

SPORTS BACKERS

RUN

BIKE

RELAY

Participant Handbook

Updated: July 9, 2020

How does Run Bike Relay work?

Teams of 2 or solo racers will cover 51 miles of trail between Richmond and Henrico either on a bike or on foot. While your teammate is on the course, you will drive ahead to the next transition zone to wait for your teammate to finish. Once your teammate arrives, you will check out at the exchange table and head out the next segment. Each team member must complete at least 3 segments of the course, but in any order that they choose.

Start/Finish Location

The start and finish of the race is outside of the gates 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.

Please note that with the exception of a driver for a solo racer or team, we are not allowing spectators at this year's event. Please spread out and remain socially distant while in the start/finish area.

Contact-less Packet Pick-up/ Pre- Event Team Meeting

Packet pick-up will be contactless in 2020, so just look for your bag with your team name and number listed on the outside of it upon arriving at City Stadium prior to your start time. We encourage you to arrive no more than 45 minutes prior to your team's assigned start time and we ask that you do not head towards the start line more than 15 minutes prior to your assigned start time. Prior to your start time, a staff member will confirm that you have all required safety gear (list below). Also, your team will receive a team bag that will include:

- Team member bibs (one for each member) & safety pins
- Vehicle Number (must be placed in your team vehicle windshield)
- Participant shirt ordered during registration
- Trash bag
- Copy of participant handbook

In addition to packet pick-up, we require all teams view the team briefing emailed to you prior to race day. It is up to each member to watch the video prior to arriving as we will not be holding briefings before each start.

Official Start Time & Course Time Limit

Your team will be assigned an official start time once online registration has closed. You must start at the start 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 6:00 AM on July 18th** (All vehicles must be removed from City Stadium parking lot by 7:00am). 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.

We encourage you to arrive no more than 45 minutes prior to your team's assigned start time and we ask that you do not head towards the start line more than 15 minutes prior to your assigned start time. Please stay socially distant in the start/finish parking lot and staging area.

Upon completion of your race, we ask that all participants head towards their vehicles and stay socially distant as after crossing the finish line.

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

All teams will be required to download and use the RaceJoy app to track their teammate along the course. This will ensure that there is no congregating at a transition zone to look for a participant on the course

Download the Race Joy app to track your teammates so you know where they are on course.

- [Download](#) the app
- [How to...](#) be tracked, track your teammates, save your battery while being tracked

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.

Please note that we encourage, but do not require, the use of masks while on course at Run Bike Relay. At all transition zones we ask participants to practice social distancing and to give all other participants and staff and volunteers as much space as possible.

We will be starting one team every 3 minutes starting at 8pm in order to help maintain social distance on the course. We do ask that if you need to pass another participant while on course, that you wait to do so until you have 6ft of passing space. Please announce your presence to another participant so that you can pass each other safely.

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 in place of headlamp)
- 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)
- COVID-19 appropriate face mask (each participant MUST have one and they must be worn at the start/finish and at all transition zones)
- All fuel and hydration needed for the duration of the race

As a reminder for 2020, all participants MUST wear a mask while in the start/finish area or at a transition zone. If your team has a driver, they are also required to wear a mask while out of your team vehicle. A mask is encouraged, but not required, while you are on course either running or biking.

Also for 2020, all teams should come with enough fuel and hydration to get through the duration of the event. Transition zones will not have additional fuel or water, so you are responsible for bringing what you need in your team 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, as we will not have them available on course.

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 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

Each team member must be wearing their bib and it must be visible at all times. You will also be given a vehicle number for your single team vehicle, which must also be displayed on the dashboard of your team car.

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](#) .

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 at least 2 people. 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 6 transition zones throughout the course. For a PDF featuring maps of each of these locations, [click here](#).

Please note that anyone in a transition zone **MUST** be wearing a mask at all times.

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 your team member will enter the course. If you are completing consecutive segments, you will still check-in with the volunteer before beginning your next segment(s). To assist with social distancing measures, we ask that all participants maintain a 6ft distance from other athletes and volunteers while waiting for their teammate that is on course.

There will be a port-a-john at each of the transition zones. Please do not crowd the porta-johns if waiting in line and there will be hand sanitizer available to use before and after using a porta-john. As a note space at some of the transition zones will be limited so please keep that in mind as travelling the course and keep 6ft of distance between yourself and any other athletes and staff.

You are responsible for bringing **ALL** of the fuel and hydration that you will need along the course, we will not be providing any to help avoid unnecessary contact. Remember that most of this race will be completed overnight, so convenience stores near or on the course may not be open. There will be no water stops in between transition zones, so if you think you will want water during your segment, be prepared to carry it with you.

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, their teammate can fill in and complete the remainder of that segment. After the completion of the segment in which the participant was injured, the rest of the injured participant's segments can be completed by the other team member. However, with the exception of the segment in which the runner was injured, splitting a segment is not permitted.

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

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.