

Blue Ridge Relay
2026
Captains' Meeting

1. Welcome and Thank You!
2. Runners Forum:
 - a. On BRR website menu
 - b. Posts are approved
 - c. Posts must be focused
3. RaceJoy: (under Team Info)
4. Website Updates since posting 2026 Maps
5. Subs/Add/Deletes
 - a. (Team bags packed Saturday, Sept 5)
 - b. Registrations received by Friday, Sept 4 will be in team bags
 - c. Roster changes Sept 5 – Start will not be reflected in team bags
 - d. Paper Sub/Add/Deletes: being Thursday, Sept 10, 8:00pm. Reference website Final Prep page.
6. Team Check-in
 - a. Captain or one team rep
 - b. Captain Submits: 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)
 - f. Baggie of pins (50 quantity)
 - g. Team Bag (may have merchandise)
7. 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
8. 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 vest front/back
 - f. Finish Team Check-in
9. Team Vehicles
- a. Size
 - b. EZ Maps need to know
 - c. Driver Info / Driver Handbook, including Alternate Driving Directions
10. Runner Safety: Paramount
- a. bear spray
 - b. cell phones (dead zones)
 - c. companion runners
 - d. partner with another team
 - e. run defensively
11. Bear Safety
12. Text Messaging: (to BRR runners)
- a. Used only for race day communication with teams.
 - b. Emergency Response/Weather Posts via Text and EZ Captains
13. High School Football Game, Avery County (**NOT in 2026**)
14. Unique Exchange Zones
- a. EZ12
 - i. Elevation Chevrolet GMC
 - ii. Ted Mack Soccer Complex
 - iii. Shuttle and Time Card (15 minutes)
 - 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 22 and 23 (runners need to study course maps)
 - i. End Leg 22
 - ii. Begin Leg 23
 - iii. Approximately 1/10 mile overlap with runners on both sides of road moving in opposite directions.
 - d. EZ34: team vans hold for 15 minutes

15. Leg 36 (EZ35)
 - 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
16. EZ35: Alternate Driving Directions to Finish.
17. Leg 35-36:
 - a. courtesy and yield to hikers and BRR runners on MST.
 - b. Caution when crossing BRP motor road...obey race officials.
 - c. Follow MST parallel to motor road...avoid spurs to the left/right.
18. Finish at Highland Brewing
 - a. Outshine PT and Fitness: treatment table, 2 zero gravity chairs for compression boots and other recovery resources. Noon – 5:00pm in The Meadow.
 - b. Black Dome Mountain Sports: Just relocated to HBC complex. Hours 10am – 7pm. 10% store discount with BRR race bib.
19. Awards Ceremony & Post BRR prize drawings: 6:00pm. Prize drawings include BRR merchandise and gift cards for Black Dome.