

Blue Ridge Relay
2025
Captains' Meeting

1. Welcome and Thank You!
2. Rules
 - a. Why
 - i. Runner Safety
 - ii. Community Safety
 - iii. Compliance with Permits
 - iv. Standard BRR for Every Team
 - b. Finish Line
 - i. No alcohol on the course
 1. Leg 36 in the Finish Chute
 2. Team members in the Finish Chute
 - ii. No outside beverages at Highland Brewing. Only beverages served by HBC staff is allowed legally. (water only)
 - c. Race Bibs
 - i. Required for all legs
 - ii. Safety...Runner ID
 - d. Listening Devices
 - i. USATF Sanctioning does not permit
 - ii. Runner Safety
 - iii. Staff/volunteers cannot/will not discern between devices
 - iv. Penalties will be written up without warning...runners' responsibility
 - e. Night Gear
 - i. Noxgear...excellent! Still need beam of light, blinking front/back, reflective component front/back
 - f. Finish Team Check-in
3. Team Vehicles
 - a. Size
 - b. EZ Maps need to know
 - c. Driver Info / Driver Handbook
4. Runner Safety: Paramount
 - a. bear spray
 - b. cell phones (dead zones)
 - c. companion runners
 - d. partner with another team

5. Runners Forum:
 - a. On BRR website menu
 - b. Posts are approved
 - c. Posts must be focused
6. Text Messaging: (to BRR runners)
 - a. Used only for race day communication with teams.
 - b. Emergency Response/Weather Posts via Text and EZ Captains
7. Transition Zones: EZ where 2 vans meet
8. Website Updates since posting 2025 Maps
 - a. EZ35 update: flow of vans for parking and flow of runners.
9. Subs/Add/Deletes
 - a. (Team bags packed Saturday, August 30)
 - b. Registrations received by Friday, Aug 29 will be in team bags
 - c. Roster changes August 30 – Start will not be reflected in team bags
 - d. Paper Sub/Add/Deletes: being Thursday, Sept 4, 8:00pm.
Reference website Final Prep page.
10. Team Check-in
 - a. Captain or one team rep
 - b. Runner Order (names need to match roster!) See Final Prep page on website
 - c. Race bibs (assigned in sequence, worn on front)
 - d. Wrist Strap (baton)
 - e. Timing Chip (for Leg 36 Runner)
11. Team Check-In options
 - a. Thursday, 4:30pm – 8:00pm pre-BRR Dinner
 - b. Friday, Start, 30 minutes prior to your Start Wave
 - c. Friday, Start, 15 minutes prior to your Start Wave for teams that picked up team bag on Thursday
12. High School Football Game, Avery County (**NOT in 2025**)
12. Unique Exchange Zones
 - a. EZ12
 - i. Elevation Chevrolet GMC
 - ii. Ted Mack Soccer Complex
 - iii. Shuttle and Time Card
 - b. Legs 14 and 15 (runners need to study course maps)
 - i. End of Leg 14
 - ii. Begin Leg 15
 - iii. Approximate 1 mile overlap with runners on both sides of the road moving in opposite directions.

- c. Legs 34 and 35 (runners need to study course maps)
 - i. End Leg 34
 - ii. Begin Leg 35
 - iii. Approximately $\frac{1}{4}$ mile overlap with runners on both sides of road moving in opposite directions.
- 13. Leg 35
 - i. Chip Time
 - ii. Horizontal placement of chip on back of Leg 36 runner race bib
 - iii. Keep Chip away from phones
 - iv. Wear Chip Leg 36 only
 - v. Store chip safely in correct van for Leg 36
- 14. RaceJoy

Ken Sevensky is inviting you to a scheduled Zoom meeting.

Topic: BRR2025 Captains Meeting.1

Time: Aug 14, 2025 08:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us05web.zoom.us/j/88558479594?pwd=d4xCPabrNILGt2YSx1ZZuQ0SNSDFIn.1>

Meeting ID: 885 5847 9594

Passcode: De5D4k

Ken Sevensky is inviting you to a scheduled Zoom meeting.

Topic: BRR2025 Captains Meeting.2

Time: Aug 14, 2025 09:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us05web.zoom.us/j/88369967093?pwd=zO05V1aI9xAmpeBDWoVPCHHbASa4NP.1>

Meeting ID: 883 6996 7093

Passcode: XE9dfA

Ken Sevensky is inviting you to a scheduled Zoom meeting.

Topic: BRR2025 Captains Meeting.3

Time: Aug 19, 2025 08:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us05web.zoom.us/j/87532752986?pwd=kbILItQ30gKdtn12o2zqYz2KQ6kMzr.1>

Meeting ID: 875 3275 2986

Passcode: 2dfzfT