



# RUNNER'S GUIDE



# GAP RELAY

## RUNNER'S GUIDE



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Great Allegheny Passage (GAP) Relay | Cumberland, MD to Pittsburgh, PA | October 12-13, 2018  
 Visit [www.gaptrailrelay.org](http://www.gaptrailrelay.org) or contact P3R at 412-586-7785 or [info@p3r.org](mailto:info@p3r.org) for more information



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# INTRODUCTION

This guide contains important team information for the Great Allegheny Passage (GAP) Relay. Team captains are responsible for being familiar with all information included in this guide and for ensuring all team members are familiar with necessary information.

The information in this guide is subject to change. Please subscribe to the following race communication channels to stay connected and remain aware of all changes.

- **Facebook:** [P3Revents](#)
- **Twitter:** [@P3Revents](#)
- **Instagram:** [@P3Revents](#)
- **Website:** [www.gaptrailrelay.org](http://www.gaptrailrelay.org)



# BEFORE THE RACE

## GETTING STARTED

### TO-DO LIST

- Recruit a team of 4 or 8 runners.
- Register and pay for the team online at [www.gaptrailrelay.org](http://www.gaptrailrelay.org) before the deadline.
- Register all team members online at [www.gaptrailrelay.org](http://www.gaptrailrelay.org) before the deadline.
- Register all volunteers online at [www.gaptrailrelay.org](http://www.gaptrailrelay.org) by October 7, 2018 or email [volunteers@p3r.org](mailto:volunteers@p3r.org).

### ORGANIZING A TEAM

There are three team types from which you can choose:

- **8-Person Team** - Each runner will complete three relay legs
- **4-Person ULTRA Team** - Each runner will complete six relay legs
- **4 (Person) Pack Team** - P3R will pair two 4-pack teams together to create an 8-person team, and each runner will complete three relay legs

Here are some tips that will make organizing a team easy.

- Start recruiting early.
- Ask those who are running with you to help find additional runners.
- Get your team members registered before October 7 to avoid any late fees.
- Your team needs to have an average pace of at least 12 minutes per mile or faster in order to finish the course in the specified timeline.
  - Please note this is your average *team* pace, not your *individual* pace.
- Once you have a few firm commitments, register your team. If you are looking for additional runners – check out our Facebook page at [facebook.com/p3revents](https://facebook.com/p3revents).

### GETTING READY

Once your team is complete, we recommend the team meet several times prior to the event to work out logistics. It may be helpful to discuss the following things:

- **Communication.** Ensure each team member has cell phone numbers for all other team members and remind everyone to bring a charger.
  - We also recommend vans communicate with one another as necessary.
  - Please note the cell service may not be available in all areas along the course.
- **What to do if runners get to an exchange and the next runner isn't there.**
- **What to do if a runner and/or vehicle gets lost.**
- **Where to get gas.** We recommend Sheetz locations so you can take advantage of your complimentary \$25 gift card!
- **Where to eat,** as well as what types of food and drink each team member will bring along.

- **What types of clothing and equipment to bring.** Weather is uncertain, so be prepared for hot and cold weather extremes, as well as rainy weather.
- **Running at night**, and if anyone is willing to run extra miles as a pacer/companion.

### START TIMES

Start times are based on accurate pace predictions, so **it is critical that each runner has an accurate pace in his or her profile**. Accurate paces (i.e. 10 min/mile pace) help us schedule start times for teams that minimize congestion on the course, plan for set up and breakdown of each exchange, schedule volunteers and plan for all teams to arrive in Pittsburgh between 11 AM and 5 PM on Saturday, October 13.

**It is extremely important that the pace submitted for each runner is accurate.** If an individual has not participated in a competitive 10K recently, we strongly encourage him or her to run one before submitting a team pace. **Your team needs to have an average pace of at least a 12 minutes per mile or faster** in order to finish the course in the specified timeline. If your team falls behind the course closure times, P3R staff will work with your team to get you back within the course support limits.

If you have concerns about paces for your team, please contact the P3R offices at [info@p3r.org](mailto:info@p3r.org) or call **412-586-7785**.

### REGISTRATION

#### TEAM REGISTRATION

[Registration](#) is available online and should be completed by the Team Captain. Simply click the “Register” link on the homepage at [www.gaptrailrelay.org](http://www.gaptrailrelay.org) and follow the instructions.

After completing the registration process, the Team Captain will receive an email confirming registration and providing instructions on how to register team members. A **non-refundable entry fee** is due at the time of online registration.

#### TEAM NAME

When selecting a team name, please remember that the GAP Relay is a family-friendly event. Please respect everyone at the event and the communities through which we run. Consider how people — including children — might respond to your team name when the announcer calls it over the loudspeaker. If we feel your team name is inappropriate, you will receive an email from the Race Director asking you to select another name.

#### INDIVIDUAL TEAM MEMBER REGISTRATION

Once the team has registered and paid, the Team Captain has until October 7 to register each individual team member online.

#### ONLINE WAIVER

All team members *must* sign a waiver; you will not be permitted to participate without a signed waiver.

### AGE RESTRICTIONS

Any participant under the age of 18 must have a parent or legal guardian sign a waiver. Those under 12 years of age are prohibited.

Any vehicle with one or more participant(s) under the age of 18 must also have at least one adult (25 or older). The individual older than 25 years doesn't need to be a runner but may be. If he or she is not a runner, he or she can register as a driver.

### SUBSTITUTIONS/ADDITIONS

If you need to substitute or add team members, the Team Captain must log onto the team page and simply click on the "Invite Runners" button and fill out the new team member's information.

Online substitutions/additions can be made online up until the Sunday prior to race weekend. There is no charge for substitutions or additions made before the substitution/addition deadline.

After the deadline, late substitutions/additions can be made for a \$20 fee per substitution or addition. The fee for online or on-site late runner substitutions/ additions will be charged at packet pick up. Race day substitutions/additions can be made at packet pick up, but the runner must be present to sign the waiver.

### REFUND AND TRANSFER POLICY

All entry fees are non-refundable.

### TEAM CAPTAIN MEETING AND MINUTES

Roughly one month before the race, P3R will host an in-person meeting, along with a webinar, for all team captains to go over important race and preparation information.

Additionally, P3R will host a Team Captain Meeting the evening before the race in Cumberland, Maryland to discuss the rules, last-minute changes, and any concerns or comments from Team Captains. **This meeting is mandatory for all team captains.** Check the Race Info and FAQs sections of the website for specific Team Captain Meeting information.

### TEAM CHECK-IN

All payments due on race day will occur at packet pickup for the entire team. And when checking in, each van\* must present the following items:

1. **Four (4) flashlights per van** - Each regular team needs a total of eight (8)
2. **Two (2) headlamps per van** - Each regular team needs a total of four (4)
3. **Four (4) reflective vests per van\*\*** - Each regular team needs a total of eight (8) and all van drivers *must* have a reflective vest for night time hours
4. **Two (2) LED tail-lights** - Each regular team needs a total of four (4)



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*\*Ultra teams need only check in once at the start with enough equipment for one van.*

*\*\*Every person outside the support vehicle will be required to wear a reflective vest from 6:00 p.m. on Friday through 8:00 a.m. on Saturday. It is mandatory that you have enough vests for every member of your team.*

Teams will not be permitted to start until they show these items.

Upon check-in, captains will receive runner bibs, van number(s), and a slap band to be used as your team's baton.

## TEAM TYPE

### REGULAR TEAMS

Regular teams consist of eight runners; each member of the team will complete three legs of the GAP Relay.

Runners must run in the same sequence for each segment of the race – every eighth leg. For example, if a runner runs leg 3, he/she must also run legs 10 and 19.

### ULTRA TEAMS

Ultra teams are made up of four runners; each member of the team will complete six legs of the GAP Relay.

### SUPPORT

Ultra teams should make special preparations to provide support for their runners. We do not provide food at every exchange zone. Since team members of Ultra teams are running longer legs, plan to stop frequently on support legs to give runners plenty of recovery food and drinks.

### ALL OTHER RULES AND LOGISTICS

Every rule that applies to a regular team applies to Ultra teams, so please review all of the rules and logistics for regular eight-person teams.

### OTHER TEAM SIZES

We will not permit teams to run with any number of runners other than four or eight.

### POST-RACE AWARDS

Awards will be given to the first overall male, female and co-ed teams for eight-person teams and four-person Ultra teams.

# GENERAL RULES

## VANS/VEHICLES

### VAN REQUIREMENTS

Teams will use vans (or another vehicle of their choice) to transport runners to and from each exchange zone. Teams *must* provide their own vehicles, and teams are not permitted to have more than two vehicles per team.

While we suggest that teams use two vehicles, a single vehicle per team is permitted if there are enough seatbelts for all passengers AND the vehicle adheres to all applicable local vehicle safety laws. Please note that if a team uses only one vehicle, runners will be in the vehicle for the entire race.

Similarly, Ultra teams may choose to use one or two team vehicles, but the recommendation is one van.

### VAN RESTRICTIONS

Passenger vans are recommended, but large sedans and SUVs are also great vehicles.

We do not allow any vehicle wider than 6'6" and/or longer than 20'. Motor-homes, RVs, campers, trailers, buses and limos are not permitted on the course and/or at the exchanges by any team or spectator at any time. For any questions about vehicle types, please contact [info@p3r.org](mailto:info@p3r.org).

### ONLY TWO VANS PER TEAM

**Each team is allowed no more than two team vehicles.** Runners may leave and return to the course by meeting separate vehicles somewhere off the course or at major exchange zones.

Minor exchange zone parking is for team vans and volunteers only, as parking will be limited. Spectators may park at any legal spot along the race route or at the major exchange zones.

### VAN ROTATION - REGULAR TEAMS

Regular teams with two vehicles of four runners should use the following rotation:

- Van 1 contains runners #1-4, and Van 2 contains runners #5-8.
- Runner #1 from Van 1 begins at the starting line. Once the race starts, Van 1 travels to the first exchange point where runner #2 will prepare to run.
- Runners from Van 1 continue to run in order up to exchange point 4; this is the first major exchange in the race.
- At exchange 4, Van 2 should be waiting. At this point, runner #4 from Van 1 will hand the slap bracelet off to runner #5 from Van 2.
- Then, Van 2 continues along the race course rotating runners until the next major exchange point, exchange 8, where they will hand off to Van 1 again.
- This pattern continues until the finish line.

### VAN ROTATION - ULTRA TEAMS

We recommend one support vehicle for Ultra teams. Ultra teams utilizing two vans must honor the rules of rotation for regular teams.

### VAN NUMBERS MUST BE CLEARLY DISPLAYED

Teams must clearly display team numbers on both vehicles. Entrance into certain exchanges is dependent on van number visibility.

Van numbers will be distributed at check-in; these are peel and stick numbers that must be placed on the outside rear window of each van. **Do not create a blind spot.** Teams using just one vehicle should post both van numbers in their windows so they are permitted to enter each exchange point.

### ONLY ONE VAN PER TEAM AT EXCHANGE ZONES

Due to limited parking, only one vehicle per team is permitted to park at each minor exchange zone. Van 1 is permitted at exchange zones 1-3, while van 2 is permitted at exchange zones 5-7, etc.

Both vehicles are permitted at every major exchange zone (4, 8, 12, 16, 20). If for some reason team vehicles need to meet, they must meet off the course or at a major exchange zone.

### PARK IN DESIGNATED AREAS

Some exchanges have limited parking; please follow the directions of the parking volunteers to park safely at each exchange. Be cautious when entering/exiting exchange zones, as some may be difficult to see on approach.

### RUNNER DROP OFF

Vehicles must drop off runners at least 500 feet prior to exchange points before parking. Runner drop-offs should be brief.

### RESPECT LOCAL RESIDENTS AND COMMUNITIES

Keep in mind that The Great Allegheny Passage will remain open to the general public including, walkers, bikers and other runners who may not be participating in the event. Please remember we are guests when traveling through the local communities, so you should treat all residents with courtesy and respect.

Please adhere to the following and use common sense while in residential areas.

- Do NOT honk horns or yell out vehicle windows during evening, night and morning hours while in residential areas
- Do NOT block any residential or business driveways
- Do NOT impede traffic by driving too slowly or by not properly pulling your vehicle over to the side of the road when stopping

*We reserve the right to dismiss or disqualify any team based on a lack of respect.*

### VAN COMMUNICATION

There may be some segments of the race where cell phone coverage will be spotty. All members of the team should bring cell phones and phone chargers. We recommend that participants run with their phones.

Make a list of all team member phone numbers and ensure that the batteries are fully charged. Some providers will get better service than others, so try to have a variety of carriers. We also recommend the use of two-way radios as an alternative way to communicate between vans.

### VAN DRIVERS

**Van drivers do not need to be a member of the team.** This can be nice for some teams because it allows all runners to rest between their legs. However, runners are allowed to assume the duty of van drivers, in which case driving assignments would be rotated amongst themselves.

*Anyone operating a van between the hours of 6:00 p.m. on Friday and 8:00 a.m. on Saturday is required to wear a reflective vest.*

### RUNNERS

#### RUNNER ROTATION

Runners must run in the same sequence for each segment of the race. For example, if a runner runs leg 3, he/she must also run leg 11 and leg 19.

#### VISIBLE RACE NUMBER

Team race numbers must be **worn and visible on the front of each runner** at all times while on the course. Bib numbers must be pinned to the outermost layer of clothing, including jackets, shorts and reflective vests.

#### SLAP BRACELET/BAND

The team's baton (slap bracelet/band) should also be worn at all times while the current runner is on the course. Only runners wearing a slap bracelet/band will be allowed to exit the exchange zone chute to begin a new leg.

#### NIGHTTIME EQUIPMENT

Each team must present at least eight (8) reflective vests, four (4) headlamps, four (4) flashlights, and four (4) LED "tail/butt" lights at time of check in. See **Team Check In** in the **Before the Race** section of the Runner's Guide for more information.

#### FOLLOW CORRECT ROUTE

**Navigation is the responsibility of each team.** Teams are responsible for ensuring that their runners stay on the course. Please note that the trail crosses active train tracks and roads. Runners are to yield to all cars and trains and use caution at all crossings along the course.

### **FOLLOW RACE OFFICIAL INSTRUCTIONS**

Race officials include staff and volunteers at exchange zones. They have the authority to disqualify a team for abusive behavior or a team's failure to follow instructions given by volunteers. Abusive treatment or disregard for their authority could result in disqualification.

### **INJURED RUNNERS**

In the event of an injury, any of the remaining runners can replace the injured runner. With the exception of the leg in which the runner was injured, legs cannot be split.

For example, if runner 3 is injured half way through his or her first leg, any member of the team may complete the leg for him or her. Any member of the team can also fill in legs 11 and 19. Those legs can be filled with different runners, or one can fill in the remaining legs.

Once a runner drops out of the race, he/she cannot enter back into the race.

### **PACING DURING THE RACE**

Run pacers are allowed at any time during the race; any pacer who is not a member of the team must sign a waiver. See **Run Pacers** in the **Safety** section of the Runner's Guide for more information.

### **LITTERING AND PROPERTY DAMAGE**

Any runners who are reported to have damaged private or public property, or to have littered, urinated or defecated on private or public property, will be dismissed from the race and not be invited back. Toilets will be provided at all exchange zones, and trash dumpsters will be available at the major exchange zones.

## **RUNNER ARRIVALS AND HOLDING TEAMS**

### **HOLDING TEAMS**

Accurate projections are critical to a successful race. At any given spot along the race route, we have the course set up and volunteers in place for 5 to 10 hours. Based on your projections, we will start your team at a time that will keep you within this window.

If a team runs just one minute per mile faster than they projected, the team will be three hours ahead of their projection by the end of the race. For some teams, this could mean that they will be ahead of the set-up crew.

### **POLICIES AND PROCEDURES**

#### **Getting Ahead of the Set-Up Crew**

We understand that it is impossible to perfectly project your team's pace. We give teams a buffer zone before forcing them to stop at an exchange zone. If your team does get ahead of this buffer, we will hold your team at one of the major exchange zones.

To prevent your team from getting ahead of the set up crew again later in the race, we will determine the amount of time to be held by taking into account your current average per mile time, as well as the miles left to run.

### Getting Behind the Clean-Up Crew

If a team gets behind the projection and falls behind the clean-up crew, we will usually allow the team to stay on the course and finish the race. However, we reserve the right to force teams to leave the course if it becomes a safety concern.

### ACCURATELY PREDICTING TIMES

It is very important to accurately predict the times when you will arrive at major exchange zones along the course. If you need assistance in projecting your times and paces, please contact [info@p3r.org](mailto:info@p3r.org).

## SAFETY

There are many potential hazards in a race of this type including, but not limited to, automobile traffic, road and trail conditions, and weather. We ask that all teams please take appropriate precautions to ensure a fun and safe event. **In the event of a serious emergency, call 911.**

Please help us keep the race safe by focusing on being safe runners and safe support crews. **Safety is our number one priority.** Below are some basic guidelines and rules to help us all have a safe race.

### SAFE RUNNER

When you are the “active” runner, following the rules and guidelines will help keep you safe.

### RUN AGAINST TRAFFIC AND ON PROPER SURFACES

While most of the race will be on the trail, there are some areas of the course that take place on roadways. Runners should run against traffic on the left shoulder of all roads, using sidewalks when available, unless signs or maps direct otherwise.

### BE AWARE OF TRAFFIC AND OBEY TRAFFIC LAWS

Runners are to understand that they do not have exclusive use of the trail or roadway and are required to obey all trail guidelines and traffic laws. This includes stopping at traffic lights.

### PERSONAL MUSIC DEVICES AND HEADPHONES

The use of personal music devices with headphones while running is **prohibited**. Use of personal devices while running could result in disqualification for your entire team.

### RUNNING IN THE HEAT

Teams must ensure their runners' safety by monitoring the condition of their runners before, during and after each leg. Runners should pre-hydrate before each of their legs, hydrate while running and rehydrate after each of their legs. **Water should be supplemented with electrolytes such as NUUN.**

### RACE PACERS

The following rules have been developed to help ensure the safety of ALL participants.

- Pacers DO NOT need to be a member of the team.
- Bike pacers are NOT permitted at any time during the race.
- Run pacers are allowed at any time during the race, day or night.
  - Running pacers can run with the “active” runner but MUST run in single file.
  - Pacers MUST wear the same night safety gear as the runner (reflective vest, headlamp and LED).

### ON COURSE DURING NIGHTTIME HOURS

The following nighttime rules have been developed to help ensure the safety of ALL participants.

### RUNNERS

ALL runners must wear ALL night gear — a reflective vest, headlamp or flashlight, and blinking LED tail light — during the official night time hours between 6:00 p.m. on Friday, October 12 and 8:00 a.m. on Saturday, October 13.

### PARTICIPANTS

ALL participants must wear reflective vests during the official night time hours between 6:00 p.m. on Friday, October 12 and 8:00 a.m. on Saturday, October 13 if out of the team van and anywhere on the course, including exchange zones.

### RACE PACERS

- Pacers DO NOT need to be a member of the team.
- Bike pacers are NOT permitted at any time during the race.
- Run pacers are allowed at any time during the race, day or night.
  - Running pacers can run with the “on” runner but MUST run in single file.
  - Pacers MUST wear the same night safety gear as the runner (reflective vest, headlamp and LED).

### VAN DRIVERS

If you choose to have a van driver who is not a runner, the driver must also adhere to these safety guidelines.

### SAFE SUPPORT

#### EXITING AND BEING OUTSIDE OF THE VAN

We encourage you to wear bright colored clothing at all times of the day and light/bright clothing at night (dark clothing is very hard to see at night).

Every member of the team (including drivers) *must* have his or her own reflective vest and *must* wear it when outside the vehicle during the official night time hours between 6:00 p.m. on Friday, October 12 and

8:00 a.m. on Saturday, October 13. This includes exchange zones, shoulders, roadways and parking lots adjacent to the course.

### ROAD CROSSING

Although the majority of the race occurs along the Great Allegheny Passage, there are some sections of the course where runners will be crossing roads or running on roads. Be sure to always:

- Obey all traffic/pedestrian laws;
- Cross at a crosswalk if there is a crosswalk within sight;
- Use caution when crossing roads and yield to vehicle traffic; and
- Use caution when cross train tracks — do not cross a train crossing when the crossing arms are down and lights are flashing.

### VANS/VEHICLES

**Teams' vehicles are to obey all traffic laws**, which include but are not limited to:

- Obeying speed limits (both minimum and maximum)
- Not stopping in the roadway
- No illegal u-turns
- Pulling off the road completely when stopping/parking
- No parking in non-legal parking areas
- When parked, please turn off headlights so as not to blind oncoming traffic
- Leave parking lights on so that the vehicle is visible to regular traffic
- Please do not stop or slow down in places that will impede traffic or runners, and do not turn your hazard lights on
- When approaching exchange zones, please use extreme caution, as many are in rural areas at the trail heads.

### BE SAFE, HAVE FUN

Help us keep the race safe by abiding by the following safety rules and helping other teams behave safely.

### ALCOHOL

While participating in the race, the consumption of alcohol is not allowed at any point along the course. Alcohol may be responsibly consumed at the finish line festival.

### DESIGNATED SLEEPING AREAS

Sleeping or resting must be done inside the support vehicle or inside designated sleeping areas.

**Please note no one is permitted to sleep on the ground in any parking lot.**

### IN THE EVENT OF AN EMERGENCY

**In the event of serious emergency, call 911.** Then notify the nearest race official, as he or she will be able to communicate with nearest medical personnel or call for an ambulance if the emergency is severe enough.



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If you are not near any race officials, please text Race Command at 412.773.2044, 412.999.9359, AND 412.448.6567. If the emergency is severe, **FIRST** call 911, then notify Race Command.

First aid personnel will be stationed at all major exchanges, but they will only be equipped to handle minor sports injuries. Please be aware of this and plan ahead for how you will handle any emergencies. It is the responsibility of each team to be aware of the location of hospitals and other medical facilities.

## MANDATORY SAFETY MEETING

**Each team is required to have the team captain and/or a member from each van attend the mandatory safety meeting.** If you are unable to attend the Pre-Race Meeting on Thursday, October 11, you must attend mandatory safety training on Friday, October 12 before beginning the GAP Relay (these meetings will be available at 5:30 a.m., 6:30 a.m., 7:30 a.m., 8:30 a.m., 9:30 a.m., 10:30 a.m., 11:30 a.m., and 12:30 p.m.).

Please arrive at least 1 hour early to the start line to give yourself enough time to attend the safety meeting.

The safety meeting will last approximately 10-15 minutes. Each van will pick up race materials after training. Along with other items picked up, teams will pick up van bib stickers to be displayed on all team vehicles.

## BAD WEATHER

The race will occur rain or shine. However, under certain severe weather conditions in which the safety of runners is in jeopardy or significant damage or alterations to the race course occur, we reserve the right to cancel the event. **There will be no refunds given if the race is canceled due to weather.**

Conditions that may result in a race being canceled or delayed include but are not limited to:

- Severe heat
- Electrical storm
- Snowfall
- Tornado
- Earthquakes
- Hurricanes
- Flooding
- Fog

## Heat

If there is extreme heat during the race, we reserve the right to hold teams until the temperature drops. More information will be provided if heat is a likely scenario.

## Lightning

If there is lightning at the start of the race, we reserve the right to delay start until the lightning clears.

If you see lightning on the course after the race has started, get your runner off the course and into the support vehicle. Make a note of the time and the location where you exited the course. If lightning clears within one hour, put your runner back on the course where he or she left and make a note of the time.

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If lightning persists longer than an hour, move ahead to the next exchange. Information will be available at each exchange on how to proceed in the event.

### **Flooding**

If a runner encounters flooded areas that are impossible to cross, return to previous exchange zone and notify race officials.

Teams will skip the leg and continue onto the next exchange zone.

### **WILDLIFE / OPEN RANGE RULES**

If a runner encounters any wildlife that is aggressive on the course, remove yourself from the course and into your support vehicle. The vehicle should drive ahead and let the runner out at a safe and reasonable distance ahead of the wildlife to continue his or her leg.

If this is not possible, return to previous exchange and skip current leg. Alert race officials at the exchange of the issue.

### **REPORT OTHER TEAMS BREAKING SAFETY RULES**

We will have Course Marshals out on the course monitoring teams for safety and adherence to all rules. However, with the size of the course, we cannot be everywhere at once. We are asking teams to help us keep the course safe by reporting teams that are violating any of the above rules. Notify the runner check in volunteer at the exchange or the finish line official.

# **ENFORCEMENT**

## **RULES AND SAFETY ENFORCEMENT**

There will be Race Officials and Course Marshals monitoring the course to enforce rules. Rules are enforced based on a “three strikes and you’re out” policy.

Cell phone numbers will be collected at the start line and exchange 4 so teams can be notified via text message each time they violate a rule. If a team receives three safety violations, a Course Marshal will meet the team to review the validity of each violation. If the Course Marshal deems that the violations are valid, the team's slap bracelet will be collected and the team must leave the course.

In addition to Course Marshals, teams will have the ability to text rule violations. Course Marshals will determine the validity of all text messages received from teams. Course Marshals may also disqualify teams on the spot without prior warning for what they deem to be serious rule violations.

# REFLECTIVE VEST REQUIREMENTS

**Safety is our number one priority.** Every runner is required to have a reflective vest prior to getting on the course.

Any participant (not just the active runner) who is outside of his or her team van during nighttime hours between 6:00 p.m. on Friday, October 12 and 8:00 a.m. on Saturday, October 13 *must* wear a reflective vest — including van drivers.

In street clothes at night, you are only visible to drivers up to 200 feet. Most reflective vests make it so runners become visible to drivers up to 1200+ feet. Adding headlamps and flashing LED tail-lights provides increased visibility and safety.

Reflective vests must have **reflective material on the front, back and shoulders.**

# PACKET PICKUP

**Packet pickup will be available on Thursday, October 11 and Friday, October 12 in Cumberland, MD.**

## Thursday, October 11

4:00-9:00 p.m.

9 North Centre

9 North Centre Street, 2nd Floor

Cumberland, MD

*This is the same location as the Thursday evening safety meetings.*

## Friday, October 12

Starting at 5:15 a.m.

17 Howard Street

Cumberland, MD

*This location is close to the start line.*

Each captain can pick up packets for his or her entire team.

**Please note:** There will be no packet pickup options at any exchange zones. Any packets not picked up before the race will be available at the finish line festival.

# RACE COMMAND

If you need to contact race officials during the event and are not near an exchange zone, please text ALL of the following numbers:

- 412.773.2044
- 412.999.9359
- 412.448.6567

If the issue is a severe emergency, **FIRST** call 911, then notify Race Command.

# HOSPITAL / MEDICAL CARE LOCATIONS

While there will be medical aid at each major exchange zone and general first aid at each minor exchange zone, please use this list of local hospitals and medical care facilities in the event of a serious injury. For any emergency situation, please call 911.

Legs	Location	Address	Phone Number
1-2	Western Maryland Regional Medical Center	12500 Willowbrook Road Cumberland, MD 21502	240.964.7000
	Cumberland Outpatient Clinic	200 Glenn St. Cumberland, MD 21502	
	MedExpress Medical Center	1219 National Hwy. La Vale, MD 21502	301.729.0529
3-4	Frostburg Medical Center	10701 New Georges Creek Road SW, Suite 4 Frostburg, MD 21532	301.689.3229
5-12	Conemaugh Meyersdale Medical Center	200 Hospital Drive Meyersdale, PA 15552	814.634.5911
	Somerset Hospital	225 S Center Avenue Somerset, PA 15501	814.443.5000
11-15	Highlands Hospital	401 E Murphy Avenue Connellsville, PA 15425	724.628.1500
	Uniontown Hospital	500 W Berkeley St. Uniontown, PA 15401	724.430.5000
	MedExpress Uniontown	289 McClellandtown Rd. Uniontown, PA 15401	724.439.3627
15-16	Perryo Medical Center	405 Liberty St Perryopolis, PA 15473	724.736.0443
16-19	Jefferson Regional Hospital	1533 Broad Ave. Belle Vernon, PA 15012	724.929.3206
	Excelsa Health Frick Hospital	508 S Church St. Mt. Pleasant, PA 15666	724.547.1500
19-23	Jefferson Hospital	565 Coal Valley Rd. Jefferson Hills, PA 15025	412.469.5000
	UPMC McKeesport	1500 5 <sup>th</sup> Ave. McKeesport, PA 15132	412.664.2000
	UPMC McKeesport Trauma / General Surgery	500 Hospital Way McKeesport, PA 15132	412.672.3422
	MedExpress Urgent Care	12116 State Route 30 North Huntingdon, PA 15642	724.863.4362
23-24	Allegheny Health Network Urgent Care	501 Braddock Ave. Braddock, PA 15104	412.636.5050
	8 <sup>th</sup> Avenue Medical Center	330 E 8 <sup>th</sup> Ave. Homestead, PA 15120	412.462.6001
	MedExpress Urgent Care	5201 Baum Blvd. Pittsburgh, PA 15224	412.687.3627
	West Penn Hospital	4800 Friendship Avenue Pittsburgh, PA 15224	412.578.5000
	UPMC Mercy	1400 Locust St. Pittsburgh, PA 15219	412.232.8111
	Magee-Women's Hospital	300 Halket St. Pittsburgh, PA 15213	412.641.1000
	UPMC Presbyterian	200 Lothrop St. Pittsburgh, PA 15213	412.647.2345
	UPMC Southside Outpatient Care	2000 Mary St. #2500 Pittsburgh, PA 15203	412.488.5706



# GAP RELAY

## RUNNER'S GUIDE



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