

hYPNOSIS
NIGHT RUNS
AND RELAYS

Relay Team
Handbook

Estrella Mountain Regional Park

August 16-17, 2014

Start Time: 7:30 PM

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1. Team Planning Guide

Use the appropriate table below to plan your team roster.

“The 3” Team Roster

Runner	Name	Legs
A		1, 4
B		2, 5
C		3, 6

“The 6” Team Roster

Runner	Name	Legs
A		1
B		2
C		3
D		4
E		5
F		6

2. Running Leg Tracking Chart

Fill out the Name column before the race, and the time columns as the race progresses.

Leg	Color	Course	Name	Start Time	Estimated Lap	Estimated Finish
1	Green	15k		7:30 PM	:	: PM
2	Blue	10k		:	:	:
3	Green	15k		:	:	:
4	Blue	10k		:	:	:
5	Green	15k		:	:	:
6	Blue	10k		:	:	:

Lap Time Estimation Reference

Below are estimated times for different speed runners to complete each loop. Use to gauge estimated lap times.

Course	Lead Runners	Faster	Mid Pack	Slower	Final Runners
15k	1:00	1:25	1:45	2:05	2:40
10k	:40	:56	1:10	1:20	1:45

3. Exchanges

Bib Number

Each relay team will have a single bib number for the entire relay. The bib contains the timing chip used for recording results. At registration, the team captain will pick up the bib and a bib belt to make exchanging the bib during the race easier.

Making The Exchange

Each relay team is responsible for their own exchange. A runner finishing their leg will pass under the start/finish banner where the timing chip on the bib will be read automatically. Pass the bib off to the next runner who will loop around the outside of the banner and begin his or her loop. Until your runner is visible, please stay behind the flagged finish area.

Tracking Your Team

Tracking your team is one of the most exciting parts of the relay! We will have live results that will be updated every time a runner comes through the start/finish area. You can also track the results yourself online at <http://bit.ly/ultracast> by phone. The chart on the preceding page is key to keep track of when your runner will be coming in. Remember, they can be 10-20 minutes early on a good night, so start watching for them early!

4. Ultracity

Team Camp

Teams are encouraged to set up your personal camp! Bring tables, chairs, canopies, and tents to make your space feel like home.

Sponsors

Please stop by and speak with our sponsors, they help make this race possible!

Food

We will have a variety of food available at the race, available in the spectator village. Please keep the aid station facing the start line clear for the through runners. We encourage teams to bring your own snacks for your personal camp.

Ultratheater

We will have our Ultratheater, where we will be showing running movies throughout the night.

Store

We will have our merchandise shop open all night, selling Aravaipa and Insomniac gear along with select other items. iRun will also be on-site selling discounted Nathan Endurance products!