

2011 RRR Race Guide



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RRR GENERAL NUMBER

801 901 0992

WELCOME

The third annual Red Rock Relay is around the corner and YOU are a part of it! This RRR Race Guide will help you to chart your snow to sun journey in the safest and most effective way. Please read through this thoroughly as it will make your race experience much more enjoyable. You may also want to print some copies for your race vehicles.

PACKING LIST (SUGGESTED, ADD AS NEEDED)

RRR Runners	RRR Teams
<ul style="list-style-type: none">• Food & Fluids• Running Shoes (2 pair in case)• Jacket• Change of clothes SOCKS especially• Sleeping bag, Pad, & Pillow• Sunglasses• Sunscreen• Hat• Cell phone (Verizon Best coverage)• Driver's license• Cash• Credit/debit card• Toothpaste, ibuprofen, toothbrush, and other toiletries	<ul style="list-style-type: none">• Cooler with ice• First-aid kit• Reflective vests• Headlamps• Garbage bags• Paper towels• Spray bottle• Scissors• Pens• Toilet paper• Baby wipes• Lotion• Food• Additional Fluids (water, sport drink)

TRAVEL

Start Location

Brian Head Resort
329 South Highway 143
Brian Head, UT 84719

(please arrive a minimum of 30 min. before your start time)

Finish Location

Zion Canyon Community Center
126 Lion Blvd
Springdale, UT 84767

SLC to Brian Head Travel

- Drive I-15 South until Exit 78 Parowan
- Turn left on N Main St UT-274
- Turn left on Center St UT 143

Vegas to Brian Head Travel

- Drive I-15 North
- Take exit 59 for UT-56; head East on 200 N
- Take a right on Main St. and then a left on Center St.
- Proceed on Highway 14 up Cedar Canyon
- Take a left on 148 through Cedar Breaks and into Brian Head Resort

SCHEDULE OF EVENTS

Thursday Sept. 8

Race course is pre-marked with spray chalk, signs, and barricades
Portable Rest Rooms dropped

6-9 pm Pre Race Party & Team Check In at Cedar City
Location: Cedar City Heritage Center 105 N 100 E Cedar City, UT 84720

*Extended RRR party at the Grand Lodge at Brian Head

Friday Sept. 9

6 am – 2 pm Teams start the Snow to Sun journey!
10 am- 4pm VAN EXCHANGE 1 – DUCK CREEK VILLAGE
5pm – 10pm VAN EXCHANGE 2 – SUU PE BUILDING
9pm – 1 am VAN EXCHANGE 3- NEWCASTLE

Saturday Sept. 10

11pm-5am VAN EXCHANGE 4 - VEYO
5am-11am VAN EXCHANGE 5 - WASHINGTON CITY REC CENTER 300 E 200 N
10am-8pm Athletes FINISH at Zion Community Center
9pm- Bedtime. Athletes feel really AMAZING about their RRR experience!

START TIMES

Each team has been assigned a specific start time based on their projected finish and 10k pace estimates. Your team should be crystal clear on its start time. If you have any doubts PLEASE email info@redrockrelay.com

PRE RACE PARTY & EVENT CHECK IN

Thursday Night from 5-8 pm athletes will complete Team Check In at The Heritage Center in Cedar City. There will be live music, a yummy pasta dinner, vendors, and lots of fun.
Location: 105 North 100 East Cedar City, Utah 84720

*Team captains or members may check in for the entire team, but we recommend all members come for the fun and to ensure proper sizing of shirts etc. Please bring photo id.

*Teams will receive RRR package that includes team shirts, bib numbers, baton bracelet, captain package, RRR body marker, & other surprises!

*Thursday Night Food is provided by the Cedar City Scouting Organization & will consist of a delicious pasta dinner, salad, and fresh bread from the local bakery. This dinner is complimentary for RRR athletes, but we do suggest a donation to the scout troops for their awesome help.

****IMPORTANT***

Race Check in and Start Time runner check in are **not** the same thing. We STRONGLY advise that all teams have a representative check in Thursday night in Cedar City. For teams who are unable to do so may check in at Brian Head a **minimum** of 2 hours prior to the start of their team. First leg runners are required to do an additional runner check in 30 minutes prior to race start to confirm the team's participation.

RRR SHOP

We will have a RRR retail tent set up before and after the race. We will take cash, check, or card. We have tried to purchase enough items for your needs, but items are subject to availability and on a first come first serve basis.



hoodies, hats, shirts, tanks, & other *groovy red rock gear.

Here is a list of our 2012 Red Rock Items.

\$249 Zepto Board	\$20 Technical Running Hat
\$30 Pullover Hoodie	\$20 Trucker Chill Hat
\$35 Zip hoodie	\$10 Brooks Nightlife Running Vest
\$15 Ringspun Cotton Tee	\$5 Orange Safety flag
\$15 Technical Running Shirt	\$5 Frisbee
\$15 Female racer back tank top	\$1 Car Sticker

2012 RED ROCK 2012

Let's be honest, we LOVE our RRR people. That is why we are opening registration for 2012 events FIRST to our teams from 2011. We will once again have 2 KILLER events for 2012 in Utah's most beautiful Red Rock Country. The MOAB one day will be May 12th 2012, and the ZION two day will be Sept. 7-8th 2012. Now are you ready for the AMAZING news?

We are once again partnering with "Discover Moab," who supports our Moab event and together, **we are offering a limited (x30) buy Zion... get MOAB team hook-up.** So the total price for both events is only 1099 (This saves teams \$450 off of normal pricing!) You will be able to register for 2012 at the start and finish lines. We only have 30 of these to give away, so jump on board asap!

BRIAN HEAD START LINE

Runner 1 must arrive at the start no later than 30 minutes prior to their assigned start time. Please remember that the temperatures race morning could range from 30-55 degrees. This is a SNOW to SUN journey for a reason!!! The early runners should plan accordingly for warmth, etc. especially if you have an earlier start time. Each team will take off through the start line and run approx. 30 yards to the ski lift. Athletes will board the lift and ride it to the top. The ride is approximately 20 minutes. Athlete (& team members who choose to), will then jump off and run down the color country trail back to the Giant Steps parking lot. Team members are encouraged to ride lift with runner 1 for an additional \$1 per person. This fee is a fundraiser for Brian Head Resort, which does a lot to help support the event. The team members may run down the mountain as well if they like! Just be sure that runner 2 is at the exchange and ready to face the Mighty Diablo!

RRR SAFETY GEAR

ALL teams must have Reflective Vests for running night legs and for certain daytime legs of the course. Teams also MUST use an orange crossing flag when out of the car and on the roads. We will have Brooks Nightlife vests (pictured below) for sale for \$10 (retail price \$20) and orange caution flags (pictured below with Deborah our model) for sale for \$5. If we see any runners without vests during required portions or Team support crews crossing the road without the crossing flag you will be DQ'd immediately!

*-Brooks Night Life Safety Vest \$10 (Retail \$19 each)
-Orange Safety Flags \$5 each*



BROOKS NIGHTLIFE VEST



SUGGESTED RRR SAFETY "LOOK"

RACE COVERAGE

We will be running live race reports via twitter, facebook, & on the website redrockrelay.com. Friends and family can check the site throughout the day to receive reports on your race efforts. We also HIGHLY encourage athletes to post their thoughts and race happenings on twitter & facebook. Teams that report online via social media will enter themselves into a drawing for FREE Red Rock hook-ups, so get twittering & facebooking people!!! We will have ZAZOOSH photographers and videographers on course taking shots throughout the 2 days and at the Finish Line. If you see them, smile and flex those muscles. Zazoosh.com

BODY MARKING

We are providing RRR Sharpie Magnum marker to each team for body marking. At the conclusion of each runner leg, the athlete will earn one "bar" from the Red Rock Relay logo. After all 3 legs the runners will have the complete 3 bar RRR logo. Athletes can place their marking on their arms, calves, etc. (see photos below) This is not required but just a fun activity for teams and runners.



COURSE MARKING

It is each team's and runner's responsibility to **KNOW THE RRR COURSE!!!** We have provided extensive maps and materials to help direct your efforts. Having said that, however, the entire run course will be heavily marked with cones, RRR signage, and vertical panel barricades.

*Each turn will have a directional arrow to help guide course changes.

*Each Leg will have a 20 foot finish/start chute with red and white flagging.

*Each Van Exchange will have red/white flagging and large 10 x 3 foot banners.

*Each sign is marked with industrial red and white reflective tape.



directional signage



leg exchange finish chute

10K TEAM PACES

It is imperative that teams understand the role of your estimated 10k team pace. Our event covers 2 days and 180+ miles. Knowing when and where teams will hit certain sections of the course is an essential part of our race planning. If teams purposely selected a slow time to get an early start and hit that section of the course early, they will be forced to sit and wait until the course opens. **Teams that have OBVIOUSLY falsified their pacing will be subject to disqualification and public shaming.**

HEAT RUNNING TIPS

Remember that on Saturday afternoon temperatures could get into the mid to upper nineties. Here are some tips!

1. Avoid dehydration! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore, it is important to pre-hydrate (10-15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20-30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. **Keep in mind that thirst is not an adequate indicator of dehydration.**

2. Avoid running outside if the heat is above 98.6 degrees (body temperature) AND the humidity is above 70-80%. While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature.

3. Dizziness when running. If you become dizzy, nauseated, have the chills, or cease to sweat.... STOP RUNNING, seek some shade, and drink water or a fluid replacement drink such as Gatorade. If you do not feel better, get help immediately. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin

that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment.

4. Run in the shade whenever possible, avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least SPF 15 sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to be transferred off the top of your head.

5. If you have heart or respiratory problems, or you are on any medications, consult your doctor about running in the heat. If you have a history of heatstroke/illness, run with extreme caution!

6. DO wear light colored breathable clothing.

RESTING (NON-ACTIVE) VANS

The “Resting Van” is the van of runners that is not currently running on course. There are many opportunities for the “resting” van to explore the area, eat food, and SLEEP. The two Van Exchange locations with the most amenities are the SUU PE building (van exchange 2) and the Washington Community Center (van exchange 5). Each of them provides shelter, showers, and swimming pools (yes, it is a great opportunity to show off that RRR physique). Vans are welcome to leap ahead to these locations and wait for the “active” van to reach them there. They are also welcome to stay and recover while waiting to catch up with the “active” van later on the course.

We STRONGLY encourage “resting” vans to take alternate routes to the next exchange points so that we can minimize traffic congestion along the route. For 2011 the Sun Van will not be permitted on the Desert Mounds Road. They will instead be re-routed to the exchange location. These areas will be much safer for runners (and less dusty) if the “off” vans will take the indicated byways.

SLEEPING AT THE RRR

Sleeping is the one thing on relays that everyone wants and hardly ever gets...aaahh the fun of acting like a teenager again. So can we recommend the two best spots for this:

NewCastle Van exchange #3

Not much here in the way of amenities, but it is quietly beautiful, lots of grass and lots of parking so bring your blankies & sleeping bags and catch a few hours of peaceful rest.

Washington City Rec Center Van Exchange #5

This is the best spot for sleeping and overall R&R, so don't waste your time in Veyo at the van exchange; it will be crowded and hard to find a spot to park. Drive ahead to the Washington City Rec Center and take a FREE shower, and then you have your choice of sleeping inside one of the “blacked out” gyms or plenty of grass if you wanna sleep outside under the stars.

COMMUNICATIONS

Much of the RRR Course travels areas with little to no cell service. Namely, Brian Head to Cedar City and Cedar City to St. George. As a result it becomes difficult for vans to communicate with each other to plan exchanges. We strongly recommend detailed planning by teams for arrival times at each Van Exchange. Verizon has the best service along the course.

We also encourage the use of 2 way radios between vans. Most radios will transmit up to 8 miles allowing Vans to alert each other as they approach the next exchange. RRR Volunteers and local law enforcement will also have radios that will be used for communications during the race and especially for emergencies.

ON COURSE CONTACTS

PLEASE use the designated Name and Number depending on which section of the course you are on.

Van Exchange 1 Duck Creek (8am–5pm) Will S [801-960-7455](tel:801-960-7455)
Van Exchange 2 Cedar City (11am–10pm) Jordan F [801-960-7456](tel:801-960-7456)
Van Exchange 3 Newcastle (4pm–2am) Nate P [801-960-7457](tel:801-960-7457)
Van Exchange 4 Veyo LDS (10pm-8am) Scott N [801-960-7458](tel:801-960-7458)
Van Exchange 5 Washington (1am-1pm) Will S [801-960-7455](tel:801-960-7455)
Finish Line Springdale (3am-8pm) Jordan F [801-960-7456](tel:801-960-7456)
General Number (801) 901-0992

FOOD & AID LOCATIONS

With the remote territory of the race, be aware that Food and Fuel can be more difficult to come by. Remember to stock up when you are in a bigger town, such as Cedar City around Van Exchange #2. It's hard to know just what will be available at 3 am in a small town between Cedar City and St. George!

VAN EXCHANGE 1 - Duck Creek Village *Exchange Captain Will S 801-960-7455

1. Nearest Food

- Aunt Sue's Chalet - Home Made Pies & Home Cooking 63 Movie Ranch Road Duck Creek Village, UT 84762
1-435-682-2484
- Pinewoods Resort Restaurant - 121 Duck Creek Ridge Rd - PO Box 1148 Duck Creek Village UT 84762 800-848-2525

2. Nearest Park

- Duck Creek Campground 2 miles from Duck Creek Village

3. Nearest Grocery Store

- Loose Wheels - 55 Movie Ranch Road Duck Creek Village, Utah 84762 435-682-2526

4. Nearest Gas Station

- Loose Wheels - 55 Movie Ranch Road Duck Creek Village, Utah 84762 435-682-2526

5. Nearest Hospital/Pharmacy

- Intermountain Health Care -Cedar City Clinic 1303 N Main St # C Cedar City, UT 84721-9746; 435-868-5500

VAN EXCHANGE 2 - SUU PE Building Cedar City *Exchange Captain Jordan F 801 960-7456

1. Nearest Food

- The Pizza Factory 131 S Main St
- Lins Market Place 150 N Main St
- Taco Bell 800 W 200 N
- Arby's 800 W 200 N
- Wendy's 800 W 200 N
- Burger King 800 W 200 N

2. Nearest Park

- Canyon Park. Located at mouth of Cedar Canyon in Cedar City. Grass, bathrooms, off street parking. (7 miles)

3. Nearest Grocery Store

- Maverick Country Store 200 S Main Street
- Lins Market Place 150 N Main St

4. Nearest Gas Station

- Maverick Country Store 200 S Main Street

5. Nearest Hospital/Pharmacy

- Intermountain Health Care -Cedar City Clinic 1303 N Main St # C Cedar City, UT 84721-9746; 435-868-5500
- Lins Marketplace Pharmacy 150 N Main St Cedar City, UT 84720-2637; 435- 586-3346

VAN EXCHANGE 3 – Newcastle Utah *Exchange Captain Nate P 801 960-7457

1. Nearest Food

- Fresh oven pizza at gas station is AMAZING!

2. Nearest Park

- Newcastle LDS Church 100 S Main Street (also location of Van Exchange)

4. Nearest Grocery Store
 - Bracken True Value Grocery and Gas 591 E Main Enterprise, UT 84725 435-878-2251
5. Nearest Gas Station
 - Bracken True Value Grocery and Gas 591 E Main Enterprise, UT 84725 435-878-2251
6. Nearest Hospital/Pharmacy
 - Intermountain Health Care -Cedar City Clinic 1303 N Main St # C Cedar City, UT 84721-9746; 435-868-5500

VAN EXCHANGE 4 – Veyo Utah *Exchange Captain Scott N 801 960 7458

1. Nearest Food
 - On site Vendors
 - Denny's St George 155 N 1000 E St George, UT 84770 (435) 673-4908
2. Nearest Park
 - Veyo LDS Church has SMALL grass for sleeping and relaxing
3. Nearest Grocery Store
 - Lin's Grocery 1930 Sunset Boulevard St. George, UT 84770 Phone: (435) 673-4656
 - Walmart 625 W Telegraph St Washington, UT 84780-1541; 435- 628-2802
4. Nearest Gas Station
 - Sinclair 21 S Main St, Veyo, UT 84782 (.5 miles)
5. Nearest Hospital/Pharmacy
 - Intermountain Healthcare: Dixie Regional Medical Center 1380 E 480 Saint George, UT 84790-2120; 435-251-1000
 - Walmart 625 W Telegraph St Washington, UT 84780-1541; 435- 628-2802 (.5 miles)
 - Dixie Regional Medical Center 544 S 400 E St George, UT 84770-3799; 435- 251-1000

VAN EXCHANGE 5 – WASHINGTON REC CENTER *Exchange Captain Will S 801-960-7455

1. Nearest Food
 - Rec Center Concessions open all night
 - Denny's
 - In n' Out Burger
 - Denny's 155 N 1000 East St St George UT 84770 (435) 673-4908
2. Nearest Park
 - Washington Rec Center Ball Fields reserved for sleeping. The gymnasium is also reserved for sleeping if the weather isn't cooperating.
3. Nearest Grocery Store
 - Wal-Mart Super center: Pharmacy 2610 Pioneer Rd Saint George, UT 84790-7442 ; 435-674-5792
4. Nearest Gas Station
 - **Red Cliff Station** 880 West Red Cliffs Drive, Washington, UT 84780-1598 (435) 628-0137
5. Nearest Hospital/Pharmacy
 - Dixie Regional Medical Center 544 S 400 E St George, UT 84770-3799 ; 435- 251-1000

FINISH LINE – ZION CANYON COMMUNITY CENTER *Exchange Captain Jordan F 801 960-7456

1. Nearest Food
 - Take your pick. Springdale is full of wonderful and delicious restaurants. Try as many as you can!
2. Nearest Park
 - Canyon Community Center and Finish Line is a Park!
3. Nearest Grocery Store
 - Zion Park Market (435) 772-3251 - 865 Zion Park Blvd, Springdale, UT
4. Nearest Gas Station
 - Springdale Chevron (435) 772-3922 - 1593 Zion Park Blvd, Springdale, UT5.
5. Nearest Hospital/Pharmacy
 - Zion Canyon Medical Clinic 120 Lion Boulevard, Springdale, UT, 84767. Phone: (435) 772-3226
 - Dixie Regional Medical Center 544 S 400 E St George, UT 84770-3799 ; 435- 251-1000

RRR RESTROOMS

Portable Restrooms are located at every van and runner exchange. We have also tried to offer better options such as the Lodge at Brian Head Resort, the PE Building at SUU, and the Rec Center wherever possible.

Dixie Waste will be providing over 120 portable restrooms throughout the run course. They will be stocked and ready to meet your needs☺. **If you want to be extra cautious bring a couple extra rolls of toilet paper just in case the restrooms are running low.**

GARBAGE CONTROLS

We ask teams to control their garbage by storing and dumping it at local gas stations etc. Be mindful of the majestic environment you are running in and do all that you can to preserve its beauty.

FINISH LINE SHIN DIG

The Finish Line is located at the Zion Canyon Community Center at 120 Lion Boulevard in Springdale, Utah. We highly recommend that teams gather near the finish and run in together through the chute. There will be plenty of parking available--just follow the volunteers and signage.

Finish Line Activities

Finisher Medals through the Finish Line

Water Mistlers

Team Photo Ops

Local wood fired Pizza offering a taste of Zion

Music

Relaxation in the Shade

Shop at the RRR retail

****The RRR retail canopy will be set up with gear for sale and early 2012 race registrations!***

RULES AND SAFETY

Headlights & Hazards

All race vehicles are required to have headlights on day and night for the duration of the event. Vans MUST also use hazard flashers when traveling down Cedar Canyon.

Run Into Traffic

With a few exceptions we do not close roads during the race. We have selected roads with large shoulders or sidewalks, or that are very low traffic. These roads are safe to run on without any traffic control. Whether running on the shoulder or on a sidewalk, runners are to run facing oncoming traffic (on the left side of the road). We will have presence along the race course from Iron County search and rescue, Highway Patrol, Sheriffs and other local law enforcement agencies. The only area along the course where runners will run with traffic (right hand side of the road) is the last 3 legs of the course 34,35, and 36.

Night – Shadowing

During the night we allow support vehicles to shadow their runners. Shadowing means that a van drives ahead of the runner until the runner is almost out of view. The van then finds a safe place to park and waits for the runner to pass. The van then watches the runner until he or she is almost out of view again. The van then repeats the process. This way the runner is never out of eyesight of their team. There are many benefits to shadowing your runners. First, it keeps the runner protected. Second, it keeps the runner from getting lost. And third, it keeps the team in the van from falling asleep. Vans are not allowed to follow behind runners at the runner's pace.

Night – Pacers

Nighttime (one hour before sunset to one hour after sunrise) runners are allowed to run with pacers. Pacers can either run or ride a bike alongside the runner. Pacer must also wear light & reflective vest.

Race Numbers and Wrist Wraps

Race bibs must be worn at all times & wrist baton must be carried/worn at all times throughout the race.

Conduct on Race Course

Any conduct deemed unsafe or unsportsmanlike in nature will not be tolerated. This includes van decorations that are overtly suggestive, sexual, or contain foul language. Participants who are reported to have littered, urinated, or defecated on private property will immediately be disqualified. Please use good judgment and be considerate of property owners along the course. Portable toilets will be available throughout the race. See "Portable Restrooms" in this document for detailed layouts.

Vehicles Following Participants

No vehicles will be allowed to follow behind participants to illuminate the road during night-time legs. These vehicles severely impede traffic.

Vehicle Parking

No parking is allowed along the road within 500 feet prior to an exchange. Parking is allowed in designated areas only after the exchange point marker. Please park off the road as far as possible, watch for participants, and stay alert to other traffic. In addition we ask that as you travel the race route that you be courteous and respectful of the cities and venues. Park in sensible locations and avoid residential locations like people's homes. Each Van Exchange location will have adequate parking available. Follow signs and race volunteer directions.

Inclement Weather

If weather is too severe or there is significant damage to the course, the event has the potential for cancellation. In case of inclement of weather, use precautions & listen to RRR volunteers & staff.

Running in Varied Weather and Temperatures

One of the most appealing elements of the Red Rock Relay is the varied terrain and weather that athletes will experience on course. It truly is a snow to sun journey! Friday morning to afternoon, athletes will encounter higher elevations and colder temperatures. Beginning Saturday morning around 9am the Red Rock will be taking place in sunny and heated conditions, so minimizing the loss of fluids and maximizing the reduction of heat are important factors to consider. Runners must be supported by their vans with water, fluids, etc. Be prepared. By mid-day on Saturday, temperatures may be in the high 90's. The most important step you can take during the race is to continuously hydrate (avoid caffeine). Participants are strongly urged to carry larger containers of water in team vehicles! For people undertaking running or walking activities, 12-16 cups of water per day is recommended.

In the event of an emergency

For minor treatment of injuries, blisters etc, be prepared with a basic first aid kit in both vehicles. If you have any major injuries or health concerns, please call 911 immediately. Local EMS units will be on call and prepared to respond to emergencies. After calling 911, please contact **RRR 801 901 0992**

Team Tips

No traffic or police monitors are promised to protect runners and walkers from traffic along the course. Great care must be exercised at all times by participants and team vehicles. Participants must travel along the left road shoulder or sidewalk (unless otherwise specified), and obey Utah traffic laws & signals.

Course Closure

The Race Course and Finish Area will close Saturday evening at 8:00 PM. Any teams still on the course at that time may be requested to discontinue the race, if deemed necessary by Race Officials. All teams are computer seeded to finish before the course officially closes, provided your team has supplied honest 10K times.

MP3/Audio Headsets

Participants are highly discouraged from using MP3s and other audio headsets during the relay. These devices impede the ability to hear your surroundings and are a safety hazard.

First Aid

Teams are required and responsible for supplying an adequate first aid kit on board each vehicle to treat blisters, abrasions, headaches, heat exhaustion, and other common ailments. Most running/walking injuries directly related to soft tissue trauma are effectively treated with ice. We strongly recommend bringing a cooler filled with ice (remember R.I.C.E: Rest Ice Compression Elevation).

Garbage

Don't Pack Your "Packages." Limit the packaging you buy or bring, and take re-usable containers for things like toiletries and post-run snacks, rather than one-time travel size containers which just add to waste. Throw Away Properly! This is a no brainer, but please remember to not litter. Every little piece adds up. Use Biodegradable Products. Often available at camping or outdoor stores, biodegradable products make a big difference when traveling or accidentally left behind in the pristine Utah landscape.

Dust & Mud

Some legs are on groomed dirt trails/roads. Be mindful of changing surfaces and, depending on the weather conditions, increased dust or mud. For legs 16 and 17 relay vans will pass runners. We ask that all van drivers be courteous of the runners by driving extra slow to reduce the amount of dust that is generated. Runners may want to bring a bandana or handkerchief to wear over their mouths.

Safety Vest & Head Lamp Usage

Your reflective safety vest & headlamp must **be worn from 7 pm to 7 am MST**. In addition to night time hours, the Cedar Canyon runners (legs 6-12) are **REQUIRED** to wear the reflective vests for the entire leg. All of these requirements are in place to protect you and increase visibility for those around you. Violations of these requirements will result in an immediate DQ for the entire team. We recommend you bring extra batteries for headlamps.

At Red Rock we are not simply sticklers for rules, we want you to come and have fun...in huge amounts, but nothing will ruin the fun more than someone getting injured so please remember these safety key-points...we will be pounding them into your head until race day, because we heart you :)

***Van 2, legs 7-12**

- Safety vests are required on ALL 6 legs
- Van Speed limit on this section is 35mph..."DO IT...this will help slow down non-RRR relay traffic
- All Vans from Duck Creek to SUU have headlights ON and Hazard Flashers
- During the Cedar Canyon legs there is no support for runners during the leg...plan accordingly & use hand held hydration bottles, or camel back or waist pack. Simply put we cannot have vans stopping along the road as other traffic follows behind.

***Nighttime on Desert Mound Road**

- Moon is out, but it will still be pretty dark and possibly cold.
- Be very cautious & extra friendly to your fellow runners out on the roads.

***Highway to Heaven via the Highway to Hell (Springdale Road)**

- All vans to use their hazards
- Speed limit for all RRR cars is 45 mph, which will help buffer non-RRR traffic.
- On these legs runners will go with traffic on the left shoulder instead of the right shoulder.
- It could be pretty hot on these legs. Have some sort of way to cool off your runner, clean weed sprayer, water guns, cold sponges, wet towels etc.

RRR Rear View Mirror Hangers

New for 2011, these will hang from your rear view mirrors to help distinguish each van along the course. They also allow vans to park in restricted areas as designated. Teams **MUST** place them on their mirrors.

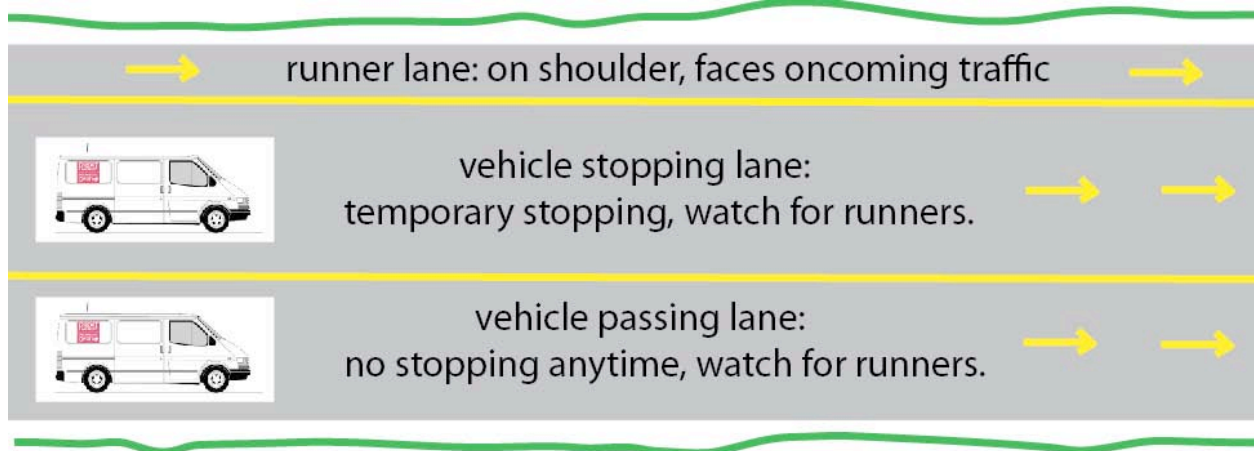


COURSE MAPS ADDENDUM

****This section is designed to be removed and attached to the 2011 Course Maps.**

Desert Mounds Road (Legs 15-18) NO SUN VANS ALLOWED.

Due to the narrow nature of this road, areas near the exchanges will be split into 3 lanes of traffic all going the same direction. The left hand side is the runner lane and should NEVER be crossed by a vehicle. The middle lane will be used for vehicles to park temporarily ONLY near the runner exchanges. The right hand lane will be for moving traffic only and no cars are to stop or park in this lane. Please obey volunteers who are doing their best to keep things moving along so no runner arrives at an exchange before his Team. See diagram below:



VAN EXCHANGE FLOW DIAGRAMS **GREEN**=Van Path **RED**=Runner Path

We have created these to add further detail to the flow of cars, runners, and amenities located at each van exchange.

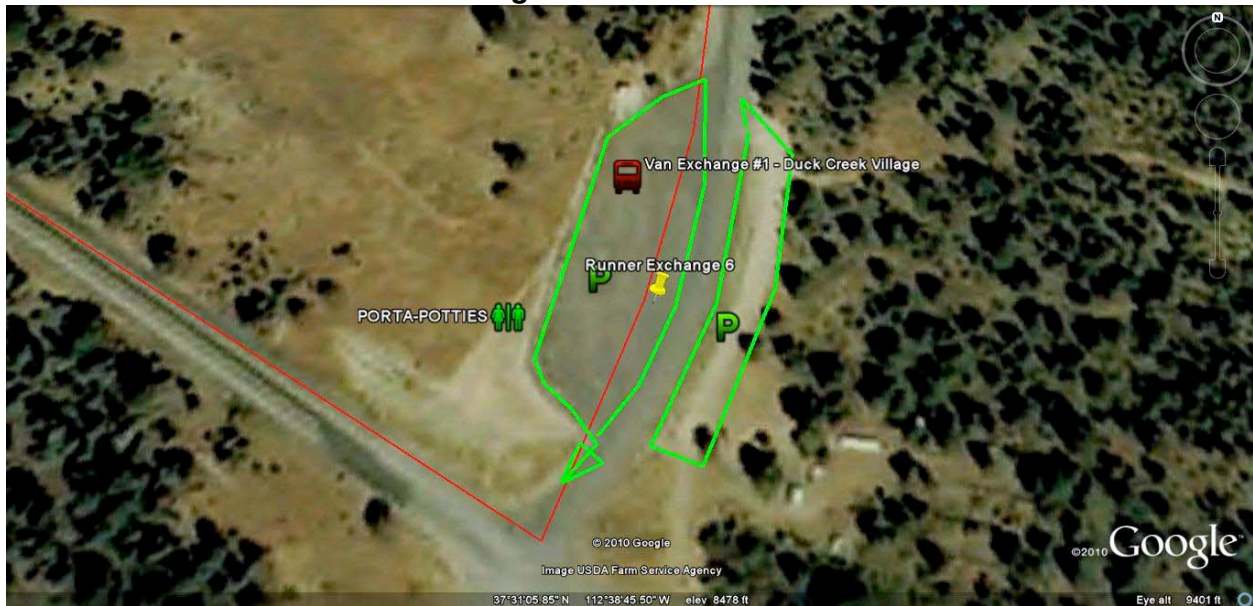
BRIAN HEAD Start Line



*The start of the Red Rock Relay is an unparalleled setting at 10,000 feet. Runners will virtually take over the mountainside as athletes ride the lift and run for their lives down the mountainside. Please follow the vehicle and spectator flow as illustrated above.

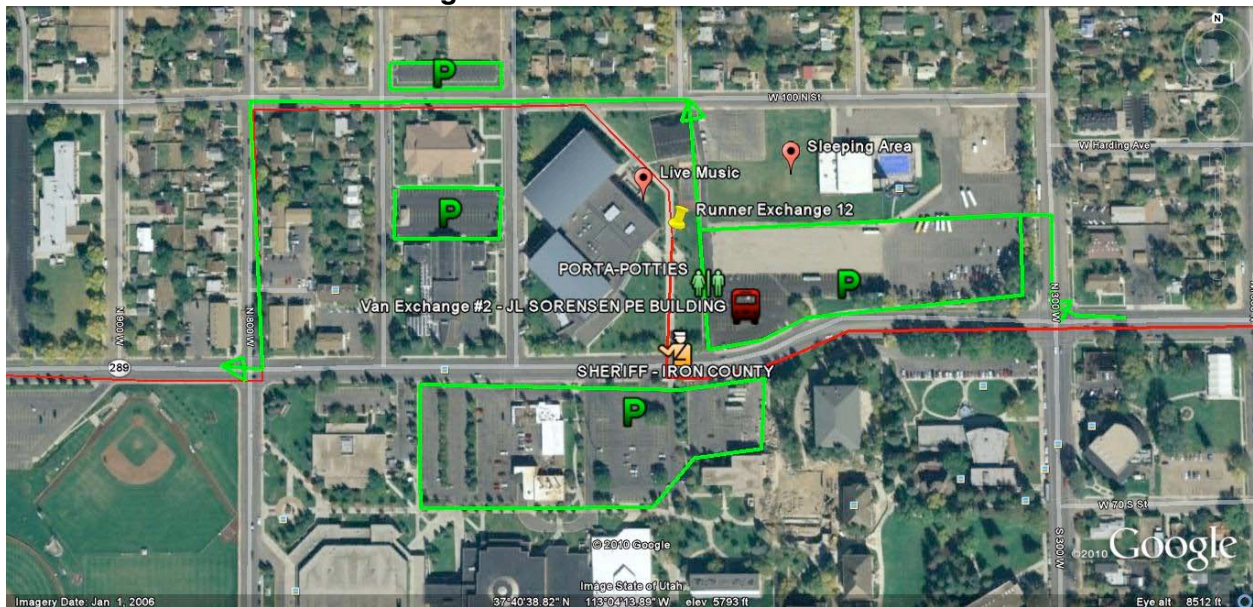
KEY: **GREEN**=Van Path **RED**=Runner Path

DUCK CREEK VILLAGE Van Exchange 1



*One of the more simple van exchanges. Follow volunteers for parking. Team members please stay out of road. Use orange flags as needed. There is not a lot of parking here so move on quickly to Duck Creek Village or Cedar City.

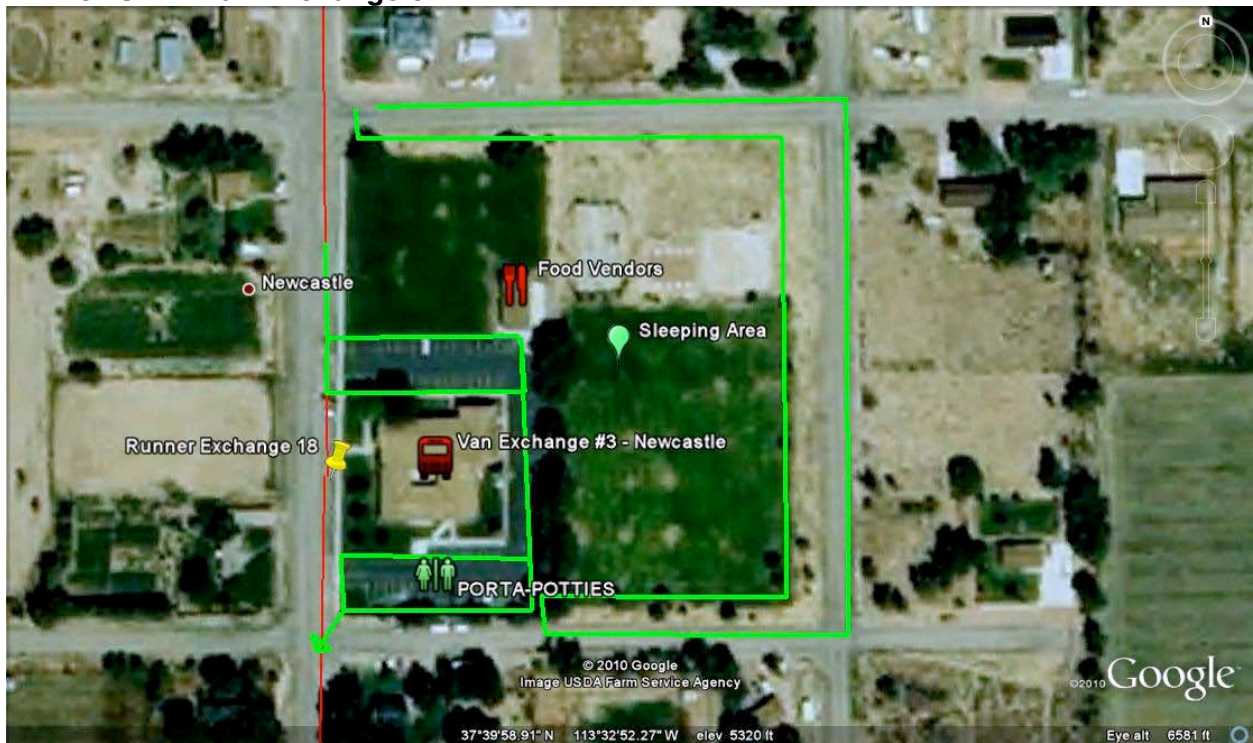
SUU PE BULIDING Van Exchange 2



One of our MAJOR van exchanges. There will be a RRR village located here for most of the day. Make sure to follow volunteers for parking. Team members please stay out of road. Use orange flags as needed. This venue is set up to allow athletes to stay and be comfortable for as long as they need. Take advantage of the PE building, music, and good times.

KEY: **GREEN**=Van Path **RED**=Runner Path

NEWCASTLE Van Exchange 3



This is one of our Sleepy exchanges. Newcastle is quiet and remote. Perfect for a little RRR downtime. Team members please stay out of road. Use orange flags as needed. There is parking around the block and a large grassy area for setting up sleep central.

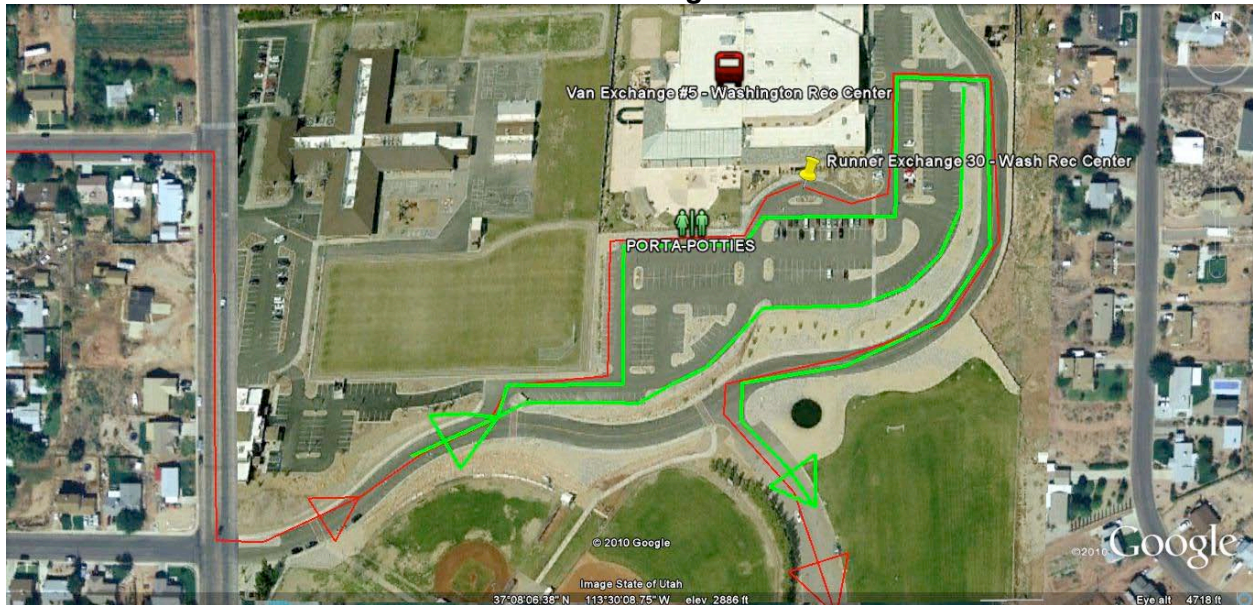
VEYO Van Exchange 4



Team members please stay out of road. Use orange flags as needed. If it's too crowded here, head to our other MAJOR exchange at the Washington Community Center.

KEY: GREEN=Van Path RED=Runner Path

WASHINGTON COMMUNITY CENTER Van Exchange 5



Our other MAJOR van exchange. There will be a RRR village located here for most of the day. Make sure to follow volunteers for parking. This venue is set up to allow athletes to stay and be comfortable for as long as they need. Take advantage of the Rec center pool, showers, and rest before the Zion finish.

ZION CANYON Finish Line



Athletes will experience one of the most epic settings in finish line history. Because there will be a lot of vehicle and runner traffic here, we ask everyone to be on their best behavior! Follow the signage, park your Snow and Sun vans, then run through finish line like a champion!

KEY: GREEN=Van Path RED=Runner Path