

# 2010 Rainier to Ruston Rail-Trail Relay and Ultra Rules and Regulations

## Pre-race

- **Register** each participant and the team (both forms required for everyone, including ultras and solo walkers). Signed forms and checks must be received by Wednesday, June 2. There is no day-of-race registration. Challenged athletes must be interviewed by the Race Director before registering.
- 50M ultras are allowed to have **pacers** from the Meeker exchange to the finish. Pacers should fill out, sign, and mail in the release forms, but do not need to pay the registration fee, although donations are greatly appreciated.
- **Decorate** team vehicle if desired.
- Bring copies of the **leg maps** printed from the web site. Don't count on maps in the race packet.
- Bring sufficient **bottled water** for the team vehicle to supplement the emergency water provided at every exchange. Support vehicles are responsible for providing water, food, first aid, directions, etc. for their runners and walkers.
- Bring a change of socks, shoes, and shirts, and **plastic bags** for dirty clothes as needed. Legs 1 and 4 can be very muddy.
- Bring **tape** to post required signs in team vehicle windows.
- Bring a **change of clothes** and a team **picnic** for the finish area. No alcohol is allowed in Marine Park.

## Race day

- **Runners and ultras rendezvous** and load team vehicles at Marine Park so personal cars will be available after the race. Please carpool; parking is scarce. Use public parking only; do not park in the Lobster Shop restaurant lot or your car may be towed.
- **Walkers rendezvous** and load team vehicles at Orting Park so personal cars will be available after the race. Please carpool; parking is scarce.
- According to Google maps you should allow 43 minutes **driving time** from 4013 Ruston Way, Tacoma, to Orting. Check their recommended route. Allow 12 minutes driving time from Orting to So. Prairie race headquarters at the Community Center in the fire station. Allow 20 minutes in So. Prairie to hear a briefing, pick up bibs, t-shirts, race packets and get questions answered. Plan on leaving So. Prairie 45 minutes before your start time. The 30-minute drive gives you 15 minutes to park and get ready. Summarizing from Marine Park, plan on 55 minutes to So. Prairie, 20 minutes packet pickup, 45 minutes to the start = about 2 hours.
- Pick up your **race packets and T-shirts** at the So. Prairie Community Center on the way to the start. Your packet will contain team bibs, safety pins, rules, a list of competing teams, and a vehicle "CAUTION: RUNNER ON ROAD" sign. There will be short **briefings** at 6:30 AM, 7:00 and 7:30 for teams leaving at 6:45, 7:15, and 7:45 for their starts at 7:30, 8:00, and 8:30. Another briefing will be held at 9:30 for the 50K ultras starting at South Prairie at 10 AM.
- Tape the CAUTION: RUNNER ON ROAD sign in the rear window of your team vehicle and the extra bib in windshield on the lower right side.
- Drive **only one team vehicle** to the starting area. Parking is very limited.
- For medical **emergencies**, call 911. Your cell phones may be unreliable above South Prairie. If so, notify a race official with a radio at about 2 miles, 4 miles and 6 miles on the first leg.
- All ultras provide their own crew and **drop bags**. There will be a volunteer at the So. Prairie Community Center to deliver your drop bags at three designated exchanges (So. Prairie, Orting, and Puyallup) where monitors will watch over them. All bags must be clearly marked with your name and desired drop exchange. After the race, your drop bags will be brought to the finish area.
- Review your **leg map** before starting each leg. Critical turns will be marked, but teams are responsible for keeping their runner or walker on course.

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- On roads, runners and walkers should **keep to the left side**, facing traffic, outside the fog line unless otherwise indicated on the leg map, course monitors or chalk markings on the course.
- Be careful of **trip and slip hazards** especially on secluded and rough sections of undeveloped trail.
- **Bibs** must be worn on the front. Teammates walking or running in pairs must both wear bibs.
- **Dogs** must be on leash. Be prepared to clean up after your pet.
- Pass through bell stands and (optionally) ring the bell before **handing off** (touching your teammate's hand).
- After finishing in Orting Park walkers are encouraged to drive to Marine Park to participate in the finish line celebration, team picnics, and the **awards ceremony** at 4:30 PM. Use public parking only; do not park in the Lobster Shop restaurant lot or your car may be towed.
- The **course will be closed** and exchanges and Honey Buckets removed after the passage of the last participant. All finishing times will be recorded. Early starts will be approved in advance by the Race Director on an exception basis. There will be no awards for early starters regardless of performance.
- Ultras and teams who **drop out** must notify a race official before leaving the area. This is important so we don't send out search parties unnecessarily.

### Race Rules (violation makes the team subject to disqualification.)

- **Obey all traffic laws and signals at cross walks if no one is directing traffic for you. Running alongside trains is forbidden; if blocked by a train you must wait until it is safe to cross.**
- **Handoffs must occur within 10 yards of the bell stands. If teammates are walking or running in pairs, all participants must be make the handoff. There are no batons; touching hands is sufficient.**
- **Participants must complete each of the legs assigned to them on the registration form. If a substitution must be made, the sub must complete all of the unfinished leg(s). Only registered persons can substitute.**
- **50M ultras must submit to a brief physical exam at the Orting exchange and qualify to continue.**
- **Runners can walk, but walkers must not run. If racewalking, you must have one foot in contact with the ground at all times and the weighted leg must be straight as it passes under the body.**
- **Do not defile public or private property; use the garbage cans and the portable and public toilets available at every exchange. Keep off private property. Personally model the image we want trail users to project to local property owners.**
- **Challenges must be brought to the attention of the Race Director or Assistant RD within one hour after the finish time and prior to 4:00 PM.**

### Post-race

- **Wear your T-shirt** and tell all your friends what a great event this was.
- **Help us develop the trail.** If you weren't already a member of the Foothills Rails-to-Trails Coalition, your registration and donation of \$10 or more made you one. Go to the Coalition website at <http://www.piercecountytrails.org/> and volunteer to help.
- **Patronize our sponsors'** businesses and thank them for sponsoring the event.
- Visit [www.rainiertoruston.com](http://www.rainiertoruston.com), **look at photos** of the event, and drop us an email with your suggestions on how we can improve the R2R.
- **Sign up for next year** and make a generous donation to help us complete this beautiful, public, non-motorized trail from the Mt. Rainier to Puget Sound.