

# 2021 RUBY MOUNTAIN RELAY INFORMATION GUIDE

Revised 2.19.21 –Check back for revisions - Final copy will be sent - June 2021



## **WELCOME TO THE RUBY MOUNTAIN RELAY! (HOME EDITION)**

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 DIRECTOR: Anne Simmons ([rubymountainrelay@gmail.com](mailto:rubymountainrelay@gmail.com))

## **REGISTRATION INFORMATION & IMPORTANT DATES**

Regular Team Registration Deadline = June 1

Late Team Registration Deadline = June 2-15

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 online charge for substitutions. Substitutions can be made at the start line for \$10 but the runner must print and sign the waiver in this guide and bring it to the start line.

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**

Volunteer Information & Position Request Form will be made available at a later time.

Each 10 & 15 member team must provide one volunteer if they live with-in 100 miles of event or request to participate in the volunteer donation program for \$50. Our volunteer coordinator will contact each team captain to get your volunteer information, if they have not selected a time by June 1. To ensure correct volunteer t-shirt size, please register before June 1. Volunteer Registration Deadline = June 10.

- \*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 & Finish Location

Lamoille Grove  
Lamoille, Nevada

**RUBY MOUNTIAN RELAY: Hotels, Camping, RV Parks, Guest Ranches near RMR course – [Wells, Nevada](#) Or <http://www.exploreelko.com/lodging/> - Elko, Nevada.**

## EVENT SCHEDULE & DATES

### FRIDAY, June 18

**TEAM CHECK-IN:** Please check-in a minimum of 30 minutes before your team start time **PDT**  
**Location:** Lamoille Grove, Nevada Starting Line

**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.

First leg runners are required to do an additional “Runner Check-in” 10 minutes before the race start to confirm the team’s participation.

**TEAM PHOTO OP: 30 minutes before team start time in front of starting line banner**  
Team photos will be posted on the Ruby Mountain Relay Facebook Page.

### Friday June 18 – listed times are estimate only

8 am - 1 pm     *Start at Lamoille Grove - Your team's start time will be emailed to your team captain*  
1 pm - 4 pm     EXCHANGE 1 – ROADS END  
6 pm - 7 pm     EXCHANGE 2 – LAMOILLE GROVE  
10 pm - 11 pm   EXCHANGE 3 – ROADS END

### Saturday June 19

1 am - 4 am     EXCHANGE 4 – LAMOILLE GROVE  
4 am – 9 am     EXCHANGE 5 – ROADS END (Lamoille Canyon)  
7 am – 2 pm     FINISH – LAMOILLE GROVE

## 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 must check in 10 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

### FRIDAY JUNE 18

Van 1 (est. start 8 am- 1 pm)

Runner 1 - start at Lamoille Grove- mile 23 (3-miles)  
Runner 2 - mile 23 - mile 18 (5-miles)  
Runner 3 - mile 18 - mile 13(Lamoille Grove) (5-miles)  
Runner 4 - mile 13 (Lamoille Grove) - mile 7 (6-miles)  
Runner 5 - mile 7 - Roads End (7-miles)  
26 Total Miles

Van 2 (est. start 1-4 pm)

Runner 6 - start a Roads End - mile 7 (7-miles)  
Runner 7 - mile 7 - mile 13 (Lamoille Grove) (6-miles)  
Runner 8 - mile 13 (Lamoille Grove) - mile 18 (5-miles)  
Runner 9 - mile 18 - mile 23 (5-miles)  
Runner 10 - mile 23 - mile 26 (Lamoille Grove) (3-miles)  
52 Total Miles

Van 3 (est. start 6-7 pm)

Runner 11 - start at Lamoille Grove- mile 23 (3-miles)  
Runner 12 - mile 23 - mile 18 (5-miles)  
Runner 13 - mile 18 - mile 13(Lamoille Grove) (5-miles)  
Runner 14 - mile 13 (Lamoille Grove) - mile 7 (6-miles)  
Runner 15 - mile 7 - Roads End (7-miles)  
78 Total Miles

Van 1 (est. start 10-11 pm)

Runner 1 - start at Lamoille Grove- mile 23 (3-miles)  
Runner 2 - mile 23 - mile 18 (5-miles)  
Runner 3 - mile 18 - mile 13(Lamoille Grove) (5-miles)  
Runner 4 - mile 13 (Lamoille Grove) - mile 7 (6-miles)  
Runner 5 - mile 7 - Roads End (7-miles)  
104 Total Miles

## SATURDAY JUNE 19

Van 2 (est. start 1-4 am)

Runner 6 - start at Roads End - mile 7 (7-miles)

Runner 7 - mile 7 - mile 13 (Lamoille Grove) (6-miles)

Runner 8 - mile 13 (Lamoille Grove) - mile 18 (5-miles)

Runner 9 - mile 18 - mile 23 (5-miles)

Runner 10 - mile 23 - mile 26 (Lamoille Grove) (3-miles)

130 Total Miles

Van 3 (est. start 4-9 am)

Runner 11 - start at Lamoille Grove- mile 23 (3-miles)

Runner 12 - mile 23 - mile 18 (5-miles)

Runner 13 - mile 18 - mile 13 (Lamoille Grove) (5-miles)

Runner 14 - mile 13 (Lamoille Grove) - mile 7 (6-miles)

Runner 15 - mile 7 - Roads End (7-miles)

156 Grand Total Miles (Finish est. 7 am -2 PM)

Vehicles can stop to cheer on teammates at any legal spot along the route that does not obstruct runners or traffic.

## 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 being sold on the course. Vehicles are encouraged to leap ahead and wait for the active vehicle to reach them.

**SLEEPING-** *Please be courteous of sleeping runners at Roads End and Lamoille Grove. No slamming porta potty doors, excessive talking, running RV generators etc.*

## COMMUNICATION

Half of the RMR course will have no cell service (Lamoille Canyon) 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 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)

## FOOD & AID LOCATIONS

Stock up when you are in towns. Nothing will be available except in Spring Creek, Elko, and Wells.

**\*WARNING: We recommend that you fill your gas tank in Elko or Spring Creek before your team check-in on Friday morning. Elko, Spring Creek, and Wells are the only towns that offer any type of amenity.**

## **- SPRING CREEK & LAMOILLE**

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

**FINISH LINE:** The Northeastern Nevada Regional Hospital will be providing water, fruit and granola bars. The RMR will be offering free bagels.

## **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 or near 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 the Lamoille Grove, Nevada. We highly recommend that teams gather near the finish line and run in together through the finish line.

## **Finish Line Activities**

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

Team Photo ops

Music

Shop at the RMR retail tent

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

FOOD, DRINK, and REST

WATER & FINISH LINE REFRESHMENT – Courtesy of the Northeastern Nevada Regional Hospital

**Awards – please note that if you “leap frog” vehicles, are not able to run the full course in relay style, create unfair advantages or your team runs with more than 5, 10 or 15 runners 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-compleitive/non-timed team.**

Awards will be given to the top finishing team from each division: 10 and 15 person team – Open Mixed (*any combo of female and male*), 10- and 15-person team -All Female (*all runners must be female*), All Male (*all runners must be male*), Ultra Female team (5-person – all female), Ultra Male team (5-person – all male). 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 to purchase learning activities for local Nevada Behavior & Autism Behavior Technicians to use during therapy sessions. Teams can gather donations for the official charity from friends, families, businesses, team/club sponsors, etc. All donations must be submitted by August 1st. The team that raises the most money (\$500 minimum) wins a free entry into the trail RMR in 2022.

## **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 vehicle 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 7 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 kits will be stationed at all major exchanges and the finish line. 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. We are used to that by now.

**REPORT TEAMS THAT ARE ENDANGERING THEMSELVES AND OTHERS** Send a text message to 801-718-0557 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 in Lamoille. 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. Roads End and Lamoille Grove will be considered quiet spaces until Saturday morning after 7 am.

## **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 (10- person team) or three vans (15-person team) of up to five 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. 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 three (3) two (2) or (1) for Ultra Teams, vehicles. Official vehicle signs (Print "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 all 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 exchange: Roads End. 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.**

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 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 \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

## **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 Friday 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 van, 2 headlamps & 2 tail lights per van and 1 first aid kit per van – Bring it!**



**RMR ROAD SIGN –**

# RUN FOR THE CAUSE

***Make a difference! The Ruby Mountain Relay has partnered with Nevada Behavior & Autism 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 the most donations (at minimum \$500) and earn a FREE entry into RMR trail edition 2022.**

Teams will have until August 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 Nevada Behavior & Autism: PO Box 57 Deeth, Nevada 89823. 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.

Make sure they know you appreciate them!

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!



# CAUTION RUNNERS ON THE ROAD



# Ruby Mountain 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	_____	_____	_____
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
- \_ Assign 2<sup>nd</sup> team captain for van 2 and Van 3
- \_ Individual team members register
- \_ Set-up e-mail, Facebook or other team communication system.
- \_ Secure two-three vehicles
- \_ Make hotel reservations
- \_ Assign legs
- \_ Make budget estimates
- \_ Get team shirts printed (optional)
- \_ Make a list of all team cell numbers
- \_ 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 above)

## **TEAM EQUIPMENT**

- \_ 15 Reflective Vests (at minimum)
- \_ 15 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
- \_ 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 5 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 Lamoille Grove – on Friday June 18. Please note that some early "runner" exchanges will already be void of volunteer support but the exchange cones will still be in place. All bike teams will be required to stop and sleep at Lamoille Grove. The bike teams will start again, 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 156-mile relay with your 5-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 801-718-0557 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 map.

## **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 (Lamoille Grove & Roads End) & 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. Roads are a mix of 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!

 **START/FINISH**  
 **PARKING**  
 **COURSE**  
 **MILE**  
 **PORTA POTTIES**

### Ruby Mountain Relay Course:

Start at Lamoille Grove (marker 26)  
 Lamoille Hwy  
 Crossroads  
 Clubline Rd  
 Upper Lamoille Rd  
 OUT & BACK (marker 19 & 21)  
 Lower Lamoille  
 Lytton Lane  
 Clubline Road  
 Country Lane  
 Lamoille Hwy  
 Lamoille Canyon  
 End - Roads End EXCHANGE & Reverse

# Ruby mountain Relay home edition

**ROADS END**

8743 ft  
 7500 ft  
 6750 ft  
 6000 ft  
 5605 ft

Elev Gain/Loss 888 ft. -3733 ft

5 mi 10 mi 15 mi 20 mi 26.2 mi

