



25th Annual
GREAT LAKES RELAY
July 15-17, 2016

Greetings to all relay runners - old and new. In this letter you will find race rules and other relay notes that we think are important. As always, if you have any questions please call Bob Baril at (586) 726-1330, or Nick Papas at (313) 885-3256.

RACE RULES

The race rules are designed to deal with intentional infractions. Once in a while problems arise which are not willful disregard for the rules and they may not merit a full penalty. In situations like these the race committee reserves the right to adjust the penalty to match the crime.

The fastest handicapped time wins the race.

HANDICAP: Women 10% plus age handicap;

Age 15 & Under 5%;
Age 40-49 1% per year;
Age 50-54 14%
Age 55-59 18%
Age 60-64 21%
Age 65-69 26%
Age 70 & Over 30%

Each runner makes up 1/10th of the total team handicap.

MINIMUM MILEAGE PER RUNNER: 24 miles. The handicap of a runner not meeting the minimum mileage requirement for the weekend will be lost for the entire race.

EXCHANGE POINTS:

1. Exchanges are only allowed at designated points.
2. Substitution may occur for an injured runner at any time.
 - A. Injured runner pulled out of leg is done for day.
 - B. Teams alleging injured runners late in the day to shuffle fresh legs in and having them run for short periods will be penalized 2 hours.
 - C. Injured runners may compete on following days.

3. If outgoing runner is not at exchange point, incoming runner can either stop or continue on for the entire next leg. If substitute runner begins leg because outgoing runner is not there, substitute runner must complete leg. Penalty for violation is 2 hours.

AUTOS: Auto limits on the course and mandatory detours must be observed or team will be penalized 2 hours for each occurrence. This is done to protect the runners. All teams will have vehicle signs to easily identify everyone. The runner has the right of way at all times, except of course, crossing busy intersections. Please use reasonable speeds around runners, especially on dusty roads. Reckless driving will be penalized 2 hours - no questions asked and no arguments accepted.

RUNNER OFF COURSE: If a runner gets lost he/she must go back to the place of getting lost and resume on the proper course. A vehicle can take the runner back to the point of getting lost. If a runner gets lost on a trail run and can't find his/her way back on course the team must take another runner (or the same runner if he/she is found in time) and rerun the leg from the start. Penalty for violating this rule is disqualification.

SUPPORTING RUNNER ON 'NO SUPPORT' LEGS:

Teams will be assessed a two hour penalty for supporting runners on a 'No Support' leg.

RUNNER NUMBERS: Each team is given 10 of the same numbers for identification. Runners are required to wear their numbers. Teams will be penalized 30 minutes for each violation.

CONCURRENT RUNNING: The finish line will close at 7:00 p.m. the first two nights, and at 4:00 on the third day. If your team is running a slower pace and you can't make it in by then you will be allowed to use concurrent running after 2:00 p.m. the first two days and 1:00 p.m. the third day. This involves sending more than one runner at a time at different legs and keeping track of the cumulative time. If you are going to do this you need to wear the blue "C"'s provided in your team packet. Any team concurrent running must wear the blue C so that other teams around know what you are doing. Penalty for concurrent running without the "C" is 30 minutes.

BATHROOM IN THE WOODS: If there are houses near an exchange please do not use their yards as outhouses. The directions specify where you can't go to the bathroom. If you disregard this your team will be penalized 2 hours for each occurrence.

SIGNS: Post no signs to assist your runner. This can lead other runners astray. The race directors will place signs on a couple of legs to keep runners on course. These times are noted in the directions. No other signs are allowed. Penalty for violation is 2 hours.

SEVERE WEATHER: In the event of severe weather such as lightning, you may want to pull your runner off of the course. If you do so, you must sit the runner out in increments of 30 minutes - this should allow ample time for the storm to pass, and is easy to account for in the results. When your team finishes for the day you need to report this to the finish line crew.

PAVED ROADS: When running on paved roads, run on the shoulder facing traffic (left side of the road). The course is not closed. Runners need to obey normal traffic rules.

LISTENING TO RACE OFFICIALS: Rude behavior, not listening to race officials or course marshals, or general insubordination will receive a 1 hour penalty.

HEADPHONES: Going right along with the previous rule, if you're wearing headphones, chances are you won't be able to hear race officials or traffic. Therefore headphones are not allowed in the Great Lakes Relay.

OTHER RACE NOTES OF INTEREST

PARKING AT EXCHANGE POINTS: Always park on the right hand side of the road past an exchange point. Park facing in the direction the next leg is going. And always use caution when pulling out to leave an exchange - not only for the safety of the runners, but also for the local traffic that may be on the roads. Other legs have specific directions that must be adhered to.

ON THE DIRECTIONS: We review the written directions carefully to assure their accuracy and drive the course with no aid besides the written directions. We include road surface changes whenever possible to help guide you. Familiar items in the written directions include the "In short" section describing the leg, the "scenery" and "difficulty" ratings, and the "Support" section which tells you how to best support your runner on each leg.

ODOMETERS: Remember to reset the vehicle odometer at corners and when specified in the directions. This is extremely critical because the directions are very specific with regard to point-to-point distances. Teams do get lost and can drop places from navigational errors. We strongly recommend sending one of your team vehicles ahead to scout out turns to avoid the runner from getting lost.

ON AUTO DETOURS: Auto detours are in place on legs early in the day for the runners safety and on legs where the mappers felt conventional automobiles would have trouble getting through. The kindly gentlemen who mapped the course used to get themselves stuck often (pre-4-Runner days), so they should know. We strongly recommend using all auto detours. If you do get stuck, it may take awhile to find someone who can pull you out. Remember, this is the Michigan Outback. And when you do find someone, have cash ready (usually \$25-\$75), because the nice folks at the

corner gas station don't always take Visa. And remember, mandatory auto detours are just that - no vehicles allowed. The race directors will not take kindly to drivers pleading ignorance on this one. This year, more mandatory detours have been added to separate the vehicles from the runners.

ON GASOLINE: We will be going through very few towns again this year, spending most of our time out in the woods. During the day we may come across a gas station very infrequently, or not at all. Therefore, never pass up the opportunity to "fill er' up", especially for those gas-guzzling 4x4's.

AWARDS BANQUET: The dinner and awards ceremony at the conclusion of the race will take place at the Lions Park in Empire. Pizza and pop will be served. Each team will get three pizzas and pop will be provided. Extra pizzas may be purchased for \$10.00

CAMPING: Friday night, we will use the Onaway School complex, and Saturday night we will be showering and camping at Grayling High School.

COURSE CHANGES: If any course changes are necessary your team captain will be notified.

ROSTER CHANGES: Any roster changes accompanied by waiver signatures may emailed to Jackie Phillips at jphillips8690@att.net.

TRASH: You are to be commended for the fine job all of you did last year. It is tempting to throw gel wrappers and other things on the ground but if we do that we won't be welcome any more. The race should strive to have no impact (or as little as possible - toilet paper is biodegradable) on the environment.

SPECIAL LEG T-SHIRTS: We will be giving out some fun T-shirts to the runners who run three special legs during the race.

RESULTS: Each team will get a copy of the results the morning after with the exception of the final results on Day 3. Final results will be posted on our website at greatlakesrelay.com.