

2017 Tuna Run Relay Team Handbook

Welcome to the Tuna Run Relays! We are excited to have you join us for the 6th annual Tuna Run 200 Relay and the 2nd annual Tuna Run 70. The 200-mile course takes you from Garner, NC (just outside of Raleigh) all the way to the beach – finishing on the boardwalk at Atlantic Beach. The 70-mile race will begin in Trenton early Saturday and join the race to the Crystal Coast.

Counties and Municipalities

The Tuna Run Relays have received permission to use roadways in the following counties: Wake, Johnston, Wayne, Samsom, Duplin, Lenoir, Jones, Onslow and Carteret. Please respect these communities. We have also received approval from the NCDOT.

Weather Conditions

Be prepared for a variety of weather conditions. The average temperatures are perfect for running with highs in the low 70s and lows in the mid 50s. However, the daily high temperature has a range of 60-85 degrees and low temperature of 40-60 degrees. It can be hot this time of the year and very humid, so be prepared to stay hydrated. Also, be prepared for rain. If extreme conditions occur, we will contact the race officials at each exchange zone if there is a need to suspend the race. We will then determine the plan and get that information to all teams through the race officials.

Night Legs: Night legs are designated as legs run between 6PM-7:30AM.

Packet Pick-Up

Teams have two options for packet pick-up:

- Inside Out Sports in Cary (address below) will be our packet pickup location before the race. The team race packets will be delivered to them on Monday evening October 16. You can go into the store any time between Tuesday (October 17) and Thursday (October 19 – before 5:00 PM) to pick up your team packet. For teams arriving in the area on Thursday, packets will be available before 5:00 PM.
- If you can't pick up your packet at Inside Out Sports, you will be able to pick it up at your starting line on Friday (Tuna Run 200) or Saturday (Tuna Run 70) morning. If you choose this option, make sure to arrive at least 45 minutes before your start time.

Inside Out Sports

2002 Grisdale Lane

Cary, NC 27513

1.888.343.6313 / 919.466.0101

Tuesday, October 17th through Thursday, October 19th at 5:00 PM

Regular Store Hours: 10:00 AM - 8:00 PM

Start Line

The starting lines for both races are listed below:

Tuna Run 200 Relay

Lake Benson Park

921 Buffaloe Road

Garner, NC

Tuna Run 70 Relay

Comfort Fire Department

4255 Highway 41 West

Comfort, NC

Weekend Parking at Start for Tuna Run 200

Teams can park their cars in the secondary parking lot at Lake Benson Park (the starting location). The park closes each night at sundown, so if you plan to retrieve your car on Saturday or Sunday, make sure to get there before the park closes. These cars are parked at your own risk, and the Town of Garner and the Tuna Run Relays are not responsible for any damages or stolen items. Talk to the race director or one of the volunteers to locate the parking lot at the starting location.

Emergency Information: Dial 911 immediately in case of a medical emergency. After the situation has been resolved or is under control, please call the race director (Brian – (843) 209-3510) so he is aware and can take any necessary actions. We have been in contact with county EMS along the course, and they are aware of the race.

If the medical need is not immediate, but you would still like to take your runner to a medical facility, listed below are the closest hospitals to each leg on the course. **Note: The Tuna Run 70 Leg #1 is Leg #23 below**

<u>Exchange</u>	<u>Nearest Hospital</u>	<u>Phone Number</u>	<u>Address</u>
Start through Exchange 3	WakeMed Cary Hospital	919-350-8000	1900 Kildaire Farm Road, Cary, NC 27511
Exchanges 4,5 and 7-9	Betsy Johnson Regional Hospital	910-892-1000	800 Tilghman Drive, Dunn, NC 28334
Exchanges 6 and 10-12	Johnston Health	919-934-8171	509 North Bright Leaf Blvd, Smithfield, NC 27577
Exchanges 13-15	Wayne Memorial Hospital	919-736-1110	2700 Wayne Memorial Drive, Goldsboro, NC 27534
Exchanges 16-18	Vidant Duplin Hospital	910-296-0941	401 North Main Street, Kenansville, NC 28349
Exchanges 19-21, 23, 24	Lenoir Memorial Hospital	252-522-7000	100 Airport Road, Kinston, NC 28501
Exchanges 22 and 27-30	Onslow Memorial Hospital	910-577-2345	317 Western Blvd, Jacksonville, NC 28540
Exchanges 25 and 26	CarolinaEast Medical Center	252-633-8111	200 Neuse Blvd, New Bern, NC 28561
Exchanges 31 through Finish	Carteret Health Care	252-499-6000	3500 Arendell Street, Morehead City, 28557

Sleeping, Food, Gas, Showers and Other Notes on the Course

For teams that would like to get a place to shower and get a little nap, hotel options are in Kinston, Goldsboro, and Mt. Olive between exchanges 12 and 18 (about 20 to 30 minutes from the course). Exchange Zones 18, 24, and 30 have large parking lots and large open grass areas for runners to get a little bit of rest. Exchange Zone 23 is at a campground, which is open to set up for camping. Also, a fire station near Exchange 22 will be open for runners to sleep. More details for Exchange 22 and 23 are below.

If you choose to sleep at an exchange zone, make sure you set up away from trafficked areas. We do not want any accidents as a result of runners trying to get a few minutes sleep.

Not many food options are available directly on the course until the last 6 legs. However, we mostly parallel Highway 70 down to the coast, so we are not much more than 15-30 minutes away from many different options. Here are the highlights along the course and at exchange zones:

Note the bolded restaurants below – they are offering a discount to Tuna Run runners during the race.

- **Exchange #6** – Four Oaks is a small town, but has some restaurants and gas stations in the town center (off of the course). **Note, Exchange #6 has an ice machine where teams can refill their coolers. Check with race official at zone for more details.**

- **Subway: 5960 US Highway 301 S, Four Oaks, (919)963-1000**
 - **Present your Tuna Run race bib to receive a 10% discount on Friday, Oct. 20.**
- **Exchange #12** – The course is about 20 miles south of Goldsboro and goes through Mt. Olive. You can take Highway 13 north to Goldsboro and Highway 117 north to Goldsboro or south to Mt. Olive. Both locations have food and gas.
 - **Pizza Village: 500 N. Breazeale Ave., Mount Olive, (919)658-4842; Closes at 10PM.**
 - **Present your Tuna Run race bib, order from the college menu, and you will receive the college discount that applies to some pizza and pasta menu items on Friday, Oct. 20.**
- **Exchange #14** – Daughtery Field will have their concession stand open for runners to purchase snacks and drinks.
- **Exchange #16** – Snow Hill Church will have some food available for runners (last year they had chili and a few other options). Donations are appreciated at the church.
 - Snow Hill Church will also be opening up their whole facility for runners to rest, relax, and maybe get a few minutes of sleep.
- **Exchange #18** – We cross Highway 11 right after Exchange #18. If you take this north for about 15-20 miles you will get to Kinston. This has many food and gas options.
 - **Kings Restaurant (barbecue): 405 E. New Bern Road, Kinston, (252)527-2101; Closes at 9PM.**
 - **Present your Tuna Run race bib at Kings and receive a 10% discount on Friday, Oct. 20.**
- **Tuna Run 200 Exchange #22/Tuna Run 70 Race Start** – Comfort Fire Department will have BBQ, fries, and drinks available for \$7. This will require a pre-order, and more information about this will be sent in a captain's e-mail.
 - The Comfort Fire Department building is less than a quarter mile from Exchange #22. They will open their building, which has a few showers for runners to use. Also, they will have some cots and floor space where runners can get some sleep. **The fire department is the start of the Tuna Run 70 so please be careful when driving into the parking lot.**
- **Tuna Run 200 Exchange #23 (not major Exchange #24)/Tuna Run 70 Exchange #1** – This exchange is at Trent River Campground. Camping and showers will be available (for a nominal fee) to Tuna Run participants. *Pricing details to come.*
- **Tuna Run 200 Exchange #26/Tuna Run 70 Exchange #3** – Free Will Chapel Church will be opening their doors to us again this year. They will also have volunteers from the Maysville EMS squad (a local EMS unit). They will have a donation can set out to raise money for their EMS needs – including a new vehicle to add to their fleet.
- **Tuna Run 200 Exchange #30/Tuna Run 70 Exchange #6** – The pancake breakfast is here. Breakfast includes pancakes, sausage, fruit, OJ and coffee for \$6. Pre-ordering food is required, and information about this will be sent in a team captains e-mail.
- After you leave Exchange #30/#6, you will be heading toward the beach and there are many food and gas options along the route from this location to the finish.
- **Finish** – Post Race Celebration with Tuna, Taco Bar, and Beer!!!
 - Runners, volunteers and team drivers will be given tickets for the food and drink provided by the race.
 - With your tickets you will be able to get 2 beers, 1 serving of Tuna and 1 Taco plate (2 tacos with chicken, ground beef or neither for veggie option along with black beans, and basic toppings for the tacos).
 - We are working with the Floyd's 1921(the Tuna provider) and Dank Burrito (the taco bar provider) to allow for pre-order of extra servings of Tuna. We will have more details on this when available.
 - If you know that you have spectators coming and they want food, you can take advantage of the pre-order option for the Tuna and/or Taco Bar. We will not have pre-order beer. The Taco Bar, beer and Tuna will not be available for sale at the finish line.

Finish Information

Finish Line: The finish line will be at the Circle Beach Access in Atlantic Beach. Parking is plentiful in the beach access lots and along side streets around this area. See the map section at the end of the document for instructions on where to park.

Circle Beach Access

201 West Atlantic Blvd
Atlantic Beach, NC 28513

Finishing With Your Runner: Having the whole team finish with their runner is not only allowed, but encouraged. On the finish line map at the end of these notes, there will be two suggested locations where your team can begin running together. But, remember that this is on an open road, so be careful and make sure not to block traffic when you do this.

Timing: We will have modified chip timing again this year at the race. We will highlight this in a captain's e-mail and before the race so teams will understand how the timing will work.

We will only time the last runner in the race (the runner of Leg #36 for the Tuna Run200 and Leg #12 for the Tuna Run 70). We have what time each team started programmed into the system, so having the finish time captured through the chip will allow determining times and places much easier, faster, and more accurate at the end of the race.

We will have a chip pick up station at Exchange #34 (Tuna Run 200)/Exchange #10 (Tuna Run 70). The last runner will pick up a new bib with the chip at this location. The last runner will wear this bib instead of their original bib so we can capture the time when he/she crosses the finish line. Make sure the last runner does not throw away his/her original bib because that is the one with their beer and food tickets.

Note, the bib pick up station is not the start of the last leg, but the exchange before that. We want the last runner to have a chance to pick up their bib/chip before worrying about getting ready for his/her final leg.

Post Race Party: The post race party will be at the Circle at the race finish. We will have music, Tuna, Taco Bar, and beer (along with water, sweet tea and lemonade). The celebration will get underway around 12:00 PM and will last until around 5:00 PM depending on when teams finish. This party is included in the race entry fee, and all race participants are invited including runners, volunteers, and drivers.

On your race bib will be tabs for Tuna, Taco and Beer (2). These will allow you to get your food and beer and will make sure we have enough food available for all participants. Vegetarian options will be available. *Team drivers and volunteers can pick up bib tabs for food at the merchandise table at the finish line.*

Post Race Award Ceremony: Because of the length of time between the first and last team finishing, we will not have an official awards ceremony. So, if you think you might have won an award, please check with us at the finish line before you leave. If we can confirm you did win an award, we will give it to you then (Otherwise, we will send out the awards post-race). We will announce the winners and have some post-race announcements between 5:00 and 6:00 PM after all teams have finished and we have tabulated the results.

Showers at Finish: Beach showers are available at the finish line. See the Finish Line map at the end of the handbook to see where they are located.

Maps/Navigation

The final section of this handbook has information you will need to drive from one location to another on the course and from the race hotels to the start. There is also a finish line diagram to help you find parking, showers, and more at the finish line.

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This Handbook applies to all competitors, team support personnel, spectators, event staff and volunteers. This was designed to make your experience safe, smooth, enjoyable, and rewarding.

SECTION 1: RUNNERS' OVERVIEW OF HOW THE RELAY WORKS

A. Rotating Runners

For a team of 12, you will likely be divided into two vehicles that you provide. Clearly, larger vans (12 – 15 passenger) will offer more comfort, while mini-vans will be easier on your wallet and get the job done in family style (**No vehicles larger than a 15 passenger van are allowed – this means no RVs**). Usually the entire team (both vans) will head to the starting line to watch their first runner begin leg #1. The remaining 5 runners from van #1 drive ahead to exchange #1, drop off runner #2 and wait until runner #1 finishes. When runner #1 finishes, she passes a wristband (aka the proverbial baton) to runner #2 and then climbs into the van. The remaining 5 runners then drive to exchange #2 to pick up runner #2 and drop off runner #3. Repeat this process until you reach exchange #6 where runner #6 hands off to runner #7 in van #2. The same rotating process continues in van #2 until runner # 12 passes the wristband back to runner #1 in van #1.

B. Safety Concerns

Safety is our #1 priority...

We believe runners should always run defensively. **Please be advised that you will be running on a course that is open to normal traffic.** Roads will be posted with race signs to alert approaching traffic. **All runners should be alert to traffic, blind turns, and road conditions.** All runners should run facing traffic unless otherwise noted on the leg map and should run on sidewalks or running paths when available.

Extreme Weather: If extreme weather hits any part of the course during the race, the race will be suspended in that area until the extreme weather has passed. Depending on how long it lasts, we may need to work with teams to allow all team members to run their expected legs and still have teams finish in the allotted time. If the delay lasts a significant amount of time, we might be forced to skip legs or even cancel the event.

Police on Course: Numerous police vehicles will be on the course – especially during night legs. They are there to make drivers and communities more aware of the race and to assist teams along the way.

Pepper Spray, etc.: You will be running on many rural country roads. As a result there is the possibility of running into a stray dog or other type of animal. If you are concerned with this, we encourage you to be prepared and carry pepper spray or some other deterrent with you on your runs.

C. Emergency Information

Dial 911 immediately in the case of a medical emergency. After the situation has been resolved or is under control, please call Race Director Brian Malak at (843)209-3510 so that he is aware and can take any necessary actions. We have been in contact with county EMS along the course, and they are aware of the race.

If the need is not immediate, but you still want to take the participant to a hospital, at the beginning of this handbook is a list of the closest hospitals to each leg on the course.

D. Starting Line

Teams should be at the Starting Line 45 minutes prior to their start if they need to pick up their race packets. Teams that have already picked up their race packets (if that was an option for the race) are expected to report to the Starter's Table at the Starting Line 30 minutes prior to the team's start time. Only the team's lead vehicle and lead runners need to be at the Start (if two vehicles are used), but it is always nice to have the entire team around to cheer on the beginning of the race (and in our opinion, well worth the extra effort). Upon arrival and leading up to your start time, teams will do the following:

1. Listen to a 10-minute safety and general information/reminder talk starting 15 minutes prior to your start

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2. Ask any last minute questions of race staff
3. Pick up a set of leg map tattoos. (Temporary tattoos that have turn-by-turn directions for each leg. Apply tattoos to bare skin for best results.)

E. Course Markings

The course will be marked with yellow directional signs (18" x 24") – approximately 400 of them. All turns will be marked, and signs will be approximately every 1-1.5 miles during long stretches on the same road. In addition, an "EXCHANGE ZONE AHEAD" sign will be posted about ¼ of a mile from the exchange zone to alert runners and drivers that the exchange zone is approaching. *However, it is the responsibility of the runner to navigate the course.*

We start putting signs out on the Tuesday before the race, and sometimes they go missing before the event – not very many, but a few. We try to replace these along the route when we see this during the race, but sometimes we do not get to them in time. As a result, make sure you know your leg and all of the turns you will be making – just in case.

F. Exchange Zone Information

We have looked long and hard to find safe, large and easy to navigate exchange zones. However, some exchange zones are smaller than others. To that end, please be sensitive where you park, stop and slow down to ensure safety for the runners (first and foremost) and do not block other vans entering or leaving the exchange zone. Some parking lots could be full with other support vans. If this occurs, please park off the road well beyond the runner exchange zone. EXCHANGE ZONE AHEAD signs will be posted on the course prior to reaching the Exchange Zone.

1. Spectating: When outside of the van and spectating near an exchange zone, **do not stand in or block parking lot entrances** for your safety, the safety of the active runners and non-race and race traffic on the road. Also, remember when crossing the street to look left, look right, and look left again before entering into the road.

2. Race Officials: Race officials will be at every exchange zone. We greatly appreciate you treating them with respect. These officials are volunteers, and without them, this relay would not be possible. They have the authority to disqualify a team for any team violation or abusive behavior. Please understand that their judgment and decisions are considered final.

3. Check In: Check in with the race official when you complete a leg, and also make sure to check in when you are waiting for the baton/wrist band so the race official will know which teams are arriving soon. Each relay team member will pass the wrist band at the end of a given stage in an exchange area. The exchange location will be marked with a cone.

4. Nighttime: Anybody leaving the van at an exchange zone during night time hours must wear a reflective vest, headlamp (or carry a flashlight), OR blinking lights to be more visible to vehicles driving in and out of the exchange zones.

During the night, be very careful when driving as there could be runners sleeping on the ground at the exchange zones. Runners are not supposed to set up for sleeping in trafficked areas, but make sure to be aware when driving just in case.

5. Conduct: HAVE FUN! And remember the golden rule -- treat everyone like you would like to be treated. Remember that you are running through people's towns, sometimes in the middle of the night, so enjoy the experience, but always act in a manner in which you can be proud. Clean up all of your trash at each exchange zone. Some exchange zones may not have garbage cans, so please put your trash in a plastic bag before leaving the exchange zone and take it with you until you find a suitable location to place it. Some exchange zones allow us to use

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their restrooms. It is very important to make sure these are treated with respect and left clean. *If we do not treat the exchange zones with respect and keep them clean, we might not be able to use these locations in future years.*

6. Restroom Facilities on the Course: Each exchange zone will have port-o-potties and/or restrooms provided by the exchange zone. See an official if you are unable to locate the restroom facilities.

G. 10-Minute Average Team Pace

Participating teams must average 10 min/mile pace or faster to finish the race with enough time to cross the finish line and enjoy the party that celebrates your accomplishment. **If you think your team will be slower than a 10 min/mile pace, please contact us before the race** or during the race at (843) 209-3510. We will talk through your options so you and your team can get to the finish line and enjoy the post-race party.

H. Incorrect Time Estimates

Teams running significantly ahead of (20 or more seconds/mile faster) projected pace could get to exchange zones before race officials arrive. If this happens, we will require these teams to wait at an exchange zone until race officials have arrived to get back into the projected time frame for that part of the race.

Teams running significantly behind (20 or more seconds/mile slower) projected pace could get to exchange zones after race officials leave. If this happens, we will require these teams to either skip a leg and move to the next exchange zone or have team members run legs simultaneously (this will require the team to drop off runners at multiple exchange zones and pick these runners up) to get back into the projected time frame for that part of the race.

We understand that at the beginning of the race teams could be significantly faster or slower than their projected team paces because the first few runners could be significantly faster or slower than the overall projected team paces. The length of time the first several exchange zones are open is designed for this scenario.

I. Finishing With Your Runner: Having the whole team finish with their last runner is not only allowed, but encouraged.

SECTION 2: SAFETY RULES FOR RUNNERS

A. Day Legs

During the day legs runners are required to wear a reflective vest or a brightly colored shirt. Approved shirt colors are bright yellow, bright green, bright orange and bright pink.

B. Rain

Hopefully there will not be any rain to deal with, but if there is rain during the day, runners must wear their nighttime gear – reflective vest, headlamp (or carry flashlight) AND blinking lights on front and back.

C. Hydration

To ensure all runners stay appropriately hydrated during runs (especially in the hottest part of the day), if the forecast temperature is above 75 degrees, it is required for the active runner to carry water, Gatorade, or some other drink while running between 12:00 PM and 5:00 PM. We will let you know before the race if this is required.

Teammates/vans can give the active runner water, etc. at any time.

D. Music

Music devices (Ipods, MP3 players, etc.) are allowed during the daylight legs, but are not allowed during night legs. No music of any kind is allowed during the night legs.

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E. Communication Devices (cell phones, walkie talkies, etc.)

We encourage the active runner to always have a cell phone or carry a walkie talkie. This allows for communication with the team in the case of a wrong turn, injury or other unexpected occurrence while running. Runners can use phones as a music device during daylight hours.

F. Night Legs and Safety

Some of this will be a repeat of previous information, but safety is very important, so we are stating it again.

1. Runners must wear a reflective vest, head lamp (or carry a flashlight), AND two blinking lights (one on the front and one on the back) during the designated hours for night legs.
2. Anybody leaving the van at an exchange zone must wear a reflective vest, headlamp (or carry a flashlight), OR blinking lights to be more visible to vehicles.
3. As exciting as the nighttime legs can be, we understand there is a little anxiety around these. To help alleviate that, we have worked with the county sheriffs' departments to provide support for the relay. If you have safety concerns on the course, please tell a police officer or volunteer.
4. Companion runners are permitted during the designated hours for night legs. The companion runner must be a team member, must wear a bib number, and must comply with all Relay Rules – including the night safety rules.
5. Your van can monitor runners throughout the night as long as rules of the road are followed. Generally, this is done in a leapfrog style by driving about .5 to 1 mile in front of your runner and pulling off into a side street or large shoulder and waiting for your runner to pass. **For everyone's safety, stop only where you can get completely off of the road the runners are running (large shoulder or side street).** After the runner passes (and you cheer your teammate on), the team gets back into the van and does this again until the van needs to go to the next exchange zone to drop off the next runner. *Note: we will have police patrolling the course through the night legs and if they see vehicles parked in an unsafe manner/location the officer will stop and make you move along.*
6. All legs and exchange zones during the night hours will be designated as Quiet Zones. Please respect local families by not playing audible music outside the support vehicles and by keeping conversations hushed.
7. Ipods and mp3 devices are not allowed during nighttime legs on the course or by team members walking around exchange zones. No music of any kind is allowed during the night legs – not even playing through your phone speaker. Please don't put our Relay Officials in a position to enforce this rule. This rule also is in effect when getting out of your van at an exchange zone during the night – no music of any kind.
8. When driving through communities at night, please show respect and do not honk horns or shine lights in house windows. We need the support of the communities we run through to put on this event.

SECTION 3: GENERAL RULES FOR RUNNERS

A. Runner Rotation and Active Runner

Teams do not have to keep the same order throughout the race. However, a runner cannot run successive legs. Teams can assist their runners on the course by giving water or fuel. When doing this please abide by all rules of driving to ensure the safety of you, the runner and other drivers. Remember no roads will be closed for the race.

B. Race Bibs

Race bibs must be worn by every runner while on the course. All team members will have the same number. Bibs will be provided in the team race packet.

C. Wrist Bands

A team wristband (the baton) must be worn at all times throughout the race by the active runner on the course. This is provided in your race packet.

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D. Injuries/Alternate Runners

If a runner is injured during the race and cannot continue, you can bring in an alternate. However, that alternate runner must have already registered for the race – and this cannot be used for a competitive advantage. If an injury occurs during a leg and the runner cannot continue, one of your other runners can finish the leg – but this runner must exchange with another runner at the end of the leg where the runner was injured. **If either of these situations occurs, you must contact Race Director Brian Malak at (843)209-3510 to report the incident. If we hear from another team without hearing from your team, a time penalty will be assessed for this action.**

E. Vans Following Runners

We CANNOT allow vans to follow runners directly on the course. As well intentioned as your van-mates are, it can cause traffic problems for other teams and those just using the road to get from one place to another (see **night safety** for how to support runners at night).

F. Bikes on the Course

We cannot officially sanction companion bike riders on the course. Participants on bicycles are not covered by our insurance and are not considered part of the race. However, these are open roads, and we do not stop teams from using companion bike riders. If you choose to do this, we want to make sure you understand that anyone biking on the course does so at their own risk, and the race is not responsible for any problems or injuries that occur as a result. If you do use companion bike riders, we encourage them to wear the same safety gear (head lamps, flashing lights on front and back, and reflective vests) for their safety and the safety of the runners.

G. Drinking and Driving

This should be a no brainer, but ANY consumption of alcohol during this event will not be tolerated and will result in immediate disqualification of the team if witnessed by any race official. We promise that the post race party will provide an opportunity to imbibe when the relay is finished. Your safety, and the safety of all participants, is our #1 priority and should be yours, too.

H. Support Vehicles

Each team will be permitted two support vans on the course. The course has been chosen very carefully for your enjoyment and safety; however, many exchange zones will not accommodate extra vehicles.

The maximum size of a support vehicle is a 15 passenger van – no RVs are allowed.

I. Rule Enforcement

All teams are encouraged to watch for rule infractions by other teams. Self-policing of this event is a key to its success. Race officials will be at locations throughout the course enforcing rules, recording teams that pass through the exchanges, and noting infractions. Please report all rule violations to an exchange zone official at the next exchange zone.

J. Disqualification

We take all of the relay rules and regulations very seriously. In the unlikely event that any rules are broken or abusive behavior is displayed to anyone (a runner, a volunteer, a passerby -- anyone) the team can be disqualified.

SECTION 4: SUPPLY CHECK LISTS FOR RUNNERS

A. Required Van Supplies:

- At least one mobile phone per van with a list of all team member mobile phone numbers
- Emergency kit: antibiotic ointment, athletic wrap, Band-aids, cold packs and pain medicine
- Team Handbook
- Reflective vests – at least two; see night safety rules to make sure you have enough
- Headlamps – at least two; see night safety rules to make sure you have enough

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- Blinking Lights - at least four; see night safety rules to make sure you have enough

B. Recommended Van Supplies:

- Clipboard/Spreadsheet for team time log
- At least one Walkie Talkie per van as cell coverage can be spotty in places
- Cooler with ice
- Sports drinks
- Water
- Food/snacks/energy bars/gels
- Maps
- Printout of runner legs --- you will be amazed how many times you read and re-read this pertinent information!
- Marker, paper, pens
- Wet wipes, paper towels
- Tarp – used to lay sleeping bags on if sleeping outside
- Trash bags
- Van/SUV storage rack

C. Recommended Runner Supplies:

- Cell Phone
- Camera
- Driver license, ID
- Ear plugs and eye mask for sleeping
- Flashlight
- Foot-care aids
- Money
- Pillow & Blanket
- Sleeping bag, tent, tarp
- Plastic bags for wet clothes, icing injuries, trash
- Protective aids: pepper spray, phone, whistle
- Reflective, warm, water wicking gear (windbreaker)
- Running shoes, shirts, shorts, socks - a clean set for each leg (as well as something to change into between each leg)
- Toiletries: Shampoo, soap, toothbrush, toothpaste, deodorant, toilet paper, towel
- Sunglasses, sunscreen, hat, visor
- Vaseline, BodyGlide
- Hand held water bottle or hydration belt with bottle
- Bandana/cloth for dusty roads
- Hair ties/pony tail holders
- Newspaper (to stuff in wet shoes if rainy)

Tip: Come well prepared with supplies, but pack as light as possible because space will be tight in the vans. A large duffle bag with a zipper is recommended for each runner. Additionally, each runner will probably want a small, personal backpack or drawstring type bag to keep essentials close at hand.

SECTION 5: RACE MAPS

The map information included with the handbook includes driving direction and location overviews. **These are not the leg maps used for running.** The leg maps with turn by turn directions for running are on the race

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website and can be printed from a separate document (links are on the website and sent in the captain's emails).

Tuna Run Navigation Information

We have changed our format this year for the map section of the handbook. Almost everybody (and certainly someone on every team) will have easy access to a GPS while on the course. As a result, this section will now include the addresses to each of the significant locations on the course.

We are also including a list of all exchange zones addresses for the Tuna Run 200 and 70. Noted on the sheets are the standard van exchange zones for the Tuna Run 200 along with the exchange zone where your race will pick up the chip timing bib.

Note, Tuna Run 70 teams should follow the leg map/runner directions when driving from one exchange zone to another.

The final page is a diagram of the finish line noting the parking, party setup, runner route, showers and restrooms.

Tuna Run 200 Start Address

Lake Benson Park
921 Buffaloe Road
Garner, NC 27529

Tuna Run 200 Start Hotel Address

Hampton Inn – Garner (5 miles from race start)
110 Drexmere Street
Garner NC 27529

Tuna Run 70 Start Address

Comfort Volunteer Fire Department
4255 Highway 41 West
Comfort, NC

Race Finish Address

The Circle Beach Access
201 West Atlantic Boulevard
Atlantic Beach, NC

Race Finish Hotel – Inn at Pine Knoll Shores

Inn At Pine Knoll Shores (6 miles from finish line)
511 Salter Path Road
Atlantic Beach, NC 28512

Race Finish Hotel – Hampton Inn – Morehead City

Hampton Inn Morehead City (3.5 miles from finish line)
4035 Arendell Street
Morehead City, NC 28557


Tuna Run 200 Exchange Zone Location Information

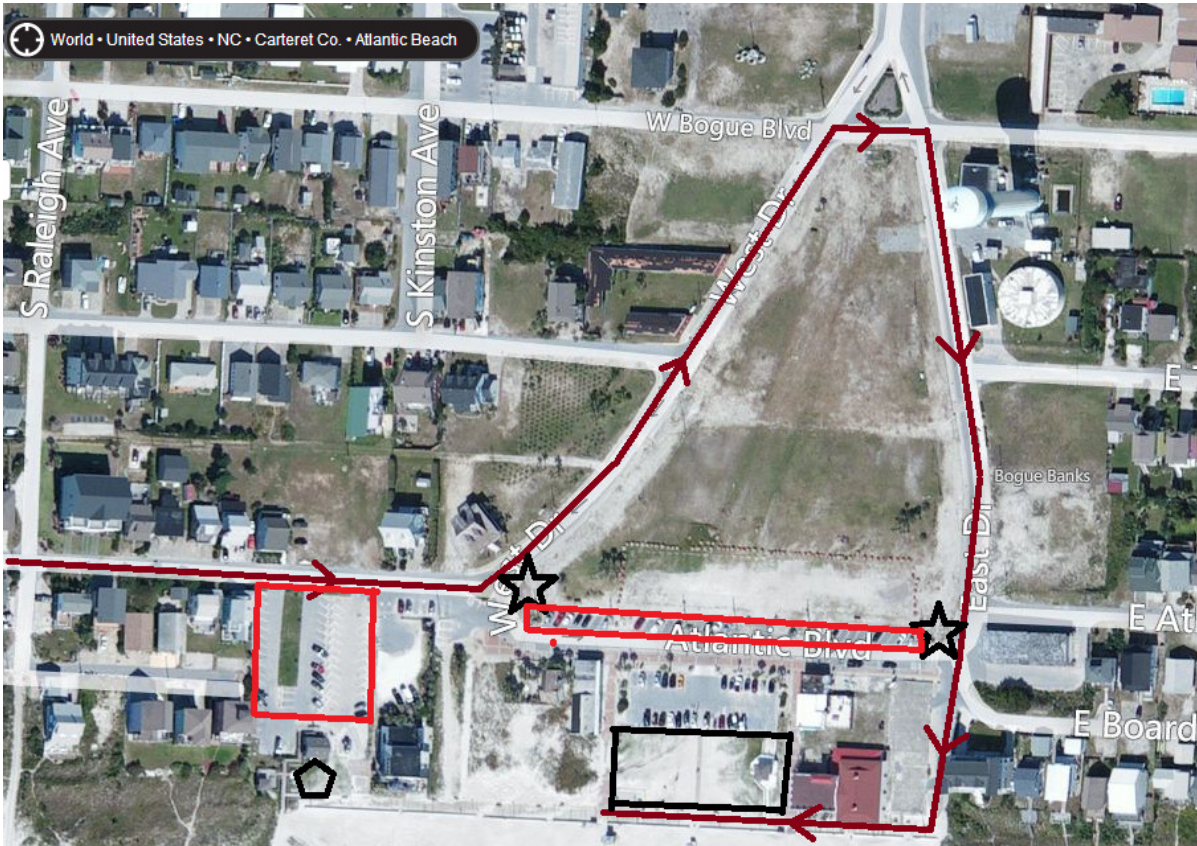
Exchange	Exchange Zone Name	Exchange Zone Address	End of Leg #	Start of Leg #
Start	Lake Benson Park	921 Buffaloe Road, Garner, NC	NA	1
1	Juniper Level Baptist Church	9104 Saul's Road, Raleigh, NC	1	2
2	Mt. Pleasant Presbyterian Church	8001 Mount Pleasant Church Road, Willow Spring, NC	2	3
3	White Memorial Presbyterian Church	1459 White Memorial Church Road, Willow Spring, NC	3	4
4	Piney Grove Chapel Baptist Church	4440-A Piney Grove Road, Angier, NC	4	5
5	Elevation United Methodist Church	5101 Elevation Road, Benson, NC 27504	5	6
6	Four Oaks Civitan	100 Civitan Road, Four Oaks, NC	6	7
7	Unity Advent Christian Church	304 Unity Church Rd, Four Oaks, NC	7	8
8	Stone's Creek Advent Christian	343 Woods Crossroads Rd, Benson, NC 27504	8	9
9	Blackmans Grove Baptist Church	5980 Stricklands Crossroads Rd, Four Oaks, NC 27524	9	10
10	New Zealand PFWB Church	5312 Meadowbrook Road Benson, NC 27504	10	11
11	Bentonville Battlefield Historical Association	5466 Harper House Road Four Oaks, NC 27524	11	12
12	Selah Christian Church	1332 Selah Church Road Four Oaks, NC 27534	12	13
13	New Saint Delight United Holiness Church	693 Suttontown Road, Mount Olive, NC 28365	13	14
14	Daughtrey Field	Daughtrey Field Road, Mount Olive, NC	14	15
15	St. Luke Missionary Baptist Church/Union Church	3414 Summerlins Crossroad Rd, Mt Olive, NC	15	16
16	Snow Hill Original Free Will Baptist Church	1224 Red Hill Road Mount Olive, North Carolina 28365	16	17
17	BF Grady Elementary School	2627 North NC 11 & 903 Albertson, NC 28508	17	18
18	Pink Hill Elementary School	2666 Hc Turner Road, Pink Hill, North Carolina 28525	18	19
19	Bethel Baptist Church	236 Jonestown Rd, Pink Hill, NC 28572	19	20
20	Pleasant Hill Christian Church	4306 Pleasant Hill Rd, Pink Hill, NC 28572	20	21
21	Tuckahoe Christian Church	6212 North Carolina 41, Trenton, NC 28585	21	22
22	Comfort Elementary School	4384 Hwy 41 West Comfort, NC 28522	22	23
23	Trent River Campground	2186 NC 41 West, Trenton, NC	23	24
24	Jones County Government Complex	418 Highway 58, Trenton, NC	24	25
25	Jones Senior High School	1490 Highway 58 South Trenton, NC 28585	25	26
26	Free Will Chapel Church	3298 Nc Highway 58 S Pollocksville, NC 28573-8752	26	27
27	First Baptist Church of Maysville	201 Main Street, Maysville, NC	27	28
28	Onslow County Soccer Association	2221 Belgrade Swansboro Rd, Maysville, NC	28	29
29	Silverdale Elementary School	841 Smith Road, Maysville NC 28555	29	30
30	Midway United Methodist Church	370 Stella Road Stella, NC 28582	30	31
31	Crystal Coast Assembly of God	1367 Highway 58, Peletier, NC 28584	31	32
32	Western Regional Beach Access	101 Islander Drive, Emerald Isle, NC	32	33
33	Emerald Isle Boat Landing	6801 Emerald Drive, Emerald Isle, NC	33	34
34	Salter Path Regional Beach Access	1200 Salter Path Road Salter Path, NC 28575	34	35
35	Iron Steamer Beach Access	345 Salter Path Road, Pine Knoll Shores, NC	35	36
36	The Circle Beach Access	201 West Atlantic Boulevard, Atlantic Beach, NC	36	NA

Yellow highlighted zones are the traditional van exchange zones for 12 person teams
 Green highlighted zone is where you will pick up your timing bib for your final runner






Tuna Run 70 Exchange Zone Location Information

Exchange	Exchange Zone Name	Exchange Zone Address	End of Leg #	Start of Leg #
Start	Comfort Fire Department	4255 Highway 41 West , Comfort, NC	NA	1
1	Trent River Campground	2186 NC 41 West, Trenton, NC	1	2
2	Jones County Government Complex	418 Highway 58, Trenton, NC	2	3
3	Free Will Chapel Church	3298 Nc Highway 58 S Pollocksville, NC	3	4
4	First Baptist Church of Maysville	201 Main Street, Maysville, NC	4	5
5	Onslow County Soccer Association	2221 Belgrade Swansboro Rd, Maysville, NC	5	6
6	Midway United Methodist Church	370 Stella Road Stella, NC	6	7
7	Crystal Coast Assembly of God	1367 Highway 58, Peletier, NC	7	8
8	Western Regional Beach Access	101 Islander Drive, Emerald Isle, NC	8	9
9	Emerald Isle Boat Landing	6801 Emerald Drive, Emerald Isle, NC	9	10
10	Salter Path Regional Beach Access	1200 Salter Path Road Salter Path, NC	10	11
11	Iron Steamer Beach Access	345 Salter Path Road, Pine Knoll Shores, NC	11	12
Finish	Circle Beach Access	201 West Atlantic Boulevard, Atlantic Beach, NC	12	NA

 Green highlighted zone is where you will pick up your timing bib for your final runner



Finish Line Diagram

-  Race Route and Direction
-  Suggested locations for teams to join their last runner
-  Post-race party location
-  Parking - if these lots are full, you can park on the side streets in this area
-  Showers and Restrooms