



Q&A FROM THE CAPE RELAY WEBINAR. 4.18.10

Q: Can we have two vans at exchange 6 to share the safety supplies and tees?

A: Yep!

Q: Are we allowed to have friends (non runners) help us in driving the vans?

A: Yes. They are not allowed to run though.

Q: Are headphones prohibited at night only or for the entire race? Will a team be disqualified if they use headphones?

A: You can use external speakers only, no headphones. This is per USA Track and Field.

Q: Morning! Will you cover parking options at the Start and Relay Exchange 6?

A: There is room to leave your car at the start line if that is what you are asking. We cannot be responsible for it though. Van 1 is the only van that needs to come to the start. Van 2 can go directly to exchange 6.

Q: Do van drivers eat free at end of race?

A: Yes, just let the caterers know they were a team volunteer and it was cleared by Brogg

Q: Great presentation Thank you!

A: Your're welcome! Glad it was helpful.

Q: Is the mileage marked throughout the race course?

A: No. There are roughly 700 signs on course including "1 mile until exchange" signs though.

Q: Are there any specifications regarding the type of head lamp and back lamp that we use for the race? Can we use improvised lamps (for example, clip-on lamps that are purchased at a hardware store)?

A: As long as you have a flashlight AND a headlamp and also another light on the back of you, you should be fine.

Nathan makes a good blinky light. You can find them on Amazon for about \$6-7.00

Q: What is the leeway that you're giving for the team pace during the race before the team is penalized?

A: Our volunteers are scheduled to show up plenty of time before teams start showing up, so chances are you'll be ok. If you are there an hour or so before the operation time, we will need to hold you in order to stay in front of your super fast team. :)

Q: will there be drinks and snacks for runners at the exchange sites?

A: Plan on brining enough food/drinks for your team. There will be water refill at the major exchanges. With a few changes to major exchanges we lost the use of a few kitchens as well. NRG Bar will be at Exchange 30 handing out samples to teams.

Q: Are runners allowed to wear heart rate meters with GPS meters on them?

A: Yep!

Q: When running at night are reflective chest belts allowed. I know the requirement is reflective vest but will any type of chest reflection be allow. ie. belt, dickies.

A: Any type of reflective material is fine.

Q: Will there be signs about the quit zones

A: Yes.

Q: We may be one runner short. some of our runners don't want to switch their legs. We don't plan on placing . Is it fine to cover the extra legs with whichever runner will do it.

A: We will need to know this ahead of time. You will still get your finishing time but will not be in the "official results"

Q: Will you have the signs up on Fri. In case we wanted to take a test run and make sure we know the route

A: Course set up begins on Friday.

Q: Will we be able to use tents at major exchanges

A: Yes.

Q: Can a vehicle have a trailer if the total length is less than 20 feet?

A: No trailers are allowed.

Q: Did you say that the pacer does not have to be one of the 12 runners?

A: Pacer must be someone on your team due to waivers and insurance.

Q: If I live in Scituate and am running leg 6, which starts in Scituate, do i have to be at the start line with my van 1?

A: No, you can meet your team at your exchange.

Q: At night, a runner will be wearing a headlamp, butt light, reflective vest AND carrying a flashlight?

A: Yes. The flashlight can be a small LED flashlight.

Q: You just mentioned that bibs have to be pinned outside reflective vests at night. I thought I read somewhere that the vest can be over your bib at night. Which is it?

A: Bib MUST be on the outside of your vest, or you can wear a race belt.

Q: Can you post the street addresses for the exchanges? I have never entered long and latitude into my GPS.

A: Some of the exchanges do not have physical addresses, therefore we given the coordinates.

Q: Flashlights are a new requirement (compared to RTB). Does the runner have to hand-carry a flashlight, in addition to a headlamp/lighted vest/butt-lamp, thru-out his/her leg or just carry it (in a pocket) as a backup? Thanks for clarifying this safety requirement.

A: Hi- the flashlight must be used on the night leg as well. The flashlight can be a small LED flashlight.

Q: when there is a dop out, in one of the vans it is the responsibility of the runners in THAT van to make up for the mileage? there is not a shift of the entire team?..

A: The sequence will shift for your team. We showed an example of how this may shift on the webinar too.

Q: Hi there, to clarify about a runner dropping out... there is not the option to change a runner at this point? or does the shift in runners only apply on race weekend... thanks.

A: If you have a runner substitution now, email us the runner that dropped out and the replacement runners name and email address. We'll send you a PDF waiver to have signed and emailed back.

Q: I just want to confirm, prior to race start if a woman drops out, we just bump the runners up so that runner 1,2,3 do 4 legs of the race

A: That is correct.

Q: Thank you! Awesome job.

A: You're welcome!

Q: where do you recommend people park

A: Each exchange will have "parking" signs to get you where your van needs to go.

Q: Well done, great information! Thank you!

A: Glad this worked out!

Q: I think I may have estimated my team's average 10K time to be quicker than we actually are. Is there any way to adjust our time to be a bit earlier?

A: Email me at race@13relay before the 25th of April with your new pace and we can update it.

Q: Sorry I missed it...but how do we find out start times?

A: Start times are posted on the "registration" page

Q: Do you need two flashlights and two headlamps or two flashlights or two headlamps or any combination of flashlights and headlamps equalling two light sources?

A: The active runner must have either a headlamp AND a flashlight or a headlamp and another headlamp around their waste or wrist.

Q: What is required for the van first aid kits?

A: This is outlined in one of the last pages of the book (before the maps) It is just suggested items.

Q: how much parking is there at the start?

A: There is a lot of parking at the start line. Van 1 is the only vehicle that needs to be there though.

Q: What time is check in from at the start?

A: Start times are posted on the "registration" page, plan on being there an hour or so before your start to have time to get all your stuff.

Q: what are butt lights? never heard of them

A: Red blinky lights. Nathan makes a great one.

Q: so with the runner dropout....it means that runners will need to switch vans, correct?

A: That, or just coordinate the vans before the exchange to swap out the runner.

Q: Can we skip printing out the town descriptions and info about ultra teams for our copies of the book?

A: Absolutely.

Q: Can the bicycle have a headlight? If it does, would the cyclist need a headlamp as well?

A: Yes, the headlamp on the bike would be great. We still want the cyclist to have a headlamp, red blinky light and the reflective vest. We want to be sure you guys are as visible as possible out there on the course.

Q: what happens if you are too slow for the major exchange opening times, and you arrive after the posted close time?

A: We will have volunteers scheduled up to 45-60 minutes after we expect the last team to come through. If you show up after that, we'll record your bib number and kindly ask that you jump ahead a few exchanges. (the amount of exchanges you jump ahead will be determined on how far behind your team is)

Q: thanks brogg!!! Can't wait to run!!

A: You're welcome! We're excited to not get any sleep!

Q: Does the listed team captain have to report to the check in or can one selected captain from van 1 report to the check-in with all necessary items instead?

A: It can be anyone from your team. Be sure to have all of the safety items from everyone.

Q: If a runner drops out during the race does the next runner in line have to move up, or can anyone pick up that extra leg? Basiclaly, do we have to stay in order?

A: Everyone will move up in rotation.

Q: are ipods allowed during daylight hours

A: No headphones per USA Track and Field. You can use external speakers with the volume low enough to hear your surroundings.

Q: Where can I find team start time? I dont see it on my team's registration page.

A: It can be found on our "registration" page.

Q: Do you require team captains to confirm somehow that we attended or listened to prerecorded training that you are conducting now?

A: No, but the more your team is educated on the race the better off we all are. This webinar will take place of the race day briefing.

Q: Can we get a sample rotation for when a mixed division team has a female runner dropout? How does the shift work in this case?

A: In the event of a runner from a mixed division drops out of the race, runners adjust as follows. If for example the runner dropping out is female and her dropping out causes there to be more males than females on the team then only a female runner may finish her legs for her. If, however, there are 7 or more females on the team prior to the injury, runners will adjust in the same fashion regardless if the next runner is a male or female.

Q: Do all 6 runners have to be in Van 1 at the start or is it OK to pick up one of the runners along the route before their leg?

A: Only 1 person needs to be at the start for the team check in.

Q: Are Team packets available for pick up prior to the race or only at the start?

A: Only at the start. Plan on being on site at least an hour before your start time.

Q: My team only has 9 runners; therefore, our van exchanges cannot be at stations 6, 12, 18, etc. We need to be able to have two cars at exchange 5 and then 9. Is that ok?

A: Yes, that will be ok. If by chance you are questioned by a volunteer just let them know your situation.

Q: What is a butt lamp? Do you have to carry both a flashlight and wear a headlamp for night running or is it a choice

A: Blinky red light for your buttlamp. The active runner must have either a headlamp AND a flashlight or a headlamp and another headlamp around their waste or wrist.

Q: With the pacing for the team, some of our runners are fast, and will be ahead of pace, others will be slow enough to even things out... will this impact us at the major exchanges?

A: You should be ok since we schedule our volunteers before and after the scheduled time we expect teams. However, if you are at a major exchange an hour or so the scheduled time, we will most likely need to hold you so you don't get in front of our set up crew. If you get there 45-60 minutes later, we will record your team and kindly ask that you jump ahead to get back in the operation window.