

REACH *The Beach Relay*

2007 Official Race Handbook



200 miles in
24 hours

2007 Race Handbook

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Reach the Beach Mission Statement

The **Reach The Beach (RTB) Relay** was created in 1999 to bring a high quality, multi-day, relay-style race to New England. The race is the brainchild of two multi-sport athletes with day jobs, young families and a penchant for creating an event that is more than just a race.

Entering our 9th year the event has gained wide acceptance and draws teams from over 40 states and several countries. As the race has gained in notoriety so has the community effort in New Hampshire. The number of local community groups and individuals volunteering and adding their special nuance has grown from just a hundred or so to almost 500. This is what makes the **Reach the Beach Relay** the "must do" relay race of the year and keep you coming back. Notable groups are the folks at T24- where the Allenstown Volunteer Fire Department builds a roaring bon-fire and provides encouragement and refreshments to weary runners; T26 where the Candia Volunteer Fire Department cooks up breakfast at 4 AM. There are numerous Girl Scouts at many of the transitions selling their food and baked goods. Don't forget **City Year**, entering their 4th year with **RTB**, a diverse group of 17-24 year-olds who have donated a full year to community service and leadership development. **City Year** staff help make several RTB transition areas run smoothly. All of the various groups bring an amazing amount of enthusiasm to the event and making it one of the most unique races around.

From the **Reach the Beach Relay's** first year we have donated a portion of the proceeds to each of these non-profit groups in return for their extraordinary support of the runners, the race and their respective transitions. In some cases, such as the Girl Scouts, we encourage them to raise additional funds for their organization by selling food items along the course. And then there are the New Hampshire State Parks that form the foundation of our race course. They were -- and still are -- a major beneficiary of the race since the beginning and their employees and volunteers extend their season to make the **Reach the Beach Relay** a reality.

Each year we try to improve our race based upon your feedback as well as from the local communities and groups that support our race. Again, the great success of the race is due to our volunteers. Please keep this in mind as you run the **Reach the Beach Relay** and please support them any way you can. Consider purchasing the food items they have for sale, thank them for their time, and be courteous.

Thank you in advance for your part in making the 9th Annual **Reach the Beach Relay** a success!

Sincerely,

Mike and Rich, Race Directors



2007 Race Handbook

1.0 Introduction/Updates

Welcome to the **2007 Edition** of the **Reach the Beach Relay!** Congratulations on organizing and motivating your team. You have just completed one of the most difficult parts of the event.

The **2007 RTB Race Handbook** is your comprehensive guide to all aspects of this event. Please read through it carefully and thoroughly. It is critical that each person on your team read and be familiar with this handbook. Your team's understanding of this information will greatly contribute to its safe and successful completion of the event as well as to the overall success of the **Reach the Beach Relay**. If you have any questions or concerns between the day you receive this and race day, then please contact us directly at ga@rtbrelay.com or at the **RTB Hotline**: (508) 881-4505. Otherwise seek us out on race day.

1.1 Highlights for 2007!

We have quite an event in store for you this year. Whether you are an **RTB** first timer or an 8-year veteran, the 2007 event will be the most memorable race you have ever run. Here are a few of the highlights:

Timberland Inc. will once again be back as our Finish Line sponsor. They will be providing their latest trail running shoes for the top 3 teams as well as enabling us to add perks to the finish line party such as music, free massage, a catered dinner, and lots of give-a-ways. In addition, their relationship with *CityYear* has resulted in over 60-*CityYear* volunteers working at various transition areas across the course.

New Balance is a new sponsor to our event. They will be providing all of the participants with their patented Tempo-T raceshirts. We are extremely excited to have them on board. We will have other shirts, jackets and gear from New Balance available for sale during the race.

The Avon Foundation Need for Speed has partnered with us again this year. In addition to sponsoring our volunteer organization, the Avon Foundation has selected a local organization that works to end domestic violence and donates all funds raised in conjunction with the **RTB Relay** to them. That organization is Bridges, <http://www.bridgesnh.org/organization.htm>, a non-profit agency located in Nashua, NH dedicated to helping victims and survivors of domestic and sexual violence since 1977. Please consider making a donation to Avon or using your run to raise money for this worthy cause! www.NeedForSpeedRelay.org/series

On Thursday night and Friday, we will have raffle tickets available to raise money for Avon Need For Speed Foundation. Highlights of the raffle prizes will be a Free Entry into the **2008 RTB Relay** and a Dasani Bike donated by the Coca-Cola Bottlers of Northern New England! Many other great prizes from



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Timberland, New Balance, Samuel Adams, and our other sponsors will be part of this event.

Cannon Mountain Ski Area: We are excited that Cannon Mountain will be host to the start of the 2007 **RTB Relay**. Cannon Mountain is located in beautiful Franconia Notch State Park. There is so much to see and do in the park. As you plan your trip to New Hampshire for the **RTB Relay**, come early so that you have extra time to get in some sightseeing. September is a great time of year, with fall foliage just starting. **RTB Relay** Team Members can save \$2.00 on an Adult ticket to the Flume Gorge and save \$2.00 on an Adult ticket for the Tram. Just email info@cannonmt.com and we will send you discount coupons. The Tram usually closes at 5PM but on Thursday September 13th, they will keep the tram open late for **RTB** runners. So either come up early and spend the day enjoying all that Franconia Notch State Park has to offer and then before you register your team, take a ride to the top of the notch!

Fuelbelt Inc. is back as the official hydration belt of the **Reach the Beach Relay**. Their belts have a reputation of being the best and are unmatched in comfort and performance. They will be providing belts to the members of all winning category teams. Please check out their website and gear up for your races with FuelBelt! www.fuelbelt.com.

Coca Cola bottlers of Northern New England will be providing on course beverages such as Dasani water, PowerAde and of course Coke along the route at select VTA's and the Finish.

The Boston Beer Company will have their prize winning **Sam Adams** beer on hand at the pre-race dinner. **Starbucks** will be providing free coffee at the pre-race breakfast to get your team jumping right at the start, to pump you up at the finish, and this year, maybe a surprise location along the course! Also returning is **Enterprise Rent-a-Car/Van, Sweet Scoops and RE/Max** with their hot-air balloon rides at the start. The balloon rides are based on a donation basis with 100% of the proceeds going to the Avon Foundation/Bridges organization to help end domestic violence.

We are also proud to announce a new sponsor **All Terrain Company** which provides Recovery Rub and Terrasport Sunscreen products. You can read more about each of them below in Section 2.

There will be merchandise sold at the start and finish. A complete listing along with images can be found on our web-site. Quantities and sizes will be limited so visit the merchandise table early.

http://www.rtbrelay.com/Attachments/RTB2007_Merchandise.pdf

For your added comfort and convenience, we have increased the port-o-johns to over 300 from 230 in 2006.



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Course Changes and Advisements

Changes

Several course changes have been made that would like you to be aware of. Please review the following legs as part of your pre-race planning:

- Leg 1 – course change; new TA 1 - Flume Gorge
- Leg 2 – course change new TA 2 - Lincoln Woods
- Leg 3 – course change and new TA 3 - Pemigewasset Overlook
- Leg 4 – course change and new TA 4 - Sugar Hill Overlook
- Leg 5 – course change and new TA 5 - Russell Colbath Parking
- Leg 6– course change and new TA 6 - Lower Falls Picnic Area
- Leg 7– course change and new TA 7 - Ham Arena
- Leg 8 - course change and new TA 8 - FW Webb Store
- Leg 30 - new TA 30 – Sanborn Regional High School
- Leg 31- course change and new TA 31- Sanborn Regional School Dist. Seminary Campus
- Leg 35 – course change and new TA 35 - Winnacunnet HS

The net result of all these changes is a shortening of the total course length by ~ 7 miles. The official 2007 distance will be 203 miles. Please become familiar with these changes as well as all of the details that are associated with each Transition Area. Updated course description and maps are now on the website.

Advisements

There are several Traffic and Transition advisements that you need to pay special attention to.

- 1) Legs 2-7 are along Route 112, otherwise know as the Kancamagus Highway. There will be **NO PARKING** permitted along this route at all as it is extremely narrow. You may only stop at the designated rest areas, overlooks and trail heads to support or cheer on your runners. If that area is full and you are unable to park, move on to the next one. **Do Not block traffic** or jam up these areas. They will be open to regular traffic and **RTB** vehicles do not have preference.
 - a. Note: Van 2 is not permitted to stop or park at T3 through T5 unless you are part of an Ultra Team.
 - b. Also, Vans 1 and 2 are not permitted to linger at VTA1 once the exchange as been made. The “off” vehicles may jumped ahead to TA7 or TA11.
- 2) CAUTION: There will be numerous pedestrian cyclists along the highway – Runners please be AWARE of them!
- 3) Limited Port-o-johns at T3, T4 and T5- **plan accordingly!**
- 4) VTA2 (T12) - Kenneth Brett School; No one is permitted to park or enter prior to 5:00 PM. School is still in session before this time.



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- 5) Leg 34: North Hampton - Intersection of Routes 111 and Route 1 (Atlantic Avenue). It is critical that you follow the rules here. There will be a special “runners chute” that will be set-up just before this intersection on the side of the road. **RTB** marshals will corral the runners until the local police permit them to cross the road.

DO NOT run into this intersection without direction from the police.

No Parking

Please do not park on anyone’s personal property along the course.

In addition, there is no parking permitted along Route 111 or Rt. 1A in North Hampton (Legs 32-35). We will post *NO PARKING* signs along the road.

Please, *please* abide by them.

Failure to follow the above directions will result in your team’s immediate disqualification from the event, possible fines by the local police, and will in all likely lead to the loss of these Towns for the race in the future.

1.3 **Quiet Zones!**

Our ability to continue the **Reach the Beach Relay** is contingent upon **you and your team**, and the **RTB** Staff to be good neighbors to all of the communities that we pass through. We all need to recognize that we travel through communities in the middle of the night and we expect you to demonstrate a reasonable amount of consideration to ensure that the people who reside in these towns and communities are not inconvenienced or woken up.

Please take note of the **QUIET ZONES as you travel and arrive between TA19 and TA30** with special attention to the following neighborhoods:

- **TA19 - Gilmanton Town Hall,**
- **TA21 - the Barnstead Elementary School,**
- **TA25 - Deerfield Fairgrounds,**
- **TA26 - Henry Moore School,**
- **TA27 - Chester College, and,**
- **TA30 - Sanborn Regional High School**
- **TA31 – Sanborn Regional School District- Seminary Campus**

These have been identified on the course maps as well. We will also post **“Shhhh”/“Quiet”** signs as you enter these areas. Please do not yell, scream, cheer, honk your vehicle horns, slam vehicle doors, or make any other loud noises that might disturb the residents of the communities who **permit** us to pass through their towns.



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Towns and Communities and Your Responsibility

As the **Reach the Beach Relay** continues to grow, so does the impact on the local cities and towns. We need your help to lessen the impact and ensure that we can continue to have the support of these cities, towns, and communities.

The impact of the team support vehicles on some of these towns has caused problems in the past. Please be aware of your behavior (in terms of noise coming from your vehicle) and try not to impede the flow of traffic behind you or block a resident by parking in their driveway. We do not wish to discourage the enthusiasm of your team but ask that you do not display this at the expense of the local residents and be respectful of their communities.

Runners:

Please run on the side of the road where we have placed the course arrows. The course has been marked in a deliberate manner to direct you as to which side you should be on. Many Towns insist that all runners must be run a certain side of the road such as to have runners go in the same direction as the flow of traffic as a condition for receiving their approval for the race. Additionally, we may feel that it is safer to have you run on the right side of the road because of the location of a transition area or an upcoming turn. Please trust us in this regard and abide by our request.

Once you have determined which side of the road you should be on, **please stay on that side until instructed to cross by a marshal or the appropriate signage.** We have received numerous complaints from resident drivers as well as from Police Chiefs indicating that this has become an increasing problem.

Please do not litter or answer "nature's call" on private or Town property; use the rest rooms that have been provided.

Please do everything you can to remind yourself and your fellow runners to remember these requests. Your attention and adherence to them will **directly affect** our ability to continue to bring you this race in the years to come.

Van and Vehicle Drivers:

Numerous Police Chiefs have asked that you do not pull over to the side of the road on a continuous basis. These roads are very narrow with limited to no shoulders and this can create a dangerous condition for you, the runners and other drivers. And, we've received our fair share of e-mails from residents who have had damage done to their lawns due to inconsiderate driving in this regard.

Please look and think before you pull over!



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RTB Staff

The **Reach the Beach Relay** can only succeed through the hard work of our staff and our enthusiastic volunteers. We have eight members of our core staff (listed below). Feel free to contact them via email if you have any questions before the race.

Side note: we will be at Cannon Mountain Ski Area on Wednesday September 12th and will not be in a position to retrieve e-mail messages from then until after the event is over.

You may still call the RTB Hotline at (508) 881-4505 and leave a voice message. But again, we may not reply to them until after the event has been completed.

| Name | Description | Email address |
|-----------------|----------------------------------|--|
| Mike Dionne | Co-Director | mike@rtbrelay.com |
| Rich Mazzola | Co- Director | rich@rtbrelay.com |
| John Dionne | Course Coordinator | course@rtbrelay.com |
| Mark Gelfond | Registration/Timing Coordinator | registration@rtbrelay.com |
| Carol Rainville | Volunteer Coordinator | volunteers@rtbrelay.com |
| Wendy Murphy | Sponsorship and Expo Coordinator | sponsors@rtbrelay.com |
| Amy Morss | Medical Team Captain | ga@rtbrelay.com |

Transition Area Captains

Each Transition Area (TA) is staffed by individuals who form an extended part of our staff. These folks are called Transition Area Captains and are our eyes and ears during the event. They have complete responsibility for the site they are located at and have full authority to manage situations as they arise; this includes the levying of penalties (even disqualification). They will be able to reach any one of us through our radio and cell network during the race should the need arise. Please seek them out if needed.



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2.0 Sponsors and Beneficiaries

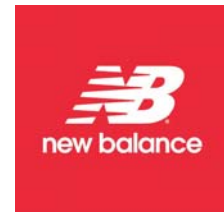
The following companies are our “*Sponsorship Team*” for The **Reach the Beach Relay**, they making it possible for us to make it happen for **YOU!** Please make an extra effort to patron these sponsors. Without them, this event would not have the quality you have come to expect.

Level I Sponsors

The Timberland Company: We’re excited to welcome back Timberland to our team as our Finish Line sponsor. Timberland is located in Stratham, NH and you will be visiting their Corporate Headquarters at the end of Leg 32. See them at www.timberland.com. They will also be providing their latest trail shoes for our top 3 fastest teams as well as for our staff. In addition, they will have a team out there racing. Give them a ‘cheer’ when you see them.



New Balance: New Balance has long been a supporter of Reach the Beach through their many years of participation and we are delighted to add them to our Sponsorship Team for 2007. They will be providing all of the race shirts as well as much of the race specific apparel that you will find at this year's race. They have 4 teams out there racing as well so keep an eye out for them.



Level II Sponsors

Coca-Cola bottlers of Northern New England will once again be our hydration sponsor for this year’s event. Look for a wide range of Coke products at the Start, Finish, and at select VTA’s along the way.



The **Avon Foundation/Need for Speed Against Domestic Violence** is a new charity sponsor of the race. The “Need for Speed Against Domestic Violence” initiative focuses on domestic violence education, prevention and direct service programs, with fundraising through relay events across the country.



Please dedicate your participation in the Reach the Beach Relay to a friend, relative, or co-worker who has been affected by domestic violence and start raising donations in their honor. For more information and to get started today, please call 866-505-AVON or visit www.needforspeedrelay.org/emstrtb.



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Level III Sponsors

Cannon Mountain We are so excited that Cannon Mountain will be host to the start of this year **RTB Relay**. Located in the heart of Franconia Notch State Park, they are the gem of the NH State Park system. Please come up early and visit the famous Flume, take a ride (get an RTB discount at info@cannonmt.com) on their tram to the 'Top of the Notch' and get a look at where you will be going or bike along the miles of bike trails.



Fuel-Belt: "The official Hydration belt of the **RTB Relay**". They will be providing winning category teams with belts as well as the reflective wrist wrap batons you will be passing from runner to runner. www.fuelbelt.com.



Level IV Sponsors

Enterprise Rental Cars is back once again to offer your team discounts on vehicle rentals. See the link on our website that will get you and your teammate a discount on your van rental.



Starbucks is 'going mobile' with **RTB** and will be featured at not only the Start and Finish areas but will also be a presence along the course at this year's event. The specific locations will be noted in the Food Addendum that all teams will receive at registration but you'll be able to count on a hot cup of coffee or an ice coffee when you need it the most!



The **Remax Balloon** will be on hand once again to offer you a unique perspective and spectacular view of this year's event. Monies received from this year's balloon rides will be donated directly to the Avon Foundation as part of our support of the Need for Speed Relay. So come up early to enjoy this rare opportunity."



Sam Adams will be helping us get the party started at our pre-race dinner at Cannon Mountain on Thursday night. Nothing like a good carbo-load before a 203-mile jaunt through the countryside!



Bear Naked will be providing their all natural granola as part of our pre-race breakfast. Fuel up!



If you like frozen yogurt, ice cream, or sorbet, then you'll love **Sweet Scoops** which will be one of the featured desserts at dinner on Thursday night at Cannon Mountain. See them online at www.sweetscoops.com.





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All Terrain Company supplying Trial Size Recovery Rub and TerraSport Sunscreen.



Beneficiaries

The **Reach the Beach Relay** donates a portion of profits to numerous organizations that are linked to the Towns and Communities that the event passes through. This has been our desire since the very beginning since it creates a unique atmosphere and spirit that sets us apart from other events of this type.



New Hampshire's
State Parks

The **New Hampshire State Parks** were our first beneficiary and continue to be our primary one. The course was designed with them in mind so we hope you enjoy your stay while visiting them. To learn more about the New Hampshire State Park network, you can visit their website at: <http://www.nhparks.state.nh.us>.

City Year joined us in 2004 and is now our 2nd largest beneficiary. They provide an enormous boost to our volunteer base and bring an amazing level of energy to the event. We, in turn, provide many of their young adults the opportunity to develop and hone their leadership skills as they work through the complexities of staffing and managing one of the many Transition Areas along the route. You can read more about them at: <http://www.cityyear.org>.



New Hampshire Communities

There are many other groups that you will meet during this year's race. They consist of Girl Scout Troops, Volunteer Fire Departments, Churches, Schools, etc. All of them bring their own unique spirit to the event and we, quite frankly, would be lost without them. Many of them will be selling food products as a form of fundraising for their organizations – this is an additional service for you and your teammates. Please consider patronizing them and, as you travel the back roads of these picturesque towns and communities, please take a moment to thank those folks who are giving their time and energy in support of this unique and wonderful event.



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3.0 Pre-Race Preparations

3.1 What you must complete

Prior to showing up at registration, there are several things that you need to complete:

- **Review this material thoroughly and relay it to your teammates.** Make sure each and every team member is familiar with this handbook! It is critical to the success of your team and of this event that each person fully understands the material in this handbook.
- Make sure all your teammates have registered “on-line” and entered an accurate estimate of their pace per mile. You will not receive a start time until this has been completed
- Ensure that the waivers located in the back of this handbook have been signed by each of your teammates and brought to registration. Please make copies as needed. These waivers need to be signed even if you have already filled out the waivers on the on-line application.
- Review the Required Equipment in Section 5.7 on Safety and ensure your team has everything listed there. These items are required and must be shown to race staff at registration in order to pick up your race packets. **No team will be allowed to start the race without these items.**

3.2 What to Wear

New England in the fall is spectacular to behold, but also can bring some unpredictable weather. It is recommended that you and your teammates come prepared for a variety of conditions, ranging from sunny and pleasant to cold (35°F) and rainy (including 2 hurricanes!). The temperatures at night can drop by over 40°F. Please be prepared to dress accordingly. Past years have seen the night temperatures as low as 30°F!

3.3 Team Strategy

Work out a team strategy. This is a 2-day event and requires a certain amount of planning and preparation before the event begins. Please get together with your team several times before the race and discuss logistics, timing etc. Below are a few topics to get your team discussion started:

- Communication between vehicles (Note: There is little to no cell phone coverage for the first 50-75 miles)
- What to do if a runner gets to a transition hand-off and the next runner is not there.
- Vehicle and/or runner getting lost. It happens every year.
- Resting for the ‘off’ team (see the VTA facilities and hours).
- Refueling.
- Running safely at night, first-aid, etc.

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Good preparation prior to the event will enable your team to deal quickly and safely with most situations that arise.

3.4 Good Taste

Please be aware that there are younger volunteers helping out at some of the transition areas (Boy Scouts, Girl Scouts, school clubs, etc.). **Please make sure your team name and van decorations are appropriate, as well as your language and actions when in their presence.** They help make this event successful and deserve this courtesy. Additionally, please be courteous to your fellow competitors and display good sportsmanship. Thanks!

4.0 Registration and Activities at Cannon Mountain Ski Area

4.1 Where

Registration, safety check, the Team Meeting, merchandise sales and the pre-race dinner (13th) and breakfast (14th) will be located in the Peabody base lodge at **Cannon Mountain**. There is plenty of parking out in front and on the side lots. There will be signs to direct you once you reach the lodge.

For your convenience, we've created a quick, 5 step guide for you to follow upon your arrival. Look for the following sign at every entrance to the lodge and follow the numbers in sequence.

Please allow adequate time to complete these steps as well as your Team Photos prior to your start. We recommend at least 1.5 hours.

RTB RACERS - Please follow these steps:

- 1 Safety Check**
- 2 Orientation**
- 3 Registration**
- 4 Team Photo**
- 5 Start**

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Cannon Mountain

The **Cannon Mountain Ski Area** is directly off Interstate 93 in Franconia Notch State Park, NH. Arrive early and take their tram to the top of the mountain to get a birds eye view of your first leg. They will be offering a \$2 discount to all RTB participants. You can get more info at info@cannonmt.com. Cannon is an easy 2.5 hour drive from Boston and about 1.5 hour drive from Manchester- just take I93 North until you see signs for Cannon.



TRAFFIC WARNING

The NASCAR Sylvania race is taking place on Saturday and Sunday, September 15th and 16th. Tens of thousands of people will be coming in to the Loudon, NH area on Friday and Saturday. Route 106 and route 4 may have heavy traffic at



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times. Please be aware of this. Stay on the course in those areas so you are not caught in traffic. Be aware of late night partying and potential drunk drivers.

4.2 When

Registration will be open from 5:00 PM to 9:00 PM on Thursday, September 13th, and from 6:30 AM to ~ 2:00 PM on Friday, September 14th.

Note: We will only be taking team photos on Friday until 2:00 PM. There will not be any team photos taken at Hampton Beach. Please make every attempt to have your entire team meet at the registration area at least 1.5 hours before your designated start time if you would like your team photo taken.

4.3 What is Required for Registration

We have revised the sequence of steps that is required for you and your team to follow as part of the Registration Process.

4.3.1 Step 1 - Safety Check

All teams must present their safety equipment (listed in section 5.7 of this handbook) to our equipment inspectors at the designated area in order to pick up their race packets. No Exceptions.

Note: Only the Team Captain is required to be present for the equipment inspection but your team is welcome to come along.

4.3.2 Step 2 - Team Orientation Meetings

Mandatory meeting for **all Captains** (first time runners welcome as well) that will take place on the lower level of the Peabody Lodge at Cannon Mountain- look for the signs. The meetings will last approximately 10 minutes long and will cover any last minute changes, advisements, and key points that we need you to be aware of.

You must attend this meeting prior to going to the Registration tables for your packet pick-up (numbers/T-shirt).

4.3.3 Step 3 – Registration

- **Waivers and Substitutions**

Each team member must sign a copy of the race waiver which is in the back of this handbook). **No Exceptions.**

Please have your team members sign them in advance and bring them to registration. Having these signed and ready to go before you arrive will make registration go quickly.

VERY IMPORTANT: WE WILL NOT START ANY TEAM WITHOUT AN APPLICATION AND SIGNED WAIVER FOR EVERY TEAM MEMBER.

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PLEASE SHOW UP ON THURSDAY BETWEEN 5-9PM IF YOU HAVE ADDITIONS OR SUBSTITUTIONS. There is a \$10 fee for every addition and/or substitution made after September 1st.

- Race Packet Pick-up
In your **Reach the Beach Relay** Race packet, you will receive the following:
 - A **New Balance Temp T** shirt for each team member,
 - A team number for each runner,
 - 1- **Fuel Belt** wrist strap (baton),
 - 4-vehicle identification signs to be displayed in your race vehicles (2 per vehicle; they will be color coded for van 1 and van 2),
 - A Transition Area (TA) voting card. There will be an award for the group that puts on the "Best TA" as voted by YOU. Please hand these in at the finish.
 - Last minute updates and reminders
 - Information from our sponsors
 - Safety Pins for attaching your race number

4.3.4 Step 4 – Team Photos

Team Photos will be staged outside in the back of the Cannon Mountain main lodge. Look for the signs to direct you. There will be 2 or 3 staging areas. Our photographers will be shuttling people to these designated areas and will get you through as quickly as possible. Please have all of your teammates present and accounted for when it's your turn.



4.4 Pre- Race Dinner and Breakfast – **NEW Caterer!**

This year, the culinary experts from the Boston Culinary Group will be preparing the pre-race meals for you. We have worked with them to make available to you the best pre-race meal you have had yet at RTB!

On Thursday night, Sept. 13th, from 6PM-9PM they will be hosting an All You Can Eat Pasta Bar for \$15 per person. They will be serving:



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- White and Whole Wheat Penne Pasta with four sauce options:
 - Pesto, Vegetable Primavera, Marinara and the Chef's own creation, 'Rattlesnake'
- Tossed Garden salad with Balsamic Vinaigrette dressing
- **Pig's Fly Bread**
- **Sweet Scoops Frozen Yogurt** and cookies
- **Assorted Coca-Cola soft drinks**
- **Samuel Adams Lager** compliments of **Boston Beer Company**.

For your enjoyment, we have arranged Live Music from 7:30-10:30 and will be building a bon-fire under the stars. Come up early to register your team and enjoy the party!

The pre-race breakfast will be \$10/pp and will be served from 6:30AM to 10AM. The menu includes:

- French Toast
- Sausage
- Assorted Cereal including **Bare Naked Granola**
- Muffins, Danish and Croissant
- Seasonal Fresh Fruit
- Yogurt
- Juice and **Starbucks Coffee**

Lunch (New this year): we have arranged for the Boston Culinary Group to provide an a-la-carte lunch from 11-2PM. They will be barbequing on the back deck and will have the following available for you before you head out on your journey.

- 5.3 Oz Burger Plate
- Jumbo 1/4 pound Dog Plate
- Grilled Chicken Plate
- Bottled Soda or Water

We will be sending all team captains an email in late August requesting a head-count for the dinner and breakfast so our caterer can plan accordingly. Please plan to come up and join us for one or both meals!



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5.0 Safety

Our primary concern is safety. A safe race is a successful race! Please work with us to keep it safe. To this end, please ensure that everyone on your team, including your support personnel, is familiar with the contents of this handbook especially the Race Rules (section 11). Please remember that we are guests on these roads and in these towns and demonstrate the respect they deserve. Thanks!

5.1 Your Visibility

The **Reach the Beach Relay** has partnered with **UFlash (www.uflash.com)** to offer you what believe are the best products available for making you visible on the road; especially at night (see Required Equipment – section 5.7). These vests are newly designed this year and are lighter and shorter than last years version. We highly recommend that you order them from www.uflash.com in advance to guarantee availability.

NOTE: The police require all runners to be visible from front, back and sides. See Section 5.7 below to see what is needed.

5.2 Driving

Please drive with caution. You will be traversing the State of New Hampshire on windy, picturesque roads that can be narrow and, in most cases, unlit. Familiarize yourself with the course description and maps and pay close attention to the course road signs. Additionally, do not block or hinder other traffic on the roads as you try to support/cheer on your runner.

Vans that are pulling over to wait for your runner should find an appropriate turn-off and get your vehicle as far off the road as possible since many of these roads are very narrow with none or limited shoulders.

Please do not drive onto the front lawns of town residents.

Remember, you are limited to have a maximum of 2 (two) support vehicle. Please make sure they do not exceed 6'9" in width or 20' in length.



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5.3 TA Instruction

You and your team will be required to follow the instructions from our race staff. There are no exceptions to this. Failure to do so may result in significant time penalties or elimination from the race. We regard your personal safety and that of the others on the course as our number one priority; please support us in this mission. When pulling into a transition area, please be fully aware of runners and pedestrians. Park quickly and efficiently. And, please do not take up extra space and do not search for the closest spot.

5.4 Running on the Correct Side of the Road and through Intersections

For the last couple of years we received feedback from several towns regarding runners using both sides of the road during the race. We must continue to improve in this area and be vigilant about running on the side of the road designed by the majority of our signs. **Please run on the same side of the road as the RTB arrows (you may see an occasional arrow on the other side, but not more than 1 in a row).** This may require you to run with traffic at times. This is done either at the request of the local police or due to avoid crossing you on a very busy section of road or intersection ahead. So please pay close attention to the location of our arrows. Also- if you see other runners on the wrong side, please roll down your window and let them know they need to move over.

Intersections: Please use caution when entering any intersection along the course. Some may have police who are there to aid you in crossing. Please follow their direction and **DO NOT ASSUME** it is safe to cross until told so. Re-read section 1.2 – “Course Changes and Advisements.”

5.5 Medical Support

We have in place a medical support plan to address issues that might arise during the race. This is described in further detail below in Section 9. Each of our **RTB** staff will have a means of communicating with our medical team and race officials. It is extremely important that your team let us know of any issues or problems that arise during the race.

5.6 Walkmans/I-Pods

Due to safety concerns and liability we will no longer permit the use of these devices at any time during the race. This is especially an issue during the night when you will need to have your complete focus on the road and your surroundings: such as vehicles, animals, other runners, etc.

5.7 Required Equipment: **** VERY IMPORTANT****

Each team is required to have and use the following equipment. You will not be allowed to register your team without showing this equipment to our “safety inspection” race officials. Race marshals will be out on the course and will enforce the use of these items.



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- 2 Operational Flashlights or head mounted lights (headlamps) - **mandated use** between 6:00 PM and 6:00 AM
 - 2 Reflective Vests: reflective strips that cover front and back.
 - Use of reflective arm / ankle bands are also *recommended*, but are not mandatory. Please consider buying one of these in advance to guarantee availability. Your safety is worth it!
- Note: Your vests **must be worn** between 6:00 PM and 6:00 AM
- 4 - Flashing lights - 2 for each vest: 1 to be worn on your front and one on your back between 6:00 PM and 6:00 AM.
 - Two (2), self-illuminated vests, such as the ones made by UFlash, are preferred and will eliminate the need for flashing lights and reflective vests as these provide both functions.
Go to www.uflash.com to order these.
 - Two (2) sets of 2007 Reach the Beach Relay Race Handbooks.
 - Two (2) sets of 2007 Course Directions and Maps.
 - Other: water and food - we will provide some supplemental water and fluid replacement drinks on the course thanks to **Coca-Cola Bottlers of Northern New England!** Additionally, some of the volunteer groups (Girl Scout troops, PTO, Volunteer Fire Depts, etc.) will have food items **for sale or donation** at various transition areas. This is only a supplement and each team is ultimately responsible for providing all the food and water they require.

5.8 Recommended Equipment

We recommend that you have the following equipment. This is a partial list of items we have put together that will help make your race safer and more enjoyable.

- Extra reflective straps, bright clothing for night legs
- First-Aid kit
- NH road map or Atlas
- Stopwatch
- Cell phone. Note: there are many miles of the course (particularly in the first 75 miles) where cell service is non-existent. Please keep this in mind.
- 2-way radios (ex. Motorola talk-about) these typically have a 1-5 mile range and would be helpful for vehicle/runner communications, especially during some of the remote night legs and for finding your other van at the VTA's.
- Sleeping bags
- Tent
- Towels and warm clothing (the temperature can drop to 30°F overnight)
- Rain/hurricane gear



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6.0 Starting Times

The starting time for your team is based on the pace estimates that each runner provided on his/her application. These team estimates were used to calculate opening and closing times for each transition area.

If your team is significantly faster or slower than the estimate you provided, you will risk arriving at a transition that is not staffed. **You may not have any support, the transition may not be marked, and your team will not be counted as an official finisher (i.e. not eligible for prizes or an official time).** Should your average pace be more than 1 minute behind your team estimate, you may be required to skip ahead 2 or 3 transitions. This is the decision of the TA captain on course and is non-negotiable.

If you have made an error and need to adjust your team's estimated time of completion, please email Mark (registration@rtbrelay.com) **prior to September 1st.** Requests **will not** be granted after this date unless you have had changes to your team roster.

Your team's starting time will be **posted online on your team page** on or before September 5th - if your team roster is complete. If your team roster is not complete, we cannot estimate your starting time. Your start time will be calculated based on your team's estimated time to finish the event (based on your estimated minute-per-mile average for your team). Our goal is to have all racers off the course by 6:30 PM on Saturday, September 15th. Once your start time has been assigned, it will not be changed without approval from one of the race directors. You would need to receive this approval **before September 11th.**

Note: your starting time is subject to change if we did not receive an application for each of your team members. It will not be final until we have a complete roster. Please do everything possible to get your teammates to complete their applications on time!

Additions/Substitutions: **After September 1st your team will be assessed a \$10 late fee for each addition and/or substitution.** This will be due at registration.

The staffing of the transition areas are based on the per-minute mile pace you provided for your team. While we do build a buffer in, it is important to our ability to get volunteers that we provide them with a reasonable accurate closing time for their site. Significant errors in your estimates may impact our ability to support your team runners if they show up too early or too late. Please don't hesitate to contact us if you believe your estimates are in error.

Please plan to be at the starting area at the **Cannon Mountain** at least 1.5 hours before your designated start time to: 1) complete your team's check-in including your attendance at the Team Orientation meeting, and 2) take your team photo (all teams wishing to receive the **free** finishers photo, must have it taken prior to 2:00 PM on Friday).

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Note: If you are late to the start, the clock for your team will have started already and your finish time will reflect this.

7.0 Running the Reach the Beach Relay

Now that you have registered, you are ready to begin the **RTB** Adventure! The start is located at the **Cannon Mountain** located along the Franconia Notch Parkway (I-93) in the Franconia Notch State Park of New Hampshire.

7.1 Race Numbers

Your team's race numbers will include a number that identifies your team and one which identifies the runner. The example shown here would signify team number 210 and runner number 12. The runner's number should match up with the initial leg this individual will be running. So, for example, the person who will be running the first leg must wear the race number ending with "-01", the person running the second leg must wear the race number ending in "-02" and so on until all 12 numbers have been assigned. In the event that your team composition is less than 12, then only use the numbers that match with your runners and discard the rest. So, for example, if your team has 10 runners, then you should only assign and wear 10 race numbers and you should not wear any race numbers ending in "-11" or "-12".

- There will be a small tab at the bottom left side of your number with your team number on it. This **MUST BE HANDED IN AT THE FINISH LINE** when you cross the line.
- The other small tab is your ticket for your complimentary finish line meal. Please do not lose either of these tabs before you **Reach the Beach!**



7.2 Standard Teams (8-12 runners)

Once your team's rotation has been established, you are not permitted to alter it unless a runner drops out (see below). So, using the example of a 12-person team, your runners must be pre-assigned for running the first 12 legs. At the completion of the 12th leg, the person who ran the 1st leg will then run the 13th and the 25th leg. The person who ran the 2nd leg will then run the 14th and 26th legs. If your team composition is less than 12, then the rotation would start earlier but is still required to be maintained throughout the race. So, if your team had 10 runners, then the person who ran the 1st leg would then run the 11th, 21st, and 31st legs.

If your team will be utilizing 2 support vehicles, then only the first vehicle is required to begin the race at the start line. Please be sure to have your **RTB** Vehicle signs visible in the front and rear windows. The runner with the first leg



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will begin at the team's designated start time. After that runner has started, vehicle #1 will wait at the start area, which is also the first Transition Area (TA) or TA#1. Once the first runner comes in, runner #2 will leave and vehicle #1 can then proceed to TA#2. Please make sure that the race staff checks your runner in after the hand-off is made. This is to verify that each team has completed every leg. Please verify that the volunteer has recorded your team into that transition area.

For a 12-person team, once the standard team's first vehicle has dropped off their 6th runner, vehicle #1 will proceed to TA #6 which is also known as a **Vehicle Transition Area (VTA) #1**. This is the location where vehicle #2 should be waiting with runner #7. Note: this will not apply if your team is only using only 1 vehicle. Once the hand-off has been made, vehicle #1 can relax at that VTA, head to a restaurant, local town, or the next VTA to catch some sleep (see course details section for more information).

Making sure that both vehicles meet at the appropriate VTA at the right time will take planning and communication - **PLAN AHEAD!**

7.3 Ultra Teams (4-6 runners)

The runners on an ultra team have the option of either running through the rotation like the standard teams or running up to 3 legs at one time before making a transition. You will need to notify our staff of your rotation plans before your team starts. This is best done at registration.

7.4 Transition Area (TA) Instructions/Details

Transition Areas: where one leg ends and the next leg begins. The relay is broken into 36 legs with 35 transition areas, 5 of which are Vehicle Transition Areas (VTA's). There will be TA Captains and Volunteer staff at each TA to direct runners to the hand-off zone and to instruct race vehicles where to park. There will also be an Emergency Medical Technician (EMT) at each TA to address any injuries (see section 9 for more details).

Please do not hesitate to bring any issues or concerns to the attention of the TA Captain.

All TA Captains, Volunteers, and Medical Support will be wearing specific **RTB** apparel that uniquely identifies them. The TA Captains and EMTs can *typically* be found near the **RTB** Operations Tent that will be located near the relay exchange zone. Look for the blue tents and the Red Medical Cross.

7.4.1 Vehicle Parking

Please pull your vehicle into the parking area as directed by staff and/or signs. Do not block the entrance even for a minute as runners and other vans will be trying to get by. Do not drop your runner at the entrance to a TA. Be acutely aware of pedestrian traffic as many people will be running and/or greeting runners and may not see your vehicle pulling in. **Do not**

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stop and look for the closest spot. Do not take up more space than your vehicle needs, even if the parking area is empty.



PARKING AT SOME OF THE TRANSITIONS WILL BE TIGHT. IT IS VERY IMPORTANT THAT YOU WATCH FOR THE PARKING VOLUNTEER AS YOU ENTER THE PARKING AREA AND FOLLOW THEIR DIRECTIONS AS QUICKLY AS POSSIBLE. WE CANNOT EMPHASIZE THIS ENOUGH! FAILURE TO DO SO WILL RESULT IN A TIME PENALTY AND/OR POSSIBLE DISQUALIFICATION.

**** THERE IS NO PARKING AT ALL ALONG THE KANCAMAGUS HIGHWAY (Route 112). ****

We request that both support vehicles (for standard teams) not go to every transition. Most of these areas are smaller than the VTAs and may have a smaller number of staff to coordinate runners and traffic.

7.4.2 Runner Check-In

The staff will be checking in each team that comes through the TA. Please call out your team number and verify with the staff that your team was checked in. It is your responsibility to make sure we checked in your team. Please check with the volunteers if you are not sure. Also, these are volunteers that are giving their time to help run the event. Please be courteous and follow their instructions. Remember to thank them whenever possible!

7.4.3 Runner Exchange

There will be a designated relay exchange zone in each transition where the runner on deck will wait to get the hand-off. This is most typically on the shoulder of the road or in a parking lot that has been marked off by cones and paint. We ask that only the runner "on deck" is in this area; all other teammates should wait at least 20 feet from the transition zone.

Please do not crowd the relay exchange zone or gather in the road while you wait for your runner to come into the TA. Please stay off the neighbors lawns. Only the runner that is scheduled to take the baton for the next leg should be in this area. This is a safety issue and may also prevent us from recording your teammate's number as they come in.

Teams crowding the relay exchange zone or waiting in the road will be assessed a time penalty if they refuse to follow the direction of our TA Captains and Volunteers. Successive infractions will result in ejection from the race. In particular: TA 3 –TA 6, TA 9/Madison Elementary School and T34 North Hampton School. Thanks for your cooperation!



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7.4.4 Trash Disposal

Please do not throw away your trash at the TA's. These are smaller areas and do not have the facilities to accommodate a large amount of trash. Please hold onto it until your team reaches one of the **Vehicle Transition Areas** (see below) and dispose of it there or possibly at a local convenience store/gas station. If the trash receptacle at a VTA is overflowing, please hang on to your trash until the next site. Do not litter the area as this has been a problem and could cause the race to lose the use of that site for future races.

7.4.5 Restrooms

You will find restrooms and/or port-o-johns at every transition area along the course. We have increased the total number of on course port-o-johns to 300 (up from 265 last year). Please use them (and not someone's private property). Please let the TA Captain know if you find any port-o-johns not in reasonable condition.

7.4.6 Medical Support

Please visit the on-site EMT and Transition Captain immediately if you have medical emergency. They will be able to communicate with medical staff and race officials. Medical staff will be located at every TA. See Section 9 for more details on medical support.

All transition areas will close after the last runner has been checked in. If you know your team-mate is the last runner on the course, please let the volunteers know as you check in.

7.5 **Vehicle Transition Areas (VTA)**

VTA's are physically larger areas that can accommodate both of your team's support vehicles. These are TA numbers 6,12,18,24 and 30. These locations will have water, re-hydration products (complimentary or for sale/donation), rest rooms/port-o-johns and have enough space for teams to rest either in the vans or spread out on the grounds (teams are responsible to bring tents, sleeping bags, etc.). Some have swimming (lakes) and changing rooms. The table below identifies each VTA along with their respective Opening and Closing times.

Note: these areas will be open much sooner than the regular TA's to accommodate any team vehicles that choose to drive ahead. But they are not be open indefinitely. Please note the closing times to avoid confusion and/or getting your vehicle locked in.

Please remember to keep the noise (voices, slamming vehicle doors, horns, etc.) and commotion to a minimum at these areas as other racers and users of these facilities may be sleeping.

Also, please keep the noise level as quiet as possible when you pass through residential areas near T19, T21, T22, and T24 through T31;



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especially in the early morning hours. Aggravated residents complaining to local Selectmen and Police can prevent us from getting permission to run in those towns in future years.

Please do not stop your vehicle in front of any resident's home between T24-T30 to wait for your runner. Find a clear place along the shoulder of road far from any residence.

As with all TA's, there will be medical staff at each VTA. Please notify them or the VTA race staff of any issues or problems or if you decide to drop out of the race.

| Vehicle Transition Areas | TA No. | Opening Time | Closing Time |
|--------------------------|--------|--------------|--------------|
| Lower Falls Picnic Area | 6 | 10:30 AM | 8:00 PM |
| Kenneth Brett School | 12 | 6:00 PM | 11:30 PM |
| NH Technical College | 18 | 9:00 PM | 4:00 AM |
| Bear Brook State Park | 24 | 12:00 AM | 9:00 AM |
| Sanborn Regional HS | 30 | 6:00 AM | 2:30 PM |
| Hampton Beach State Park | 36 | 8:00 AM | 7:00 PM |

- Please leave these areas as you found them,
- Please use the trash receptacles provided,
- Use the restrooms provided (and not public areas) to answer nature's call.
- No glass containers or alcoholic beverages of any kind are allowed in the State Parks. Please abide by this.

7.6 Runner/Team Drop Out During the Race

This is a challenging event and may lead to having one or more of your teammates drop out for a variety of reasons.

7.6.1 Runner Drops Out

If a runner on your team drops out, your team will need to respond as follows:

1. Notify the TA Captain of both your team name and the runner's name (if the TA Captain is not present then notify the EMT assigned to that TA).
2. Shift your rotation up by one place so that the next runner in your rotation will complete the leg on behalf of the runner who withdrew. If the runner withdraws after completing their leg, then your team's rotation would continue in its preset order until the finish - less one runner.
 - So, for example, if your team started with 12 runners and one drops out midway through the race, then your team would need to complete the race with 11 runners. In this example, if the runner was number 8 in your rotation (legs 8, 20, and 32), then runners 9-



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12 would shift up by one place (to become runners 8-11) and your rotation would lead to having some of them run 4 legs.

- Please do not change/swap race numbers once your rotation is set and your team has started!!

If your runner cannot complete the leg (midway through), then the next runner in the rotation must complete it on his/her behalf. Your team would then shift its rotation up by one place as described above until the finish. Again, you must notify our staff of this situation.

NOTE: If a runner decides to drop out due to an injury or other medical reason, please check in with one of the EMT's so they may help in any way possible.

You may not substitute a runner for a runner who drops out (see section 11.4).

7.6.2 Team Drops Out

If your team decides to drop out you must notify both a Transition Captain and EMT. Please inform them of your team name and number.

7.7 **Support Vehicle Notes**

The **Reach the Beach Relay** travels through 31 towns in New Hampshire and only works due to the cooperation we receive from local authorities (Police and Town Management). Please adhere to the following so that we may be able to continue this race in the future:

- ***Do not stop on roads where the shoulder is narrow or where you will impede traffic or the flow of the race.*** Please use your good judgment on this. Many Police Chiefs have stated this as their primary complaint.
- ***DO NOT park along the shoulders between Legs 2 through 7 and Legs 33 through 36!!*** We cannot emphasize this enough. There are ample parking lots where your vehicle can pull in. The Town of North Hampton may prevent us from holding the event in the future unless you abide by this rule.
- Observe and obey all local traffic laws. Please give local traffic some extra courtesy as these are their roads we are using.
- 'Shadowing' runners with your team vehicle is **not permitted**.
- Please be sure to have your **RTB** Vehicle signs visible in the front and rear windows at all times. You will not be permitted to enter a Transition Area if we cannot see your vehicle sign.
- Please do not answer "nature's call" on the side of the road or on someone's property, or discard any litter.
- Please do not make noise of any kind (cheering, engine idling, slamming doors) near private residences during the night-time hours.



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7.8 Special Note for Night-Time Support

“Hop-scotching” your team’s runners between transitions is only permitted from dusk until dawn provided that:

- Your team vehicle driver obeys all local traffic laws,
- Your team vehicle does not interfere with the progress of another runner,
- Your team vehicle does not aid the forward progress of your runner in any way (such as shielding your runner from the wind),
- Your vehicle headlights and emergency flashers are on.
- You DO NOT park on someone’s front lawn.
- By hop-scotching we mean drive ahead of your runner by several hundred yards and wait until they pass you by a few hundred yards. Please do not drive behind the runner at the pace she/he is running. While for male runners, your hopscotch may be 1/2-1 mile, for safety reasons, please hopscotch at 1/4-1/2 mile intervals for female runners at night.

NOTE: When a vehicle approaches from behind, please pull way over to the side and come to a complete stop to allow plenty of room for the vehicle to safely and easily pass. The roads are not closed and local traffic must not be impeded in any way.

8.0 Food Support/Volunteers

Your entry into the 2007 **Reach the Beach Relay** includes a complimentary meal at the finish area in Hampton Beach. Additionally, we are pleased to provide your team with beverage products from **Coca-Cola**, **Dasani**, and **PowerAde** at various VTA's and the finish (see the food addendum in your registration packet for details). We will have other items such as **Sweet Scoops** at the start and **Starbucks** at the start/finish. However, these items are intended to be a supplement to your overall food needs. You are ultimately responsible to provide for all food and liquid that your team will need during the race.

You will find that many of the non-profit volunteer groups (Girl Scouts, Volunteer Fire Departments, School groups/clubs, etc.) will have food items at various TA's and VTA's. In most cases these groups are using this event as a fund raising opportunity for their group and will be offering these food items for sale or will be asking for a donation. They do not have to provide anything but chose to do so for your benefit since sources of hot food will be few and far between; especially as you go further down the course.

Please be generous in your support and your 'thank you's'!

The **RTB Relay** works with these Volunteers Groups so that you do not have to provide volunteers as part of your entry as many other relays require. Our strategy is to give back to the communities that we pass through and develop stronger relationships with



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them to ensure the long term success of the event. So again, please be generous to these groups as they are critical to a successful and fun race!

A list of these groups, what they will be providing, and where they will be located will be provided in your registration packet in the food addendum.

9.0 Medical Support/Emergencies



Your team's safety is our primary concern. We are continually improving the course to avoid and relieve crowding and congestion, we enforce compliance of race rules and requirements, put a continuous communication link in place, put hundreds of volunteers and race staff on the course, hire dozens of local and state police, and put EMTs on the route in the event something does happen. The following section will cover what you need to know about our EMTs and their ability to help you.

There will be Emergency Medical Technicians (EMTs) at each TA along the course. In addition, we will have roving EMTs who will be patrolling the course in between TA's. We will also have a line of communication between the medical staff, race staff, and other local emergency personnel. The goal of this plan is that the EMTs be the closest medical support to your team when following the course. Please notify them of any situations that may require their attention.

We have also provided the phone numbers of all local Hospitals, Police, and Fire Departments (below) for your assistance. However, in the event that you or one of your teammates requires emergency treatment in between Transition Areas, then do not hesitate to call 911. Please remember to tell them where you are (town, route, etc.) in order for them to locate you quickly. Often times they cannot get this information from your cell call.

Note: persons refusing to be treated by our EMTs will be required to sign a waiver that indicates that they were offered medical treatment but elected not to receive it.

NOTE - PLEASE READ THOROUGHLY:

N.H State law ONLY permits EMTs to treat minor medical conditions (sprains, abrasions, etc.) and only to stabilize major conditions (bone breaks, heat exhaustion, and cardiac distress). **They are not permitted to provide transportation to the nearest medical facility.** The protocol for major conditions involves having the EMT assess and stabilize (if possible) a runner's condition and then contacting the nearest medical facility to arrange for transport. If your team has any situation that requires medical or police attention, or decides to drop out of the race at any point - please tell a staff member as soon as possible. If you call 911, please report to one of our staff as well as soon as you can.



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9.1 Medical Coverage: EMTs

A team of Emergency Medical Technicians will be our primary means of supporting you and your team for all minor medical issues. They will be uniquely identified in special **RTB** Apparel so you can easily locate them and will typically be found near the **RTB** Operations Tent. Please do not hesitate to see them if you have an injury.

9.2 Location of Medical Resources: Hospitals

The following table identifies local or regional medical facilities that are located near the event route along with the respective phone numbers for the local police and fire departments. Again, please tell a TA Captain and/or EMT if your team has any situation that requires medical or police attention, and/or decides to drop out of the race at any point.

| Course Leg(s) | Town | Nearest Medical Facility | Phone Number | Police Dept. Phone | Fire Dept. Phone |
|---------------|-----------------|-------------------------------|--------------|---------------------|------------------|
| Start 1-2 | Franconia | Littleton Regional Hospital | 603-444-7731 | 603-869-5811 | 603-869-3342 |
| 2 - 4 | Lincoln | Speare Memorial | 603-536-1120 | 603-745-2238 | 603-356-5868 |
| 5 - 8 | Albany & Conway | Memorial Hospital | 603-356-5461 | 603-356-5715-Conway | 603-447-2681 |
| 9 | Madison | Memorial Hospital | 603-356-5461 | 603-367-8334 | 603-367-4602 |
| 10-13 | Tamworth | Memorial Hospital | 603-356-5461 | 603-323-8581 | 603-323-8874 |
| 14 | Sandwich | Lakes Region General Hospital | 603-524-3211 | 603-284-7777 | 603-887-3220 |
| 15 | Center Harbor | Lakes Region General Hospital | 603-524-3211 | 603-253-9756 | 603-253-4457 |
| 16 | Meredith | Lakes Region General Hospital | 603-524-3211 | 603-279-4561 | 603-279-6061 |
| 17 | Laconia | Lakes Region General Hospital | 603-524-3211 | 603-524-5257 | 603-524-6881 |
| 18 | Belmont | Lakes Region General Hospital | 603-524-3211 | 603-267-8351 | 603-267-8333 |
| 19, 20 | Gilmanton | Lakes Region General Hospital | 603-524-3211 | 603-364-7403 | 603-253-4844 |
| 21 | Barnstead | Lakes Region General Hospital | 603-524-3211 | 603-269-8100 | 603-269-4121 |
| 22 | Chichester | Lakes Region General Hospital | 603-524-3211 | 603-798-4911 | 603-736-9291 |
| 23 | Epsom | Lakes Region | 603-524-3211 | 603-736-9624 | 603-736-9291 |



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| Course Leg(s) | Town | Nearest Medical Facility | Phone Number | Police Dept. Phone | Fire Dept. Phone |
|---------------|---------------|-------------------------------|------------------------------|--------------------|------------------|
| | | General Hospital | | | |
| 24 | Allenstown | Elliot Hospital in Manchester | 603-669-5300 | 603-485-9500 | 603-485-3421 |
| 25 | Deerfield | Elliot Hospital in Manchester | 603-669-5300 | 603-463-7258 | 603-463-7258 |
| 26 | Candia | Elliot Hospital in Manchester | 603-669-5300 | 603-483-2318 | 603-483-2317 |
| 27 | Chester | Parkland Medical in Derry | 603-432-1500 | 603-887-2080 | 603-887-2080 |
| 28 | Sandown | Parkland or Exeter | 603-432-1500 or 603-778-7311 | 603-887-1001 | 603-887-1001 |
| 29 | Danville | Exeter Hospital | 603-778-7311 | 603-382-9403 | 603-742-4646 |
| 30 & 31 | Kingston | Exeter Hospital | 603-778-7311 | 603-642-5742 | 603-659-3950 |
| 32 | Exeter | Exeter Hospital | 603-778-7311 | 603-772-1212 | 603-772-9756 |
| 33 | Stratham | Exeter Hospital | 603-778-7311 | 603-778-9691 | 603-778-9691 |
| 34 | North Hampton | Portsmouth Regional Hospital | 603-436-5110 | 603 -964-2198 | 603 -964-8621 |
| 35 & 36 | Hampton | Portsmouth | 603-436-5110 | 603-926-4444 | 603-926-4444 |

9.3 Critical Race Personnel

The Transition Area Captains are our on-course race directors. They will be wearing distinctive, **Reach the Beach Relay** apparel that identifies them as our Staff. Please bring any issues or questions to their attention. They will also have the ability to contact any one of the Core Race Staff if needed.



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10.0 Finish Line - You Reached the Beach!

The finish area will be located at **Hampton Beach State Park** and is being hosted by **Timberland**. Watch for your last runner coming down the home stretch (cheering for others while you wait would be appreciated!). Please make sure that the detachable tag from your bib number is collected by our staff as soon as you cross the line.

Once again, please ensure that the last runner checks the team in at the finish with the timing staff in the finish line chute. This is critical as an occasional team is missed in the crowd when they are mixed in with another entire team finishing together.

Also, please gather your team and get over to the finishers' circle to receive your team medals once your last runner has crossed the finish line. This will be the official end to your adventure!

There will be showers available (cold water only, sorry) the ocean to swim in (really cold water is great to help rejuvenate those tired legs!), as well as the finish line festivities which include:

- A catered meal from 11:00AM – 7:00PM
- Live Music from 12:00PM – 7:00PM
- Free massage!!!
- Awards throughout the day for the winning teams
- Avon Raffle Winners announced.

10.1 The Reach the Beach Relay Volunteer Challenge

We have continued our tradition of awarding prizes for the Best Transition Area Volunteers again this year. The TAs and VTAs will be staffed by groups (Girl Scouts, Schools, City Year, Volunteer Fire Depts., Church groups, etc.) that will be competing with each other to put on the 'Best' TA/VTA as voted by YOU. You will receive an email the day after the race asking you for your vote. Please cast your vote for the TA that did the best job. Thanks!

10.2 Prizes

All prizes will be handed out within ½ hour after of the final results have been posted for each respective category. Your team will be asked to report to the awards stage if they have won. Full results will be posted on the **RTB** website, as well as the Coolrunning.com website usually within 24 hours.



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11.0 Rules and Regulations

The **Reach the Beach Relay** will be a fun and exciting adventure for you and your team. However, it is a race and, as such, requires you to follow some rules and regulations. Some of these have been created in the interest of “fair play”, some have been created based on requirements of the Towns and communities we pass through while others are here for your collective safety. Please ensure your entire team is aware of all of these in advance of the race.

Unless otherwise noted below or in the “Summary Table of Penalties” (below), a time penalty of 1 hour will be assessed for each infraction of the rules and regulations listed herein. Multiple violations may result in the disqualification of your team. We reserve the right to immediately disqualify any team that acts in a belligerent manner to any of our staff, volunteers, or town residents.

11.1 Runner Position on the Road

Runners are to stay on the side of the road that is indicated within the Course Directions and as marked with the **RTB** arrows. The side of the road with the majority (occasionally there is the need to put an arrow on the other side- never 2 in a row) of arrows is your clue to where we want you to be. If an arrow directs you to run on the right hand side of the road then that is where you are to run. Those in the vans should be reviewing the course directions and helping to direct their (and any other) runners to the correct side of the road. Many N.H. Towns have required that we enforce this as part of their requirements in allowing the event to pass through their roads. Please honor this.

11.2 Failure to adhere to RTB Staff/Volunteer Instructions

Your team is required to follow the instructions provided to them by our staff throughout the event. The previous sections of this handbook have described numerous situations where you will be receiving direction from either our TA Captains and/or Volunteers. These include, but are not limited to, vehicle parking, loitering near the relay exchange zone, language and dropping runners at the TA entrance (not allowed).

11.3 No Bicycles, roller blades/skates, strollers/joggers, motorized vehicles, or pets.

No bicycles, roller blades, motorized vehicles, strollers, joggers, or pets are allowed to be used or accompany runners on the course. Team members found riding the course are assumed to be accompanying runners and in such cases the team will be disqualified. Other time penalties apply – see the summary table below.



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11.4 Runner Dropouts for Substitution

No runner may drop out of the race solely for the purpose of substituting a faster runner in his/her place. No substitutions are permitted as the result of a runner who drops out of the race once it begins. The team must finish with the remaining runners and must maintain their established rotation. Race officials will be monitoring the team rotation.

11.5 Altering your rotation

You may not shuffle the order of your team's rotation once it has completed one round.

11.6 Navigation

All teams are to monitor and guide their teammates through the course. 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. Deviations or short cuts will result in a five (5) hour penalty for the 1st offense and disqualification for the 2nd. Note: this occurs to someone every year and it is typically due to being on the wrong side of the road; i.e., they did not see the arrows for a turn.

11.7 Vehicle Support

You are limited to only two support vehicles.

No vehicles wider than 6'9" or longer than 20'. This means no motor homes, buses, "winnebagos", campers, or limos are allowed on the course by any team or team support. If you have doubts about the legality of your vehicle, you must have it checked at the start by a Race Director. If we see one of these on the course that team will not be allowed to complete the event.

As mentioned above, vehicles can support runners on the course but must not follow (shadow) runners on the course except as indicated in Section 7.8.

11.8 Reflective Vests and Bands: ****VERY IMPORTANT***

Each Team must have:

- Two (2) working flashlights and/or headlamps,
- Two (2) reflective vests with reflective strips on them, and
- Four (4) blinking lights to attach to their front and back (use of 2 PolyBrite Self-Illuminated Vests negate the need for blinking lights).

Runners must wear their vests and blinking lights and carry their flashlights or headlamps when running between the hours of 6:00 PM and 6:00 AM. In addition, all runners on the course must wear their wrist wrap (handed out at Check-in. If you accidentally lose the wrist band/baton, don't worry about it. Continue the race without it.)

NO teams will be allowed to start without the proper reflective gear. NO EXCEPTIONS.



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11.9 Public Nuisance Rule

Public Nuisance: urinating/defecating or the appearance of urinating on public or private property that is part of the course including, but not limited to Transition Areas, will result in Immediate Disqualification.

11.10 Disorderly Conduct: Noise

As mentioned in previous sections of this handbook, night time Legs #19, 21, 22 and 24 through 31 pass through residential areas where home owners are sleeping. Please contain your enthusiasm and keep the noise levels to a minimum. Do not shout, yell, cheer, or honk your horn. Look for the “**Shhhh!**” / “**quiet signs**” as you are driving, as they will tell you that you are about to enter one of these areas.

11.11 Obscenity Rule

Many Teams take great pride in decorating their support vans as part of the team spirit they display during the race. This is part of the experience and we encourage it! However, please refrain from decorating your vehicles with anything that could be interpreted as obscene. Several groups (Girls Scouts, Brownies, Boy Scouts, etc.) that have young children will be volunteering at some of the TA's.

Please make sure your language and actions are appropriate at all times.

11.12 No Alcohol

The NH State Parks do not allow open alcoholic beverages or glass containers on park property. Please abide by this. The State Park personnel will be patrolling the parks (especially Hampton Beach) and will be looking for infractions. Speak with us at registration if you have questions about this.

11.13 No Walkmans/I-Pods/Headsets

Due to safety concerns and liability we do not permit the use of these devices at any time during the race. This is especially an issue during the night when you will need to have your complete focus on the road and your surroundings: such as vehicles, animals, other runners, etc.

We started this rule last year and now it seems that other organizations are adopting a similar policy. Effective in 2007 – all sanctioned USA Track and Field events must also abide by this policy.

FYI: the Reach the Beach Relay is a sanctioned USA T&F event and has been since the beginning.



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Summary Table of Penalties

| Rule No. | Penalty Description | Penalty Action |
|----------|--|--|
| 11.1 | Runner Position: runners are to stay on the side of the road where the arrows are. | Warning for 1 st offense; 1.0 hour for each subsequent offense. |
| 11.2 | Fail to adhere to RTB Staff Instructions: | 2.0 hours for 1 st offense; disqualification for 2 nd . |
| 11.3 | No Bicycles, roller blades, etc., | 1.0 hour for 1 st offense; disqualification for 2 nd . |
| 11.4 | No substitutions once the race has started | Disqualification |
| 11.5 | No shifting of rotation order once a team completes one full rotation | 2.0 hours for 1 st offense; disqualification for 2 nd . |
| 11.6 | Navigation/ Aid from vehicles/ cutting the course | 5.0 hours for 1 st offense; disqualification for 2 nd . |
| 11.7 | Vehicle Support | Cannot be allowed to start |
| 11.8 | Absence of Self-illuminated Vests | Cannot be allowed to start the remaining legs at night |
| 11.9 | Public Nuisance: urinating/defecating in public | Immediate Disqualification |
| 11.10 | Disorderly conduct: no screaming, cheering, and shouting in designated "Quite Zone" neighborhoods | 5.0 hours for 1 st offense; disqualification for 2 nd . |
| 11.11 | Obscenity Rule: <ul style="list-style-type: none"> • any team vehicle that is decorated with obscene images or representations • use of obscene language | Warning for 1 st offense; 5.0 hour penalty for 2 nd offense; disqualification for 3 rd offense. |
| 11.12 | Alcohol Rule: No alcohol is permitted at any Transition Area at anytime. | Disqualification for 1 st offense. |
| 11.13 | No I-PODS, Walkmans, or Headsets | Warning for 1 st offense; 1.0 hour for each subsequent offense. |

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12.0 Course Description

12.1 Course Directions and Maps

A complete set of directions for the course along maps for each leg are available for download in PDF format from our website. The 2007 updated maps and directions are available now. There will be a variety of signs on the course as well. A description of the signage is included below.

We do our best to mark the course with over 1,200 signs which cover the 203 miles, but navigation of the course via the written directions, as well as the maps, is ultimately your responsibility and is part of the adventure!

Please follow the course signage and any instructions given to you by race staff. And***please run on the side of the road where the arrows are located*** and do not cross until a volunteer or sign tells you to do so. Please do not follow the person in front of you if they are not adhering to this. Follow the signs. Van-mates, please help runners in adherence to this.

12.2 Signage

There will be several types of road signs used for this event. All will have bright/ fluorescent colored letters or backgrounds. Some of these are reflective for night visibility. These are described below:



- **Arrows** - indicating “RTB Relay” shall be located at each turn and/or intersection and shall also be located along continuous sections of road at no more than 1 - mile intervals. There will be 2 types of arrows: day-time and night time. The daytime arrows will be black on a bright yellow background; the nighttime arrows will have a reflective backing that will make them “light up” when hit with a headlight or flashlight. Both have “RTB” lettering beneath the arrow. You will be shown samples of each type before you start.



- **“CAUTION Runners on the Road”**- signs shall be placed along the entire course at 1-2 mile intervals with additional emphasis on those sections of the route that contain high vehicle traffic (such as when entering and exiting a town center), on narrow roads, and when approaching a 4-way intersection. These are usually located facing the opposite direction and intended to warn on-coming traffic.



- **“Shhh” or “Quiet Zone”** – signs shall begin to appear on the road as you approach TA19 and then within close proximity of sensitive neighborhoods.
- **“No Parking”** – signs will be located along roads where there is no parking permitted along the shoulder such as the Kanc (Rt. 112), Rt. 111 and Rt. 1A in North Hampton.



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- **Vehicle Only** – Signs will be used on sections of the course where only supports are to go such as for parking
- **Runner Only** – Signs will be used on those sections of the course where only the runners are supposed to go; ex: Leg 8.
- **“RTB Vehicle”** - signs will be given to each team for their official race vehicle. These signs must be displayed at all times in the front windshield and in one, driver's side window. They will enable race officials to determine that you are part of this event. Vehicles without these signs will not be permitted to park in the TA's. Please make sure your signs are visible throughout the event.

13.0 Prizes

13.1 Fastest Overall Team

The team that has the fastest overall time will receive a free entry in to the following year's edition of the **Reach the Beach Relay**. This team is one of the top 3 teams and is also eligible for the prize below.

13.2 Top Female, Male and Mixed Team Winners

Each member of the top three teams overall; Female, Male and Mixed will receive:

- One pair of **Timberland** trail running shoes for each team member.

13.3 All Other Team Category Winners

Each member of a team that wins their respective category will receive:

- A new 2007 hydration Belt from **Fuel Belt Inc.**

13.4 Finishing Teams:

All teams that complete the event will receive copies of your team's photo (if they were taken at Cannon Mountain) as well as an **RTB finisher's medal**.

All of the above prizes for the specific category will be handed out approximately ½ hour after all of the final results for this category have been posted.



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APPENDIX

The REACH THE BEACH RELAY WAIVER OF LIABILITY

I understand and acknowledge that running is a HAZARDOUS sport. I understand that running involves risk of injury to any and all parts of my body. I hereby certify that I am physically fit and have no medical conditions or allergies that affect my ability to participate in this event.

For myself, my heirs, executors, administrators, legal representative, assignees, and successors in interest (collectively "Successors") I, (please print)

_____, HEREBY WAIVE, RELEASE, DISCHARGE, HOLD HARMLESS, PROMISE NOT TO SUE AND INDEMNIFY **RTB Relay Inc.**, its agents, servants, employees, officers, and directors; the **Reach the Beach Relay**, its sponsors and volunteers; the **State of New Hampshire**, its Cities, Towns, Municipalities, agents, servants, employees, officers, and directors; the **NH Department of Resources and Economic Development**, its agents, servants, employees, officers, and directors (collectively, the "Released Parties") FROM ANY and all rights and CLAIMS INCLUDING CLAIMS ARISING FROM THE RELEASED PARTIES' OWN NEGLIGENCE, which I have or which may hereafter accrue to me and from any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in or association with this event, or travel to or from this event. I further agree to permit **RTB Relay Inc.** to use any photographs, video images, and likenesses of me that are taken during the event for promotional purposes. **RTB Relay Inc.** is under no obligation to provide me compensation for use of these images.

If any dispute arises between you and **RTB Relay, Inc.** ("**RTB**"), or between you and any of **RTB's** officers, directors, employees, agents or other participants in **RTB** activities, you agree to submit the dispute to binding arbitration in accordance with the Commercial Arbitration Rules of the American Arbitration Association ("**AAA**"). Such arbitration shall take place in Worcester, Massachusetts before a single arbitrator agreed upon by the parties, or selected by the **AAA** in absence of such agreement. The prevailing party shall be entitled to recover its actual monetary losses; however the Arbitrator shall not award incidental, consequential, multiple, punitive or special damages or otherwise make any provision, finding of fact, rule, order or award that would provide the prevailing party with greater than such party's actual out-of-pocket losses.

Signature (required): _____ Date: _____

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Foods items available at Transition Areas

Each year we create a separate handout that describes what is being planned by our various Volunteer Groups. The 2007 'edition' of this list will be handed out at Registration at Cannon Mountain. But, an example of what this looks like is below. This is an excerpt from the **2006** food list.

Example: 2006 TA Food List

| Transition Area | Food Menu | Organization |
|-------------------------------------|--|--------------------------------|
| T6 – Echo Lake | Water, Coke, and PowerAde only | |
| T9 – Madison Elementary School | Various baked items | Madison Elementary |
| T12 – Kenneth Brett School | Chili, Lasagna, American Chop Suey, Pizza, Mac & Cheese, Salads, Fruit, Baked Goods, Hot Cocoa, Coffee, Tea, Water | KA Brett School |
| T13 – The Community School | Various items; hot and cold | The Community School |
| T18 – NH Technical College | Various items; hot and cold | Girl Scout Troop 431 |
| T20 – Gilmanton School | Beef stew, Chicken noodle soup, Chili, Crackers with peanut butter &/or cheese; PB&J sandwiches, Tuna sandwiches, Oatmeal, Fruit; Popcorn, Oranges, Bannanas, Choc.Chip Cookies, Sodas, Water. | Girl Scout Troop 532/1532 |
| T24 – Allenstown Fire Department | Breakfast – eggs, bacon, sausage, pancakes, fruit, cereal bars; Chicken soup; Coffee and tea | Allenstown Fire Dept. |
| T26- Henry Moore School | Eggs, Pancakes, Sausage, Bacon, Home Fries, Toast, Muffins, Fruit, Juice, Coffee | Candia Volunteer Fire Dept. |
| T27- Chester College of New England | Bagel bites, Whole Fresh Fruit, Bottled Water | Chester College Student Class |
| T28- Sandown Town Hall | Various items: hot and cold | Friends of the Sandown Library |
| T30-Kingston State Park | Various items; hot and cold | |

NOTE: The Transition Areas (TA's) are staffed by local volunteer groups including City Year of New Hampshire, Girl Scout troops, School and Church groups, and Volunteer Fire Departments. Some groups will be offering a variety of food and beverages in exchange for donations as part of their individual fundraising efforts. Please give generously. If you wish to make a separate donation to a specific group, please see Carol Rainville, Volunteer Coordinator, at the Finish Line at Hampton Beach.