



**RULES &
REGULATIONS**

FULL RELAY & HALF RELAY

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RACE RULES & REGULATIONS

REQUIRED SAFETY EQUIPMENT:

- ❖ **Reflective Vests** – One for each person in Van
 - ✓ Must be worn at all times outside of Van
- ❖ **Headlamps or Flashlights** – Minimum 2 per Van
 - ✓ Must be used during night time hours (7pm – 7am)
- ❖ **LED Tail Lights** – Minimum 2 per Van
 - ✓ Must be used during night time hours (7pm – 7am)
- ❖ **Caution Flags** – Minimum 2 per Van
 - ✓ To be used whenever crossing roads

NOTES: Ensure Batteries are charged. Bring extra Batteries for lights.

Items will be inspected and checked during Team Check-In. Teams will not be allowed to participate in the race without providing functional Safety Equipment.

EMERGENCIES:

In the event of a serious emergency call 911. After Emergency crews have been notified please notify the Race Directors of the Emergency:

- ❖ Race Directors: **315-944-0009**

We will have EMS located or on call at every Major Exchange in the event of an emergency or injury at Major Exchanges. First Aid Stations will also be located at each Major Exchange for minor injuries. If an emergency arises along the course and there is no communication service to reach emergency crews, please drive to the closest Major Exchange or area with service to contact emergency crews.

Bark Eater Events, LLC will provide Teams with locations and phone numbers to all emergency, hospital, and urgent care facilities along the route. Bark Eater Events, LLC will have a trained and certified medical person supporting the event and traveling along the course with the Teams.



OBEY ALL LAWS OF THE ROAD...YOU DO NOT HAVE THE RIGHTWAY AS THE RUNNER!!!

RUNNERS ARE REQUIRED TO YIELD TO ALL TRAFFIC AND STOP AT ALL STOP SIGNS AND TRAFFIC LIGHTS.

Follow directions on detailed leg maps as to what side of the road to run on. Most all of the course is run on the side of the road running against traffic for safety reasons. Run on sidewalks when directed and available. Cross roads at designated crosswalks if available (wait for crosswalk light if present prior to crossing). If crosswalks are not present at road crossings, stop and yield to all traffic at the intersections prior to crossing. Runners are required to yield to all traffic prior to crossing roads. This is true even if law enforcement is located at the intersection, if there is a pedestrian crosswalk, or there is no stop sign at the intersection.

The following are to be followed during night time hours for Runners (7pm-7am):

- **If your leg runs into these hours even if it is started before the designated hour you are required to wear the required night time safety gear.**
- **The following Safety Gear must be worn by Runners:**
 - ❖ **Reflective Vest, Headlamp or Flashlight, and LED Flashing Taillight.**
- **Anyone participating in the event in anyway (runner, driver, pacer, etc.) and is not running must wear at a minimum a reflective safety vest. If available it is recommended for all participants to wear flashing LED lights and Headlamps/Flashlights when outside of the Vans during night time hours.**

HEADPHONES & MUSIC:

The use of Headphones while running on the course is NOT ALLOWED. This is for your own safety and to ensure you can communicate with your Team and any Race Staff. Runners are allowed to play music while running as long as headphones are not placed in ears. If playing open music ensure the volume is at a level as to not disturb those around you and the local communities and residences.



EXTREME WEATHER:

Bark Eater Events, LLC can cancel the event at any time extreme weather occurs and presents a safety risk to the runners. Teams will be notified by Bark Eater Events, LLC if this occurs.

The race will occur rain or shine. However, under certain severe weather conditions where significant damage or alterations to the race course occur, we will cancel the event. Conditions that may result in a race being canceled or delayed include but are not limited to the following: severe lightning storms, snowfall, tornados, earthquakes, hurricanes, flooding, excessive fog, other natural disasters, etc.

LIGHTNING:

If there is lightning at the start of the race we will delay starts until the lightning clears. This will be coordinated with the National Weather Service. If runners see lightning on the course after the race has started, runners are to get off the road and into the support vehicles. If lightning clears within 30 minutes team vans will drive ahead to the next exchange (minor or major whichever is next) and the next runner will continue on the course. If lightning does not clear within 30 minutes, runners will move ahead to the next exchange and be informed of Bark Eater Events decision on whether or not the race will be continue. This decision will be made by the Bark Eater Event Race Directors in close collaboration with the National Weather Service.

FLOODING:

If a runner encounters flooded areas that cannot be ran through, runners are to get into the support vehicle, drive the runner ahead where the road is no longer flooded to continue running his or her leg. If there are no other van accessible areas on the particular leg, then vans are to move ahead to the next exchange.

HEAT/COLD:

Ensure you stay hydrated and intake the proper amount of calories during the event. In the event of extreme weather conditions (excessive heat or humidity, extreme cold, rain, high winds, etc.) ensure you and your Teams are paying close attention to how you are feeling. Do not push yourself to the limit in these types of weather conditions. Stop and rest if you are feeling over heated, fatigued, dizzy or have any other symptom of heat exhaustion of extreme fatigue. Seek immediate medical attention and dial 911 for any emergency.



WILDLIFE & ANIMALS:

If a runner encounters any aggressive wildlife or animal (pet dog, etc.) on the course, get your runner off the road and into your support vehicle as soon as possible. Drive the vehicle ahead and let the runner out at a safe distance ahead of the wildlife and have the runner continue his or her leg. If your van passes an exchange please have the next runner proceed. Please report any aggressive wildlife or animals on the course to Bark Eater Events and we will notify the rest of the Teams on the course.

In areas where there is tame wildlife or animals please do not feed or pet the animals. This is for your own safety.

SUPPORT VANS:

Each Team will have 1-2 support vans and are the responsibility of the Teams to provide for the event. All Team support vans will be required to have up to date vehicle registration, inspection, and liability insurance. Bark Eater Events, LLC will not be responsible for the condition, actions, and incidents involving Team support vehicles. Teams will need to meet the support van requirements outlined below. Teams that do not meet these requirements will be disqualified from the event.

Each support van will be supplied Team Identification Tags that will need to be displayed in a safe location on the rear window of the support vehicle. Teams will be allowed to decorate their support vans as long as they do not violate any traffic laws or event rules. Support vans will be required to obey all traffic and safety laws and will be required to have headlights on at all times during the event. When pulled over on the side of the road Teams will be responsible for using the proper signal lights to alert all other traffic. When pulling over to assist your runner on the course, be sure to park in a safe location off the road that will not impact the flow of traffic.



VAN REQUIREMENTS:

Support Vans must meet the following to be allowed for use during the Peak to Brew Relay:

- ❖ Valid Registration, Inspection, and Insurance
- ❖ Meet size requirements for number of people in vehicle
- ❖ Be no larger than a 15 Passenger Cargo Van
 - NOT ALLOWED: Campers, Trailers, Motor-Homes, Buses, Limos, etc.
- ❖ All Drivers are required to have valid licenses
 - Drivers do not have to be Team Members

Bark Eater Events, LLC recommends Teams to use the following for support vans:

- ✓ Larger SUV's (able to sit at least 6 passengers)
- ✓ Mini-Vans
- ✓ 12-15 Passenger Cargo Vans

VAN "LEAP FROGGING" RULE:

For Standard Teams, support vans will "leap frog" one another along the course meeting up at Major Exchanges. Both Van #1 and Van #2 will meet at the Start for Check-In. After the Start of the Race, Van #1 will follow their runners from the Start to Major Exchange #6. Van #2 will proceed to Major Exchange #6 after the start. Once Van #1 arrives at Major Exchange #6 and transitions to Van #2, then Van #1 will proceed to Major Exchange #12 and wait for Van #1. This will continue throughout the course until the finish. Only one Van should be stopping at Minor Exchanges along the course. It is required that Teams adhere to the Van "Leap Frog" rule to avoid safety risks at Exchange points. Ultra Teams do not need to provide 2 Vans. If 2 Vans are used for an Ultra Team then the same Van "Leap Frog" rule would apply.

RESPECT THE COMMUNITY:

Please be respectful of the local communities and residence along the course. This is especially true during late night and early morning hours. Use common sense and treat the local communities and residence as you would like to be treated.



DO NOT do any of the following:

- ✓ **DO NOT disobey the laws of the road**
 - All laws of the road apply to all Teams during the event!
- ✓ **DO NOT block or slow down traffic along the course**
 - Please move over to the side of the road to allow traffic to pass using proper signal lights if slowing down traffic
- ✓ **DO NOT honk horns, play loud music, or yell while going through populated areas or during night time hours**
- ✓ **DO NOT block driveways to residences, business, or emergency routes**
- ✓ **DO NOT litter along the course**
 - PLEASE keep the beautiful Adirondack Park and rest of the course clean of all litter
- ✓ **DO NOT park in no parking zones**

TEAM COMMUNICATION:

Portions of the course have limited to no cell phone coverage. It is recommended to have a secondary form of communication between the Vans (2-way Radios, CB Radios, etc.). Bark Eater Events, LLC recommends Teams to generate a contact list of all Team members to have on hand during the event.

RaceJoy will also be available for all Teams to download and track their Team Members along the Course. Notifications can be setup to alert when runners are coming close to Exchange points to ensure the next runner is ready. Bark Eater Events, LLC HIGHLY recommends Teams to use this app during the event and to run with their phone accessible.

RUNNERS:

Runners are required to run in the same sequence of legs as outlined. In the event of injury, illness, or fatigue other runners on the Team can run out of sequence and run additional legs to compensate for runner who is unable to participate further. This is true for Team who do not have a full Team (ex: 10 Runners). Bark Eater Events, LLC asks that all runner transitions occur at the designated Exchange points. However, if a runner is injured along their designated leg and cannot finish then Teams are required to pick the runner up and drive to the next Exchange point for the next runner to start.



Teams/Runners are required to adhere to all rules and regulations outlined in this guide book. Failure to do so may result in removal from the event. Teams/Runners are also required to listen to the direction of all Race Directors, Staff, and Volunteers along the course.

Runner Race bids and Safety Equipment shall be worn at all times while participating in the event. Bibs shall be located in a visible area on the runner.

It is the responsibility of Teams/Runners to make sure they do not get lost on the course. All runners should be familiar with their designated leg routes. Bark Eater Events, LLC recommends all runners use the RaceJoy app and monitor their route while running. This will require runners to safely carry their cell phones while running and have GPS access. If you do not desire to run with your phone, it is recommended to bring a printed copy of your leg route with you during your run.

In the event you get lost on the course and have your phone and service, call your team to identify a path to get back on course. If you do not have your phone or service, stop and assess the leg map to determine where you may be located and what might be near you. If you are completely lost it is recommended to find the closest major road and locate a residence or business to reach out to your team. To avoid this situation it is HIGHLY recommended to carry your cell phone or other form of radio communication with you while running on the course.

SUPPORT CREW:

Teams will be responsible for navigating along the course from Exchange to Exchange. Bark Eater Events, LLC will provide each Team and support van with a detailed course guide book 'Brew Book'. It is HIGHLY recommended for Teams to bring some form of navigation to use along the course.

Ensure Van Routes are being followed when navigating through the course. Certain sections of the course have Vans taking different routes than the runners. This is done for safety and logistic reasons.

As there will be minimal water/hydration stations only located at the Major Exchanges it is the responsibility of all Teams/Runners to provide the adequate amount of water and food to sustain your Team along the course. It is also required that Teams provide a first aid kit to assist their Team members for basic injuries.



OBEY ALL LAWS OF THE ROAD:

This includes, but is not limited to the following:

- **Speed limits, stop signs, and stop lights**
- **Do not obstruct the flow of traffic**
- **No Illegal turns or U-turns**
- **No following runners**
- **Ensure you pull off the road completely when stopping/parking**
- **No parking in non-legal parking areas**
- **Leave parking lights or 4-way light on when parked**
- **NO ALCOHOL in vehicle**

Please do not consume alcohol while traveling along the course. Alcohol is not allowed on any Leg or Exchange along the course. Please save the “BREW” to the finish line. If caught consuming alcohol along the course or at any Exchange you will be removed from the event.

Ensure all Team members sleep in the designated sleep areas outlined on the Major Exchange Maps. Please do not sleep outside of the van in the parking area or where traffic flows through. Please stay in the Van or in the designated sleeping area when sleeping or resting.

RACE DIRECTORS:

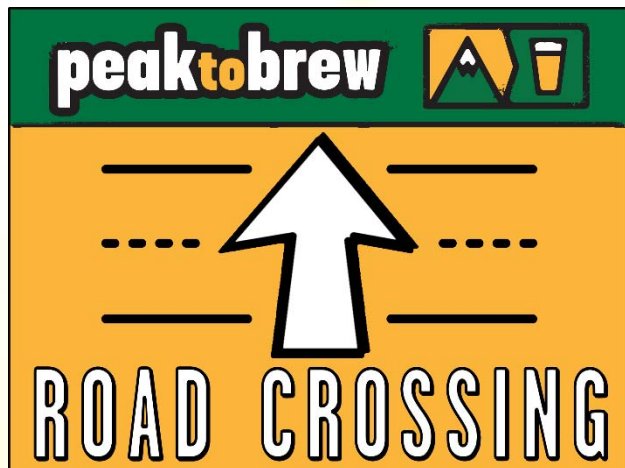
If at any time any of the outlined rules or regulations are not followed by the Teams/Runners it will be at the discretion of the Race Directors and Support Staff on whether or not you are allowed to continue to participate in the event. The Race Directors have the authority to remove any Team/Runner from the event at any time if it is determined the Team/Runner is not obeying the rules or is presenting a safety risk to the runners and general public.



COURSE SIGN OVERVIEW

Course Signs will be located throughout the course to aid with guiding runners. Signs will be 24" wide x 18" tall and are made from corrugated plastic.

Flashing LED Lights will be located on signs that are on the nighttime run portions of the course.



IN CASE OF EMERGENCY ALWAYS DIAL 911 FIRST!!!

- **Elizabethtown Community Hospital**
 - 75 Park St, Elizabethtown, NY 12932
 - (518) 873-6377; Emergency Services 24 hours
- **Adirondack Health Emergency Center at Lake Placid**
 - 29 Church St, Lake Placid, NY
 - (518) 523-8510; Emergency Services from 8am to 11pm seven days a week
- **Adirondack Health Emergency Center at Saranac Lake**
 - 2233 State Rt. 86, Saranac Lake, NY 12983
 - (518) 897-2550; Emergency Services 24 hours
- **Tupper Lake Health Center**
 - 7 Stetson Avenue, Tupper Lake, N.Y. 12986
 - (518) 359-7000; Hours: 8:30am to 5pm
- **Indian Lake Health Center**
 - 6356 NYS Route 30, Indian Lake, NY 12842
 - (518) 648-5707; Hours: Mon- Fri:8:30am - 5pm; Saturday:2pm - 5pm
- **Town of Webb Health Center**
 - 114 South Shore Road, Old Forge, NY 13420
 - (315) 369-3960; Hours: Mon-Fri: 7:30am - 3pm - Closed 12-1pm
- **Lewis County General Hospital**
 - 7785 N State St, Lowville, NY 13367
 - (315) 376-5200; Emergency Services 24 hours
- **Rome Memorial Hospital**
 - 1500 N James St, Rome, NY 13440
 - (315) 338-7035; Emergency Services 24 hours
- **St. Luke's Memorial Hospital**
 - 1656 Champlin Ave, New Hartford, NY 13413
 - (315) 798-6000; Emergency Services 24 hours
- **Faxton Urgent Care**
 - 1676 Sunset Avenue, Utica, NY 13502
 - (315) 624-5226; Hours: 8am – 8pm Seven days a week



MAJOR EXCHANGE TIMEFRAME WINDOWS

Below are the Major Exchange Timeframes in which Teams are allowed to enter and when they need to be cleared from the Major Exchanges. This will be updated as the Team field is determined. This is dependent on the Team pace and Start Windows. Determining an accurate Team Pace is VERY IMPORTANT in determining your Start Time and ensuring you will arrive at the Major Exchanges within the set timeframes. Bark Eater Events, LLC will work with Volunteer Staff, Local EMS, Medical Staff, and Local Law Enforcement to ensure the course is open for as long and safe as possible for Teams.

As the Peak to Brew Relay is a 234 mile race with both a Full Relay and Half Relay we need to ensure people are in and out of areas within reasonable time based on your Team pace. This is to ensure Volunteer Staff, Local EMS, Medical Staff, and Local Law Enforcement can plan properly for each area of the course.

If a Team arrives at the Major Exchange prior to the Major Exchange Start Timeframe they will be required to hold and wait for the set Start Window. This is to ensure Teams do not arrive at areas along the course too early. The same is true for Teams who arrive at Major Exchanges outside of the End Timeframe Window. These Teams will be asked to skip a leg(s) to jump ahead to arrive at the next Major Exchange within the set timeframes. This will be left up to the Teams to determine which and how many legs need to be skipped to catch back up. Please keep track of the estimated running time skipped and report this to the Race Staff at the Finish Line.

As you finalize your Teams be sure to calculate an accurate Team Pace and provide this to Bark Eater Events, LLC. We will provide some useful tools to use to calculate Team Pace.



MAJOR EXCHANGES	TIMEFRAMES (START)	TIMEFRAMES (END)	TOTAL DURATION
Start Line <i>(Whiteface Mt.)</i>	TBD	TBD	TBD
Major Exchange #6 <i>(Olympic Oval)</i>	TBD	TBD	TBD
Major Exchange #12 <i>(Tupper Lake Park)</i>	TBD	TBD	TBD
Major Exchange #18 <i>(Adirondack Museum)</i>	TBD	TBD	TBD
Major Exchange #24 <i>(McCauley Mt.)</i>	TBD	TBD	TBD
Major Exchange #30 <i>(South Lewis HS)</i>	TBD	TBD	TBD
Major Exchange #36 <i>(Flat Rock Inn)</i>	TBD	TBD	TBD
Major Exchange #42 <i>(Adirondack HS)</i>	TBD	TBD	TBD
Finish Line <i>(Saranac Brewery)</i>	TBD	TBD	TBD



VOLUNTEER REQUIREMENTS

(TEAMS)

Each standard team must provide at least three (3) volunteers and each ultra team must provide at least two (2) volunteer who are at least 16 years of age or older. Your team volunteers must be registered on Run Signup by June 30, 2016. We ask that all volunteers complete a 5-8 hour shift, be prompt, and allow additional time for driving to their assigned location. All volunteers must be able to physically perform all of their assigned duties.

If your team is having a hard time finding volunteers don't worry, you can still race. All you have to do is make a volunteer donation of \$75 per volunteer either at the time of registration or any time before the cutoff date of June 30, 2016 online at Run Signup.

100% of volunteer donations will be donated to Peak to Brew Relay Charities!! This is a great way to give back to the local community.

The Team Volunteer requirement is for all Teams who register...we want to be fair to all Teams and ensure we have the proper volunteers to make the event as enjoyable and safe as possible for all involved.

If you don't have your Volunteers registered or pay for your Volunteer donation before the deadline (June 30, 2016) the fee will be \$375 for both Standard and Ultra Teams

VOLUNTEER OPTIONS FOR TEAMS:

1. Your team provides 3 volunteers for shifts of 5-8 hours.
2. Your team pays a \$75 volunteer fee per volunteer not provided and volunteers will be provided for you.
 - o Ex: Team provides one volunteer and pays for two volunteers = Team pays \$150 volunteer fee

