

Tobacco Road Relay

Rules

Introduction

The Tobacco Road Relay is running through multiple municipalities, through several counties and along a variety of roads and greenways. You will be running on roads that are open to normal community traffic, on sidewalks with other pedestrians and on greenways with horses, cyclists, runners and walkers. We have 3 types of rules...and all must be followed. Violation of these rules could jeopardize someone's safety, could disrupt the flow of the race and could jeopardize the future of TRR.

1. Safety: for runners, volunteers, staff and community...always #1 priority!
2. Logistics: Navigate from Start to Finish...efficiently!
3. Courtesy: We want to be welcomed back in future years!

Application of Rules and Penalties

All team members, drivers, support staff, relay volunteers, spectators, etc... must comply with the Rules. A violation of any rule by a person affiliated with a team will result in the respective penalty of the team.

Self-policing

Race Officials cannot observe 75 miles of the Tobacco Road Relay course, with runners covering a 5-hour spread. Captains, please report any and all concerns to the Race Officials at the next exchange zone.

Violations Notification

Any team member (of a team in violation) may be informed, by a Relay Official, of a rule violation. The informed team member MUST tell the race official his/her bib #. All violations and penalties will be finalized at the finish line. Team Captains must report to the Finish Line Official's Tent within 30 minutes of their team's finish.

Protests

Team Captains must report to the Official's Tent within 30 minutes of their team's finish to be informed of any rule violations. Teams wishing to file protests must do so in writing within 30 minutes of their finish. To file a protest, submit the written rebuttal at the Official's Tent. Be specific and detailed. The Protest Committee will evaluate all incidents and their decision will be final.

I. Tier I

Violations of the following rules will result in your team being immediately disqualified and unrecognized at the Finish. In addition, the team risks prohibition from future Tobacco Road Relay events and possible prosecution by local law enforcement.

1. Traffic Laws (Team Vehicle): Roads will remain open to normal traffic during the Tobacco Road Relay. Team drivers and vehicles must obey traffic laws at all times. For the safety of everyone involved, respect all users of the roads. Violators of traffic laws will be reported to local law enforcement.

2. **Traffic Laws (Runners)**: Runners are to run along the left shoulder of the roadway at all times unless officially instructed otherwise by a Relay Official or listed on the course/leg map. Runners must use sidewalks when available and when leg map instructs. Runners must cross roads at crosswalks only, on the green or when the pedestrian signal permits. DOT requires runners (pedestrians) to yield to vehicles.
3. **Public Nuisance Rule**: Littering, urinating or defecating by some means other than in appropriate facilities will not be tolerated. There are ample restrooms and/or portable toilets at exchange zones. Each team is responsible for collecting and transporting its own trash.
4. **Alcohol Consumption**: The consumption or presence of alcoholic beverages during the Relay by everyone involved with the Relay including runners, support staff, volunteers, and spectators is strictly prohibited. Please save your celebration for the Finish.
5. **Night Gear**: Most legs will be run after sunrise and before sunset. However, when running before 7:00am and after 7:30pm the following minimum must be worn: reflective vest, one flashing light on front, one flashing light on back. When out of the support vehicle, all team-members and support crew must wear a reflective vest during these hours. Please note: each team member should have a reflective vest if your team might be running during the hours listed. In addition, at the discretion of the exchange zone official, reflective vests and other night gear may be required during inclement weather, such as rain and fog.
6. **Van Decorations**: Vans may be decorated, but must be decorated in a tasteful and safe way. Obscene and/or derogatory signs and decorations, whether direct or implied, will not be allowed.

II. **Tier II**

A 60-minute penalty will be applied for the 1st violation. Team disqualification may result from the 2nd team violation.

1. **On Course Vehicles**: Each team is limited to one vehicle, preferably vans, minivans, or SUVs (not to exceed 6'9" wide by 20ft in length). NO MOTOR HOMES, LIMOUSINES, BUSES, OR TRAILERS. This applies to the Start, Finish and all Exchange Zones. If you have doubts about the legality of your vehicle, contact race management in advance of race day. If a violation occurs, the vehicle must depart from the race course/exchange zone immediately. It is a violation for a 15-passenger van to transport a rear cargo carrier.
2. **Support Vehicles Signs**: A vehicle sign will be issued to each team vehicle and must be displayed on the dashboard.
3. **Runner Rotation**: All teams are to run their members in rotating legs and in the same sequence of rotation throughout the race. You may not shuffle the sequence of runners. No alternates may be used once your team has started. If a violation occurs, the team must return to its original sequence. Or...you can choose the random category, which allows your team to run in any sequence, as long as you check in at each exchange zone.
4. **Exchange Zones**: Runners must exchange at every exchange zone...unless your team is in the random category (but your runner must still check in at each exchange zone).

5. **Companion Runners:** A companion runner is permitted, must be a member of the team, must wear his/her number during the companion leg, must comply with all Rules, must complete all of his/her assigned legs, and must complete the entire leg as a companion runner. The companion must not assist the active runner in any way (provide fluids, etc...).
6. **Runner Drop Outs:** If a runner drops out due to injury, they may not be reinstated into the team lineup. The team must finish with the remaining runners rotating in their current order. The order may not be shuffled. Relay Officials will be monitoring the team rotation. An injury report must be completed with the Relay Official at the next exchange zone.

If a runner drops out due to injury during a leg (that is, if it becomes impossible to walk to the next exchange point), only the next runner in rotation can take the Wrist Strap and continue, but only to the next exchange point. The next runner in rotation may only finish the unfinished portion of the previous leg. A handoff must occur at each exchange zone.
7. **Navigation:** Runners must know the cue sheet and map for their leg. If a wrong turn is made, the runner must return to the course on foot to the point on the course where the error occurred and resume the race. Directional signs are posted before all turns and a confirmation arrow is posted after the turn when possible.
8. **Exchange Zones:** Runners must exchange at every designated exchange zone, or if the team is in the random category the runner must at minimum check-in at each exchange zone.
9. **Race Officials:** Relay staff and volunteers at Exchange Zones are considered Race Officials. Obey their instructions – you will be penalized for not obeying. There will be Parking Officials assigned to direct parking at some exchange zones. If you see an Official, you are to obey their parking instructions.
10. **Shadowing:** Vehicles cannot trail, follow, shadow or leap-frog their runners. Team vehicles may not stop along the course and may not provide support (food/drink). Runners are encouraged to carry water/fluids/fuel for the longer legs if necessary. Team vehicles may only stop at designated EZ. Team vehicles MAY NOT stop on road shoulder.
11. **Pets:** Pets are not allowed on the racecourse or at the exchange zones at any time.
12. **Bicycles:** Bicycles are not permitted.
13. **Music & Earphones:** For safety reasons, runners are permitted to carry phones. Runners are NOT permitted to have anything in, on or near their ears. No device may impair the runner's ability to hear and respond to his/her surroundings.
14. **Inactive Runners in the Roadway:** Inactive runners must remain off the road, remain on the same roadside as the parking, remain clear of the exchange zone and keep roads clear to avoid normal traffic, to avoid team vans and not interfere with active runners. Runners may use the roads for warm-up and cool-down if it can be done safely.
15. **Quiet Zones:** All Legs and Exchange Zones prior to 8:00am and after 8:00pm are designated as Quiet Zones. Please respect the local community with no audible music outside the support vehicles and hushed, very hushed, conversations.
16. **Indecent Exposure/Language:** Use indoor facilities (e.g. porta-johns, restrooms, vans, etc...) to change clothing. Profanity is not necessary.

III. Tier III

A 30-minute penalty will be applied for the first reported violation. An additional, 60-minute penalty will be applied for the second reported violation. Team disqualification will be applied for the third team violation.

1. Race Numbers: Race numbers must be worn on the front at all times.
2. Wrist Straps: Must be carried by the active runner at all times throughout the race.
3. Runner Check-in: At each exchange zone the outgoing and incoming runners must check-in with the race official at the exchange zone. As the incoming runner approaches, the outgoing runner vocalizes his/her bib #, the exchange is made and followed by the incoming runner vocalizing his/her bib number. Runners are required to wear their bibs, but vocalizing numbers will ease the congestion and confusion at the exchanges.
4. One Vehicle at Exchange Areas: Only one team vehicle with proper identification will be allowed at an exchange zone.
5. Hammocks: At the request of several exchange zones, hammocks are not permitted.

False time estimates

If your team's position on the course is significantly ahead such that your team is out-running our support structure because you misrepresented your 10K pace (i.e. projected a slower pace than you are actually capable of running), your team must wait at the Exchange Zone until the exchange zone staff are in place. In addition, your team may be held until EZ staff releases your team to continue. Finally, we will assess your team a minimum time penalty of 2 hours.

If your team's position on the course is falling behind our support infrastructure because you misrepresented your 10K seed, and/or event-related injuries slow your team, then we may at our discretion, ask your team to jump ahead to an Exchange Zone of our designation. Your team's finishing time will be prorated based on your on-course performance to that point in time. An additional time penalty may be assessed.

Finish Line

The race course and finish line will close Saturday evening at 8:00 PM. Teams on the course who fall behind this closure time schedule will be asked to advance a designated number of legs.