

# **RAGNAR RELAY GREAT MIDWEST 2019**

## 1.1 Event Description:

The Ragnar Relay Great Midwest is a 200-mile running relay, consisting of 36 relay legs, stretching from Waukegan to Madison taking place on May 17-18, 2019. Teams consist of 12 runners. During the relay, each team member runs three legs. Relay legs typically range between 3-8 miles and vary in difficulty.

Each team is responsible for providing two support vehicles, with six runners in each vehicle. The first vehicle will drop off the first runner at the start, and then proceed to the first exchange point. At the first exchange, the vehicle will drop off the second runner and pick up the first runner when that runner's leg is complete. Teams will repeat this pattern for six legs until they hand off to their second vehicle. This leapfrogging pattern will continue all the way to the finish line.

The event is sponsored and managed by Ragnar Events, LLC. Ragnar Events presented its first event, the Ragnar Relay Wasatch Back, in Utah USA in 2004. The Ragnar Relay Series, now consisting of 27 events, is the largest series of overnight relays in the world. For more information, see [www.runragnar.com](http://www.runragnar.com).

These overnight relays benefit both participants and the communities where they are presented. Participants have been unfailingly enthusiastic about their experiences. There are always a wide variety of human interest stories associated with these events. These range from the experienced runner finding special meaning through participation in a running event as a member of a team; to the first-time runner who participates at the urging of a friend and discovers previously unknown abilities and a love for running; to families, businesses, old friends and other groups who enhance their relationships as they individually and collectively test their limits; to teams who simply run for a cause, whether in honor of a deceased friend or relative, or to raise money for local charities or another charity of special importance to the team. Communities directly benefit economically from money spent by participants for food, lodging and other services.

## 1.2 Ragnar Events Contact Information

Ragnar Event's website: [www.runragnar.com](http://www.runragnar.com)

The organization is located at:

12 S 400 W  
Suite 200  
SLC, UT 84101

Race Director:  
Troy Wheeler (716) 948-7357  
[troy@ragnarrelay.com](mailto:troy@ragnarrelay.com)

Permit Coordinator:  
Katie Seely (801) 834-9531  
[katie@ragnarrelay.com](mailto:katie@ragnarrelay.com)

### 1.3 Exchange points

Teams congregate at exchanges to wait for and send off runners. Exchanges are at locations where there is adequate parking to minimize impact on through traffic. Those locations include churches, schools, parks, and small businesses. Ragnar Events is in the process of obtaining permission from the various locations for the use of exchanges. Each exchange point will consist of portable toilets, an exchange chute which consist of 4 delineator cones and caution tape, and will be staffed by our volunteers. See picture below.

Image of exchange chute:



### 1.4 Proposed Runner Route Details:

The Ragnar Relay will start in Waukegan on May 17, 2019. Start times will be staggered, beginning at 5:00AM and will continue every hour on the hour until 2:00PM. The objective for the staggered start time is to spread the participants out so that the impact on local traffic will be minimal and to avoid large groups of runners clustering together.

Runners are required to obey all traffic laws and we instruct them to use the sidewalk when available. It is mandatory for participants to wear reflective vests with a tail light/ butt light and holding a flashlight or headlamp if their legs start after 8:00 PM and begin before 7:00 AM.

### 1.5 Safety and Emergencies

Runner safety is of foremost concern. All teams are provided a Race Bible that includes a detailed course description and event rules. All runners sign waivers where they acknowledge that the course includes areas where there may be traffic congestion and that they must obey race rules, which require observance of all applicable traffic rules and regulations.

Each team must have at least two reflective vests and two flashlights. These must be presented at the time that the team checks in. Runners starting their legs after 8:00 pm and before 7:00 am must be wearing a reflective vest as well as a back LED light, and holding a flashlight or headlamp. Additionally, any team-member spectator must wear a reflective vest during these hours when outside their vehicle on public roads.

Runners are also told to contact 6661-Ragnar1 for any concerns or problems out on the course. This is a phone number that sends them to our Race Command. During the race, a Ragnar Staff member is operating Race Command. They will dispatch staff members to handle all issues such as lost runners or missing directional signs, and answer general question about the course. In case of emergency all runners and staff will call 911, then contact our Race Command number (Ragnar1661) to let race staff know of the emergency.

We will have 8-12 Ragnar staff on the course at all times monitoring the race. Each person is trained on Ragnar Safety and emergency procedures. They are also trained on the access points of the trail system and have maps of the entire course.

#### 1.6 Volunteers

It is mandatory for participation in the event that each team provides (3) volunteers. These volunteers are sent a race packet prior to the race with instructions about their shift, gear, training, rules, etc. All volunteer locations and shifts are pre-determined to the event. Volunteers working at an exchange point are in charge of trash and clean up. Ragnar also contracts with local groups and charities to provide volunteers in exchange for donations. Referrals always welcome!

#### 1.7 Officer services

Police Officers are stationed throughout the course in specific locations according to the safety demand and traffic flow through their jurisdiction.

#### 1.8 Traffic Impact

We anticipate 450 teams to register for this year's event. That means no more than 450 runners will be on the race course at any given time. Teams will be provided with staggered start times, one hour apart from 5:00AM to 2:00PM. Because start times are spread over a nine hour period and only 450 runners are on the course at any given time, there will never be a large group of runners at any one location. Typically the complete group of 450 individual runners will be spread out over 20 miles so groups of 8-10 runners at a time are the most concentrated our race becomes.

#### 1.9 Road/Lane Closures:

No street closures will be necessary for runners. All runners are instructed to stay on the sidewalks/trails and follow all traffic signals and directions at all times.

## 1.10 Inclement Weather Plan

The race will occur rain or shine. However, under certain severe weather conditions where significant modification to the race course may be necessary, 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 electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, etc.

### Lightning

If there is lightning at the start of the race, we will delay starts until the lightning clears. If runners see lightning on the course after the race has started, runners are to get off the road and into the support vehicle. If lightning clears within 1 hour runner will go back on the road where they left and make a note of the time. If lightning persists longer than an hour, runners will move ahead to the next exchange and be informed of Ragnar decision on whether or not the race will continue.

### Flooding

If a runner encounters flooded areas that cannot be ran through, runner 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.

## 1.11 Signage Plan

Along the course there will be course directional signs that communicate to the runners which direction to go, on what side of the road to run, which exchange they are at, etc. An example of such a sign can be seen in the picture below. The signs are 42" High, 18" Wide, .25" thick and are made of corrugated plastic. Each sign will be secured to a delineator post barricade.



## DIRECTIONAL SIGNS

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