



RACE GUIDE 2023

Welcome to the Oceans 50 Relay Race! We hope you are all ready for a day of scenic running, cheering teammates and the celebration at the finish.

Be sure to read over this entire race guide prior to race day. Safety is our priority.

RACE RULES

Navigation

- Each team vehicle will be required to have a navigator that is alert at all times. The navigator must be in the front passenger seat and must have a copy the race guide available for consultation. The navigation responsibilities may be rotated between team members. The navigator may not be the driver.
- Each team is responsible to be sure that their runners follow the course route. Team vehicles are allowed to wait for their runner at points where the route may be difficult to follow in order to direct them which way to go.
- Should a runner get off course; they may ride back in their team vehicle to the point on the course where they went off course and continue from there. At no time may a runner who is on the course ride in the team vehicle in order to compensate for mileage that they may have added.
- Course Signage is occasionally moved outside of the control of the race management; It is the runner's responsibility to make sure that they are familiar with the legs of the course they will be running.
- If a runner gets lost on the course follow the following protocol:
 - Drive ahead to the next exchange point. Drop off the next runner and one other teammate with a cell phone. If the lost runner arrives at that exchange point the next runner can start running and the other teammate can call the team vehicle. In the meantime the team vehicle will be on the course looking for the runner. Notify the race director via text stating the team number, where the runner was last seen (what leg and where on that leg), how long they have been lost and a description of the runner. The closest race staff will be sent to help locate the lost runner.
- There are several sections of the course where runners are running towards each other, on 2 different legs. Make sure you always follow the signs in front of you, not ones that are not facing your running path.

Race Bibs and Runner Exchange

- Team race numbers must be worn and visible on the front of each runner at all times while running. Volunteers and staff need to be able to see numbers at all time.
- The team's slap bracelet should at all times be in possession of the current runner. Runners must exchange the slap bracelet at exchange points. Only runners wearing a slap bracelet will be allowed to exit the exchange chute to begin a new leg.
- Exchange of the slap bracelet is to take place only in the exchange chute area.
- Optional no slap bracelet exchange: Runners will "exchange" when their incoming runner is close enough to touch hands.

Runner Safety

IF THERE IS AN EMERGENCY ON THE COURSE CALL 911. Then call the race director, Carrie 352-514-1283.

Failure to abide by the safety guidelines can and will result in disqualification.

- All teams must attend the safety briefing before receiving their race numbers and team packets.
- This is an open road course! This means the roads are not closed for the event; this goes for intersections as well. Runners can only cross roads in pedestrian crossings and when traffic is clear. It's easy to get caught up in the excitement of the race, do not risk running in front of cars to save a few seconds.
- There are many potential hazards in a race of this type including, but not limited to: automobile traffic, road and trail conditions, and weather. We ask that all teams please take appropriate precautions to insure a fun and safe event.
- Runners are to run on the left shoulder of all roads (against traffic), using sidewalks or trails when available, unless signs or maps directions direct otherwise.
- During this race we will not be stopping traffic for runners. Runners do not have exclusive use of the roadway and are required to obey all traffic laws. This includes stopping at traffic lights.
- We are not responsible for any traffic infractions that you may incur as a runner or a driver. Follow all driving and pedestrian laws.
- The use of music devices (ipods, mp3 players, etc) with headphones while running is discouraged. If you still choose to use them, you do so at your own risk. Please make sure that you can still hear traffic and that you are aware of the situation around you. You must still be able to hear instructions from race crew or volunteers.
- This is a self-crewed race. There will not be any water stops. Some parks do have water fountains available and there are several stores along the way to restock supplies.
- There may be extremes in temperature and weather conditions while on the course. Be prepared for all weather conditions.
- Teams must ensure their runner's safety by monitoring the condition of their runners before, during, and after each leg. Runners should make sure that they hydrate before each of their legs, while running, and after each of their legs. Sports drinks fortified with electrolytes are suggested.
- Rollerblades, unauthorized bicycles, dogs or other animals, baby joggers/strollers, scooters or skateboards are not allowed on the course.
- There is to be no alcohol consumed by the runner, the driver, the navigator or any of the support crew during the race.
- If weather conditions warrant stopping the event (i.e. extreme high temperature, lightning) the captain of each team will be contacted by the race director and the race will stopped until conditions improve. Teams will wait at their current location until given the go ahead to start again.
- There are no medical aid stations on the course. Plan to bring a first aid kit for minor injuries, blisters, ibuprofen etc. For medical emergencies call 911.

Support Crew Safety

- Support vehicles must have headlights and daytime running light illuminated at all times.
- When at an exchange point or providing support to a runner the vehicle must be completely off the road and should only pull over when it is safe and legal.
- Team vehicles are to obey all traffic laws including speed limits, heeding all traffic signals and signs, stopping on roadway, avoiding slowing down where it will impede the flow of traffic.
- Parts of the course are “no support” means that teams are not to provide any support to their runners in these areas. We suggest that runners carry a cell phone or some other way to communicate with the team van while running in non-support areas in case of emergency.
- Runners should also carry any needed water or gels as no support can be provided in these parts of the route. There will not be any water stations on any of the legs.
- Support team members should exercise caution when exiting the vehicle. If team members need to cross any roadway they should use crosswalks where available. Support team members should adhere to all traffic laws pertaining to pedestrians.
- The race will occur rain or shine. However, under certain severe weather we reserve the right to cancel the event. There will be no refunds given if the race is canceled due to weather. We also reserve the right to delay the start of the race where weather conditions may be dangerous to the runners or support staff.
- No refunds will be given should a team be ejected for unsafe behavior.
- If a team is starting before sunrise the runner is required to wear a headlamp and reflective vest. Any support crew members outside of their vehicle before sunrise must also wear a reflective vest.

Team Numbers and Runner Order

- Ultra teams consist of 2 runners. Individual legs cannot be split up. Legs can be assigned to each runner however the team decides to. In case of injury and the team cannot continue, teams must contact the race director Carrie 352-514-1283.
- Regular teams can have as few as 3 runners and up to 6.
- Teams have the discretion to assign legs in any order they wish. Runners do not have to run in any specific order. Individual legs cannot be split up unless in the case of injury.
- If someone is injured during their run another teammate that is already part of the team can finish their leg for them. The injured runner cannot return to the race and another team member must run any of their remaining mileage.
- Pacers are allowed but must obey all race rules.
- If any team cannot finish the race for any reason they must contact the race director Carrie 352-514-1283.

Violation of any race rules could result in a time penalty or disqualification from the race. All infractions shall be reported to the race director by volunteers, staff or teams.

Volunteers

- All teams that have at least one team member that lives in Flagler County are required to provide one volunteer for race day. Sign up your volunteer online (link on website) by October 27th. You also have the option to pay \$50 and we'll provide a volunteer for your team from our charity.
- Volunteer shifts and general duties are posted on the website.

Start Times

- Teams will be assigned a start time based on their average team pace. Slower teams start earlier, faster teams start later in most cases.
- Captains need to have their online roster full by October 20th and paces updated by October 20th.
- Start times will be assigned by end of day October 24th. Any teams without a completed roster will not receive a start time until it is completed.
- Sandbagging is not permitted (entering a team pace much slower than the team expects to run). Teams will be held at exchange points if they arrive there too early. Holding times will be posted when start times are assigned.
- 10/24: Start times are posted on the website along with the holding times. See below for an explanation of holding times.
- Holding Times: Start times were assigned based on the submitted average team pace for each team. From there, set up times, volunteer shifts, take down shifts, etc were created based on the arrival times of each team at each exchange. If a team incorrectly predicted their pace by too much on either end (too fast or too slow) they risk getting ahead of the set up crew or behind the take down crew. Therefore, we have a window of time for each exchange that all teams must arrive in. If you believe your team will get to an exchange before the holding time or after the push ahead time, please contact the race director immediately to change your start time.

Team Captains:

- **Important Dates**
 - October 20th: Online rosters must be completed
 - October 20th : Team average pace updated (under team captain's profile)
 - October 24th: Start times posted on the website
 - October 27th: Volunteer info submitted or exemption requested

- Have your team at the start line an hour prior to your start time. A short safety briefing will be held approximately 45 minutes prior to starting. Teams can then pick up their packets and get ready to run.
- Fill out spreadsheet at check-in with 2 team member's names & phone numbers. If any news needs to be communicated to the teams it will be via text or phone call to the main van contacts.
- If your team observes any teams violating any of the race rules please text Carrie at 352-514-1283 with the team name or number, location of the team and what the infraction is. We are serious about safety and want you all looking out for each other.

Awards

- Top 3 Overall Teams
- Top 3 Male, Female and Mixed Teams
- Top 3 Male, Female and Mixed Ultra Teams
- Sweetest Ride*
- Best team costume*

*We will have designation volunteers and staff judging our personality awards this year. Awards will be given at awards ceremony at finish line.

Suggested Packing List

- Leg maps and race guide
- Extra shoes and clothes to run in
- Cash and credit cards for gas, food, water, supplies along the course. There will be several convenient stores, pharmacies and grocery stores along the way.
- Phone car charger
- First aid kits
- Cooler with ice
- Baggies to make ice packs
- Trash bags to keep van clean
- Massage roller
- Water
- Electrolytes
- Food
- Towels for seats
- Try to limit single use bottles
- Headlamp and vests if you're starting before sunrise
- Smart phone/GPS/camera