market to market® relay

RULE BOOK

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INTRODUCTION

A successful race involves a lot of training and a good group of friends, but it also requires preparation and effective communication with your team. Complete race rules and safety precautions are written in the Market to Market® Relay Rule Book. Each team must download and print a copy of the Rule Book for their team vehicle. We ask that all team members read and understand this important document. It is especially the team captain's responsibility to read and understand Rule Book and educate and hold their teammates accountable. Please note that all information in this Rule Book is subject to change at any time. Read on and have a great Market to Market® Relay!

This edition revised: **7/17/2023**

BEFORE THE RACE

1) GETTING STARTED | CAPTAIN CHECKLIST

1.1 Captain Registration To-Do List

- Start recruiting a team.
- Register and pay for your team online at m2mrelay.com before the published deadline.
- Invite and manage all team members using the online Roster Tool at m2mrelay.com. All information must be complete and individual online waivers signed before the published deadlines.

1.2 Captain Post-Registration Responsibilities

- ☐ Recruit & educate team members
- ☐ Find a team vehicle: rent, borrow, purchase, or steal (just kidding!)
- ☐ Reserve start line and finish line hotels
- ☐ Meet all published deadlines
- ☐ Ensure all team & runner information is accurate: T-shirt sizes, 5K times and waivers signed
- ☐ Team costumes and vehicle decorating contest
- ☐ Ensure you have all required Visibility Gear for Nighttime Hours
- ☐ Packet pickup
- ☐ Stock up on team food, water and first aid supplies
- ☐ Print a copy of this Rule Book.
- ☐ Have a unforgettable Market to Market® Relay

2) REGISTRATION

2.1 Team Registration

Registration is completed online by the Team Captain. The Team Captain will select a Team Division and pay a non-refundable team registration fee in full. The Team Captain does not need to have a complete team roster or know all individual runner details at time of registration. Following the Team Registration, the Team Captain will have access to the Roster Tool. From here, the Team Captain can manage the team by inviting, deleting, or editing individual runners.

2.2 Individual Runner Registration

After Team Registration, Team Captains will login and use the Roster Tool to manage their team. They will have until the published deadlines to invite individual runners, edit team information or make roster changes. Individual runners will have access to the Roster Tool to update individual estimated 5K running times, t-shirt sizes and sign their individual waiver. Teams with less than 5 registered runners after the published "Final Roster Deadline" will be considered **INCOMPLETE**. Incomplete teams will need to pay any associated late roster change fees in order to add new runners and to field a complete team.

3) REGISTRATION POLICIES

3.1 Participant Age Policy

All runners under the age of 18 must have a parent or legal guardian sign a waiver. Individuals under the age of 12 are not permitted to run in the Market to Market® Relay.

3.2 Refund Policy

All registration fees and add-on payments are final and non-refundable under any and all circumstances including cancellation, postponement, or alteration. Any roster changes including captain or runner substitutions should be made via the online Roster Tool. This policy stays in effect whether one of your runners is injured or you have an unexpected business or family emergency. Any inquiry regarding this policy will be directed back to this policy.

3.3 Deferral Policy

In-Person Team registrations and associated entry fees can be deferred to the following year's Event of the same Race at no cost up until the published "Final Roster Deadline". After the published "Final Roster Deadline", team registrations and associated entry fees can be deferred to the following year's Event of the same Race for a $100 deferral fee up until the published "Tier 1 Deferral Deadline" and then for a $200 deferral fee up until the "Tier 2 Final Deferral Deadline", the day prior to race day. After the published "Tier 2 Final Deferral Deadline", teams will not be able to defer to next year. Registrations may only be deferred for one year. In other words, Teams that defer to next year, but do not compete in the following year, will forfeit 100% of their entry fees. Any inquiry regarding this policy will be directed back to this page.

3.4 Weather or Dangerous Conditions Cancellation

In the event that the In-Person Event is cancelled due to weather or other dangerous condition, Pink Gorilla Events reserves the right to alter the In-Person Event to be a Virtual Event and transfer all In-Person Event participants into the Virtual Event. In the event that the In-Person Event is cancelled due to weather or other dangerous conditions, deferrals will not be allowed and refunds will not be issued. Participants will receive participant materials for the current year's Virtual Event including any optionally selected paid add-ons which will be shipped to them.

3.5 Field Limit

Because the number of runners that want to register may exceed the space available, we will not be able to accept everyone that wants to enter. When our number of teams registered meets our field limit, registration will close with no prior notice. Some locations in very high demand may hold a drawing for a limited number of team spots. These locations will clearly publish drawing application details, important dates, rules and instructions.

3.6 Disqualifications

The Market to Market® Relay reserves the right to reject any entry and to disqualify and bar any individual or team from the race. This rejection/disqualification may be based on, but is not limited to, non-payment of race fees, competing with an unofficial number, competing with an official number assigned to another competitor without completing the proper forms, crossing the finish line without having completed the entire course, or providing false information on race entry forms. The Market to Market® Relay reserves the right to change the details of the race at any time.

3.7 Volunteer Requirements

Unlike many other long-distance team relays, the Market to Market® Relay does not have a requirement that your team must provide volunteers or pay an additional fee for volunteers. However, we are always looking for individuals and groups to assist with the race. Please contact the Race Director with interested individuals or groups.

3.8 Automatic Entry for Sold Out Race

If a race sells out, the following Automatic Entry criteria are the only exceptions that will allow a team to register for the race. Registrations must be received 90 days prior to race day and teams must meet the Final Roster Deadline.

- Teams with a team average 5K that is under 20 minutes. Teams will have to provide official results with 5K times or McMillan Running Calculator equivalent times to the race directors.
- Sponsors of the event receiving race entries as part of sponsorship package.
- Teams that won a divisional or contest award in that race the year prior and received an "automatic invite" as part of their awards.
- Teams that volunteered (8 or more volunteers) for 4 or more hours at that race the previous year and received an "automatic invite" as part of their compensation.
- Award winning teams in other Market to Market® Relay races within a 12 month period. (ie, award winning Iowa Team would qualify for Nebraska).

4) ROSTER CHANGES & ROSTER DEADLINES

4.1 Preliminary Roster Deadline | ≈ 100 Days Prior to Race Day

Due:

- Team Name
- Division
- Runner Names & Email Address
- Packet Pickup Location

4.2 Final Roster Deadline | ≈ 60 Days Prior to Race Day

This deadline is used to make Wave Assignments, finalize Shirt Sizing and submit final Team Roster.

Due:

- Accurate Individual 5K Times
- Signed Online Individual Waivers

Note: Teams with less than 5 registered runners after the published "Final Roster Deadline" will be considered **INCOMPLETE**. Incomplete teams will need to pay any associated late roster change fees in order to add new runners and to field a complete team.

4.3 Late Roster Changes: After Final Roster Deadline

Roster Changes Policy: Runners can be added to your team at no cost (up to 8 runners) up until the published "Final Roster Deadline." Teams needing to add a new runner after the published "Final Roster Deadline" will be considered a late addition and will be required to pay a $15 late roster change fee for each new runner added. Late additions after the "Final Roster Deadline" will not change your team's starting wave or shirt sizing. Runners can be removed from your team at any time for no fee.

Changing Captains: Teams may transfer their team captain to another runner at any time using the online roster tool.

4.4 Late Roster or Late Team Changes: On Race Day

Any changes to your team or running roster on race day will be made at the RACE DAY CHANGES AREA located at the Starting Line. A $15 fee will be collected for each Roster Change or Team Change.

Race Day Changes to Report:

- **Runner Substitutions or Additions:** Team Captains and new runners report to the RACE DAY CHANGES AREA. Fill out appropriate forms and waivers.
- **Teams with 4 team members:** Teams with 4 members or less will not be allowed to participate. Five team members is the minimum team size. Go to the RACE DAY CHANGES AREA to see if any additional last-minute runners show up. If there are no additional runners, you are out of luck and your team will be considered FOLDED.
- **Change in Division (only if competing for awards):** Team Captain reports to the RACE DAY CHANGES AREA, asking to change Divisions. If a change is not made and you no longer qualify for a certain division, you will be allowed to participate in the race, but cannot qualify for any awards.

*Race Day Changes **NOT** to Report:*

- **Only 5 Runners:** Teams with 5 runners may remain in the race. Please refer to the substitution rule in the Official Rules if you still would like to be eligible for an award.
- **Missing team member(s) at the start of the race:** The substitution rule ONLY applies if you have 5 people at the start of the race. A team with only 4 runners at the start will not be allowed to compete in the event. A 7-person team missing one runner or an 8-person team missing one or two runners will be treated like a 7- or 6-person team accordingly. DO NOT report these changes UNLESS your missing team member(s) change the division you qualify for.

4.5 Final Deferral Deadline: See Race Website for Date and Fees

- This is the final chance teams have to defer to next year's race. After this date teams will not be able to defer to next year's event. Deferral fees apply. See rule 3.3 "Deferral Policy."

5) STARTING WAVE TIMES & ACCURATE 5K TIMES

5.1 Starting Waves

Teams are placed into Starting Wave's based on their *Average Team Pace.* We DO NOT seed teams slowest to fastest, they are randomized to make sure the parking areas are manageable for all teams. Accurate individual 5K times must be entered by each runner into their Roster Tool profile. Starting Wave times will be emailed to captains prior to race day and will also be provided at Packet Pickup.

Teams are required to select a *Standard Team* or *VIP Team* at Registration.

Standard Teams will be strategically assigned to a start waves to keep traffic counts manageable at exchange point areas, maximize your fun, and finish before the cut-off.

VIP Teams: A limited number of VIP Upgrade Teams will have the option to choose and guarantee their start wave plus receive additional benefits outlined at VIP signup.

The only way to guarantee your starting time is to register as a VIP Team. VIP registrations are limited on a first come, first serve basis for an additional fee.

5.2 Accurate 5K Times are Important

Accurate individual 5K times are extremely important to the efficiency and safety of the race. If individuals are not accurate, this can result in 1) increased race course congestion 2) teams getting ahead of setup crews or volunteers 3) teams getting behind the volunteer, medical and course coverage window. If your team is off only 1 minute per mile, this can result in your team being an hour ahead or behind schedule. Know, enter and update your average 5K time in the Roster Tool. Do not intentionally misrepresent your time in an effort to get into a preferred wave, it will not work.

5.3 Sandbagging

Sandbagging your estimated 5K times in at attempt to get into a preferred wave is an unacceptable practice. Teams that finish faster than 1.5 hours ahead of their Predicted Team Finish Time will not receive an official team finish time and may be excluded from future entry into the Market to Market® Relay. (Predicted Team Finish Times are calculated using the submitted team member predicted 5K times to find the average predicted pace per mile which is multiplied by the relay distance.)

5.4 Team Pace

There is not an *officially designated minimum team pace* for the Market to Market® Relay. However, Starting Waves and Exchange Point volunteer times are based on average team paces ranging from approximately 5-minutes/mile to 11.5-minutes/mile. If you are accurate with your submitted 5K times, your team will have no trouble finishing on time and within the volunteer, medical and course coverage window. Teams that are not accurate with their submitted 5K times may find themselves getting ahead or getting behind the coverage zone and could be held or asked to skip ahead 1 or more stages. Teams registering with the intent of walking the course are not allowed. Refer to rules 11.11 and 11.12 for more details and procedures for being off pace.

6) PACKET PICKUP

Packet Pickup locations date and times will be published online. Location may be chosen at time of registration and may be updated using the Roster Tool. Only the Team Captain needs to pick-up the Team Race Packet which will include:

- Official Race Guides (maps, driving directions, etc)
- Runner Shirts
- Start Wave Time
- Last Minute Updates
- Runner SWAG

7) TIMING & BATON

Your team will be given a slap bracelet upon checking in at the start line on race day. Make sure you use this as your baton. Each runner's race bib will have a timing chip attached to it and will keep track of your team's time.

TEAM TYPE, DIVISIONS & CONTESTS

8) TEAM TYPE

8.1 Regular Teams

Regular Teams shall consist of 7 runners.

8.2 Minimum Numbers

The minimum number of runners allowed to start the relay on a complete team shall be 5. Teams of 4 or less will not be allowed to start the relay.

8.3 Maximum Numbers

The maximum number of runners on a team is 8.
All vehicle passengers must have access to a safety belt

9) DIVISIONS & AWARDS

All teams must compete in **one** of the following Divisions. A team Division will be chosen by the team captain at time of registration and can be changed up until the Final Roster Deadline. Awards will be given to top finishers in each division as stated in the *Race Guide*.

Open
All teams may compete.

Women
All team members must be women.

Mixed
At least three female members must be on the team.

Corporate
All team members must be employed by the same employer or immediate family members.

Masters
All team members must be at least 40 years old.

Mixed Masters
At least female members must be on the team and all team members must be at least 40 years old.

Women Masters
All team members must be at least 40 years old and female.

Academic Division
Awarded to the top team affiliated with a school, college, university, or other center of learning. This can be students, faculty, or both.

Armed Forces Division
The top team that is instrumental to the defense and/or public service & safety
Eligible Teams: Army, Navy, Air Force, Marines, Coast Guard, FBI, Police & Firefighters.

Religious Division
All team members from the same religious organization.

Free Race Entries: *The top 3 Overall Teams (regardless of division) will receive a Free Entry into the following year's race. Winners of the following "Major" Division's will receive a Free Entry into next year's race unless they received one for placing top 3: (Open, Women, & Mixed).*

Automatic Invitations: *All Award winners will receive an automatic invitation into the following year's race. A race spot will be held for your team until 90 days prior to the race even if the race is sold.*
The team captain of any team winning an award and receiving a Free Race Entry or Automatic Invitation will be given a registration code during the registration opening period for the following year's event.

10) CONTESTS

All winners will be announced via M2M post-race email after race day and posted on the M2M website. Awards will be shipped to the award and contest winners. All voting will be done via the *Team Time Card* in the Race Guide (unless different voting procedures are otherwise noted in the Race Guide and must be turned in one per team at the Post-Race Shindig.

10.1 Best Team Costume

They key to victory is wearing your costume all day long. The more elaborate and ridiculous the better!

Rules:
- [1] Voting is done via the *rules outlined* in the Race Guide.
- [2] The team with the most votes wins

Winners get a prize pack and automatic invitation into next year's race.

10.2 Best Decorated Vehicle

To win the Best Decorated Vehicle Contest, your team vehicle must not only be awesome, but also be considered a legal Market to Market® Relay vehicle. Decorations should not pose a threat to safety while being driven.

Rules:
- [1] Voting is done via the *rules outlined* in the Race Guide.
- [2] The team with the most votes wins.

Winners get a prize pack and automatic invitation into next year's race.

10.3 Best Team Name

It's up to your peers. The wackier and more creative, the better. Just keep it awesome and appropriate.

Rules:
- [1] Voting is done via the *rules outlined* in the Race Guide.

- [2] The team with the most votes wins.

Winners get a prize pack and an automatic invitation into next year's race.

RELAY RULES

11) RULES CONCERNING RUNNERS

11.1 Running Order

Team members will run in a fixed order. For example, on a seven-person team, Runner 1 will complete Stages 1,8 and 16; Runner 2 will complete stages 2, 9 and 17; and so on. Your running order is considered fixed once a runner begins their first stage. You can choose your running order as late as race day and running order does not need to be reported to the race organizers.

11.2 Nighttime Hours & Required Team Visibility Gear

Each runner starting a stage after official 'Nighttime Hours' will be required to wear Visibility Gear which includes a reflective vest, headlamp and blinking LED taillight. Official Nighttime Hours will be designated for each relay. Teams are required to have at least 2 reflective vests, 2 headlamps and 2 blinking LED taillights as a part of team gear. Additional Visibility Gear is recommended for non-running participants whenever outside of their vehicles during official Nighttime hours.

REFLECTIVE VEST

HEADLAMP

BLINKING LED TAILLIGHT

11.3 Personal Music Devices & Headphones

The use of personal music devices with headphones/earbuds while running is strongly discouraged. The event takes place on roads and trails that are open to vehicles and other trail users and the route often crosses open roads. Runners must be alert and aware of their surroundings at all times. Wearing personal music devices can cause distractions and can prevent the runner from hearing what is going on around them. If you still choose to use a personal music device, you do so at your own risk and against the advice of the event. It is highly recommended to have speakers below your head and volume at a minimum level. You must meet the following requirements or violations maybe issued:

1. You must be able to hear vehicles, other trail users, race officials, volunteers and police officers directing traffic.
2. You must be aware of the sounds around you
3. You must be able to hear instructions from race officials, volunteers and police officers.

11.4 Official Race Bibs

Runners must wear their official race bib numbers corresponding to their position on the team. The first runner must wear a number ending in “1”, the second runner must wear a number ending in “2” and so on. Race numbers must be visible from the front. Once the team has started the race, switching bibs is prohibited.

11.5 Injuries & Substitutions

If for medical reason or an injury a runner cannot complete a section and the team decides to continue with the relay, another runner may take over. The substitute may be any other runner from the team and the remaining sections for the injured runner can be split amongst one or several substitute runners. For mixed division teams, substitute runners must be the same gender as the injured runner. Stages may not be shared. Only one runner is allowed per Stage unless an injury occurs on that Stage.

11.6 Baton Exchange

The “baton” must be passed from one runner to the next within the defined Exchange Zone at each Exchange Point. Runners must carry the “baton” so that it is visible to race officials while approaching and leaving the Exchange Zone. Batons are slap bracelets and one is provided for each upon checking in at the start line on race day.

11.7 Wrong Turn

Runners who take a wrong turn must return to the course where they left it and continue on the correct route. Runners may use the team vehicle or other transportation to return to the correct route, provided they complete the entire correct route unaided.

11.8 Traffic Laws

Unless a police officer instructs you differently, you need to obey all pedestrian traffic laws.

11.9 Team Finish Rule

Teams competing for a timed award must follow the Team Finish rule. Within the final Stage of the relay is the “Team Finish" where teammates can meet their final runner to cross the finish line as a team. Teams may elect to finish the race as a team or they may choose to skip the Team Finish and allow their final runner to cross the finish line alone. Either way, final team finish times will be determined by the runner crossing the finish line with the baton.

1. The baton may not be passed to another runner to complete the Team Finish as the Team Finish is not considered a stand-alone Stage.
2. The person with the baton must cross the line first.
3. Passing the baton to a new runner or having a non-baton holding team member finish ahead of the teammate with the baton with cause an error from the timing system and will give a team an advantage in a very closer race scenario.
4. Therefore, the runner of the final Stage must be the runner to carry the baton across the finish line and must be the first person to cross the line regardless if the team decides to finish as a team or just with their final runner. Teams that pass their baton to a new runner for the Team Finish will be ineligible for any timed award.

11.10 Skipping Stages

Teams skipping stages will have a penalty added to their time and not be qualified for awards. You will still get all of your finisher SWAG and shindig goodies. If your team MUST skip a stage, report that you are skipping to Pink Gorilla Events Race Headquarters before you skip the stage.

11.11 Getting Ahead – Holding Zones

Your Market to Market® Relay race may have an official holding zone. Your team's submitted average 5K mile times were used to place you in a starting wave that puts your team inside our volunteer, medical and course coverage window for the entire day. If your team gets too far ahead of your projections, we will be forced to hold your team at the designated halfway exchange point. To prevent your team from getting ahead of the set-up crew again later in the race, we will require your team to be held for 1 hour at the exchange point outlined as a Holding Zone in the race day guide. If your team is held, we will subtract the total time that you were held from your overall time. This will result in the best possible experience for your team. Make note of any holds on your Team Time Card. Be sure to include the time you stopped running and the time you restarted running. See Holding Zones and times in the race day guide for the event.

11.12 Getting Behind – Cutoff Zones

Your team's submitted average 5K mile times were used to place you in a starting wave that places your team inside our volunteer, medical and course coverage window for the entire day. If your team gets behind that schedule you could fall outside of our coverage zone. If your team, finds itself getting behind, you will be asked to follow the procedures listed in the race day guide for the event. This may involve skipping 1 or more exchange points to get back within the coverage window. Make note of any skipped stages on your Team Time Card. Be sure to include the time you stopped running and the time you restarted running.

For exact cutoff times, locations, and other information, please see the race day guide for your event.

12) RULES CONCERNING VEHICLES

Please use your best judgment when driving, and please watch for runners and other pedestrians.

12.1 Vehicles and Runner Support

Vehicles may not stop to interact or support runners on the course unless an injury has occurred, or a runner has taken a wrong turn. Vehicles must always take the Driver's Path, even if it differs from the Runner's Path. Please remember, runners are in charge of their own water and nutrition while running between Exchange Points.

12.2 Number of Vehicles and Types Allowed

Teams may use only one registered vehicle, unless they have faster than a 20-minute or less 5K team average; these teams qualify for two registered vehicles. Cell Phones and Radios are recommended for 2-vehicle teams.

Team vehicles must be large enough to provide all passengers with access to a safety belt. Large vans, mini-vans and SUV's are allowed. Buses of any kind (mini, shuttle, or any other type of bus), RVs, trailers or limos are **NOT** allowed. Team's violating this rule will be immediately disqualified.

12.3 Vehicle Drivers

Teams may use dedicated Vehicle Drivers that are not a part of the relay team. This can be nice because it allows runners to rest between stages and also gives the driving responsibilities to one person. Teams can also share the driving responsibilities amongst team members. Remember, all passengers must have access to a safety belt.

12.4 Location of Vehicle ID Tag

Registered team vehicles must display an official identification tag in the rear window of their team vehicle. The tag must be visible to race officials at the Exchange Points. Only team vehicles displaying the official ID tag will be allowed to park at the Exchange Points. Teams with extra vehicles will be disqualified and asked to leave the course.

12.5 Driving Directions

Team vehicles are encouraged to follow the driving directions provided in the Race Guide. Directions have been designed to eliminate vehicle contact with runners and to provide the quickest route to the next Exchange Point. If a vehicle gets lost or takes a wrong turn and does not reach the next Exchange Point in time, the time is lost and will not be awarded back. Vehicles are not allowed to follow the Runner's Path if it differs from the Driver's Path unless in an emergency.

12.6 Laws

Team vehicles MUST obey all speed limits, traffic signs, and other traffic laws.

12.7 Runner Safety

Team vehicles must drive at a normal rate of speed. Vehicles may not block or interfere with other vehicles, and must yield the right of way to runners at all times.

12.8 Parking & Runner Drop Off

At the Exchange Points, team vehicles must park in designated areas only and follow volunteer instructions. Vehicles may not stop within the Exchange Zone. Do not discharge runners from the vehicle prior to parking at the official Exchange Point parking area. This can be dangerous and can cause congestion and traffic delays.

12.9 Respect Private Property, Residents & Local Communities

The continued success of the Market to Market® Relay depends on the relationships we build with local residents and communities. We want residents to be proud that the race course travels through their community rather than seen as a nuisance. Please do not park or otherwise trespass on private property. Do not block driveways or access to businesses. Please do not flash bright lights, play loud music or honk your horn unnecessarily especially in the morning or evening hours. See our Run Above Code of Conduct (Rule 19).

13) RULES CONCERNING ALL PARTICIPANTS

13.1 NO LITTERING

Trash and recycling is NOT provided on the course. Trash and recycling is the responsibility of each team. Please take all race related waste home for appropriate disposal. No littering or illegal dumping on private property will be tolerated. Teams are encouraged to use the trash and recycling bags provided in the race packets to leave the course better than we found it."

13.2 NO PUBLIC URINATION

Participants should only use the bathroom facilities provided. No public urination or other public relief is allowed.

13.3 NO CONSUMPTION OF ALCOHOL

Consumption of alcohol is not allowed at any time while participating in the race. Even if you have completed your last Stage, you are still participating in the race until your team has crossed the finish line. Do not start the party early. Alcohol may be consumed responsibly at the finish line party when city ordinances and permits allow. Please no outside alcoholic beverages at the finish line party.

There is zero tolerance on any of these rules. Violation of any of these rules will result in an automatic team disqualification and you will be asked to leave the course.

RELAY SAFETY

Safety is the first and foremost priority of the Market to Market® Relay. It is important that all runners and drivers realize that there are many potential hazards and risk associated with participating in a relay race on open roads and trails. These include but are not limited to vehicle traffic, other trail user traffic, road and trail conditions, and weather. Please help us have a safe relay by being safe runners and drivers and providing safe support.

14) RUNNER SAFETY

Please read and understand all race rules and seek clarification as needed. Beware of vehicles. A significant portion of the race course is on or crosses live roads. Obey all traffic and pedestrian laws, unless instructed differently by a police officer. Please refer to the *Rules Concerning Runners* section.

14.1 Course Signage

Follow all M2M Relay signs and read the stage directions in this guide carefully. It is your job to know the running route — the signs are only there to assist you. We recommend carrying water, a cell phone and a map of your Stage while running.

14.2 Run Against Traffic on Roads

Runners must run against traffic if running on city, county or state roads unless instructed otherwise.

14.3 Trail Etiquette

Remember you are on an open course. When on trails, respect other trail users, yield to cyclists, keep to the right, announce when you are passing and pass safely on the left.

14.4 Road Crossings & Crosswalks

Runners and team members must use and obey crosswalks, waiting for a safe crossing. In the absence of a crosswalk, slow down, look both ways, and only cross if safe and in the absence of approaching vehicles. Do not assume because the runner in front of you crossed that it is safe for you to cross.

14.5 Reflective Clothing & Required Visibility Gear

Runners should wear bright and reflective clothing at all times. Further, a reflective vest, headlamp and blinking rear LED taillight is required of all runners starting a Stage after official Nighttime Hours. See rule 11.2 for complete details.

14.6 Personal Music Devices & Headphones

See 11.3

14.7 Water & Nutrition

Runners are in charge of their own water and nutrition on the course. There will not be water areas or Aid Stations between Exchange Points, unless outlined in Race Guide. Certain Exchange Points may have refill areas, but teams should bring enough water to last the duration of the race. As a way to reduce race day waste, plastic cups will not be provided. Please bring your own reusable, refillable water bottles and team water jugs.

15) VEHICLE & DRIVER SAFETY

Beware of runners on the driving course. A significant portion of the race course is on roads.
Please refer to the *Rules Concerning Vehicles* section.

15.1 Tips for Successful and Safe Driving

- Focus on driving! Avoid distractions.
- Know where you are going and look at the map before you start driving.
- Know that there are no signs for Vehicles. Driving directions are printed in the Race Guide.
- Have your co-pilot read the driving directions, look at maps and give you instructions.
- Do not arrive at Exchange Points significantly early.
- Obey all traffic laws and speed limits. No Stopping in the roadway. Park in only legal and safe places. No illegal U-Turns.
- Do not support your runner. Stay on the designated Driver's Path.
- Do not drop your runner off early. Only drop-off your runner after you have parked at the Exchange Point.

15.2 Water, Food and Team Emergency Gear

It is your team's responsibility to carry adequate team water, food, required Visibility Gear, blankets, first aid supplies, cell phones, clothing layers and raingear in your vehicle. There will be no Aid Stations on the course.

16) EMERGENCY INFORMATION & WEATHER PROTOCOLS

16.1 In the Event of an Emergency

In the event of a serious emergency, **dial 911,** and then call the Medical Dispatch number listed in your *Race Guide*.

Notify the nearest volunteer as they will also be able to contact the nearest on-course medical personnel, race officials or ambulance depending on the severity of the incident.

16.2 On-Course Medical Personnel & Resources

On-Course Medical Personnel will be at Exchange Points throughout the course which will respond as needed. Additionally, each Exchange Point supervisor will have access to a basic first aid kit which can be used if needed.

Although on-course medical personnel and first aid kits exist, do not relay on access to these resources. Each team should carry their own first aid kit and discuss what they would do in an emergency. It is also the responsibility of every team to know the location and hours of the nearest hospital and medical facilities.

16.3 Inclement Weather

The relay will occur under a wide range of weather conditions and in general will not be cancelled due to weather. However, severe weather conditions may result in a delayed, altered or canceled event. Such weather conditions may include but are not limited to severe electrical storms, snow, ice, hail, wind, tornado, flooding and extreme cold or heat. Event delays, alterations or cancellations will be communicated via the nearest volunteers as well as via text message to team captains. If you encounter severe weather, use your best judgment and follow standard safety precautions.

16.4 Lightning

Lightning at the start of the race may result in a delayed start until the lightning clears. 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 onto 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 move ahead one Exchange Point.
- 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 Race Headquarters 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.

If a lightning event happens race officials have the right to postpone official results and the award ceremony. If this happens, please give officials up to two weeks to calculate a lightning adjust results.

16.5 Flooding

If your runner or vehicle encounters flooding, follow these procedures:

- Do not attempt to cross the flooded portion of the course. Get your runner into your team vehicle.
- Drive ahead or detour to the next Exchange Point. Follow volunteer instructions and check for text messages from race officials.
- Race officials reserve the right to establish an alternate course or finish line.
- Keep accurate track of where and when you left the course and where and when you returned to the course.

- Turn this information into the Timing Tent at the Finish Line. 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.

16.6 Race Headquarters

Notify the Race Headquarters of any incidents, accidents, emergencies, race course concerns, hazards, and dangerous weather or rule violations. Also notify the Race Headquarters with your team number if you decided to withdraw early from the race and will not be finishing.

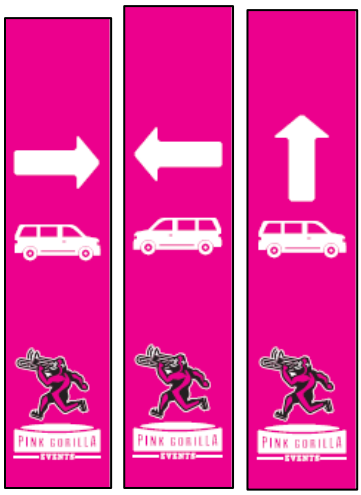
Race Headquarters: ***Phone Number Located In Race Guide***

17) VISUAL CLUES & COURSE SIGNAGE

ON-COURSE MEDICAL

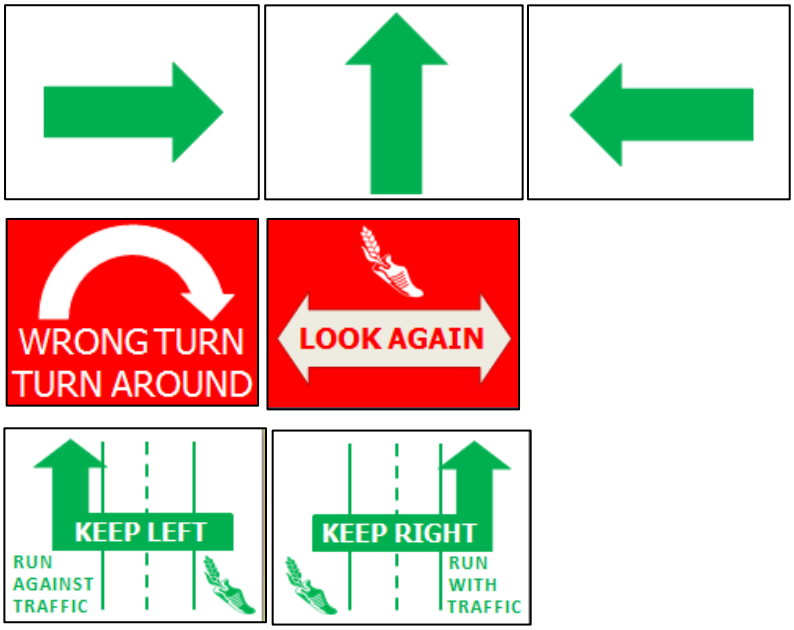
EXCHANGE POINT MARKER FLAG

SIGNS FOR VEHICLES



- Most Turns are not marked for vehicles. Follow the directions in your Race Guide.

SIGNS FOR RUNNERS



RULES ENFORCEMENT

18) 3 STRIKES POLICY

In order to maintain a fair and safe event, reported rule violations will be recorded throughout the day by the M2M Relay Rules & Safety Official. After each rule violation, the team captain of the violating team will be contacted by the M2M Relay Rules Official. Teams with 2 strikes for the same rule or 3 total strikes for all rules violations will be disqualified. Disqualified teams may no longer participate in the event and will be asked to turn in their race bibs and baton to the nearest Exchange Point official and to leave the race course. Rule violations maybe submitted my race officials or volunteers located throughout the race course. Additionally, individual runners may report rule violations via text message or phone call to: ***Phone Number Listed in Race Guide***.

Teams may also be disqualified immediately if the violation is deemed to be a serious rule violation. Further, we reserve the right to revoke early registration privileges from disqualified teams or to ban teams or participants from future events.

When reporting a rule violation be sure to include the team number of the violating team, individual bib number, location, time and violation. Also include your name and team number.

19) RUN ABOVE –M2M RELAY RUNNER CODE OF CONDUCT

1) Respect Volunteers
2) Respect Communities & Residents
3) Respect Other Teams & Runners

As runners, we naturally have a high respect for people and our surroundings. Running in the Market to Market® Relay requires an even greater responsibility and demands that we set the bar even higher. RUN ABOVE means respecting volunteers, communities and residents, and other teams and runners. The actions of a select few can make us all look bad and could easily sour or ruin the experience for volunteers, other runners or the residents in the communities where we run. Go the extra mile and make a positive, lasting impact on everyone you encounter and everywhere you visit on race day. Hold yourself, team mates and other runners accountable to this runner's code of conduct and we'll all have an incredible day on the running roadtrip!

Report any code of conduct violations to the M2M Rules & Safety Official at: ***Phone Number Listed in Race Guide***.