

# OFFICIAL R2C19 PACKET



19<sup>th</sup> Annual **RIVER TO SEA RELAY** August 2, 2014

**IMPORTANT -- READ CAREFULLY!**

## *THE PACKET CONSISTS OF:*

1. This Cover/Info Page
2. Important R2C News Page
3. Clothing Order Form
4. Handicap Start Info
5. Stage Descriptions
6. Awards Structure
7. Waiver & Team Roster

## *INSTRUCTIONS:*

1. Print all pages.
2. Read all pages carefully.
3. **[CLICK HERE FOR ONLINE REGISTRATION](#)**

Registration confirmation will be sent to the Team Captain.

- ☞ Entry Deadline - June 29, 2014 or when 120 team limit is reached. **No Exceptions.**
- ☞ Enter Early for a Discount--- Early, Early Bird Deadline is March 15, 2014  
Early Bird Deadline is May 1, 2014.
- ☞ R2C19 is a “Rain or Shine” event.
- ☞ Exactly “2” support vehicles per team, “no more, no less”.
- ☞ Relay clothing--pre-order only. (**No Foolin’**). Share info with your team.
- ☞ All rules, instructions and maps will be mailed or e-mailed.

[www.oymp.net](http://www.oymp.net) for more event details. **R2C19 will sell out!**

# 2014 River to Sea Relay R2C19

## ***IMPORTANT R2C NEWS FOR 2014***

### **THE BASICS**

**Date:** Saturday – August 2, 2014

**Entry Deadline:** June 29 or when team limit has been reached. **120 team maximum.**

**Website:** [www.oymp.net](http://www.oymp.net)  
Click on “2014 River to Sea Relay” on or about December 1, 2013

**Registration:** **ONLINE ONLY (beginning on or about December 1, 2013)**  
**NO PROCESSING FEE**  
**ONLY CAPTAIN INFORMATION needed to initially register**  
**Team name can be changed later**  
**E-Mail Confirmation will be sent**

- Bring waivers on Race Day. Do not send prior to Race Day.
- Team Roster (name, gender, age, 5K time) must be submitted between June 14 and 29.
- Roster changes will be allowed from July 24 to July 28 only. Emergency changes may be made on race day. Please do not send any roster changes before **July 24** or after **July 28.**
- R2C Clothing Order Form will be available on [www.oymp.net](http://www.oymp.net) (2014 River to Sea Relay). Mail in only (pay by check) by July 6. **PRE-ORDER ONLY!!!**
- Team Start Times list will be sent to all teams by July 18.

### **2014 R2C TEAM FEES** *(no online processing fee)*

\$700	by March 15	Early, Early Bird
\$800	March 16 to May 1	Early Bird
\$900	May 2 to June 29	Late Bird

### **REFUND POLICY**

By May 1	Amount paid less \$75
May 2 to June 15	Amount paid less \$200

***NO REFUNDS after June 15***

QUESTIONS? Call Mark Zenobia ---- 910-686-0026 ---- [mzrace@oymp.net](mailto:mzrace@oymp.net)

***REGISTER EARLY – We will sell out.***

**R2C19 CLOTHING ORDER: PRE-ORDER ONLY**



**DEADLINE TO ORDER: JULY 6**



**Styles**

**Fill in quantity for each size**

Short Sleeve T \$10 each S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

Long Sleeve T \$15 each S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

Cap \$15 each \_\_\_\_\_  
(baseball style; one size fits all)

**No Singlets available this year**

**Grand Total = \$ \_\_\_\_\_**

**Team #:** \_\_\_\_\_

**Team Name:** \_\_\_\_\_

**Team Captain Name:** \_\_\_\_\_

**Team Captain e-mail:** \_\_\_\_\_

**Team Captain Phone #:** \_\_\_\_\_

Make checks payable to: American Ultrarunning Association

Mail check and order form to: Will to Win, 2411 Rt. 563, EHC, NJ 08215

Questions: [weschaefer@verizon.net](mailto:weschaefer@verizon.net) or [mzrace@oympe.net](mailto:mzrace@oympe.net)

**Clothing orders must be received by July 6.**

**Items ordered will be available for you at packet pickup on race day.**

# HANDICAPPED START INFO

19<sup>th</sup> Annual

## RIVER TO SEA RELAY

August 2, 2014

### *ABOUT THE HANDICAPPED START .....*

The goal of the River to Sea Relay is to have an exciting, close, but fair finish. In all previous River to Sea Relays, many teams finished within minutes and, sometimes, within seconds of each other. The action really gets hot and heavy at the 80 mile mark as the swiftest teams catch sight of the early starters.

In order for this system to work and be fair to all competitors, it is imperative that **5K times** be accurately reported. WE WILL AUDIT, PENALIZE OR DISQUALIFY CHEATERS.

Here is how it works -----**READ CAREFULLY**

1. Each team member will report his or her average, normal **5K** race time. ***DO NOT*** factor in fatigue, heat or other conditions. Be honest!! The total time of your team's **5Ks** will be averaged to determine your team's starting time. **5K times are required** (one for each runner).
2. Teams will start from approximately 6 a.m. to approximately 10 a.m. We need all of your **5K** times by **June 29th**. See #4 below.
3. Selective times will be checked using USATF and other scored records. Obvious sandbagging will result in disqualification.
4. **NO** team will start ***BEFORE*** 6 a.m.

\* If, during the relay, your team is projected to finish later than 8:30 p.m., you will be notified by race officials and given a few alternate procedure options to finish officially but unranked. Your team must accept one of these options or withdraw from the event.

***Team Roster Forms will be available by June 1.***

**Report Total Average 5K Time in  
Minutes & Seconds**

**Example: 153:20 (not 2:33:20)**

# R2C19 STAGE DESCRIPTIONS

## River to Sea Relay

<u>Stage</u>	<u>Length</u>	<u>Description</u>
1	4.8	Easy, Fast
2	8.2	Clear, wide shoulders, The BEST
3	6.1	All trail - Delightful
4	8.6	"The Beast" - hilly, tight, tough, long & hard
5	6.0	Rolling and a bit tight
6	8.0	Tricky, stop-n-go, Challenging
7	3.9	Short, but full of quick turns
8	5.5	Oasis!!! ... more than half way
9	9.1	Looooonnnngggg and HOT
10	???	First Wild Card stage: getting hotter
13.9 total for stages 10 & 11		
12	6.5	A piece of cake, but the cake is in the oven
13	7.9	Long, competitive, the Do-or-Die stage
14	2.5	Final sprint to the sea!

Total: 91 miles

Wimps..... Want 1, 2, 3, 7, 8, 14

Animals ..... Take 4, 5, 6, 9, 12, 13

Adventurers ..... Try 10 & 11 (and see what you wind up with!)

Two runners split these combined stages in  
any way they choose.

# 2014 River to Sea Relay R2C19

## **AWARDS**

### Structuring Your Team and Awards Description

If you care about possibly winning a prize in R2C19, you should know that how you structure your team can be a big help. By far, there are more Open Men's teams than any other. There are very few Veteran Women's teams. Picking a team member just a year older can make the difference between an open and a veteran team and a choice between another male or female team member can change your category as well.

It's a long, hard day out there on the open road. (The longest a team can be on the road is 14.5 hours; the fastest elapsed time in 2013 was 8:49:57, and that time usually depends on the weather conditions; and the average team takes about 10-11 hours.) Keep that in mind as you choose team members. Someone who whines about heat or humidity might not be fun to be with for 91 miles. You don't want anyone who will wimp out after running their first stage. Ideally, you want teammates who are willing to jump in and help whenever needed, who will run as fast as they can even if nobody is chasing them and who are prepared mentally and physically for a challenge. R2C is not about winning but it sure is sweet!

### **Team Categories:**

Open (age 34 and younger)\* or Veteran (age 35 and older)

- \* If any runner is 34 or younger, your team will be categorized as "OPEN".
- \* Please note: this event is NOT recommended for anyone under age 16. Contact race director for special permission for younger team member. (910-686-0026 Mark)

Men (**MUST** have at least 5 men; may have 1 or 2 women);

Women (**MUST** have 7 women);

Coed (**MUST** have at least 3 women).

### **Prizes are awarded to:**

First to the Sea OVERALL (regardless of start time).

Fastest Elapsed Time Men (regardless of age category).

Fastest Elapsed Time Women (regardless of age category).

Fastest Elapsed Time Coed (regardless of age category).

Open Men – First to the sea.

Open Women – First to the sea.

Open Coed – First to the sea.

Veteran Men – First to the sea.

Veteran Women – First to the sea.

Veteran Coed – First to the sea.

Best Team Name

# R2C19 WAIVER AND TEAM ROSTER

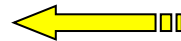
TEAM # \_\_\_\_\_ TEAM NAME \_\_\_\_\_ (required)

Completed Waiver and Team Roster MUST be turned in on race day morning (8/2/14) when you report to the Relay start. You will not be allowed to start without a signed waiver sheet. **DO NOT MAIL THIS FORM.**

## WAIVER

In consideration of being allowed to participate in the 2014 River to Sea Relay, I personally assume all risks in connection with the event. I release the American Ultrarunning Association, On Your Mark Productions, DJB Event Consultants, the municipalities and counties traveled through and all their respective partners, staff, employees, affiliates, sponsors and their representatives and successors from any claim by me or my family, estate, heirs or assigns for injury or damage which may occur due to my participation in the Relay. I have signed this release freely and voluntarily and with a full understanding of its contents, having read it in full and acknowledging by my signature that I am bound by its language. I also confirm that I am physically fit and qualified to participate in this endurance event and am at least 18 years of age. **Parent/Guardian signature required if under 18 years of age (minimum age is 16).**

## TEAM ROSTER – PLEASE PRINT CLEARLY



### Roster changes require waiver signature

1. Name \_\_\_\_\_ Waiver Signature \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on 8/2/14) \_\_\_\_\_ Gender \_\_\_\_\_
2. Name \_\_\_\_\_ Waiver Signature \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on 8/2/14) \_\_\_\_\_ Gender \_\_\_\_\_
3. Name \_\_\_\_\_ Waiver Signature \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on 8/2/14) \_\_\_\_\_ Gender \_\_\_\_\_
4. Name \_\_\_\_\_ Waiver Signature \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on 8/2/14) \_\_\_\_\_ Gender \_\_\_\_\_
5. Name \_\_\_\_\_ Waiver Signature \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on 8/2/14) \_\_\_\_\_ Gender \_\_\_\_\_
6. Name \_\_\_\_\_ Waiver Signature \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on 8/2/14) \_\_\_\_\_ Gender \_\_\_\_\_
7. Name \_\_\_\_\_ Waiver Signature \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on 8/2/14) \_\_\_\_\_ Gender \_\_\_\_\_

**ALL LINES MUST BE COMPLETE**