

TO: Grand Teton Relay Team Captains
FROM: GTRelay Race Directors
DATE: July 12, 2016
SUBJECT: Team Captain Meeting Recap

The payoff for all of your hard work is only one month away. One month from now you all will be running through the heart of the Tetons!

The Team Captain Conference Call will cover:

- 2016 Specific Updates
- Course Safety
 - Teton Pass, Dirt Roads, Rails to Trails
- Course Map Updates
- Race day check-in procedures
- Rest Areas
- Food Options
- Communication
- Safety Generals
- Vehicle Preparation
- Volunteer Registration and Assignments
- Miscellaneous: Time awards, medals and shirts for drivers, minors
- Packing List

Important Upcoming Dates:

July 15th- Deadline for registering runners online to be assigned a start time. (needs 9 runners for 12 person teams, 5 runners for Ultra). After this date once you have enough registered email heather@grandtetonrelay.com and let us know you are ready to get a start time.

July 17th- Start times emailed and posted (for teams with enough registered runners)

Aug 1st- Volunteer Registration Deadline

Aug 12th- Online Runner changes Deadline

Visit the Race Weekend Tab at www.grandtetonrelay.com for all the info you will need for Race Weekend.

Gold Sponsor-Eastern Idaho Regional Medical Center. Located in Idaho Falls, EIRMC is the premier provider of medical care in eastern Idaho. EIRMC will be there to support you on your GTRelay journey. For race day prep and training info visit their blog at www.blog.eirmc.com



2016 Specific Race Updates

- **Leg 1 Issues-**
 - Transition area moved ½ mile down 1100 N. changing leg 1 to 4.4 miles and leg 2 to 5.7 miles.
 - No port a pottie at transition 1.
 - This is now a NON-support leg.
 - Runner must stay to the left side.
 - Cars must park on shoulder.
 - Watch for farming trucks-they are heavy and can't stop quickly-don't get in their way.
 - Don't Cover license plates (Ashton police will pull you over)

Leg 17- Felt-must be quiet as the transition area is right next to residential homes.

Leg 19- Transition area will be moved-will email new maps and update online by August 1st.

No Toilets available at transition 28,29.

Course Safety

- We are going to be covering 178 miles, through the night, with relay traffic, regular traffic, fatigue will be an issue. What we are doing is completely unreasonable. We have to be just as unreasonable in our commitment to safety.
- It is EXTREMELY important that EVERY RUNNER is aware of and follows safety rules.
- We are going to hit this topic often-it's critical to you returning home safely to your families.
- If you see someone breaking rules on race day, please kindly remind them of the rules. If they are not receptive let a Safety General (located at each van exchange) know so it can be addressed.
- As a reminder, the minimum age of runner is 14. We recommend you do NOT assign minors to the Rails to Trails legs (16, 17, 18).
- Key safety rules to emphasize with your teams:
 - Runners will always run on the left-hand side of the road towards oncoming traffic unless the leg description says otherwise.
 - Stay hydrated even when you don't feel thirsty-there are portable toilets at almost every transition area so don't hesitate to drink up and often.
 - Runners must ALWAYS be holding an orange flag when crossing the road. (Flags provided by GT Relay™ and delivered at registration. Return to GTRelay at finish line).
 - From 7pm to 7am all runners, volunteers, drivers and anyone else involved with the race MUST wear a reflective vest when outside of the vehicle. (see mandatory gear list)
 - From 7pm-7am all runners and pacers must wear a rear blinking LED light, headlamp, and reflective vest. (see mandatory gear list)
 - Only the driver may exit the vehicle from the drivers' side. All other team members MUST exit from the passenger side.
 - Team vehicles will be required to turn their hazard lights on when pulled over on the course.
 - All traffic laws including stop signs, lights, right-of-ways and shoulder parking must be followed at all time during the race for vehicles and RUNNERS.
 - Pace runners are not allowed during daylight hours. From 7pm-7am runners may have one pacer from their team run with them. (bicycles will be allowed to pace on Rails to Trails legs 16-18)
 - No alcohol is allowed on the course. (until the finish line). This applies to runners and volunteers.
 - When decorating your van, write 'Caution: Runners on the Road' big on the rear window of your vehicle.

Victor City Park- Transition 30- HOLDING

- If your team reaches Victor City Park (transition 30) prior to 7:30 AM they will be held at the park until 7:30 am at which time they will be allowed to send their next runner. This is in compliance with our permitting so we don't hit the highway before full sunlight. If you are held, you will be given a card that shows what time you arrived at Victor and that amount of time will be deducted from your overall finish time. (This impacted less than 10 teams last year so don't worry about it too much)

Teton Pass Safety—Legs 31-34

- All vehicles must stop at TA # 31 State line of Idaho and Wyoming at the bottom of the pass to complete a 5 minute review of safety rules for the pass.
- Do NOT park your car anywhere except for the transition areas. If this rule is violated, we could lose our permit to run over the pass and could lose the race. Please follow this rule. You can honk and yell encouragement to your runner out the window, but DO NOT STOP, even in turnouts that look ok. Just keep driving to the top of the pass transition.
- Runners must wear reflective safety vests on legs 31-34 over the pass regardless of time of day.
- Water jugs will be provided at reasonable intervals over the pass on legs 33 and 34. Be sure to send your runners with full handheld bottles.
- No headphones on these legs. We know this is not convenient or as fun, but for your safety you need to be able to hear the oncoming traffic.
- The pass will be patrolled by the HWY patrol and officers will be stationed at key locations to keep local traffic speeds down.
- Only Van 2 will be allowed to park in the lot on the top of the pass (Transition 33).

Dirt Road Protocols

- Due to the nature of the areas we are running through, hitting some dirt roads is inevitable.
- Only one runner will have more than one dirt leg (runner 7). All other runners will have 1 or 0 dirt legs. All the dirt legs are called out in the course guide. As a review, legs that run entirely or partially on dirt are: 1,2,7,12,15,16,17,18,19,20,21,22.
- Bring a bandana to put around your mouth if the dust gets bad.
- If you have weak ankles, you may want to try taping your ankles and wearing sturdy running shoes to avoid any problems.
- All support vehicles: Drive Slowly to keep the dust down.

Rails to Trails-Legs 16-18

- This section of the race consists of flat, fast running paths that used to be railway lines. The legs cut through open farmland.
- The paths are dirt, but very smooth, flat and fast.
- Support vehicles will not be next to their runner for much of these legs. We will have water jugs available on the longest leg-16- so be sure your runner takes their hand-held full.
- This section will be run during the night and are non-support legs. We recommend taking along a pace runner or biker. (this is the only section of the race allowing pace bikers) ALL PACE RUNNERS AND BIKERS WILL NEED TO COMPLETE A WAIVER AT THE STARTING LINE OR REGISTER THEM ONLINE AS AN ALTERNATE FOR YOUR TEAM.
- If you are not comfortable running alone at night, do NOT assign yourself to these legs.
- These legs will be lit with industrial strength glow sticks every ¼ mile to keep runners comfortable that they are on the right path. We also recommend making sure your headlamp batteries are strong to give you good light and carrying an extra handheld flashlight.
- This section will also be patrolled by 2 Idaho Search and Rescue Vehicles as well as a 2 GTRelay ATV's.

Course Updates

- The FINAL course guide is now available online—Course map is undergoing final changes and will be emailed and posted online by August 1st.
- The course will be marked with over 170 Directional and Informational signs including one mile to go, lefts, rights, straights, Van turn here etc.
 - Bright Yellow Signage with arrows and directions will be fastened to safety barriers.
 - Night signs will have red flashing lights fastened to the top for easy identification. These lights will be on the signs from Leg 6 to Leg 22.
 - Each leg will have a 1 Mile to Go sign to keep you on track.
- Leg Types (3 different types of legs)—the leg types will be identified on the course map.
 - Support
 - Non-Support
 - Shadow

Leg Definitions

Support Leg-Vehicle may offer aid and support (ie: water, food, cheering etc) to their runner as needed. 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!

- **Support Legs**-Van allowed to stop and give aid to runner throughout the leg
 - Most of the course is this way.
 - Runners and vans will leap frog (vans need to park legally on shoulder of road or parking lots). You can let the runners get ahead of the van a mile or so and then catch up to them, cheer your guts out, and then drive ahead, wait for your runner etc.
 - If your runner needs water or other items your van can provide it

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.

- **Non-Support Legs**-Vans not allowed to stop and give aid throughout the leg
 - Two types of Non-Support Legs
 - Holding area-Van required to wait at holding area until 10 minutes before their runner is projected to hit the next transition area. Volunteers at Van Holding Lots will have time estimate charts to help you know when to leave the lot to meet your runner. Knowing your runner's mile splits will help accurately predict how long for your van to wait.
 - Where are the holding areas-Transition 3, Transition 4, Transition 32
 - Why the holding areas-The US Forest Service has limited certain parking areas. Holding areas will ensure we don't exceed max capacity.
 - Rails to Trails-Runner and van not on the same road. Runners need to be self-sustained.
 - Legs 16, 17 and 18
 - Nighttime--Pace Runners/bikers are encouraged.
 - Aid stations-There will be water available to fill up handhelds halfway through these legs. **NOTE: Cups will NOT be provided at these aid stations, so your runner must carry a handheld water bottle.
 - IMPORTANT FOR NON SUPPORT LEGS-Handheld Water bottles or camel backs etc. are mandatory. Buy them (available for purchase at starting line) or make your own with disposable bottles and duct tape handles.

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. These are great legs to make lots of noise and bring the party—music, horns, more cowbell!

- **Shadow Legs**-Vans will pace their runners and stay as close as their runner would like.
 - Legs 7,8,9,10,11,12 (All Shadow Legs are on the east side of Island Park)
 - Shadowing will keep your runner as comfortable as possible in this remote portion of the course
 - Bring your own map of the area or GPS so you can effectively get around outside of course path.
 - Download the arcGIS app from our website for your smart phones. It can be found under the Course tab.

Relay Day Procedures

- Start Times will be assigned by Sunday the 17th if you have at least 9 runners registered (or 5 for Ultra). Slower teams will start earlier, faster teams later. (Earliest 5:30 AM, Latest 12 Noon)
 - Start times are designed so teams will be closer together early in the race and will spread out over the course.
 - Get ALL 12 of your team registered as soon as possible so we can start assigning your start times. You will not be assigned a start time unless you have at least 9 registered runners.
 - All 12 team members, drivers, and alternates must check-in at N Fremont High School starting line on race day morning. (Teams are not required to have drivers or alternates. They are optional, but if your team is having drivers or alternates on the course, they must check-in and have signed waivers)
 - **If you have changes to your team roster, please be sure to update that information on IMAthlete by Friday, August 12th.** This will make everything at check-in go much smoother. Any changes (runners dropping or adding) after that time will need to be made at the starting line.
 - **Van 1 with all 6 runners must check-in at N Fremont High School at least 60 minutes prior to the teams assigned start time.**
 - Van 2 with all 6 runners must check-in at N Fremont High School either with Van 1, or at another safety check time that morning before they start their legs. Van 2 needs to be sure and come early enough for the safety check to give time to drive to Transition 6. (Ashton to Transition 6 drive will take approx. 25 minutes). We recommend Van 2 coming for safety check at least 2 hours before their projected start time.
 - **All runners must come to check-in. All drivers, pacers, and alternates need waivers and to complete the safety briefing.**
 - Safety Brief Times are included in the course guide found online. They will also be posted on our blog on Sunday with the start times. Last Safety Briefing will be held at 1PM. All runners MUST check in before that time.
 - Each van is responsible to print their own course guide and course map to have in their vehicle during the race. (updated map will be emailed to all runners by August 1st)
 - Steps at check-in:
 1. Equipment check: **must show** 6 reflective vests per vehicle, 2 headlamps, 2 red flashing tail lights. (all safety items will be available for sale at the starting line)
 2. Van check-in: waiver check and roll call, swag bag given, van signage, race bibs, slap bracelet
 3. Shirt Pickup
 3. Safety Briefing: short review of key safety guidelines.
 4. Flags and Wristbands: upon completion of safety briefing, each team member will get a disposable yellow wristband and 1 safety flags per vehicle (flags to be returned at finish line).
 5. To the Starting Line!
 - GT Relay Store at the starting line:
 - Hand-held water bottles, reflective vests, batteries for headlamps, headlamps, tail lights. We will have plenty of these on hand.
 - We will also have awesome zippered and pullover GT Relay Hoodies for sale, as well as t-shirts, tanks, hats, and headbands. They are shweet! These items will also be sold at the finish line, but buyer beware---the good stuff always sells out at the start!
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The Idaho Foodbank

We are excited to be involved with The Idaho Foodbank this year as our charity. How can you help?

- **We ask that each runner bring 2 canned goods to the starting line.** There will be a drop location at the start provided by The Idaho Foodbank. All the canned goods will be donated to the Ashton food pantry. There is a great need for donations and every can helps.
- You can also donate financial contributions online by logging into your IMAthlete.com account or at the start.

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. 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 8am. 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 for \$5-items are not priced separately, just one flat fee for food access:

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

Showers with towel \$5 (\$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

- 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.

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

- Hot Breakfast Hosted by the BSA. Will include pancakes, meat, hashbrowns, eggs. The breakfast is a fundraiser for the BSA with 100% of the Proceeds supporting the National Scout Jamboree so bring cash to make payment easy. Breakfast is just \$10 and you can eat as much as you need to fill up.
- Free Popsicles and a cool place in the shade to stretch out and celebrate.
- Music
- Free Massages from 7am-12pm offered by the International Institute of Massage Therapy from Idaho Falls <http://internationalinstitute.massagetherapy.com/contact-us>
- Free Yoga to unwind after a long run. 20 min yoga sessions will begin starting at 7am and run on the hour and half hour until noon.

Teton Village (Finish Line)

- Restaurants at the village-enjoy great food with everything from pizza and wraps to steak and potatoes.
- FREE 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 the Chanman Roots Band—a fantastic local Reggae band guaranteed to get you grooving.
- 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

Rest Areas

Question-when my van finishes our 6 legs where do we go? This table shows where Van 1 and Van 2 are at the same times. For example, while Van 1 is running Legs 1-6, Van 2 is traveling to Transition 6 etc.

Van 1	Van 2
Van 1 Running Legs 1-6	Van 2 traveling to Transition Area 6
Van 1 Eating dinner in Ashton (see course guide for discount options), relaxing at starting area or local parks. Travel to TA 12.	Van 2 Running Legs 7-12
Van 1 Running Legs 13-18	Van 2 Rest at Teton High School Sleep Area (Driggs). Travel to Tetonia City Park for TA 18.
Van 1 Resting at Teton High School Sleep Area (Driggs). Travel to TA 24 near Grand Targhee.	Van 2 Running Legs 19-24
Van 1 Running Legs 24-30	Van 2 Travel to Victor Park and eat a hot breakfast (fundraiser hosted by BSA), enjoy live music before your team arrives.
Van 1 Resting at Victor City Park enjoying the live music, foot massages and triumph of being done. Travel to Teton Village Finish Line to meet team for big finish.	Van 2 Running Legs 31-36.

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 1st 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.

Food Options

The course guide will contain a complete list of all restaurants, gas stations etc. Below are the food items we really want you to know about ahead of time so you can pre-order meals and make plans to bring cash for certain transition areas. All food for sale on the course benefits the organization selling the food. They are arranged for the convenience of the runners, and no proceeds go to GTRelay.

- Transition 18 Tetonia City Park: Back by popular demand, FREE hot cocoa will be available at the pavilion in the park. Both vans can have a cup as they wait for their runners to switch. Totally nice to help warm up the cool night. Also will be offering free S'mores to light up the night.
- Teton High School Sleep Area: Enjoy a hot cooked meal between 8pm Friday and 8am Saturday. Just \$5-proceeds go to the local cross-country team.
- Transition 30 Victor City Park: Hot breakfast FOR SALE from the Boy Scouts of America including pancakes, breakfast meat, hashbrowns, eggs. Support a great organization and eat breakfast here. Ice cold water and popsicles will be provided for free by GTRelay. All you can eat for just \$10.
- Finish Line Teton Village: FREE Ice cream sandwiches, variety of muffins, fruit, ice cold water.

Communication

Verizon has the best coverage in the area. Other carriers will not offer coverage in east Island Park, Rails to Trails or Tetonia.

- Bring as many Verizon cell phones as you have.
- On non-support legs send runners with Verizon Cell phones
- Make a phone list of all teammates cell phone #'s that they will have on race day. We recommend that all teammates program these #'s into their phones to facilitate communication.
- ****If for any reason your team has to drop from the race during the event, contact the Safety General closest to your location. We need to know if you are no longer on the course.**

Safety Generals

- Each Van Exchange area will be manned by a Safety General.
- The Safety Generals are your main point of contact for questions and support while on the course. Contact #'s for Safety Generals will be included in the final Course Guide.

Volunteer Registration

- All volunteers must be registered by **August 1st**.
- **Each team is to provide 2 volunteers to work a 4 hour shift.** With the magnitude of a relay like this, we couldn't do it without our great volunteers. We give each volunteer a t-shirt and try to make it a fun experience for them.
- Volunteer registration is open now. You can register at www.imathlete.com by searching Grand Teton Relay.
- A confirmation email with job details, directions etc. will be sent to the volunteer by August 1st.
- Volunteers must be 14 or older. Do not register a minor volunteer for a nighttime location.
- **If a team is unable to provide volunteers, they have the option of paying \$75/volunteer to cover the cost of GT Relay hiring volunteer replacements. Please contact us if you decide to pay for your volunteers. heather@grandtetonrelay.com You can make that payment at race day check-in with cash, check or credit card.** Van 1 will be required to make this payment, so make sure you communicate that to your Van 1 group so they come prepared .
- Reminder: Every volunteer must also have both waivers signed. These waivers will be signed during the online volunteer registration.

Vehicle Preparation

- Service your team vehicle before you leave-a breakdown on relay day won't be fun.
- AAA service can assist on the course. If a teammate has a membership be sure to bring your AAA card and ID on race day.
- Local Towing Services will be identified in the course guide.

Miscellaneous Details

Medals and shirts for drivers or alternates. Each team will receive 12 medals and shirts. If you would like an additional medal for your driver, the cost is \$10 and they can be purchased at the finish line. Participant Shirts are \$15 and can be purchased at the finish line.

Minor Runners. Runners must be 14 or older to run in the GTRelay. All minors must complete a hard copy of the race waivers (2 waivers- a GTRelay waiver and a USFS waiver) and bring both signed by a parent or guardian to the starting line. The check-in crew will ask for this at check-in. You can download the waivers from our website under the Race Weekend tab.

Time Cap. For the safety of the runners and volunteers, the race course will be shut down and unsupported after 36 hours from the 1st starting time. This means that at 5:30 PM on Saturday night the race course will be closed.

Time Awards. For those of you who are competitive and want to WIN this race, you must know there is no prize for 1st 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 GTRelay Speed Club and recorded on our website as an elite GTRelay speed 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 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.

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 is officially timed 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. You will receive your timing chip at the start of leg 8.

5 Year VIP Awards. To show our appreciation to all the runners who will mark 2016 as their 5th year running with the GTRelay, we have a special gift for you at the starting line. To verify that we have a complete list of all 5 year runners, an email will be sent out this weekend to all runners with a list of all the 5 year runners. If you are a 5th year runner, but do not see your name listed, we will include information for you to be able to get your name included on the list.

Dogs on the Course. As much as we understand how nice it is to run with your dog, due to our insurance we are unable to allow dogs to run with our participants.

Trailers, Motor Homes, Campers etc. Due to the rural nature of the course, these types of vehicles are not allowed on the race course. If you would like to use this type of vehicle as a parked vehicle at a transition area for a rest stop for your team, we have designated locations for a small number of vehicles but you must get pre-approval and pickup the appropriate paperwork at the starting line check-in to avoid being ticketed or towed. Contact us for pre-approval.

What to Pack in your Van for the Relay

Mandatory

- 4 headlamps or flashlights (Two per van)
- 12 reflective vests (Six per van)
- 4 LED tail/butt lights (Two per van)
- 2 Course Guides and Maps (One per van). You must print and bring these to the race. They will NOT be provided at the starting line.
- Bear Spray-1 per team-send with Van 2 for the Island Park legs 7-12
- One first-aid kit per vehicle - instant cold packs, mole skin, medical tape, ace bandages, band-aids, pain pills, etc.
- Vehicle garbage bags (DO NOT LITTER! You can deposit your garbage at cans at every Van Exchange area)
- Hand Held Water Bottles (or make your own with duct tape and disposable water bottles)

Supplies

- Noise makers (Many per vehicle. Cheer for your team like they are rock stars)
- Cameras and smart phones—gotta get some good footage for Youtube.
- Cell phones (Verizon preferred)
- Cell phone chargers
- Duct Tape
- Blankets
- Sleeping bags
- Pillows
- Ground cover (you may be sleeping under the stars at Teton High School in Driggs)
- Idaho 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- (for incidentals, GT Relay store, food at starting line, Transition 12, Targhee and the Village)

Food

- Lots of water
- Gatorade or other sports drinks
- Bagels
- Fruit – melons cut up are always a winner for an energy boost
- Energy Bars
- Salty foods (i.e. chips peanuts etc.)

Each runner should bring the following:

- Warm coat
- Running jacket
- Sweat pants
- Two pairs of shorts
- Three shirts
- Change of underwear
- 3 or 4 pairs of socks
- Toothbrush
- Toothpaste
- Running shoes
- Comfortable shoes-flip flops etc.
- Any medications

Fun Stuff

- Something to decorate your van and keep track of your kills-shoe polish works well, or they often sell car window paint sticks in the automotive section of grocery stores.
- Blow horn
- Cow bells
- Frisbees
- Rubber chickens
- Van decorations
- Costumes
- Noise makers
- Candy
- Music-ipods and docking stations (don't forget chargers)
- Hula hoops