



## **Grand Teton Relay Course Guide 2016**

**Updated 6/27/2016**



## Grand Teton Relay 2016 Course Guide

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## Safety Guide and Course Rules (please read aloud in your van during legs 1, 7, 13, 19, 25 and 31)

1. All runners will be required to participate in a 15 minute safety briefing prior to running. At the conclusion of the safety briefing participants will be given a yellow wrist-band signifying they attended the safety briefing. Runners will not be allowed to run on the course without the yellow wristband and should keep the wristband on throughout the relay.
2. Runners must ALWAYS hold an orange flag when crossing the road except when designated in the course map. 1 Flag per vehicle will be provided at relay check-in. Flags need to be returned at the finish line to avoid a \$20 per flag replacement fee.
3. From 7pm to 7am all runners, volunteers, drivers, pacers and anyone else involved with the race MUST wear a reflective vest at all times inside and outside of team vehicles.
4. From 7pm-7am all runners and pacers must wear a rear blinking led butt light, headlamp, and reflective vest.
5. A team member besides the driver must be awake and alert at all times in the team vehicle.
6. If a team is running significantly faster than their submitted pace times they may be held at a van exchange area for a certain period of time to let the course catch up with them. **No teams will be allowed to leave from Victor City Park before 7:30 AM on Saturday morning.**
7. If a team is running significantly slower than their submitted pace times they may be required to drive a leg or several legs of the course to catch up with the course.
8. Each team vehicle must have a first aid kit and bear spray.
9. Only the driver may exit the vehicle from the drivers' side. All other team members MUST exit from the passenger side. Many relay accidents occur when excited team members hop out of vehicle on the road side door without looking and are hit by oncoming traffic.
10. Team vehicles are required to turn their hazard lights on when pulled over on the road shoulders.
11. All traffic laws including, but not limited to, stop signs, lights, right-of-ways and shoulder parking must be followed at all time during the race. Vehicles must not interfere with local traffic.
12. Runners will run on the left side of the road towards oncoming traffic unless otherwise indicated.
13. Pace runners are not allowed during daylight hours. From 7pm-7am runners may have one pacer. All pacers must sign a waiver, participate in a safety briefing and have a yellow wristband. Bicycle pacers are allowed only on legs 16, 17, 18 (Rails to Trails).
14. No alcohol is allowed on the course. This applies to runners, drivers, pacers and volunteers.
15. No garbage may be disposed of anywhere on the race course except at trash cans at designated van exchange areas. This includes apple cores, banana peels etc. NOTHING may be tossed from the vehicle during the race.
16. No runners, volunteers, or drivers may urinate or defecate on the course except for in portable toilets. Portable toilet will be available along the course.
17. Sleeping may only take place in team vehicles or at designated sleeping area (transition area 18 or Teton High School) or other van exchange areas. No camping by relay participants along the course or anywhere else is allowed. We recommend NOT sleeping in Victor Park (Transition 30): music will start there around 8AM.
18. When coming to a transition area you must park legally per instructions in the course map.
19. Runners must obey traffic laws and cross the road safely yielding to traffic. Roads are not closed to local traffic so the runner must use caution.
20. During non-support legs vehicles may not stop to aid or cheer runners between transition areas.
21. Team vehicles must have as many seatbelts as passengers.
22. Seat belts must be worn at all times.
23. No campers, limousines, RVs, Motor-homes, or pulled trailers will be permitted as team vehicles.
24. No campfires.
25. Drink lots of water. There are portable toilets at 33 out of the 36 transition areas.

- 26. No shooting of animals is allowed.
- 27. **Time Cap.** For the safety of the runners and volunteers, the course will be shut down and unsupported after 36 hours from the first wave start—that will be 5:30 PM on Saturday.

## Call 911 for all Medical Emergencies

**In an emergency contact 911 and then notify a Safety General.**

**Safety First:** If at any time you are not feeling well or feel un-safe get into your team vehicle, drive to the next transition area and wait for the approximate time it would have taken you to finish your leg before your next runner begins to run. This relay is a fun run and there are no prizes or awards for finishing first, therefore, don't push so hard that an emergency is created. An ounce of prevention is worth a pound of cure.

If your team must drop from the course for whatever reason, notify a Safety General. We don't want any lost teams and we do worry when we can't locate you. Please contact the Safety General official at the Van Exchange area nearest to your location. If you do not show up at a main van exchange, we will call your team to track you down...we care like that!

<b>Van Exchange Areas</b>	<b>Safety Generals</b>	<b>Phone Numbers</b>
Starting Line-Ashton	Heather Johnson	801-636-4981
Van Exchange 1 (Transition 6)	TBD- will be given at starting line	
Van Exchange 2 (Transition 12)	TBD- will be given at starting line	
Van Exchange 3 (Transition 18)	TBD- will be given at starting line	
Van Exchange 4 (Transition 24)	TBD- will be given at starting line	
Van Exchange 5 (Transition 30)	TBD- will be given at starting line	
Finish Line-Teton Village	TBD- will be given at starting line	

### **Hospitals in Surrounding Area**

Teton Valley Hospital	St Johns Medical Center	Madison Memorial Hospital
120 E Howard Ave	625 E Broadway	450 E Main Street
Driggs, Idaho 83422	Jackson, WY 83001	Rexburg, ID 83440
208-354-2383	307-733-3636	208-359-6900

### **Tow Trucks in Surrounding Areas**

<i>Company</i>	<i>Contact #</i>	<i>Service Areas</i>
Snake River Towing	208-878-HELP	Driggs into Teton Village
Buck's NBC Towing	208-624-3047	Ashton, Island Park, Victor, Driggs
Newdale Towing	208-558-9435	Island Park, Idaho side of course

## **In Case of Emergency**

If your team experiences a **SERIOUS EMERGENCY**:

- 1) CALL 911 IMMEDIATELY
- 2) Notify nearest Relay Safety General of location and nature of emergency

If your team experiences **LIGHTNING IN CLOSE PROXIMITY**:

- 1) Get runner into vehicle
- 2) Wait in vehicle until lightning is far enough away for your runner to safely run
- 3) If lightning continues for more than 30 minutes drive runner to next transition area and wait in vehicle until lightning is far enough away for your runner to safely run

If your team experiences **SEVERE THUNDER STORM IN CLOSE PROXIMITY**:

- 1) Get runner into vehicle
- 2) Wait in vehicle until thunder storm lessens enough for your runner to safely run
- 3) If thunder storm continues for more than 30 minutes drive runner to next transition area and wait in vehicle until thunder storm is far enough away for your runner to safely run

If your team experiences **AGGRESSIVE WILDLIFE**:

- 1) Get runner into vehicle
- 2) Drive a safe distance and let runner out to continue on course
- 3) Notify Safety General of nature of wildlife sighting and location

### **Be Bear Aware.**

Grand Teton Relay requires that each van have an active (check the expiration date) can of bear spray runners can run with. Make sure your team is briefed on how to effectively use the bear spray. Again, you probably won't have to use it but it's best to be prepared and will make runners on these legs feel more comfortable.

The US Forest Service requires that we add the following verbiage as part of their general Bear Aware communication protocol that is shared with US Forest Service visitors:

- Keep garbage secured in a vehicle or bear-proof garbage receptacle. If garbage is not stored in a bear-proof receptacle, a volunteer must man the garbage receptacle until removal. Do not stockpile or bury garbage.
- Clean up and pack out all debris (food wrappers, gum wrappers, etc.).
- Do not feed bears.
- Do not approach bears.
- Be aware of your surroundings. Look for bear-activity signs such as tracks or scat.
- If a bear is encountered, talk in a calm, low voice while slowly backing away. **DO NOT RUN.**
- If the bear charges, stand your ground. Running may trigger an attack. Bears can run faster than racehorses, both uphill and downhill. Bear attacks are extremely rare.

- If a black bear approaches, try to scare it away by shouting, making noise, or throwing small stones. If a black bear attacks, fight back. Most black bear attacks are predatory.
- If a grizzly bear charges and makes contact, play dead. Lie face down with hands clasped behind the neck so the bear can't turn you over. If turned over, pull knees to chest and take a fetal position. Try to remain motionless and do not make sounds. If the attack is prolonged and the grizzly bear begins to feed, fight back. The encounter likely changed from a defensive one to a predatory one.

Again, we don't expect to see any aggressive wildlife but let's be prepared if we do.

If your team **LOSES A RUNNER**:

- 1) Drive to the transition area that your runner was running to.
- 2) Drop a team member with a phone that has cell coverage (Verizon preferred) at that transition area in case the runner shows up so they can notify the team vehicle.
- 3) Back track through course to look for lost runner.
- 4) If runner is lost for more than 45 minutes notify Safety General managing the nearest transition area and continue looking for your runner.

If a runner from your team experiences **HEAT EXHAUSTION or HEAT STROKE**:

**IMPORTANT:** Drink lots of water before, during and after your run to avoid Heat Exhaustion and Heat Stroke. If you feel heat exhaustion or heat stroke coming on (or see a team member exhibiting symptoms) **STOP RUNNING** and get into your team vehicle. If your runner can't finish their leg drive to the next transition area and wait the approximate time it would have taken your runner to finish your leg before your next runner begins to run.

Signs of Heat Exhaustion include:

- Headaches, dizziness, confusion
- Loss of appetite, and nausea
- Sweating, with pale, clammy skin.
- Cramps in the arms, legs or stomach
- Rapid, weakening pulse and breathing

What to do:

1. Lay the person down in a cool area (air conditioned car, shady area etc.).
2. Raise the legs above the heart.
3. Give the person plenty of water. Follow with a weak salt solution (1/2 tsp of salt per water bottle-salt available at all Van Exchanges)
4. Lay the person on their side with the lower leg straight and top leg bent at 90 degrees.
5. ***If heat exhaustion persists call 911 immediately***

Signs of Heatstroke include:

- Headaches, dizziness, confusion
- Restlessness and discomfort
- Hot, flushed and dry skin-can be excessive sweaty salt residue on skin and clothing
- Full bounding pulse
- Show signs of losing consciousness
- Body temperature above 104 degrees
- Sweating has ceased even when running

What to do:

1. Lay the person down in a cool area (air conditioned car or shady area)
2. Take their temperature using thermometer. (thermometer available at all Van Exchanges)
3. Wet fabric (washcloth/extra shirts etc) and place on persons' skin until temperature has dropped below 100.
4. Once the person's temperature has fallen safely, remove the wet sheet and put a dry blanket on them.
5. ***If heatstroke persists call 911 immediately***

***EMT's will be on hand at TA 6, TA 18, TA 30. Basic first aid kits and water are located at all Van Transitions (TA 6, 12, 18, 24, 30, Finish).***

## Check In at Starting Line

**Van 1** must check-in at North Fremont High School in Ashton, ID at least 60 minutes prior to the teams assigned start time. **Van 2** must check-in at North Fremont High School either with Van 1, or at another safety check time that morning before they start their legs. We recommend Van 2 coming for safety check at least 90 minutes before they are projected to start running at TA 6.

### Steps at check-in:

- 1) Food Bank Donation: Each runner is asked to bring 2 canned goods to donate. All canned goods go to the local Ashton Food Pantry. Our goal this year is 2,500 lbs!
- 2) Equipment Check: must show 6 reflective vests per vehicle, 2 headlamps per vehicle, 2 flashing tail-lights per vehicle. Please carry these with you when you come for check-in as we will need to physically see and count every safety item.
- 3) Team Check-In: roll call, make sure all waivers are signed, pay for volunteers-\$75/ volunteer (if not providing volunteers. Volunteer Payment will be collected from van 1-cash, check, credit card), receive van signage, race bibs, slap bracelet
- 4) Gear Pick-Up: swag bag given (1 per van), race shirts, 5 Year Tribe Members pick up your 5 Year gift.
- 5) Safety Briefing: short review of key safety guidelines.
- 6) Flags and Wristbands: upon completion of safety briefing, each team member will get a disposable yellow wristband and 1 flag per vehicle. Runners must keep yellow wristband on at all times to be allowed on course. Your wristband will be removed at the finish area when you get your snacks. Flags must be returned at finish line or teams will be charged \$20 per flag.
- 7) Browse in the GTRelay merchandise tent and enjoy the music. It's go time!

### GT Relay Store at the starting line:

- Reflective vests, headlamps, flashing butt lights, handheld water-bottles, and batteries for headlamps.
- We will also have awesome GT Relay zippered and pullover Hoodies, t-shirts, hats, tank tops and headbands for sale at great low prices.

### Starting Line Directions: N Fremont High School at 3581 E 1300 N (Main St) Ashton, ID.

From Rexburg: Take US-20 toward St Anthony (26 miles) Turn slight right onto Main St./ID 47. Continue east on Main Street. High school is on your left.

From Driggs/Victor: Take Main St North out of Driggs (ID-33). Turn right at ID 32. Turn left onto 1300 N/Main St towards Ashton. High school is on your right.

### Safety Briefing Time Options. Please check-in 30 minutes prior to the safety briefing you wish to attend:

5:00 AM  
6:00 AM  
6:45 AM  
7:30 AM  
8:30 AM  
9:30 AM  
10:30 AM  
11:30 AM  
12:30 AM  
1:00 PM



## Leg Type Definition

**Support Leg-**Vehicle may offer aid and support (ie: water, food, cheering etc) to their runner as needed. Parking areas are preferred to road shoulders. Vehicles must always pull all the way onto the shoulder and must not impede regular traffic flow. Use caution when selecting cheering location-do not pull off on blind corners or areas where there is not a shoulder that can fit your vehicle. Always put on your hazard lights when you stop to offer support. Safety first!

**Non-support Leg-** Vehicle may not offer aid and support to their runner and cannot stop on the shoulder of the road or parking areas. Always send your runner with hand-held water bottles on non-support legs. LEGS 4,5,16,17,18,23,24,25,32,33,34,35,36.

**Shadow Leg-** Vans can drive as closely to their runner as their runner would like. It is recommended to keep runner in sight at all times. LEGS 7,8,9,10,11,12.

## Dirt Roads

Please note that there are several legs of the course that are run on dirt roads or trails and not black top: 1,2,7,12,15,16,17,18,19,20,21,22. There will only be one runner who will run on dirt more than once-runner #7 has two dirt / trail legs. All other runners will only run on dirt once. Running on dirt roads or trails present a unique challenge to your expedition. There will be dust from other runners and drivers. The ground will not always be flat. The best way to address these challenges is to be prepared. If you are sensitive to dust you might consider some sort of face cloth. If your ankles are prone to roll you might consider different shoes, extra support or taping ankles. Training runs on dirt roads will greatly improve your experience on dirt come race day. And lastly, make sure to drive team vehicles slowly and considerately to keep dust down. Be aware of other runners and pace your vehicle to minimize dust for others on the course.

## Night Time Running on Rails to Trails

Most teams will be running the Rails to Trails sections of the course in the dark: Legs 16, 17, 18. These legs are unique because the runner is not next to their vehicle and at times will be miles away from the vehicle as the trail veers away from the road. This section of the course was once a railroad line that was converted into a running / biking trail. On this trail the hills were knocked down and the valleys were built up to make for a very flat run. The trail is mostly gravel interspersed with packed dirt and rock. Most runners that took on this challenge loved rails to trails! The stars and Tetons looming in the distance are spectacular. Also, there is something sacred once you get into a good rhythm and it just you, your sneakers and the Tetons.

Here are some tips to make Rails to Trails an amazing experience:

- If you are truly afraid of running in the dark don't sign up to run these legs
- Run with a pacer-invite your driver, a fellow runner or team mate to run with you
- Practice running at night with a headlamp
- Make sure you have a bright headlamp and you may also run with a flashlight for more light
- Don't be overly concerned about wildlife. This section of the course runs through farms and ranches. In the past 4 years there have been a few reported sightings of a skunk or two but no incidents.
- Wear supportive shoes and or ankle reinforcement.
- There will be lighted glow sticks attached to wooden stakes at least every quarter mile along the route.
- Volunteers will be stationed at all transition areas along rails to trails and at a water aid station on Leg 16.
- We will have several Search and Rescue vehicles as well as a GTRelay ATV patrolling these legs, so you can feel comfortable knowing there is help on the trail if you need it.
- When vehicles come into Transition 17, a volunteer will be stationed asking them to keep the cheering and noise to a minimum as we are in a residential zone here.

#### **Runner Shuttle- Leg 21**

To abide by the rules of our permitting with the Idaho Department of Transportation, runners are not allowed to run onto Highway 33. To make this work, there is a runner shuttle on leg 21 where the vehicle stops, the runner gets in the vehicle and the vehicle is driven a few blocks down highway 33 and the runner is let out again on 5000 N. A volunteer will be stationed at the runner shuttle start and stop area to make sure the vehicles and runners stop and that the runner does not go onto Highway 33. Please check your map to be sure you are familiar with where this will occur.

#### **Teton Pass Safety- Legs 31-34**

Running over Teton Pass is an amazing experience and requires some extra precautions due to the steep terrain, blind corners, fast moving traffic and cyclists. To be fully prepared for this section of the relay please follow the below Teton Pass Safety Protocol:

-All runners will be required to participate in a 5 minute Teton Pass safety briefing at Transition Area 31 prior to running over Teton Pass

-At Transition Area 31, all runners who will be running on the pass (legs 31, 32, 33, 34) will be required to put on their reflective vests and wear them as they run. We need to be as visible as possible, even in daylight hours, for oncoming traffic

-All runners and on-deck runners MUST use orange flags to cross the road at transition areas

-All Teton Pass legs are non-support. Support vehicles can only provide support to their runners at formal Transition Areas. **NO PARKING IS ALLOWED ON THE PASS EXCEPT FOR AT TRANSITION AREAS.** There will be water placed along the pass for runners to fill their water

bottles. Grand Teton Relay vehicles that pull over anywhere on the pass besides formal Transition Areas are subject to being ticketed. Wyoming Highway Patrol is aware of our protocol and will be actively ticketing vehicles that are in non-support areas

-Van 1 is not allowed to stop anywhere on Teton Pass. Parking is limited. If Van 1s are stopping in Teton Pass Transition Areas there won't be enough room for Van 2s to park. This will be monitored by volunteers at the pass who will ask Van 1 to please move on.

**Note:** There will be two Wyoming Highway Patrol vehicles patrolling the pass for us to keep vehicle speeds to a minimum and to enforce vehicle supporter rules. In past years many tickets were written to speeders and some relay teams that were supporting teams in non-support zones were ticketed.

## Getting Around the Course

The Grand Teton Relay Course Map is your best resource for getting around the course. We ask that each team member become very familiar with the map and be actively engaged in navigating the course. It includes detailed information on where both runners and team vehicles should go. Runners should review the leg they will run before they run to learn of any special instructions and memorize the roads they should turn on.

Additionally, there will be many directional and informational signs including one mile to go, lefts, rights, straights, van turn here etc. to make sure both runners and team vehicles know exactly where to turn (see below). Signage will be fastened to flat panel safety barriers and will have a flashing light on top so they are easily seen at dusk and nighttime. Note: Though unlikely, directional signage may be moved by weather or giggling teenagers. If you see directional signage that does not match the course map please double-check the course map and correct the placement of directional signage to help other runners.



**Bring a map of the area or a GPS.** The purpose of the Grand Teton Relay course map is to help you to navigate the course. It is not designed to give the most efficient routes to locations not along the course. Having a map or GPS will make sure you are able to get to Hospitals, Gas, Food, next Van Exchange, etc. without any guess work. **SINCE CELL RECEPTION IS VERY SPOTTY, WE RECOMMEND YOU NOT RELY ENTIRELY ON CELL PHONE GPS BUT HAVE A PRINTED AREA MAP IN EVERY VEHICLE.**

**Download ArcGis app onto your smart phone.** Then search Teton and select Grand Teton Relay. This app will allow you to see where you are on the course and help you if you get off track.

**SHHH Zones.** There are several areas including the Start Line before 7am, Transition Area 17 and Transition Area 18, Badger Creek (legs 20-21) and Teton High School that run through residential areas after hours. These areas will be marked by SHHH Quiet Zone Signage and indicate that music should be turned off, cheering reserved and generally being as quiet as possible so not to wake or disturb the residents.

**Where to go to eat, rest, and hang out when your van is not the active van.**

<b>Van 1</b>	<b>Van 2</b>
<p>Van 1 Running Legs 1-6</p>	<p>Van 2 traveling to Transition Area 6</p> <p><b>Ashton to Transition Area 6 (approx 35 min. drive)</b> Go North on HWY 20. Turn RIGHT on SR-47. Transition 6 is on the right side of the road in the gravel pit. Pull into gravel pit and follow volunteer directions for parking.</p>
<p>Van 1 Resting at Ashton City Parks, eating dinner in Ashton, sleeping on the grass at the starting line area.</p> <p><b>Transition Area 6 to Ashton (approx 35 min. drive)</b> Turn LEFT onto SR -47. Turn LEFT (south) onto HWY 20. Follow signs into Ashton.</p> <p><b>Ashton to Leg 12 (approx 20 min drive)</b> Go east on Main St/1300 N. Left (north) on 3700 N. Right (east) on 1400 N. Arrive at TA#12 at 1400 N and 4500 E. Park on south side of 1400 N.</p>	<p>Van 2 Running Legs 7-12</p>
<p>Van 1 Running Legs 13-18</p>	<p>Van 2 Resting at Teton High School</p> <p><b>Directions to Teton High School Sleep Area from TA 12: Approximate drive time 1 hour.</b> Leave TA 12 heading west back towards Ashton on 1400 N. Turn left onto ID-47 (Mesa Falls Scenic Byway). Turn left (south) onto ID-32/3600 E. Turn left onto ID-33. You will pass through Tetonia where you will return for your next exchange. Continue on a few more miles to Driggs. Turn left onto Ross Ave just past 750 N. Take 1<sup>st</sup> right onto N First St. Take 1st left onto Ross Ave. The high school is on the left. Enter in the 3<sup>rd</sup> driveway and follow volunteer instructions to parking, sleeping areas, food and showers.</p> <p><b>Directions to TA 18 Tetonia City Park from Teton High School Sleep Area (approx. 15 min drive)</b> Exit Teton High School returning to HWY 33. Go north on Hwy 33. You will enter Tetonia and turn left on 3000 W. Turn right on Egbert Ave. Continue to Rails to Trails parking on right hand side of the road.</p>

<p>Van 1 Resting at Teton High School</p> <p><b>Transition 18 Tetonia City Park to Teton High School Sleep Area (15 min drive)</b> Exit the transition area heading south on Main St/ID-33. Drive about 8 miles. Turn left onto Ross Ave just past 750 N. Take 1<sup>st</sup> right onto N First St. Take 1st left onto Ross Ave. The high school is on the left. Enter in the 3<sup>rd</sup> driveway and follow volunteer instructions to parking, sleeping areas, food and showers.</p>	<p>Van 2 Running Legs 19-24</p>
<p>Van 1 Running Legs 24-30</p> <p><b>Teton High School Sleep Area to TA 24 Ski Hill Road(25 min drive).</b> Return to Hwy 33. Head south (left) onto Main St/Hwy 33. Turn left on Little Ave. It becomes Ski Hill Rd. Follow Ski Hill Rd to TA 24. <b>SLEEP AT TETON HIGH SCHOOL.</b></p>	<p>Van 2 Resting at Teton High School/Breakfast at Driggs City Center</p> <p><b>Transition 24 to Teton High School Sleep Area</b> Go west on Ski Hill Road. Turn right at HWY 33/Main St in Driggs. Turn right onto Ross Ave just past 750 N. Take 1<sup>st</sup> right onto N First St. Take 1st left onto Ross Ave. The high school is on the left. Enter in the 3<sup>rd</sup> driveway and follow volunteer instructions to parking, sleeping areas, food and showers. Teton High School is available for resting until about 8 AM</p> <p><b>Transition 24 to Victor City Park: NOTICE! VICTOR PARK IS NOT A FANTASTIC PLACE TO SLEEP. MUSIC WILL BE STARTING AROUND 8AM TO CHEER THE TEAMS AS THEY COME IN, SO IF YOU CHOOSE TO SLEEP HERE, SET UP FAR AWAY FROM THE STAGE AREA.</b> Go east on Ski Hill road back down the mountain. Take a left (south) at the light onto main street/HWY 33. Go south towards Victor. Park will be on the left side on Main Street.</p>
<p>Van 1 Resting at Finish Line Teton Village</p> <p><b>Victor City Park to Teton Village (40 min drive)</b> Go south on HWY 33 following signs to Jackson. Hwy 33 turns to Hwy 22 at the Stateline. Cross over Teton Pass. Turn left (north) onto HWY 390 towards Teton Village. Take 2<sup>nd</sup> left into Teton Village. Right on Granite Loop Rd. Park in Ranch Lot and wait for your team.</p>	<p>Van 2 Running Legs 31-36</p>

**Important Directions To Get around the course without having to follow the runners.**

Directions from Start to TA6 for Van 2 (30 minutes): Go west on Main Street from the High School. Turn north (right) onto HWY 20. Drive until it connects with HWY 47. Turn right on HWY 47/Mesa Falls Scenic Byway. Transition 6 is on the right.

Directions from TA # 6 to Ashton (30 minutes): Exit TA 6 going left (north) on HWY 47. Turn Left (south) onto HWY 20. Arrive in Ashton.

Directions from Ashton to TA#12 (20 minutes): Leave Ashton going east on Main Street. Main Street will turn into 1300 N/HWY 47/Mesa Falls Scenic Byway. Continue driving East (towards the Tetons). Road will curve to the left (north). Continue until you see 1400 N. Turn right (East) on 1400 N and drive to 4500 E. Park on the right hand side of the road before 4500 E. After transition 12: Van 2 will drive to overnight area in Driggs at Teton High School.

Directions from TA12 to Teton High School Sleep Area (50 minutes): Go South on 4500 E. Road will change in 1425 E. Turn right onto 1200 N. Take 1<sup>st</sup> left onto 4500 E and drive until it ends. Turn right then left onto 4400 E. Turn left onto HWY 32. Drive 15 miles and then turn left onto HWY 33. Drive 10 miles then turn left onto Ross Ave. Teton High School is about 500 ft down on your left.

Directions from TA18 to Teton High School Sleep Area (20 minutes): Leave TA18 and head east on Perry Avenue. Turn right onto HWY 33 going south. Drive on HWY 33 for 8 miles. Turn left onto Ross Ave. Teton High School is about 500 Ft. down on the left.

Directions from Teton High School Sleep Area to TA18 (20 minutes): Leave Teton High School heading west on Ross Ave. Turn right onto HWY 33/Main St. Drive north on HWY 33 for 8 miles. Turn left on Perry Ave. Tetonia City Park is on the left.

Directions from Teton High School Sleep Area to TA 24 (25 minutes): Leave Teton High School heading west on Ross Ave. Turn left onto HWY 33/Main St. Turn left at the light onto E Little Ave/Ski Hill Road following signs to Grand Targhee. Continue on Ski Hill Road to TA 24 and turnaround.

Directions from TA 24 Targhee to Victor City Park (35 minutes): Leave Grand Targhee going southwest down Ski Hill Road. Once you reach Driggs, turn left at the light onto Main St/HWY 33. Continue to drive south on HWY 33 for 9 miles. Victor City Park will be on the left side of the road.

## Overnight Sleeping Area

### Teton High School 555 Ross Avenue Driggs, ID 83422

When van 1 completes their second leg, and when van 2 completes their first leg, this will be the place to come to rest, re-fuel and sleep. The high school is in a very quiet area away from busy traffic and has plenty of space to pull up some grass, lay out a sleeping bag and get some well-needed shut eye. While you are there, take advantage of the REAL food the cross-country team will be selling and grab a quick shower to be refreshed for the rest of the relay.

Services will be available **between 8pm Friday and 8am Saturday**. No access will be granted to the school after 8am Saturday. If you are camped out, you are welcome to stay on the grass and use the port-a-johns after 8am, but please do not try to go in the building after 7:45am. The high-school cross country team works hard all night to provide these services and they need a break.

Also, no access to the school will be granted unless you choose to purchase one of their food, shower, or indoor lodging tickets. There will be port-a-johns available outside of the school. Thanks!

**Food available for sale-\$5. Items are not priced separately, just one flat fee for food access. All proceeds go to the high school cross country team.**

- Muuligan Stew- beef or veggie
- Fresh-baked bread-multigrain, sourdough, rye
- Fresh fruit- watermelon, oranges, bananas
- Lemonade
- Breakfast cereals-oatmeal or cream of wheat
- Toast and Jam
- Hot Drinks-black tea, green tea, herbal teas, hot cocoa, instant coffee, hot spiced cider

**Showers with towel \$5 (Additional \$5 deposit for towel rental-refunded when towel is returned):**

- There will also be showers available at the high school. Cost is \$5 towel included.

**Indoor Lodging \$5**

- Sleep on a carpeted surface, indoor restrooms, charge your phone, use the school wifi



## “Bring the Party” Zones

### N Fremont High School Starting Line Friday

- Music: We will blast the tunes and get your blood pumping to give you energy you need to take on the Tetons.
- Shop: Visit the GTRelay store and pick up your souvenir hoodies, t-shirts, tanks and hats. Or grab those last few safety equipment pieces you were missing (vests, headlamps, tail lights)

### Victor City Park (Transition Area 30, end of relay for Van 1) Saturday

- Hot Breakfast for sale—only \$10 for a full pancake breakfast, and if 1 time through the line still leaves you hungry, come back for more without any additional cost. Hosted by the BSA. Will include pancakes, sausage, hashbrowns, eggs, milk and OJ, and coffee. The breakfast is a fundraiser for the BSA, so bring cash to make payment easy.
- Free Popsicles and a cool place in the shade to stretch out and celebrate.
- Music
- Free Massages from 7am-12pm
- Yoga-20 min yoga classes offered beginning at 7 am. Stretch out after a hard run with a few warrior poses.

### Breakfast of Champions!!

Support our youth as they raise money to attend the 2017 National Boy Scout Jamboree

Get a delicious breakfast of pancakes, sausage, eggs, hash browns, milk, and orange juice.  
(coffee included with breakfast, and sold separately)

Served from 7:30 am to 10:00 in the Victor City Park

\$10/Plate



### Teton Village (Finish Line) Saturday

- Killer Race medal to celebrate your victory!
- Restaurants at the village-enjoy great food with everything from pizza and wraps to steak and potatoes.
- Ice cream sandwiches, Variety of muffins, Fruit, ice cold water—all Free for runners. You will exchange your wristband for food at the finish.
- Live music from Chanman Roots Band. <http://www.chanmanrootsband.com/> a local favorite
- Free Massages from 11am-5pm offered by the International Institute of Massage Therapy from Idaho Falls <http://internationalinstitute.massagetherapy.com/contact-us>
- Visit the GTRelay store for all of your relay merchandise.
- Natural amphitheater to relax and relive the memorable race moments.
- Water fountains to splash in and a creek to soak your tired feet

### **Communication on the Course**

You will use cell phones to communicate with other team members and Safety Generals on the course. Verizon offers cell coverage on approx. 95% of the course. Other cell carriers have major gaps in coverage and cover less than 50% of the course. It is recommended that at least one person in each van carry a Verizon phone.

If no one on your team has Verizon you might consider a temporary Verizon cell phone. They cost approx \$15 and are available at Wal-mart. There is no cell coverage with any carrier on legs 9 (spotty), 10 (spotty), 23-26, 31-35. If you have an emergency first try calling 911 from where you are, regardless of your carrier. It is possible that any carrier will be able to access emergency resources. If you still can't connect to 911, drive to the part of the course where you last had coverage.

### **Spectator Cheer Zones**

Many of you have family or friends coming to cheer you on and play in the Jackson area before or after the relay. Here are a few places on the course they can safely cheer and get a chance to see you in action.

- All of the Van Exchange areas except for 12 make great cheering locations. We especially recommend the start and finish lines, TA#3-Bear Gulch and TA#30-Victor City Park.
- Any leg that is a Support Leg will offer areas to park and cheer.
- Leg 3-Warm River Overlook near the river has a great parking area to cheer and take pics.

We ask that you encourage your family and friends not to cheer on any areas that are Non-Support or Shadow legs to make it safer for all runners on the course.

**NO SPECTATING IS ALLOWED on Ski Hill Road (east of Victor) or on Teton Pass.**

## Garbage Disposal

**24 hours in a cramped van + Tons of apple cores and banana peels + Gallons of bottled waters =  
LOTS OF TRASH**

To keep this gorgeous course clean, as well as keep our venues happy and inviting us back, we ask that you manage your trash responsibly.

1. **Do not Litter.** That goes without saying, but includes Gu packets, bottled water lids etc.
2. Recycle when recycle cans are available.
3. Limited garbage cans will be available at the Van Exchange areas, so hold off on cleaning out all of your trash until the end of the race. Just put the vital or stinky trash in the transition area cans.
4. Great places to unload your cars trash into the provided cans include:
  - Victor City Park
  - Ranch Parking Lot at Teton Village Finish line (be sure to sort the recycled trash here)

## Food Available for Purchase along the course

### Transition 18: Tetonia City Park

- FREE Hot cocoa and S'mores. Come and roast a marshmallow or two. (Courtesy of GTRelay)

### Teton High School Sleep Area in Driggs

(Services and food provided by Teton High School Cross Country Team. Services available from 8PM Friday-8AM Saturday)

- Bring cash to purchase food \$5, showers \$5, and indoor sleeping \$5.
- Soups, bread, coffee, available.
- Juice, fruit, hot drinks and instant hot cereals available in the morning hours.
- There will be showers available for a low cost which includes towel rentals. Your teammates will really thank you by this point in the course!!
- Indoor sleeping accommodations available for a fee \$5.
- REMEMBER: all proceeds from the sales of items at THS go to the school cross-country team. Let's help out the next generation of runners!

### Transition 30: Victor City Park

- Hot breakfast provided for \$10 by the Boy Scouts of America. Breakfast will include pancakes, eggs, sausage, milk, juice, coffee. All proceeds from Victor breakfast support the National Jamboree.
- FREE Ice cold water and popsicles. (Courtesy of GTRelay)

### Finish Line: Teton Village

- FREE Fat Boy Ice Cream Sandwiches and fresh muffins and fruit for all runners (courtesy of GTRelay). We will also have lots of ice cold water on hand to rehydrate after all of those miles.
- Enjoy a meal at the one of the many restaurants located at Teton Village.

## Dining/Gas/Grocery:

Highlighted businesses are supporters of the GTRelay. We invite you to patron their establishments.

### Ashton, ID

#### Dining

Chriswells Trails Inn Restaurant

213 E Main 2<sup>nd</sup> Street

Ashton, ID 83420

208-652-9918

Hours: 6AM-10PM

Big Juds (burgers etc)

1370 Hwy 20

Ashton, ID 83420

208-652-7806

Hours: 11AM-10PM

511 Main Fountain and Pizzeria

511 Main St

Ashton, ID 83420

208-652-2021

Hours: 11AM-8PM

#### Gas

Exxon-Valleywide Travel Plaza

921 N Hwy 20

Ashton, ID 83420

208-652-3221

Hours: 6AM-10PM

Jacksons Food

705 N Main St

Ashton, ID 83420

208-652-7282

Open 24 Hours

#### Grocery

Jubilee Market

108 S HWY 20

Ashton, ID 83420

208-652-7771

Hours: 7:30 AM -9PM

### Tetonia, ID

**Gas**

Phillips 66

212 S Main

Tetonia, ID 83452

208-456-2220

Hours: 6:30AM-until we stop coming in. He stays open just for the relay runners.

**Driggs, ID**

**Dining**

Subway

528 Valley Center Drive

Driggs, ID 83422

208-354-7827

Hours:7AM-10PM

Burger King (inside the Chevron)

1095 N Main

Driggs, ID 83422

208-354-3185

Hours: 6AM-10PM

Warbirds Café

675 Airport Rd

Driggs, ID 83422

208-354-2550

Hours: 11AM-9PM

O'Rourke's Fine Food and Beer

42 E Little Ave

Driggs, ID 83422

208-354-8115

Hours: 7:30 AM-9:30 PM

Tony's Pizza

364 N Main

Driggs, ID 83422

208-354-8829

Hours: 11AM-10:30PM

Teton Valley Creamery  
80 N Main St  
Driggs, ID 83422  
208-354-0404  
Hours: 12 noon-9PM

Corner Drug  
10 S Main St  
Driggs, ID 83422  
208-354-2334  
Hours: 9AM-6:30PM

Pendls Bakery and Café  
40 Depot Rd  
Driggs, ID 83422  
208-354-5623  
Hours: 7AM-3PM

**Gas**

Chevron  
1095 N Main St  
Driggs, ID 83422  
208-354-3110  
Hours: 6:30AM-10PM

Sinclair  
10 E Harper Ave (just north of Ski Hill Road on Main St)  
Driggs, ID 83422  
208-354-8318  
Hours: 6:30AM-10PM

Phillips 66  
111 N Main  
Driggs, ID 83422  
208-354-2787  
Hours: 6AM-10PM

**Grocery**

Broulims Fresh Foods

240 S Main St

Driggs, ID 83422

208-354-2350

Hours: 7AM-11PM

**Victor, ID**

**Dining**

Brakeman's Grill

27 N Main

Victor, ID

(208) 787-2020

Hours: 11:30 AM-9PM

Knotty Pine

58 S Main

Victor, ID

208-787-2866

Hours :4PM-10PM

Grumpys Goat Shack

37 S Main

Victor, ID

208-787-2092

Hours: 5PM-9PM

Scratch

185 West Center St

208-787-5678

Hours: Friday 5PM-9PM

Saturday 8AM-9PM

**Gas**

Victor Gateway Station

420 S Main

208-787-4427

Hours: 6AM-10PM



Phillips 66  
10 N Main St  
208-787-2973  
Hours: 5:30 AM-10:30PM

## **Teton Village, WY**

### **Dining**

Nick Wilson's Cowboy Kitchen and Bar  
Located at the base of the tram at Teton Village  
307.739.2738.  
Hours: 11AM-3PM Lunch, Pizza Until 6PM  
Burgers on the deck all afternoon

Tin Can Cantina  
Located at the base of the tram at Teton Village  
Hours 11AM-3PM

### **\*Mangy Moose Restaurant**

3295 Village Dr  
Teton Village  
307-733-4913

Opens at 5:30 PM for dinner.  
Reservations Recommended

## Prizes and Contests!!!

**Competitive vs Recreational Teams.** While this is a fun run and not timed using official timing systems, we know that some teams are interested in knowing with accuracy their place and finish time. To make this a fun thing for everyone, we have created a recreational and competitive category. To participate as a competitive team you must do the following:

- A member of your original 6 or 12 person team must run every step of the course.
- Competitive teams will have a sticker on their race bibs and van stickers designating them as a competitive team. Volunteers, race crew and other teams will be noting any violations of the above rule.
- Competitive teams must wait at every transition area until the previous runner finishes their leg and receive an official handoff of the race bracelet. (We ask that recreational teams follow this protocol as well)
- At the finish line competitive teams will be asked to sign a document certifying their compliance with the above requirements.
- Competitive teams finish times will be ranked against other competitive teams.

**King and Queen of the Hill.** GTRelay has some legs that are seriously killer. So how about we reward that crazy with a title? Leg 8 will be officially timed this year with the coveted King of the Hill and Queen of the Hill titles being given to the fastest man and woman to conquer this crazy climb. Leg 8 is 7.1 miles of intense uphill, and you will need to bring it to win the title.

**GTRelay Speed Club.** For those of you who are competitive and want to WIN this race, you must know there is no prize for 1<sup>st</sup> place, beyond bragging rights. But we are going to set up a few benchmarks to reward your speed.

Under 24 Hours  
Under 28 Hours

If your team hits these times, you will be part of the Tribe 2014 Speed Club and recorded on our website as an elite GTRelay team. To be eligible for one of these time awards, you may not skip any legs, runners must transition at the designated transition areas, and your team may not add in any runners beyond your original 12 (or 6 for Ultra) that started the race. If a runner is injured, another of the 12 may take their place, but it must be one of the original runners who started the race. Results of the Speed Club will be posted with the finish results a few days after the relay.

### Team Prizes

We want to reward your team spirit, and have prizes in store for being the 'best of the best' (and we're not talking about speed here). So bring your 'A' game and let's party like rock stars all weekend. Amazing prize baskets filled to the brim with swag, goodies and fun stuff will be awarded in the following categories. Gift baskets will be awarded at the finish line in following categories:

Best Decorated Van—Best Costumes---Most Team Spirit

### **Individual Photo and Video Facebook and Instagram Contest—Win Free Hoodies!**

Please, please, please take many inspiring, goofy and memorable photos and videos of your journey. Bring on the creativity! Video and photograph your team doing funny, zany things during the race, like making a human pyramid, planking, lip singing your favorite song, or snoring like a log in the back seat of the van. And of course, capture some great shots of your runners with the Tetons in the background.

#### **What is the prize?**

A GTRelay Hoodie

#### **What are the categories?**

1. Each individual who posts a photo on either Facebook OR Instagram (using #grandtetonrelay) will be entered in one random drawing.
2. The individual who takes the most amazing shot of their runners with the Tetons in the background (must tag runners in the photo on Facebook and use #grandtetonrelay on Instagram)
3. The individual with the video that best captures the spirit of the Grand Teton Relay.

#### **How many prizes will be awarded?**

3 prizes total, 1 prize for each category

#### **How to Enter?**

For Facebook: Simply LIKE the Grand Teton Relay Facebook page then upload your photos and videos to the Grand Teton Relay Facebook page.

For Instagram: Follow @grandtetonrelay on Instagram then post your photo with #grandtetonrelay

Prizes will be awarded on September 1<sup>st</sup> and winners will be notified via Facebook and email. [www.facebook.com/grandtetonrelay](http://www.facebook.com/grandtetonrelay)

### **Finish Line and After the Race**

**Medals for Flags.** Make sure to bring your flags with you to the finish line to be returned to race crew. Finisher medals will be awarded once flags are returned. Any flags not returned will be billed \$20 per flag to the team.

**Finish as a Team.** We encourage all 12 team members to cross the finish line together. You will be able to meet your teams at the final turn into the commons area, and can run the last 50 meters together to the finish arch.

**No Diapers.** This may sound silly, but we have been asked specifically by Teton Village to ask teams who may have small children joining them at the finish line to please not leave any dirty diapers anywhere on the property except in garbage cans. I'm sure we can all manage this one.

**No Pets.** Again, at the request of Teton Village, we ask that no pets be brought onto Teton Village property.

**Sort Your Trash.** At the parking lot for Teton Village there will be trash cans and recycle cans. Please do your best to sort all of your trash as you go through your car and clean out the party trash.

**Did you have fun?** If you enjoyed your weekend, please share your experience on:

[www.facebook.com/grandtetonrelay](http://www.facebook.com/grandtetonrelay)

Instagram #grandtetonrelay @grandtetonrelay

## Packing List

### Mandatory

- 4 headlamps or flashlights (Two per van)
- 12 reflective vests (Six per van)
- 4 LED tail/butt lights (Two per van)
- 1 can Bear Spray/ team
- 2 Course Guides (One per van)-print from the website
- 2 Updated and Final Course Maps (One per van)- print from website
- One first-aid kit per vehicle - instant cold packs, mole skin, tape, ace bandages, band aids, pain pills, thermometer, etc.
- Vehicle garbage bags (DO NOT LITTER! You can deposit your garbage in cans at every Van Exchange area)
- Hand Held Water Bottles (or make your own with duct tape and disposable water bottles). You can also use hydration packs such as a camel-back or waist hydration belts.
- Water!! Your team vehicle is like a traveling aid station. We will provide water at the start, finish, Transition 30 and on Teton Pass, but you are responsible to keep yourself hydrated. So head to Costco, load up on a case or 2 of water and avoid dehydration please!
- Noise makers (Many per vehicle. Cheer for your team like they are rock stars)

### Supplies

- Cell phones (Verizon preferred)
- Towel and soap for showering at Teton High School (or you can rent those items there)
- Cell phone chargers
- Duct Tape (who knows what you might need this for!)
- Bug Spray
- Bear spray
- Sunscreen
- Blankets
- Sleeping bags
- Pillows
- Ground cover. You may choose to sleep under the stars at Teton High School. Grass will be wet in the morning. A tarp and sleeping mat work well.
- Area map or GPS
- Laminated directory with everyone's cell phone numbers (have a copy to keep in the van and one that the runner can carry in case they get lost)
- Personal, Medical and Contact information for each runner (to be kept in the van that they are in)
- Safety pins
- Cash (you'll want this to buy GTRelay souvenirs, food and sundries throughout the weekend)

**Food**

- Lots of water.
- Lots of water
- Did we mention: Lots of water!
- Bagels
- Fruit
- Energy Bars
- Salty foods (i.e. chips peanuts etc.)
- Sports drink

**Each runner should bring the following:**

- Warm coat
- Running jacket
- Sweat pants / running pants
- Two-three pairs of shorts
- Three shirts
- Change of underwear – or 2
- 3 or 4 pairs of socks
- Toothbrush
- Toothpaste
- Running shoes
- Comfortable shoes –flip flops are great when you are resting
- Any medications

**Fun Stuff**

- Something to decorate your van and keep track of your kills-shoe polish works good, or check the automotive dept of your local store for window paint
- Blow horn
- Cow bells
- Frisbees
- Van decorations
- Costumes
- Noise makers
- Candy
- Music

**SEE YOU AT THE STARTING LINE FOR AN ADVENTURE TO REMEMBER**