



RACE HANDBOOK

Table of Contents

Table of Contents.....	1
Welcome Letter.....	3
Summary.....	4
Event Overview.....	6
Before the Event.....	7
Captain’s Checklist.....	7
Equipment Lists.....	8-9
At The Start.....	10
Check-in and Required Equipment.....	11
Race Packet.....	11
Directions to the Start.....	12
Safety.....	13
Safety Requirements.....	13
Your Visibility.....	13
Running Safely.....	13
Driving Safely.....	14
Spectating Safely.....	14
Night-Time Support.....	14
iPods & Other Portable Music Players.....	14
Emergencies.....	15
Additional Information.....	15
Trash.....	15
Restrooms.....	15
Noise.....	15
Food and Beverage.....	15
Gas Stations.....	15
Sleeping on the Course.....	16
Inclement weather.....	16
Parking at the end of Leg 34.....	16
Van Decorations.....	16
Volunteers.....	17
Refund Policy.....	17
At the Finish.....	18
Parking.....	18
What you Need.....	18
Finish Area Description.....	18
Winner Announcements.....	19
Trash.....	20
Finish Parking & Finish Area Directions.....	21
Rules & Regulations.....	21
New England Relay Event Liability Waiver.....	22
Replacement Runner Application.....	23
Team Tracking Sheet.....	24

Welcome Letter

Dear Runners,

Welcome to the New England Relay. Team captains, congratulations on organizing and motivating your team. You have completed one of the most difficult parts of the event. Come race day, you can relax, run and just have fun.

We have quite an event in store for you this year. This race will pass through all six New England states in the same event. So whether this is your first long distance relay or your twentieth, the New England Relay is sure to be a memorable experience and one you can brag about.

The 2013 NER Race Handbook is your comprehensive guide to all aspects of this event. Please read through it carefully and thoroughly. It is critical that each person on your team read and be familiar with this handbook. Your team's understanding of this information will greatly contribute to a SAFE and SUCCESSFUL completion of the event as well as the overall success of the New England Relay.

We will be looking to you after the event to provide us with feedback so we can continue to improve this event. As such, we've provide a feedback form in this handbook that you can use during the race to keep notes and hand in at the finish. If you forget or you're just having too much fun to bother, we'll also send this out to you afterwards, so no pressure.

If you have any questions or concerns between the day you receive this and race day, you can contact us at Garfield@fattmanproductions.com

We're so glad you're joining us this year. We look forward to seeing you in a few weeks!

Happy Running!

Kelly Fattman, Race Director
Brian Hamill, Event Founder
And the rest of the NER staff

Summary

The first two pages of this handbook highlight some of the most important points necessary to have a successful and safe race. And, while every runner needs to know the points that are listed here, it is not a substitute for reading the entire handbook. The handbook provides comprehensive details that every racer needs to know and be able to reference back to during the race.

Before you arrive:

- Read the handbook to become familiar with its contents. The re-read it again.
- Make sure you have a fully planned team strategy for running the event, what order you will run in, where you will sleep in the middle of the night, etc
- The team must have all the required equipment prior to race day check-in. This is covered in the “Required Equipment” section.

At the start:

- Race day check-in will be open from 5:00 am to 1:00 pm on Saturday, June 22nd. You should check in one hour before your start time.
- All team members must have each signed a separate waiver as found in the back of the handbook, and submit it at check-in.
- If your team roster has changed from when we closed registration on June 1, be sure to turn in runner registrations for any new runners. This is most important, as we need to have emergency contact information for all runners.
- If you are late to the start, the clock for your team will have started already and your finish time will reflect this.

During the Race:

- This race course is open to traffic. All runners must adhere to traffic signals, stop signs, etc.
- Please run on the same side of the road as the NER arrows (you may see an occasional arrow on the other side, but not more than 1 in a row). This may require you to run with traffic at times.
- Once you have determined which side of the road you should run on, please stay on that side until instructed to cross by an event volunteer, police officer, or appropriate signage.
- Please do not crowd the runner exchange area or gather in the road while you wait for your runner to come into the TA.
- Please do not park in front of a resident’s home or drive onto their front lawns.
- Please make sure you are quiet in Quiet Zones. These areas will be marked on course map.
- Drivers: Please do not pull over to the side of the road on a continuous basis. Some roads are very narrow with limited to no shoulders and this can create a dangerous condition for your, the runners and other drivers. You are expected to obey local traffic rules and speed limits.
- Please make sure your team name and van decorations are appropriate, as well as your language and actions
- Ensure that your vehicle signs are placed in the front and rear windows of your support vehicles and that they can be clearly identified
- All runners must wear reflective gear during the hours of 7:00 pm and 6:00 am, Saturday and Sunday.

At the Finish:

- FINISH LINE IS STILL UNDER REVIEW. UPDATED INFO WILL BE PROVIDED SHORTLY
- After your last runner finishes, team captains should submit the team tracking sheet at the finish table to receive the race medals
- The finish line will be open from 12:30 pm – 5 pm, with all the teams finishing between 1 pm and 4 pm.
- The overall winners of the New England Relay (completes the event in the least amount of hours) will be announced at approximately 1:45 pm
- The winner of each division will be announced towards the end of the event, most likely by 3 pm.
- The marathon leg winner will be announced via email on Monday, June 24th and will receive their prize package in the mail.

Safety and Medical Support:

- Per your required equipment list, you are expected to keep a first aid kit in your vehicles for minor injuries such as cuts
- For medical emergencies, you should first call 911 to receive the most immediate help. Following that, it is extremely important that you alert a member of the NER staff of the problem. You may do so at a transition area or call the number for the race director provided to you on the day of the event.
- A list of NER staff contact information will be provided on the day of the event.

Race Rules:

- There are several rules and penalties. These are strictly enforced by the NER staff to ensure a safe race and to be able to continue to run the NER relay in future years.
- The rules and penalties can be found in the “Rules and Regulations” section of this handbook.

Bottom Line:

Please be considerate and courteous to all the people in the towns that you pass through as they have given you permission to race there and can take it away in future years. We also ask you to do the same for all the volunteers that spend hours in each TA waiting for you so you can have an efficient and successful race.

A simple “Thank You” goes a long way.

Event Overview

Event History

Two-day overnight relay events have existed since 1982, when the Hood to Coast Relay was begun in Oregon. Within the last few years, relay races have exploded in popularity. There are currently dozens of these events nation-wide and the number is growing every year.

The idea for the New England Relay burst into Brian Hamill's head while vacationing on the beach in the Caribbean. Leave it to the head coach of Community Running Association (a running club in Cambridge) to be thinking of running while on vacation! Was it possible to run across all six New England states in the span of a weekend? With the help of Robin Zarazoga, a passionate and seasoned relay runner, they organized a test run with other runners from Community Running in June 2009. They found that yes, not only was it possible, it was also extremely beautiful course that they wanted to share with other runners. And this, the New England Relay was born!

How does a relay race work?

The words "relay race" typically remind us of being 10 years old, back in elementary school, running the 50-yard dash then passing a baton to one of our teammates. Maybe you even wore color-coordinated t-shirts with your teammates? Well, today's team relay races are quite different but they do involve two similar aspects: running and teams

A relay race is a team-oriented event. Each team consists of either twelve runners and two vehicles or six runners and one vehicle (Ultra Teams). Vastly different from elementary school, though, team relay races are much longer. The New England Relay, specifically is approximately 220 miles divided into 36 sections, called "legs". At the end of each leg is a designated transition area (often a school, church, or park with ample space for parking vehicles). As the event is a relay, only one team member runs at a time, while the rest of the team travels in vehicles. When a runner completes his leg, he hands off to the next runner on his team at the transition area.

On a team of twelve, each runner runs three legs, keeping the same runner rotation throughout the event. For example, Runner #1 will run legs 1, 13 and 25. Each runner will cover approximately 18 miles over the course of their three legs, each leg being between 4-12 miles.

Generally its advisable that 12-person teams split into two groups, with six runners in each vehicle. We personally like 12-15 passengers vans, but SUV's and minivans work as well. The van that has a runner on the course is called the "Active Van", while the other van is called the "Resting Van". Typically the active van will support their runner (fluid, encouragement, etc,), while the resting van will drive ahead to the next "vehicle transition". Every sixth transition area is a vehicle transition, which means the last runner in the active van hands off to the first runner in the resting van. The resting van than becomes the active van.

A 6-person, or Ultra team, has several different choices as to how to split up the course: they can rotate through the 36 legs in a specific order; they can each run several legs in a row, then exchange; or they can split up the legs in any fashion, as long as each runner runs a minimum of three legs. Ultra teams can have 2 vehicles if they like, but it becomes logistically challenging, so we recommend only 1 vehicle for Ultra Teams. In such a case, the 1 vehicle is always referred to as the active van.

Before the Event

Prior to showing up at registration, there are several things that need to be completed:

- Review the material in the NER handbook thoroughly and relay it to all of your teammates.
- Review the required equipment and ensure your team has everything listed there. These items must be shown to race staff at the start in order to pick up your race packets. No team will be allowed to start the race without all of these items.
- Rent your team vehicles and make any travel arrangements necessary (i.e. rooms near the start if you're coming from far away, etc)
- Ensure that the waivers located in the back of this handbook have been signed by each of your teammates and drivers, and are brought to check-in.

To assist your preparation for the New England Relay, the following suggestions are provided:

Captain's Checklist

- Designate a co-captain to assist you with any team logistics and decisions
- Prepare a phone or email list to facilitate communication during the event
- Recruit two alternate runners. Team Matching may be limited close to the race
- Arrange for two vehicles (see the Team Logistics section online for recommendations)
- Recruit drivers (optional)
- Read the NER Handbook
- Pack Supplies (see Equipment List)
- Arrange for lodging (optional) : at the Start (Friday), during the race (Saturday) and/ or at the Finish (Sunday) (see the Team Logistics section online for recommendations)
- Using the course summary table in the Course Maps document, assign legs to your runners, and list those runners in order on the team tracking sheet (you enter their times during the race)
- Estimate van exchange times using runner paces and communicate to your teammates so each van will know when to expect the other
- Arrive at the start one hour before assigned start time

Equipment Lists

The following are checklist for items to bring for the relay. **Item in bold will be required to be displayed t the starting line in order to receive your teams race packets.**

Team Equipment

- Two vehicles for 12- person teams, one for Ultra teams (not longer than 20' or wider than 6'9") ; No buses, campers, RVs, limousines, motor homes, or extra vehicles
- **Two (2) printed copies of 2010 New England Relay Handbook**
- **Signed Liability waivers Waivers- each for each team member. If you have a driver , they must sign the waiver as well . Please have your team sign them in advance and bring them to check- in.**
- **Two (2) Trash bags**
- **Two (2) operational flashlights or headlamps**
- **Two (2) Reflective Vests with reflective striped that cover both the front and the back. Reflective jackets are not considered acceptable alternatives, but of course are encouraged for additional protection**
- **Four (4) Blinking lights (2 for each vest) to be worn one on your front and one on your back**
- **Two (2), self illuminated vests such as one made by U- Flash or GoMotion can be considered a replacement for both the reflective vest And blinking lights as they provide both functions**
- **Two (2) first aid kits for blisters and abrasions. These can be homemade, but must each contain: band aids, gauze, cold compression pack, athletic wrap, pain medicine , scissors, and antibiotic ointment**
- **Two (2) wireless phones, one for each van**
- **Extra batteries (for the flashlight or headlamp)**
- Clipboard and pen for team tracking sheet
- Watch/stopwatch
- 2- way radios
- Vehicle registration and insurance
- Tape for vehicle signs
- Water, electrolyte drinks, food and utensils for each van since there are no aid stations
- Toilet paper, paper towels, cups
- Cooler with ice
- Cold compress
- Local maps (From AAA or similar)
- Vehicle GPS unit
- Wet Wipes or Hand Sanitizer
- Van decorations

Runner Equipment

- Running shoes, shirts, shorts, socks- a clean set for each leg
- Reflective and warm clothing if it gets cool in the night
- Rain gear- you never know with New England weather
- Two pairs of running shoes
- Plastic bags for wet clothes, icing injuries, trash
- Bandana if sensitive about road dust
- Vaseline of glide to reduce chafing
- Sunglasses, sunscreen, hat or visor to reduce glare of headlights
- Flashlight or headlamp, 2 per team required, but many runners bring their own.
- Reflective Vest- two per team required, but an extra avoids wearing a sweaty vest
- Additional blinking red lights for extra safety
- Digital camera to take pictures
- Drivers license, money, credit card
- Earplugs, Foot- care aids, water bottle
- Personal toiletries
- Sleeping bag/pillow, sleeping pad, ground cloth/ tent

Do NOT Bring

- Alcohol
- Bicycles
- Children
- iPod/ Headphones while running
- Pets

At The Start

Check- in and Required equipment

Team captains or team representative should start checking in 1 hour before your start time.

Should you have a change to your team roster, you may hand in a Runner Replacement Application for each new runner. There is no penalty for the changes, but new runners are not guaranteed to receive their preferred t-shirt size.

Upon check- in, you will be required to show the following at check- in before you will be given your race packet:

- Two (2) sets of 2010 New England Relay race Handbooks
- Signed Liability Waivers- each team member and driver must individually sign a copy of the race liability for. Please have your team sign them in advance and bring them to check- in
- Two (2) Trash Bags
- Night Time Safety Gear
 - Two (2) operational flashlights or headlamps
 - Two (2) Reflective vests with reflective stripes that cover both the front and the back. Reflective jackets are not considered acceptable alternative, but of course are encouraged for additional protection
 - Four (4) Flashing lights (2 for each vest) to be worn on your front and one on your back.
 - Two (2), self-illuminated vests, such as the ones made by UFlash or GoMotion are preferred and will eliminate the need for flashing lights and reflective vests as these provide both functions.
 - Two (2) first aid kits for blisters and abrasions. These can be homemade, but must each contain: band aids, gauze, cold compression pack, athletic wrap, pain medicine, scissors, and antibiotic ointment.
 - Two (2) wireless phones, one for each van
 - Extra batteries (for the flashlight or headlamp)

IMPORTANT: Please note that your team **WILL NOT** be allowed to check-in without the above. No exceptions. **There will be no refunds for lack of participation due to missing required equipment.** We are very firm on this.

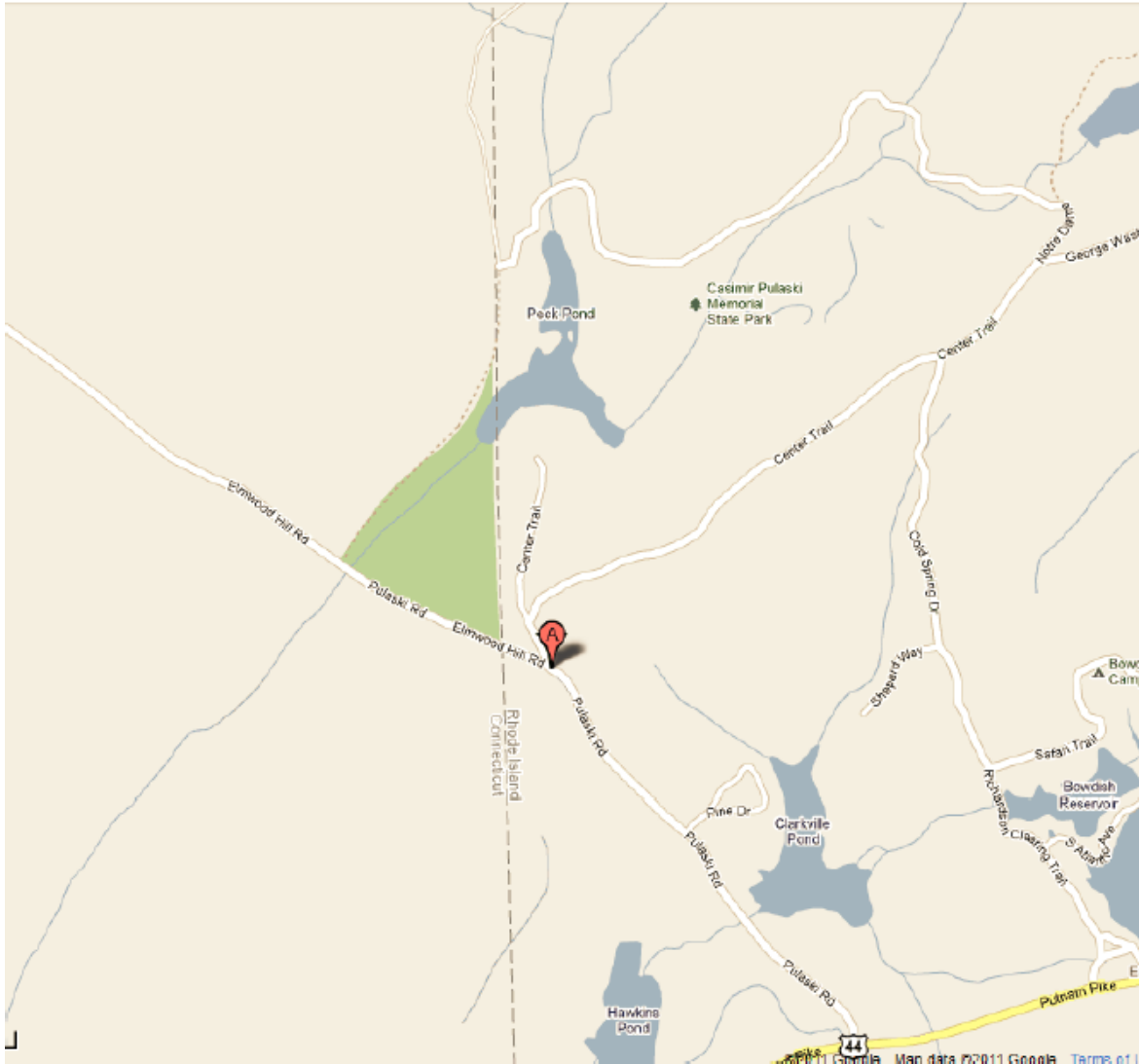
Race Packet

In your New England Relay race packet, you will receive:

- Twelve (12) Race t-shirts, one for each runner ; six (6) for the Ultra Teams
- Twelve (12) Bib numbers, one for each runner; six (6) for the Ultra Teams
- Two (2) team identification signs to be displayed in both of your race vehicles (1 per vehicle). This should be taped on the inside of the front window on the right side.
- Two (2) "Runner On Road" signs (1 per vehicle). Each one of these should be affixed to the back exterior of each vehicle.
- Safety pins for attaching your bib numbers. These are lost easily, so it is recommended that each team provide their own safety pins as well.
- 1 Voucher for parking at Transition 34, Wallis Sands State Beach. Please note only 1 team vehicle will be allowed to park here for free. If you would like to park an additional vehicle, you will need to pay the \$15 day fee.
- Finish line food vouchers (12 for 12-person teams, 6 for 6-person teams)
- A list of which transitions will have food sold by the volunteers
- Last minute updates and reminders

Directions to the Start

The start of the New England Relay is at Casimir Pulaski Memorial State Park in West Gloucester, Rhode Island. To find the entrance to the park, type the following coordinates into Google Maps (41.926968,- 71.796259) or use the closest address, 298 Elmwood Hill Rd, Chepachet, CT.



Quickest Routes:

From Boston MA: I-90 West -> I-395 South -> CT-200 East -> 3 mi on your Left

From Manchester NH: US 3 South -> I-495 South -> CT-2000 East -> 3 mi on your Left

From Providence RI: US-44 West -> Pulaski Rd -> 0.8 mi on your Right

From New York: I-95 North -> I-395 North -> US-44 East -> Pulaski Rd -> 0.8 mi on your Right

Safety

Safety Requirements

- When registering, each runner must provide the contact information for their emergency contact
- Both vehicles for each team must have a wireless phone to ensure communication in any type of emergency
- Each team's van must have a medical kit. It can be a homemade medical kit but must contain the following: band aids, gauze, cold compression pack, athletic wrap, pain medicine, scissors, and antibiotic ointment.
- On the back of each runner's bib, you should write your name, allergies, medications, illnesses, and team phone number on the backs of bibs to expedite the delivery of medical care

Your Visibility

Because the roads and paths used for the relay course are NOT closed for the event, every runner and team vehicle driver needs to be alert and exercise extreme caution at all times. To improve your visibility to vehicles on the road during dark hours, between the hours of 7:00pm and 6:00am, runners must wear the required night time safety gear you brought to check-in. During these hours, each runner must wear 1 reflective vest, 2 blinking lights (1 each on front and rear), and carry 1 working flashlight or headlamp). Race staff will be enforcing the use of this equipment. Anyone found not wearing this equipment during the required hours will be appropriately penalized according to the Rules & Regulations section of this handbook. Runners starting their leg before 7pm that expect to still be running after 7pm must start their leg wearing the required reflective gear.

While not required the following is recommended to increase your visibility with:

- Reflective arm bands
- Reflective or light colored clothing

Running Safely

It is very important to run on the side of the road designated by NER race signs. In many cases, which side of the road the course follows is designated by the towns we run through and is part of our permit with the town. Please run on the same side of the road as the NER arrows. This may require you to run with traffic at times. This is done either at the request of the local police or due to avoid crossing you on a very busy section of road or intersection ahead. So please pay close attention to the location of our arrows. Also, if you see other runners on the wrong side, please roll down your window and let them know they need to move over. It is for their safety and the safety of everyone in the race.

Intersections: Please use caution when entering any intersection along the course. Some may have police who are there to aid you in crossing. Please follow their direction and DO NOT CROSS until told.

Transition Areas: Each transition area will have volunteers to check in your team when your runners arrive. These volunteers are for your safety, allowing us to track any runners that don't come through the transition. Please make sure you wear your bib number clearly in the front so they can easily make note of your team number as you complete your leg. During the night hours, it may be hard to see your race number, so please cooperate nicely if they ask you to tell them your team number.

Driving Safely

Please drive with caution. You will be traversing 6 states on sometimes windy, picturesque roads that can be narrow and, in most cases, unlit. Familiarize yourself with the course description and maps and pay close attention to the course road signs. Additionally, do not block or hinder other traffic on the roads as you try to support/cheer on your runner. Pay particular attention to obeying all posted speed limits as you are personally responsible should you receive a traffic violation.

Vans that are pulling over to wait for your runner should find an appropriate turn-off and get your vehicle as far off the road as possible since many of these roads are narrow with limited shoulders.

Do not drive onto the front lawns of town residents or park in front of their homes. Town offices have been very nice to give us permission to pass this event through their town. Should they receive any complaints from residents, that permission could easily be revoked.

Remember, you are limited to a maximum of 2 (two) team vehicles. Please make sure they do not exceed 6'9" in width or 20' in length. Do not bring a trailer attached to the back of your vehicle or ask a friend to bring a 3rd vehicle, including cars and motorcycles, into any Transition Area. You will be asked to leave or worse, disqualified.

Spectating Safely

This is a team event, and as such, we expect (and encourage) you to cheer and support your runners (as well as runners from other teams). It is important that you pay very close attention to what is going on around you, even when spectating. There have been several very serious injuries at relays in the last year...most of those were participants who were supporting their active runners! To stay safe: check for oncoming traffic before you open your vehicle door into a roadway, look both ways before crossing the street, and never under any circumstances run into oncoming traffic.

Night-Time Support

We encourage you to "shadow" your runner between transitions from dusk until dawn. "Shadowing" your runner means leap frogging your runner by driving ahead by 0.25 miles, waiting until they pass you by 0.25 miles, then repeating. Shadowing is **ONLY** permitted between dusk and dawn provided:

- Your team vehicle driver obeys all local traffic laws
- Your team vehicle does not interfere with the progress of another runner or other vehicular traffic
- Your vehicle can pull completely off the road onto the shoulder
- Your vehicle headlights and emergency flashers are on
- Driving behind the runner at the pace he/she is running is not permitted

iPods & Other Portable Music Players

Due to safety concerns and liability we **do not permit** the use of these devices at any time during the race. This is especially an issue during the night when you will need to have your complete focus on the road and your surroundings: such as vehicles, animals, other runners, etc. **An active runner found wearing headphones/iPod during the event will cause their entire team to be disqualified** from the event. We really don't want to do this to anyone....we've all worked so hard to be here....so please respect this rule.

Emergencies

In the case of an emergency, your first course of action is to call 911. Please remember to tell them where you are (town, route number, street name, etc) in order for them to locate you quickly. We have called ahead and alerted local authorities (fire, police) of the relay. In the event that you or one of your teammates requires emergency treatment on the course or your team decides to drop out for medical reasons, please report this to our race staff as soon as you can.

Additional Information

Trash

We will have trash bins at the finish parking lot (in Kittery ME) for you to dispose of your trash. We specifically ask you to keep trash bags in your vehicles so that you may easily collect the trash to throw out at the end. Should you happen upon garbage cans along the course (ex. at a gas station) you may dispose of your trash there. However, do not leave trash at the transition areas or along the course, as we do not follow behind you and pick up after you. Please pick up after yourself, or we may not have the opportunity to return to some of the same towns and transition areas next year.

Restrooms

The start, the finish, and most transition areas have at least one portable or public toilet. There are also plenty of facilities along the route (gas stations, fast food restaurants, state parks with facilities). Under no circumstances should you use private property. Any individual found answering nature's call on private property will cause their entire team to be disqualified.

Noise

Running a relay is a team effort, and more than anything, being supported by your fellow runners is very rewarding. We encourage you to cheer for your runner and runners on other teams as they go by you. However, please refrain from honking, slamming vehicle doors, or yelling between the hours of 7pm and 9am, especially in residential areas. Many of the towns we pass through are quiet, rural towns. They are quite beautiful and we're lucky to be passing through them. We would like to develop a long-standing relationship with these towns and ask for your cooperation in not creating noise that will anger residents and hurt our chances of returning next year.

Food and Beverage

Teams are responsible for providing their own food and drink before, during, and after the event. As a suggestion, each van should be stocked with the basics - water, Gatorade, bananas, oranges, bread, peanut butter, jelly, and anything else you like to eat before or after a run. There will also be places to stop for food along the way. Please note that many places close early in rural New England - plan on getting food by 9pm on Saturday night. Some of the transitions will also be selling food. We will provide you with a list of those transitions on race day.

Sleeping on the Course

For 12 person teams, we recommend van 1 sleep at the end of leg 23 (transition area Crotched Mountain Ski Resort) and van 2 sleep at the end of leg 30 (transition area Swasey Central School). Both locations have plenty of grass to lay out sleeping bags.

For Ultra teams, with just one vehicle, it is best to arrange your vehicle such that non-runners can sleep while you are driving the course. You can do this by either designating 2 rows in a passenger van as sleeping rows or take out a few of the benches to allow your runners to sleep on the floor of the van.

Inclement weather

New England is known for its unpredictable weather...even in June, we can receive hail storms. The event goes on, rain or shine. Should there be a weather emergency (ex. regional flooding), we make the decision to cancel the event the morning of the event. Captains, please keep your cell phones on so we may reach you in such an emergency.

If there is a thunderstorm or a hailstorm, for your safety we may have volunteers advise you to stop running the race until the storm has passed. In such cases, keep track of the amount of time you were forced to not run and reflect that time in your team tracking sheet in the elapsed time column. The only time you may do this is when race staff require you to stop running.

Parking at the end of Leg 34

The transition area at the end of Leg 34 is Wallis Sands State Park. We have arranged reserved parking spots for the active vans only (most likely van 2). You will have received one voucher for this parking lot, allowing you to park 1 vehicle here. When you arrive, hand the voucher to the parking attendant. Do not lose this voucher, as you will be responsible for paying the parking fee of \$15 without it. If you would like to park a 2nd vehicle at this transition, that vehicle will have to pay the parking fee, therefore we suggest the inactive van NOT attend this transition area.

Van Decorations

Part of the fun of a relay is interacting with other teams. Included in that is decorating your van so other teams can tell who you are and what you're all about. We highly encourage you to decorate your van, either with things that explain your team name, things that show where you're from, or just plain silly things that will make others laugh. You can find supplies at stores like iParty. As you're doing so, please make sure your van decorations are considerate and friendly. Should you receive a complaint from a fellow runner, please address their concern by removing the offensive decoration. Also, there is no tolerance for curse words, spoken or written, even ones considered less offensive.

Volunteers

As the official charity partner of The New England Relay, we have selected several charities that will be supported by this event. They include the American Liver Foundation, Military Friends Foundation and Dreamfar Highschool Marathon. They have been good enough to provide us with many of the volunteers on the course. We also have many local organizations (running clubs, Lion's Clubs, etc) that are helping. Without the help of these folks, this event would not be possible. Please be respectful to them and **we encourage you to express your gratitude to them** as you pass through the transition areas. That will encourage them to volunteer again in the future, ensuring that this event can succeed through the years.

Refund Policy

Once your team is registered, there are absolutely no refunds provided. Should your team arrive at check-in without the required equipment, you will not be allowed to participate in the event and you will not receive a refund.

At the Finish

Parking

The finish parking lot is not located at the finish line. Kittery ME is a highly residential area and there is not enough parking at the finish line for all vehicles. Thus we have arranged to use a very large parking lot just a few miles away. There will be 2 school buses transporting you from the finish parking lot to the finish area. Although the trip should only take a few minutes, we encourage your active van to leave the start of leg 36 as soon as possible after your runner leaves. These roads can be quite busy in June and could cause you to be late to the finish if you postpone your departure.

Should you have friends or family meeting you at the finish, they are welcome to park at the finish parking lot and take the shuttle. Please tell them not to attempt to park at the finish, as **there is no parking there.**

What you Need

Please be sure to bring everything you need to the finish line:

- Your food vouchers
- A filled out team tracking sheet. You can add your last runner when they finish.
- Weather appropriate clothing as there is no weather protection at the finish line
- A change of clothing for your final runner if they do not want to stay in their running gear
- Any beverages you would like at the finish (your final runner might like some Gatorade!)
- A cell phone to get in touch with your other van (should you not already be together)

Finish Area Description

- The finish area is open from 12:30pm to 5pm, with all teams finishing between 1pm and 4pm
- We will have a race announcer, music, and food
- We will provide 1 bottle of water for each runner. If you would like anything besides water, please bring it with you
- Alcoholic beverages of any kind are prohibited by the park. Don't bring any; you will jeopardize our relationship with the park
- There will be portable toilets at the finish area, but not in the finish parking lot

Winner Announcements

The overall winners of the New England Relay (completes the event in the least amount of hours) will be announced at approximately 1:45PM. By winning the event, they have secured a free registration for the 2012 event. That team will receive a coupon for this registration in Fall 2011.

The winner of each division will be announced towards the end of the event, most likely by 3pm.

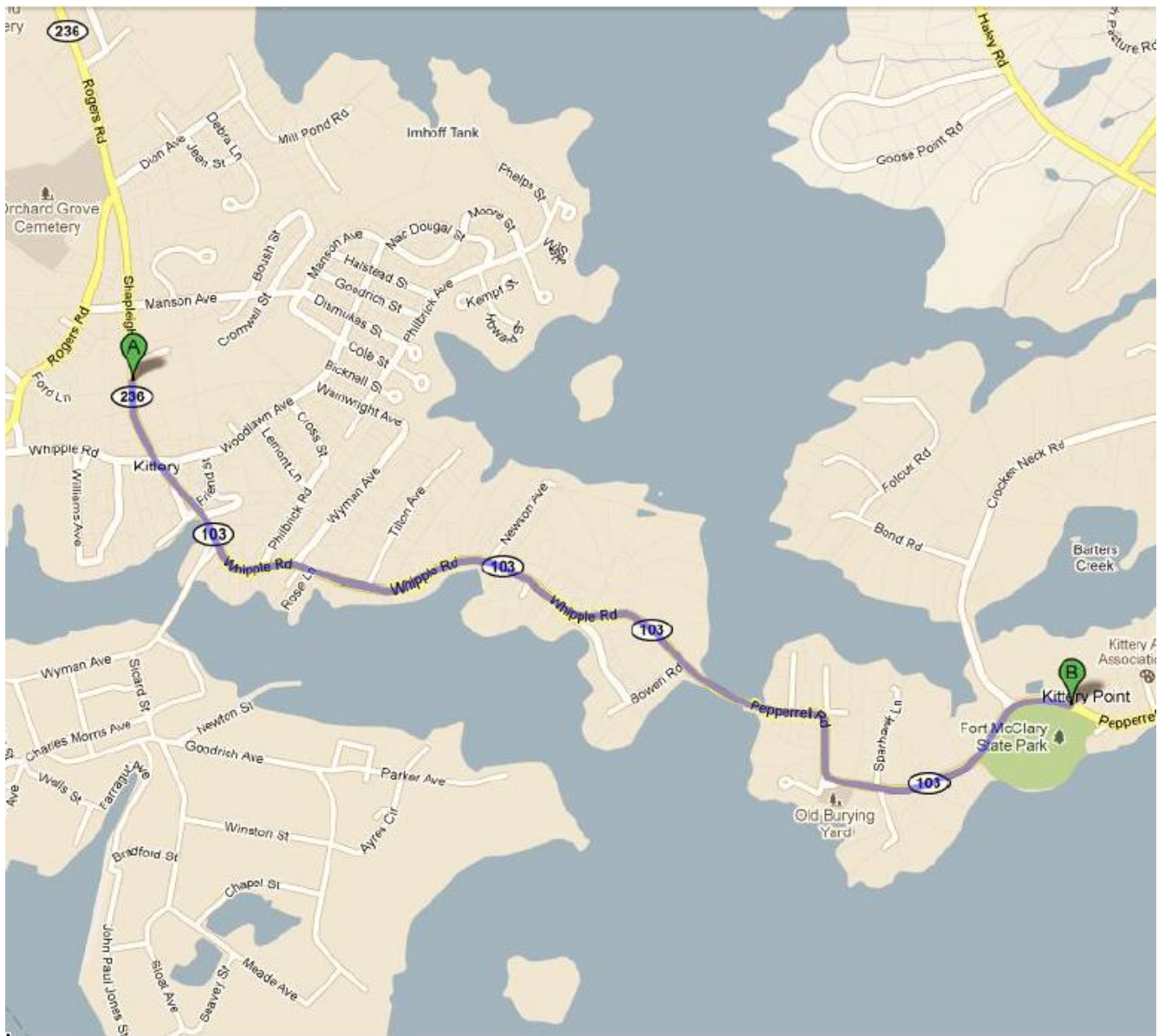
The marathon leg winner will be announced via email on Monday June 13th and will receive their prize package in the mail.

Trash

We will have a large trash bin at the finish parking area for you to dispose of any garbage in your vehicles. Please make sure your garbage is always in a garbage bag so it does not have the opportunity to escape the trash bin when it gets windy. The trash bin will be collected at 6pm, so if you decide to stay in the area after the finish area closes, please dispose of your trash before this time.

Finish Parking & Finish Area Directions

The finish parking lot (A) is located at the US Post Office parking lot: 10 Shapleigh Rd, Kittery, ME 03904
The finish line (B) is located at Fort McClary, just a 1.7 miles down Rt 103.



Rules & Regulations

1	Runners must wear their team numbers (bibs) visibly in front	Warning for 1st offense; 1.0 hour penalty
2	Between the hours of 7pm and 6am, runners must wear the required reflective gear	Not qualified to win their division, may not run any more night time legs; 2.0 hour penalty if found on course
3	No bicycles or roller blades may be used on the course	1.0 hour for first offense; disqualification for 2nd offense
4	No runner substitutions once the final roster has been turned in	Disqualification
5	If a runner makes a wrong turn, the runner must return to the point on the course where the error occurred and then resume the race. The runner may return to that point on foot, or they may receive vehicular aid from their team or another team participating in the race.	5.0 hour for first offense, disqualification for 2nd offense
6	Runners must adhere to all traffic laws	5.0 hour penalty for each offense
7	No disorderly conduct or littering	5.0 hour penalty for first offense, disqualification for 2nd offense
8	No alcohol is permitted at any transition area at any time	Disqualification
9	No iPods, Walkmans, or Headphones	Disqualification
10	No urinating/defecating in public	Not allowed to start Disqualification if found on course
11	Support Vehicles (no more than 2, not longer than 20' or wider than 6'9")	Warning for 1st offense; 1.0 hour penalty for each subsequent offense
12	All vans must display a "Caution: Runner on Road" sign on the rear of the vehicles throughout the race. Signs will be provided in the check-in packet.	Warning for 1st offense; 1.0 hour penalty for each subsequent offense
13	All vans must have their team number clearly displayed on both the front and rear windows of their vehicle. Signs for this will be provided in the check-in packet.	1 hour penalty for first offense, 2 hour
14	Shadowing your runners during day hours is not permitted	1 hour penalty for first offense, 2 hour penalty for subsequent offenses
15	Three or more infractions of rules 1, 6, 10, 13, 14, and 15	Disqualification

New England Relay Event Liability Waiver

I know that running a road race, regardless of the distance, is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I accept all the risks of participating in the 2010 New England Rely (hereafter "the EVENT") even if they are created by the negligence of a Released Party or anyone else.

I agree to abide by any decision of a race official relative to my ability to safely complete this road race and I further agree that race officials may authorize necessary emergency treatment for me and may alter the course for the safety of the participants. I also understand that police protection will not be provided, parts of the event will take place at night, sometimes in remote areas and both vehicle traffic and spectators will be present along the course and I assume the risk of running under such conditions.

I further assume any and all other risks associated with participating in the EVENT including but not limited to: physical exertion, authorized and unauthorized vehicles on the race course, illness, fatigue, dehydration, traveling to and from the event on paved and unpaved trails, slips, trips, falls, contact with spectators or other participants, bicyclists, the effects of the weather (including but not limited to temperature extremes, humidity, lightning, and thunderstorms) and the surface condition of the roads (including but not limited to natural hazards such as rocks, dirt, water and debris and man made hazards such as cattle guards, pot-holes, fences, mile markers and delineator posts), all such risks being known and appreciated by me.

USE OF ELECTRONIC DEVICES, HEADPHONES OR EAR BUDS WHILE RUNNING IS STRICTLY PROHIBITED. ANY RUNNER OBSERVED BY RACE OFFICIALS OR REPORTED FOR USE OF THESE DEVICES WHILE RUNNING WILL RESULT IN IMMEDIATE DISQUALIFICATION OF THE RUNNER AND HIS OR HER TEAM. Initial here _____

Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I hereby for myself, my heirs, my executors, administrator, or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Race Director Robin Zaragoza; New England Relay Inc, its agents, servants, employees, officers and directors; the states of Rhode Island, Connecticut, Vermont, New Hampshire, Maine, and the Commonwealth of Massachusetts, including their cities, town municipalities, agents, servants, employees, officers and directors; The Town of Rye, its employees, agents, servants, officers and directors; the Pioneer Valley Regional School District, the School Committee, its member towns, and all of its employees, agents, board members and volunteers; any and all government agencies, private land owners, or any other race officials, volunteers, and any and all other sponsors, suppliers, agents, independent contractors, contract employees, and any other personnel in any way assisting or connected with this event from any and all claims or liability of any kind or nature whatsoever arising out of my participation in this event or travel to/from this event, even though that liability may arise out of negligence or carelessness on the part of the persons or parties named in this waiver.

If any dispute arises between you and the New England Relay ("NER"), or between you and any of NER's officers, directors, employees, agents or other participants in NER activities, you agree to submit the dispute to binding arbitration in accordance with the Commercial Arbitration Rules of the American Arbitration Association ("AAA"). Such arbitration shall take place in Watertown, Massachusetts before a single arbitrator agreed upon by the parties, or selected by the AAA in absence of such agreement. The prevailing party shall be entitled to recover its actual monetary losses; however the Arbitrator shall not award incidental, consequential, multiple, punitive or special damages or otherwise make any provision, finding of fact, rule, order or award that would provide the prevailing party with greater than such party's actual out-of-pocket losses.

I have carefully read, understand and voluntarily sign this document.

The minimum age of participants is fourteen years old. Participants between the ages of fourteen and eighteen, as well as their parent or guardian, will need to sign this waiver.

PRINT NAME _____

SIGNATURE _____ DATE _____

SIGNATURE OF PARENT/GUARDIAN (if under 18) _____ DATE _____

TEAM NAME _____

CHECK ONE: Runner Driver Volunteer

Replacement Runner Application

Turn in this form during check-in at the start for each participant who was added to your team after June 1, 2013. There is no penalty for changes to your roster.

Full Name (first and last)				
Gender	Male	Female		
Birthdate (day/month/year)				
Age on Race Day				
Email Address				
Mailing Address				
Preferred T-Shirts Size	Small	Medium	Large	X-Large
Emergency Contact Name				
Emergency Contact Phone Number				
Emergency Contact Relationship				

