



market^{to}marketrelay™
IOWA

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. Knowing and following these rules will also help keep the race running smoothly as lightning subsides.

Lightning Rule | At Start Line

If there is lightning at the Start Line Area, the course official may delay your starting wave until the lightning clears. The location that your team will start from may also change. **Keeping track on your Team Time Card is extremely important.** Follow these procedures:

- If there is lightning in the area of the Start Line, Jefferson, during the start of your designated wave time, please have your first runner check-in and pick-up your team timing chip. Then check the **“Late Start Schedule”** below 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) M2M Relay Official Social Media 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 3rd runner should begin the race.
- Keep accurate track of the location and time when you started the race on your Team Time Card
- Turn this information into the Timing Tent at the Finish Line on your Team Time Card. 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 **“LATE START SCHEDULE”** IF DELAYED AT START LINE DUE TO LIGHTNING

Lightning Rule | On Course

If there is lightning on the course in your area 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 on your Team Time Card
- If lightning clears within 30 minutes put your runner back on the road 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 12th 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 own risk 30 minutes after last strike.
- Turn this information into the Timing Tent at the Finish Line on your Team Time Card. 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.

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, check the “**Late Start Schedule**” above and wait for further instructions from 1) Text Message 2) Instructions on the website/Facebook/Twitter or 3) Exchange Point Volunteers. Then
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 Late Start Schedule on pg 2*). 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. You will receive text messages when course stages are paused and re-opened.
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. You will receive text messages when course stages are paused and re-opened.
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 and race social media. Also, monitoring weather outlets, maps and radars such as noaa.gov, or weather.com, maybe useful. Lightning App is also a recommended smart phone app that can tell you if lightning is in your area, how close and how frequent. You will receive text messages when course stages are paused and re-opened.
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, social media, and email if the race is cancelled.

Recommended Team Resources

- NOAA.gov or weather.com | Radar or weather maps
- My Lightning Tracker App | smartphone weather app | provides lightning strike alerts based on your location
- Weather Bug App | smartphone weather app | provides lightning strike alerts based on your location
- Lightning Alarm App | smartphone weather app | provides lightning strike alerts based on your location