



MALAK SERIES

TEAM HANDBOOK



2018 Tuna Relay Team Handbook

Welcome to the Tuna Relay! We are excited to have you join us for the 7th annual Tuna Relay /200 and the 3rd annual Tuna Relay /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 Relay has received permission to use roadways in the following counties: Wake, Johnston, Wayne, Sampson, 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 6:00 PM and 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 15th. You can go into the store any time between Tuesday (October 16) and Thursday (October 18 – 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 Relay /200) or Saturday (Tuna Relay /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 16th through Thursday, October 18th 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 Relay /200

Lake Benson Park
921 Buffaloe Road
Garner, NC

Tuna Relay /70

Comfort Fire Department
4255 Highway 41 West
Comfort, NC

Weekend Parking at Start for Tuna Relay /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 Relay 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 Relay /70 Leg #1 is Leg #23 in chart**

Exchange	Nearest Hospital	Phone Number	Address
Start through Exchange 3	WakeMed Cary Hospital	919-350-8000	1900 Kildaire Farm Road, Cary, NC 27511
Exchanges 4, 5 and 8	Betsy Johnson Regional Hospital	910-892-1000	800 Tilghman Drive, Dunn, NC 28334
Exchanges 6, 7 and 9-12	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 resulting from 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 Relay 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 Relay race bib to receive a 10% discount on Friday, Oct. 19.**
- **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.
- **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.
- **Near Tuna Relay /200 Exchange #22:Tuna Relay /70 Race Start** – Comfort Fire Department will have food available for purchase. *More details coming soon.* 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 Relay /70 so please be careful when driving into the parking lot.**
- **Tuna Relay /200 Exchange #23 (not major Exchange #24):Tuna Relay /70 Exchange #1** – This exchange is at Trent River Campground. Camping and showers will be available (for a nominal fee) to Tuna Relay participants. *Pricing details to come.*
- **Tuna Relay /200 Exchange #26:Tuna Relay /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 Relay /200 Exchange #30:Tuna Relay /70 Exchange #6** – The pancake breakfast is here. Breakfast includes pancakes, sausage, fruit, OJ and coffee. *Pricing details to come.* 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 with many food and gas options along the route from this location to the finish.
- **Finish** – Post Race Celebration with Tuna, BBQ Sandwiches, 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 BBQ Sandwich Plate. Veggie option will be available.
 - We are working with the Floyd's 1921(the Tuna provider) and Roland's BBQ (the BBQ provider) to allow for pre-order of extra servings of Tuna and BBQ. 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 BBQ. We will not have pre-order beer. *The BBQ, beer and Tuna will not be available for sale at the finish line.*

Race Joy Team/Runner Tracking

For the first time we will have runner tracking for teams available through Race Joy. This will allow teams and race officials to keep track of active runners on the course. This is not required and is not an official timing app, but it should be a great tool to allow teams to keep track of their active runner.

Each team participating in runner tracking will need to set this up for the team pre-race. After the team is registered with Race Joy, team members will download the Race Joy app. Runners participating will carry their phones during their legs.

We are finalizing the maps and Race Joy details currently and will begin to send out information to team captains in late September/early October so teams can get set up and ready for the race.

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 Relay /200 and Leg #12 for the Tuna Relay /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 accurately at the end of the race.

We will have a chip pick up station at Exchange #34 (Tuna Relay /200):Exchange #10 (Tuna Relay /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 his/her 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 one has beer and food tickets attached.

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 the 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, BBQ sandwiches, 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 tickets for Tuna, BBQ 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 tickets for food and beer 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 (Coming Soon)

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. A finish line diagram will help you find parking, showers and more.



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This Handbook applies to all competitors, team support personnel, spectators, event staff and volunteers. This is 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,



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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
2. Ask any last minute questions of race staff

E. Course Markings

The course will be marked with directional signs (24" 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 turns you will be making – just in case.



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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 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 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. Night Hours: Anybody leaving the van at an exchange zone during night 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 hours, 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 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 their

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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 – which could put future races in jeopardy.*

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. We understand there can and will be lines at facilities during the race, but it is important that you do not make facilities of your own on the exchange zone property.

G. 10-Minute Average Team Pace

Participating teams must average 10:15 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 10:15 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 may 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 cross the finish line with their last runner is not only allowed, but encouraged.

The logo for MALAK SERIES features three overlapping triangles in blue, green, and yellow.

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SECTION 2: SAFETY RULES FOR RUNNERS

A. Day Legs

During the day legs runners are highly encouraged to wear a reflective vest or a brightly colored shirt. Suggested 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 form of hydration 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. Note: Runners will be allowed to have headphones (or phone speakers) during the night legs to listen to Leg Map directional information (such as the RunGo app).

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

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provide support for the relay. If you have safety concerns on the course, please tell a police officer or race official.

3. 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.
4. 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 the road where 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: Police will patrol the course through the night legs, and if they see your vehicle parked in an unsafe manner/location, an officer will stop and make you move along.*
5. 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.
6. 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.
7. 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.

B. Assisting Active Runner

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.



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C. 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.

D. 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.

E. 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.**

F. 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).

G. 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.

H. 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.



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I. 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.

Vehicles must be able to fit into a standard parking space – 9' wide by 20' long.

J. 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 exchange zones 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.

K. Disqualification

We take all 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
- Phone charging cords and adapters
- 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
- 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

The logo for MALAK SERIES features a stylized mountain range composed of overlapping triangles in shades of blue, green, and teal. To the right of the graphic, the words "MALAK SERIES" are written in a large, bold, teal sans-serif font.

MALAK SERIES

RELAY HANDBOOK

- 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
- Power Banks to charge phones, watches, etc.
- 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 jacket
- 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 duffel 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.

The logo consists of three overlapping triangles: a blue one on the left, a green one in the middle, and a light green one on the right. They are arranged to form a larger, abstract shape.

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SECTION 5: VEHICLE NAVIGATION

- Key Race Addresses
- Exchange Zone Addresses
- Other Maps