



Official Race Information Packet for the 2020 Selma to Montgomery 51 Mile Relay and Bike Ride

This Race Packet provides all of the information needed to plan a successful relay race. Please read this packet before registering a team.

ITEMS IN THIS RACE PACKET ARE SUBJECT TO CHANGE!
Please check our site for race updates at www.selmatomontgomeryrelay.com.

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Welcome!

Walk Jog Run Club would like to welcome you to the 2020 Selma to Montgomery 51 Mile Relay Race and Bike Ride to commemorate the 1965 world renowned march. This race is part of the Civil Rights Race Series. Who will be the winning team for 2020?

Important Dates to Remember!

Registration Begins (Relay Teams, Cyclists, Virtual Participants)	Saturday, May 11, 2019
Registration Ends (Relay Teams)	Sunday, February 16, 2020
Registration Ends (Cyclists)	Sunday, March 15, 2020
Registration Ends (Virtual Participants)	Tuesday, March 31, 2020
Last Day to Submit Completion Time (Virtual Participants)	Thursday, April 30, 2020
Team Member Substitution Deadline <i>*Race shirts will not be guaranteed after Sunday, February 16, 2020!</i>	Sunday, March 15, 2020
Deadline to Add an Additional Team Member <i>*Race shirts will not be guaranteed after Sunday, February 16, 2020!</i>	Sunday, March 15, 2020
Package Pickup (Relay Teams and Cyclists)	Friday, March 20th, 2020 Time: 10:00 am until 8:00 pm Location: The Shed (300 Water Street, Montgomery, AL 36104)
Meet, Greet, and Eat (Relay Teams and Cyclists)	Friday, March 20th, 2020 Time: 5:00 pm until 8:00 pm Location: The Shed (300 Water Street, Montgomery, AL 36104)
Race After Party (Relay Teams and Cyclists)	Saturday, March 21st, 2020 Time: 7:00 pm until 10:00 pm Location: The Shed (300 Water Street, Montgomery AL 36104)
Church Service (Relay Teams and Cyclists)	Sunday, March 22nd, 2020 TBA (please refer to www.selmatomontgomeryrelay for updates on church services.)

***There will be a race cap of 125 relay teams.**

Getting Started

The first thing you will need to do is organize your team for the race. Your team should consist of 1-9 runners and a driver. If the driver will also be a runner, please plan accordingly for proper and safe exchanges.

Each team will need to have a team captain that will be responsible for organizing and planning the relay. This person will be in charge of organizing the team, communicating with the race director, communicating race information updates to their team members, and [registering](#) the team.

Runners should be able to walk/run a 14 minute mile in order for the team to complete the race in the allotted time frame.

Additional Team Information

Team Divisions: Ultra and Regular

Team Name: Each team will need a team name to identify their team. When choosing a name, please remember this is a very important event that commemorates a very important time in history. Please choose an appropriate name that will respect this event and the communities that will take part in this special day.

Team Numbers: Each team will be assigned a race number. Team race numbers must be visible on all runners and on the team vehicle.

Estimated Pace Times: Each team will need to submit an accurate team pace during registration. To calculate an average team pace, add each individual team member's minutes per mile, then divide by the total number of team members. Individual team members may be asked to submit their own minutes per mile during registration.

Waivers: All team members **must** agree to the online waiver at registration in order to participate. Team Captains are responsible for making sure each team member completes registration and agrees to the online waiver.

Age Restriction: Each member of the team must be 18 or older to register and agree to the online waiver. Runners 13-17 **must** be registered by a parent or legal guardian. The parent or legal guardian **must** agree to the online waiver.

No one 12 years or younger will be allowed to participate in the relay.

Substitutions: Runners can be changed (substituted and/or added) online until Sunday, March 15, 2020. Any substitutes or new runners **must** register through [Run Sign Up](#) and **must** agree to the online waiver. *(Shirts will not be guaranteed for any changes or substitutions after Sunday, February 16th, 2020.)*

Timing Chip: Runners will exchange a bracelet which includes the timing chip for the team. Runners **must** wear their team's bracelet in order to be on the course.

Decorations: Teams may choose to dress alike and/or decorate their team's vehicle. Please make sure that attire and decorations are not offensive to other teams and the community.

Ultra Teams

Ultra Teams are teams with 1-4 runners. Ultra teams must abide by all of the rules stated for regular teams.

Cyclists

Cyclists will abide by all rules and deadlines as Regular and Ultra teams.

It is the cyclists' responsibility to provide transportation for themselves and their bike to the start point if they did not choose registration with transport.

Cyclists will have the option to be transported to the start point on race day. *Please see Cyclists Registration below for more information.*

Cyclist Transport Information

Bikes will be loaded for transport on Friday, March 20, 2020.

Bike load times are from 5pm-8pm at the **Shed** located at 300 Water Street, Montgomery, AL 36104. (The Shed is located next to the Embassy Suites.)

Cyclists that will be transported will meet in the lobby area of the Embassy Suites at 5am to load the bus.

*Please check the website for updates on transport procedures.

Registration Information

After your team is created, you will want to register as soon as possible. The Team Captain should register the team at:

<https://runsignup.com/Race/AL/Selma/SelmatoMontgomery51MileRelay>

The cost of registration is listed below:

Relay Team Registration

Number of Runners	Registration
1-4 (Ultra Team)	\$100-\$400
5-9 (Regular Team)	\$500-\$900

***The team must be registered first in order for team members to join the team.**

Team Registration Deadline: Sunday, February 16, 2020

All teams **must** be registered by the deadline.

All team members **must** be added to a team by Sunday, March 15, 2020. *Please note that race t-shirts will not be guaranteed after Sunday, February 16, 2020.*

Any team changes or substitutions **must** be made by Sunday, March 15, 2020 through Run Sign Up. Contact mary@wjrcclub.com if you need any assistance with team changes. *Please note that race t-shirts will not be guaranteed after Sunday, February 16, 2020.*

Refunds: All registrations are non-refundable.

Race Cap: There is a maximum of 125 teams that will be allowed to register for this relay.

Cyclist Registration

Registration without Transport	Registration with Transport
\$50	\$75

Cyclist Registration Deadline: Sunday, March 15, 2020

Virtual Registration

Virtual Relay	Virtual Cyclist
\$80	\$40

All virtual participants will have until April 30th, 2020 to complete the virtual race. Race completion times must be submitted on the [Virtual Relay and Bike Ride Time Submission Form](#) in order to receive the race goodie bag.

Package Pickup

There will be one package for each team and individual packages for cyclists. Any team member may pick up the team's package during the package pickup time. The team member picking up the package **must** show a valid photo id. If a non-team member will be picking up a package for a team or cyclist, they **must** have the registration confirmation number and they must show a valid photo id.

Package Pickup Date: Friday, March 20, 2020

Package Pickup Time: 10 AM until 8 PM

Package Pickup Location: The Shed (300 Water Street, Montgomery, AL 36104)

Start and Completion Times

Cyclists start time: 6:30 am

Cyclists completion time: 6:30 pm

Runners will start immediately after the cyclists and will have a 12 hour completion time from the start time.

Start times for cyclists and relay teams **may** be staggered depending on race needs. If the start time is staggered, cyclists and relay teams will have 12 hours to complete the race from their start time. If the start times are staggered, cyclists and relay teams will be notified by email and at package pickup the group or wave they will be starting in on race day. Cyclists and team start times will depend on their average pace if times are staggered.

The start location will be at the Pilcher-McBryde Drug Company, Rexall Drugs, 101 Broad Street, Selma, Alabama AL 36703.

Exchange Points/Legs

Exchange Points are the designated areas where one runner will complete their mileage and another runner will begin their mileage. The team's bracelet will be exchanged at these points. There are a total of eight (8) designated exchange points. These exchange points are local businesses and churches. **Exchanges will only take place at the designated exchange points. If a team exchanges at a point other than the designated exchange point, then that team will be subject to be disqualified from the race.** All exchange points will be located on the right side of the road except for St. Judes. It will be located on the left side of the road. The exchange points are listed below.

Exchange Point	Location
1	Craig Aviation Maintenance Facility
2	Tyler Volunteer Fire Station
3	Site Office and Visitor Center
4	Wright Small Chapel
5	Canaan Hill Baptist Church
6	Burkville Church United Methodist
7	Advanced Auto
8	St. Judes

The legs are the mileage each runner will run. There are a total of nine (9) legs. If your team has less than nine (9) runners, it should be decided how the runners will complete the legs.

Legs must be completed by one runner. A leg cannot be split between runners. The same runner must start a leg at the designated exchange point and continue to run that leg until the next exchange point.

The same runner may run multiple legs. For example, runner 1 may run legs 1 and 5, but they must complete both legs.

Leg numbers and mileage are listed below.

Leg Number	Mileage
1	4.3
2	6.8
3	8.6
*4	6.5
*5	5.4
6	5.1
7	6.2
8	4.5
9	3.0

**Please be aware that Legs 4 and 5 are highly elevated.*

Course/Route

The route will begin at Pilcher-McBryde Drug Company, Rexall Drugs, 101 Broad Street in Selma, Alabama. The route will continue onto Hwy 80 and end at the state capitol in Montgomery, Alabama.

Directions:

- ★ Start on 101 Broad Street which turns into Hwy 80
- ★ Continue onto Hwy 80
- ★ Take the US 31 Exit
- ★ Turn left onto Mobile Hwy which turns into Fairview
- ★ Turn left onto Oak Street
- ★ Turn right onto W. Jeff Davis Avenue
- ★ Turn left onto S. Holt Street
- ★ Turn right onto Day Street
- ★ Turn left onto Mobile Street which turns into Montgomery Street
- ★ Make a right onto South Court Street
- ★ Circle left around the Court Square Fountain onto Dexter Avenue
- ★ Continue onto Dexter Avenue to the Finish Line in front of the Capitol

Please see [route](#) for more information.

Rules of the Road

This is a relay where we will be sharing the road with normal traffic. In order to ensure a safe race, we require all teams to follow all rules and laws of the road.

- **Vehicles**
 - ❖ Teams are only allowed one (1) race vehicle.
 - ❖ Team vehicles may be a regular car (ultra teams of 1-4 members), van, or SUV. No buses, trailers, campers, RV's, etc. are allowed on the course.
 - ❖ All headlights and tail lights must work properly on each team's vehicle.
 - ❖ Vehicles should be driven cautiously and the headlights should be on at all times.
 - ❖ The team's race number should be visible on the back rear window of the race vehicle.
 - ❖ Vehicles should turn on their hazard lights when pulling off of the road for drop offs and pickups.
 - ❖ Drivers should obey all laws of the road.
 - ❖ Do not stop in the middle of the road. Always pull over at the correct exchange location.
- **Drop Offs/Pickups**
 - ❖ Drop offs and pickups should be brief.
 - ❖ Runners should be cautious of other vehicles and other runners when exiting and entering the vehicle.

- **Parking**
 - ❖ Parking may be limited at some exchange points. In some cases, team vehicles may have to park along the shoulder. In this case, team vehicles should not park on the same side of the road within 300 feet before or after a designated exchange point. After the exchange point, vehicles may park at any legal roadside that does not impede racers or traffic. When parking along side of the road, please be sure to stay to the right of the white fog-line.
- **Runners**
 - ❖ Runners should be aware of their surroundings at all times.
 - ❖ We **do not** recommend runners wear headphones during this race.
 - ❖ We **do** recommend all runners to carry a cell phone or have a communication plan in place with their team members.
 - ❖ Runners must stay in the right lane at all times.
 - ❖ **Runners should run on the shoulder when and wherever possible.**
 - ❖ **Runners of legs 1 and 9 must wear a reflective vest.** We recommend all runners wear a reflective vest while on the course.
- **Injured Runners During the Race**
 - ❖ If a runner is injured while running his/her leg, the runner or team captain should contact EMT services and the nearest race official. Contact information will be provided to team captains at a later date and in the race package at package pickup.
 - ❖ Teams should keep track of all injuries and times.
 - ❖ If a runner cannot complete their leg due to a serious injury, another member of the team may complete the leg. (Teams may not add any additional team members during the race.)
- **Team Race Numbers**
 - ❖ Team race numbers and bibs must be visible on the runner at all times.
 - ❖ Race numbers and bibs should be worn in the front and on the outermost garment.
 - ❖ Team race numbers should be visible on the back window of the team's vehicle.
- **Cyclists**
 - ❖ Cyclists should be aware of their surroundings at all times.
 - ❖ Cyclists **must** stay in the right lane at all times.
 - ❖ We **do not** recommend cyclists to wear headphones during this race.
 - ❖ We **do** recommend all cyclists to carry a cell phone or have a communication plan in place.
 - ❖ We recommend cyclists to wear proper reflective gear and have a head lamp for the first 8-10 miles of the race.
- **Injured Cyclists During the Race**
 - ❖ If a cyclist is injured on the course, he/she should contact EMT services and the nearest race official. Contact information will be provided at a later date and in the race package at package pickup.

- **Respect Local Residents and Communities**

While traveling through the communities, please be mindful of private residences and local businesses. Teams must adhere to the following:

- ❖ Do not make excessive noise, such as honking or yelling, during early morning or late night hours.
- ❖ Do not block any residential or business driveways.
- ❖ Do not impede traffic by driving too slowly or not pulling over properly.
- ❖ Do not decorate race vehicle with offensive language or any other obscenities.
- ❖ Do not litter, urinate, or defecate on private or public property. Restrooms and trash cans will be provided at each exchange point for your convenience.

- **Alcohol**

- ❖ Alcohol is **not permitted** by any member of any team while participating in this race!

- **Prohibited Items**

Items that are prohibited on the race course include, but are not limited to the following: unauthorized bicycles, skates, roller blades, skateboards, any type of motorized item, baby joggers or strollers, dogs or other animals, and any other device that may endanger others or put one runner at an advantage over another runner.

- **Weather**

The race will occur in rain or shine. However, In the event of severe weather where the safety of the runners is put in jeopardy, Walk Jog Run Club, LLC has the right to hold, postpone, or cancel the race. Refunds will not be given if the race is canceled due to severe weather. Conditions that may cause a race to be canceled include, but are not limited to the following: severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, floods, fog, etc.

If the race has started and inclement weather occurs, teams should take every precaution to insure the safety of all team members. Teams should make accurate notes of locations, loss of time, and in some cases the speed at which the vehicle traveled due to extreme weather conditions or any other extreme circumstances. This will allow times to be adjusted at the end of the race. Only teams that have taken accurate notes will be given official times.

Flooding: If a runner encounters a flooded area that is hard to cross, he or she should be picked up and driven ahead to where the road is no longer flooded. The team should take accurate notes as to the time, location, the distance driven, and the speed of the vehicle.

Lightning: If at any time a runner sees lighting, he or she should be picked up immediately. The team should make a note of the time that the runner was picked up and the exact location. If the lightning clears within the hour, the runner may return

to the same location where he or she left the course. The team must make a note of the time the runner left and returned to the course. If lighting persists longer than an hour, contact the nearest race official for further instructions.

Wildlife: If a runner encounters any type of wildlife that may pose a threat to his or her safety, the runner should be picked up immediately and dropped off at a safe reasonable distance ahead of the threat so that the runner may continue his or her leg. The team should make an accurate note of the time the incident occurred, the mileage the team vehicle drove ahead, and the speed the vehicle drove.

Rules and Safety Enforcement

Walk Jog Run Club will strictly enforce all rules. Citations will be given to runners/teams that are found in violation of any rules. Violations received by individual runners count as a team violation. If a team receives more than three (3) violations, that team may be disqualified by a Course Official.

Teams exchanging at a point other than a designated exchange point may be disqualified from the race.

A Course Official may disqualify a team without warning for what is deemed a serious violation of the rules.

Reporting

We are asking everyone to help make this a safe and fun race. Although every effort will be made to monitor this race, we need your eyes and ears to help keep the course safe. Please report any safety issue immediately. This includes reporting any teams or runners that are violating any of the rules. A rule violation may be reported to any volunteer, race official, or course official.

Emergency Situations

There will be emergency medical assistance units on site to assume patient care and if required, transport to the nearest emergency department. In the event of a medical emergency, notify the nearest race official so that they can notify the nearest medical personnel. Medical personnel will assess and treat patients who do not need attention at a hospital. After the patient is assessed and/or treated by medical personnel staff, the patient will make a decision to be transported to an ER of their choice or sign a transport refusal document. The patient has the right to refuse treatment and/or transport from medical personnel in all cases except when the patient is not mentally capable of making their own decisions. At this point, Medical Direction will be contacted for further instructions.

All participants should plan ahead in the event of any medical emergency. It is the participants' responsibility to be aware of nearby hospitals and other nearby medical facilities.

Hotel Information

The host hotel for the 2020 relay will be the [Embassy Suites](#). This hotel is located in downtown Montgomery. The rates range from \$139 to \$159 per night (depending on the number of adults in a room). This rate includes free breakfast. All single and double rooms have a separate room with a pull out sleeper sofa. Each room also has a refrigerator and microwave. The cost of parking is \$18 per night for self parking and \$24 per night for valet parking. Please book your room directly through the hotel by going to:

https://secure3.hilton.com/en_US/es/reservation/book.htm?inputModule=HOTEL&ctyhocn=MGMESES&spec_plan=CESwjr&arrival=20200319&departure=20200322&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT. You may also book by phone at 334-269-5055. ***YOU MUST ENTER WJR AS THE GROUP CODE WHEN STARTING THE REGISTRATION PROCESS!**

Embassy Suites

Address: 300 Tallapoosa St, Montgomery, AL 36104

Phone: (334)-269-5055

Group Code: WJR

Van/SUV Rental Information

Teams are encouraged to use a van or SUV. Ultra Teams may use a regular sized car instead of a van or SUV.

[Enterprise](#) has agreed to give teams a 5% discount on rentals. A 10% discount will be given to those using [National Car Rental](#). Please use the code L55M10Y when renting your vehicle to obtain the discount.

Parking

In addition to hotel parking, there is an additional paid parking lot and metered parking spaces near the host hotel. There is also a parking deck behind the host hotel on Molten Street for \$9 per day Monday-Friday and free on the weekends.

Volunteers

In order to volunteer for this special event, you must follow all safety guidelines and agree to the [online waiver](#). Please read the volunteer guidelines below:

- ❖ Volunteers must be at least 16 years old. Volunteers younger than 18 must have permission from a parent or guardian.
- ❖ Volunteers must sign up for a duty. Shifts are on a first come basis.
- ❖ Volunteers must provide their own transportation to and from the designated area.
- ❖ Volunteers must wear official volunteer attire during their shift.
- ❖ Volunteers must be physically able to perform assigned volunteer duties.
- ❖ Volunteers must be willing to fulfill their entire shift at their assigned location.
- ❖ Volunteers must sign the [online waiver](#).

For more information about volunteers or to sign up, please contact Patrick Towns by email at pat@wjrclub.com or by phone at 256-239-6104. You may also contact Tamar Towns by email at tamar@wjrclub.com.

Restrooms and Water Stations

Restrooms and/or portable toilets and water stations will be available throughout the race.

Awards Ceremony

All finishers of the relay will receive a finisher's medal.

Awards will be given to the top finishing teams in each category within each division. The categories are as follows:

Overall Ultra

Overall Regular

Ultra Male Team - All Males

Ultra Female Team-All Females

Ultra Co-ed Team-All Ultra Co-ed Teams with 2 or 4 members must have 50% males and 50% females to qualify as an Ultra Co-ed Team. All Ultra Co-ed Teams with 3 members must have 2 females and 1 male to qualify as an Ultra Co-ed Team.

Regular Male- All Males

Regular Female- All Females

Regular Co-ed-Teams with 6 or 8 members must have 50% males and 50% females to qualify as a Regular Co-ed Team. Teams with 5, 7, or 9 members must have 1 more female than males to qualify as a Regular Co-ed Team.

Contact

If you have any questions or concerns about this race, please feel free to contact WJR Club by email at info@wjrclub.com.