

A. Event Description

The Ragnar Relay Chicago is a long distance running relay race. The race will start in Madison, Wisconsin at Warner Park on Friday June 10, 2016 and end in Chicago, Illinois on Saturday June 11, 2016. We anticipate 615 teams to participate in the race. Each team is comprised of 12 individuals and 2 vehicles (there are a number of "ultra" teams that only have six individuals and one van). Therefore, we anticipate 7200 participants and 1230 vehicles to be involved in the race. 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 in 2004. To date, Ragnar Events has presented over 40 events in 10 states (the courses for some events running through more than one state). The Ragnar Relay Series, now consisting of 15 events, is the largest series of overnight relays in the world. For more information, see www.ragnarrelay.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. Also, communities directly benefit economically from money spent by participants for food, lodging and other services.

B. Organization Information

Event Organizer:

Troy Wheeler - Race Director
12 S 400 W Suite 200
SLC, UT 84101
C 716-948-7357 | F 801-499-5023 | O 877-837-3529
troy@ragnarrelay.com

C. Exchange Points Explanation

Teams congregate at exchanges to wait for and send off runners. A major exchange is where both vans from each team meet up. The six runners in one van have finished running and the next van is prepared to take over. Exchanges are at locations where there is adequate parking to minimize impact on through traffic and locations include churches, schools, parks, and small businesses. Major exchanges are often where runners will look for food, showers and sleeping as available, and can be a great opportunity for the community to host fundraisers. More information on this can be provided if interested.

Each major exchange point will consist of 24 portable toilets (provided by Ragnar) and an exchange chute which consist of two pieces of pedestrian fencing and is approximately 4 feet wide and 8 feet long (see picture below). The exchange chute is the designated area where one runner passes the relay baton off to the next runner. Each location will be staffed by a number of volunteers (more info below). Ragnar will also set up three 10 x 10 tents to serve as a hydration station, Ragnar volunteer headquarters, and medic station. Ragnar will contract with medical staff to be onsite for the duration.

Image of exchange chute:



D. Location Specifics

Ragnar Relays are staggered events with runners spread out over 30 miles at any given time. The staggering of the teams reduces traffic impact. The event is expected to set up for Exchange 24 at 8:00 PM on Friday June 10th and tear down at 10:00 AM on Saturday June 11th. Runners will start arriving at 11:30 PM and there will be a peak between 2:00 AM and 5:00 AM that will have a larger number of runners finishing. The last runners will finish by 10:00 AM.

E. Safety, Emergencies and First Aid

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 six reflective vests and two flashlights. These must be presented at the time that the team checks in. Runners starting their legs after 7:00 pm and before 6:15 am must be wearing a reflective vest, tail/butt 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 required to obey all traffic laws and we instruct them to use the sidewalk when available.

Runners are also told to call Ragnar for any concerns of problems out on the course. There is a phone number that connects participants to the Race Command of the race. For the whole race there will be a Ragnar Race director on the phone to talk to runners.

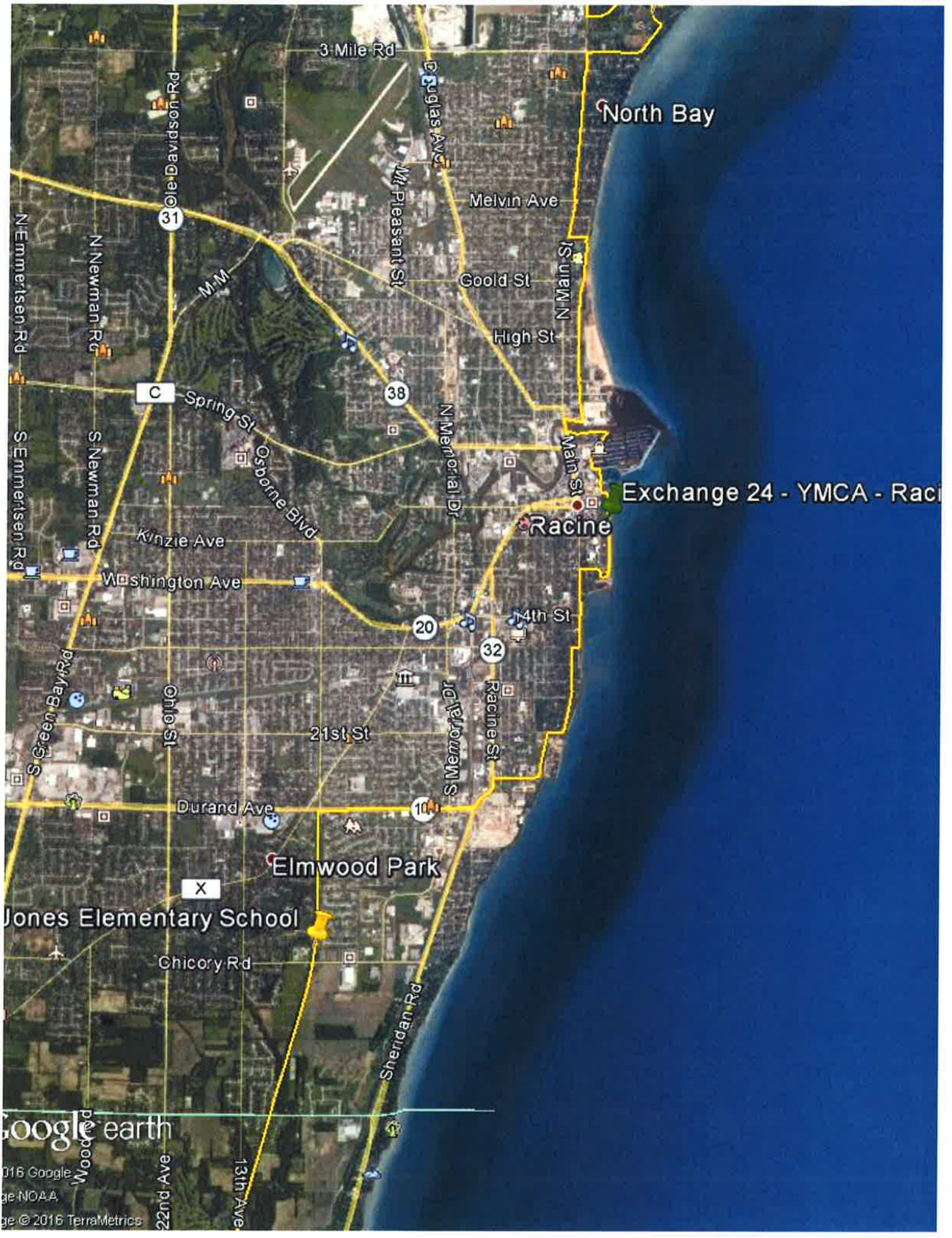
We have 12-15 Ragnar staff and trained volunteers on the course at all times monitoring the course. We also have trained medical staff along the course to handle any major medical emergencies.

F. Volunteers

It is mandatory that each relay team provide three volunteers or they may opt out by paying \$120 per volunteer. That money is then given to our race charities, which in turn will provide a volunteer. These volunteers are trained on site by Ragnar staff and they will direct traffic, track the teams, and clean up once the event is over.

G. Insurance

We are sanctioned under USA Track and Field. If you would like a Certificate of Liability Insurance for \$1 Million in coverage, we are happy to provide that upon request. Please inform us what entity to have listed on that certificate.



3 Mile Rd

North Bay

31 Cole Davidson Rd

C Douglas Ave

W Pleasant St

Melvin Ave

Coold St

High St

N Main St

M.M

C

Spring St

38

Osborne Blvd

N Memorial Dr

Main St

Exchange 24 - YMCA - Racine

Racine

Kinzie Ave

Washington Ave

20

4th St

32

S Memorial Dr

Racine St

21st St

Durand Ave

10

Elmwood Park

Jones Elementary School

Chicory Rd

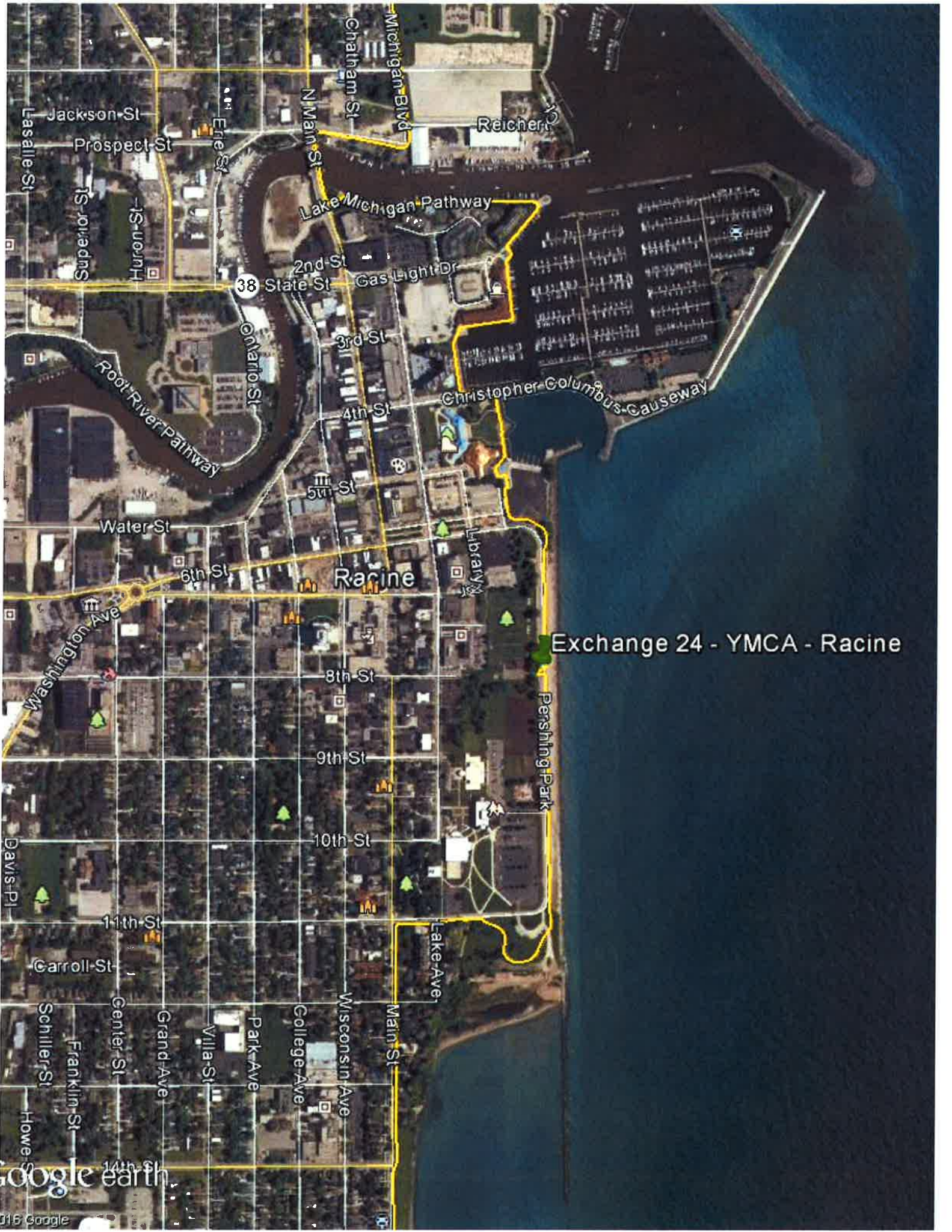
Google earth

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22nd Ave

13th Ave

Wood



Exchange 24 - YMCA - Racine