

Gary
Felix

EQUIPMENT - THE RELAY (per website)

TEAM EQUIPMENT - REQUIRED

- 2 flashlights with extra batteries; from sunset to sunrise, runners
- 2 reflective vests, required from sunset to sunrise and
- 2 vehicle signs "CAUTION-RUNNER ON ROAD" (minimum 17 x 22
- 2 vehicles (maximum 6.5 x 19 feet); No buses, extra vehicles,
- Clipboard for Team Time Record
- Safety pins for race numbers
- Trash bags
- Vehicle registration and insurance as required by California Vehicle
- Watch/stopwatch for clipboard with Team Time Record
- Water, electrolyte drinks since there are no aid stations

TC2 COMMENTS

- ** Everyone should bring one
- ** Everyone should bring one
To be purchased at start
- JSC to provide
- JSC to provide
- JSC to provide
- Should be part of rental
- Everyone synchronize watch to
Budgeted item

TEAM EQUIPMENT - RECOMMENDED FOR EACH VEHICLE

- Cooler with ice
- First Aid for blisters, abrasions
- Food, drinks
- Maps
- Markers, pens, pencils, paper
- Phones, radios, beepers
- Tape for vehicle signs
- Toilet paper, paper towels, cups

- ** OPEN - need one per van
???
- Budgeted item
- JSC to provide
- JSC to provide
- ** Everyone should bring their cell phone
Budgeted item
Budgeted item

RUNNER EQUIPMENT - RECOMMENDED

- Blinking red light
- Camera
- Driver license, ID required for submasters and masters competitive
- Flashlight, 2 per team required, but many runners bring their own
- Food, drinks
- Foot care aids
- Hat or visor to reduce glare of headlights
- Money, credit card
- Plastic bags for wet clothes, icing injuries, trash
- Protective aids: pepper spray, phone, whistle
- Reflective and warm clothing; Legs 18-20 may be cold
- Reflective vest, 2 per team required, but an extra avoids wearing a
- Running shoes, shirts, shorts, socks
- Shampoo, soap, toothbrush, toothpaste, toilet paper, towel
- Sleeping bag
- Sunglasses, sunscreen, hat
- Water bottle

- ** Everyone should have one
- ** Send photocopies to JSC; need to turn in at registration
- ** Everyone should bring one
- ** Don't forget your own technical food (e.g. power bars, gu, etc.)
- ** There will be time for meals & pit stops between van exchanges

Do not bring alcohol, bicycles, headphones, pets.

THE RELAY - OTHER INFORMATION & OPEN ITEMS

- RENTAL OF VAN #1

- Need at least 2-3 drivers for Van #1 (rental van) who will go pickup the van by 5:30 on Friday October 18
- Van will be at Hertz (800-654-2200) located at Autobrite Car Wash (30763 Fremont Blvd.)
- Reservation#B88108738C3 needs to be switched from Janette Chock's name to one of the drivers who will be the responsible party for the van
- AAA rate is \$61.19/24 hour period and be sure to request insurance at \$14.99 per day; tax is 8.25% - we are reserved for 3 days
- Drop off is no later than the time of pickup on Monday

- VAN #2 (Ron's Van)

- Need to arrange meeting place with Ron

- REMEMBER! - It is vital EACH person on our team bring the following items:

- REFLECTIVE VEST
 - BLINKING RED LIGHT
 - FLASHLIGHT
 - EXTRA BATTERIES
 - TECHNICAL FOOD (e.g. Power Bars, Gu, etc.)
 - WATER BOTTLE (to mix Gatorade in)
 - \$/CREDIT CARD
- Remember space will be limited so please pack efficiently and DO NOT bring a giant triathlon bag

- VAN COORDINATOR

- Need one coordinator per van who will be responsible for tracking times and keeping track of logistics
- Van route information, etc. will be compiled and provided to this person

- SUBSTITUTING RUNNERS - There is a \$20 fee we swap out runners, since it is after Aug 20

- START TIME FOR OUR TEAM

- Will be posted after Sun Sep 15; an e-mail will be sent to everyone
- Van #1 needs to be at the Race Start at least 1 hour prior to our start time.
- Van #2 starts at Exchange #6.

- REIMBURSEMENT OF AMOUNTS SPENT

- Prompt reimbursement of gas money and van rentals will be done immediately after the race

THE RELAY - BUDGET

IN - ESTIMATED

per person @registration	12	\$ 15.00	\$ 180.00
per person for van rental	11	\$ 40.00	\$ 440.00
Ron extra	1	\$ 25.00	

Ron included extra (see below)
 Ron excluded since he is supplying a van
 to be refunded (so not included in total)

\$ 620.00

OUT - ESTIMATED

Signs	2	\$ 5.00	\$ 10.00
Van - Rental			
Rental	3	\$ 66.24	\$ 198.71
Insurance	3	\$ 16.23	\$ 48.68
Gas	33	\$ 1.90	\$ 63.33
Van - Ron's			
Gas	33	\$ 1.90	\$ 63.33
Oil Change	1	\$ 50.00	\$ 50.00
Food/Liquids/Supplies			
Distilled Water	16	\$ 1.20	\$ 19.20
Gatorade	2	\$ 8.00	\$ 16.00
Ice	2	\$ 3.00	\$ 6.00
Coke	2	\$ 5.00	\$ 10.00
Fig Newtons	4	\$ 3.00	\$ 12.00
Tape for signs	2	\$ 2.00	\$ 4.00
TP & paper towels	2	\$ 3.00	\$ 6.00
Copies	96	\$ 0.05	\$ 4.80

NEED DRIVERS TO PICKUP RENTAL

3 days - Fri night pickup, Mon return @

12 mi/gallon - 400 miles

J.Chock & E.Chock will pick this stuff up

To buy in gallons; 8 gallons per van (1.3 gal/person)

Gatorade powder - everyone mix in own water bottles

NEED ONE ICE CHEST/CAR

One 12-pack/van

2 packages per van - ENOUGH? ANY OTHER SNACKS ?

For meeting & to equip each van with info

Everyone to bring one

Everyone to bring a flashlight AND extra batteries

\$ (512.06)

DIFFERENCE - ESTIMATED

\$ 107.94

Any actual amounts leftover will be refunded

Estimated amount to be refunded per person (does not include Ron since excess is from van rental)

DIFFERENCE/PERSON - ESTIMATED

\$ 9.81

THE RELAY - RULES (from website)

Review rules to avoid penalties (minutes added to finish time/disqualification) and enhance runner safety. There are no road closures, traffic control or aid stations. To qualify as winners, teams must follow all rules. **Non-competitive teams must follow rules 1-16.**

1.	Obey the California Vehicle Code: a. Cross roads only in crosswalks or at intersections. b. Stop at red lights. c. Do not run in a bicycle lane when a sidewalk is adjacent.
2.	STAY OFF THE ROAD and away from Baton Exchange Areas. Only one person per team is allowed out of the van to assist a runner.
3.	Run on the RIGHT side of the road with traffic except where instructed to Run On Left on Maps 1 and 18.
4.	Obey volunteers and respect private properties. Dispose of trash and human waste properly. Be quiet near residential areas (Legs 15-27).
5.	Wear team numbers (bibs) and batons (wristbands). From sunset to sunrise, runners must also wear reflective vests and carry lighted flashlights. Runners should wear reflective vests during daylight to increase visibility, especially on blind curves.
6.	Vehicles may not trail runners, but must drive ahead to ready the next runner. Do not force runners onto the road by obstructing the shoulder.
7.	Provide two vehicles, maximum 6.5 x 19 feet. No buses, extra vehicles, limousines or motor homes. Vehicles must display team number (provided at Start) on front and rear window and a rear sign, "CAUTION-RUNNER ON ROAD" (minimum 17 x 22 inches, \$5 at the Start).
8.	Resting Vans may not travel along the course or park in Runner Exchanges (see Resting Van Routes). Only Active Vans may park in Runner Exchanges. Active and Resting Vans may park in Van Exchanges (6, 12, 18, 24, 30).
9.	Vehicles may NOT stop or park within 500 feet BEFORE Exchanges. Park beyond Exchanges before exiting vans.
10.	Incoming runners must pass batons (wristbands) to outgoing runners within Baton Exchange Areas.
11.	If a turn is missed, the runner must return to the missed turn and continue.
12.	To file a protest after observing a rule violation, a team must submit a completed Protest Form (available at Exchanges) to a Relay Staff member within 30 minutes of crossing the finish. The protesting team must notify the accused team so misunderstandings may be settled before filing.
13.	Alcohol, bicycles, headphones, nudity and pets are prohibited.
14.	Submit completed Team Time Records at the finish to receive medals.
15.	If a volunteer fails to sign in and fulfill a 4-5 hour shift, the affiliated team will be disqualified.
16.	Runners must submit accurate pace times and teams must not finish the race more than two hours ahead of their estimates.
MANDATORY RULES FOR COMPETITIVE TEAMS	
17.	After listing runners in order and submitting the Roster/Waiver at the Start, runners must maintain this order throughout the race.
18.	To qualify as winners, submasters and masters teams must submit photocopies of each runner's driver license at the Start.
19.	If a runner is injured or ill, the next runner (of the same gender) in rotation must substitute. The injured runner may not run again requiring one or more runners to run extra legs. The original order must be maintained. Women must run a minimum of seventeen legs or a mixed team will be reclassified.
20.	A runner may not drop out to substitute a faster runner. If a runner is unable to finish a leg (i.e. cannot walk), the next runner in rotation must take the baton (wristband) at the point of injury and continue. A hand-off must occur at the next exchange. A runner may not complete one leg and run the next leg. Only one substitution per leg is allowed.