourage your team to have an average of at least 18-minutes/mile, high elevation, uphill, trail pace in order to finish in the specified timeline. If you have concerns about this for your team, please make sure and contact the Race Director. Based on your team's average 10K road pace, we will start your team at a time that will help ensure that you will finish before 8 PM on Saturday night.

First leg runners are required to do an additional "Runner Check-in" 15 minutes before their official race start to confirm the team's participation. Don't forget your SLAP WRIST BATON. The team's baton must be worn at all times while the current runner is on the road. Only runners wearing a wrist baton will be allowed to exit the exchange chute to begin a new leg.

Travel & Race Day Arrival

Start & Finish Location

Roads End in Lamoille Canyon

Lamoille, Nevada

SLC to Lamoille, NV = I-80 West toward Reno- Exit 303 Toward Elko East,-Turn left onto I-80-BL/NV=535/E Jennings Way-Turn right onto NV-535/Idaho ST/I-80-BL/E Idaho ST.-Turn Left onto 12th ST.-Turn left onto NV-227

Reno to Lamoille, NV = I-80 East - Exit 298 toward Elko West. Turn right onto I-80-BL/NV-535. Turn Right onto 5th street/NV-227

Las Vegas to Lamoille, NV = I-515 N/US-95 N/US-93 N Toward Ely Reno - Merge onto I-15 N via Exit 76B toward Salt Lake City - Take the US-93 N/Great Basin Hwy Exit - Exit 64 Toward Pioche/Ely - Turn left onto US-93 - Turn right onto US-6 - Turn left onto S 7th ST/Great Basin Blvd/US-50/US-93/Great Basin Hwy - Turn right onto E Auitman ST/US-93/Great Basin Hwy - Merge onto I-80 W via the ramp on left toward Elko - Turn left onto I-80-BL/NV=535/E Jennings Way-Turn right onto NV-535/Idaho ST/I-80-BL/E Idaho ST.-Turn Left onto 12th ST.- Turn left onto NV-227

Twin Falls to Lamoille, NV = ID-74 - Turn left onto N 2400E/US-93 - Merge onto I-80 W. toward Elko - Take Exit 303 toward Elko East - Turn left onto I-80-BL/NV=535/E Jennings Way-Turn right onto NV-535/Idaho ST/I-80-BL/E Idaho ST.-Turn Left onto 12th ST.-Turn left onto NV-227

Boise to Lamoille, NV = Boise toward Twin Falls - ID-74 - Turn left onto N 2400E/US-93 - Merge onto I-80 W. toward Elko - Take Exit 303 toward Elko East - Turn left onto I-80-BL/NV=535/E Jennings Way-Turn right onto NV-535/Idaho ST/I-80-BL/E Idaho ST.-Turn Left onto 12th ST.-Turn left onto NV-227

Parking

We ask that teams bring NO MORE than 2 vehicles to the race, including RV's or Camp Trailers. As you arrive at Roads End a volunteer will direct you to the open parking area.

Check-In

Team captains or ONE team member can check-in for the entire team. We will not supply partial team bags to individual team members. Check in will be at the CHECK-IN Tent on Friday from 6:00-8:00 PM OR on Saturday one hour before their team's assigned start time. Captains should know their team name ahead of time, and have that name handy to provide to volunteers during check-in. Upon check-in, the team captain will receive the team bib, a bib-belt, slap band, volunteer shift reminder w/ instructions, confirmation of the team division/classification, shirts for each runner on the team's roster, Saturday breakfast tickets for each runner on the team's roster, a trash and recycle liner, breakfast ticket, and some other goodies. Teams will not be allowed to change their division/classification after they complete the check-in process.

Campsite Selection and Setup

Upon arrival at ROADS END BASE CAMP, teams may choose their own campsite. We don't assign specific campsites but we do ask that your team takes up less than 17 x 17-foot square area. Most of the campsites will be on the pavement so plan accordingly. You may set up your campsite on Friday night after check-in, if you desire. **Campsite Decorations and Costumes** – Teams may like to dress up, decorate their campsite or create a team theme. Wearing costumes is completely optional (but awesome). Campsite/costume sustainability recommendations: No feathers or glitter.

Team Campsite Fires & Generators

Campfires and generators are NOT allowed at team campsites during the race at any time. The RMR will provide a group fire but individual team campsite fires are not allowed. Propane stoves are allowed. Propane fire pits are not. No charcoal, wood burning, or open flame are permitted at any time. Individual team campsite generators are not allowed.

Food

We will provide Friday night s'mores (bring your own roasting sticks) and all-day Saturday pancake breakfast to each runner as well as fruit, frozen yogurt, and chips. We recommend that you also bring team food. Treat it just like a camping trip or a day at the beach.

Trash and Recycling

Treat this adventure just like a backcountry camping trip. If you bring it, you need to take it home. When you leave, your campsite should look exactly like it did before you arrived. We will have trash and recycling bags for the event waste **but** teams should deal with their own waste. Please make your best effort at recycling, composting, and reducing waste.

Sustainability

Please Carpool to the event and limit your cars to two vehicles per team (Including an RV or camp trailer), don't use disposable plates/silverware/cups/napkins, stay away from food with excessive packaging, think...reduce, reuse, recycle. **CUPLESS RACE** – This is a cupless race. Every participant (runner, volunteer, friend, family, crew, etc.) should bring two cups, one for cold liquid and one for hot liquid. We will provide water and hot chocolate but you need to bring the container, this includes WHILE YOU ARE RUNNING.

Runner order

A. Regular Teams (4-6 Runners) Regular teams are made up of four-six runners. Each member of the team will complete two or three legs of the relay. We encourage runners/hikers to run/hike in the same sequence for each segment of the race but it is not required. Each runner must run the legs set forth but may run in any order they choose. A rotation system usually offers less confusion.

B. Ultra-Teams (1 or 2-3 Runners) Ultra teams are made up of 1, 2 or 3 runners. Each member of the team will complete 12, 6, or 4 legs of the course. Ultra-teams can choose to run the pattern in any way they like.

6. Divisions & Classifications

Teams will not be allowed to change their division/classification after online registration closes.

DIVISION: Open, Masters, Corporate, Public Service/Military, High School, Family, CrossFit, Non-Competitive

CLASSIFICATION: Within each division there are 3 classifications. Men's, Women's, and Mixed

REQUIREMENT: **Open**-One or more under 40 years of age, **Masters** -All 40 years of age or over, **Corporate** – 50% or more are employees of the same company (for mixed regular teams only). **Public Service/Military** – 50% or more are fireman/law enforcement, military. (for mixed regular teams only) **High School** - Students ages 12-18. (for mixed regular teams only). **Family** – All team members must be related (for mixed regular teams only). **CrossFit** – 50% or more from the same CrossFit gym (for mixed regular teams only). **Non-Competitive** – Teams who are opting out of competing for time or division awards.

REGULAR TEAM (Teams of 4 or 6) All men or All women or any Mixed combo of both

ULTRA TEAM (Teams of 1 or 2-3) All men or All women or a Mixed combo of both

Awards & Results Awards will be given to the top finishing team from each division: **Open Mixed** (*any combo of participants with one or more under the age of 40*), **Open Female** (*all participants are female with one or more under 40 years*), **Open Male** (*all participants are male with one or more under 40 years*). **Masters** (*any combo of participants that are all 40 years or over*) **Masters Female** (*all participants are female 40 years or over*) **Master Male** (*all participants are Male 40 years or over*). **Corporate, Public Service/Military, Family, CrossFit** (*Mixed regular team only*) **Non-competitive** (*Mixed regular team only*).

Ultra-team (1-person male or 1- person female) (2 or 3-person teams- all male or 2 or 3-person teams – all female or 2 or 3-person mixed combo of both female and male).

Awards will be given at the finish line, where possible, or delivered to the team captains and posted on the RMR website and Facebook page. **Award:** THE EVER FAMOUS “BOOT” TROPHY

7. COURSE RULES

Many of these rules follow the principles of LEAVE NO TRACE. You should know and practice these principles outside of the race, whenever you are on the trails.

Take Nothing Take nothing but photos. Leave natural or historic objects as you find them, this includes wildflowers and native grasses. Removing or collecting trail markers is serious vandalism that puts others at risk.

Leave Nothing No littering. Leave nothing but footprints. Pack out at least as much as you pack in. Gel wrappers with their little torn-off tops and old water bottles don't have a place on the trail. Consider wearing apparel with pockets that zip or a hydration pack that has a place to secure litter you find on the trail. Any runners who are reported to have damaged private or public property or to have littered, or defecated on the course will be disqualified and will not be invited back. Toilets and limited trash cans will be provided at BASE CAMP. Costumes are highly encouraged but they should not end up on the course. Costumes with feathers, glitter, etc. are highly discouraged.

Stay on the Trail Run only on designated trail surfaces. Cutting switchbacks or running next to the trail increases our footprint on the natural environment. When multiple trails exist, run on the one that is the most worn. No cutting the course. Call out “on your left” when trying to overtake another runner and allow other runners to pass you.

Run Over Obstacles Run single file in the middle of a trail, even when laden with a fresh blanket of snow or mud. Go through puddles and not around them. Running around mud, rocks, or downed tree limbs widens trails, impacts vegetation, and causes further and unnecessary erosion. Use caution when going over obstacles, but challenge yourself by staying in the middle of the trail.

No Dogs No dogs on the course. No dogs in the campsite. No dogs at the event. We love dogs too but this is a safety issue for participants and for the dogs.

Pacing - Running pacers are allowed during the race. Runners may run with ONE pacer at any time (humans only, sorry no dog pacers). Runners are not allowed to have more than one pacer at a time. Pacer and runner should run single file when passing another runner or being passed. Bicycle pacers are not allowed on the course. Note that all pacers must sign a waiver if they are not already on the team roster. Any team who skips a leg (IE – runs less than the full relay) will receive a DNF on the official race results.

Drones Non-official use of drones at the Timberline Trail event is prohibited without special approval.

8. RACE RULES

Violations of rules listed in the Trail Guide will be reviewed by the Race Director. Violations may result in disqualification.

A. Runner Rotation Runners are encouraged to run in the same sequence for each segment of the race. But runners may run in any pattern they choose as long as they run all their assigned legs.

B. Injured Runners During Race In the event of an injury, any of the remaining runners can replace the injured runner. Individual legs may not be divided up between multiple team members.

D. Follow Race Officials Instructions Race officials include staff and volunteers. Course volunteers are considered Race Officials. They have authority to disqualify a team for rule violations, abusive behavior, or a team's failure to follow instructions given by volunteers. Abusive treatment or disregard for their instruction will result in disqualification.

E. Follow Correct Route, navigation is responsibility of each runner. Runners are responsible to make sure that they stay on the course. If a runner gets off course, they are to return on foot to the point where they went off course and continue from there. Markings will NOT be placed along the course; be prudent in your knowledge of the course.

F. Visible Race Number & Slap Band Team race bibs must be worn and visible on the front of the runner at all times. A bib belt will be provided to every team at check-in. You will rotate your team number between team members along with your slap band.

Safety is our number one priority. There are many potential hazards in a race of this type including, but not limited to: trail conditions, weather, and wild animals. We ask that all teams please take appropriate precautions to insure a fun and safe event. Please help us keep the race safe by focusing on being safe runners, safe campers, and by helping us keep the race as a whole safe.

9. SAFETY RULES

RUNNING IN THE COLD & HEAT

Although snow will be melted at BASE CAMP there still may be snow at higher elevations. The relay starts at 8,800 feet in elevation and the trails only increase in elevation. The temperatures will mostly cool as you ascend. Late night and pre-dawn temperatures can be in the 30's and 40's at BASE CAMP evaluation. Running/Hiking conditions will generally warm up as you get moving and long sleeves may end up tied around your waist. Prepare for extremes in both cold and hot weather.

WET WEATHER – Be aware of the possibility of wet weather. Drenching downpours can occur when least expected, but sometimes they pass over as quickly as they appear. If caught in a down pour you'll want warm clothes to change into when you arrive back to BASE CAMP.

Staying hydrated is critical to having a fun and successful race, not to mention staying healthy and avoiding a heat related illness such as dehydration, heat exhaustion, or heat stroke

Teams must ensure their runner's safety by monitoring the condition of their runners before and after each leg. Runners should pre-hydrate before each of their legs, hydrate while running, and re-hydrate after each of their legs. Water should be supplemented with electrolytes such as Go Gnarly, etc. Proper hydration is obtained when the runner has clear (light lemonade colored) and copious urine. Slowing your pace and applying a wet cloth to the head and back of the neck are effective methods of keeping your core body temperature down. If you are worried about the condition of one of your runners, please visit the First Aid Tent.

Water will be available in the BASE CAMP but not necessarily along the course. Be a responsible trail runner and carry your own water and nutrition during your legs.

Water Container – Every runner should run with a water container of some sort. Some of the legs will have water stations but all will be CUPLESS WATERSTATIONS. There will also be a water station at the Base Camp but it will also be a CUPLESS WATERSTATION.

PERSONAL MUSIC DEVICES & HEADPHONES

The use of personal music devices with headphones while running is strongly discouraged. Trail running requires that all runners be alert and aware of their surroundings at all times. Wearing personal music devices causes distractions and the inability to hear what is going on around the runner. If you still choose to use them, you do so at your own risk and must meet the following requirements:

Be aware of the sounds around you.

Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling).

Be able to hear "on your left". Listen for other runners trying to pass you.

Safe use tactics:

When running you should be able to hear you own footsteps, if you can't your volume is too high.

Run with one earphone out and one in, again you should be able to hear your own footsteps.

WILD ANIMALS

The solitary nature of trail running can be exhilarating but trying to be as quiet as possible is not a good strategy in the backcountry. Startling wildlife can cause a dangerous situation. Making noise while you are running will help alert wildlife of your presence and keep you safe. If you do see a wild animal, common practice is to make noise and to keep your distance.

ALCOHOL

While participating in the race, ordinances and permits disallow the consumption of alcohol. Alcohol greatly increases the risk of dehydration. Alcohol also effects perception and equilibrium, two things that are highly important while trail running.

FIRES

We are bringing the fire to the event (depending on area burn restrictions) but you have to bring good sense. Dangerous behavior around the fires is unacceptable. No fire-walking or carrying burning sticks. Any children brought to the event must be supervised around the fires at all times. The RMR is providing group bonfires but individual team campsite fires are not allowed.

IN CASE OF INJURY/EMERGENCY

If you are injured while running out on the course, NEVER cut across country as a shortcut back to the BASE CAMP. Continue to follow the trail markings back to the BASE CAMP or go backwards along the course to get back to the Base Camp. If you can't walk, just sit down along the trail. We will get someone out to help you.

We will have limited medical staff on hand. In order to provide the best care possible, our medics are there to focus on medical issues, not minor first aid issues. Teams are strongly encouraged to bring first aid kits and treat their own minor first aid issues.

A Red Cross Medic Tent will be located in the BASE CAMP and will be open and available at all hours during the race. In the event of an emergency notify the nearest race official, as they will be able to communicate with the Medic Tent. If you are not near any race officials, please call the Race Director. If the emergency is severe start driving down the canyon and call 911, then the Race Director.

MANDATORY TRAIL SAFETY MEETING BEFORE TEAM CHECK-IN

Teams are required to check in at the safety table and receive a brief safety training BEFORE THEY officially check in at the Check-in table. Each team is required to have all team members, who are present, attend the safety training. The safety training will last approximately 15 minutes and will cover things such as trail markings, course specifics, what to do in case of an injury, and trail ethics. Please arrive at the race at least 1 hour before your team's start time to give yourself adequate time to attend the safety training and check-in. If a team member arrives late, their team captain is responsible for sharing the information from the with them.

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 reserve the right to cancel the event, shorten the event, and/or hold teams until the weather improves. There will be no refunds given if the race is canceled due to weather. Conditions that may result in the race being canceled or delayed include but are not limited to the following: severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, etc.

TRAIL RUNNING GEAR & SHOES

Trail Running Gear and Camping Gear Trail running is different than road running and thus some gear needs to change:

Shoes- Trail running requires a different kind of shoe than road running. A shoe that can withstand rocks, roots, dirt and other natural obstacles. Trail running shoes can help prevent falling and sliding.

Headlamp - Every person on a team that starts before 6 AM (runner, friends, family, crew, etc.) at the race should have a good headlamp.

Water Container – Every runner should run with a water container of some sort. Some of the legs will have water stations but all will be CUPLESS WATERSTATIONS. There will also be a water station in the BASE CAMP but it will also be a CUPLESS WATERSTATION.

10. VOLUNTEERS *Team Captains are responsible for passing this section of the trail guide along to their team volunteer.

Volunteers are the heart and soul of any event. With the help from volunteers we are able to help keep this event safe and fun.

Interested in volunteering? We'd love to have you. Expect a fair number of smiles and high fives.

SIGNING UP

If you are volunteering for a team, be sure to have the team name when you register so the team can get credit for your volunteer time. Volunteer registration slots will open 6-weeks before the event.

WHEN & WHERE ARE THE VOLUNTEER SHIFTS?

Each regular team is required to fill one volunteer shift. Trail volunteer shifts will be three hours long, so runners can fulfill a volunteer shift between running their legs, if desired. Some of the tasks that volunteers take on include handing out medals, filling water jugs, flipping pancakes, monitoring trash and compost, and assisting in the transition area. Shifts are available on a first-come, first-serve basis, so sign up early! For more information about what your duties might be, please email our volunteer coordinator.

Precise shift times will be posted for registration six weeks before the race. At registration, each shift listing will include the following information: location, general duties, start time & date, and end time & date.

Volunteers are free to select the shift(s) that work best for them. Shifts are available on a first-come, first-serve basis, so sign up early! For more information about what your duties might be, please contact our volunteer coordinator.

WHAT TO WEAR AND WHAT TO BRING

Your cheering voice and a positive attitude.

Comfy, weather-appropriate clothes (warm and cold)

A headlamp for early morning shifts

Sunglasses, sunscreen, bug spray, umbrella for rain or shade.

A book or folding chair (some shifts have downtime).

Food and water. (We will provide pancakes, a small snack and water bottle, but consider bringing more depending on your needs.)

A cowbell or noise maker. (Optional, but awesome.)

Regular Team Volunteer Requirements Each Regular Team (4-6 person) Must Provide One Volunteer (Ultra teams (1,2, or 3 person) don't have to provide a volunteer) Each regular team is required to fill one volunteer shift. Volunteer shifts will be 3 hours in length, so runners will be able to fulfill a volunteer shift in between running their loops, if they so desire. Teams can also have a non-runner volunteer for their team or pay \$99 for a volunteer to be recruited through a local non-profit. The person who signs up for the volunteer shift is not the one who has to show up to work the volunteer shift, as long as someone volunteers for the shift on behalf of your team (meaning you can change volunteers right before the shift). Failure to fulfill volunteer requirements will result in disqualification. Ultra-teams are not required to provide a volunteer. Volunteer shift sign-up will open up approximately one 6-weeks before the race.

The following are prerequisites for volunteers:

- *Be at least 16 years old
- *Sign a waiver – either online or at volunteer check-in.
- *Wear a reflective vest while at their assigned location
- *Be physically able to perform their assigned duties
- *Be willing to fulfill their entire shift at an assigned location
- *Provide their own food and drink during shift

Pay for Volunteers In lieu of provide a volunteer, teams have the option of paying \$99 for us to recruit volunteers through a local nonprofit. Team captains can pay for a volunteer online when they register the team. Teams can pay for volunteers onsite on race day upon check-in.

A Volunteer guide is coming soon.

Ruby Mountain Relay Race Release and Waiver – ALL ATHLETES, VOLUNTEERS OR OTHERWISE MUST READ AND SIGN.
PLEASE READ CAREFULLY BEFORE SIGNING THE ACKNOWLEDGMENT, WAIVER AND RELEASE FROM LIABILITY

As a condition of my participation in the 2018 Ruby Mountain Relay (the "Event") as a runner, volunteer or otherwise, I hereby covenant not to sue and agree to release from liability the Ruby Mountain Relay, together with its founders, owners, officers, directors, managers, agents and employees, including but not limited to Ruby Mountain Relay, Run BackCountry Events and their respective officers, directors, managers, members, agents and employees; Relay race officials and volunteers; and any and all other sponsors, suppliers, agents, independent contractors and other personnel in any way assisting or associated with this Event (collectively "Releasees"). This release is a contract with legal and binding consequences and it applies to all activities relating to the Event, whether located on the race course, exchanges or other race-related venues. I have read this document carefully before signing, and I understand what it means and what I am agreeing to by signing.

In consideration of the acceptance of my application for entry or participation as a volunteer in this Event by one or more Releasees, I hereby freely agree to and make the following contractual representations and agreements.

I know that this Event, which takes place both in daylight and at night, is held on open roads and is a potentially hazardous activity. I voluntarily assume full and complete responsibility for all risks associated with participating in the Event and for any injury or accident that may occur during my participation in this Event, including by way of example and not limitation: illness; traveling to and from the event; falls; collisions with pedestrians, vehicles, other participants, and fixed or moving objects; the effects of weather, including temperature extremes and humidity; traffic accidents; the negligence of myself and/or others, including Releasees; and road conditions, including darkness and surface conditions such as pot holes. I am aware of and appreciate all of these risks. I understand that both vehicle traffic and spectators will be present along the race course and that police protection will not be provided. I know that the presence of vehicle traffic during the race presents the risk of motor vehicle accidents involving participants, spectators, and/or other vehicles, and that such accidents can result in death or serious injury.

As a condition of my participation, I agree to abide by all traffic and pedestrian laws and regulations and to follow any and all of Releasees' safety instructions, including all rules and conditions set forth in the Race Guide, which is available on the Ruby Mountain Relay website, www.rubymountainrelay.com. I understand that my failure to do so may result in serious injury or death and may be grounds for my disqualification from this Event.

I acknowledge that I should not enter and participate in this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this road race and I further agree that race officials may authorize necessary emergency treatment for me.

Having read this waiver and knowing and assuming these risks, and in consideration of the acceptance of my participation, I hereby for myself, my heirs, my executors, administrators or anyone else who might claim on my behalf (collectively "Successors"), covenant not to sue, and waive, release, and discharge Releasees from any and all claims or liability of any kind or nature whatsoever arising out of my participation in this Event, even though such liability may arise out of negligence or carelessness on the part of Releasees. I hereby authorize Ruby Mountain Relay and Run BackCountry Events, to use my image or likeness for race promotional purposes. I understand the race registration fees are nonrefundable. I have read or will read the Race Guide and agree to abide by the rules and conditions contained therein.

I acknowledge and agree, for myself and my Successors, that the above representations are contractually binding, and are not mere recitals, and that should I or my Successors assert a claim contrary to what I have agreed to in this agreement, the claiming party shall be liable for the expenses (including legal fees) incurred by the Releasees in defending such claim. This agreement may not be modified orally, and a waiver or modification of any provision shall not be construed as a waiver or modification of any other provision herein or as consent to any subsequent waiver or modification. I consent to the release by any third party to Releasees and their insurance carriers of my name and medical information that may relate to any injury or death I may suffer arising from my participation in the Event. Every term and provision of this agreement is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable. I hereby affirm that I have read this document and understand its contents.

Printed Name _____

Signature _____

Date _____

11. TRAIL DESCRIPTIONS

Island Lake Trail the Island Lake Trail is 3.8 miles with a net elevation gain of 940 feet and is the easiest of the three loops. This is an easy route that includes 10 switchbacks, resulting in an easy to moderate grade of ascent and descent. This trail starts to the right of the exchange area and climbs north up the west slopes of Lamoille Canyon. Later, the trail crosses Island Creek, and ascends west in a few switchbacks, passing through isolated stands of trees before ending at Island Lake at 9,700 feet in elevation. This small alpine lake is a classic cirque lake, or alpine tarn, left behind when the glacier that created the surrounding bowl-shaped canyon melted away. This trail is famous for its wildflower display.

Lamoille Lake Trail the Lamoille Lake Trail is 3.8 miles with a net elevation gain of 1120 feet and is moderately difficult. The trail begins to the left of the exchange area on the southeast side of the canyon and crosses an alpine meadow full of wildflowers. The trail crosses a brook several times over wooden log bridges. The first 1.5 miles climbs steadily up through scattered stands of ancient limber pines. You will arrive at a series of lakes. These three small, nearly interconnected ponds, are collectively called Dollar Lakes. At this point the trail begins to zigzag up a steeper slope as it heads for the next 1/2 mile to Lamoille Lake located at 9771 feet in elevation. It's crystal clear waters allow you to see the rock formations at the bottom of the lake.

Runners will traverse the length of the Lake and begin to descend on the northwest side of the canyon, for ½ mile through scattered pines and multiple small streams. The next mile switches backs through some of the most famous and beautiful high mountain trail rock work in the world! The last few hundred-yards wind through the alpine meadow right at the exchange area.

Liberty Pass Trail Liberty Pass trail shares the same path as Lamoille Lake for the first 1.5 miles of the run/hike. The trails separate a few hundred yards from Lamoille Lake. At this point the trail begins its most strenuous portion as it climbs up a near vertical slope above the lake. The trail is narrow and switches back-and-forth relentlessly for the next 500 vertical feet in elevation. The views become ever more expansive, especially as you begin to peer over the edge of the canyon walls and see the many hanging valleys, towering summits, and year-round snowfields.

As you continue to climb, you will see a narrow rocky saddle well above you. That is Liberty Pass at 10,500 feet in elevation. Upon reaching Liberty Pass, you have incredible views out across the Ruby Mountains. Behind you, you can see the definite U-shape appearance of Lamoille Canyon. To the north, you can see out across Elko Valley. From the pass, the trail almost immediately descends down to Liberty Lake a couple hundred feet below. Runners will at this point leave the main trail and go straight ahead, for a hundred yards, to a flat rocky outcropping. This is the turnaround area and provides a spectacular view of the subalpine, glacier-carved basin where two of the three cirque-bound lakes (Liberty and Castel Lake) can be viewed.

Runners will follow the trail back down to Lamoille Lake where they will finish the Lamoille Lake loop on the northwest side of the canyon.

RUN FOR THE CAUSE



Make a difference! The Ruby Mountain Relay has partnered with the Northern Nevada Autism Network to raise money and awareness for one of our country's biggest epidemics today. Once considered rare, autism now affects as many as one in 88 children in the U.S.

Turn this adventure into something that will not only benefit you and your team but will have far reaching effects on area community children and families that need autism treatment & diagnostic evaluations.

Raise \$250+ (Each team member would only have to raise \$42) EASY!

- REWARD: FREE ENTRY in to RMR 2019 and other goodies

Put yourself into the fundraising competition by going to www.rubymountainrelay.com and clicking on the RUN FOR A CAUSE Link for more information. Teams will have until September 1st to fundraise. Winners will be announced via email to team captains, on Facebook and on the Ruby Mountain Relay website.

Fundraising strategy suggestions: Teams can gather donations from friends, family, businesses, team/club sponsors etc. See website for more details. **THANK YOU!**



*Mail donations directly to the Northern Nevada Autism Network: 618 Idaho Street #3 Elko, NV 89801. You must include your RMR team name to receive proper credit.

CHECK LISTS

MASTER LIST

- _ Team captain registers and creates team name
- _ Individual team members register
- _ Set-up e-mail, group text, Facebook or other team communication system.
- _ Secure one vehicle for transportation to the race
- _ Secure an RV, Camp Trailer, or tent/pop up tent for your campsite
- _ Assign legs
- _ Make budget estimates
- _ Get team shirts printed (optional)
- _ Check website, Facebook page and Facebook event page regularly for updates/news/info.
- _ Communicate regularly with teammates and captain
- _ Provide team members' projected run times
- _ Maintain regular training
- _ Secure required safety equipment

INDIVIDUAL RUNNER CHECK LIST

- _ Shoes (1 pair minimum) – trail, training, racing and flip flops/sandals/slippers
- _ Clothes – singlets/jersey, shorts, bras, briefs, socks, sweats/warm up/jacket/hat/swimsuit/Ziploc's
- _ Hygiene items – beach towel, wash cloth/hand towel, baby wipes, soap, toothpaste/brush, etc.
- _ Personal items – medication, glasses/contacts, sunscreen, sunglasses, hand sanitizer
- _ Camera & charger, cell phone & charger, credit cards & cash, vehicle charger blocks, converter
- _ Sleeping bag, pad or air mattress & pillow, tent, camp chair
- _ Copy of course map and legs either hard copy or electronic – reviewed and familiarized
- _ Hard copy of waiver
- _ Reusable water bottle & Insulated bottle

TEAM EQUIPMENT

- _ Reflective Vests (1 for each person)
- _ Flashing LED Safety head Light
- _ Clipboard & runner log
- _ First aid kit (1 minimum per team)
- _ Toilet paper & paper towels
- _ Water for each team member, Ice & cooler
- _ Safety Pins (1 RMR bib belt will be provided to every team OR bring your own)
- _ Extra batteries
- _ Rental Van documents and driver's license
- _ Medical insurance info. for each team member (write all medical info. on back of bib #)
- _ Vehicle charger/converter
- _ Newspaper (to put in running shoes to dry them out)
- _ Timing device(s)
- _ Local road map or Nevada guide book
- _ Trash & Recycle bags
- _ Umbrella for rain or shade
- _ Pop up tent for shade or rain/Resting tent
- _ Propane Camp stove for cooking meals
- _ Group food assignments

Ruby Mountain TRAIL Relay RUNNER LINE-UP & TEAM TIME LOG

Teams are **required** to keep track of its total time on this log.

***THIS LOG MUST BE TURNED IN AT THE FINISH LINE.**

We recommend you take a photo of the log, before you turn it in, for your own records.

Team Name: _____
Division: _____
Total Elapsed Time at Finish: _____

Leg	Runner	Leg Time	Total Elapsed Time
1	_____		
2	_____		
3	_____		
4	_____		
5	_____		
6	_____		
7	_____		
8	_____		
9	_____		
10	_____		
11	_____		
12	_____		



Timberline Trail Legs		
1	Island Lake Trail	3.8 – Hard
2	Lamoille Lake Trail	3.8 – Mod.
3	Liberty Pass Trail	6.3 – Very Hard

RMR Timberline Trail Relay – Six Person Team				
	Leg 1	Miles	Leg 2	Miles
1	Island Lake	3.8 – Hard	Lamoille Lake	3.8 – Mod.
2	Island Lake	3.8 – Hard	Lamoille Lake	3.8 – Mod.
3	Island Lake	3.8 – Hard	Liberty Pass	6.3 – Very Hard
4	Island Lake	3.8 – Hard	Liberty Pass	6.3 – Very Hard
5	Lamoille Lake	3.8 – Mod.	Liberty Pass	6.3 – Very Hard
6	Lamoille Lake	3.8 – Mod.	Liberty Pass	6.3 – Very Hard
Miles 22.8			Miles 32.8	
Total 55.6 Miles				

RMR Timberline Trail Relay – Four Person Team						
	Leg 1	Miles	Leg 2	Miles	Leg 3	Miles
1	Island Lake	3.8 – Hard	Lamoille Lake	3.8 – Mod.	Liberty Pass	6.3 – Very Hard
2	Island Lake	3.8 – Hard	Lamoille Lake	3.8 – Mod.	Liberty Pass	6.3 – Very Hard
3	Island Lake	3.8 – Hard	Lamoille Lake	3.8 – Mod.	Liberty Pass	6.3 – Very Hard
4	Island Lake	3.8 – Hard	Lamoille Lake	3.8 – Mod.	Liberty Pass	6.3 – Very Hard
Miles 16		Miles 16		Miles 23.8		
Total 55.6 Miles						

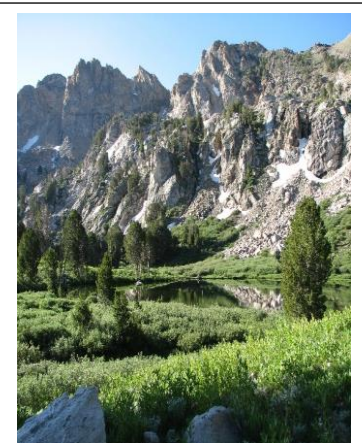
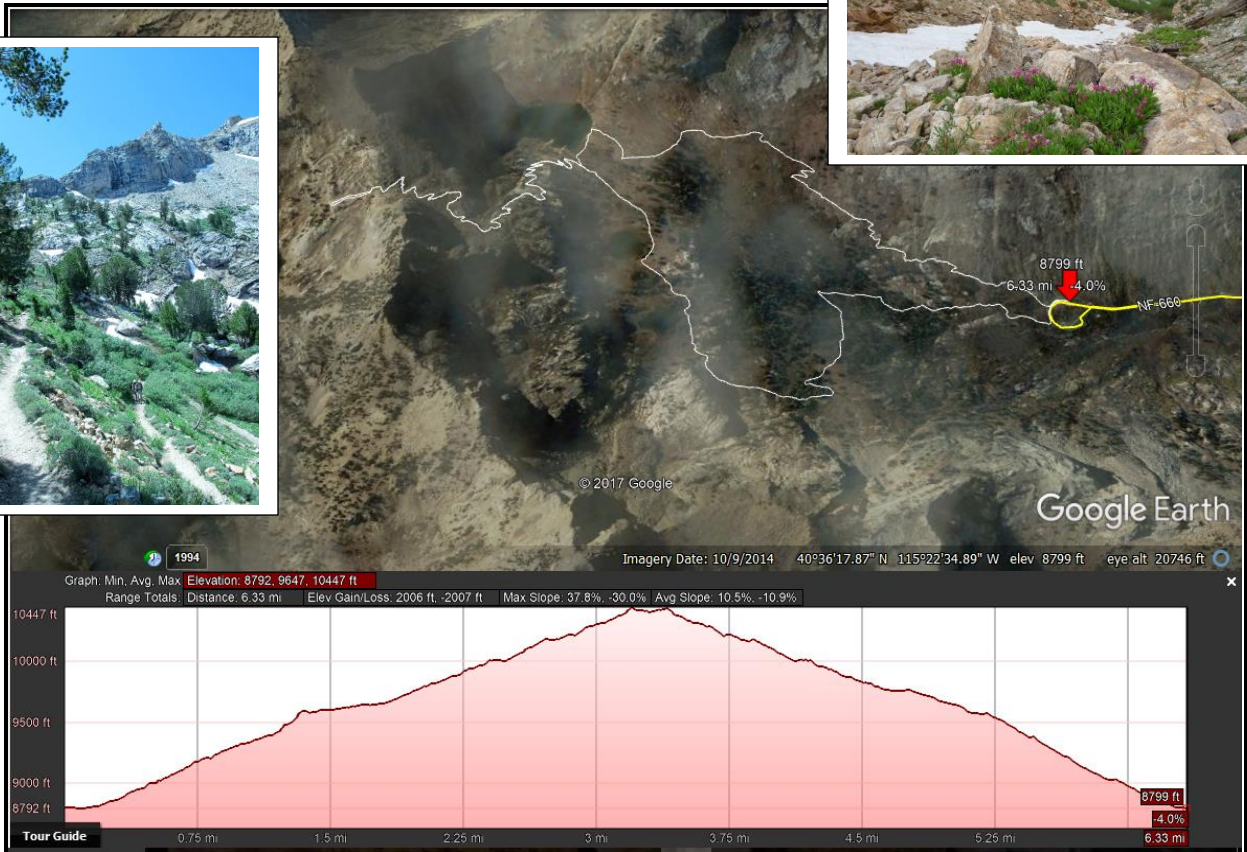
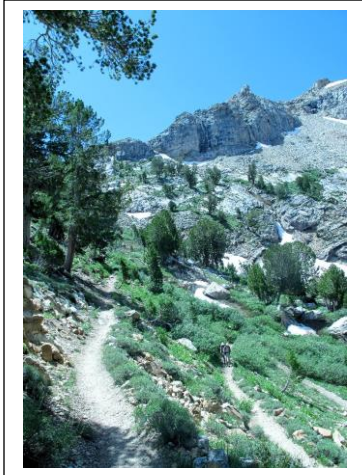
RMR Timberline Trail Relay – Three Person Team								
	Leg 1	Miles	Leg 2	Miles	Leg 3	Miles	Leg 3.8	Miles
1	Island Lake	3.8 – Hard	Lamoille Lake	3.8 – Mod.	Liberty Pass	6.3 – Very Hard	Island Lake	3.8 – Hard
2	Island Lake	3.8 – Hard	Lamoille Lake	3.8 – Mod.	Liberty Pass	6.3 – Very Hard	Lamoille Lake	3.8 – Hard
3	Island Lake	3.8 – Hard	Lamoille Lake	3.8 – Mod.	Liberty Pass	6.3 – Very Hard	Liberty Pass	6.3 – Very Hard
Miles 11.4		Miles 11.4		Miles 18.9		Miles 13.9		
Total 55.6 Miles								

RMR Timberline Trail Relay – Two Man Team												
	Leg 1	Miles	Leg 2	Miles	Leg 3	Miles	Leg 3.8	Miles	Leg 5	Miles	Leg 6	Miles
1	Island Lake	3.8 – Hard	Island Lake	3.8 – Hard	Lamoille Lake	3.8 – Mod.	Lamoille Lake	3.8 – Mod.	Liberty Pass	6.3 – Very Hard	Liberty Pass	6.3 – Very Hard
2	Island Lake	3.8 – Hard	Island Lake	3.8 – Hard	Lamoille Lake	3.8 – Mod.	Lamoille Lake	3.8 – Hard	Liberty Pass	6.3 – Very Hard	Liberty Pass	6.3 – Very Hard
Miles 8		Miles 8		Miles 8		Miles 8		Miles 12		Miles 12		
Total 55.6 Miles												

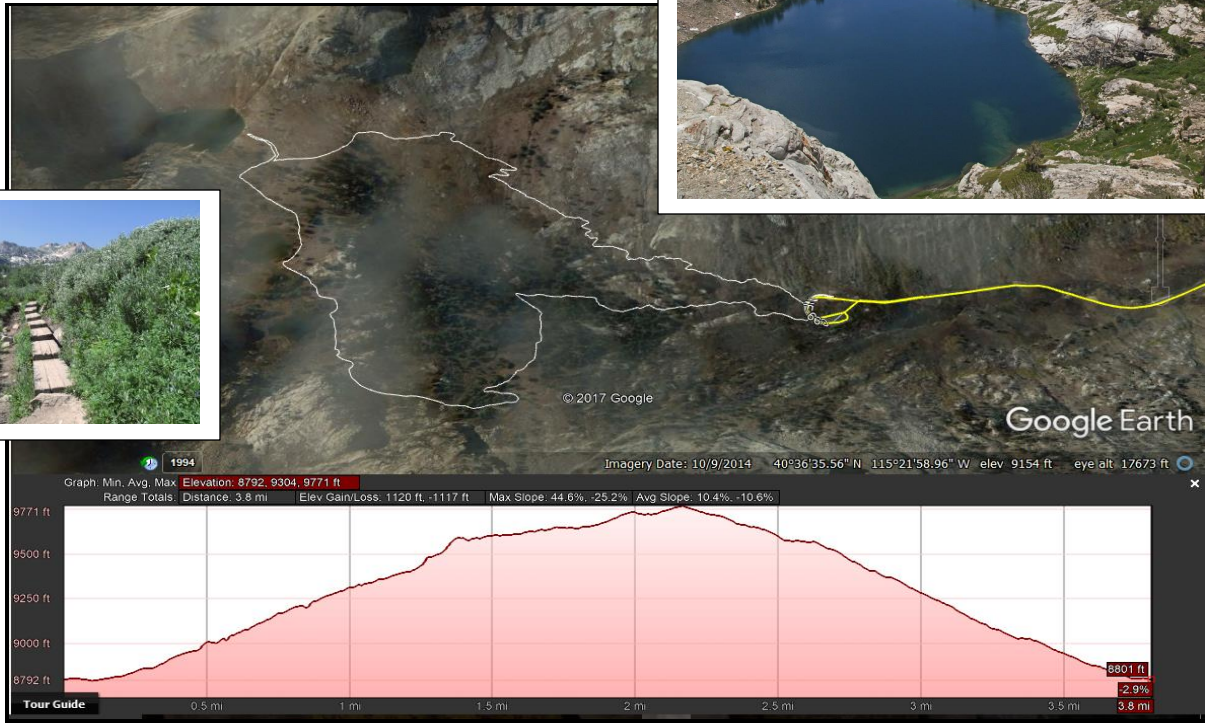
RMR Timberline Trail Run – One Person Team

Legs		Miles		Miles		Miles
1-3	Island Lake	3.8 – Hard	Lamoille Lake	3.8 – Mod.	Liberty Pass	6.3 – Very Hard
4-6	Island Lake	3.8 – Hard	Lamoille Lake	3.8 – Mod.	Liberty Pass	6.3 – Very Hard
7-9	Island Lake	3.8 – Hard	Lamoille Lake	3.8 – Mod.	Liberty Pass	6.3 – Very Hard
10-12	Island Lake	3.8 – Hard	Lamoille Lake	3.8 – Mod.	Liberty Pass	6.3 – Very Hard
		Miles 16		Miles 16		Miles 23.8
						Total 55.6 Miles

LIBERTY PASS TRAIL LOOP



LAMOILLE LAKE TRAIL LOOP



ISLAND LAKE TRAIL LOOP

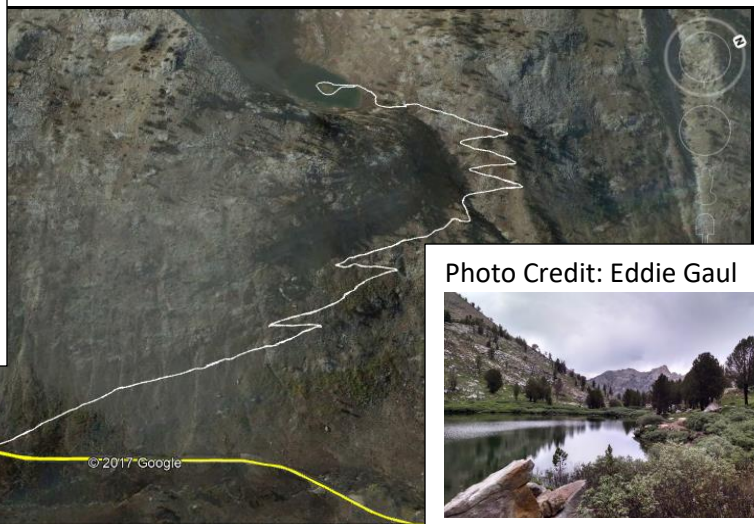
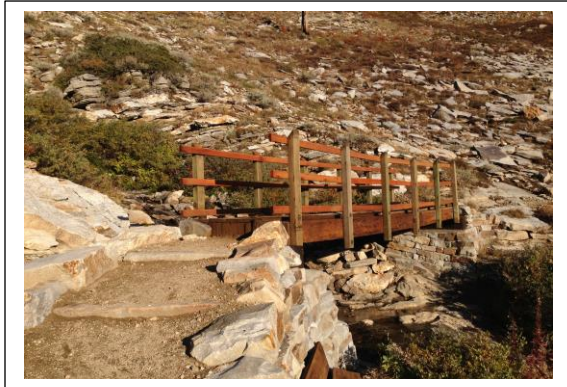


Photo Credit: Eddie Gaul



