



TEAM HANDBOOK

Last Updated: January 19th, 2012

This handbook contains important team information for the JRunners 200K Relay Race. All registered runners are responsible to be familiar with everything contained in the Team Handbook. All information in this handbook is subject to change, and registered runners will be notified of all changes. Questions can be emailed to info@jrunners.org



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I. Introduction

The Race: August 8th & August 9th 2012

Welcome to the JRunners Relay Race experience! The course is 143 Miles in distance, and will take teams approximately 24 hours to complete. There will be 10 runners per team, and teams will be running nonstop until they reach the finish line. The course will be split into 30 legs. At the end of each leg is a runner exchange area, where one runner ends his run and the next runner begins his effort. Runners will carry a team snap bracelet that they will pass to the next runner at the exchange points. The wristband is in lieu of a baton. Each runner will complete 3 legs of the course, and run a total of approximately 15 miles. All team members will join together to run the last mile of the course to the finish line as they support their final runner.

Teams will use two vehicles to transport their team members between the various exchange points. The race will be 20 hours of nonstop fun and entertainment that will culminate with a big finish line event with a BBQ and concert! The JRunners 200K is the only relay race that has all teams starting at the exact same time. The simultaneous start means that all teams will be in close proximity at all times, and will make for some thrilling competition! In addition, the 200K Relay Race Is the only long distance relay race in the world that is completely chip timed.

While JRunners is a Jewish organization, runners of all faiths, creeds and colors are welcome and encouraged to participate in this event.

The course elevation:

Starts at a height of 144'

Low point of 1'

High point of 1607'

Finishes at a height of 1542'

The high altitude, amazing scenery, camaraderie, adventure and excitement will make for an unforgettable experience. Whether you have raced before or only dreamed of competing, get ready for the most exciting race ever!

Course Start Location: Prospect Park - Brooklyn, NY

Course Finish Location: SCCC - Loch Sheldrake, NY



The Cause

This year's charity is *Kids of Courage*, a volunteer based non-profit organization dedicated to improving the lives of children and young adults with serious medical diagnoses.

These heroic children battle for their lives, sometime for every breath. They inspire others with their strength, tenacity and dazzling will to live. *Kids of Courage* is giving them the opportunity to live like other children and experience life in the best way imaginable. They help them forget the tubes and pumps and needles and the daily challenges and experience the thrills of carefree childhood happiness.

But *Kids of Courage* is also about the families who care for their sons, daughters, brothers and sisters every day without rest. By providing year round activities for the entire family and medically supervised dream trips, Kids of Courage gives them an opportunity to relax and recuperate from the physically and emotionally exhausting lifestyles they lead.

Kids of Courage serves hundreds of families from all over the country. The organization helps everyone regardless of their religious, social and economic background. The programming goes on all year round; complete with trips, weekends and fun events. All services provided are free to the children and families; as the organization firmly believes that these families have enough burdens in their lives without worrying about the finances needed to participate in our activities. The staff is all volunteer; there are no salaries or financial compensation to any members of the team (with the exception of a part time office manager). This differentiates Kids of Courage from most other organizations. Kids of Courage relies wholly on the charitable donations that we receive from generous donors.

Kids of Courage is a 501(c)(3) non-profit organization.

For more information ON Kids of Courage go to www.kidsoc.org

Each of the runners will be raising a minimum of \$1,800 and will be given the proper tools to help them accomplish that goal (and more!). JRunners and this summer's 200K Relay Race is an inspiring show of support and honor to those who are fighting the REAL fight. The cause is very dear to us and we encourage everyone to get involved and share in the rewards of this selfless but extremely satisfying act of kindness. In this merit, may you and your loved ones be blessed with health and happiness and never know of such difficulties.



About JRunners

The JRunners mission is to pair the irreplaceable experience of challenging and exhilarating runs and competitive races with the importance of pursuing a healthy and vigorous lifestyle. To this end, JRunners is committed to placing the camaraderie and thrill of competition at the forefront of our endeavors, reaching wider audiences and motivating people to increase and promote awareness of their own health and wellness and the health and wellness of others. JRunners has firmly placed a foothold in the running community and has staged spectacles both big and small as we increase our reach and ambition.

In July of 2010, we staged the first inaugural **200K Relay Race** from Prospect Park, Brooklyn to Loch Sheldrake, New York. 60 runners toed the line in addition to numerous willing volunteers and support staff. Everyone finished with a flurry at a grand pomp-and-circumstance finish line whose joy and energy could be heard all the way back to the start line itself. Including the friends and family members that waited at the finish line and partook of a gala and concert, well over three thousand people were actively involved in the amazing race. In August, 2011 we held our second 200K Relay Race with a total of 80 runners toeing the line, and the race was even better than the year before. Well over 6,000 people were actively involved in the race/finish line.

Our last two years relays were filled with a charitable spirit that helped fuel the runners' drive to the finish line. For our inaugural relay we took up the cause of a friend in our midst, stricken with ALS, and occasioned the opportunity to assist him and his family financially and raise awareness of the disease. We used our sophomore year of the 200K Relay Race to assist the Ohr Meir Foundation with their amazing goals and ambitions. This year's 200K Relay race will benefit Kids of Courage. JRunners will annually select a worthy charity of choice for the 200K Relay to strengthen community, foster volunteering and charitable involvement and bolster the efforts of our impassioned runners.

In November of 2010, JRunners - with great pride - accepted the reins from the renowned **International Marathon Minyan at the ING NYC Marathon**, the first and longest-standing (29 years) such assembly in the world. Jews from around the globe participated. Attendance records were broken each of the last two years due to our aggressive marketing.

In December of 2010, we launched our inaugural **Brooklyn 5K Health Awareness Run/Walk**. An energetic crowd showed up for the men's race, the women's race - the first exclusive race of its kind known anywhere on the third rock from the Sun - and the kiddie races. 97 men, 58 women and a gaggle of buoyant children raced that morning for their health and future. In December, 2011 we followed up the first year's success with an even superior event, and with over 260 participants. The JRunners Health Awareness Run/Walk series will be expanding to include other towns and cities in the near future.



This coming April 1st, 2012 JRunners will be holding its inaugural 5K Run for a Cause in Prospect Park, Brooklyn. This Run/Walk will attract runners and walkers of all abilities and will be open to men and women. The event will feature multiple charity partners that runners can select to run on behalf of, ensuring that all participants are impassioned to raise donations for causes that are near and dear to their hearts.

As we grow, each of our races is being dubbed "inaugural" and "annual" because they are our anchor races, and we take great pride in them. We hope they'll attract great crowds and hope to offer more inaugural annuals as we expand chapters of our club to more cities across the US. JRunners has already started planning several additional races for both men and women, and we look forward to many great races in various different cities.

Join us please, for our weekly group runs in Brooklyn, NY, and summer runs in Woodridge, NY, where you will meet new friends and learn more about us. For information on opening a JRunners chapter in a city near you, please send an email to info@jrunners.org

II. Registration

Registration

Registration to run in this specific 200K Relay Race is for men only. Both men and women are encouraged to participate as volunteers to help make this race a success. Please see the volunteer handbook for details. Runners and Volunteers can register online via the website at www.jrunners.org. For more information on the upcoming Women's Relay race that will be taking place on June 10, 2012 please visit www.jrunnersrelay.org/womens

Runner Registration Fee

Prior to	4/15/12	\$150
4/15/12 -	6/15/12	\$200
6/16/12-	7/15/12	\$225

Please note that this is a capped event, and registration will be closed once all 150 runner spots are filled (15 teams).

Registration Benefits

All Runners will receive:

- A free JRunners 200K official tech t-shirt or tank top.



- A free JRunners Cap.
- A free JRunners Gym Duffel Bag.
- Customized training schedule and weekly training tips from JRunners Coach's
- Training runs every week in Prospect Park, Brooklyn with a JRunners coach, and summer training runs in both Brooklyn and Woodridge, NY.
- Free entrance to the Finish Line Extravaganza and complimentary food.
- Custom 200K finisher medals.

Requirements

At the time of registration, each runner commits themselves to:

- Submit an accurate time for completing a 5 mile run.
- Raise or contribute a minimum of \$1,800 for The Cause.
- Train and be able to complete your 3 legs come race day. Your teammates will be depending on you, so you need to take your training seriously.
- Participate in a professionally timed race (organized by JRunners, NYRR, or any other running club) and submit the results to JRunners.

Team Captains

Team Captains will have a specially marked bib so they can be recognized by JRunners staff. They are required to be familiar with their team members and are in charge of selecting the order in which the individual runners will race (choosing the legs - it's kind of like making the batting order for a baseball game).

They are also required to arrange the two team vehicles that the team will use to transport the runners between legs (They will need to give all vehicle information including the make, model number, license plate number/state to the JRunners office at least two days prior to race day). Team Captains are further required to complete team sign in on race day and must pick up their team's gear no later than 8:00 pm. Such gear will include mandatory safety items such as illuminating vests, headlamps and flasher lights. Team captains are responsible to make sure all the safety equipment is returned to JRunners.

Waivers

All participants and volunteers must have signed the waiver form during registration. If you registered via the website, you automatically signed the waiver. Extra waivers will be available when you pick up your race gear, t-shirt, bib and bag of goodies. You will not be able to pick up any of those items without signing the waivers.



III. Race Overview

Protocol

The course is divided into 30 legs. At the end of each leg is a *Runner Exchange Area* where one runner concludes his effort and the next runner begins his run. Runners carry a slap bracelet that they will pass to the next runner at the exchange points. The clap bracelet takes the place of a baton.

Every fifth exchange area is considered a *Major Exchange Area*, and will feature live music, food and other entertainment. The “non active” team vehicle will be parked at the major exchange points (see “Vehicles” section below for how this will work)

Vehicles

Each team will be split in to 2 groups, Group A will be in vehicle #1 and group B will be in vehicle #2. Group B immediately goes to the end of the 5-leg segment, a major exchange area, approximately 20-25 miles from the start of the “active” segment where they will have time to relax, eat, sleep, or just hang out with the other teams. Group A will transport each of the group’s five runners to the individual exchange points along the 5-leg segment.

After the first runner takes off, Group A will support the current runner by stopping every mile or so, to cheer him on and to provide water and sports drinks etc. The vehicle must navigate the course in a safe and non-disruptive manner. For instance, creeping along in front or behind the runner is not safe or allowed; thus stopping at approximately every mile or so where it is safe to do so is suggested. Please ensure the vehicle arrives at each exchange before the current runner finishes his leg so that the preparing runner has ample time for his warm-up.

This activity follows for the entire 5-leg segment. After all the runners in Group A complete their 5 legs, they will switch places with Group B (the other half of the team that was parked at the exchange area). Group A will go straight to leg 10 (the next major exchange place) which will be approximately 20-25 miles from the beginning of the current 5-leg segment. Group B now becomes the “active team” and their runners will run the next five legs. This system will be carried out for the remainder of the race until the finish at the end of leg 30.

Since this race is a team effort- All team members (both Group A and Group B) will run together the final stretch of the course (under a mile in distance) to the finish line.



Chip Timing:

The 200K Relay Race is the only long distance relay race in the world that is completely chip timed. Each of the 30 exchanges will have a timing mat and timing official administering the timing system. Runners will wear an ankle bracelet that will be clocked when they step over the mat.

Training:

Good training will help make this an enjoyable race as well as prevent injury. A training guide is available in the member's area of our website at www.jrunnersrelay.org, and we will have a variety of different training schedules that you can choose from. There will also be weekly group training runs in Prospect Park Brooklyn with a training coach. Your teammates will be depending on you, so you need to take your training seriously.

Race Expo: July 31, 2012 (tentative date)

At the race expo that will precede the race by one week, you will receive your team roster and get acquainted with your running mates. You will also receive pre-, intra-, and post-race instructions from the organizers. There will be information on safety, strategy and nutrition. Refreshments will be served and your race-packets will be distributed.

The mood will be electric in anticipation of the race. Bring your game face as this will be a prime opportunity to discuss strategy with your teammates in person before race day. Bring your energy as you'll meet old friends. Bring an empty tummy because these are the last sweets you should allow yourself before show time.

Getting Ready

We recommend that each team meet at least one more time prior to the race (in addition to the Race Expo) to work out and finalize their logistics. Regardless, Team Captains will need to be in touch with all team members by phone and email to coordinate the various legs and strategy. It may also be helpful to take a drive of the course and scout out potential leg assignments. Teams should also discuss communication between the two vehicles, where to get gas and what types of clothing and equipment everyone should bring. Be prepared for hot and cold weather extremes as well as rainy weather. In the past two year's races, runners ran through various different weather conditions and elements.

Team Captain Meeting and Minutes

A few days before the race there will be a team captain conference call with the race director. During the meeting we will discuss the rules and any concerns or comments the Team Captains have as well as last minute changes. There will be extremely important information discussed on this call and we urge every team captain to participate in it. Often times, there are subtle last minute changes to the route due to construction etc- and these items will be discussed on this call. Minutes from the meeting will be sent out to all captains the following day. Tentative runner lineup cards (which runners will be doing which legs) need to be submitted two days prior to Race day by the team captain. They will have a chance on race day to make a last minute change if need be.



Race Start Line: August 8, 2012

In the starting area, there will be much excitement as you load your vehicles for your upcoming adventure with all your supplies. You will receive water, Gatorade, safety gear and your t-shirts which you can use to represent proudly. You will receive your final race instructions and hear from various dignitaries from local government. The gun will sound and you'll be off to the sounds of a cheering crowd! Whether you're the first runner out of the blocks or part of vehicle A or vehicle B, the electric and memorable experience has now begun.

The starting horn will sound at 9:30 pm, at the official starting point of Prospect Park in Brooklyn, NY. Race gear pick up is scheduled from 7:00pm-8:30pm. Team captains are required to pick up their team's gear no later than 8:30pm, and all runners should arrive at least one hour prior to the posted start time in order to complete registration and to solidify any last minute details. Upon check-in, teams will receive runner bibs, van numbers, safety materials and a slap bracelet (used as a baton). Team Captains will also need to verify the final runner sequence/Lineup of their team. In order for the team captain to complete on-site registration, all team members must be present.

Race Provisions

Although teams should prepare to be self-sufficient with all the supplies they need, our event will be providing a number of items. JRunners will provide breakfast, lunch and dinner. All food will be strictly kosher to accommodate any dietary needs. Major exchange points will have EMTs present and will be stocked with food and first aid kits. There will be two Morning Prayer services, at 5:15am and 6:30am, each followed by a motivational speaker.

Glatt Mart Cheering Zone: August 8th, 2012 from 9:45pm – 11:15 pm

There will be a cheering zone in the heart of Flatbush, Brooklyn at the parking lot of the Glatt Mart Supermarket. The cheering zone will be electric as runners running the first leg of the course (and their teammates if they desire) run through. There will be live music, free food, and lots of fun. The Cheering Zone is free and open to the public.

Major Exchanges

There will be 5 major exchanges along the course where teams and spectators will enjoy live entertainment, food and festivities. At the first major exchange in Fort Lee, New Jersey, Team A will hand off to Team B. As the handoffs occur there will be live music on scene and refreshing food to re-energize you. Stories will be shared and photographs taken and friendships will cement and perhaps, if you're lucky, there will even be dancing. The second major exchange in Rockland County will feature a lavish breakfast by Bubbas Bagels and a live broadcast of the JM in the AM show with Nachum Segal.

Finish Line Extravaganza: August 9th, 2012

The finish line extravaganza is every bit the emotional high you expect. As the last miles wind down, the day--already sunny--brightens. The exhaustion begotten of the previous double-digit hours of physical exertion melts away as you sense the finish line approaching. You can hear it before you can see it; the partying crowd is celebrating your arrival. You turn the corner with your team and run as one to the tape



while the music plays and the crowd screams! Breaking the tape is an experience you will never forget. You collect your finisher's medal, pose for photos and join the party in progress.

A full BBQ, concert and carnival await you at the end of the race. There will be an awards ceremony paying tribute to our amazing runners and sponsors. The winning team will be getting a special award and will be treated to an amazing night out in NYC. There will also be recognition and awards given to the second and third placed teams, for best team name, best van decoration and runners that raise the most money (see Contests & Awards Section). The finish line extravaganza will be free of charge to volunteers and runners.

Race Appreciation Night: August 24, 2011

At Race Appreciation Night - which will take place during the week after the race - you'll reminisce with your running mates about your grand adventure, enjoy raffles and prizes and various well-deserved awards. You'll also see exciting video footage from the race itself and will be able to browse photo albums of the competition.

Everyone will come together to honor and celebrate your participation in this amazing run and awesome cause. This night is in appreciation of you, dear runner, because you gave it your best and deserve the respect. Refreshments, of course, will be served. We do that a lot, don't we? Hey, it's the least we can do because we thank you.

IV. Safety

If there is a serious emergency, call 911 immediately.

Safety is of utmost importance, and must be taken seriously by all participants. This is an overnight long distance relay taking place on open roads and there are many potential hazards that can happen. Such hazards include, but are not limited to automobile traffic, weather, and road conditions. Please help us keep the race safe by focusing on being safe runners, safe support crews and by helping us keep the race as a whole safe. Below are some guidelines to help us keep safety as the number one priority on all participants' minds.

Medical Coverage: EMTs

We will have an ambulance traveling with us for the entire race, and they will be in constant contact with the Command Center in the coordination of safety efforts on this event. These EMTs will be prepared to assist medical conditions that might arise. Please be sure to thank them for their support. EMTs will have communication access to emergency services and area hospitals.



Should a medical emergency arise, please contact the Command Center or nearest race volunteer. In the event of a serious emergency please call 911 immediately.

Volunteers

Volunteers will be wearing the orange colored JRunners 200K Relay Race t-shirts.

Volunteers include:

- Roadway Patrol Bikers
- Major Exchange Volunteers
- Start and Finish Line Overseers

Please be sure to thank them for making this event possible and respect their directions.

Safety Equipment

All teams will not be allowed to compete in the event without the following items:

- Five illuminating vests to be worn starting at dusk.
- Five headlamps to provide visibility from the front.
- Five flasher lights to provide visibility from behind.

Recommended Additional Safety Equipment

First aid kits, anything that reflects, Vaseline, NY road map, stopwatch, towel, extra socks and extra flash lights.

Exiting and being outside the vehicle

We are running on open roads, and safety must be taken seriously. Reflective Vests must be worn by “active runners” during nighttime Hours. From dusk till dawn keep your vests on. If stopped along the road, your vehicle **MUST** be completely off the road (such as to the right of the white line) and there is **NO** exiting of the vehicle allowed by the driver, or by anyone on the driver’s side. Everyone must exit the vehicle on the passenger side. We also recommend that runners wear bright colored clothing (your JRunners tee shirt!) at all times of day and Light/Bright clothing at night (your JRunners tee shirt!).

Team Vehicles

Teams’ vehicles are to obey all traffic laws. Team vehicles must obey both minimum and maximum speed limits, and must pull off the road completely when stopping or parking. Vehicles may not *shadow* runners to illuminate the road for them, or to pace them, and should not stop or slow down in places that will impede traffic or runners. There is absolutely **NO ILLEGAL U-TURNS** allowed.

Safety Review

Runners and volunteers will need to participate in a 20 minute safety review conference call on the week of the race. Important safety information and rules will be reviewed on this call and participation is mandatory.



Sleep in designated sleeping areas

Sleeping and resting must be done inside the team vehicles or at designated sleeping areas. Major exchange 20 will have a grassy area for runners to layout and rest if they so choose.

Bad Weather

The race will take place rain or shine. In fact, the past two years featured a mix of both during the 20 hour adventure. However, JRunners reserves the right to cancel the event if severe weather conditions occur where significant damage to the race course occur. Should the race be canceled due to weather, there will be no refunds given. Severe electrical storms, tornadoes, earthquakes, Tropical Storms, hurricanes, flooding, and fog, amongst other inclement weather conditions may cause us to cancel the event.

Lightning

JRunners reserves the right to delay the start of the race if there is lightning. This may take until the time lightning clears, or safety personnel feel the roads are safe enough to run on. If you see lightning on the course while you are running your leg- you must immediately get off the course and into your team vehicle. Team Vehicles should be cognizant of bad weather and make sure they are in close proximity to their "active runner" so they can swiftly get him off the course and into the team vehicle if the need arises. As soon as he is inside the vehicle, make a note of the exact time and location where your runner exited the course. Notify the Command Center right away about the lightning, and give them the time and location of exit. They will have a weather Log and will write down your information. If lightning clears for a period of at least 15 minutes then put your runner back on the road where they left and make a note of the time (and notify the command center of such right away). If lightning continues for longer than a half hour, move ahead to the next exchange. For every half hour of lightning, you may move ahead one exchange. Keep an accurate record of where and when you left the course and where and when you returned to the course- and inform the command center at each juncture. At the end of the race we will calculate your runners average pace and apply this pace to the leg of the course that you missed, and adjust all overall race times accordingly. Only teams that have taken accurate notes and communicated them timely to the command center will be given these privileges.

V. Rules and Regulations

Causes of Disqualification

Any instance of violation of the following rules may result in immediate disqualification from the event for the entire team.

Runner Rotation

Runners must run their legs that were submitted on the team lineup card. Runners do not need to run in the same sequence- for example if a runner runs leg 2, they don't need to run leg 12, and 22.



Visible Race Number/Bib

Runners must wear their bibs/race number while running their legs. The race numbers must be visible on the front of the runner and must be pinned to the outermost layer of clothing, including jackets, shorts and reflective vests.

Baton/Snap Bracelet

Team Captains will pick up the team's baton (slap bracelet) when they check in at the starting line. They must make sure to give that slap bracelet to the individual on their team that is running the first leg. The bracelet should be worn at all times while the current runner is on the road. Only runners holding/wearing the teams slap bracelet will be allowed to begin their leg.

Ankle Bracelet/Timing Chip

Each runner will be given a velcro ankle bracelet that will be timing them as they start and finish a leg. This ankle bracelet must be worn while running, and we recommend that you keep it on for the duration of the race.

Runner Navigation and Dropouts

Although signs and volunteers will be strategically positioned to keep runners on the course, teams should aid the guidance of their runners with information regarding the leg. Vehicles may wait for their runners at critical points to direct them which way to go. Some of these critical points will be busy intersections. Park the vehicle away from the intersection and have one of the van members safely position him to assist his team mate.

In the event that a runner goes off course, the team is allowed to drive the runner back to the section of course from where they went in the wrong direction. Do not drive ahead to make up for the mileage that they may have added. Once back to the point of error, the runner must continue the leg as intended. Teams are responsible to make sure that their runners stay on the course. Signage is occasionally moved; be prudent in your knowledge of the course. Navigation is the responsibility of each team. Should a runner drop out due to injury, they will be considered done for the remainder of the event and may not run an additional leg later in the course. Team rotation will be monitored and enforced based on the submitted runner lineup card. If a runner does drop out due to injury, the team must continue on in their current rotation for the remainder of the event. The runner sequence may not be shuffled.

Personal Music Devices and Headphones

JRunners strongly discourages the use of personal music devices and headphones while running. Since this is an overnight relay with open roads (roads are not closed to the public) runners need to be extra alert and aware of their surroundings at all times. The use of personal music devices/wearing headphone causes distractions and the failure to hear what is going on around the runner.

If you still choose to use them, only one-earpiece headphones will be permitted, and the volume must be at a low setting. You also do so at your own risk, and must be aware of the sounds around you, must



be able to hear traffic, and must be able to hear instructions from course officials when speaking at a reasonable tone.

Cell phones

No cell phones are allowed while running, as they can distract a runner from his surroundings. Please wait until you are back in your van to use these devices.

Runner Gets Hurt and Can't Continue

The runners must maintain their legs submitted on the lineup card. An 11th member is not allowed to join the team in order to run the remaining legs. In the event of an injury, any of the remaining runners on that team can replace the injured runner. With the exception of the leg in which the runner was injured, legs cannot be split in pieces. 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 the injured runners second and third legs. Those legs can be filled with different runners, or one can fill in the remaining legs. However, each exchange must feature a "handoff" from one runner to another. Therefore, a runner can never run two consecutive legs in the race. Once a runner drops out of the race, he cannot re-enter the race.

Running on the Designated Side of the Road

Runners should run on the designated side of the road. Signs will mark the course, and the course maps highlight the side of the road to run on. Due to certain traffic patterns such as with commuting, blind turns and guard rails- on portions of this event we will be running *with* traffic rather than the typical *against* traffic. Participants should always try to run on the same side of the road upon which JRunners signs are posted. Many of the towns, which allow us to use their roads, have cited runners on both sides of the road as a safety concern. Future permission to run the event is contingent upon you abiding by this rule. We are making our best judgment call based upon all circumstances in these sections, though we leave the final decision of safety up to the individual runners themselves.

Vehicle Restrictions

Each team must have two vehicles. Mini-vans or 12 passenger vans are recommended for the relay. Suburban's and Expeditions are also great vehicles. We do not recommend the use of cars or SUV's since there may not be ample room for your tight muscles to relax after running your leg. However, cars and SUV's are permitted. Motor-homes, RV's, buses or limos are not allowed. Failure to follow these guidelines may result in disqualification. For any questions about the use of a team vehicle not discussed here, please contact the JRunners office prior to the race for approval. Each team is allowed no more than two team vehicles.

Vehicle Drivers

Typically, runners assume the duty of driving the team support vehicles, and rotate the driving responsibilities amongst them. A team may choose to bring their own dedicated van driver, which will afford to runners extra time to rest in between legs. If a team chooses to bring their own van driver they must submit the driver's information to the JRunners office at least 2 days prior to race day. The driver will need to sign a waiver, and will need to have a valid driver's license.



Only One Race Vehicle per Exchange

“Non active” team vehicles should precede and park at the major exchange. Only the “active” team vehicle will be allowed to park at each minor exchange point. Vehicle A is allowed at exchange points 1-5, vehicle B is allowed at exchange points 6-10, etc. Both vehicles are allowed at every major exchange point (5, 10, 15, 20, and 25). If for some reason team vehicles need to meet, they must meet off the course or at a major exchange.

Runner Drop Off

Vehicles should drop off runners at least 300 feet prior to exchange points before parking. Runner drop-offs should be brief. Avoid the urge to make an illegal u-turn after dropping off your runner. No illegal U-turns are allowed.

Runner Shadowing

Vehicles are not allowed to shadow runners on the course, and may not interrupt the normal flow of traffic throughout the communities we pass through. Teams may support their runners by providing food and drink when necessary- but must do so without interrupting traffic or disrupting runners on the course. Teams must use appropriate and safe parking areas, and not park on the side of roads.

Vehicle Communication

Each vehicle will be equipped with two way radios for important communication between vehicles and the command center. Cell phones are also a good way to communicate and each vehicle will have a safety placard with the number to the Command Center. Runners should bring their cell phones (make sure they are fully charged) and keep them in the van. There may be some segments of the race where there is poor cell phone reception. Try to have a variety of cell phone carriers, as some carriers may have better service than others.

Mobile Command Center

We will have a Mobile Command Center that will be with us throughout the entire race. The command center is equipped with phones, computers, and operators who will be standing by to address any questions or needs.

Gas

Teams are responsible for their vehicles gas, and they should make sure they fill up prior to the start of the race. They should plan ahead for possible gas stations situated near the major exchanges should they need additional gas during the race.

Maps

All runners will be given a custom Map Book, with detailed maps of each of the 30 legs to the course. The maps will show the various inclines and course topography to help teams decide which runners run the specific legs, and how best to conserve their energy while doing so.



Reflective Vests and Flashlights

Each team is required to have 5 reflective vests, 5 Flashlights and 5 rear flashing lights at event registration prior to receiving the race packets (Illuminating/flashing vests may serve as both vest and rear flashing light). Thirty minutes before dusk, all runners will be required to have on a reflective vest, front light flashlight and rear flasher light. Teams will not be allowed to leave their exchange area if these items are not on the runner at dusk. The Race Director can refuse any team from continuing if this rule is not followed.

Public/Private Property damage

As the success of this event is contingent upon the cooperation of the towns, business and homes along the route, property damage must be avoided at all costs.

Mobile Restroom/Showers

We will have a mobile shower and restroom unit traveling with us for the entire race. Runners will be able to use them at the major exchanges. There is no urination or defecation on private property allowed and doing so will result in immediate disqualification.

Trash Disposal

There is no littering. Garbage cans and garbage bags will be available along the course, and at major exchanges. Teams are recommended to keep their garbage in their vehicles until they reach the next major exchange and dispose of it.

Noise

People should feel free to have a good time during this event. Please be conscious of your noise level when traveling through residential areas or during the evening hours.

Pets

No pet of any kind is allowed on the race course. Any vehicle with a pet will be asked to leave the course.

Bicycles/Rollerblades, etc

Bicycles and rollerblades are not permitted on the course.

Alcohol/Drugs

All New York/New Jersey open container and drug laws apply to this event and violation might result in arrest and disqualification.

Outstretching the Support Infrastructure

If your team is significantly outstretching our support teams due to a misrepresentation of your pace during registration, your team may be held at an exchange area until our infrastructure can be established. This is done to provide safety to the runners, so we appreciate your cooperation.



Falling Behind the Support Infrastructure

If your team is behind leg 28 at 7:30pm, you will be moved to leg 29 to complete the race. This is done to provide safety to the runners so we appreciate your cooperation. Your team's actual event completion time will then be calculated based upon time performance to that part of the race. If your team is asked to skip ahead, we do require that you stop in at each of the exchanges that you are skipping, and inform the timing official that you are skipping the exchange.

Transportation from the Finish Line

All runners are responsible to arrange their own transportation home from the finish line.

VI. Exchange Area Instructions/Details

Runner Check-In and Handoff

Please call out your team number as you are coming into the exchange at the end of your leg so that your teammate will be ready for the handoff, and to make sure the timing assistants hand record your timing. Runners must cross over the timing matt, and hand off the slap bracelet in the chute.

Signage

Runners should review their maps and be familiar with their leg assignments and any turns/running instructions. We will be placing signs along the course to help out. Due to property and guardrail restrictions, signs will be placed at the closest possible location that we can. If a suitable location cannot be found we may choose to not place the sign at all.

Team Drops Out

Should an entire team decide to drop out of the race, the team captain must inform the command center and race director. We strongly urge you to try to finish the race, even if it means disqualification by skipping a leg. You will still feel more accomplished having completed the final legs etc.

VII. Refunds

Refund policy

No refunds will be granted.

However, please note that withdrawal from the race does not impact your commitment and obligation to raise the \$1,800 per runner. You will still need to raise that money and your credit cards will still be charged if the money is not fully collected.



VIII. Contests & Awards

Finisher Medals

All runners will receive a beautiful finisher's medal as their team crosses the finish line together. There will also be a group picture of each team wearing their medals proudly.

Leg Awards

There will be separate awards given for each of the 30 legs (30 awards) to the runner that ran that particular leg in the best timing. Leg timing will be determined by the timing systems at each of the exchanges as the runner starts and finishes his leg.

Awards Ceremony

There will be an awards ceremony at the Race Appreciation Night, paying tribute to our amazing runners. Awards will be presented to the top 3 finishing teams. The first place team will be getting a special Award and will be treated to an amazing night out in NYC. There will also be recognition and awards given to the three runners that raise the most money. Awards will be mailed to the team captain of teams that are not present at the ceremony.

One of the best parts of running the JRunners 200K Relay is the opportunity to achieve and receive one of our monumental running awards (that will be given out in the days and weeks following the race):

- **The Scott Jurek Best Pacing Award** for the Best Minute per mile Team van.
- **Steve Prefontaine Guts Awards** for the runner who perseveres over injury in the most amazing fashion.
- **Edmund Hilary Alpine Award** for the most impressive hill climber.
- **Pam Reed Extra Mile Award** for the runner who puts in the most distance.
- **Gunnery Sergeant Hartman Award** for the captain who best rallies his troops.

And there will be a whole host of additional running awards...most of which will be a surprise....and made up along the way as you impress your teammates, your fellow runners, and the directors.

So...be creative and impressive...and you just might be famous!

CONTESTS & ADDITIONAL AWARDS

Throughout the 200K Relay Race experience, teams and runners will have the chance to showcase their talents and creativity and win prizes.



Video Challenge: The Michael Jackson Best Video Award.

Capture the moment and broadcast it for all to see!

Rules: Bring a video camera along with you for the race and record your team from start to finish. After the race (take a few days to rest up!) edit the video, add some music, and post it on YouTube. Send the URL link to info@jrunners.org and racedirector@jrunners.org and include the team name, and team captain's name. All videos must be no longer than 8 minutes. All videos must be submitted within a month after the race. The winning team for the best video will win the award.

Personality Awards

Rules: These are awards given to those that have the most fun and demonstrate the most creativity. Teams will vote for their favorite in each category listed below. The winning team from each category will receive the award at the award ceremony

- **We've Got The Runs Award** for the Best Team Name.
- **The Extreme Makeover Van Edition Award** for the Best Decorated Van.
- **The Captain Jack Sparrow Best Costume Award** for the Best Team Costume.

Incredible Volunteers: The University of Tennessee Volunteer Award.

Volunteers can dress up, and make the race really fun and exciting for the passing runners. Teams and event staff will vote to determine which volunteers were the best. This award will be given to multiple volunteers if warranted.

Award: \$20 credit at the JRunners Merchandise Booth at the Finish Line Extravaganza

TELL US YOUR STORIES AND EXPERIENCES!!

We want to hear your amazing stories of perseverance and moxie and guts and inspiring tales for inclusion in the running recap. JRunners wants to recognize the achievements and accomplishments of as many runners as possible, both for media outlets after the race, for your 15 minutes of fame and for Facebook updates in middle of the race. Incredible stories will unfold, and we want them recorded, not spirited away in your memory for only you to enjoy!

JRunners Beat Reporter Martin Bodek will be collecting these stories and creating more awards in recognition of your efforts. JRunners will now make these awards tangible for display on your mantle at home. But of course, since most of you in Brooklyn have never seen a fireplace, perhaps it will go somewhere else!

Send an email to martin@jrunners.org with your written stories or email us with a time we can call you and hear your story which will then be written down.



VIII. Fundraising

The 200K Relay Race is a fundraising event and the *Kids of Courage* children are counting on you to raise sponsorships for the cause.

No worries! You will be provided with all the fundraising tools you need to promote our cause, including sample fundraising letters, links to downloadable fundraising tips, and your own page on the website so that you can email all your contacts and have them donate directly on your web page, plus add personal comments.

And you really can do it! It's easier than you think. All you need to do is reach out to your family, neighbors, business colleagues and circle of friends—i.e. synagogue members, bungalow colony friends, face book friends, blogger friends, etc. Just spread the news and you'll see how inspired they'll be by your initiative! Contrary to yet another fundraising dinner or Chinese auction invitation, news of your action will speak louder than words. Most people are awed by—and consider it a joy and honor to support—someone who literally “steps out of the normal comfort zone” and commits to the extreme physical and mental challenge of racing for a cause (Not to mention 143 miles worth!). You'll see how quickly the donations and wishes will come pouring in!

More marathoners than ever run with purpose! We can do it too!

Consider these stats:

- A seven- year old London schoolboy raised nearly \$160,000 this January, for Haiti's Relief Effort by doing a sponsored 5 mile bicycle ride around his local Park
- 1300 members of The Team for Kids, raised \$4 million this year for disadvantaged children in last year's New York City Marathon.
- About 6,700 marathoners of this year's New York City Marathon, the most in the race's history, took on the additional challenge of raising money and awareness for more than 210 official partner and participating charities, raising a total of \$34 million.
- Some 700 Fred's Team members of the NYRR raised more than \$3 million in last year's New York City Marathon in support of research and treatment at Memorial Sloan-Kettering Cancer Center.

And the best for last—

- Team In Training (TNT), The Leukemia & Lymphoma Society's groundbreaking charity sports training program, has reached a remarkable milestone of raising \$1 billion to support blood cancer research and patient services.—if they can do it, so can we, guys!!!

Runners that raise over \$2500 will receive a CD of their professional pictures from the run and if you raise over \$3600 you will receive the official 200K Relay Race DVD, complimentary.



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JRunners' mission is to pair the incomparable experience of exhilarating runs and competitive races with a healthy and vigorous lifestyle. To this end, JRunners is committed to placing the camaraderie and thrill of competition at the forefront of our endeavors, reaching wide audiences, and motivating people to improve and promote awareness of their own health and wellness and the health and wellness of others.