

# 2017 RUBY MOUNTAIN RELAY INFORMATION GUIDE

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## **WELCOME TO THE RUBY MOUNTAIN RELAY!**

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. We recommend that each race vehicle have a copy of this packet & leg maps.

## **RACE CONTACT INFORMATION**

RACE DIRECTORS: Robert Johnson & Anne Simmons ([rubymountainrelay@gmail.com](mailto:rubymountainrelay@gmail.com))

## **REGISTRATION INFORMATION & IMPORTANT DATES**

Early Team Registration Deadline = February 29	(\$899.00)
Regular Team Registration Deadline = May 31	(\$999.00)
Late Team Registration Deadline = August 1	(\$1099.00)

Team Captains should complete **TEAM REGISTRATION** at: [www.rubymountainrelay.com](http://www.rubymountainrelay.com). Click the "Register now" link and follow the instructions. A **non-refundable entry fee** is due at the time of online registration. There is no charge for substitutions. Substitutions can be made at the start line but the runner has to be present to sign the waiver.

Once the team has been registered and paid for, individual team members must complete **INDIVIDUAL TEAM MEMBER REGISTRATION** at: [www.rubymountainrelay.com](http://www.rubymountainrelay.com). Click the "Register now" link and follow the instructions. All team members must sign a waiver in order to participate.

\*Note: All team information should be entered at: [imAthlete.com](http://imAthlete.com). Team captains can manage team information. If you need help, please contact imAthlete directly at 887-IMA-7979.

## **VOLUNTEER REGISTRATION & INFORMATION**

See [www.rubymountainrelay.com](http://www.rubymountainrelay.com) to find the Volunteer Information & Position Request Form. Each team must provide one volunteer if they live with-in 250 miles of event or request to participate in the volunteer donation program for \$99. Our volunteer coordinator will contact each team captain to get your volunteer information, if they have not selected a time by August 1. To ensure correct volunteer t-shirt size, please register before July 14. Volunteer Registration Deadline = August 1

- \*Volunteers must be at least 16 years old and have a valid driver's license
- \*Provide their own transportation to and from their assigned location
- \*Wear their official volunteer T-shirt while at their assigned location
- \*Be physically able to perform their assigned duties
- \*Be willing to fulfill any assigned volunteer time
- \*Be willing to fulfill their entire shift at an assigned location
- \*Provide their own food and drink during their shift.

## PACKING LIST SUGGESTIONS - Bold items are \*REQUIRED

Food & Fluids	Cell Phone	<b>*First-Aid Kit – 1 per van</b>
Running Shoes - 2 pair	Driver's License	<b>*Reflective Vest - 2 per van</b>
Jacket, change of clothes, socks	Cash/credit or debit card	<b>*Head &amp; Tail lamp- 2 per van</b>
Sleeping bag, pillow & pad	Toiletries	<b>*Orange Safety Flag - 1 per van</b>
Sunglasses	Medications	Paper Towels/wipes/lotion/TP
Sunscreen	<b>TEAM ITEMS</b>	Garbage Bags
Hat	Cooler w/ ice	Additional food & Fluids

## TRAVEL

### Start Location

Roads End in Lamoille Canyon  
Lamoille, Nevada

### Finish Location

Wells City Park  
Wells, 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 12<sup>th</sup> 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 5<sup>th</sup> 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 7<sup>th</sup> 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 12<sup>th</sup> 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 12<sup>th</sup> 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 12<sup>th</sup> ST.-Turn left onto NV-227

**RUBY MOUNTIAN RELAY: Hotels, Camping, RV Parks, Guest Ranches near RMR course - <http://www.exploreelko.com/lodging/>**

## EVENT SCHEDULE & DATES

### Thursday, August 3

#### TEAM CHECK-IN: 4-6 pm PDT

**Location:** Northeastern Nevada Museum 1515 Idaho St. Elko, NV 89801 (Theater)

**Team captain or ONE team member may check in for the entire team.** We will not supply partial team bags to individual team members. Teams will receive a slap wrist baton; team t-shirts & race bibs/pins, and a few more surprises and SWAG.

For teams who are not able to check in on Thursday night, you may do so at the starting line a minimum of 30 minutes prior to the start of your leg on Friday morning. First leg runners are required to do an additional "Runner Check-in" 10 minutes before race start to confirm the team's participation.

#### TEAM PHOTO OP: 4-6 PM

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

**TEAM MEETING: 5:00 pm (all participants invited) – Museum**

**VOLUNTEER MEETING 5:30 pm (all volunteers invited) – Museum**

### Friday August 4 – listed times are estimate only

5 am - 2 pm Teams start the race - *Your team's start time will be emailed to your team captain*  
10 am - 4 pm *Indian* EXCHANGE 1 –SPRING CREEK MARINA  
5 pm - 10 pm *Cowboy* EXCHANGE 2 – (TE-MOAK) SOUTH FORK INDIAN RESERVATION  
9 pm - 1 am *Indian* EXCHANGE 3 - RUBY LAKE WILDLIFE REFUGE HEADQUARTERS

### Saturday August 5

11 pm - 5 am *Cowboy* EXCHANGE 4 - RUBY VALLEY  
5 am - 11 pm *Indian* EXCHANGE 5 - STARR VALLEY  
10 am - 8 pm FINISH AT WELLS CITY PARK

## START TIMES & RUNNER CHECK IN

Each team will be assigned a start time based on their projected 10k pace estimates. This start time will be emailed to your team captain. (*Remember we are on Pacific Daylight Time*). Team Captains are responsible to let all team members know when that start time is. If you have any doubts, please email [rubymountainrelay@gmail.com](mailto:rubymountainrelay@gmail.com). Teams running well ahead of projected pace may be held back at certain points along the course. ***Please note that teams that finish substantially faster than estimated team 10K pace may risk unsupported exchanges.***

Runners from vehicle one (*The Cowboys*) must check in 15 minutes before their official start time. **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.

## **VEHICLE ROTATION SUMMARY**

Vehicle ONE will have runners 1-6 and Vehicle TWO will have runners 7-12. The first runner in Vehicle ONE will start at the Lamoille Canyon Roads End starting line. Once the race has begun, Vehicle ONE will travel to the first exchange point where the second runner will prepare to run. Runners from Vehicle ONE will continue in order until exchange point six. Spring Creek marina is the location of the first major exchange in the race. At exchange point six, Vehicle TWO should be waiting. Here the sixth runner from Vehicle ONE will hand off the slap band to the first runner of Vehicle TWO. Then Vehicle TWO will continue along rotating runners until the next major exchange point, exchange point twelve, where they will hand off to Vehicle ONE again. This pattern will continue all the way back to the finish line at Wells City Park. In order to avoid congestion, Vehicle TWO must leave the race course and proceed to the next major van exchange and wait until it is their turn to participate. It is recommended that all teams run their members in the same rotation and in the same sequence of rotation throughout the race. Example: If you are runner 1 you would run leg 1, 13 and 25. If you are runner 2, he/she would stay in the number 2 position throughout the race and run leg 14 and 26. If you are runner 3, you run leg 3, 15 and 27. When determining who will run each leg (besides distance and leg rating), Captains should consider the following: Time of day runners encounter each leg, the leg's exposure to sun, rain and/or wind, variable weather, runner ability, runner familiarity with the area, elevation, vehicle support and terrain. Also keep in mind that the race begins at the top of Lamoille Canyon and descends significantly. Runners who push these legs too hard may end up stiff, sore and sometimes injured.

Vehicles can stop to cheer on teammates at any legal spot along the route that does not obstruct runners or traffic. We will provide each team with (two) **COWBELLS**, given out with your check-in items

## **NON-RUNNING VEHICLES**

The non-running vehicle is the vehicle of runners not currently running the course. To you, we say, "Get some rest and eat!" The locations with amenities are Spring Creek, Elko, and Wells – See page 7 for amenities list & locations of where food will be sold on the course. Vehicles are encouraged to leap ahead and wait for the active vehicle to reach them.

**SLEEPING-** *who needs sleep? Please be courteous of sleeping runners at listed locations. No slamming porta potty doors, excessive talking, running RV generators etc.*

The best places for sleep:

### **Ruby Lake Wildlife Refuge Headquarters - Wagon exchange #3**

No amenities but it has a lot of grass and parking and a wonderful view of the Wildlife Refuge.

### **Field near the Ruby Valley LDS Church -Wagon exchange #4**

No amenities but it has some grass and parking so bring your sleeping bag and get some rest.

### **Dahl Ranch – Wagon exchange#5**

Grass & parking plus breakfast by the Northern Nevada Autism Network.

## COMMUNICATION

Much of the RMR course will have spotty cell service and that makes it difficult for vehicles to communicate with each other to plan exchanges. We strongly recommend detailed planning by teams for arrival times at each Vehicle (Wagon) Exchange. You might also consider 2-way radios between vehicles. We will have certain volunteers along the last section of the course text the finish line, as runners pass their check points, to help with estimated finish line times.

## COURSE CONTACT – General Number (775-340-5943 or 801-718-0557)

9 am - 5 pm	EXCHANGE 1 – SPRING CREEK MARINA ***** * (801-718-0557)
3 pm - 9 pm	EXCHANGE 2 – TE-MOAK SOUTH FORK INDIAN RESERVATION ***** * (775-340-8580)
9 pm - 3 am	EXCHANGE 3 – RUBY WILDLIFE REFUGE ***** * (801-809-3250 or 801-809-3230)
2 am - 8 am	EXCHANGE 4 – RUBY VALLEY ***** * (801-718-0557 or 435-221-7077)
5 am - 2 pm	EXCHANGE 5 - STARR VALLEY ***** * (775-340-8580)
10 am - 8 pm	FINISH AT WELLS CITY PARK ***** * (801-718-0557) or (775-340-5943)

## FOOD & AID LOCATIONS

With the remote territory of the race remember to stock up when you are in towns. Nothing will be available except in Spring Creek, Elko, and Wells. Food will be for sale at Exchange 2 (**South Fork Indian Reservation**)

The **Northern Nevada Autism Network** will be selling breakfast sandwiches, a fruit, water or milk for \$8 at Wagon Exchange 5/Harvey Dahl Ranch between 7-11AM & **The Wells Historical Society** will be selling a rib dinner at the finish line.

**\*WARNING: We strongly recommend that you fill your gas tank in Elko before or after your team check-in on Thursday night or in Spring Creek (Exchange 1). Elko, Spring Creek, and Wells are the only towns that offer any type of amenity.**

## STARTING LINE & VEHICLE EXCHANGE 1 - SPRING CREEK MARINA

Nearest FOOD – **O'Carrolls & The Grill** 2miles from Lamoille Canyon (775) 753-6451 \* **Pine Lodge Dinner House & Hotel** Lamoille, NV (775)-753-6451  
\***Domino's Pizza** 266 Spring Creek Parkway Spring Creek, NV (775) 777-3343 \* **Subway** 278 Country Club Parkway Spring Creek, NV (775) 738-6400 \* **China Garden** 263 Spring Valley Parkway Spring Creek, NV (775)-777-8333 \* **Ruby Mountain Pizza Co.** 263 Spring Valley Parkway Spring Creek, NV (775) 777-3100

2. Nearest PARK – **The Grove** Lamoille, NV \* **Spring Creek Marina** 451 Spring Creek Pkwy
3. Nearest GROCERY Store – **Country Club Food Mart and Shell Station** 266 Spring Creek Pky Spring Creek, NV \* **Khoury's Market Place** 568 Spring Valley CT (775)738-9248
4. Nearest GAS Station – **Country Club Food Mart and Shell Station** 266 Spring Creek Pky Spring Creek, NV \* **Sinclair** 259 Spring Valley Parkway Spring Creek, NV
5. Nearest HOSPITAL/Pharmacy – **Northeastern Nevada Regional Hospital** 2001 Errecart Blvd. Elko, NV 89801 (775)738-5151 \* **Walgreens** 1993 Errecart Blvd. Elko, NV 89801 (888) 940-1049 \* **The Pill Box** 568 Spring Valley CT Spring Creek, NV 89815 (775)-778-3784

## VEHICLE EXCHANGE 2 – TE-MOAK (South Fork) INDIAN RESERVATION-LEE, NV

1. Nearest Food –\***Domino's Pizza** 266 Spring Creek Parkway Spring Creek, NV (775) 777-3343 \* **Subway** 278 Country Club Parkway Spring Creek, NV (775) 738-6400 \* **China Garden** 263 Spring Valley Parkway Spring Creek, NV (775)-777-8333 \* **Ruby Mountain Pizza Co.** 263 Spring Valley Parkway Spring Creek, NV (775) 777-3100
2. Nearest Grocery Store – **Country Club Food Mart and Shell Station** 266 Spring Creek Pky Spring Creek, NV \* **Khoury's Market Place** 568 Spring Valley CT (775)738-9248
3. Nearest Gas Station – **Country Club Food Mart and Shell Station** 266 Spring Creek Pky Spring Creek, NV
4. Nearest Hospital/Pharmacy- **Northeastern Nevada Regional Hospital** 2001 Errecart Blvd. **Elko, NV** 89801 (775)738-5151 \* **Walgreens** 1993 Errecart Blvd. **Elko, NV** 89801 (888) 940-1049 \* **The Pill Box** 568 Spring Valley CT **Spring Creek, NV** 89815 (775)-778-3784

**\*\*\*\* South Fork Reservation Emergency Management Team & Debbie Honeyestewa will be selling: sandwiches, water & drinks, baked goods (assorted), fruit (assorted), pizza, hot dogs, Indian taco, frozen fruit bars, Chips – Subject to change**

### **VEHICLE EXCHANGE 3- RUBY LAKE WILDLIFE REFUGE HEADQUARTERS**

1. Nearest Food – Same as exchange 1, 2, & 5
2. Nearest Park – Lawn area of Ruby Lake Wildlife Refuge Headquarters
3. Nearest Grocery Store - Same as exchange 1, 2, & 5
4. Nearest Gas Station - Same as exchange 1, 2, & 5
5. Nearest Hospital/Pharmacy - Northeastern Nevada Regional Hospital 2001 Errecart Blvd. **Elko, NV 89801 (775)738-5151**

### **VEHICLE EXCHANGE 4- RUBY VALLEY LDS CHURCH**

1. Nearest Food – Wells, NV
2. Nearest Grocery Store – Wells, NV
3. Nearest Gas Station – Wells, NV
4. Nearest Hospital/Pharmacy – Northeastern Nevada Regional Hospital 2001 Errecart Blvd. **Elko, NV 89801 (775)738-5151**

### **VEHICLE EXCHANGE 5-STARR VALLEY**

1. Nearest Food – Wells, NV – Subway, Quizno's, McDonalds, Burger King, China Town, 4-Way Casino
2. Nearest Park – Wells City Park
3. Nearest Grocery Store – Wells, NV – Roy's Market
4. Nearest Gas Station – Wells, NV – Love's, Tesoro, Flying J
5. Nearest Hospital/Pharmacy Northeastern Nevada Regional Hospital 2001 Errecart Blvd. **Elko, NV 89801 (775)738-5151**

**\*\*\*\*\*The Northern Nevada Autism Network will be selling a breakfast sandwich, a fruit, water or milk for \$8 at Wagon Exchange 5/Harvey Dahl Ranch between 7-11AM. We encourage you to support this cause.**

**WIN YOUR BREAKFAST! See the RUN FOR THE CAUSE link at [www.rubymountainrelay.com](http://www.rubymountainrelay.com)**

**FINISH LINE:** The Northeastern Nevada Regional Hospital will be providing water, fruit and granola bars & Spoon Me Frozen Yogurt will be serving frozen yogurt. The RMR will be offering free bagels. The Wells Historical Society will sell a Rib meal!

### **RACE COURSE MARKING**

The race course is pre-marked with cones, Ruby Mountain Relay arrow signs, flags, barricades etc. Please know the RMR course. We have provided maps and materials to help direct you.

### **REST ROOMS & GARBAGE CONTROL**

**Portable Rest Rooms** will be at every runner exchange and will be stocked with toilet paper; however, we recommend you bring your own TP just in case. **NO LITTERING!** We ask that teams control their own garbage and pack it out. Be mindful of the beautiful place you are in and do all you can do to keep it just as you found it.



## **FINISH LINE**

The finish line is at Wells City Park in the heart of Wells, Nevada. We highly recommend that teams gather near the finish line and run in together through the finish line.

### **Finish Line Activities**

Finisher award belt buckle! - Category awards given as soon as possible, as we know placement

Team Photo ops

Music

Shop at the RMR retail tent & Sign up for RMR 2016 – *see loyalty discount below*

Trade your CLEAN race shirt in for another size – *if available*

FOOD, DRINK, & A SLIP & SLID!

\$3 Shower at Wells City Pool (across and up the street from park). Bring your own Towel

WATER & FINISH LINE REFRESHMENT – Courtesy of the Northeastern Nevada Regional Hospital & Spoon Me  
Ribs & more – price depends on items selected

**Awards – please note that if you “leap frog” wagons, are not able to run the full course in relay style, create unfair advantages or your team runs with more than 6 or 12 runners (Family teams may not have more than 12 registered runners but may have any number of participants if they are 12 years and under), your team is not eligible for division awards. We will ask that you indicate, in advance, if possible, if your team will be a non-completive/non-timed team.**

Awards will be given to the top finishing team from each division: Open Mixed (*any combo*), Mixed Male and Female (*at least 5 of either sex*) Open Female (*can have 2 men*), Open Male (*can have 2 female*), Corporate (*team name must reflect sponsor*), Family (*at least 6 members must be related*) & High School (*can be graduated 1-year*), Ultra team (6-person), Sleep Relay (6-person) and Bike Relay Team. Awards will be given at the finish line or delivered to the team captains and posted on the RMR website and Facebook page.

**Award: THE FAMOUS “BOOT” TROPHY**

**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 \$500 or more qualify for a free breakfast on Saturday morning.

### **SHOWERS – BRING A TOWEL & SWIM SUIT**

Rinse off in the Spring Creek Marina (Major Wagon Exchange 1), open air/outdoor shower for a quick-rinse (no nudity please) at South Fork Indian Reservation (TBD) and finish line showers at the nearby city pool.

## **SAFETY - OUR NUMBER 1 PRIORITY**

There are many potential hazards in a race of this type including but not limited to: automobile traffic, road and trail conditions, and weather. We ask that all teams please take appropriate precautions to insure a fun and safe event. Each van is required to have a safety officer/navigator that is awake at all times. The safety officer is responsible for making sure that the team always is thinking safety first. The safety officer must be seated in the front passenger seat and may be rotated between team members. The safety officer must be someone other than the driver.

## **HEAD LAMPS, TAIL LAMPS AND REFLECTIVE SAFETY VESTS**

**Each wagon MUST have 2 reflective vests, 2 head lamp & 2 tail lamp** and they must wear them between the hours of 6 PM and 7 AM. Reflective safety vest alone must be worn until 9 AM. Any participant (not just the runner) who is outside of their team van during nighttime hours must wear a reflective vest. Acceptable reflective vests must have reflective material on the front, back and shoulders. Approved vest: Standard Reflective Vest, Running Reflective Vest and Reflective Harness. Unapproved reflective vest: Reflective belt, Reflective sleeves and Clothing with Reflective piping. Teams are required to show safety items, for inspection, at team check-in. After the inspection, teams will be issued the official RMR slap wrap bracelet and allowed to participate. Failure to meet this requirement will result in immediate disqualification for the entire team. Bring extra batteries for lights and lamps. **Each van MUST also have 1 orange safety flag and a cooling agent.**

## **PACERS, BIKES & DOGS ETC. – PROHIBITED**

Foot or bicycle pacers are not allowed on the course. No dogs or other animals are allowed to accompany participants on the course. No rollerblades, unauthorized bicycles, strollers, scooters, skateboards, and any other device that may endanger others or put a runner at an advantage over other participants.

## **PERSONAL MUSIC DEVICES AND HEADPHONES**

Headphones/buds or any other music devices **on the head ARE allowed but not recommended.** We strongly recommend that no headphones or buds be worn for the safety of all. Music must be at a sound considered appropriate to both the general public and other participants. Runners must still be able to hear instructions to both the general public and other runners. If a Volunteer or Race Official deems the music too loud, the participants must turn down the volume immediately.

## **FIRST AID**

We will have limited medical staff on hand. First aid personnel will be stationed at all major exchanges and the finish line. They will be equipped to handle only minor sports injuries. Note that we do not have enough Band-Aids, moleskin, and ice to give to every runner. Make sure your vans are stocked with first aid supplies and ice. **Teams are required and responsible for supplying an adequate first aid kit for each vehicle** to treat blisters, abrasions, headaches, heat exhaustion, and other common ailments. You may consider bringing ice for injuries related to soft tissue trauma.

Please plan ahead for how you will handle any emergencies. The local medical center and emergency room has been provided below. It is the responsibility of each team to be aware of the location of this facilities and their hours of operation. **Call 911 in an event of a severe emergency and then call 801-718-0557 or 775-340-5943.** Local EMS Units will be on call and prepared to respond to emergencies. It's imperative that each team and each individual runner take personal responsibility for their safety and the well-being of their body. If you feel dizzy, nausea or in any way impaired, STOP running! Weather & elevation may be your biggest obstacle so please plan accordingly.

**Northeastern Nevada Regional Hospital** 2001 Errecart Blvd. 775-738-5151 (Elko, NV)

### **SAFETY FLAG REQUIRED**

No traffic or police are promised to protect participants from traffic along the course. Be very careful at all times as you enter and exit vehicles. **One safety flag per vehicle is required** and must be used if team members cross the road to greet active runner's day or night. (You will be required to show your safety flag, head & tail lamp and reflective vest at the team check-in).

### **OBEY JAYWALING AND TRAFFIC LAWS**

All runners must obey traffic/pedestrian and j-walking laws. Cross at a crosswalk if there is a crosswalk in sight, no crossing the road with more than two lanes (one lane in each direction) and roads with a total of 3 lanes or more may be crossed at cross walks.

Vans must obey both minimum and maximum speed limits, no stopping on the roadway, no illegal U-turns, pull off the road completely when stopping/parking, no parking in non-legal parking area, no following runners to illuminate the road, turn off headlights when parked but turn on parking lights for better visibility to regular traffic, do not stop or slow down in places that will impede traffic or runners and do not turn your hazard lights on.

### **RUNNING AT NIGHT**

Runners will be alone on the course at times. The following rules and suggestions should be noted:

- \*Team Vehicles are encouraged to stop somewhere along each leg to watch for their runner.
- \*Team Vehicles are permitted to "Shadow" runners during nighttime legs only. "Shadowing" means that a vehicle parks a couple hundred yards ahead of their runner. Once the runner passes, the vehicle waits until the runner is a couple hundred yards ahead again, etc. Vehicles must obey traffic laws and are not permitted to follow behind runners at the runner's pace.
- \*No vehicles will be allowed to follow behind participants to illuminate the road during night-time legs. These vehicles severely impede traffic.
- \* **Runners must wear reflective safety vest, a headlamp & tail light and anyone outside the vehicle, at night, also must be wearing a reflective vest.**

## **DRIVING & PARKING**

We ask that all drivers be alert and drive at posted speed limits. Be sure to leave adequate time to arrive at exchange points so that there is no temptation to speed. Please be courteous of runners on the road. Be careful not to blind them with high beam light, and move over while passing them. No parking is allowed along the road within 500 feet prior to an exchange. Parking is allowed in designated areas only after the exchange point marker. Please park off road as far as possible, watch for participants, and stay alert to other traffic. We also ask that you be courteous and respectful of the cities, towns, and venues. Park in sensible locations and avoid residential locations like people's homes. Please follow signs and race volunteer directions. Every member of the team (including drivers) must have his or her own reflective vest.

**Everyone that is out of the vehicle on the course at night MUST wear a reflective vest from Dusk to Dawn. This includes exchanges, shoulders, roadways, and parking lots adjacent to the course.**

## **BAD WEATHER**

The race will occur rain or shine. However, under certain severe weather conditions where significant damage or alterations to the race occur, we reserve the right to cancel the event or alter the route. Be prepared! We recommend you pack a jacket, long pants, gloves and extra shoes.

## **THIN SHOULDER, GRASS SHOULDER & BLIND TURNS**

We ask all vehicles to slow down in these types of areas. For the most part, road shoulders are sufficient but there are sections that have very thin or no shoulder and sometimes you will be required to run on a shoulder. Runners are to yield to oncoming traffic in these sections.

## **WILDLIFE, FLOODING, LIGHTNING, MUD, DUST & BUMPY ROADS**

If a runner encounters any aggressive wildlife, flooding or lightning on the course, get your runner into your support vehicle and drive ahead a safe and reasonable distance and then let him or her out again. Keep track of how far your van drives ahead by .10 of miles and report mileage and speed traveled at the finish line. We will take your team's overall average pace; the mileage and speed driven and adjust your team's time accordingly. Only teams that have taken accurate notes will be given official times. Slow down to reduce the amount of dust generated. You may also consider a bandana to wear over your mouth.

**BEWARE: Very bumpy/uneven roads on half of LEG 11, half of LEG 12 (working to have graded but not guaranteed) and LEG 33. Low vehicles are not advised. GO VERY SLOW to avoid underside vehicle injury. Use extreme caution! We recommend that vehicles avoid driving LEG 33 (see map description for more details). Leg 33 is 5.4 miles in trail like conditions. We will provide a water station at 3 miles into the leg. Send a water bottle with the runner that will be unsupported, to drink until they reach the water station. Vehicles attempting the road, consider checking in on unsupported runners (Note: We drove leg 33 in a small truck and it was slow but okay. We drove it in a minivan, it almost took our muffler) Drivers that bypass Leg 33 will continue on I-80 to Wells, take the 1st exit and turn right to Angel Lake Road. You will see exchange 34 adorned with cones/flags half way up that road.**

**REPORT TEAMS THAT ARE ENDANGERING THEMSELVES AND OTHERS** Send a text message to 775-340-5943 to report violations. Include who, what, where and when in your text message. We will have Course Marshals on the course monitoring teams for safety and adherence to all rules. However, we cannot monitor all areas of the course at all times. Please report teams that you believe to be violating rules. Reported violations will be taken under consideration in determining violations or disqualification. See Exhibit A VIOLATIONS FORM.

### **ALCOHOL**

While participating in the RMR, the consumption of alcohol is not allowed at any point along the course. Open alcoholic containers, drinking, inebriated participants or volunteers on the course will immediately be disqualified and could be fined or cited by law enforcement.

### **RESPECT**

Participants who are reported to have littered, urinated, or defecated on private property will immediately be disqualified. We are guests and should treat all property and residents with respect and courtesy. Participants must use portable toilets, garbage/recycling containers provided. Do not honk horns or yell out vehicle windows. Do not block any residential or business driveways. Do not impede traffic by driving too slowly or by not properly pulling your vehicle over to the side of the road when stopping. In all cases use good judgment and be considerate. Quiet hours (no loud noise, music, or yelling) from 10 pm to 6 am. No outside loud music speakers.

### **RELAY OFFICIALS**

Course Staff/volunteers, N.D.O.T and traffic safety officials on the road and at exchanges are considered Race Officials. The Race Officials will be assisting vehicle drivers with parking in designated areas. They will also be directing runners within the exchange zone. Race Officials have authority to assign penalties for rule violations, abusive behavior, or failure to follow instructions given by volunteers. Abusive treatment or disregard for their authority will result, at minimum, in a 60-minute penalty.

### **VEHICLE RENTALS**

Each team can have two vans of up to six runners or one van for Ultra teams. Teams must provide their own vehicles. Call 1-800-262-7331 to reserve your vehicle with Enterprise rent-a-car.

### **WRONG TURN**

Educate your teammates to ensure your runners stay on course. If a wrong turn is made, the runner must return on foot to the point where the error occurred and resume the race. Do not mark on the course. Do not drive ahead to make up for the mileage that they may have added. Signage is occasionally moved; be an expert in your knowledge of the course. Position vans to meet runners at critical turning spots.

## **VEHICLE SIGNS**

Please print the “Caution Runners on Road” sign on page 26. This sign needs to be visible to help distinguish RMR vehicles along the course. They allow vehicles to park in restricted areas as designated. Signs must be clearly displayed on both vehicles. Entrance into certain exchanges is dependent on van sign visibility. **Van Signs** must be placed on the outside rear window of each van. Do not create a blind spot.

## **WRIST BRACELET & RACE BIB NUMBERS**

Race bibs **MUST** be worn on the **FRONT** of each runner at all times while on the road. Bib numbers must be pinned to the outermost layer of clothing and the Wrist Bracelet be carried/worn at all times throughout the race. Only runners wearing a wrist bracelet will be allowed to exit the exchange chute to begin a new leg.

## **RESTRICTED AREAS**

Vehicles can stop to cheer on teammates at any legal spot along the route that does not obstruct runners or traffic. No parking is allowed along the road within 500 feet prior to an exchange. Parking is allowed in designated areas only after the exchange point marker. Please park off the road as far as possible and team vehicles should always stay to the right of the white fog-line when parked along the road. Watch for participants, and stay alert to other traffic. We ask that all runner drop offs be brief. Vans must obey “No Parking” signs and volunteer instructions for parking.

## **RUN AGAINST TRAFFIC**

Runners are to run on the left shoulder of all roads (against traffic), using sidewalks or trails when available, unless signs or maps direct otherwise. Runners are to understand that they do not have exclusive use of the roadway and are required to obey all traffic laws. This includes stopping at traffic lights.

## Rules are for the safety of all. Violation will result in a time penalty or disqualification.

1. **SAFETY GEAR** – Each team must have 2 reflective vests, headlamp, flashlight or hat headlight AND back LED flasher. All safety gear must be worn from 6:00 pm through 7:00 am and the safety vest alone needs to be worn until 9:00 am. Acceptable reflective vests must have reflective material on the front, back and shoulders. Approved vest: Standard Reflective Vest, Running Reflective Vest and Reflective Harness. Unapproved reflective vest: Reflective belt, Reflective sleeves and Clothing with Reflective piping. Teams will be required to show safety items, for inspection, at the Safety Meeting Check-In. After the inspection, teams will be issued the official RMR slap wrap and allowed to participate.
2. **ALCOHOL** – While participating in the RMR, the consumption of alcohol is not allowed at any point along the course. Open alcoholic containers, drinking, inebriated participants or volunteers on the course will immediately be disqualified and could be fined or cited by law enforcement.
3. **RESPECT** – Participants who are reported to have littered, urinated, or defecated on private property will immediately be disqualified. We are guests and should treat all property and residents with respect and courtesy. Participants must use portable toilets, garbage/recycling containers provided. Do not honk horns or yell out vehicle windows. Do not block any residential or business driveways. Do not impede traffic by driving too slowly or by not properly pulling your vehicle over to the side of the road when stopping. In all cases use good judgment and be considerate. Quiet hours (no loud noise, music, or yelling from 10pm – 6am. No outside loud music speakers.
4. **SLEEPING** – Teams or participants found sleeping in undesignated sleeping areas, such as on the ground next to your vehicle will be asked to move to a designated sleeping area (tents are allowed). If participants do not agree to move to a designated sleeping area (Exchange 18, Exchange 24, Exchange 30), they will be disqualified from the race. Designated sleeping areas will be marked off at the major exchanges.
5. **RELAY OFFICIALS** – Course staff/volunteers, N.D.O.T and traffic safety officials at exchanges are considered Race Officials. The Race Officials will be assisting vehicle drivers with parking in designated areas. They will also be directing runners within the exchange zone. Race Officials have authority to assign penalties for rule violations, abusive behavior, or failure to follow instructions given by volunteers. Abusive treatment or disregard for their authority will result, at minimum, in a 60-minute penalty.
6. **RUNNER ROTATION** – All runners must 3 legs of their choosing. You may run them in whichever order your team determines without penalty. However, the recommendation of the Ruby Mountain Relay is to run members in the same rotation and in the same sequence of rotation throughout the race. Example: If you are runner 1 you would run leg 1, 13 and 25. If you are runner 2, he/she would stay in the number 2 position throughout the race and run leg 14 and 26. If you are runner 3, you would run leg 3, 15 and 27. When determining who will run each leg, (besides distance and leg rating), Captain should consider the following: Time of day runners **encounter each leg, the leg's exposure to sun and/or** wind, variable weather, runner ability, runner familiarity with the area, elevation, vehicle support and terrain. Also keep in mind that the race begins at the Roads End and descends significantly. Runners who push these legs too hard may end up stiff, sore and sometimes injured. This rotation should continue unless a teammate has dropped out. If a runner drops out due to injury or illness and is not able to walk to the next exchange, the next runner in rotation may take the wrist wrap and continue to the end of that leg.
7. **RUN AGAINST TRAFFIC** – Runners are to run on the left shoulder of all roads (against traffic), using sidewalks or trails when available, unless signs or maps direct otherwise. Runners are to understand that they do not have exclusive use of the roadway and are required to obey all traffic laws. This includes stopping at traffic lights.
8. **TEAM VEHICLE SIGNS** – Each team should provide two (2) or (1) for Ultra Teams, vehicles. Official vehicle signs (Print page 26 **"Caution Runners on Road"**) will be required for each team vehicle. A 60-minute penalty will be assessed for failure to properly display these signs. Signs must be clearly displayed on both vehicles. Entrance into certain exchanges is dependent on van sign visibility. Van signs must be placed on the outside rear window of each van. Do not create a blind spot..
9. **RESTRICTED AREAS** – No parking is allowed along the road within 500 feet prior to an exchange. Parking is allowed in designated areas only after the exchange point marker. Please park off the road as far as possible and team vehicles should always stay to the right of the white fog-line when parked along the road. Watch for participants, and stay alert to other traffic. We ask that all runner drop-offs be brief. Vans must obey **"No Parking" signs and volunteer instructions for parking.**

10. WRIST BRACELET & RACE NUMBERS – Race bibs must be worn on the FRONT of each runner at all times while on the road. Bib numbers must be pinned to the outermost layer of clothing and the Wrist Bracelet be carried/worn at all times throughout the race. Only runners wearing a wrist bracelet will be allowed to exit the exchange chute to begin a new leg.

11. FOLLOWING RUNNERS – No vehicles will be allowed to follow behind runners to illuminate the road during night-time legs. These vehicles severely impede traffic.

12. WRONG TURN – Educate your teammates to ensure your runners stay on course. If a wrong turn is made, the runner must return on foot to the point where the error occurred and resume the race. Do not mark on the course. Do not drive ahead to make up for the mileage that they may have added. Signage is occasionally moved; be prudent in your knowledge of the course.

13. NO BICYCLES or DOGS – No unauthorized bicycles or dogs are allowed to accompany participants on the course.

14. TEAM VEHICLES – 12 or 15 passenger vans are recommended whenever possible. Large Sedans are also great. We do not allow any vehicle wider than 6'6" and/or longer than 20'. Motor-homes, RV's, campers, trailers, buses or limos are not allowed on the course and/ or at the exchanges by any team or spectator at any time.

**The Ruby Mountain Relay is making an exception for major wagon exchange #4 at the LDS Church house in Ruby Valley. Teams may have larger sleeping vehicles waiting for them at this exchange only. These vehicles must be put in place before runners start arriving and can only be moved after all runners have left this exchange. No other long and wide vehicles will be allowed on the course due to limited space at exchanges.**



## **RMR MERCHANDISE & EARLY-EARLY REGISTRATION**

Come and check out all the cool RMR merchandise that will be for sale before and after the race under our retail tent. We take cash, check, or credit card. These items make great souvenirs, Christmas and birthday gifts or just a RMR badge of honor. *Don't forget to get your team volunteer a little something, as a thank you.*

\$30 Pullover Hoodie

\$40/\$50 Zipper Track Jacket/Zipper Sport Jacket – *you'll want to wear it every day!*

\$20 RMR Collector Belt Buckle – *a collector's piece*

\$8 Ringspun Cotton Tee – *they are so soft*

\$10 Technical Running Shirt – *to give you motivation all year during your training*

\$10 Beanie Cap – *makes a great stocking stuffer – it will be cold in no time*

\$6 RMR Cowboy Hat or leather RMR Key Ring – *another great gift*

\$3 Bandana (Navy or Yellow) – *great for cooling off, dust and swagger factor*

\$10 Reflective Running Vest – **gotta have 2 (limited amount available)**

\$5 Orange Safety Flag - **gotta have 1 per wagon (limited amount available)**

\$1 Car Decal – *(1) Free for everyone runner but get one for the second car*

\$3 Cowbell Souvenir – *great for any celebration*

## **COURSE DESCRIPTION & SLEEP RELAY INFO.**

The Ruby Mountain Relay begins at the end of beautiful Lamoille Canyon located in Elko County, Nevada, and stretches a 184-mile loop around the world famous Ruby Mountain Range before it ends in Wells, Nevada. Along the route, teams of 12 or 6 runners will run through Lamoille, Spring Creek, Te-Moak South Fork Indian Reservation, the town of Jiggs, over Harrison Pass, and to the Ruby Lake National Wild Life Refuge. Teams will continue along the back side of the Rubies to Ruby Valley and up through Secret Pass. Teams will run over Dennis Flats, through Starr Valley, make their way to Angel Lake Road, and then to the finish line located at the Wells City Park. **Sleep Relay Teams run 12 legs – Sleep – Run last six legs**

### **Starting Line – Lamoille Canyon**

*Indian Exchange 1 – Spring Creek Marina (Sleep Relay)*

*Cowboy Exchange 2 – (Te-Moak) South Fork Indian Reservation (Sleep Relay)*

*Indian Exchange 3 - Ruby Lake Wildlife Refuge*

*Cowboy Exchange 4 – Ruby Valley*

*Indian Exchange 5 - Starr Valley Dahl Ranch (Sleep Relay teams will start at 7:00 AM)*

*Finish Line – Wells City Park*

**THANK YOU TO OUR SPONSORS!**

**Northeastern Nevada Regional Hospital**

**Everything Elko**

**Newmont**

**Barrick Gold**

**Bair Distributing**

**Spoon Me Frozen Yogurt**

**Say It On The Wall**

**Te-Moak South Fork Band**

**Cashman Equipment**

**Rapid Transport**

**Northeastern Nevada Museum**

**Ruby Lake Wild Life Refuge**

**Dahl Family Ranch**

**Bristlecone Bikes**

**Gnarly Hydrate**

**Elko Convention & Visitors Authority**

**Northern Nevada Autism Network**

**Coach USA**

**US Forest Service**

**Elko Daily Free Press**

**Top of Zion Relay**

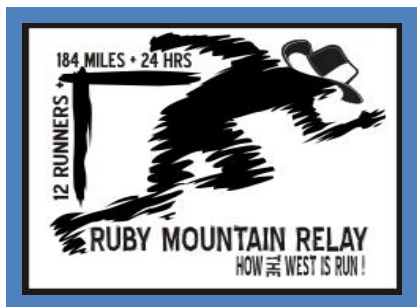
**Little Church of the Crossroads**

**Subway**

**Spring Creek Marina**

**Ruby Valley LDS Church**

Please contact us if you would like to be a sponsor of the Ruby Mountain Relay



## Ruby Mountain Relay Early Registration Form

**\$799 - 2019 Race weekend only – registration Form Only**

Team Captain Name: \_\_\_\_\_  
Email: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
TeamName: \_\_\_\_\_

### **12 person team “I’ll be back” :**

\$799 race weekend only – Use this form  
\$899 before March – register on-line only  
\$999 before June – register on-line only  
\$1099 before August – register on-line only

**\*Select Registration**

Paying by Check \_\_\_\_\_ Card type \_\_\_\_\_ # \_\_\_\_\_  
Exp. Date \_\_\_\_\_ Name on card \_\_\_\_\_

Make Checks Payable to: Ruby Mountain Relay  
PO Box 57  
Deeth, NV 89823

*\*We will contact the team captain with information regarding formal registration and RMR 2016*

Comments:

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

As a condition of my participation in the 2017 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](http://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 \_\_\_\_\_  
Date \_\_\_\_\_

Signature \_\_\_\_\_

# COURSE LEG CHART

Runner #	Leg	Miles	Leg & Runner Name	Rating	Leg	Miles	Leg & Runner Name	Rating	Leg	Miles	Leg & Runner Name	Rating	MILES
Runner 1	1	4.76	Roads End-	211	13	7.24	To-Moak-	533	25	3.5	Colonel Moore-	131	15.5
Runner 2	2	4.84	Thomas-	211	14	5.52	King Peak-	331	26	6.1	Smith Peak-	431	16.46
Runner 3	3	3.23	Vandell Lake-	121	15	5.72	Jigg-	341	27	4.2	Ruby Guard-	231	13.15
Runner 4	4	4.42	Lamotte-	233	16	8.21	Harrison Pass-	533	28	7.1	Krenka Creek-	541	19.73
Runner 5	5	4.23	Soldier Lake-	233	17	3.45	Pearl Peak-	115	29	7.9	Secret Stern-	511	15.58
Runner 6	6	3.93	Talbot Creek-	124	18	7.7	Pony Express-	533	30	6.6	Boulder Lake-	443	18.23
Runner 7	7	5.56	Sp. Ch. Marlee-	324	19	7.7	Ruby Marsh-	533	31	3.6	Hole-In-Mo-	133	16.86
Runner 8	8	3.3	Orinwald Lake-	143	20	4.0	Ruby Creek-	223	32	4.1	Club Hall-	241	11.4
Runner 9	9	3.14	Horne Palace-	142	21	4.8	Franklin Lake-	233	33	5.4	Tart MT-	333	13.34
Runner 10	10	5.23	Wilson Peak-	343	22	4.0	Tipton Peak-	233	34	5.3	Gray's Lake-	355	14.53
Runner 11	11	6.67	Ruby Dome-	434	23	5.4	Overland Lake-	343	35	4.2	Smith Lake-	222	16.27
Runner 12	12	4.79	Echo Lake-	235	24	5.8	Community Hall-	333	36	3.0	Angel Lake-	111	13.59
												TOTAL	184.64

**KEY**  
 Runner # Order in which each athlete runs  
 Leg Segment each athlete will complete  
 Miles Distance, in miles, that each athlete will run  
 Leg Name Name given to each leg of the course  
 Runner Name Space for athletes to write their name  
 Rating Based on a number scale for distance, elevation and terrain  
 Total Miles Total miles each athlete will complete by the end of the relay

**ЯMR**

# LEG RATING CHART

Individual Ratings					Overall	Individual Ratings					Overall	Individual Ratings					Overall
Leg #	Distance	Elevation	Terrain	Rating		Leg #	Distance	Elevation	Terrain	Rating		Leg #	Distance	Elevation	Terrain	Rating	
1	2	1	1	211		13	5	3	3	533		25	1	3	1	131	
2	2	1	1	211		14	3	3	1	331		26	4	3	1	431	
3	1	2	1	121		15	3	4	1	341		27	2	3	1	231	
4	2	3	3	233		16	5	5	3	553		28	5	4	1	541	
5	2	3	3	233		17	1	1	5	115		29	5	1	1	511	
6	1	2	4	124		18	5	3	3	533		30	4	4	3	443	
7	3	2	4	324		19	5	3	3	533		31	1	3	3	133	
8	1	4	3	143		20	2	2	3	223		32	2	4	1	241	
9	1	4	2	142		21	2	3	3	233		33	3	3	2	332	
10	3	4	3	343		22	2	3	3	233		34	3	5	5	355	
11	4	3	4	434		23	3	4	3	343		35	2	2	2	222	
12	2	3	4	234		24	3	3	3	333		36	1	1	1	111	

Distance Scale	
Miles	Rating
< 4.00	1
4 - 4.99	2
5 - 5.99	3
6 - 6.99	4
> 7.00	5

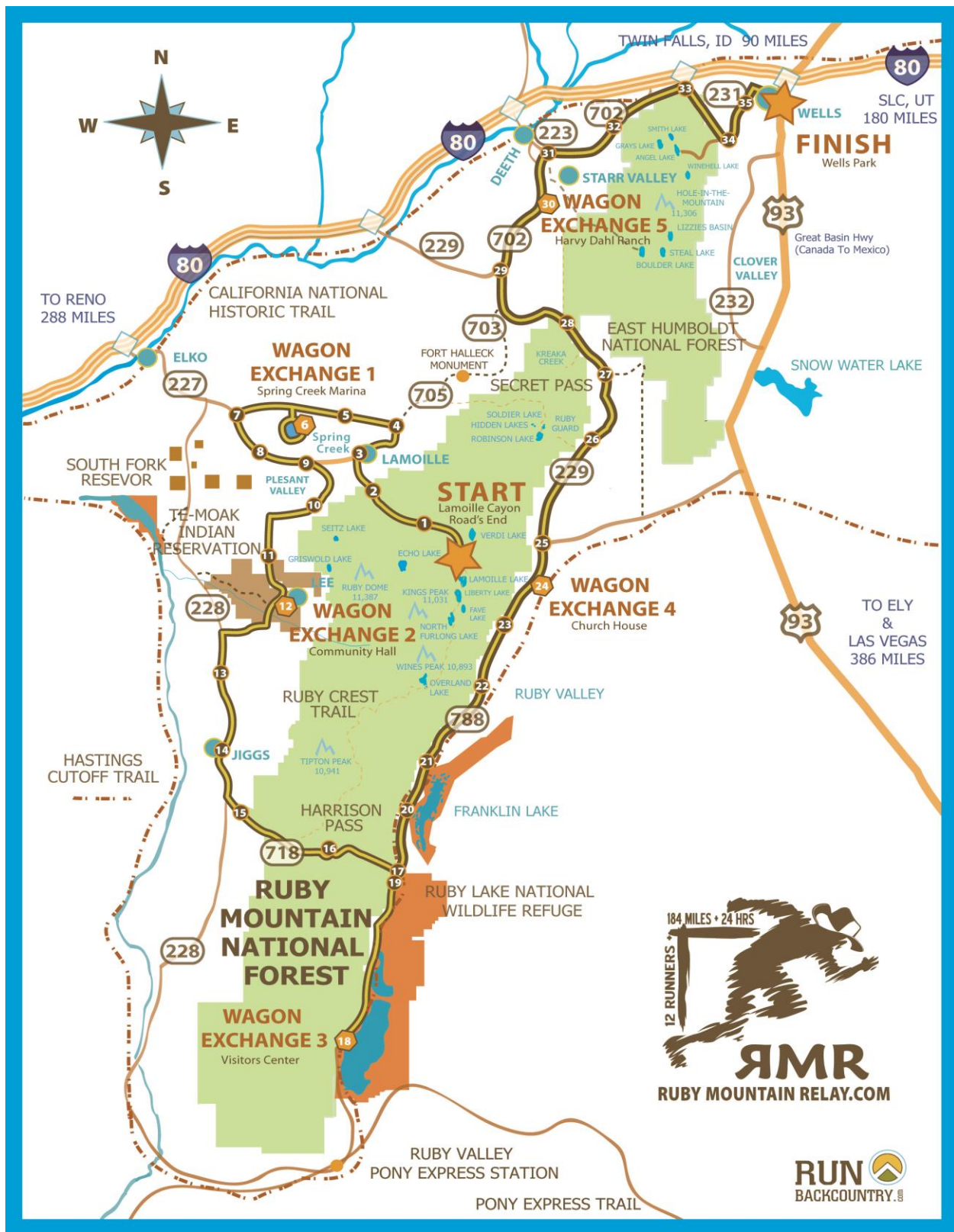
Elevation Scale	
Description	Rating
All downhill	1
Trending downhill	2
Net flat	3
Trending uphill	4
All uphill	5

Terrain Scale	
Description	Rating
Smooth Roads	1
Minor "issues"	2
Moderate	3
Pretty tricky	4
Ankle buster...?	5

General Notes: The Elevation and Terrain ratings can fluctuate a bit as they are more subjective. We are putting this new rating system out and asking for feedback from the teams this year as to any adjustments that need to be made. For example, a leg that is rated as "net flat" for elevation may have a killer hill at the end of the run and the team would suggest changing the elevation rating to a "4". Teams may also have varying opinions about the terrain but hope to come up with a consensus from the feedback we receive this year.

We would also discourage anyone from simply adding up the numbers for their legs to try and see how difficult their overall running is going to be - each leg needs to be considered on it's own merits. We think of it more as a guide to assign legs based on who does better on uphill grades, who really doesn't like running on loose ground etc.

**ЯMR**



## **ODDS & ENDS AND REQUIRED EQUIPMENT**

### **SAFETY FLAG & REFLECTIVE VEST EXAMPLE**



No traffic or police are promised to protect participants from traffic along the course. Be very careful at all times as you enter and exit vehicles. **One safety flag per vehicle is required** and must be used if team members cross the road to greet active runners. Night runners must wear a reflective safety vest & head lamp between the hours of 7PM and 6AM. We recommend 2 vest & lamps per van. \*A limited amount of Safety Flags and Vest can be purchased on Thursday night during team check-in for \$5 and \$10, if you don't already have them.

**REQUIRED TO SHOW AT TEAM CHECK-IN: 2 reflective vests per wagon, 1 safety flag per wagon, 2 headlamps & 2 tail lights per wagon and 1 first aid kit per wagon – Bring it! Show it to us at team check in on Thursday! RMR ROAD SIGN –**





# 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 \$500+ (Each team member would only have to raise \$42) EASY!**

- Free Breakfast on Saturday morning at Dahl Ranch – delivered on the course too!

Put yourself into the fundraising competition by going to [www.rubymountainrelay.com](http://www.rubymountainrelay.com) and clicking on the RUN FOR A CAUSE Link for more information. Teams will have until September 1<sup>st</sup> 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.



# Ruby Mountain Relay TIPS

1. Get familiar with the legs that you will be running - drivers too.  
Your big ol' motor home will be very sad when it gets stuck on a narrow and bumpy road (yes, the RMR has a few of those roads and we've written about road conditions for runners and wagons on the leg maps located on the website).
2. Take time to enjoy the beauty that surrounds while you run
3. Pack one running outfit for each leg you're running
4. Pack each leg's outfit in a separate gallon Ziploc bag. This makes getting it easy when you need to change-no digging and keeps the stank contained.
5. You can pack toothpaste, toothbrush, soap, shampoo but you'll be lucky if you get to use them until the end. \$3 showers at Wells High School (across the street from finish line) Bring a towel.
6. Embrace the stank and take a baby wipe bath
7. Bring gum. You & your wagon will appreciate it
8. Don't expect any more than 1-2 hours of sleep
9. Pack one set of lounge gear (sweatpants/sweatshirt). This will be good for in between legs and for the finish
10. Bring an extra pair of running shoes in case it rains. After dark, take a headlamp or flashlight with you to the port-a-potty.
12. Hand Sanitizer & baby wipes
13. Deodorant. Use it. Love it.
14. Body Glide
15. Bring a car charger for your cell phone, ipod and or Garmin (Keep items all in a big ziploc to avoid "digging" and/or getting mixed with the rest of the team's items)
16. Don't over pack, whether it be running gear, food, drinks or supplies. Bring only what you need. The extra coolers, bags etc. will get annoying.
17. Plan for fun. The RMR is not just a race, but an experience!
18. Give your volunteer a thank you gift, gift card, RMR souvenir or pick up their meal at the post-race dinner at the finish line. Make sure they know you appreciate them! (RMR is giving them a free meal at the pre-race dinner)
19. Car markers - have fun with them, but know that you will have to clean your wagon after:)
20. Perhaps you should spring for a car wash on the way home. The owner of the van will appreciate this.
21. Take lots of pictures and video. You will want to remember the experience for days...weeks... months.... Show them at next year's planning meeting:)
22. During night-time runs, wave your hand in

front of your head lamp as you approach another runner. It's a nice heads up that you're behind them.

23. Designate one person from your wagon to bring a foam roller and/or running stick (see tip 16 about over packing)
24. Have each person bring a refillable water bottle and then bring a few gallon jugs of water to use for refilling.
25. At every exchange, get out of your wagon and cheer on your teammates. They will appreciate your support, high fives and cowbell ringing. Other teams will appreciate some cheering too. Consider what we call a "power bridge" non-running teammates make a bridge for teammates and others to run under giving them a boost of power - this can be done at any spot along the course, not just exchanges.
26. Bring a hat or visor. It will keep the sun or rain out of your eyes.
27. Plan for 1 cooler per van or maybe 2 small coolers. You only need to keep perishable items cold, in addition to whatever you plan on eating or drinking NEXT. (See tip #16 out about over packing)
28. Have everyone in your van sign up to bring certain food/drink items, or designate one person to pick it all up. Stick to the list. This will ensure you follow tip #16 (Have you noticed tip #16 is important?) But bring what you need for your individual needs too.
29. Get team shirts made or wear similar costumes. Think of it as a team uniform.
30. Follow RMR safety guidelines. Use your flag when crossing the street. Wear your headlamp & reflective vest. Make sure people see you!
31. Pack your own race nutrition. Shot blocks, beans, Gu etc.
32. Sunscreen & Bug spray
33. If you are new to the RMR Facebook page, read the back posts for missed information, tips and motivation.
34. Train a little bit or a lot, it will make your experience more enjoyable.
35. Remember that you are far from civilization as you push further into the course, meaning no gas stations, limited vendor food. Fill up your tank in Spring Creek and pack the food you need. A breakfast will be for sale at wagon exchange 30, provided by the Autism Network. (See race guide for details) Yummy food at the finish line too.
36. Have Fun! The RMR will be one of the craziest weekends of your life. Soak it all in and enjoy!

(36 TIPS FOR 36 LEGS)

# CAUTION RUNNERS ON THE ROAD



**WELCOME TO THE RUBY MOUNTAIN RELAY SOUVENIR SHOP – ITEMS FOR SALE BEFORE & AFTER EVENT at Cedar Creek Clothing Co. – Elko, NV - some items have changed. Email with Q's.**



**Sportsman Embroidered RMR Trucker Cap**

Item #: ZK641

Color: Tangerine/Stone  or Sky/Stone 

Size: One

Description: Six-washed twill front panels, soft mesh sides & back, unstructured, low-profile, pre-curved visor, sewn eyelets, plastic tab adjust

Price: \$20



**Sportsman 8" Embroidered RMR Beanie Cap**

Item #: ZK641

Color: Baby Blue  or Pink 

Size: One



Description: 100% acrylic knit cap

Price: \$10



Navy/white jacket shown as seen in photo

Description: 100% California Fleece Cotton construction White Nylon zipper, zips to top of collar, Raglan sleeves Kangaroo pocket.

Color: Navy/White  or Brown/white 

**Embroidered RMR Track Jacket - Unisex**

Item: 5455AA


Size - S M L XL (unisex size - woman may prefer to order one size smaller)

Price: \$45.00



**RMR Pullover Hoodie - Unisex**

Item #: 0320TC

Color: Charcoal 

Size: S M L XL (unisex size - woman may prefer to order one size smaller)

Description: 80% ring-spun cotton/20% polyester, jersey-lined with flat matching drawstring, muff pocket, ribbed cuffs & waist band

Price: \$30

**RMR Men's & Ladies' Wicking V-Neck Jersey**

Item #: 790MEN or 571LADIES

Color: Men's-Black  or Ladies'-Blue 

Size: S M L XL Description: 100% Polyester wicking knit, wicks moisture away

Price: \$15



Northeastern Nevada Regional Hospital Presents  
**THE RUBY MOUNTAIN RACES 2017**  
 Elko County, NV

Getting you ready for the Ruby Mountain Relay - most races run on portions of the Ruby Mountain Relay course



**HEALTH & FITNESS FAIR 5K Run/Walk** **\$25**  
 Saturday, March 11, 2017 @ 1:00PM  
 Awards given for 1st-3rd in each age group. Start and finish at the Elko Convention Center.  
 Number pick-up & race-day registration 10-12:30 at convention cnt. - add \$5.  
 Online registration closes March 9 at [www.rubymountainrelay.com](http://www.rubymountainrelay.com)



**STARR VALLEY SPRING RUN-OFF 10K** **\$30**  
 Saturday, April 22, 2017 @ 10:00AM  
 Awards for 1st-3rd in each age group. Start & finish Starr Valley Community Hall in Deeth, NV.  
 Number pick-up & race day registration 8:00- 9:30 am at start line - add \$5.  
 Online registration closes April 20 at [www.rubymountainrelay.com](http://www.rubymountainrelay.com)



**NV MARATHON/RELAY & LAMOILLE CANYON HALF/5K** **\$75/\$60/\$30/Free**  
 Saturday, June 17, 2017 @ 6:00/7:00AM  
Full Relay / Half / 5K / Kids K  
 Tech shirt + full & half marathon - finisher medal. Awards for 1st-3rd in each age group.  
 Start in canyon & finish in Lamoille. Shuttle bus pick-up in Lamoille. Race bag & number pick-up: Friday 2pm-6pm TBA NO race-day registration. Online registration closes June 15 at [www.rubymountainrelay.com](http://www.rubymountainrelay.com). Discount for early registration.



**RUBY MOUNTAIN RELAY** **\$899/\$999/\$1099**  
 Friday & Saturday, Aug. 4-5 2017 Early / Regular / Late Registration  
 184-mile team relay race starts in Lamoille Canyon & ends in Wells City Park. 6 or 12-runner teams. Race bag & number pick-up: Thursday August 3 from 5-7pm at the Northeastern Nevada Museum. Information & online registrations at [www.rubymountainrelay.com](http://www.rubymountainrelay.com)



**ELKO COUNTY FAIR COWBOY COLOR CHASE 5K** **\$35/\$40/\$45**  
**FRIDAY** September 1, 2017 @ 8:00AM (waives leave every 5 minutes)  
 Entry includes a Color Chase t-shirt & lots of COLOR! Start & Finish at fairgrounds.  
 Shirt & wrist band pick-up: Thursday 3pm-6pm at the Elko County Fairgrounds. Race-day registration 6-7:30am at start line. Online registration closes Aug. 30 at [www.rubymountainrelay.com](http://www.rubymountainrelay.com). Discount for team & early registration



**32nd RACE TO THE ANGEL "EXTREME" HALF & TRI** **\$50/\$60/\$70**  
 Saturday, September 9, 2017 @ 7:00 & 8:00 AM  
 Start at Wells, NV City Pool \* Finish at Angel Lake \* Awards 1st-3rd in each age group.  
 Number/shirt pick-up & race-day registration @ start-line 6-7:30am.  
 Online registration closes Sept. 1st for triathlon only at [www.rubymountainrelay.com](http://www.rubymountainrelay.com)



**TURKEY TROT FAMILY 5K Run/Walk** **\$25**  
 Saturday, November 25, 2017 @ 10:00 AM  
 Start & finish at The Little Church of the Crossroads-Lamoille, NV.  
 Number pick-up & race-day reg. - add \$5 or bring a bag of can foods at start-line 8:30-9:30am.  
 Awards - 1st-3rd in each age group  
 Online registration closes Nov. 24th at [www.rubymountainrelay.com](http://www.rubymountainrelay.com)

**[www.rubymountainrelay.com](http://www.rubymountainrelay.com)**

# Ruby Mountain Relay 2017 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	_____	_____	_____
13	_____	_____	_____
14	_____	_____	_____
15	_____	_____	_____
16	_____	_____	_____
17	_____	_____	_____
18	_____	_____	_____
19	_____	_____	_____
20	_____	_____	_____
21	_____	_____	_____
22	_____	_____	_____
23	_____	_____	_____
24	_____	_____	_____
25	_____	_____	_____
26	_____	_____	_____
27	_____	_____	_____
28	_____	_____	_____
29	_____	_____	_____
30	_____	_____	_____
31	_____	_____	_____
32	_____	_____	_____
33	_____	_____	_____
34	_____	_____	_____
35	_____	_____	_____
36	_____	_____	_____

# ***CHECK LISTS***

## **MASTER LIST**

- \_ Team captain registers and creates team name (bearing qualifying relay name)
- \_ Assign 2<sup>nd</sup> team captain for van 2
- \_ Individual team members register (half the team must be from original qualifying relay)
- \_ Set-up e-mail, Facebook or other team communication system.
- \_ Secure two vehicles
- \_ Make hotel reservations
- \_ Assign legs
- \_ Make budget estimates
- \_ Get team shirts printed (optional)
- \_ Make a list of all team cell numbers (email this list to relayworldchampionship@gmail.com)
- \_ 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) – training, racing and flip flops/sandals/slippers
- \_ Clothes – singlets/jersey, shorts, bras, briefs, socks, sweats/warm ups/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 & pillow
- \_ Copy of course map and legs either hard copy or electronic – reviewed and familiarized
- \_ Hard copy of waiver (see page 15)

## **TEAM EQUIPMENT**

- \_ 12 Reflective Vests (at minimum)
- \_ 12 Flashing LED Safety Light (head and tail)
- \_ Clipboard
- \_ First aid kit (1 minimum per van)
- \_ Toilet paper & paper towels
- \_ Water for each van, Ice & cooler
- \_ Safety Pins (4 RMR bib belts will be provided to every team or bring if you have them already)
- \_ 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
- \_ Garbage bags
- \_ Umbrella for rain or shade



# RUBY MOUNTAIN BIKE RELAY/TOUR



2-6-person Team Relay

[www.rubymountainrelay.com](http://www.rubymountainrelay.com)

Discount for  
early registration



## RUBY MOUNTAIN BIKE RELAY/TOUR

Teams of 6 or less can make up a bike team. We are letting bike teams exchange at whatever exchange they wish. Bike Relay will start at 10:00 AM (Teams will be notified) at Roads End – Lamoille Canyon on Friday August 4. Please note that some early "runner" exchanges will already be void of volunteer support but the exchange cones will still be in place. When you arrive at the Ruby Valley LDS Church Exchange 24 - all bike teams will be required to stop and sleep. The bike teams will start again, from exchange 24 at 6 AM on Saturday. Please note that start times are subject to change depending on expected finish times. You'll also want to consider terrain, as far as what kind of bike you use.

The Ruby Mountain Bike Relay/Tour is the first of its kind in Elko County! The course offers riding fans the opportunity for a family-friendly ride through scenic and spectacular parts of the Ruby Mountains. You don't have to be a pro; all you need is a bike and the ability to complete the 185-mile relay with your 6-person or less relay team.

As a new event of the Ruby Mountain Race Series, our goal is to make the Ruby Mountain Bike relay/tour a thrilling experience for all participants. Because our goal is to provide our participants with a quality experience, we want everyone to have the opportunity to enjoy the event safely.

## ON-COURSE INFORMATION

Please refer to information provided in the general Ruby Mountain Relay guide above. Relay exchanges are the same as the RMR, with porta-toilets and volunteers along the course. As with the RMR, teams are expected to carry your own water and refreshments. You will also be responsible for your own spares, tools or other items that you will need. Bicycle mechanics will not be available along the ride. For minor medical and bike assistance please add 775-340-5943 to your cell phone contacts and carry your phone with you during the race.

The course will be well marked with cones, flags & directional signs. See RMR race maps.

## **TIMING**

The Bike Relay/Tour is a competitive event and official times will be given to participants. A timing device will be near the finish line to show elapsed time. Each team must check in at every major exchange 6, 12, 18, 24, 30 & finish line and write your time on the timing sheet that may be located with a volunteer or under or on a cone at the exchange.

## **COURSE PROTOCOL**

Vehicles shadowing or keeping pace with riders on the course are not allowed unless they would like to become "course marshals" and monitor and observe all tour participants including helping with bike repairs, etc. Please email us at rubymountainrelay@gmail.com for more info about this assignment. For relay teams, the team driver will be asked to move to the next exchange and wait for their rider. One team vehicle will be allowed per relay team. The first leg of the tour is mostly paved. The remainder is oil packed, dirt, paved and gravel. We ask all non-event related vehicles to stay off the course to avoid dust.

## **RULES**

- \* Arrive at the race, on time and ready to ride. The start time means rolling out time, not arrival time.
- \* Riders without bibs will not be allowed on the course. Course marshals will be located at the start and throughout the course to remove riders without bibs.
- \* Helmets are required for participation in the Bike Tour for safety reasons. Riders not wearing helmets will be asked to leave the course and will not be allowed to participate in the tour.
- \* Show up prepared with any spares, tools or other items that you will need.
- There will be no late starts.
- \* Headphones are prohibited on the course.
- \* No drafting.
- \* Use caution on descending hills. Be sure to brake lightly and hold onto your handle bars securely.
- \* Pass on the left side of a cyclist after yelling out, "On your left."
- \* Maintain an average speed of 15 mph (with allowances for terrain and heat) in order to finish within the time limit.
- \* Riders will be expected to obey the laws of the road and use courtesy, caution and common sense.
- \* Recumbent, mountain, tandem, electric-assist, cruiser, hand cycle and touring bikes are allowed on the course.

THANK YOU!