

OFFICIAL R2C15 PACKET



15th Annual **RIVER TO SEA RELAY** July 31, 2010

IMPORTANT -- READ CAREFULLY! – NEW DIVISION

To enter, print and complete this Official R2C15 Packet. The Packet consists of:

1. This Cover/Info Page
2. New Divisions Page
3. Entry Form (2 Pages)
4. Waiver and Team Roster
5. Handicap Start Info & Time Sheet
6. Stage Descriptions
7. Press Release

INSTRUCTIONS

1. Print all pages.
2. Read all pages carefully.
3. Print clearly on all forms.
4. Enter all required information.
5. Mail with check to Mark Zenobia
8709 Abbey Glen Way
Wilmington, NC 28411
6. **Email Address Required.**
7. On line registration at
www.oymp.net (thru active.com).

- ☞ Entry Deadline --- June 26, 2010 **No Exceptions.**
- ☞ Enter Early for a Discount--- Early Start Deadline May 1, 2010.
- ☞ **You may send your entry first,** before you submit your roster.
- ☞ Roster replacements are allowed **until July 28, 2010.**
- ☞ All team members must sign waiver. **(Parent for under 18).**
- ☞ Read and complete Handicap Time Sheet (ASAP Please!!).
- ☞ **NO REFUNDS!**
- ☞ R2C15 is a “Rain or Shine” event.
- ☞ Exactly “2” support vehicles per team.
- ☞ Relay clothing--pre-order only. (No Foolin’).
- ☞ All rules, instructions and maps will be mailed or e-mailed.

www.oymp.net for more event details. R2C will sell out!

15th Annual **RIVER TO SEA RELAY** July 31, 2010

NEW DIVISION ADDED FOR 2010

Welcome to the 2010 River to Sea Relay.

In order to make R2C15 more accessible to a larger number of teams of all abilities and objectives, we are adding two new Relay divisions. There will now be 3 ways to participate.

1. **The Competitive Division:**

- 115 Team Maximum ➤ A Scoring Division ➤ No Changes from Past Years
- Full Distance of 92 Miles ➤ 7 Person Teams
- Handicap Time Start Based on Average Team 5K Time
(earliest team starts no earlier than 6 a.m.)
- Awards Categories: Overall (first to the Ocean); Fastest Elapsed Time, Open Men, Open Women, Veteran Men, Veteran Women, Open Mixed and Veteran Mixed

2. **The Early Start Division:**

- 20 Team Maximum ➤ A Non-Scoring Division ➤ 5:30 a.m. Start for 10 Teams
- 5:40 a.m. Start for 10 Teams ➤ Full 92 Mile Distance if Finished by 7:45 p.m.
- Teams May Exchange Runners as Often as Needed
(Exchange Zones or Other Safe Areas Only)

NOTE:

The previously announced Head Start Division (72 miles) has been dropped.

This is a strictly non-competitive division. No fast runners or teams should enter this division. Teams are restricted to an average team pace of no faster than an 8.5 min./mile (7.0 mph). Any Head Start Division Teams running faster than this will be stopped and required to wait at certain official checkpoints along the course until they are back to 7.0 mph or slower. No Head Start Division Teams will be permitted to finish prior to 4:30 PM. Head Start Division Teams may have as long as 13 hours (team average pace of 11 min/mile, or 5.5 mph) to complete the course and must reach the finish line no later than 7:45 p.m.

NOTE: ALL R2C RULES APPLY FOR BOTH DIVISIONS

ENTRY FORM



15th Annual

RIVER TO SEA RELAY

July 31, 2010

IMPORTANT: Read all pages in the R2C15 Packet as there have been division changes
2010 Highlights: ● New Division ● 50 Portable Toilets ● Expanded Mid-Relay Oasis

ENTRY FEES (DEADLINE JUNE 26)

EARLY START FEE \$475 per team until May 1, 2010

AFTER MAY 1st \$550 per team until June 26, 2010

NOTE: You are **encouraged** to send entry form before roster.
Rosters required by early July

STEP 1 – Select a Division (See Division Page)

- | | |
|--|---|
| 1. Competitive Division _____
(115 Team Maximum)
92 Miles
Scoring | 2. Early Start Division _____
(20 Team Maximum)
92 Miles
Non-Scoring |
|--|---|

STEP 2 – Select a Team Category (Circle One)

COMPETITIVE DIVISION ONLY - 7 Members per Team

- | | |
|------------------------------------|---|
| Open Men - 5 or more men required | Veteran Men – 5 or more men required (35 & over only) |
| Open Women - 7 women required | Veteran Women – 7 women required (35 & over only) |
| Open Mixed - 3 to 6 women required | Veteran Mixed – 3 to 6 women (35 & over only) |

Veteran Category starts at age 35 - Youngest member determines team category

STEP 3 – Order Relay Clothing (DEADLINE TO ORDER >>> JULY 1)

RELAY CLOTHING: PRE-ORDER ONLY

	Quantity	Total Cost	Size[s]
Singlet	\$ 10 X _____ = _____	S _____ M _____ L _____ XL _____ XXL _____	
Short Sleeve T	\$ 10 X _____ = _____	S _____ M _____ L _____ XL _____ XXL _____	
Long Sleeve T	\$ 15 X _____ = _____	S _____ M _____ L _____ XL _____ XXL _____	
Relay Cap	\$ 15 X _____ = _____	One Size Fits All	

Grand Total = \$ _____

STEP 4 – Complete Team Information

TEAM CAPTAIN NAME: _____ Phone Day () _____

Street _____ Phone Eve () _____

City _____ State _____ Zip _____

E-Mail _____ Organization _____

Team Name _____ (if different than org.)

ENCLOSED: Entry \$ _____ + Clothing \$ _____ = Total \$ _____

Make checks payable to: American Ultrarunning Association

Mail entries to: Mark Zenobia, 8709 Abbey Glen Way, Wilmington, NC 28411
Info: 910-686-0026 / fax 910-686-0013 or mzrace@oymp.net

E-MAIL ADDRESS REQUIRED

TEAM NAME _____ **(required)**
R2C15 WAIVER AND TEAM ROSTER (Both Divisions)

PLEASE READ Upon acceptance of this entry, prior to July 31, 2010, each team captain will be sent applicable Relay instructions, course maps, rules and numbers.

WAIVER

In consideration of being allowed to participate in the 2010 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 it. 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.**

TEAM ROSTER – PLEASE PRINT CLEARLY 

Roster changes require waiver signature

1. Name _____ Waiver Signature _____
Street _____ City _____
State _____ Zip _____ Age (on 7/31/10) _____ Sex _____
2. Name _____ Waiver Signature _____
Street _____ City _____
State _____ Zip _____ Age (on 7/31/10) _____ Sex _____
3. Name _____ Waiver Signature _____
Street _____ City _____
State _____ Zip _____ Age (on 7/31/10) _____ Sex _____
4. Name _____ Waiver Signature _____
Street _____ City _____
State _____ Zip _____ Age (on 7/31/10) _____ Sex _____
5. Name _____ Waiver Signature _____
Street _____ City _____
State _____ Zip _____ Age (on 7/31/10) _____ Sex _____
6. Name _____ Waiver Signature _____
Street _____ City _____
State _____ Zip _____ Age (on 7/31/10) _____ Sex _____
7. Name _____ Waiver Signature _____
Street _____ City _____
State _____ Zip _____ Age (on 7/31/10) _____ Sex _____

ALL LINES MUST BE COMPLETE

HANDICAPPED START INFO

15th Annual

RIVER TO SEA RELAY

July 31, 2010

ABOUT THE HANDICAPPED START (Competitive Division Only!)

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 AND 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.
2. Teams will start from approximately 6 a.m. to approximately 10 a.m. We need all of your **5K** times by ***early July***. 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 7:45 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.**

PLEASE COMPLETE THE HANDICAP TIME SHEET IN THIS PACKET!

**Report Total Average 5K Time in
Minutes & Seconds
Example: 153:20 (not 2:33:20)**

HANDICAP TIME SHEET

(Competitive Division Only)

15th Annual

RIVER TO SEA RELAY

July 31, 2010

Please complete --- Please print

Team Name: _____

Team Captain: _____

	<u>Team Member</u>	<u>Age</u>	<u>Sex</u>	<u>Average 5K Race Time</u> <u>In Minutes & Seconds</u> (example: 22:30)
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____

Total Minutes _____
(Example: 153:20)

PLEASE PRINT!!

Do not make allowances for heat, bad training, anticipated injury or the Great Flood! Use your average 5K race time!

5K TIMES ONLY!

River to Sea

R2C15 (Subject to Change)

<u>Stage</u>	<u>Length</u>	<u>Description</u>
1	4.8	Easy, Fast
2	8.2	Clear, wide shoulders, The BEST
3	5.95	All trail - Delightful
4	8.7	"The Beast" - hilly, tight, tough, long & hard
5	6.5	Rolling and a bit tight
6	8.05	Tricky, stop-n-go, challenging
7	3.95	Short, but full of quick turns
8	5.55	Oasis!!! ... more than half way
9	9.25	Looooonnnngggg and HOT
10	???	First Wild Card leg: getting hotter
13.85 total for legs 10 & 11		
12	6.55	A piece of cake, but the cake is in the oven
13	7.95	Long, competitive, the Do-or-Die stage
14	2.5	Final sprint to the sea!

Total: 92 miles

NOTE: Head Start Division totals 72 miles beginning at Stage #4

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

Animals Take 4, 5, 6, 9, 13

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

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

PRESS RELEASE

January 2010

RIVER TO SEA RELAY

Milford NJ to Manasquan NJ

The 15th annual River to Sea Relay is set for Saturday, July 31, 2010, and again will attract teams who love pain, suffering, heat, humidity and lack of shade. The Early Start entry cutoff is May 1st and the final entry date, subject to a sell out, is June 26th. For 2010, a new division has been added.

2009 overall champion, the Bucknell Alumni Distance Team, will be back to defend its title in the Competitive Division, a 92 mile, 7 person handicapped event that begins on the Milford Bridge overlooking the Delaware River. Start times are based on average 5K results of team members with the slowest teams beginning as early as 6 a.m.

Each team member runs two of 14 unequal legs and provides support and encouragement in between. The winning team is the first to dive in the Atlantic Ocean in Manasquan. As in previous years, the Relay passes through 5 counties and 34 communities. Terrain varies from flat and fast to “The Beast.” (Get the picture?)

Special “Awards of Insanity” will be presented in the following categories: First Overall, Men’s Open, Women’s Open, Men’s Veterans, Women’s Veterans, Mixed Open, Mixed Veterans and Fastest Elapsed Time. River to Sea Relay clothing will be available to all participants on a pre-order only basis.

For 2010, a new division has been added. The *Early Start Division* will be non-scored and will allow teams to start at 5:30 or 5:40 a.m. and exchange runners whenever necessary. The full 92 miles will be run.

The 2010 River to Sea Relay welcomes all teams; fast or slow, corporate or social, from nearby or far away. So join R2C15 for a day of fitness, competition and excitement.

For info, call Mark Zenobia at 910-686-0026 or send e-mail to mzrace@oymp.net.

