OFFICIAL R2C20 PACKET

20th Annual **RIVER TO SEA RELAY** August 1, 2015

IMPORTANT -- READ CAREFULLY!

THE PACKET CONSISTS OF:	*INSTRUCTIONS:*
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** 8. **July 2008 NY Times Article**	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 28, 2015 or when 120 team limit is reached. **No Exceptions.**

☞ Enter Early for a Discount--- Early, Early Bird Deadline is March 15, 2015

Early Bird Deadline is May 1, 2015.

☞ R2C20 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.

Order deadline: July 5.

☞ All rules, instructions and maps will be mailed or e-mailed.

www.oymp.net for more event details. **R2C20 will sell out!**

2015 River to Sea Relay
R2C20

IMPORTANT R2C NEWS FOR 2015

THE BASICS

Date: Saturday – August 1, 2015

Entry Deadline: June 28 or when team limit has been reached. 120 team maximum.

Website: www.oymp.net
                     Click on "2015 River to Sea Relay" on or about December 1, 2014

Registration: **ONLINE ONLY (beginning on or about December 1, 2014)**
                     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 13 and 28.
- ➢ Roster changes will be allowed from July 23 to July 27 only. Emergency changes may be made on race day. Please do not send any roster changes before July 23 or after July 27.
- ➢ R2C Clothing Order Form will be available on www.oymp.net (2015 River to Sea Relay). Mail in only (pay by check) by July 5. PRE-ORDER ONLY!!!
- ➢ Team Start Times list will be sent to all teams by July 17.

2015 R2C TEAM FEES *(no online processing fee)*

$725	by March 15	Early, Early Bird
$825	March 16 to May 1	Early Bird
$925	May 2 to June 28	Late Bird

REFUND POLICY

By May 1	Amount paid less $100
May 2 to June 15	Amount paid less $225

NO REFUNDS after June 15

QUESTIONS?   Call Mark Zenobia ---- 910-686-0026 ---- mzrace@oymp.net

"NO HEADPHONES/EARPIECES ALLOWED"

REGISTER EARLY – We will sell out.

R2C20 CLOTHING ORDER: PRE-ORDER ONLY

DEADLINE TO ORDER: JULY 5

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: <u>American Ultrarunning Association</u>

Mail check and order form to: Will to Win, 2411 Rt. 563, EHC, NJ 08215
Questions: <u>weschaefer@verizon.net</u> or <u>mzrace@oymp.net</u>

Clothing orders must be received by July 5.
<u>Items ordered will be available for you at packet pickup on race day.</u>

HANDICAPPED START INFO

20th Annual
RIVER TO SEA RELAY
August 1, 2015

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 and 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 28th***. 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)

R2C20 STAGE DESCRIPTIONS
River to Sea Relay

Stage	Length	Description
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	Loooonnnnngggg 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.

2015 River to Sea Relay
R2C20

AWARDS

Structuring Your Team and Awards Description

If you care about possibly winning a prize in R2C20, 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 2014 was 8:30:29, 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 (<u>MUST</u> have at least 5 men; may have 1 or 2 women);
Women (<u>MUST</u> have 7 women);
Coed (<u>MUST</u> 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

NOTE: All Award Winners will be announced the night of R2C20 **except <u>Fastest Elapsed Time</u>** which will be done by Email, and on our website, www.oymp.net.

R2C20 WAIVER AND TEAM ROSTER

TEAM #_____   TEAM NAME _____(required)

Completed Waiver and Team Roster MUST be turned in on race day morning (8/1/15) when you report to the Relay start. You <u>will</u> 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 2015 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).**

<u>TEAM ROSTER – PLEASE PRINT CLEARLY</u>
Roster changes require waiver signature

1. Name _____ Waiver Signature _____

   Street _____ City _____

   State _____ Zip _____ Age (on 8/1/15) _____ Gender_____

2. Name _____ Waiver Signature _____

   Street _____ City _____

   State _____ Zip _____ Age (on 8/1/15) _____ Gender_____

3. Name _____ Waiver Signature _____

   Street _____ City _____

   State _____ Zip _____ Age (on 8/1/15) _____ Gender_____

4. Name _____ Waiver Signature _____

   Street _____ City _____

   State _____ Zip _____ Age (on 8/1/15) _____ Gender_____

5. Name _____ Waiver Signature _____

   Street _____ City _____

   State _____ Zip _____ Age (on 8/1/15) _____ Gender_____

6. Name _____ Waiver Signature _____

   Street _____ City _____

   State _____ Zip _____ Age (on 8/1/15) _____ Gender_____

7. Name _____ Waiver Signature _____

   Street _____ City _____

   State _____ Zip _____ Age (on 8/1/15) _____ Gender_____

<div align="center">**ALL LINES MUST BE COMPLETE**</div>

RIVER TO SEA RELAY
Milford NJ to Manasquan NJ

The 20th annual River to Sea Relay is set for Saturday, August 1, and again will attract teams who love pain, suffering, heat, humidity and lack of shade. The Early, Early Bird entry cutoff is March 15th and the final entry date, subject to a sellout, is June 28th.

2014 overall champion, Game Change, will be back to defend its title in the 91-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. The average team finishes in 10-11 hours at the beach in Manasquan.

Each team member runs two of 14 unequal stages and provides support and encouragement in between. The winning team is the first to dive into 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 first-only categories: First To The Sea Overall; Open Men, Women and Coed; Veteran Men, Women and Coed and Fastest Elapsed Time, Men Women and Coed. River to Sea Relay clothing will be available to all participants on a pre-order only basis.

The 2015 River to Sea Relay welcomes all teams; fast or slow, corporate or social, from nearby or far away. So join R2C20 for a day of fitness, competition and excitement. 120 team maximum.

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For info, call Mark Zenobia at 910-686-0026 or send Email to mzrace@oymp.net.
For online registration, visit www.oymp.net

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To all R2C20 Team Captains:

Please feel free to pass on this Press Release to your local newspaper, adding your team's personal story.

From River to Sea, a Race About Finishing

By VINCENT M. MALLOZZI

TWELVE years ago, the sight of the Olympic torch gave a couple of road racing buddies a bright idea.

On an April day in 1996, Mark Zenobia and Dan Brannen watched the Olympic flame pass through Livingston en route to Atlanta, and began discussing the possibility of staging their own relay race.

Within minutes, they were talking logistics and unfolding maps.

"And the race was born right there," Mr. Zenobia recalled, "on the hood of Dan's car."

On Saturday, more than 750 runners will participate in the 13th annual River to Sea Relay, a 91.7-mile race that covers 34 towns and 5 counties: Huntington, Mercer, Somerset, Middlesex and Monmouth. It traverses the state, beginning in Milford, on the Delaware River, and ending on the beach in Manasquan, where many runners take a dip in the ocean before heading to an awards ceremony complete with rosette ribbons, a D.J., pizzas and sodas.

It is a scenic race, but fun may not be the best way to describe it.

"This event is not for the faint of heart," Mr. Zenobia warned. "This is not a 5K road race or a bingo tournament. This is extremely hard, and not something the human body should be doing."

Indeed, the R2C, as some veterans call it, is a grueling 14-stage trek usually performed beneath an August sun that can knock the most grizzled runners off their dusty cross-trainers.
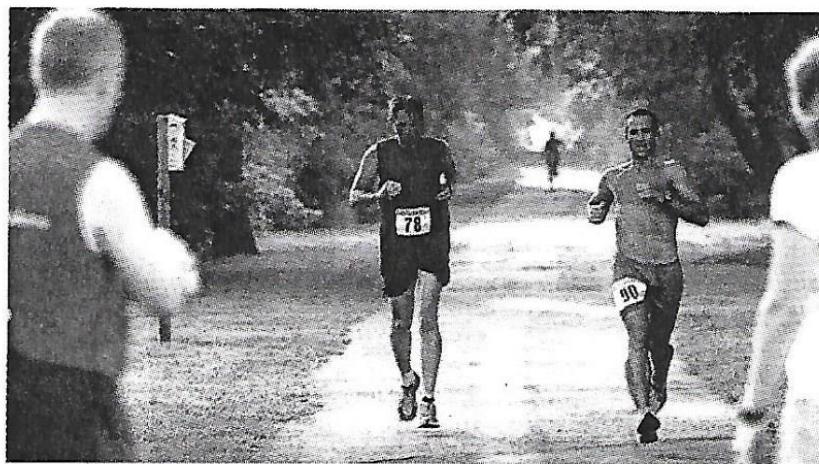
END IN SIGHT
Runners near the final exchange point, in Manasquan, in the 2007 River to Sea Relay race.

PAUL MECCA

The race takes some teams more than 12 hours to complete; the fastest team last year finished in just over 8 hours 10 minutes.

"It's not about winning," said Tom Henry, 46, of Cranford, the captain of Nolan & Associates, who will participate in his 12th R2C on Saturday. "It's about finishing."

This year's race features 7-member teams made up of men, women or a combination of both. Each of the 110 teams has two cars in tow, one for directing runners along the arduous route, and a second to drive runners from stage to stage.

"When people around the state see us going through their towns, many of them stop to ask about the race," Mr. Henry said. "When we tell them it's a 92-mile relay, they think we're crazy."

Barring injury, each team member is not allowed to run more than two stages. Start times are handicapped based on the average 5K (3.1-mile) time of a given team.

"Running early in the morning is not so bad," said Tom Kelly, 67, of West Orange, who will also partake in his 12th race. "It's when you hit the 7- or 8-mile mark, when that sun starts beating down on you and there's no shade, that it really starts to get difficult."

The most grueling leg of the race, from Lambertville through Hopewell — an 8.2-mile jaunt between miles 20-29 — is called the Beast by those who have run the relay. A series of "monster hills," as Mr. Zenobia calls them, are the most challenging obstacles along that stretch.

"Only the craziest runners take that leg," Mr. Zenobia said. "If you're not fit to attempt it, don't — it's for the real animals of our sport."

Mr. Kelly, whose team includes his wife, Martta Rose, has tackled the Beast before.

"You're really tired when you're done with the Beast, but it's a nice feeling of accomplishment," he said. "Though your body is aching, there's very little

time to feel sorry for yourself, because you have to get back in the car and start driving again."

Kim Standridge, 19, of Randolph, who runs track and field at Cornell, is the captain of MoCo LoCo, a Morris County team made up of seven women, ages 19 to 27, all of whom compete, or have competed, as long-distance runners in college. MoCo LoCo ranks atop a list of colorfully named teams that will compete in Saturday's race, including Running With Wood (Maywood) and Where in the Shell Is the Sea (Flemington).

"This is a race I really look forward to because I get to be a teammate of some of the girls I compete against during the college season," said Ms. Standridge, who will take part in her third straight R2C. "Our team is in pretty good shape, but still, you really have to be careful and stay focused so that you have enough energy to run both legs, and at the same time, run fast enough to keep a level of competitiveness throughout."