

JUNE 21, 2009



Relay Team Captain's Manual

Thanks to our 2009 Sponsors!!



The Fallen 4 Relay/Marathon

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Mission

To support the communities, family and RCMP members that were affected by the horrific events in March 2005.

Race Format

The Relay uses 4 stages heading in a westerly direction from the Fallen Four Memorial Park in Mayerthorpe to the RCMP Memorial in Whitecourt.

Start Locations and Times

The race will commence just 200m away from the Fallen Four Memorial Park and end at the RCMP Memorial Monument at the RCMP detachment in Whitecourt. The start time for the relay will be approximately 8:00am, about an hour after the Marathon start time.

Increased Safety

The relay will start and finish in daylight, decreasing the risk of accidents.

The race course closes as runners progress up the course. Racers must stop running and be picked up by their support vehicles if the stage they are running officially closes. The race route will be open until 2:00pm. All marshals, traffic control, and barricades will be removed after that time.

All runners and must wear a high visibility garment at all times. All support personnel must wear a high visibility vest on ALL stages of the race.

The Rules of the Race

The rules of the Fallen 4 Relay have been developed to assure the race will be run as safely and fairly as possible, and will be a lot of fun. Good sportsmanship is assumed, and everyone involved in the race is responsible for knowing the rules and following them. Some of the race rules are advised or mandated by Alberta Transportation. They apply to everyone, and will be enforced fairly. Infractions may result in disqualification of the entire team involved. Race officials will monitor the relay closely. Remember that we are **guests** on Hwy 43, and are **sharing** the highway with others who have nothing to do with the Relay/Marathon. Please respect their right to travel unimpeded along the highway.

Throughout the race we are subject to Alberta Transportation regulations and to the traffic and liquor laws of the Province of Alberta. These laws and regulations will be strictly enforced by the RCMP, who will issue warnings and tickets or will prosecute, as appropriate. Race officials will be informed of all infractions. Infractions may result in team disqualification and a ban from future participation in the race. At any point in the race, teams or team members who need assistance or information, or who have complaints or concerns, should approach the race officials at the nearest race station.

Race Rules

1. This is a team event. A team may represent a club, organization, a race association or any other group.
2. A team consists of four (4) runners.
3. Use only provided porta-potties, gas stations, etc; do not use the woods.
4. No competitor may register or run with more than one team.

5. There is no limit governing the maximum age of competitors.
6. Abuse of officials or volunteers will not be tolerated and will result in team disqualification.
7. Runners must wear their assigned competition number on the front. The number must be visible at all times.
- 8. Support personnel must wear a high visibility vest on ALL stages of the race, and runners must wear a high visibility garment.**
- 9. As there are only 9 water stations along the route, it is strongly recommended that runners carry water.**
10. Competition numbers are not transferable. Violation may result in team disqualification. Competition numbers must correspond to the stage the runner is assigned to run, except in the case of substitution. The substitute runner will wear the number corresponding to their normal assigned stage, and not the number of the runner they are replacing.
11. Competitors must run on the shoulder of the road with traffic.
12. Runners are expected to complete their designated stage(s), as shown on the Team Race Plan or as reported to race officials and recorded by the captain as a change on the Team Race Plan.
13. Exchanges must be made by transferring their timing chip to the next runner within the exchange zone.
14. A runner substituting for another may run his or her own later stage.
15. For reasons of safety, fair play, and reduction of highway congestion, a runner must run single file along the highway. Do not run side by side. Passing is allowed.
16. A runner must withdraw from the race at once if ordered to do so by a member of the officially appointed medical staff. The competition number must be forfeited to the medical staff member, who will give it to the race officials at the nearest station, who in turn shall give it to the race referee.
17. Bicycles, strollers or wheelchairs are not permitted on the course at any time.
18. If you must stop along the highway to support your runner **please use one of the many side roads to park**. This is required to reduce congestion and ensure everybody's safety.
19. No stopping on the highway to support runners except in a case of emergency.
20. Teams are not to use motor homes as team support vehicles. If your team uses a motor home for team accommodation, plan to have a smaller vehicle as the team support vehicle.
21. Racers must stop running and be picked up by their support vehicles when the race officially closes. All marshals, traffic control, and barricades will be removed after that time.
22. Teams not finishing within the official closing time (see previous point) will be recorded in the official results as D.N.F. with no time.
23. Each exchange point is strategically placed along the route to allow for parking of the support vehicles off of HWY 43. **Please ensure that your support vehicles are parked along the service roads near the exchange points**. You may park your vehicle and walk to the exchange point for hand off and to cheer on your runners.
24. Runners are expected to wear a high visibility clothing item while running on the highway.

Runner's Responsibilities

1. Each runner must know and adhere to the rules of the race, including Alberta Transportation regulations and environmental, liquor, and traffic laws.
2. Runners must respect and take direction from race officials and Marshalls. This may include being asked to stop and wait until the Marshall allows them to proceed as there are points that require additional safety measures.
3. Runners must conduct themselves according to the tenets of good sportsmanship and fairness.
4. Runners must display the race number on the front. The race number must be visible at all times.
5. Runners are required to wear a high visibility garment while running on the highway.
6. Relay competitors are responsible for reaching the start of their stage in ample time to allow safely being in position for the hand off.
7. **Support personnel must wear a high visibility vest. Teams not adhering to this rule will be disqualified and the team will be recorded as D.N.F.**
8. Racers must stop running and be picked up by their support vehicles when the race officially closes at 2:00pm.

Captain's Responsibilities

Each team must designate a captain, who may or may not be a competitor. The captain is the contact person between the team and the race organizers and officials. Their responsibilities include the following:

1. The captain must ensure that all team members are aware of the race rules and obey them.
2. They must register the team, with names of all team members
3. The captain must ensure all team member waivers have been signed brought to one of the two captain's meetings. No team will be permitted to race if any waivers are missing. These can be found at the end of this document.
4. The captain must ensure that assigned runners are at their stations well in advance of their scheduled start time to receive the exchange from the incoming runner.
5. When the race officially closes, ensure that runners from your team are safely removed from the course. Do not continue running.
6. Ensure all team related vehicles have a valid vehicle tag.

Captain's Meeting

1. The captain must attend one of the two Captain's Meetings. One meeting will take place Saturday, June 20, 2009 at 5:00pm at the Allan & Jean Millar Centre. The second meeting will be at the 109st Running Room (8537 - 109 Street) in Edmonton on Thursday June 18, 2009 at 7:30pm, so that our out of town teams will not have to travel as far. Any team not represented at one of these meetings will be disqualified.
2. Only the captains & co-captain may attend this meeting. In total, only two representatives per team may attend.
3. This meeting is closed to all other team members.
4. **Each team must bring a signed waiver by each member of your team. They are found at the bottom of this package. No runner is permitted on the course without a signed waiver.**
5. The captain will receive:
 - Final race instructions
 - Race bibs
 - Vehicle tag numbers
 - Fallen 4 Relay/Marathon technical shirt for each member of the team.

Traffic and Safety Rules

The Fallen 4 Relay produces potentially dangerous traffic congestion during the race. All of the runners, along with family, friends, spectators, and officials, create an unusual amount of pedestrian and vehicular traffic not only at the stations but all along the highway between Mayerthorpe and Whitecourt. Team **support vehicles (the ones with the official vehicle tags)** may stop along the course by pulling their vehicle into one of the **side roads to park**. Please be exceptionally careful and courteous all through the race. While driving, watch out for runners, pedestrians, and spectators, particularly children, at stations. Cautious and courteous driving is essential to the safe and orderly conduct of the race. Runners and other pedestrians must watch out for vehicular traffic at all times. If children accompany you, watch them very closely. The race course is open to the general public.

1. Bicycles, strollers and wheelchairs are not permitted on the course.
2. Teams are to restrict themselves to one vehicle. To alleviate parking congestion at the exchange points, each team may have one vehicle designated as the shuttle vehicle to take runners ahead to the exchange points and pick up runners completing their stage. This vehicle **MUST** display the supplied Vehicle tag.
3. It is the responsibility of the support vehicle to ensure that the runners are at the designated exchange point in plenty of time to meet the oncoming runner.
7. Obey all signs and instructions from traffic control personnel at stations. Be extremely cautious around stations; watch out for runners, pedestrians, and other vehicles.
8. Support vehicles personnel and race officials must wear reflective vests or other reflective clothing at all times.
9. Obey all Alberta Transportation regulations. The RCMP will enforce all Traffic, and Liquor regulations. They will issue warnings and tickets.
10. An accident, or persistent infraction of these regulations or unmanageable traffic congestion, could jeopardize the future of the race. Please help us keep the race safe and alive by limiting the number of vehicles your team brings to the relay.

Fallen 4 Relay Course Description

Stage 1: 10.0 km - Easy

The start of stage 1 begins 200m from the Fallen Four Memorial Park in Mayerthorpe, Alberta. It is a relatively easy run with little elevation change around.

Stage 2: 9.5 km - Easy

This stage is the shortest of the 4 legs of the race. It is quite easy with little elevation change.

Stage 3: 12.7 km – Hard

This is the toughest leg of the relay. It begins at the bottom of 6 mile hill and continues to the top with a bit of downhill at the end.

Stage 4: 10.0 km - Moderate

This is the last leg of the race. It is mostly downhill with a slight uphill into the town of Whitecourt, AB. You will cross the finish line at the Whitecourt RCMP Detachment. Good Job!

Visit our website at www.runningroom.com under races for the elevation and distance map.

Fallen 4 Relay/Marathon Event Waiver

I know that participation in physical fitness events is a potentially hazardous activity. I agree not to participate unless I am medically able and properly prepared. I should not participate without my physician's approval.

I agree to abide by any decision of an event official concerning my ability to safely participate.

I assume any and all risks associated with the event; including but not limited to, falls, contact with other persons or objects, the effects of weather, traffic and course conditions.

As a condition of my entry into this event, I for myself, and any accompanying minors, and anyone entitled to act on my behalf, waive and release the Town of Whitecourt, the Mayerthorpe Fallen Four Memorial Society, and the Mayerthorpe and Area Aquatic & Recreation Society, any associated or related entities, their directors, officers, employees, agents, representatives, sponsors, volunteers, and organizers (herein collectively called "Event Organizers"), from present and future claims and all liabilities of any kind, known or unknown, arising out of my participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of the Event Organizers.

I agree that the Event Organizers shall not be liable for any personal injury, death or property loss, and I release the Event Organizers and waive all claims with respect thereto.

In the event of my registration fees being paid, I agree to be bound by the provisions of this waiver. I understand I may NOT take part in this event without signing this waiver.

I grant permission to Event Organizers to use or authorize others to use my personal information, any photographs, motion pictures, or any other record of my participation in this event or related activities without remuneration.

Applications for minors shall be accepted only with a parent's signature and should be signed by the minor.

I have read this Waiver. I understand and accept its terms, and as a consenting adult, I willingly and knowingly enter into this agreement.

Date: _____

Participant Name: _____ **Signature:** _____

Parent or Guardian Name (in the event participant is a minor): _____

Parent or Guardian Signature: _____

Witness Name: _____ **Witness Signature:** _____

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