

## MARKET TO MARKET RELAY | LIGHTNING RULE

Please read the below instructions carefully. In the event of lightning on race day, it is crucial to runner safety to understand and follow these rules and procedures. Knowing and following these rules and procedures will also help keep the race running smoothly as lightning subsides.

### Lightning Rule | At Start Line

If there is lightning at the Start Line, the course official may delay your starting wave until the lightning clears. The location that your team will start from may also change. Follow these procedures:

- If there is lightning in the area of the Start Line, Aksarben Village, during the start of your designated wave time, please have your first runner check-in and pick-up your team baton. Then immediately drive ahead to Exchange Point 2, Al Veys Park, and wait for further instructions.
- For every 30 minutes that lightning persists after your designated wave start time, please drive ahead one Exchange Point and wait for further instructions.
- Do not start the race until you receive wave specific starting instructions via 1) Text Message 2) Website/Facebook/Twitter or 3) Exchange Point Volunteers.
- Once you begin the race, maintain your original fixed runner order. For example, if you start from Exchange Point 3, then your original 3<sup>rd</sup> runner should begin the race.
- Keep accurate track of the location and time when you started the race.
- Turn this information into the Pink Gorilla Events Tent at the Finish Line on your Team Scorecard. We will then calculate your average pace and apply this pace to the segment of the course that you missed and will provide you with an official adjusted race time.
  - SEE "START LINE LIGHTNING RULE MATRIX" IF DELAYED AT START LINE DUE TO LIGHTNING

### Lightning Rule | On Course

If you see lightning on the course after the race has started, get your runner off the road and into your team vehicle. Follow these procedures:

- Make a note of the time and the location where you exited the course.
- If lightning clears within 30 minutes put your runner back on the running route where they left and make a note of the time.
- If lightning persists longer than 30 minutes, move ahead one Exchange Point. For every 30 minutes of lightning delay, please drive ahead one Exchange Point.
- Once you re-start the race, maintain your original fixed runner order. For example, if you re-start from Exchange Point 12, then your original 12<sup>th</sup> runner should begin the race.
- Keep accurate track of where and when you left the course and where and when you returned to the course.
- **Resume running at your own risk 30 minutes after last strike.**
- Turn this information into Timing Tent at the Finish Line on your Team Scorecard. We will then calculate your average pace and apply this pace to the segment of the course that you missed and will provide you with an official adjusted race time.
- **Note:** The On-Course Lightning Rule is a team-implemented and "self-regulated" procedure designed to keep runners and volunteers safe while also keeping the race moving as the lightning subsides. Volunteers are asked to not "enforce" the On-Course Lightning Rule. Rather weather updates will be provided to teams as best as possible via 1) Text Message and 2) Exchange Point volunteers to help teams make informed decisions. Error on the side of caution when implementing this procedure and only continue when you are confident there is no more lightning in the area. Again, this is procedure is self-regulated by each team.

## START LINE LIGHTNING RULE MATRIX – (DELAYED START DUE TO LIGHTNING)

ORIGINAL WAVE START TIME															
	WAVE 1 5:00 AM	WAVE 2 5:20 AM	WAVE 3 5:40 AM	WAVE 4 6:00 AM	WAVE 5 6:20 AM	WAVE 6 6:40 AM	WAVE 7 7:00 AM	WAVE 8 7:20 AM	WAVE 9 7:40 AM	WAVE 10 8:00 AM	WAVE 11 8:20 AM	WAVE 12 8:40 AM	WAVE 13 9:00 AM	WAVE 14 9:20 AM	WAVE 15 9:40 AM
LIGHTNING DELAY START TIME & LOCATION															
5:00 AM	START														
5:30 AM	EX PT 2	START													
6:00 AM	EX PT 3	EX PT 2	START	START											
6:30 AM	EX PT 4	EX PT 3	EX PT 2	EX PT 2	START										
7:00 AM	EX PT 5	EX PT 4	EX PT 3	EX PT 3	EX PT 2	START	START								
7:30 AM	EX PT 6	EX PT 5	EX PT 4	EX PT 4	EX PT 3	EX PT 2	EX PT 2	START							
8:00 AM	EX PT 7	EX PT 6	EX PT 5	EX PT 5	EX PT 4	EX PT 3	EX PT 3	EX PT 2	START	START					
8:30 AM	EX PT 8	EX PT 7	EX PT 6	EX PT 6	EX PT 5	EX PT 4	EX PT 4	EX PT 3	EX PT 2	EX PT 2	START				
9:00 AM	EX PT 9	EX PT 8	EX PT 7	EX PT 7	EX PT 6	EX PT 5	EX PT 5	EX PT 4	EX PT 3	EX PT 3	EX PT 2	START	START		
9:30 AM	EX PT 10	EX PT 9	EX PT 8	EX PT 8	EX PT 7	EX PT 6	EX PT 6	EX PT 5	EX PT 4	EX PT 4	EX PT 3	EX PT 2	EX PT 2	START	
10:00 AM	EX PT 11	EX PT 10	EX PT 9	EX PT 9	EX PT 8	EX PT 7	EX PT 7	EX PT 6	EX PT 5	EX PT 5	EX PT 4	EX PT 3	EX PT 3	EX PT 2	START
10:30 AM	EX PT 12	EX PT 11	EX PT 10	EX PT 10	EX PT 9	EX PT 8	EX PT 8	EX PT 7	EX PT 6	EX PT 6	EX PT 5	EX PT 4	EX PT 4	EX PT 3	EX PT 2
11:00 AM	EX PT 13	EX PT 12	EX PT 11	EX PT 11	EX PT 10	EX PT 9	EX PT 9	EX PT 8	EX PT 7	EX PT 7	EX PT 6	EX PT 5	EX PT 5	EX PT 4	EX PT 3
11:30 AM	EX PT 14	EX PT 13	EX PT 12	EX PT 12	EX PT 11	EX PT 10	EX PT 10	EX PT 9	EX PT 8	EX PT 8	EX PT 7	EX PT 6	EX PT 6	EX PT 5	EX PT 4
12:00 PM	EX PT 15	EX PT 14	EX PT 13	EX PT 13	EX PT 12	EX PT 11	EX PT 11	EX PT 10	EX PT 9	EX PT 9	EX PT 8	EX PT 7	EX PT 7	EX PT 6	EX PT 5
12:30 PM	EX PT 16	EX PT 15	EX PT 14	EX PT 14	EX PT 13	EX PT 12	EX PT 12	EX PT 11	EX PT 10	EX PT 10	EX PT 9	EX PT 8	EX PT 8	EX PT 7	EX PT 6
1:00 PM	EX PT 17	EX PT 16	EX PT 15	EX PT 15	EX PT 14	EX PT 13	EX PT 13	EX PT 12	EX PT 11	EX PT 11	EX PT 10	EX PT 9	EX PT 9	EX PT 8	EX PT 7
1:30 PM	EX PT 18	EX PT 17	EX PT 16	EX PT 16	EX PT 15	EX PT 14	EX PT 14	EX PT 13	EX PT 12	EX PT 12	EX PT 11	EX PT 10	EX PT 10	EX PT 9	EX PT 8
2:00 PM	EX PT 19	EX PT 18	EX PT 17	EX PT 17	EX PT 16	EX PT 15	EX PT 15	EX PT 14	EX PT 13	EX PT 13	EX PT 12	EX PT 11	EX PT 11	EX PT 10	EX PT 9
2:30 PM	FINISH	EX PT 19	EX PT 18	EX PT 18	EX PT 17	EX PT 16	EX PT 16	EX PT 15	EX PT 14	EX PT 14	EX PT 13	EX PT 12	EX PT 12	EX PT 11	EX PT 10
3:00 PM		FINISH	EX PT 19	EX PT 19	EX PT 18	EX PT 17	EX PT 17	EX PT 16	EX PT 15	EX PT 15	EX PT 14	EX PT 13	EX PT 13	EX PT 12	EX PT 11
3:30 PM			FINISH	FINISH	EX PT 19	EX PT 18	EX PT 18	EX PT 17	EX PT 16	EX PT 16	EX PT 15	EX PT 14	EX PT 14	EX PT 13	EX PT 12
4:00 PM					FINISH	EX PT 19	EX PT 19	EX PT 18	EX PT 17	EX PT 17	EX PT 16	EX PT 15	EX PT 15	EX PT 14	EX PT 13
4:30 PM						FINISH	FINISH	EX PT 19	EX PT 18	EX PT 18	EX PT 17	EX PT 16	EX PT 16	EX PT 15	EX PT 14
5:00 PM								FINISH	EX PT 19	EX PT 19	EX PT 18	EX PT 17	EX PT 17	EX PT 16	EX PT 15
5:30 PM									FINISH	FINISH	EX PT 19	EX PT 18	EX PT 18	EX PT 17	EX PT 16
6:00 PM											FINISH	EX PT 19	EX PT 19	EX PT 18	EX PT 17
6:30 PM												FINISH	FINISH	EX PT 19	EX PT 18
7:00 PM														FINISH	EX PT 19
7:30 PM															FINISH

- Use this chart only for delayed start due to lightning. Follow the “Start Line Lightning Rule” on the reverse side.
- Once your team starts, consult the “On-Course Lightning Rule” if you encounter lightning after you have started the race.

## FREQUENTLY ASKED QUESTIONS | LIGHTNING RULE

Our goal with Lightning Rule procedures is to provide a safe experience for runners and volunteers while also keeping the race running smoothly. We want everyone to get as much running in as possible. The Lightning Rule procedures allow the day to continue even with possible temporary delays for thunderstorms. Thank you for reading and understanding these procedures prior to race day and thank you in advance for your preparation and patience if lightning procedures are needed on race day.

### START LINE

1. If it is lightning when we are arriving for our starting wave, what should we do?

**Answer:** Follow the Start Line Lightning Rule procedures and wait for instructions from 1) Text Message 2) Instructions on the website/Facebook/Twitter or 3) Exchange Point Volunteers.

2. If our team's start wave is delayed due to lightning, how does our team know when and where to start the race?

**Answer:** Refer to the Start Line Lightning Rule procedures. Be sure to move ahead one Exchange Point for every for every 30 minutes of lightning delay (*Refer to "Start Line Lightning Matrix"*). Wait for starting instructions from 1) Text Message or 2) Exchange Point Volunteers.

### ON COURSE

1. Will volunteers "enforce" the Lightning Rule and stop us from running?

**Answer:** No. Volunteers will simply tell you to follow the On-Course Lightning Rule procedures. The On-Course Lightning Rule procedures are team-implemented and self-regulated. Error on the side of safety and do not run if there is lightning in the area.

2. Will volunteers tell us when we can start running again?

**Answer:** No. Volunteers will tell you to follow the On-Course Lightning Rule. The On-Course Lightning Rule procedures are team-implemented and self-regulated. Error on the side of safety and do not run if there is lightning in the area.

3. What lightning related weather information is available to me to assist me in following the On-Course Lightning Rule?

**Answer:** Besides observing the weather in your area, race officials will communicate location specific weather information via volunteers as well as text message, twitter and Facebook. Also, monitoring weather outlets, maps and radars such as noaa.gov, or weather.com, maybe useful. Lightning Smart Phone app are also a recommended that can tell you if lightning is in your area, how close and how frequent.

4. Is it possible for the race to be cancelled due to lightning?

**Answer:** Yes, unfortunately if there is prolonged delays or hazardous conditions, the race may be cancelled. However, we will make every attempt to get in as much running as possible during the day. Race officials will be in touch via volunteers as well as text message, twitter, Facebook and email if the race is cancelled.

### Recommended Team Resources

- NOAA.gov or weather.com | Radar or weather maps
- Lightning Smart Phone Apps