

## **3rd Annual Get Runnin Relay**

Saturday September 27, 2008

### **What Is It?**

The Get Runnin Relay is a fun team running event with each team having 6 members. The course consists of 12 legs that are each approximately 5 kilometers. Team categories include Open (Co-ed), Men, and Women.

### **Where Is It?**

The event will start from Hunt Hill Audubon Sanctuary at 9AM and travel the beautiful roads and trails around Long Lake in Washburn County. Hunt Hill Audubon Sanctuary is situated on Audubon Road 4 miles east of U.S. Highway 53. The course will include blacktop and gravel roads and dirt trails over gently rolling terrain. Participants are able to choose which leg they want, so if you are an elite runner, recreational jogger or a novice, this relay race is for you. If you have never participated in a relay, you will quickly learn that it is easier than you think to run two times in one day in a fun team environment.

Go to <http://www.audubon.org/local/sanctuary/hunthill/> and click on About Hunt Hill and Map to Hunt Hill for directions.

### **What Do We Need?**

Each team will be allowed one transport vehicle on the course. This transport vehicle is required to be less than 7 feet wide (Vans work great) and must be able to hold the team members, food, beverages and other essential supplies. Creativity is encouraged!!

### **How Much Is It?**

The cost is \$180 per team if registration is received prior to 9/10/2008. Registrations received after 9/10/2008 is \$210 per team. There will be no race day registration and entry fee is non-refundable. Any proceeds from this event will be donated to the PLAY Foundation of Northwest Wisconsin. PLAY (Promoting Lively and Active Youth) is a 501c3 non-profit corporation organized to increase the awareness of childhood obesity and encourage youthful activities in northwest Wisconsin. We encourage you to register early as the event is limited to the first 15 paid registrations.

### **What Do I Get?**

Other than a reason to get off the couch and stay in shape, this fun event will provide you with a great opportunity to get together with friends and/or family in a team environment. Never know, you may even make some new friends. Each participant will be provided a commemorative shirt, a fun course and a BBQ and awards ceremony at the finish. Each team will also get a commemorative baton.

### **What If I Can't Get a Team Together?**

No problem. We have teams looking for people. Send in your registration form and we will do our best to get you on a team. We will refund your entry fee if a team is not found.

### **What If I Have Questions?**

Simple. Send an email with your question to "playfoundation@hotmail.com"

### **What Do I Need to Do?**

Line up your friends and family to participate in this fun event and send in your registration before September 10, 2008. An entry form, preliminary course map and other race information are included on the following pages.

### **3rd Annual Get Runnin Relay Official Rules**

1. Teams shall consist of 6 runners, whom shall each complete 2 legs of approximately 3 miles while carrying a baton. Team members are required to run in a fixed order. For example, Runner 1 runs leg 1 and 7, Runner 2 runs leg 2 and 8, etc.
2. All transitions must occur within 30 meters of a designated checkpoint.
3. Runners must wear an official race number at all times while running.
4. If a runner cannot complete a leg for medical reasons, either the runner before or after must complete their leg plus the injured runners leg. Substitutions are not allowed for tactical reasons. Substitutes must complete all remaining legs for the injured runner.
5. Batons must be visible to race officials at all checkpoints.
6. Runners may receive water or other supplies from team members while running. No other contact with the runner is permitted.
7. Runners that take a wrong turn must return to the course where they left off and continue running the correct route.
8. Runners must pause at all stop signs and cross roads at designated locations.
9. Runners are required to run on the shoulder of the left hand traffic lane unless otherwise directed.
10. Teams may use only one transport vehicle during the race. Team vehicles must be less than 7 feet wide.
11. Team vehicles must display official identification tags at all times during the event.
12. Team vehicles must obey all speed limits, traffic signs, other traffic laws and any other instructions from race officials.
13. Vehicles may not block other vehicles or obstruct the road or course in any way.
14. Vehicles must park in designated parking areas within the transition zones.
15. Participants must not leave litter along the race course.

**Violation of any rule may result in assessment of time penalties or disqualification of the runner and/or team from the event.**

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**USATF Sanctioning Applied For**

Please print this form to use as your entry. One entry form with signatures from all runners per team is required for registration. All participants must enter the required information, read the waiver of liability, sign the release (all team members must sign), enclose a check made payable to **Get Runnin Relay**, and mail to:

*Jon Gargulak, 610 Linden Avenue, Rice Lake, WI 54868*

Name of Team \_\_\_\_\_ From (City, State) \_\_\_\_\_

Manager's Name \_\_\_\_\_ Phone (Day) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Category: Open \_\_\_\_\_ Women \_\_\_\_\_ Men \_\_\_\_\_

Entry fee is \$180 per team if received prior to 9/10/2008. Entry fee is \$210 per team if received after 9/10/2008.

I understand, in my role as manager, I am responsible for providing my team members with copies of information sent by the race directors. I will ensure all runners for this team sign the required waivers, and they understand the official rules governing the relay.

Team Manager Signature \_\_\_\_\_ Date \_\_\_\_\_

**Entry fees are not refundable or transferable**

**You will receive verification of acceptance via email**

An email will be sent to the team manager confirming receipt of the entry form.

### 3rd Annual Get Run'n Relay

### Waiver of Liability Form

No team will be allowed to participate until all team members have signed this form.

<b>Runner 1</b>	<b>Runner 4</b>
Signature	Signature
Printed Name	Printed Name
Date	Date
<b>Runner 2</b>	<b>Runner 5</b>
Signature	Signature
Printed Name	Printed Name
Date	Date
<b>Runner 3</b>	<b>Runner 6</b>
Signature	Signature
Printed Name	Printed Name
Date	Date

#### **Waiver**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there may be traffic on the course including automobiles and other motorized vehicles. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including but not limited to: falls, contact with race officials, spectators or other participants, the effects of weather, including high heat or humidity, and the conditions of the roads and trails, all such risks being known and appreciated by me.

Knowing these facts and in consideration of your acceptance of my entry fee, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim in my behalf, covenant not to sue, and waive, release and discharge any organization associated with this race and the local governments and police/sheriff departments, volunteers, and any and all sponsors including their agents, employees, assigns or anyone acting on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever, foreseen or unforeseen, known or unknown.

If as a result of my participation in the Get Runnin Relay, I require medical attention, I hereby give my consent to authorize medical personnel of the event to provide such medical care as is deemed necessary by such authorized personnel.

The above signed further grants permission of this race and any organization conducting the race and/or agents authorized by them to use photographs, videotapes, motion pictures, recordings or any other of this event for any purpose.

By signing above I certify that in accordance with the rules of the USATF and the IAAF, I am eligible to compete in this event. I have read the foregoing and certify my agreement by my signature above.

**3rd Annual Get Runnin Relay**  
Team Roster

**Runner 1**

Name \_\_\_\_\_ **T-Shirt Size** (Check one) S M L XL XXL  
Address \_\_\_\_\_ **Age** (on race day) \_\_\_\_ **Sex** M F  
City \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_  
Email Address \_\_\_\_\_

**Runner 2**

Name \_\_\_\_\_ **T-Shirt Size** (Check one) S M L XL XXL  
Address \_\_\_\_\_ **Age** (on race day) \_\_\_\_ **Sex** M F  
City \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_  
Email Address \_\_\_\_\_

**Runner 3**

Name \_\_\_\_\_ **T-Shirt Size** (Check one) S M L XL XXL  
Address \_\_\_\_\_ **Age** (on race day) \_\_\_\_ **Sex** M F  
City \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_  
Email Address \_\_\_\_\_

**Runner 4**

Name \_\_\_\_\_ **T-Shirt Size** (Check one) S M L XL XXL  
Address \_\_\_\_\_ **Age** (on race day) \_\_\_\_ **Sex** M F  
City \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_  
Email Address \_\_\_\_\_

**Runner 5**

Name \_\_\_\_\_ **T-Shirt Size** (Check one) S M L XL XXL  
Address \_\_\_\_\_ **Age** (on race day) \_\_\_\_ **Sex** M F  
City \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_  
Email Address \_\_\_\_\_

**Runner 6**

Name \_\_\_\_\_ **T-Shirt Size** (Check one) S M L XL XXL  
Address \_\_\_\_\_ **Age** (on race day) \_\_\_\_ **Sex** M F  
City \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_  
Email Address \_\_\_\_\_