

SPORTS BACKERS

RUN

BIKE

RELAY

PRESENTED BY  **RAGNAR**

Participant Handbook

Updated: June 17, 2019

How does Run Bike Relay work?

Teams of 4, 2, or solo racers will cover 125 miles of trail between Richmond and Jamestown either on a bike or on foot. While one of your team members is on the course, the rest of your team will drive ahead to the next transition zone to wait for your teammate to finish. Once your teammate arrives, you will exchange the bib belt at the exchange table and the next team member will head out on their leg. Each team member must complete at least 3 sections of the course, but in any order that they choose.

Start/Finish Location

The start and finish of the race is at City Stadium (3201 Maplewood Ave, Richmond, VA 23221). Teams are welcome to meet here and leave their cars overnight if they would like, but this is done at their own risk. Family and friends are welcome to come to City Stadium at a team's scheduled start time or predicted finish time to cheer on the athletes.

Packet Pick-up/ Team Meeting

Packet Pick-up is located at City Stadium (3201 Maplewood Ave, Richmond, VA 23221). We require that all teams check in ONE hour prior to your scheduled start time. At this time you must confirm that you have all required safety gear (list below). Also, your team will receive a team bag that will include:

- Team bib & bib belt (1)
- Vehicle Number (must be placed in your team vehicle windshield)
- Wristbands (1 for each team member)
- Magnet light (1 for each team member)
- Trash bag
- Copy of participant handbook

In addition to packet pick-up, we require all teams to attend a team meeting. Your team meeting will take place 30 minutes prior to your start time. You must have at least one person from your team attend but we do highly recommend that all team members be present.

Official Start Time & Course Time Limit

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. This start time has been determined based on the predicted 10k time and average bike pace each team member provided. **Please keep in mind your team must be finished by NOON on June 22nd** (All vehicles must be removed from City Stadium parking lot by 12:30pm). Based on this timing, we will also have open and close times for each transition zone, which will be listed below. If you have concerns about this and your start

time, please e-mail info@sportsbackers.org.

Course, Course Markings & Course Cut-Offs

It is the responsibility of each team and its members to know the course and the location of each Transition Zone. For a course map, [click here](#).

There will be some markings on course. The running segments on dirt trails will be fully marked with arrows and a blinky light as well as signs noting transition zones. The riding segments will follow the Virginia Capital trail so course markings will only appear at any tricky sections as well as prior to transition zones. Please keep in mind that signage can be taken down or moved so **KNOW THE COURSE**.

Each transition zone will have an open and a close time, which is also noted below under the "Transition Zone" heading.

If your team gets ahead of the course open times, you will be held at the transition previous transition zone. The amount of time held will be based on your current average mile time and where you are on the course. If your team falls behind the close times, if possible, we will work to get you caught up to the next transition zone so that your team can remain on course. If not your team may be required to exit the course.

If your team has decided to not finish the race at any point along the course, you **MUST** check-in with the closest, open transition zone to let staff know you have will not be advancing along the course. Once your team has made this decision, you will not be allowed to re-enter the event.

Participant Tracking App – Race Joy

Download the Race Joy app to track your teammates so you know where they are on course. [Click here](#) to view how to download. More details to come!

Course Safety

Please be aware that the entire course is open to the public. Please be considerate of all other trail users and pass with caution. In addition, all roads on the Run Bike Relay course are open to vehicular traffic, including the trail crossings. So for the safety of everyone **all traffic and pedestrian laws must be obeyed. You must STOP at all trail crossings or when crossing the road.** Please be aware this means the course will NOT be controlled by police, so please stay alert and yield to any oncoming traffic. All sections of the course that include

the Virginia Capital Trail MUST be completed on the Trail, no riding is permitted on Route 5.

Required Gear

For your own safety and the safety of those around you, a variety of safety gear is required while you are on the course or outside of your team vehicle. Below is a list of required safety gear to be present in each team vehicle as well as when it is required to be on your person and bike.

- Reflective Safety Vest (all participants must each have one)
- Headlamp (knuckle lamps or handheld flashlights are permitted)
- Tail light (for both person and bike)
- White, solid headlight (for bike)
- Helmet (for bike)
- Cell Phone (in vehicle and on person on course)
- First Aid Kit (in vehicle)

Running: A **headlamp, tail light, and reflective safety vest** are required while running on the trails between the hours of 8pm and 6am. Any runner that enters the transition zone during this time will not be allowed to leave without a safety vest, working headlamp, and working tail light. If you are seen running without using your headlamp, tail light, or vest, your team will be subject to disqualification. Knuckle lights or handheld flashlights are acceptable alternatives to a headlamp, but a headlamp is recommended.

Biking: A **white, solid headlight and red or white flashing taillight** is required at all times while riding on the trails. A reflective vest is highly encouraged but not required. Any rider that enters the transition zone will not be allowed to leave without working head AND tail lights. If you are seen riding without using your lights, your team will be subject to disqualification. Reflectors are NOT acceptable substitutes for either your head or tail lights, but may be used in addition to both of these lights. Bike helmets are required at all times while riding a bike.

Additional visibility gear such as handheld lights, shoe lights or helmet lights are permitted and encouraged but not required.

Cell phones – We require that each team have a cell phone with them at all times and that the team member on course also be carrying a phone.

Teams should be prepared with bike repair kits, patches, tubes and bike pumps in their team vehicle.

Emergencies/Concerns

In the event of an emergency, please call 911. For response of emergency services, identifying locations is paramount. Participants should attempt to gather as much situational information as they can for relay to emergency personnel.

We will have one medic unit dedicated to the event, which will be roaming throughout the course. We will also have a basic first aid kit at each transition zone and we do require that each team vehicle also carry a first aid kit. If you do have concerns about a teammate not being at a transition zone by a certain time, please let the transition zone staff know. If you need to get in touch with race command for non-life threatening issues you may call or text 804-350-1712 or 804-539-2305.








Visible Race Number and Vehicle Number

The bib belt must be worn by the team member on the trails, and must be visible at all times. You will also be given a vehicle number for your single team vehicle, which must also be displayed. All team members must also have on their individual wristband at all times.

Rotation

Each participant must complete at least 3 segments of the relay, but it is up to each team to determine their order and assign legs to each team member. Keep in mind, your team member on the course **MUST** go to the transition zone and check in, even if they are choosing to complete consecutive segments. For a PDF of this chart, [click here](#).

RELAY FORMAT

SEGMENT / COURSE		DISTANCE	TOTAL DISTANCE
1 / City Stadium (Start) to Manchester Climbing Wall Parking Lot		5.38	5.38
2 / Manchester Climbing Wall Parking Lot to Varina Veterinary Clinic		6.15	11.53
3 / Varina Veterinary Clinic to Herring Creek Trail Head		20.19	31.72
4 / Herring Creek Trail Head to Sandy Point Superette		14.15	45.87
5 / Sandy Point Superette to Jamestown Beach Event Park		13.51	59.38
6 / Jamestown Beach Event Park to Greensprings Trail Head		4.92	64.3
7 / Greensprings Trail Head to Chickahominy Riverfront Park		5.38	69.68
8 / Chickahominy Riverfront Park to Lawrence Lewis Jr. Park		16.98	86.66
9 / Lawrence Lewis Jr. Park to The Fork on Five		14.36	101.02
10 / The Fork on Five to Great Shiplock Park		15.41	116.43
11 / Great Shiplock Park to 22nd Street Parking Lot		4.88	121.31
12 / 22nd Street Parking Lot to City Stadium (Finish)		4.06	125.37

Team Vehicle

Teams (and solo participants) are responsible for their own transportation throughout the event. We recommend a vehicle with a bike rack attached or a vehicle large enough to transport bike(s) and 3 people, if you are putting together a 4-person team. So bring your own car, van, truck or SUV, or rent one from a car rental facility of your choosing. Just note that there is a ONE vehicle per team rule to limit the amount of traffic that we have along the course and at each of the transition zones. All team vehicles must have the vehicle number received at packet pick-up displayed for the entirety of the event. If you are planning on racing solo, please note that we will not provide transportation for bikes, you are responsible for your providing your own support vehicle. Feel free to decorate your team vehicle to show some team spirit!

Transition Zones

There are 11 transition zones throughout the course. For a PDF featuring maps of each of these locations, [click here](#).

TRANSITION ZONE	ADDRESS	OPEN & CLOSE TIMES
Manchester Climbing Wall Parking Lot	Semmes Ave, Richmond, VA 23224 (just before Semmes & 7th Street)	8:30pm - 1:15am

Varina Veterinary Clinic	1320 New Market Rd Richmond, VA 23231	9:15pm - 2:15am
Herring Creek Trail Head	Herring Creek Rd Charles City, VA 23030	10:25pm - 3:30am
Sandy Point Superette	17701 John Tyler Memorial Hwy, Charles City, VA 23030	11:10pm - 4:30am
Jamestown Beach Event Park	2205 Jamestown Rd, Williamsburg, VA 23185	12:00am - 5:20am
Greensprings Trail Head	Eagle Way, Williamsburg, VA 23185 (Just passed Jamestown High School)	1:35am - 6:15am
Chickahominy Riverfront Park	1350 John Tyler Hwy, Williamsburg, VA 23185	2:15am - 7:05am
Lawrence Lewis Jr. Park	12580 Wilcox Wharf Rd, Charles City, VA 23030	3:10am - 8:15am
The Fork on 5	5164 New Market Rd Richmond, VA 23231	4:00am - 9:40am
Shiplock Park	2803 Dock St Richmond, VA 23223	4:55am - 10:45am
22nd Street Parking Lot	Riverside Drive & 22nd Street Richmond 23225	5:30am - 11:40am

All teams **MUST** stop at every transition zone. Your team member on the course **MUST** go to the transition zone and check in, even if they are choosing to complete consecutive segments. If you are the participant on course, please be alert as you enter and exit the transition zone. If you are on a bike, please enter the transition zone slowly, dismounting when exiting the course. For all team vehicles entering and exiting the transition zone, **USE CAUTION** and be alert for runners and cyclists also entering or exiting the zone at the same time.

At the transition zones, volunteers will note that your team has “checked-in” and you will hand off your bib belt to the next team member entering the course. If you are completing consecutive segments, you will still check-in with the volunteer before beginning your next segment(s). If you finish your leg and your next teammate is not in the transition zone, leave your bib belt with a transition zone volunteer. Do not leave the transition area wearing your bib belt. Find your next runner and send them to the transition area, where the bib belt will be waiting for them and they can start their assigned leg.

There will be either restrooms or a port-a-john at each of the transition zones. As a note space at some of the transition zones will be limited so please keep that in mind as

travelling the course. There will be a water cooler and Health Warrior bars at each of the transition zones in case you need a quick refuel. The transition zones and race course are CUP-LESS so please bring something to fill or use the water bottle provided at packet pick-up. Remember that most of this race will be completed overnight, so even though some of the transition zones will be at convenience stores, they may not be open when you arrive. Plan to come prepared with the food and drink that you will need for the duration of the race. There will be no water on the course in between transition zones, so if you think you will want water during your segment, be prepared to carry it with you.

Note: At the Jamestown Beach Event Park transition zone, our official event charity, the **Virginia Capital Trail Foundation** will be providing participants a baked potato bar and iced coffee station for a suggested donation. It should be a great treat right before you make your trek back to Richmond. Be sure to have cash with you for donations!

PLEASE NOTE: Route 5 Vehicular Detour

From Varina Veterinary Clinic heading to Herring Creek (Outbound - Richmond to Jamestown)

- Take a left off of New Market Rd./Route 5 (VA-5) onto Longbridge Rd heading east. Travel on Longbridge Rd. for 2.6 miles
- Take a right off of Longbridge Rd. onto Carters Mill Rd heading south. Travel on Carters Mill Rd. for 1.4 miles.
- Take a right off of Carters Mill Road onto Willis Church Rd. (VA-156) heading west. Travel on Willis Church Rd. (VA-156) for 1.4 miles.
- Take a sharp left off of Willis Church Rd. (VA-156) onto New Market Rd./Route 5 (VA-5) heading southeast towards Herring Creek Trail Head.

From The Fork on 5 heading to Shiplock Park (Inbound - Jamestown to Richmond)

- Take a right off of New Market Rd./Route 5 (VA-5) onto Willis Church Rd. (VA-156) heading east. Travel on Willis Church Rd. (VA-156) for 1.4 miles
- Take a left off of Willis Church Rd. (VA-156) onto Carters Mill Rd. heading north. Travel on Carters Mill Rd. for 1.4 miles
- Take a left off of Carters Mill Rd. onto Longbridge Rd. heading west. Travel on Longbridge Rd. for 2.6 miles.
- Take a right off of Longbridge Rd. onto New Market Rd./Route 5 (VA-5) heading west towards Shiplock Park.

Pace/Support while Running

Teammates are welcome to pace each other, but only one person may wear the bib belt and only the teammate that is wearing the bib belt will receive a finish time. Anyone that is on the trail must be wearing a headlamp, tail light and reflective vest if running, or must be using both head and tail lights if on a bike.

Weather Policy

This is a rain or shine event. In the occasion of extreme rain prior to the event, we will reroute the course around the James River Park System single track trail. 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. Race command will have the ability to text any of those that have opted in to receive text messages during the registration process and will do so if a weather situation warrants it. Please e-mail info@sportsbackers.org if you want to be sure you have opted in to receive these messages.

Injury

If a runner gets injured, any of their team members can fill in and complete the remainder of that leg. After the completion of the segment in which the participant was injured, the rest of the injured participant'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.

If a team member is injured and skips one of their assigned legs, they are no longer allowed on the course. Medical staff and other event personnel reserve the right to prohibit any runner from participating if they deem them unfit to run or bike.

If a runner is injured on a team in one of the open divisions, they must be replaced by another team member of the same gender. Multiple members of that gender can complete legs on the 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.

If you see an injured runner on the course, please get their name and bib number and notify a race official upon your arrival at the next transition zone.

Alcohol

There is absolutely no participating under the influence of alcohol nor should alcohol be in any team vehicle. Participants who are seen in possession of alcohol, drinking, or are intoxicated on the course will be stopped immediately.