

2015 Tent to Trail Relay – Rules and Safety Guidelines

Rotation – Runners must run in the same sequence for each leg of the relay. Keep in mind there will only be one runner from your team on the trails at any given time. For example, the first runner (Runner A) on a team of 8 will run the 1st, 9th, and 17th legs. On a team of 4, the first runner will run as both Runner A and E –the 1st, 5th, 9th, 13th, 17th and 21st legs. See chart below:

Relay Format

3.8mi
Loop

5.2mi
Loop

7.9mi
Loop

Running Order			
	First Leg	Second Leg	Third Leg
Runner A	1 st	9 th	17 th
Runner B	2 nd	10 th	18 th
Runner C	3 rd	11 th	19 th
Runner D	4 th	12 th	20 th
Runner E	5 th	13 th	21 st
Runner F	6 th	14 th	22 nd
Runner G	7 th	15 th	23 rd
Runner H	8 th	16 th	24 th

Medical Coverage - On site injury/urgent medical services will be provided throughout the duration of the event by Dr. Brett Law and Dr. Carlo Pierantoni from [MCV Physicians at Gaskins Road](#) (formerly Altius Family and Sports Medicine).

Injured Runners on Male or Female Teams – If a runner gets injured, any of their team members can fill in and run the remainder of that leg. After the completion of the segment in which the runner was injured, the rest of the injured runner’s legs can be completed by any combination of their other team members. However, with the exception of the leg in which the runner was injured, splitting a segment is not permitted.

After a runner skips one of their assigned legs, they are no longer allowed on the trails. Medical staff and other event personnel reserve the right to rule out any runner from participating if they deem them unfit to run.

Injured Runners on a Mixed Team – If a runner is injured on a team in one of the mixed divisions, they must be replaced by another team member of the same gender. Multiple members of that gender can run legs on the injured participant's behalf. If a gender consistent substitution cannot be made, the team will no longer be eligible for a division award, but will still receive finisher's items and a finishing time.

Injured Runners on the Course – If you see an injured runner on the course, please get their name and bib number and notify a race official upon returning to the transition tent.

Race Officials and Course Signage – Participants must follow the instructions outlined by race officials and course signage. Failure to do so may result in disqualification.

Visible Race Number – The bib belt must be worn by the team member on the trails, and must be visible at all times.

Official Start Time – Your team will be assigned an official start time once online registration has closed. You must start in the wave time that you have been assigned or your team will be subject to disqualification.

Headlamps – For your own safety and the safety of those around you, headlamps are required after 7:30 pm on Friday evening until sunrise on Saturday morning. Any runner that enters the transition tent during this time will not be allowed to leave without a headlamp. If you are seen on the trails not using a headlamp, your team will be subject to disqualification.

Alcohol – There is **absolutely no running** under the influence of alcohol. Runners who are intoxicated on the trails will be stopped immediately and their team will be disqualified.

Roster Changes - Team rosters can be modified online by the team captain until the close of online registration on Tuesday, April 14th. Once online registration has closed, all roster updates must be made on-site at packet pick-up prior to your team's official start time. Any new members added to the team at packet pick-up must be present to sign the event waiver. Failure to do so will result in disqualification.

Age restrictions – Participants must be at least 16 years of age.

Transitions – If you finish your leg and your next runner is not in the transition tent, leave your bib belt with a transition area volunteer. **Do not** leave the transition area wearing your bib belt. Find your next runner and send them to the transition tent, where the bib belt will be waiting for them and they can start their assigned leg.

Water Stop – There will be a cup-less, self-serve water stop on the 8 mile loop. Participants must have their own water bottle to use the water stop. Please notify a race official as soon as you finish your loop if the water is running low or if there are any other problems with the stop.

Pacing – Participants may choose to run with a pacer after dark. The pacer and runner must be on the same team, and the assigned runner must wear the bib belt. Only the time of the runner wearing the belt will be factored into the team's final time. Please remember that both the pacer and runner must wear a headlamp. Runners may only be paced by other runners on foot. Runners may not be accompanied by dogs/pets or by bicyclists.

Trail Etiquette – Please be aware that the trails are open to the public. Be considerate of all other trail users and pass with caution.

Weather – This is a rain or shine event. In the occasion of extreme rain prior to the event, we will move to an alternate location within Pocahontas State Park. With this move, different trails and tent sites will be used. In addition, in the case of severe weather during the event, race officials reserve the right to cancel the event, condense the event and/or not allow teams on the trails until weather improves.