

# 2013 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 each race 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 = **April 25, 2012** General Registration Deadline = **June 25, 2012** Late Registration Deadline = **August 1, 2012**

(\$840.00/\$420.00) (\$960.00/\$480.00) (\$1200.00/\$600.00)

Pay for Volunteer Deadline = **August 1, 2012** \*Regular Teams are made up of 10 Competitors each running, Mt. biking, or road biking 3 legs each. Or Teams will be made up of all runners. These teams will be of the traditional nature of 12 members

\*\*Ultra Teams are made of 5 Competitors or 6 runners that run or ride 6 legs each (note all running teams will run the same course as the tri relay minus 30 miles also there will be no set legs team members will run till they feel like switching out.

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 aug\*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**

Uintah Mountain Relay will start in Heber City at the park then wind through the city making its way up center creek, Crossing the tops of the mountain making its way north to Highway 40. Once on 40 you will head north a short distance to rout 131 and make your way around Strawberry Reservoir. Once to Strawberry Reservoir you will head around the backside lake on 131 to mud bay where the canoe leg will wind along the banks ending at the marina. (If you are on a all running team you will pass this turn out and stay on 131). The relay will then continue around the lake and back to Highway 40 on 090 once on HWY 40 the course will drop down to Fruitland. It then will cut over on HWY 208 to HWY 35 and end the first day at the town of Tabiona. The next morning the relay will leave Tabiona pass through Hanna and wind its way up to Wolf Creek Pass on HWY 35. It will then pass through Soapstone Basin on 414 then to 037 making its way to the mirror lake HWY 150 dropping down to Kamas. (Again if you are on the running only team once to 037 you will turn left and make your way back to Wolf creek pass cutting off 30 miles). It will then cross over to Woodland winding back up HWY 35 towards Wolf creek pass. Before the summit the rout will cut off the Highway at Mill Hollow road 054 and wind up to the pass and turn off of 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**

**Thursday, August 22th** from 4-9 pm **MST (Mountain Standard Time)**

**Location:** Heber City Park, Utah

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, rearview mirror hangers, and a few more surprises. For teams who are not able to check in on Thursday night, you may do so at the starting line a minimum of one hour 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.

**Friday August 23rd**

6 am - 12 pm 10 pm - 6 pm 4 pm - 10 pm

Teams start the race - *Your team’s start time will be emailed to your team captain*

EXCHANGE 1 – Mud Creek

EXCHANGE 2 – Aspin Grove Marina

EXCHANGE 3 – Tabiona

**Saturday August 24th**

5 am - 9 am 8 am – 1 pm 2 pm - 8 pm

EXCHANGE 4 – Mirror Lake Highway/Soapstone

EXCHANGE 5 – Mill Hollow Road

FINISH AT Heber City Park

**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.

**VEHICLE ROTATION SUMMARY**

Each Regular team will have two vehicles of 5 or 6 competitors. Vehicle One will have competitors 1-5 or 6 and Vehicle Two will have competitors 6 or 7-10 or 12. The first runner or biker in Vehicle One will start at the Heber City Park starting line. Once the race has begun, Vehicle One will travel to the first competitors exchange point where the second competitor will prepare to compete. Competitors from Vehicle One will continue in order through all the legs of their 1<sup>st</sup> section and meet Vehicle Two at the first major exchange of the race in Mud Creek at Strawberry Reservoir. Here the 5<sup>th</sup> or 6<sup>th</sup> competitor from Vehicle One will hand off the slap band to the first competitor of Vehicle Two. Then Vehicle Two will continue along rotating competitors until the next major exchange

point in Aspin Grove Marina where they will hand off to Vehicle One again. This pattern will continue to the finish line at Heber City Park. In order to avoid road congestion, we urge the Vehicle that has just finished their section to leave the course until it is their turn to participate again.

Vehicles can stop to cheer on teammates at any legal spot along the route that does not obstruct competitors or traffic.

### **NON-COMPETING VEHICLES**

The non-competing vehicle is the vehicle of competitors not currently competing on the course. During down time, we encourage you to rest up, eat and drive ahead to the next exchange point to get ready for your team to arrive.

### **SLEEPING**

The end of day one racing will end at the high school in the small town of Tabiona where dinner and showers will be available from the high school to help raise money for their school. That evening we will watch and cheer as the teams complete that day's race legs. There will be fun activities, games, and a giant movie screen playing adventure sport movies as we relax on the school's fields. That night there will be a giant slumber party on the grass or you can stay in a motel in Tabiona, Duchesne or Hanna be sure to make reservations well in advance.

### **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. You might also consider 2-way radios between vehicles.

### **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 at every exchange that are on pavement 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 Park. 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.

### **SAFETY - 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** have **2 reflective vests and 2 headlamps per vehicle** just in case you don't make Tabiona before nightfall and the start in the morning. They must be worn between the hours of 7 PM and 7 AM. 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.

### **SAFTEY 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 race 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** – vehicle rental, lodging, food, gas

## **TRAVEL**

**Start Location** □ Heber City Park Main Street and 2<sup>nd</sup> south

**Finish Location** □ Heber City Park Main Street 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](#)

## **EVENT SCHEDULE AND DATES**

**Thursday August 15** □ **4-9 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.

**Friday August 16, 2013** □

## START

Heber City Park ☐ 6:00 am – 10:00 am

**Saturday August 17, 2013** ☐

Finish Line open 4pm – 10pm

**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

## Results

## The Cause

## Volunteers

## Store

## UINTA MOUNTAIN ADVENTURE RELAY OVERVIEW & SAFETY AND TRAFFIC CONTROL PLAN

### WHAT IS A RELAY EVENT AND HOW WILL IT AFFECT TRAFFIC?

Our relay consists of 10 regular team members or 5 ultra team members who take turns running, mountain biking, road biking and 1 leg of canoeing. Race distance approximately 220 miles. The race is divided into 30 legs. Each athlete



will complete 3 of the 30 legs of the relay. Each ultra athlete will run 6 of the 30 legs of the relay. Each leg of the relay is anywhere from 3 to 18 miles in length. At the start of the relay, the first runner from each team will start every 2 - 5 minutes, from 6:00 A.M. To 11:00 A.M., Depending on the number of teams to ensure that runners are spread out. This technique will help promote safety and maintain normal traffic patterns. If there are 30 teams there will be no more than 30 competitors spread out on the road at one time. Competitors will run against traffic for added safety where possible and bikers will obey normal traffic rules.

Teams will divide into two vans or vehicles. While the competitors in one van are completing their part of the relay, the competitors in the other van will rest, eat, and sleep among other activities as they wait the 3-6 hours for the other half of their team to finish their legs. The relay will last for the best part of two days. The first day's race will pause for the night in the town of Tabiona. The next day will start again at 5 A.M. and will finish at when the last team crosses the finish line.

### WHAT IS A RUNNER EXCHANGE AND HOW IS TRAFFIC CONTROLLED?

There are 29 relay exchanges on the course. Competitor's exchanges are areas where one competitor will end their leg by passing the baton to another teammate who continues the relay to the next competitor and exchange. The cycle continues until the relay is finished. Most exchanges will include a portable toilet(s), a volunteer(s) who will hold an orange flag and wear a volunteer shirt and make sure everything goes as outlined, and a specific exchange point for the competitors' to exchange places marked with a flag and cone to alert runners and cars. The runner exchanges will be located off to the side of the main road at major pullout areas or down a side road to limit regular motor traffic in these areas. The exchange areas will also be conducive to parking for ten or more cars. At night, if necessary, exchanges will also include lighting to improve visibility and safety. (See Van and Runner Exchange maps.)

### WHAT IS A VAN EXCHANGE AND HOW IS TRAFFIC CONTROLLED?

With 2 vans per team, van exchanges are the points where one van takes over the relay for the other van. These exchanges points between the two vans will happen over the course of several hours as each team comes and goes. There are 5 van exchanges along the course. These exchanges will be run similar to the runner exchanges. These areas need to have more space and parking because there will be double the number of vans at the exchange. These areas have been carefully chosen to be well off the main road in areas where cars can circle in one way and out another to reduce the need for backing up and crossing traffic. (See Van and Runner Exchange maps.)

### START – HEBER CITY PARK

OPEN: 5:00 AM - 3:00 PM SETUP/DOWN: NIGHT BEFORE - 4:00 PM

### 1 VAN EXCHANGE – MUD CREEK

OPEN: 8:00 PM - 10:00 PM SETUP/DOWN: 6:00 AM - 12:00 PM

## 2 VAN EXCHANGE – ASPIN GROVE MARINA

OPEN: 10:00 PM - 2:00 PM SETUP/DOWN 10:00 PM - 4:00 AM

## 18 VAN EXCHANGE - TABIONA

OPEN: 2:00 PM - 6:00 AM SETUP/DOWN 12:00 PM - 10:00 AM

## 24 VAN EXCHANGE – MIRROR LAKE HWY/SOAPSTONE

OPEN: 8:00 AM - 12:00 AM SETUP/DOWN 8:00 AM - 2:00 AM

## 30 VAN EXCHANGE – Mill Hollow Road

OPEN: 10:00 AM - 4:00 PM SETUP/DOWN 10:00 AM - 6:00 PM

## FINISH – HEBER CITY PARK

OPEN: 12:00 PM - 10:00 PM SETUP/DOWN Day Before - 10:00 PM

### COURSE OVER VIEW

Uintah Mountain Relay will start in Heber City at the park then wind through the city down HWY 189 to Deer Creek Reservoir, through Wallsburg, up and over main canyon road to Daniel's Summit and Highway 40. It then will go down 40 to Strawberry Reservoir. It will then go around the backside of the reservoir to mud bay where the canoe leg will wind along the banks ending at the marina. The race will then continue around the lake and back to Highway 40 and drop down to Fruitland. It then will cut over on HWY 208 to HWY 35 and end the first day at the town of Tabiona. The next morning the race will leave Tabiona pass through Hanna and wind its way up to Wolf Creek Pass. It will then pass through Soapstone Basin making its way to the mirror lake HWY 150 dropping down to Kamas. It will then cross over to Woodland winding back up HWY 35 towards Wolf creek pass. Before the summit the route will cut off the Highway at Mill Hollow road and wind up to the pass and turn off of Lake Creek rd. The course will then return down East Lake Creek rd and back to Heber City Park.

### NUMBER OF TEAMS

This year, it is anticipated that 20 - 40 teams will run the relay or between 200 - 600 people. A Regular team is 10 people and an Ultra team is 5 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 10:00 PM, August 17. 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.

### Headlamps and Reflective Safety Vests are Required!

Each team MUST have 2 reflective vests and 2 headlamps per vehicle and must wear them between the hours of 7 PM and 7 AM while on the racecourse. Failure

to meet this requirement will result in immediate disqualification for the entire team.

### **Safety Flag Required**

Participants are asked to be very careful at all times as they 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.

### **Support Vehicle Traffic Control**

Drivers are instructed not to follow competitors but to stop at natural pull-off areas and side streets to ensure that the traffic flow will not be impeded. If team members need to cross the road to support their competitor, team members will carry an orange flag to alert drivers.

### **Course Road Crossing**

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

### **Pacers**

Foot or bicycle pacers are allowed on the course. However no drafting is allowed! If caught, time will be added to a team's over-all time. We require pacers to wear the same night safety gear as the competitors (reflective vest and head lamp).

### **Personal Music Devices And Headphones**

We discourage competitors to use personal music devices with headphones while competing as they may severely limit their awareness. They are allowed to use them at their own risk. If they choose to use them, we ask them to make sure they turn them down to a level so they can still hear traffic, other sounds around them including, but not limited to, instructions from course officials.

### **Shadowing**

During the night, support vehicles may shadow their runners. Shadowing means that a van drives ahead of the runner until the runner is almost out of view. The van then finds a safe place to park and waits for the runner to pass. The van then watches the runner until he or she is almost out of view again. The van then repeats the process. This way the runner is never out of eyesight of their team. The benefits of shadowing your runners are: first it keeps the runner protected. Second, it keeps the runner from getting lost. And third, it keeps the team in the van from falling asleep. Vans are not allowed to follow behind runners at the runner's pace.

## Headlights and Hazards

All relay vehicles are required to have headlights on day and night for the duration of the event. Vans MUST also use hazard flashers when traveling over narrow or potentially dangerous.

## Driving & Parking

We instruct our participants in the Relay Guide that all drivers be alert and drive at or below posted speed limits, to leave adequate time to arrive at exchange points so that there is no temptation to speed and to be courteous of competitors on the road and not to blind them with high beam light, and move over while passing them. They are instructed to park off road as far as possible, watch for participants, and stay alert to other traffic. We also ask that they be courteous and respectful of the cities, towns, and venues, to park in sensible locations and avoid residential locations like people's homes. Participants are also instructed to follow signs and race volunteer directions.

## RACE COMMUNICATON

Designated relay directors and volunteers will have regular contact with each other to ensure communication at any moment. Emergency numbers and supplies will be given to volunteers at each exchange. Runners will be given phone numbers and emails of relay officials. Because cell phone communication may be spotty for some servers we will also have satellite communication between directors who will be properly trained. Participants will also be encouraged to bring their own two-way radios for personal van communications.

## ROAD SIGNS: RELAY MILEAGE SIGNS AND DIRETIONAL SIGNS

(See attached race sign designs.) The course that competitors take will need to be well marked with a small relay sign about every mile to two miles. These signs will be placed to the left of the white line out of traffic's way. Safety barriers and will also be placed to the left of the white line out of traffic's way where safety issues are a concern such as sharp turns and narrow roads along ridges and major cross roads. Signs and barriers will alert drivers to be careful around runners and to ensure runners stay on the racecourse. We also want to place electronic message boards on the Highway between Heber and Wallsburg so traffic is better warned of the competitors on the road while going to and from Provo.

Directional signs will also be placed to the left of the white line out of traffic's way where runners turn onto new roads. Markers will be placed 24 - 48 hours before the race and be off the road within 24 hours after the race. All race signs will be brown in color, placed on lath or PVC stakes driven into the dirt off the shoulder of the road or on a stand. Signs will be 12" by 18". See last page for signage.

## PORTABLE TOILET PLACEMENT

There are 29 exchanges along the course. Portable toilet(s) are placed at strategic exchanges along the course. Portable toilet(s) will be located at the back of large pull offs or on side roads approximately 30- 40 feet from the road to ensure safety. (See Course Map and Van/Runner Exchange maps for locations.)

## 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 competitors 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  
Supporting Documents

Road Signs Course Map Van and Runner 1 - 35 Exchange maps

## START – HEBER CITY PARK

OPEN: 5:00 AM - 3:00 PM SETUP/DOWN: NIGHT BEFORE - 4:00 PM

## 1 VAN EXCHANGE – STRAWBERRY BAY

OPEN: 8:00 AM - 10:00 PM SETUP/DOWN: 6:00 AM - 12:00 PM

## 2 VAN EXCHANGE – ASPIN GROVE MARINA

OPEN: 10:00 AM - 2:00 PM SETUP/DOWN 10:00 PM - 4:00 AM

## 18 VAN EXCHANGE - TABIONA

OPEN: 2:00 PM - 6:00 AM SETUP/DOWN 12:00 PM - 10:00 AM

## 24 VAN EXCHANGE – MIRROR LAKE HWY/SOAPSTONE

OPEN: 8:00 AM - 12:00 AM SETUP/DOWN 8:00 AM - 2:00 AM

## 30 VAN EXCHANGE – LAKE CREEK

OPEN: 10:00 AM - 4:00 PM SETUP/DOWN 10:00 AM - 6:00 PM

## FINISH – HEBER CITY PARK

OPEN: 12:00 PM - 10:00 PM SETUP/DOWN Day Before - 10:00 PM

Exchanges 1 -30 have been revised several times in order to create the safest and most enjoyable relay course possible! Many factors were taken into consideration when choosing each spot for an exchange.

Safety is our number one priority. When choosing an exchange we looked for areas that allowed for sufficient parking and space away from winding or narrow roads, places that might be potentially dangerous and for places already designated for parking. We spent much time studying the course in order to find these types of locations that worked well for each exchange.

Then next factor that determined our course exchange points was considering the total distance a competitor would run or bike in conjunction with the elevation gain or loss. Consequently, some legs are short and others are long. This means one competitor will run or bike more miles overall than other competitor. This will allow for different levels of competitors to participate.

There were many locations that would have been great for an exchange but were not used because they were either not safe enough or the mileage didn't work out. They were either too close to or too far away from the other preferred exchanges.

The exchanges are in safe and visually interesting places making the relay more successful as a whole. Please see the following pages for each exchange location accompanied by traffic control details and exchange logistics.

**PORTABLE TOILETS TOTAL = 22**

**CONES TOTAL = 150**

**DIRECTIONAL SIGNS TOTAL = 100**

**MILE MARKER SIGNS TOTAL = 185**

**MESSAGE BOARDS TOTAL = 4**

**LIGHTS TOTAL = 10**

**FLAGS TOTAL = 72**