

Moran Constitutional Relay EVENT INFO

Welcome to the first ever Moran Constitutional Relay! We've thought about putting on this event for years, and we decided this would be the year. We hope the information in this packet will answer many of the questions that you and other runners may have, but we've surely overlooked something, so if you have questions, please ask. Please read this information carefully to help ensure that you and your teammates have a fun and successful event.

SCHEDULE:

Friday, October 21

3:00pm – 10:30pm – Check-in (all team members and volunteers)

6:00pm – 9:00pm – Dinner (optional during registration)

Saturday, October 22

5:00 – 9:00 AM – Breakfast (included with entry)

5:30 – 5:50 AM – First leg check-in

6:00 AM – Start

7:43 AM – Sunrise

1:30 PM – First finishers expected

5:30 – 9:30 PM – Post-race meal (included with entry)

6:08 PM – Sunset

9:00 PM – Last finishers expected

Sunday, October 23

Teams will start in waves with the slowest teams starting first (6:00 AM) and the fastest teams starting last (8:00 AM)

5:00 – 9:00 AM – Breakfast (included with entry)
5:30 – 5:50 AM – First wave check-in
6:00 AM – First wave start
6:30 – 6:50 AM – Second wave check-in
7:00 AM – Second wave start
7:30 – 7:50 AM – Third wave check-in
7:45 AM – Sunrise
8:00 AM – Third wave start
1:00 PM – First finishers expected
1:00 – 4:30 PM – Post-race meal (included with entry)
3:30 PM – Last finishers expected

IMPORTANT EVENT SCHEDULE INFO:

We have posted the event schedule on the website but we want to reiterate that all the runners doing leg #1 start at 6am on Saturday at the ELC and that there will be a wave start on Sunday, with start times at 6am, 7am, and 8am. We'll assign runners to Sunday start waves based upon their finishing times on Saturday (in the first eight legs), and we'll post a list of which teams start in each Sunday start wave by 9:30pm Saturday.

COURSE MARKING SYSTEM INFO:

We hope you and your teammates are ready to be WOWED by the trails at Moran State Park! The routes for many of the legs overlap, so we created unique direction arrow signs for each leg, so that you'll know which route to follow. Each leg has one of six different colors, a unique number (1-12), and a unique animal silhouette. We will post examples, so that you know what the signs look like.

At junctions with multiple signs, be sure to take the time to look for the sign for your route and make sure you follow its direction arrow. At

some junctions, where all legs passing the junction go the same way, we have used our usual yellow-orange signs with black arrows. If you see these yellow signs, then follow them. If you don't, but you see signs for your leg, then follow those.

In addition to signs at most junctions, we will mark the route with orange and white confidence streamers and with pin flags (30-inch-long steel wires with 5-inch by 8-inch plastic flags). Both of these markings will be used more intensively around junctions, but they will also appear at least every quarter mile throughout the course to let you know you are on the right track. ***Note: This is a different way of using pin flags than at most of our other runs (where they act as a turn signal), so please note that they are NOT used only as a turn signal at this event.***

If you get to a junction and don't see any indication of which way to turn, then it means either that you are off course or that the markings were vandalized. While this is unlikely, there is always a small chance that some course markings could be disrupted by people, animals, or the wind. Consequently, we highly encourage each runner to look carefully at the legs they are running. You can click a link to view the map for each leg of the course on the website in the "Course Description" section.

MAP OF PARKING & EXCHANGE AREAS:

There is a separate map showing the parking and exchange areas, as well as the opening and cutoff times at each exchange area.

Regarding the cutoff times: Teams that are early will be held, and teams that are late will be early started (before the incoming runner arrives). Final times will be adjusted for any waiting time or early starts.

PROCEDURES FOR START, EXCHANGE, & FINISH:

Teams may choose which of their runners runs each leg as they go.

This gives you the flexibility to adapt your plan if someone becomes injured or exhausted. In other words, the running order is in your hands! In order to allow for this flexibility, it is essential that runners check in with start line or exchange area staff before starting their leg.

At the exchange areas, be sure to allow enough time to do this before tagging your incoming runner.

Outgoing runners should also allow enough time to note which way they are leaving the exchange area at the start of their leg.

At check-in on Friday, each runner will be given a bib number and a tyvek bracelet with a unique number. Please do not take off the bracelet until the race is over on Sunday. The exchange staff will record the bracelet number before each runner starts on each leg. If a runner does not check in at the start or at an exchange point before starting a leg, their team may be penalized or disqualified, at the organizers' discretion. Please wear the bib number so that it is visible as you approach exchange points and the finish.

TRAIL HAZARDS:

The course has miles of beautiful trails but it also has several sections that require runners' attention. Here are a few key things to pay attention to: There are several bridge crossings that could be slick if it rains; there could be downed trees depending on recent windy conditions; there could be loose branches hanging over the trail that could fall; there are steep terrain sections that could be muddy and slick; and there are a few areas where there are drop-offs near the trails. There could also be other park users out there, including hikers, bikers, and horseback riders. Horses have the right-of-way, so please step off the trail and let the horse pass if you encounter one. It also

helps to talk with the rider. Not only does this help put the horse at ease, but the rider may tell you that their horse is very calm and that it is okay to walk or run past. We highly encourage runners to run sans music or run with just one ear bud in.

The recent rains have made many of the streams full, so some normally dry crossings could get your feet wet. The wind storm brought down some branches, but we have done our best to clear any that are a problem.

RACE RULES:

Please review the race rules (also listed on the website).

1. Each team will be allowed two vehicles to transport team members to exchange zones on course, and passes will be provided at check in that will identify these vehicles.
2. Follow the instructions of race staff. They are there to help everyone have a safe and fun event.
3. Each runner on a team must complete at least two legs for the team to have an official finish. Exceptions may be made in case of injury, in which case the injured runner may be withdrawn and another runner from the team may continue the leg abandoned by the injured runner where she or he left off. A withdrawn runner may not run again during the event.
4. It is up to the team which runner runs each leg, however all runners must check in with start or exchange zone race staff before they are tagged off by their runner and start on the next leg.
5. Teams that are at risk of being overtime may be asked by race staff to start later legs of the course before the preceding runner reaches the exchange zone. If this is done, the team's rank will nonetheless be based on the sum of the running times of the team members.

6. Teams that are progressing around the course faster than anticipated may be asked by race staff to delay starting a subsequent leg in order to wait until an exchange zone opens. If this is done, the team will receive time credit for any time waiting to start at an exchange zone.
7. All members of each team must check in at the race on Friday, October 21.
8. Any additions to a team roster must be made at the latest by the time check in closes on Friday.
9. Course routes for each leg will be well marked, and it is the responsibility of each runner to be familiar with their route and the course markings and to stay on course.
10. Sunday start waves will be determined according to elapsed time on Saturday, with the fastest teams starting in the 8am wave, mid-pack teams starting in the 7am wave, and slower teams starting in the 6am wave. Wave divisions will be determined by race staff, and teams will be notified of their start wave at the finish on Saturday. Teams will likely be given the option of starting in an earlier wave, if they would like.
11. Runners on the course during hours of darkness must carry and use a headlamp or flashlight.
12. Safety is our first concern, so if you see an injured runner, please stop and help them. Race staff may award bonus time to compensate for such circumstances.
13. At the exchange areas, always park as directed and so as not to block any road or trail.

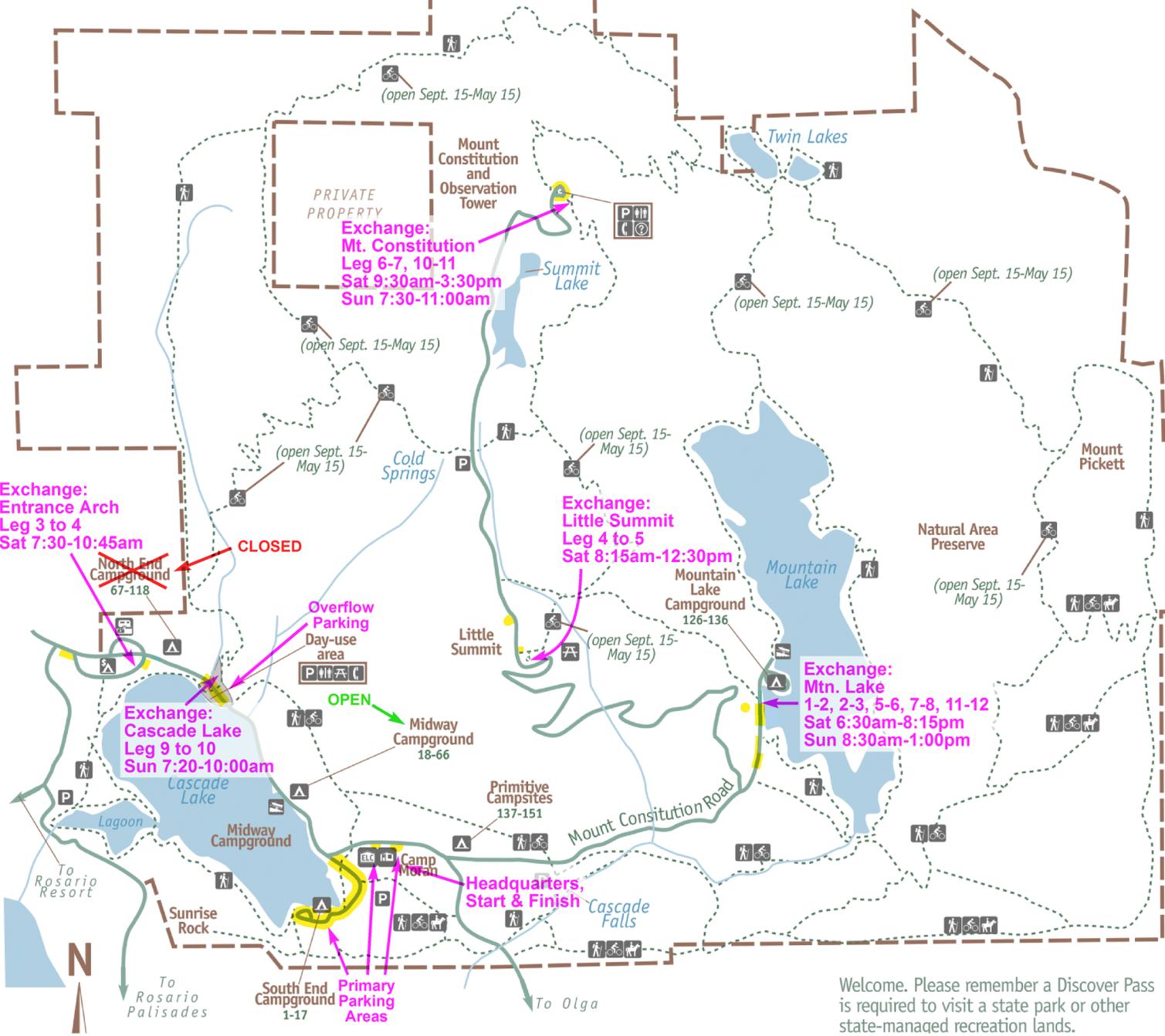
SERVICES IN EASTSOUND:

The grocery store in Eastsound is open Monday-Saturday, 7am-9pm; Sunday 8am-8pm. The gas station and convenience store at the junction of Crescent Beach Drive and Olga Road is open Monday-Saturday 6am-11pm; Sunday 6am-10pm

THE
MORAN
Constitutional
RELAY

MAP OF PARKING AND EXCHANGE AREAS

							Users of metal detectors must complete an application and register with park staff before metal detecting.



= Parking area

Welcome. Please remember a Discover Pass is required to visit a state park or other state-managed recreation lands.