

## **Blue Ridge Relay: 2018 Team Handbook**

Thank you for your team's registration for the 14th running of the Blue Ridge Relay. If you've run before, then you've heard me say that as your race director and fellow runner, my desire in organizing this event is to share the mountains of North Carolina and Virginia, through a perspective that very few experience.

We are thrilled to be hosting a capacity field once again. BRR has grown considerably since the Relay began in 2005 with 10 teams. It is an honor and a huge compliment that teams return year after year. Our growth over the last decade is largely attributed to runners spreading the word. Thank you for running with us.

For those who are new this year, we know that runners thrive on stats...our starting line at Grayson Highlands State Park has an elevation of 4919' and the finish in Downtown Asheville, 2195'. In total, the course has an approximate loss of 19,443' versus a gain of 16,712'. Even though the elevation will change, sometimes quickly, remember to enjoy the mountain countryside, the creeks, the mountain hollows and the big views.

Our excitement for the Relay is surpassed by concern for everyone's safety. The following pages highlight some information that is posted on the website and some that is new. Please be diligent to review information on the website, emphasizing Rules and Regulations, Driver's Info and the Captain's Corner. If you have not run an event like this, be prepared, because you will be challenged. During the relay, we will post course updates such as weather alerts, emergency notes, course updates, etc... on the Blue Ridge Relay Facebook page. However, the Relay Officials at the exchange zones will remain the primary contact for emergency and non-emergency items.

The Blue Ridge Relay has the most participants of any athletic event that occurs in the North Carolina and Virginia High Country, with the exception of the last 1-2 miles as we enter Asheville. Even though we'll have 200 runners on the roads at any given time, the distance, the time spread, the time of day, the vans, etc... make the Blue Ridge Relay very visible to and impact many residents. Please remember that the Blue Ridge Relay wouldn't exist without the support of our local mountain communities, the people and authorities. Please respect, at all times, their mountain home.

Once again, WELCOME! to the Blue Ridge Relay. If we could assist in any way, please contact us (336-877-8888 or [info@blueridgerelay.com](mailto:info@blueridgerelay.com).)

Kind regards,

Ken Sevensky  
Director, Blue Ridge Relay

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## **Blue Ridge Relay: 2018 Team Handbook**

The notes of this Handbook apply to all competitors, team support staff, spectators, and event staff and volunteers. This was designed to make your experience safe, smooth, enjoyable, and rewarding.

### **Additional References**

Runners, drivers, support staff, etc... need to reference the following documents, in addition to this Handbook:

1. Rules and Penalties (found under Team Information on the website)
2. 2018 Driver Info (found under Team Information on the website)
3. Leg Maps and Leg Map Links (found under Team Information on the website)
4. Pre-Race Dinner (found under Team Information on the website)

### **Weather Conditions**

Please be prepared for a variety of weather conditions. For every 1000' increase in elevation, expect the temperature to drop 2.2 – 5.3 degrees. The climate and weather is comparable to Canada! The average daily high temperature has a range of 50s-70s degrees and low temperature 30-59 degrees. Be prepared for rain, higher winds, and quickly changing weather at these higher elevations. To summarize, **be prepared for extremes**, as has been said, "If you don't like the weather, just wait 5 minutes."

### **Extreme Weather**

In the event of extreme inclement weather or other major event, the Blue Ridge Relay will follow the advice of county emergency management. It is typical for BRR to be spread over a several county area. As such, BRR will comply with the request/advice of emergency management of any county through which BRR runs. Therefore, there is a risk that BRR could be suspended or terminated at the advice of emergency management. Exchange Zone staff will be notified and will enforce the decision of race management. All teams must comply.

In the event of localized extreme inclement weather, such as lightning, exchange zone staff have authority to suspend the BRR at a specific exchange zone for the safety of runners, staff and volunteers. All teams at that exchange zone must comply.

If the race is suspended, all teams must retrieve their runner from the course so the runner has shelter in the team vehicle and then report to the nearest exchange zone. Before the race resumes, a decision by BRR management will be made regarding the progress of BRR. The decision may range from returning the runner to the course at the location of retrieval to advancing all teams a specified number of legs.

Time of day of suspension and when BRR resumes will be recorded. However, there are many external, uncontrolled circumstances that influence BRR and are part of BRR. As such, the time of suspension may or may not be considered in the BRR results. BRR management will consider the circumstances and make a decision.

### **Safety Concerns**

We believe runners should always run defensively. Please be advised that you will be running on a course that is open to normal traffic. Roads will be posted with caution signs to approaching traffic. All runners should be alert to traffic, blind turns and road conditions.

Every year we receive questions about safety, especially at night. If you are concerned about safety:

1. County Sheriff Departments and Local Law Enforcement are informed of the Relay's presence, of the roads we're using and the respective time of day. They are seen patrolling the course.
2. Companion runners are permissible at night. Please refer to the rules for complete details.
3. Team vehicles are NOT permitted to "shadow" their runners and team vehicles are NOT permitted to "leap-frog" their runners (please see rule II-11, 60-minute penalties). Vans must drive directly to the next EZ.
4. You can carry a small canister of pepper spray.
5. Carrying your cell phone may or may not offer comfort. Sections of course do not have cell service.

### **First Aid**

Each support vehicle should carry a well-stocked first aid kit and ice. Be prepared to know how to use it.

### **Communication**

Teams are encouraged to have a means of communication between support vehicles and a means of communication to contact local authorities/emergency personnel. Dial 911 in the case of an emergency. Blue Ridge Relay officials at each exchange zone will have access to emergency contact information.

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### **Road Conditions**

The roads used for the Blue Ridge Relay in the North Carolina and Virginia mountains are mostly rural, narrow and have little or no paved shoulder. Two Cautions:

**First Caution** to runners: when traffic is approaching, be very careful when stepping onto the gravel/grass shoulder. Look before you step and step onto the shoulder earlier than normal to ensure good footing.

**Second Caution** to drivers: We need to drive with caution, awareness and on many roads below the speed limit regardless of shoulder conditions. In many places, if your tires leave the road you risk damage to your vehicle, getting stuck and even sliding into a creek.

### **Rules and Penalties:**

**Please refer to the website for a complete listing.** Every runner and driver **MUST** comply with the rules.

### **Course Markings**

The course will be marked as follows:

1. One yellow directional sign (18" x 24") before each turn.
2. One yellow confirmation sign with black arrow after each turn.
3. One yellow "EXCHANGE ZONE" sign will be posted approximately ¼ mile before the exchange zone. This is not the beginning of the exchange zone, but an alert sign for runners and drivers that the exchange zone is approaching.
4. Signs during the night legs will be highlighted with a clear blinking light.
5. Van directional signs are white with orange letters.

However, as noted in the Rules, it is the responsibility of the runner to navigate the course. Please note that signs may read "BRR" or "Relay". Signs will be posted on the Left side of the road. However, signs will be posted on the Right when the leg notes/description instructs runners to run on the right. Occasionally signs do disappear. So memorizing or carrying your cue sheet is highly advised.

### **Grayson Highlands State Park**

The Commonwealth of Virginia, Department of Conservation and Recreation, and Grayson Highlands State Park have issued a Special Use Permit to the Blue Ridge Relay. Please refer to the Rules and Penalties on the website for a full list of Park rules.

1. Grayson Highlands State Park is 30-45:00 from Jefferson/West Jefferson, 1:15-1:30 from Boone. Please allow extra time for the drive. The roads, which access the Park, are winding, narrow and secondary.
2. Upon entering Grayson Highlands, each team vehicle must check-in at the gate. You must know your team name to check-in. Ultra teams are permitted to have one team vehicle, all other teams are permitted to have 2 team vehicles. Any additional vehicles are required to pay a park fee of \$12 for 15 passenger vans and \$7 for other vehicles, payable at the gate.
3. All Park rules apply.
4. Team Packet Pick-up, if not done Thursday at the pre-race dinner, must be completed at least 30 minutes prior to the start of your team's wave. Sign-in at the starting line will take place 15 minutes prior to the start of your team's wave. The Start is at the Visitor's Center, located 4 miles after passing through the Park entrance gate. Upon entering the park, do not stop at the Ranger's Station, which is located just inside the gate. The Ranger's station is EZ 1 and parking space is not adequate for additional vehicles.

### **Blue Ridge Parkway**

The United States Department of the Interior, National Park Service and Blue Ridge Parkway have issued a Special Use Permit to the Blue Ridge Relay to access the Blue Ridge Parkway. In addition to the established rules and regulations of these organizations, the following will apply to the Blue Ridge Relay:

1. "All runners must wear reflective vests at all times while on the Blue Ridge Parkway." To meet this requirement, the Blue Ridge Relay will require runners, who are running legs 12, 13 and 35 to wear reflective vests for their entire leg, regardless of time-of-day.
2. "Support vehicles are not permitted on the Blue Ridge Parkway with the exception: support vehicles can travel between milepost 373 and milepost 375, but cannot stop on the Parkway." Therefore, support vehicles will follow a route alternate to the course for legs 12 and 13. Support vehicles may use the Parkway for leg 35. Alternate vehicle routes are noted in the Driver's Handbook.

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### **Counties and Municipalities**

The Blue Ridge Relay has received permission from the following counties: Grayson, Ashe, Watauga, Avery, Mitchell, Yancey, and Buncombe. Permission has also been received from the towns of Jefferson, West Jefferson, Blowing Rock, Newland, Spruce Pine, Burnsville, and Asheville. Please respect these communities, which graciously are allowing our event access to their roadways.

### **Team Sign-in**

Teams have two options for packet pick-up:

1. Thursday at Boondocks, West Jefferson, pre-race pasta dinner, reservations required. Packet pick-up 4:30pm – 8:00pm. Dinner 5:00pm – 8:00pm.
2. Start Line, Friday morning, 30 minutes before your team's scheduled start time.

1. Race bracelets will be distributed at packet pick-up, with the team's race numbers.
2. Not all team members are required to be at the start or packet pick-up.
3. A waiver, signed by all team members, **must** be submitted at packet pick-up.
4. Runner Order **must** be submitted at packet pick-up.

### **Prerace Pasta Dinner**

Boondocks will be hosting the pre-race dinner 5:00pm – 8:00pm, Thursday, Sept. 6. Pasta (vegan and gluten-free options available), marinara, bread, salad, desert and soft-drinks. Cost is \$13 (tax and tip included). Registration and prepayment must be received by Tuesday, August 28. To make your reservations please reference Pre-Race Dinner under Team Information on the website.

### **Start Line**

Teams should be at the Start Line 30 minutes prior to their start if they need to pickup their race packets. Teams, which have already picked up their race packets, are expected to sign-in/report at the Starter's Table at the Starting Line 15 minutes prior to the team's start time. The team's lead vehicle and lead runners only need to be at the Start (if two vehicles are used). Several items will be addressed at this time:

1. Team packet pick-up and race bracelet issue (if not completed on Thursday)
2. Team Sign-in (the captain is NOT required to be present).
3. Vehicle inspection (just if you think your vehicle size is going to be questioned)
4. Inspection of reflective vests, flashlights and blinking lights (if you have questions).
5. Inspection of van decorations. Please decorate your vans in good taste.

### **Best Decorated Van Competition**

The Best Decorated Van Competition will be judged at the Start Line by Blue Ridge Relay staff and volunteers. Winning team will receive a Mellow Mushroom, Asheville, gift certificate.

### **Restroom Facilities**

Restroom facilities and/or port-a-johns will be available at all Exchange Zones. Please use them.

### **Food and Beverages**

Be prepared. The stores and gas stations in the rural towns of North Carolina's High Country may not be open around the clock. However, several community groups will have food and other services available for sale.

1. EZ 12: Pizza, iced water and soft drinks. Boone Kiwanis Club is your host. Why wait in a restaurant line? Grab some za and zzz's at this TZ.
2. EZ 14: Grandfather Country Store will be open with a variety of food and will have their grill fired.
3. EZ 21: Ingles Grocery Store has 24 hour gas (great prices) and the grocery store will be open extra hours for the Blue Ridge Relay. It's a convenient location for vans transitioning between EZ 18 and EZ 24.
4. EZ 24: Bakersville Volunteer Fire Department: This group of volunteer firefighters will host several exchange zones, including Transition Zone 24 at their fire department. They are offering a fresh dug/fresh baked potato bar, cases of water and bags of ice. Also hot showers (Bring your own towel).
5. EZ 30 Pensacola Community Group: Pancakes, coffee, orange juice, and fruit cocktail will be available at our last Transition Zone (EZ 30). What a great way to fuel-up before the last six legs, and for those runners who have completed their running duties.
6. EZ 32 Barnardsville Elementary PTO: Expect some energy restoring goodies...breakfast, lunch and snacks.

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### Showers

1. EZ 24: Bakersville Fire and Rescue will have 2 portable shower units (4-6 showers/unit, 1 unit male, 1 unit female) set up in their bays. Cost \$4. BYOT (Bring Your Own Towel, soap, etc...).
2. Finish Line: For those teams traveling home post-relay, YMCA Asheville (30 Woodfin St), about 100 meters from the finish, will be available to runners for \$5, towel included.

### Finish Line

Downtown Asheville at One Oak Plaza, the corner of College and Oak Streets.

Teams may finish with their last runner. We will have a staging area for the team to gather as your last runner approaches. Please do not interfere with finishing runners from other teams. If your runner and another team's runner are finishing close, please allow the active runners to pass before entering the finish line shoot.

### Restaurants

Mellow Mushroom in Asheville (50 Broadway St. 828-236-9800) has once again extended a 15% discount on food to runners (bring your bib...race bib that is). Just 3 blocks from the Finish.

### Finish Line Awards Ceremony

Award ceremony & post-Relay drawing starts about 6:30pm. The following awards are planned, but may change.

1. First Place Overall. (Will not be awarded an additional team category award).
2. First Place in the team categories with 5+ teams: Open, Ultra, Mixed, Master and Women. (Mixed Master combined with Mixed. Ultra Master and Ultra Mixed combined with Ultra. Ultra Women and Women Master combined with Women).
3. Second Place in each team category with 10+ teams. Third place in team category with 25+ teams.
4. Best Decorated Van.
5. First team across the finish line (if different than the First Place Overall team).
6. Runners Raffle: open to all runners who deposit the tab of their bib number in the Raffle box at the Officials' Tent 6:00pm - start of the raffle. The runner must be present and must have his/her bib number to win.

### Course Records

Category	Team Name	City, State	Year	Total Time	Pace/Mile
Course	Asheville Running Collective	Asheville, NC	2017	19:12:03	5:35
Open	Asheville Running Collective	Asheville, NC	2017	19:12:03	5:35
Ultra	KTC – Shaving Time	Knoxville, TN	2010	21:25:26	6:11
Women	CRC Ladies Fast & Pretty	Charlotte, NC	2012	25:53:42	7:24
Mixed	Charlotte Running Club	Charlotte, NC	2010	21:59:07	6:21
Master	Carolina Godiva Masters	Raleigh, NC	2017	21:51:51	6:21
Mixed Master	Let Me Run	Charlotte, NC	2017	27:14:36	7:55
Ultra Women	Ultra Chick Maggots	Asheville, NC	2013	27:53:06	8:03
Ultra Mixed	Jus Running Ultra Maggots	Asheville, NC	2017	23:42:56	6:54
Ultra Master	Flying Foxes Ultra Master	Charlotte, NC	2016	26:57:58	7:50
Women Master	Sisterhood of the Traveling Bracelet	Chapel Hill, NC	2013	29:05:31	8:24
Solo	Scot Hayward	Hudson, NC	2009	57:31:00	16:20

### Finish Line Apparel

1. Recover Brand Apparel: extra Race Shirts, "Blue Ridge Relay" pull-over hoodies and short sleeve T-shirts.
2. Legacy Headware: BRR ball caps.
3. Comfort Colors: long sleeve "Blue Ridge Relay" T-shirts.
4. Vintage T-shirts: \$5 all short sleeve and \$10 all long sleeve, including Expert brand tech and Comfort Colors.

### Finish Line Massage:

Caroline Johnson and Laura Uchtmann, licensed massage therapist with practices based in Asheville will be providing post event massage for a dollar a minute. An experience both therapeutic and invigorating, which prevents soreness and promotes healing after strenuous endurance races.

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### Sponsors

**Recover Brand: Official Apparel Provider** Recover Brands is a North Carolina based sustainable apparel company that manufactures environmentally friendly and socially responsible apparel and accessories out of 100% recycled materials. Not only are Recover products eco-friendly, they are also extremely soft, comfortable, durable and stylish. We're excited to introduce Recover race shirts and merchandise for this year's Blue Ridge Relay. Each runner will receive the 2018 official long sleeve Recover Blue Ridge Relay shirt.  
[www.recoverbrands.com](http://www.recoverbrands.com)

**Enterprise Rent-A-Car: Official Van Sponsor** Need a team vehicle? Why put the mileage and wear & tear on your personal vehicle. Enterprise is there with 15-passenger vans and a Relay discount. You can't beat the combination. [www.enterprise.com](http://www.enterprise.com)

**Mellow Mushroom Pizza Bakers, Asheville: Official Pizza Sponsor** Mellow Mushroom (Asheville) continues to remain as a tremendous sponsor of the Blue Ridge Relay. Mellow Mushroom will be offering gift certificates for some fantastic post-Relay dining at their Asheville location. In addition, all runners who present their bib numbers on Saturday, September 8, will receive a 15% discount on food while dining at Mellow Mushroom.

**Schuster Physical Therapy:** Based in West Jefferson (near EZ6), Schuster Physical Therapy was voted BEST PHYSICAL THERAPIST in the 2016 BLUE RIDGE OUTDOORS MAGAZINE. Our good friends at Schuster PT are well connected to and have long been a part of the BRR family, frequently serving as one of your BRR Start line hosts, announcer and Relay starter...and as a past BRR runner. It is always a pleasure.

**Grayson Highlands State Park, VA:** The spectacular setting of Grayson Highlands State Park and the very gracious staff of Park Rangers has served as host of the Blue Ridge Relay Start Line since 2005 (year 1). If this is your first or fourteenth visit to the park, you are in for a treat. Mountain balds, cool temperatures, wild ponies, and big views are the norm. Previous sightings included buck in velvet, black bear cubs, and so much more.

**Jus' Running, Asheville: Awards Sponsor** A 14 year supporter and advocate for the Blue Ridge Relay, and the center hub Asheville's running community. Gift certificates for winning teams and great raffle merchandise.

**Up 'N Running, Boone: Awards Sponsor** Boone's only dedicated running store is located a convenient 5 miles from EZ12 and only 1.5 miles from the team vans' driving route. Gift certificates for winning teams and great raffle merchandise.

### Charitable Partners

The 2018 Blue Ridge Relay is thrilled to partner with the **Blue Ridge Conservancy's Middle Fork Greenway** project. The Middle Fork Greenway (MFG) is an emerging multi-use greenway connecting Blowing Rock to Boone, naturally. The mission of MFG is to preserve an expanse of greenspace along the middle headwaters of the South Fork/New River that will protect the natural, scenic, historic and cultural resources of the corridor. When complete the 6-½ mile pedestrian and bicycling path will provide connections to the Mountains-to-Sea Trail, Blue Ridge Parkway, and three county-owned parks, including the Boone Greenway. One mile of the trail is complete and 2.2 miles are in construction planning phase. The vision is to eventually link a wide network of all manner of proposed trails throughout northwest North Carolina. The synergy of river, protective green space, and trail will yield an array of benefits—to health and the community—making this beautiful place an even better place to live and visit.

Our charitable partners also include community organizations based along the Blue Ridge Relay route. Please see the website for a listing of community groups. Teams/runners are encouraged to raise funds to support these organizations, separate from the contributions made by the Blue Ridge Relay. The team that raises the most (\$3,000 minimum) will be awarded free entry into the 2019 Blue Ridge Relay. These donations do not go through Blue Ridge Relay hands. All donations will be made payable to the selected charity.

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### Emergency and Medical Care Contacts

Call **911** for all emergencies. Drivers and runners should know their location on the course at all times.

Race Day course, weather, emergency, etc...updates will be posted on the **Blue Ridge Relay Facebook** page.

Become a Friend to stay in-tune during the race. Race related questions must be directed to EZ Relay Officials.

Exchange	Local Hospital	Address	Town	Phone
1-8	Ashe Memorial Hospital	200 Hospital Ave.	Jefferson	336-846-7101
9-13	Watauga Medical Center	336 Deerfield Rd.	Boone	336-262-4100
14-19	Cannon Memorial Hospital	434 Hospital Dr.	Linville	828-737-7000
20-24	Blue Ridge Regional Hospital	125 Hospital Dr.	Spruce Pine	828-765-4201
23-24	Bakersville Fire and Rescue			
25-26	Bradshaw Fire and Rescue			
27	Clearmont Fire and Rescue			
25-30	Yancey Comm. Med. Center	320 Pensacola Rd.	Burnsville	828-682-6136
29-31	Pensacola Fire and Rescue			
31-36	Mission Hospital	509 Biltmore Ave.	Asheville	828-213-1111

### Gas Stations and Grocery Stores

Legs	Store	Town	Address	
5	Walmart Gas & Grocery	West Jefferson	1149 Mount Jefferson Rd.	
5	Ingles Gas & Grocery	West Jefferson	60 Ashemont Dr.	
5	Other Gas and Grocery options in West Jefferson and Jefferson			
12	Food Lion Grocery	Boone	1864 Old Hwy 421 S	
12	Mobil Gas	Boone	Hwy 421 & Bamboo Rd.	
12-13	Walmart	Boone	200 Village Dr (off of Hwy 321)	
12-13	Other Gas and Grocery options in Boone on Hwys 321 and 105			
13	Food Lion Grocery	Blowing Rock	7533 Valley Rd.	
13	Tanger Outlet Gas	Blowing Rock	Hwy 321 & Tanger Outlets	
13-14	Other Gas and Grocery options in Blowing Rock			
16	Gas	Linville	After 1 <sup>st</sup> traffic light	
21	Gas – 24 Hour/Valero	Spruce Pine	6121 Hwy 19E, Middle of Leg 21	
21	<b>Gas – 24 Hour/Ingles</b>	<b>Spruce Pine</b>	<b>EZ 21</b>	
29	Gas and Grocery	Burnsville	Time of day dependent	

### Garbage Disposal (DO NOT leave trash at other exchange zones)

Legs	Location	Other
Post 6	South on 221, just after the 194/221 intersection. Located on the Left side of 221.	Community garbage and recycling center.
Post 11	Immediately upon leaving EZ 11, turn Left on Old 421. Located on Left side in about ½ mile.	Community garbage and recycling center.
Pre/Post EZ 13	Between Boone and Blowing Rock on Hwy 321. On Left before entering Blowing Rock, on Right after leaving Blowing Rock.	Community garbage and recycling center.
EZ 24	Bakersville Fire and Rescue	
EZ 30	Pensacola	