

VILLE TO VILLE RELAY | LIGHTNING PROCEDURE

Runner safety is the responsibility of each runner and the runner's team. To assist each runner and team in maintaining their safety during the race, please read the below suggested guidelines carefully. In the event of lightning on race day, it is crucial to runner safety to understand and follow these guidelines. Following these suggested guidelines will also help keep the race running smoothly as lightning subsides. **IF A RUNNER ELECTS TO RUN DURING A LIGHTNING STORM, THE RUNNER DOES SO AT RUNNER'S OWN RISK AND PERIL AND VILLE TO VILLE WILL NOT BE RESPONSIBLE FOR ANY RESULTING INJURIES OR DEATH.**

Lightning Procedure | At Start Line

If there is lightning at the Start Line, officials may delay your starting wave until the lightning clears. The location that your team will start from may also change. We suggest following these procedures:

- If there is lightning in the area of the Start Line during the start of your designated wave time, please have your first runner check-in at the safety zone tent. If instructed, drive ahead to transition # 1 and wait for further instructions.
- For every 60 minutes that lightning persists after your designated wave start time, please drive ahead one transition point and wait for further instructions. **Note how many miles you skip on the course due to lightning.**
- Do not start the race until you receive specific starting instructions via 1) Text Message 2) Website/Facebook/Twitter or 3) Transition Volunteers and you feel it is safe to resume.
- Keep accurate track of the location and time when you started the race.
- Submit your delay information through the **Delay Reporting Form** on the Team Resources page of our website. We will then calculate your average pace and apply this pace to the segment of the course that you missed and will provide you with an official adjusted race time.

Lightning Procedure | On-Course

If you see lightning on the course after the race has started, immediately get your runner off the road and into your team vehicle. We suggest following these procedures:

- Make a note of the time and the location where you exited the course.
- If lightning clears within 30 minutes and you feel that it is safe to resume, put your runner back on the running route where they left and make a note of the time delay.
- If lightning persists longer than 60 minutes, move ahead one transition point. For every 60 minutes of lightning delay, please drive ahead one transition point. **Note how many miles you skip on the course due to lightning.**
- Keep accurate track of where and when you left the course and where and when you returned to the course.
- **Resume running 30 minutes after the last strike and you feel that it is safe to resume.**
- Please note: The on-course lightning suggested procedures is a **team-implemented and self-regulated procedure** designed to keep runners and volunteers safe while also keeping the race moving as the lightning subsides. Volunteers will not regulate or enforce the on-course lightning procedure. Weather updates will be provided to volunteers and teams through text messaging and social media sites to help teams make informed decisions. Teams should err on the side of caution and only continue when confident there is no more lightning in the area and they feel that it is safe to resume.
- Submit your delay information through the **Delay Reporting Form** on the Team Resources page of our website. We will then calculate your average pace and apply this pace to the segment of the course that you missed and will provide you with an official adjusted race time.

FREQUENTLY ASKED QUESTIONS | LIGHTNING PROCEDURE

Our goal with suggested lightning procedures is to provide guidelines for a safe experience for runners and volunteers while also keeping the race running smoothly. We want everyone to get as much running in as possible. The suggested lightning procedures allow the day to continue even with possible temporary delays for thunderstorms. Thank you for reading and understanding these procedures prior to race day and thank you in advance for your preparation and patience if lightning procedures are needed on race day.

START LINE

1. If it is lightning when we are arriving for our starting wave, what should we do?

Answer: Follow the Start Line Lightning Procedure and wait for instructions from 1) Text Message 2) Instructions on the website/Facebook/Twitter or 3) Transition Point Volunteers and only proceed when you feel it is safe.

2. If our team's start wave is delayed due to lightning, how does our team know when and where to start the race?

Answer: Refer to the Start Line Lightning Procedure. Be sure to move ahead one Transition Point for every for every 60 minutes of lightning delay. Wait for starting instructions from 1) Text Message or 2) Transition Point Volunteers and only proceed when you feel it is safe.

ON COURSE

1. Will anyone police and "enforce" the Lightning Procedure and stop us from running?

Answer: No. Use your best judgement. Volunteers will simply tell you when the on-course Lightning Procedure is recommended. The suggested on-course Lightning Procedure are team-implemented and self-regulated. Err on the side of caution and do not run if there is lightning in the area or you feel unsafe.

2. Will volunteers tell us when we can start running again?

Answer: No. Use your best judgement. Volunteers will simply tell you when the on-course Lightning Procedure is recommended. The suggested on-course Lightning Procedure are team-implemented and self-regulated. Err on the side of caution and do not run if there is lightning in the area or you feel unsafe. **If volunteers are not present in the transition zone, assume they are seeking safety from lightning in their vehicles and use your best judgement.**

3. What lightning related weather information is available to me to assist me in following the On-Course Lightning Procedure?

Answer: Besides observing the weather in your area, race officials will communicate location specific weather information via volunteers as well as through text message and social media sites. Also, monitoring weather outlets, maps and radars such as noaa.gov, or weather.com, may be useful. Lightning Smart Phone apps are also a recommended tool that can tell you if lightning is in your area, how close, and how frequent.

4. Is it possible for the race to be cancelled due to lightning?

Answer: Yes, unfortunately if there is prolonged delays or hazardous conditions, the race may be cancelled. However, we will make every attempt to get in as much running as possible during the day. Race officials will be in touch via volunteers as well as text message, social media, and email if the race is cancelled or modified.

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