

# 2014 RELAY INFORMATION GUIDE

## Uinta Mountain Adventure Relay

### Rules and Registration

#### COMPETITORS

#### WELCOME TO THE UINTA MOUNTAIN ADVENTURE RELAY!

This packet contains important team information. Team captains are responsible with becoming familiar with everything contained in this packet and to relay significant information to team members. We recommend that your relay vehicle have a copy of this packet.

Note that this information is subject to change any changes will be noted on Facebook. It is your responsibility to keep up-to-date and be aware of any revisions to this document. Revisions will be emailed to team captains to be distributed to all team members.

#### RELAY CONTACT INFORMATION

RACE DIRECTOR: Jon and Liz Johnson

Email: [uintamountainadventurerelay@gmail.com](mailto:uintamountainadventurerelay@gmail.com)

Mobile: 801-367-2575

#### REGISTRATION INFORMATION & IMPORTANT DATES – Regular\*/Ultra\*\*

Early Registration Deadline = **March 25, 2014** General Registration Deadline = **May 25, 2014** Late Registration Deadline = **July 10, 2014**

(\$300.00/\$150.00) (\$450.00/\$225.00) (\$600.00/\$300.00)

Pay for Volunteer Deadline = **July 10, 2014** \*Regular Teams are made up of 6 Competitors each running, Mt. biking, or road biking 3 legs each. Or \*\*Ultra Teams are made of 3 Competitors that run or ride 6 legs.

Team Captains should complete **TEAM REGISTRATION** at:

[www.uintamountainadventurerelay.com](http://www.uintamountainadventurerelay.com). Click the “Register Now” link and follow the instructions. A **non-refundable entry fee** is due at the time of online registration.

There is no charge for substitutions. Substitutions can be made emailing [uintamountainadventurerelay@gmail.com](mailto:uintamountainadventurerelay@gmail.com) as well as at the start line but the runner has to be present to sign the waiver.

Once the team has been registered and paid for, individual team members must complete

#### INDIVIDUAL TEAM MEMBER REGISTRATION

At: [www.uintamountainadventurerelay.com](http://www.uintamountainadventurerelay.com). Click the “Register Now” link and follow the instructions. All team members must sign a waiver in order to participate. **You must also get an invitation code from your team captain in order to register.** A final copy will be sent to team captains in July\*Note: All team information should be entered at **Active.com**. Clicking “Register Now” will direct you to this site. If you need to make changes to your team, please email [uintamountainadventurerelay@gmail.com](mailto:uintamountainadventurerelay@gmail.com).

#### COURSE OVER VIEW

Uinta Mountain Relay will start in Heber City then wind through the city making its way up center creek to road 309 it then crosses Smith Basin using road 94 and 84 where you ride through mountain meadows, next you will drop down 83 to Highway 40. You will cross the road making your way to Strawberry Reservoir where you will start the paddle leg. The paddle leg will head east following the shoreline and HWY 40. At the end of the paddle leg you will make your way back to Highway. Once on HWY 40 the course will drop down to Fruitland. It then will cut over on HWY 208 to HWY 35 and the town of Tabiona. The relay will leave Tabiona pass through Hanna and wind its way up to Wolf Creek Pass on HWY 35. It will then pass and wind through Soapstone Basin making your way back to Wolf Creek pass. Before the summit the route will cut off the Highway at Mill Hollow road 054 and wind up to the pass turning off at Lake Creek rd 083. The course will then return down East Lake Creek rd and back to Heber City Park.

### **VOLUNTEER REGISTRATION\* AND INFORMATION**

Each team must provide one volunteer or request to participate in the volunteer donation program for \$99 by 25 May, 2012.

*\*Volunteers must register and sign the release and waiver. Go to [www.uintamountainadventurerelay.com](http://www.uintamountainadventurerelay.com), click on the **REGISTER NOW** link that takes you to Active.com. This site also has a “Register Now” link for Top of Zion. Click this link and select the Individual Volunteer option and follow the instructions.*

### **VOLUNTEER REQUIREMENTS**

*\*Volunteers must be at least 16 years old and have a valid driver’s license \*Provide their own transportation to and from their assigned location \*Wear their official volunteer T-shirt while at their assigned location \*Be physically able to perform their assigned duties \*Be willing to fulfill any assigned volunteer time \*Be willing to fulfill their entire shift at an assigned location \*Provide their own food and drink during their shift.*

### **EVENT SCHEDULE & DATES TEAM CHECK IN**

**Friday, July 18th** from 4-9 pm **MST (Mountain Standard Time)**

**Location:** Heber City TBD

Team captains or members may check in for the entire team. We will not supply partial team bags to individual team members. Bring photo ID. Teams will receive a slap wrist baton; team t-shirts & race bibs/pins, and a few more surprises. For teams who are not able to check in on Friday night, you may do so at the starting line a minimum of one hour prior to the start of your leg on Saturday morning. First leg runners are required to do an additional “Runner Check-in” 30 minutes before race start to confirm the team’s participation.

### **START TIMES & RELAY COMPETITOR CHECK IN**

Each team will be assigned a start time based on their projected 10k pace estimates. This start time will be emailed to your team captain. (*Remember we are on Mountain Daylight Time*). Team Captains are responsible to let all team members know when that

start time is. If you have any doubts, please email [uintamountainadventurerelay@gmail.com](mailto:uintamountainadventurerelay@gmail.com) ***Please note that teams that move through the course substantially faster than their estimated team 10K pace may be disqualified or held back.***

Competitors from Vehicle one must check in 30 minutes before their official start time. **Don't forget your SLAP WRIST BATON.** The team's baton must be worn at all times while the current competitor is on the road. Only Competitors wearing a wrist baton will be allowed to exit the exchange chute to begin a new leg.

## **COMMUNICATION**

Much of the UMAR's course will have spotty cell service and that makes it difficult for vehicles to communicate with each other to plan exchanges. We strongly recommend detailed planning by teams for arrival times at each Vehicle Exchange.

## **RACE COURSE MARKING**

The racecourse is pre-marked with cones, UMAR & Run Backcountry signs, flags, barricades and reflective tape. Please know the UMAR course. We have provided maps and materials to help direct your efforts.

## **REST ROOMS & GARBAGE CONTROL**

Restrooms will be placed strategically through the relay course and will be stocked with toilet paper; however we recommend you bring your own TP just in case. **NO LITTERING!** We ask that teams control their own garbage and pack it out. Be mindful of the beautiful place you are in and do all you can do to keep it just as you found it.

## **FINISH LINE**

The finish line is at Heber City in a location TBD. We highly recommend that teams gather near the finish line and run in together through the finish line. Now is the time to relax, rejuvenate and enjoy being at the end of an amazing race.

## **SAFTEY - OUR NUMBER 1 PRIORITY**

There are many potential hazards in a race of this type including but not limited to: automobile traffic, road and trail conditions, and weather. We ask that all teams please take appropriate precautions to insure a fun and safe event. **STAY ALERT!**

## **HEAD LAMPS AND REFLECTIVE SAFTEY VESTS**

Each team **MUST A reflective vests and headlamps** just in case you don't make the finish before nightfall. They must be worn between the hours of 8 PM and the time you finish. Failure to meet this requirement will result in immediate disqualification for the entire team. Bring extra batteries for headlamps.

## **PACERS**

Foot or bicycle pacers are allowed on the course, but are not recommended for much of the course due to the narrowness of many of the roads. We recommend pacers wear the same night safety gear as the runner (reflective vest and headlamp). Part of the course is on dirt roads so plan accordingly.

## **PERSONAL MUSIC DEVICES AND HEADPHONES**

We discourage the use of personal music devices with headphones while running as they may severely limit your awareness. Use them at your own risk. If you choose to use them, make sure you turn them down to a level so you can still hear traffic, other sounds around you including, but not limited to, instructions from course officials.

## **FIRST AID & REQUIRED FIRST AID KIT**

We have limited medical staff on hand. Please be aware of this and plan ahead for how you will handle any emergencies. **Call 911 in an event of a severe emergency and then call the UMAR Race Director at 801-367-2575.** Local EMS Units will be on call and prepared to respond to emergencies. Due to limited cell phone reception, please go to the nearest exchange for assistance. **Teams are required and responsible for supplying an adequate first aid kit for each vehicle** to treat blisters, abrasions, headaches, heat exhaustion, and other common ailments. You may consider bringing ice for injuries related to soft tissue trauma.

## **SAFETY FLAG REQUIRED**

No traffic or police are promised to protect participants from traffic along the course. Be very careful at all times as you enter and exit vehicles. **One safety flag per vehicle is required** and must be used if team members cross the road to greet active runners. Safety Flags can be purchased on Thursday night during team check-in for \$10

**HEADLIGHTS REQUIRED All relay vehicles are *REQUIRED TO HAVE HEADLIGHTS ON DAY AND NIGHT* during the event.**

## **COURSE ROAD CROSSING**

There are a few designated road crossings for the active competitor. These will be well marked. In the event that there is traffic flowing at the same time the runner attempts to cross, runners must wait for traffic to pass before crossing.

## **RUNNING OR RIDING AT NIGHT**

Runners and bikers will be alone on the course at times. The following rules and suggestions should be noted: \*Team Vehicles are encourage to stop somewhere along each leg to watch for their runner. \*Team Vehicles are permitted to “Shadow” runners during nighttime legs only. “Shadowing” means that a vehicle parks a couple hundred yards ahead of their runner. Once the runner passes, the vehicle waits until the runner is a couple hundred yards ahead again, etc. Vehicles must obey traffic laws and are not permitted to follow behind runners at the runner’s pace. \*No vehicles will be allowed to follow behind participants to illuminate the road during night- time legs. These vehicles severely impede traffic. \* Runners must wear reflective safety vest and a headlamp.

## **DRIVING & PARKING**

We ask that all drivers be alert and drive at or below posted speed limits. Be sure to leave adequate time to arrive at exchange points so that there is no temptation to speed. Please be courteous of runners on the road. Be careful not to blind them with high beam light,

and move over while passing them. Please park off road as far as possible, watch for participants, and stay alert to other traffic. We also ask that you be courteous and respectful of the cities, towns, and venues. Park in sensible locations and avoid residential locations like people's homes. Please follow signs and race volunteer directions. We strongly recommend that you drive under the posted speed limits in an effort to slow down non-UMAR traffic and to reduce the amount of dust that is generated.

### **BAD WEATHER**

The race will occur rain or shine. However, under certain severe weather conditions where significant damage or alterations to the race occur, we reserve the right to cancel the event. Be prepared! We recommend you pack a rain jacket, long pants, and gloves for early morning and night running and extra clothes if you get wet.

### **MUD N DUST**

The course may offer a little of both. We ask all vans to slow down in these types of areas to reduce the amount of dust that is generated. You may want to bring a bandana to wear over your mouth.

### **WILDLIFE WARNING**

If a runner encounters any wildlife that is aggressive on the course, get your competitor into your support vehicle and drive ahead at a safe and reasonable distance and then let him or her out again.

### **REPORT TEAMS THAT ARE ENDANGERING THEMSELVES AND OTHERS**

Call or send a text message to 801-367-2575 to report violations. Include who, what, where and when in your text message.

**TRAVEL/LODGING:** see web site and sponsors

### **TRAVEL**

**Start Location** Heber City TBD and 2<sup>nd</sup> south

**Finish Location** Heber City TBD and 2<sup>nd</sup> south

### **DIRECTIONS**

#### **SALT LAKE CITY to Heber City 51 mi, 56 min**

Start out going **north** on **Terminal Dr** toward **Bangerter Hwy** 2.0 mi Merge onto **I-80 E** toward **City Center/Ogden/Provo**. 6.8 mi keep **right** to take **I-80 E** via **EXIT 304** toward **Cheyenne**. 24.5 Take the **US-40 E** exit, **EXIT 146**, toward **Heber/Vernal**. Merge onto **US-40 E** toward **Heber/Vernal**. 17mi Welcome to **HEBER CITY, UT**

See map for details:  
[www.uintamountainadventurerelay.com](http://www.uintamountainadventurerelay.com)

## **EVENT SCHEDULE AND DATES**

### **Friday August 18 5-9 pm MST**

**Location:** Heber City Park

Team captains or members may check in for the entire team. We will not supply partial team bags to individual team members. Bring photo ID. Teams will receive a slap wrist baton; team t-shirts and two body markers, one for each vehicle.

For teams who are not able to check in on Thursday night you may do so at the starting line a minimum of two hours prior to the start of your leg on Friday morning. First leg runners are required to do an additional "Runner Check-in" 30 minutes before race start to confirm the team's participation.

### **Saturday July 18, 2014**

**Start:** Heber City TBD 6:00 am – 11:00 pm

**PACKING LIST SUGGESTIONS** Food & Fluids Cell Phone Running Shoes – 2 pair Driver's License Jacket, change of clothes, socks Cash/credit or debit card Sleeping bag, pillow and pad Toiletries Sunglasses Medications Paper Towels/wipes/lotion/TP Sun screen Hat

#### **TEAM ITEMS**

First Aid Kit Orange Safety Flag – 2 per van Reflective Vest – 2 per van Headlamp – 2 per van Blinking tail lights – 2 per van Garbage Bags cooler with ice & additional food and fluids

**Sponsors and Venues:** see web site

**Results:** see web site

**The Cause:** A portion of the proceeds will be given to a cause in need.

**Volunteers:** see web site

**Store:** see web site

## **NUMBER OF TEAMS**

This year, it is anticipated that 20 - 40 teams will run the relay or between 60 - 300 people. A Regular team is 6 people and an Ultra team is 3 people. The number of Ultra teams vs. Regular Teams that sign up will determine the total number. Each team is required to supply one volunteer to help along the course.

## **SAFETY AND TRAFFIC CONTROL PLAN**

Runners and drivers will be kept safe by a variety of measures that have worked effectively for other similar relays such as the Ragnar Relays ([ragnarrelay.com](http://ragnarrelay.com)) and the Red Rock Relay ([redrockrelay.com](http://redrockrelay.com)) and our family's other relays the Top Of Zion Relay and the Ruby Mt Relay.

The County Sheriff's Department for Wasatch and Summit counties, Utah Highway Patrol, and UDOT will all have been notified and will be given detailed plans of the race. These entities will review the plans and will be in regular contact before and during the race. Road signs and barriers will be laid out according to their guidelines.

We will have limited medical staff on hand. Competitors will be aware of this and plan ahead for how they will handle any emergencies. They are instructed to call 911 in an event of a severe emergency and then call the UMAR Race Director at 801-367-2575. Local EMS Units will be on call and prepared to respond to emergencies. Wasatch and Summit Ambulances will be on call to ensure that in case of any accident, medical personnel can respond quickly.

All contact numbers will be at each van exchange with designated relay directors. Directors and volunteers will be dispersed on the route to ensure that, in case of any accident, medical personnel can respond as quickly as possible. Due to limited cell phone reception, runners are instructed to go to the nearest exchange for assistance. A number of race officials will have satellite communication as well to respond to emergencies. Teams are required and responsible for supplying an adequate first aid kit for each vehicle to treat blisters, abrasions, headaches, heat exhaustion, and other common ailments. It is also suggested that they consider bringing ice for injuries related to soft tissue trauma

## **COMPETITORS PROTECTION**

All participants will be sent instructions regarding safety rules and guidelines. Also, at the time of check-in and packet-pickup, participants will be directed to the safety booth where they will be instructed on the safety requirements and verify that they have read the safety rules, traffic exchange instructions, and are ready to participate having the required vests, head lamps, blinking clip on tail lights, and first aid kits needed. Teams without these items will not be allowed to participate. They will have an opportunity to buy required items at check-in if needed and will be encouraged ahead of time to bring extra batteries. Participants will also have access to these safety rules and guidelines on the

Uinta Mountain Adventure Relay website (See [www.uintamountainadventurerelay.com](http://www.uintamountainadventurerelay.com) ) and in the Uinta Mountain Adventure Relay Guide which will be emailed to all the participating teams. Each van exchange will be equipped with a professional first aid kit, food, water, and volunteers to assist anyone that may be in need. Runners' progress will be checked twice during the race and again at the end of the race to ensure that all teams are accounted for. The race will be closed at 11:00 PM, July 19. If necessary, the last vans will need to pick up any of its runners that are still on the course after this time. Teams will be accounted for to ensure no one is left on the course after each exchange is closed and again after the race.

### **INSURANCE**

The race is covered with a \$1,000,000 liability insurance policy. All competitors will sign a waiver that they are participating at their own risk and understand the inherent risks of this type of running event.

### **WHY HELP PUT ON A RELAY**

All the benefits of tourism are realized in this kind of an event. With competitor's participation, plus their friends and family coming to the area for two days, there is an economic benefit to surrounding businesses, which they can look forward to each year and will only get better as the Uinta Mountain Adventure Relay grows. Some may even choose to come early or stay longer. These people will sleep, eat, shop, buy gas and recreate in the area. They will see some of Utah's best recreation areas and tell their friends about it and they will come back again and again to enjoy the unique and beautiful backcountry of the Uinta Mountains. We appreciate your time and look forward to working with you. Sincerely,  
Jon and Liz Johnson

PORTABLE TOILETS TOTAL = 12

2-End of payment center creek

2-Start of payment strawberry

2-Start of hwy40 after strawberry

2-Turn of to hwy 208

2-Turn off of hwy 35 and mill creek rd

2-Junction of mill creek rd and lake creek rd

There are many forest service toilets along the route at many of the exchanges

CONES TOTAL = 100

DIRECTIONAL SIGNS TOTAL = 100

MILE MARKER SIGNS TOTAL = 100

LIGHTS TOTAL = 10



