



2011 Official Race Handbook

New Hampshire

**Cannon Mountain to Hampton Beach
September 16-17, 2011**

Version 1.3
Date: 09/07/11



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Update Summary

Version 1.2 Updates

<u>Section</u>	<u>Update</u>
1.1	Tropical Store Irene/Rt. 302 Course Damage Bus from Hampton Beach to Cannon Mountain Race Update on Facebook and Twitter Race Video Contest – Win a free entry
1.2 (3)	Madison Police Chief notice
1.2 (7)	Legs 25 & 26: Wild Card Transition Leg 36: Running on the beach!
4.5	Pre- Race Dinner, Breakfast and Lunch – Menu Updates and new details of the Thursday night raffle.
8.2	Signage – New Wild Card and TA ahead signs.
10.2	Location of Medical Resources: Hospitals – Updated table

Version 1.3 Updates

<u>Section</u>	<u>Update</u>
4.5	Pre- Race Dinner, Breakfast and Lunch
12.5	Team Photos

Executive Summary

The first two pages of this handbook highlight some of the most important points necessary to have a successful and safe race. And, while every racer needs to know the points that are listed here, it is not a substitute for reading the main handbook. The handbook provides comprehensive details that every racer needs to know and be able to reference back to during the race.

Before you arrive:

- Read the handbook to become familiar with its contents. Then re-read it again and review it with your team.
- Make sure you have fully planned team strategy and that your submitted average running pace is accurate.
- All team members must have each signed a separate waiver, as found in the back of the handbook.
- Your team must have all the required equipment prior to registration.

At the start:

- All pre-race activities, including meals will occur at Cannon Mountain starting on Thursday Sept 15th.
- Registration will be open from 5:00 PM to 9:00 PM on Thursday, Sept 15th, and from 6:30 AM to ~ 2:30 PM on Friday, Sept 16th.
- If you are late to the start, the clock for your team will have started already and your finish time will reflect this.

During the Race:

- Please run on the same side of the road as the RTB arrows. This may require you to run with traffic at times. Please stay on this side until instructed to cross by a marshal or the appropriate signage.
- 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 do not park in front of a resident's home, driveway, or drive onto their front lawns.
- Please make sure all runners and any team members outside of the van between TA's, have the required reflective gear between 5:30PM and 7:00AM. The police require all runners to be visible from front, back and sides. See Section 5.6.
- Please make sure you are quiet in the Quiet Zones. These will be marked "Quiet" or "Shhhh"
- Drivers: Please do not pull over to the side of the road on a continuous basis. These roads are very narrow with limited or no shoulders and this can create a dangerous condition for



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you, the runners and other drivers. If you do pull over, then do not leave the vehicle engine idling. Please obey the local traffic speed limits.

- Please make sure your team name and van decorations are appropriate, as well as your language and actions.
- Ensure that your vehicle signs are placed in the front and rear windows of your support vehicles and that they can be clearly identified.

At the Finish:

- The runner of the last leg should have the timing chip attached to their ankle and cross the timing mat at the finish line.
- No Team Vehicles are permitted along the last mile of the route.

Safety and Medical Support:

- We have in place a medical support plan to address issues that might arise during the race. 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.
- 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.
- Also, a complete list of medical facilities can be found in Section 10 of the handbook.

Race Rules:

- There are several rules and penalties. These are strictly enforced by the RTB staff to ensure a safe race and to be able to continue to run the RTB relay in future years.
- The rules and penalties can be found in Section 13 of the handbook.

Bottom Line:

Please be considerate and courteous to all the people in the towns that you pass through as they have given you permission to race there and can take it away in future years. We also ask you to do the same for all the volunteers that that spend hours in each TA waiting for you so you can have an efficient and successful race.

A simple 'Thank You' goes a long way.

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- RTB Liability Waiver (must be signed by each runner)
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Reach the Beach Relay Mission Statement

The **New Balance 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.

The event has gained wide acceptance and draws teams from all over the US as well as several countries. As the race has gained in notoriety so has the community effort to support it. In New Hampshire, for example, the number of local community groups and individuals volunteering (and adding their special nuance) has grown from about 50 to over 550. This is one of the main differences between **RTB** and other relays and we believe it makes the **New Balance Reach the Beach Relay** the “must do” relay race each year.

Community involvement is one of the cornerstones of the event. Since the beginning, we have donated a portion of the event proceeds to the State Parks as well as to the numerous non-profit groups that form a part of the event. And, in return, they have provided us with their extraordinary support of the runners and the race. Many of these groups take the opportunity to raise additional funds for their organization by selling food items along the course. Please keep this in mind as you run the **New Balance Reach the Beach Relay** and support them in any way you can – whether by purchasing some of the food items they have for sale or just thanking them for their time.

Each year we go out of our way to create one of the best event experiences possible. And when it's all done, we search for new ways to make it even better. Whether it's in the form of our awesome New Balance race shirts, the enthusiastic volunteer and community groups that support us along the route, our staff/organization, or the rockin' party at the finish line – we take every lesson learned and feedback we receive and roll it into the following year's race. So feel free to drop us a line or post up on our Facebook page with your feedback and we'll be sure to consider it for the next edition.

We hope you and your teammates have a fantastic time and thank you in advance for your part in making the **New Balance Reach the Beach Relay** a success!

Sincerely,

Mike and Rich,

Reach the Beach Relay: Founders and Race Directors



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1.0 Introduction

Welcome to the **2011 Edition** of the **New Balance Reach the Beach Relay: Cannon Mountain to Hampton Beach, NH!** Congratulations on organizing and motivating your team. You have just completed one of the most difficult parts of the event.

The **2011 New Balance 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. This year we have also included a summary sheet of key points vital to your team's success. 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 **New Balance Reach the Beach Relay**. If you have any questions or concerns between the day you read this and race day, then please contact us directly at info@rtbrelay.com. Otherwise seek us out on race day.

1.1 Highlights for 2011!

We have quite an event in store for you this year. Whether you are an **RTB** first timer or a 13 year veteran, the 2011 event will be the most memorable race you have ever run. Here are a few of the highlights:

Tropical Storm Irene/Rt. 302 Course Damage

As many of you know by now, the White Mountain region of NH sustained some significant damage as a result of Tropical Storm Irene. Legs 4-6 sustained the most damage and there is a better than 50/50 chance that we will NOT be running on these Legs as currently shown on the Course Maps. The final decision and notification of any changes will be communicated to you as soon as possible before the race and will be included as part of the Team Orientation. We will also provide you with supplemental handouts that will include instructions, revised maps, and directions.

New Balance

New Balance is our Race Series Title Sponsor and will be providing all of the participants with a custom designed, technical race shirt. **NB** will also be supplying the footwear prizes for our top 3 winning teams as well as hosting the much talked about "**Tent City**" again at Bear Brook State Park (TA24).

We are extremely excited to continue have them on board and we'll have other shirts, jackets and gear from New Balance available for sale during the race at the start and finish areas. A complete listing of all merchandise can be found on our [web-site](#). Please note that quantities and sizes will be limited so visit the merchandise table early.

Finish Line Beer Tent

Last year's beer tent was a raging success and we're planning for a repeat performance. We've once again partnered with the **Hampton Rotary Club** and the **Red Hook Brewing Company** to host a **Beer Tent** at the finish at Hampton Beach State Park. So grab your post-race meal, your buds, and a beer; then

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kick back and enjoy! State law requires that we keep you (with the beer) somewhat corralled so we'll have an extra large tent on hand to accommodate everyone. Note: all proceeds from the beer tent will be donated to one of the Rotary Club charities.

Showers at TA30

The Sanborn Boosters, in cooperation with the Sanborn High School, will once again be offering showers at TA30 for \$5 pp. This was a very popular VTA last year because of this feature and we're happy that they've been able to coordinate this with the High School staff in order to make this available again. So make sure you've packed a towel and some soap. All proceeds go directly to the school Boosters.

Bus from Hampton Beach to Cannon Mountain

We have put on a one-way bus from Hampton Beach to Cannon Mountain. The bus will leave Hampton Beach at 6am SHARP on Friday September 16th, and should arrive at Canon Mountain by 8.30am. The gates to the beach will open at 5.30am, please be at beach by 5.45am so we can depart at 6am. You will be allowed to park your car at the beach overnight on Friday. Please park your cars close together in the designated area close to the gate. Tickets are only available to purchase online and in advance.

You can purchase a ticket here:

http://store.rtbrelay.com/cart.php?m=product_detail&p=159

Race Updates on Facebook and Twitter

We are planning on using Twitter (@rtbrelay, #rtbrelay) to keep you updated about what is going on with the race, we will be tweeting any course advisements and info about what is going on at the TA's. While we are planning on using it, we really encourage you guys to help each other out and keep everybody updated. Is there a traffic backup? A moose on the side of the road? The cooked breakfast at TA?? is awesome? Just make sure you tag your tweet " #rtbrelay".

Our media crew will also be posting pictures and video of the race live on our Facebook page, so you and all your friends can see what you are up to!

Get connected with us before the race: [facebook.com/rtbrelay](https://www.facebook.com/rtbrelay) and twitter.com/rtbrelay (@rtbrelay; #rtbrelay)

Race Video Contest – Win a free entry

Every year we see a bunch of videos from folks who have participated in the race. Some are awesome; some are a little ... um different. Many of the videos appear to have had a lot of time put into them and we thought we would try and reward you guys for your efforts. So don't forget to take your video camera!

First Prize: **Free Team entry** into the 2012 Wachusett to Westport Race.

Second Prize: **RTB Merchandize** for each team member and a Free Red Hook brewery tour for each team member.

Thrid Prize: Free Red Hook brewery tour for each team member.

For full details:

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<http://www.rtbrelay.com/forum/viewtopic.php?f=5&t=2238&sid=6a0dd6f1b8890407026f958aaf08b679>

Course Changes and Advisements

The following is a list of changes since the 2010 race. Please become familiar with them prior to the race. Note: these do not include potential changes as a result of the damage to Rt. 302.

- 1) **Course Distance:** The current distance of the 2011 race is 203.1 miles. This is subject to change between now and race week. However, the final distance (along with any changes to maps or directions) will be posted on or before September 1st. The specific Course Directions and Maps are available on our website by visiting the [Course Legs](#) page.

Note that the methods you use to track your distance will most likely yield slight variations from what we have posted but should be accurate to within +/- 0.1 miles.

- 2) **Leg 8:** this leg runs from Echo Lake State Park to HAM Arena. This will mean that runners will have to pass through the Town of Conway and cross Rt. 16 which is a busy intersection. Please cross only when directed to by the Police that are stationed at the cross walk. You may be asked to wait for several minutes in the designated corral area until instructed to cross. Look for the lane of RTB cones.
- 3) **Legs 9-10:** TA9 is being moved a few hundred yards West past the Madison Elementary School to ensure that we don't interfere with the school's operation and also so that we will not have to hold runners at TA8 (that may be running ahead of schedule). Please park in the ball field lot as directed by our staff. Overflow parking will be available at the school. **The Police Chief will be giving out tickets here, and has told us he will shut the race down, if too many vans are not driving in a safe manner.**
- 4) **TA12 (VTA#2):** Kenneth Brett School: No one is permitted to park or enter prior to 5:00 PM. PLEASE don't go there until this time. Instead, feel free to lounge a bit longer on the beach at White Lake State Park (TA 11) if your team is looking for a place to rest before 5:00pm.
- 5) **Legs 14-15:** TA14 is now the Moultonborough Academy. This change in TA locations will primarily benefit the runner for Leg 15 who will now run approximately 3.5 miles less than last year's leg.
- 6) **Legs 17-18:** TA17 is now the NH Ball Bearing headquarters in Laconia which is a much larger location that last year's Robbie Mills Sports Complex. This change will result in Leg 17 being a bit longer than last year while Leg 18 will be shorter.
- 7) **Legs 25-26:** TA25 will be a 'Wild Card TA'. If you look at the course maps you will see a 3.5 mile section of road between TA24 and TA26. You will be able to transition anywhere along this section of road. The section will be marked with signs (see 8.2), and once inside the Wild Card TA zone, you van will safely pullover (on the right) and your on deck runner will get out and wait for the runner who left TA24 to arrive. The transition will take place as normal, with the handing off of the baton; however there will be no physical TA setup

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(no cones, port-o-johns, garbage pails, water, etc). Therefore the runners of legs 25 and 26 will have to figure out how much of the 3.5 miles they will each run! We suggest doing this in advance as part of your prerace planning. Other rules you need to follow with respect to these legs are:

- a. Do not pull over before or after the Wild Card Zone
 - b. Please do not stop in front of any driveway or within 50 feet of any house.
 - c. Do not leave your vehicle's engine running/idling while waiting to do this exchange.
 - d. The Wild Card Zone is a QUIET ZONE until 9:00am – please respect this.
- 8) Legs 33-34: There is no parking permitted along Route 111 in North Hampton (Legs 33-34). We will post **NO PARKING** signs along the road. Please, *please* abide by them.
- 9) 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.

Vehicles will be directed down Rt. 151/Post Rd prior to approaching this intersection. Please keep an eye out for these signs after to you leave TA33.

- 10) TA 35: Winnacunnet High School is where the final runner will put on the timing chip around their ankle to enable your teams time to be determined at the finish line. Your last runner must have this on in order to have your team's time properly recorded.
- 11) Leg 36: Runners will be making a LEFT turn onto Haverhill St from Ocean Blvd. and then a right turn onto the beach! The finish line will be in sight once you make this turn.

Team Vehicles should follow Rt. 1A/Ashworth Ave to either Hampton Beach State Park or to our overflow parking lot adjacent to the Hampton Police Station Rt. 1A/Brown Ave. Please do not back track on Ocean Blvd and attempt to follow your runner for the final 3-4 blocks before they enter the State Park.

1.3 Quiet Zones!

Our ability to continue the **New Balance 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.

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Please take note of the **QUIET ZONES** as you travel and arrive between TA15 and TA30 with special attention to the following neighborhoods:

- TA15 → TA19 – Belmont Elementary School (after 10PM)
- TA21 → TA22 – Barton Lumber → Globe Mfg, ***ULTRA QUIET ZONE***
- TA24 → TA26 – Bear Brook SP → Candia VFD ***ULTRA QUIET ZONE***
- TA26 → TA30 – Candia FD → Sanborn Regional HS (until 9AM)

These have been identified on the course maps as well. We will also post “QUIET ZONE” or “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.

1.4 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.





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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!

If you have any questions or concerns between the day you read this and race day, then please feel free to contact the appropriate staff member found on the website at: <http://www.rtbrelay.com/contact> or via info@rtbrelay.com.

Side note: we will be at Cannon Mountain Ski Area on Wednesday Sept 14th and may not be in a position to retrieve e-mails until after the event is over.

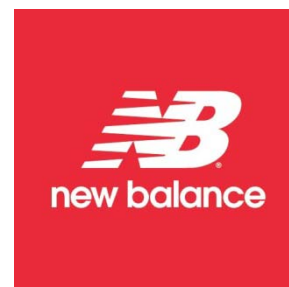
2.0 Sponsors and Beneficiaries

The following companies are our “**Sponsorship Team**” for The **New Balance 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.

Title Sponsor

New Balance: New Balance has long been a supporter of Reach the Beach through their many years of participation and sponsorship and we are delighted that they continue to head up our Sponsorship Team as Title Sponsor. They will be providing all of the race shirts, the top prizes, much of the race specific apparel that you will find at this year's race, as well as, a couple of surprises along the route!

They'll have a few teams out there racing as well so keep an eye out for them.



Silver 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 such as **Coke**, **Dasani Water**, **Fuze Beverages**, and **Glaceau Water** at the Start, Finish, and at select VTA's along the way.



Red Hook Brewing Company is a back again for 2011 and will be providing beer at the pre-race dinner and the finish.

Bronze Sponsors

We are happy to announce that Pete and Gerry's Organic Eggs, a fourth generation, family-owned farm in Monroe, New Hampshire, is continuing to sponsor the greening of the races. **Pete and Gerry's Organic Eggs** is working with **Athletes for a Fit Planet** to recycle and compost from start to finish. Courtesy of **Pete and Gerry's Organic Eggs**, each team will receive two, reusable bags at registration to collect all your



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recyclables as you move down the course. **Athletes for a Fit Planet** along with **Pete and Gerry's Organic Eggs** will be helping us guide the "greening" of Reach the Beach.

New this year, we would like to welcome NRG BAR to our family. They make delicious, all-natural energy bars from real foods. NRG BARs provide you with healthy, nutrition-packed fuel perfect for endurance events or daily life, allowing your body to perform and feel its best.



They promote healthy, active lives, responsible nutrition and regular exercise by providing delicious food choices with no misleading labels or hidden ingredients



Runners Alley carries an excellent selection of footwear, apparel, and accessories they are your one stop shop for all your running and fitness needs. Runner's Alley is happy to offer a 10% discount to all Reach the Beach Relay participants

ProEx stands for PRO EXperience and PRO EXcellence

Their physical therapists specialize in orthopedic physical therapy, sports medicine, athletic training, shoulder physical therapy, women's physical therapy, knee pain treatment, back pain management, neck and back pain management, and work injury management.



The power of the **PORON®** brand lies at these intersections, providing relief and comfort whatever the road you're on. PORON® Performance Cushioning improves lives across the broad spectrum of the human experience, whether your pursuits are professional or purely personal.

Other Participating Sponsors

GoMotion is a New England based company focused on **GOMOTION®** providing functional hi-output lighting products for active use from running, hiking, to Nordic skiing and backcountry.



The folks at **Cabot Dairy** will be providing some tasty samples of their cheese products produced right here in New England.

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

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our desire since the very beginning since it creates a unique atmosphere and spirit that sets us apart from other events of this type.

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 of New Hampshire 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>.



Hampton Rotary Club

This year the proceeds raised in the beer tent at the finish will go towards the Hampton Rotary Club Charitable Foundation that provides benevolent donations to local and global charitable endeavors.



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. 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.

Appalachian Mountain Club (AMC)

We are pleased to announce that the Appalachian Mountain Club (AMC) continues to be our official environmental charity. We encourage all our teams to make a generous contribution to the AMC to support all the organization does to enrich our lives and preserve the environment.



Charity Partner - Alzheimer's Foundation

We are proud to continue to support the Alzheimer's Foundation as our Official Charity Partner. Last year's fundraising efforts exceeded \$120,000 – let's see if we can help them top that this year!



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 you have completed a waiver for each of your teammates (located in the back of this handbook) and that they are 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. There is also a runner application that should be filled out in the event of a last minute roster change to your team.
- 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.

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
- What to do if a runner gets to a transition area and the next runner is not there.
- Vehicle and/or runner getting lost. **It happens every year, navigation is part of the race, yes we put signs up, but you must know your leg, or make sure your van helps you!**
- 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, and merchandise sales will be located in the Peabody base lodge and the team meeting, and dinner (15th) and a-la-carte breakfast /lunch (16th) will be located in the Cannonball Pub 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.

Cannon Mountain

The **Cannon Mountain Ski Area** is directly off Interstate 93 in Franconia Notch State Park, NH. It 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.



4.2 When

Registration will be open from 5:00 PM to 9:00 PM on Thursday, September 15th, and from 6:30 AM to ~ 3:00 PM on Friday, September 16th.

Note: We will only be taking team photos on Friday until 3:00 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. Photos will be mailed to the team captain a few weeks after the race. Please make sure the mailing address the captain provided at registration is still valid.

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 1 representative from each vehicle including the Team Captain, however the whole team is encouraged to attend. This will take place on the lower level of the Peabody Lodge at Cannon Mountain- look for the signs. The meetings will take place every 15 minutes and 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.

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 on or after September 1st.

- **Race Packet Pick-up**

In your **New Balance Reach the Beach Relay** Race packet, you will receive the following:

- A **New Balance Custom RTB** shirt for each team member,
- A team number for each runner,
- 1- Timing Chip,
- 1- Wrist strap (baton),

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- 4-vehicle identification signs to be displayed in your race vehicles (2 per vehicle),
- Last minute updates and reminders
- Information from our sponsors
- A Food Addendum that highlights where you can find food along the route.
- Safety Pins for attaching your race number
- Meal Tickets (when purchased in advance)

4.3.4 Step 4 – Team Photos

Team Photos will be staged outside in the back of the Cannon Mountain lodge during the day on Friday only.

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 Cannon Mountain in Franconia Notch State Park

Cannon Mountain is located in beautiful Franconia Notch State Park, where there is so much to see and do. As you plan your trip to New Hampshire for the New Balance 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. Franconia Notch State Park was recognized as the 7th Best State Park by americabestonline.com, so arrive early to find out why.

Visit <http://www.cannonmt.com/discovery.html> to get more information for the Franconia Notch Discovery Pass which gets you access to both the Flume Gorge and the Aerial Tramway. The Cannon Aerial Tramway whisks riders to the breathtaking 4,180' summit to experience views of 4 states and Canada, plus get a bird's eye view of your first leg. They will be also offering a \$2 discount to all RTB participants. You can get more info at info@cannonmt.com. Discovered in 1808, the Flume is a natural gorge extending 800 feet at the base of Mount Liberty. The walls of Conway granite rise to a height of 70 to 90 feet and are 12 to 20 feet apart. Come early and see it all.

4.5 Pre- Race Dinner, Breakfast and Lunch

The culinary experts from **BCG/Center Plate Catering** will be preparing the pre-race meals for you including a great dinner on Thursday night, and an A-La-Carte breakfast and lunch on Friday.

Meal tickets for dinner will be sold online in advance and will be available on August 1st. We strongly encourage you to purchase these in advance as there will only be a limited number available to purchase, at the door on race day. Your tickets will be redeemed for a wrist band in the Cannonball Pub at Cannon Mountain. No one without a wrist band will be allowed in for any reason.

If you purchase online you will also be eligible for our raffle, with prizes including a **free entry to the 2012 MA RTB race**, **2 season ticket to Cannon Mountain**, 24 one-day ski passes, RTB merchandize, and a **private Red Hook Brewery tour**.

Tickets: http://store.rtbrelay.com/cart.php?m=product_list&c=16

Dinner

On Thursday night, Sept. 16th, from 6PM-9PM they will be hosting a dinner in the Cannonball Pub.

Items include: Garlic Bread, Caesar Salad, Minestrone Soup (Vegan), Baked Ziti, Chicken Broccoli Alfredo, Spaghetti and Meatballs, and, Chef's Choice Desert

Live music will also be playing for your enjoyment from 7:00-10:00pm. So come up early to register your team and enjoy the party!

Breakfast

There will be an 'a-la-carte' menu served from 6:00AM to 10:30AM in the Cannonball Pub. So those with an early start time can grab a quick bite before they start their race.

Items include: Breakfast Sandwiches, Coffee/Tea/ Juice, Bagels, Fresh Fruit, Muffins/Pastry, Parfaits

Lunch

There will also be an 'a-la-carte' menu served from 11:30-2:00PM in the Cannonball Pub on the Main Deck.

Items include: Burgers/ Veggie Burgers, Chicken Sandwiches, Panini's & Wraps Soup & Salads, Cookies, Brownies, & Snack Items, Bottled Drinks, Fresh Fruit & Granola bars

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 13). 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 **New Balance Reach the Beach Relay** has partnered with **GoMotion** to bring you the best lighting system on the market. Their 'StreetRunner' system satisfies all of the RTB requirements for reflective gear and front/back lighting (see Required Equipment – section 5.6). We recommend that you order them in advance to guarantee availability.

You can order them with free shipping from our [website](#).

Similar products that meet the requirements are also available from other manufacturers.

NOTE: The police require all runners to be visible from front, back and sides. See Section 5.6 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.

Please make sure you obey the speed limits, we had some complaints in the past and so the police will be on the lookout.

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 some of these roads are very narrow with none or limited shoulders. Turn off your engine as well.

Please, please, please, do not drive onto the front lawns of town residents or park in front of their homes.

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.

Do Not bring a trailer attached to the back of your vehicle or ask a friend to bring a 3rd vehicle into any Transition Area. You will be asked to leave or worse, disqualified.

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

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 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. Everyone is expected to follow local traffic rules which means waiting for traffic lights to turn green before crossing.

5.4 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 in Section 10.

5.5 Earphones

Due to safety concerns and liability we will no longer permit the use earphones in the ears of runners 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.

5.6 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.

- 2 Operational Flashlights **or** head mounted lights (headlamps)- **mandated use** between 6:30 PM and 6:30 AM unless otherwise instructed by our staff.
- **4 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: Both the **team member running** and any **additional team members outside of the van** between TA's **must wear vests** between 5:30 PM and 7:00 AM unless otherwise instructed by our staff.
- **4 Flashing lights - 2 for each running vest:** 1 to be worn on your front and one on your back between 5:30 PM and 7:00 AM unless otherwise instructed by our staff.
 - Note: Two (2), self-illuminated vests, such as the ones made by PolyBrite or GoMotion are preferred and will eliminate the need for flashing lights and reflective vests as these provide both functions.
- Two (2) sets of 2011 Reach the Beach Relay Race Handbooks,
- Two (2) sets of 2011 Course Directions and Maps.

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Other: food and water - 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.**

5.7 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 vests for team members exiting the van between TA's at night
- Extra reflective straps, bright clothing for night legs
- First-Aid kit
- Cold/ice packs
- Mobile GPS for navigation between TA's
- NH road map or Atlas
- Stopwatch
- Cell phone. Note: there are some areas of the course where cell service is poor, 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

There will be limited equipment to purchase at the merchandize tent including:

- Reflective Vest
- Safety lights
- Flashlights
- Batteries
- Running Belts
- Body Glide
- Wrist bands

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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 are combined to determine your team's average pace. **In the event that your team's actual on course pace is greater than +/- 1 min/mile of your team's estimate, then you may be required to either be held at a Transition Area (to slow down) or moved ahead 2 or 3 transitions (to speed up). This is the decision of the TA captain on course and is non-negotiable.** Our goal is to have all racers off the course by 8:00 PM on Saturday, Sept 17th.

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

Please note: your ability to change your team roster online will end on Friday Sept 10th. You may, however, still bring roster changes to the Registration area **on race day.***

Posting Start Times

Your team's start time will be posted **on your Team's page** on or before Sept 10th but only if your team roster is complete. 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). Once your start time has been assigned, it will not be changed without approval from one of the race directors. This would need to be received **before Sept 10th.**

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/Changes and Charges*

Beginning on Sept 1st your team will be assessed a \$10 late fee for each addition, substitution, or change. This will be due at registration.

Please plan to be at the starting area at the **Cannon Mountain** **at least 1.5 hours** before your designated start time to complete your team's check-in (including your attendance at the Team Orientation meeting), and take your team photo. Again, all teams wishing to receive the **free** finishers photo, must have it taken prior to 3:00 PM on Friday.

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

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 Ski Area**. (See Section 4.0 for directions)

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 **215** and **runner** number **11**. 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".

- Note: There is a small tab at the bottom of your number. This is your ticket for your complimentary finish line meal. Please do not lose it before you **Reach the Beach!**

7.2 Timing Chips

The event will be utilizing the Chip Timing System at TA35 and the Finish Line. No other timing chips may be worn. Each team will be issued a chip with Ankle Band at registration. **PLEASE Do Not Lose It!** The Chip will record your team's official times at TA35 and at the finish line. It is the responsibility of each team to ensure that the chip crosses the clearly defined mats in order for the team to receive an official time.

Each team must return its timing chip to our staff located at the end of the finishing chute after you cross the finish line. Timing chips which are not turned in at the finish must be mailed within 15 days to: RaceWire, Attn: RTB Relay, 34 Dunkin Drive, Norwell, MA 02061. The cost of a lost or non-returned chip is \$25!

While the New Balance Reach the Beach Relay race committee and race directors plan to use a Chip Timing System, timing will be performed manually as well with the use of traditional scoring methods if the Chip Timing System is unavailable on race day.

7.3 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

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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 will begin at the team's designated start time. 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!**

7.4 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.

7.5 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 RTB staff personnel called "TA Captains" as well as a 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.

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7.5.1 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 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.

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.

7.5.2 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!

7.5.3 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

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from the race. ***In particular: TA1, TA4, TA5, TA10 and T34 North Hampton School. Thanks for your cooperation!***

7.5.4 Trash Disposal and Recyclables

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 or recycle it there or possibly at a local convenience store/gas station. We have provided bags for each team to collect their recyclables between VTA's, so please use them. If the trash or recycling 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.

7.5.5 Restrooms

You will find restrooms and/or 'green' port-o-johns at every transition area along the course. 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.

7.5.6 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 10 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.

7.6 **Vehicle Transition Areas (VTA)**

VTA's are physically larger areas that can accommodate both of your team's support vehicles 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.). These are TA numbers 6,12,18,24 and 30.



These locations will have water, re-hydration products (for sale/donation- your patronage helps keep these groups coming back to support the race!), rest rooms and/or "green" port-o-johns, and dedicated recycling bins. 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

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not open indefinitely. Please note the closing times to avoid confusion and/or getting your vehicle locked in.

Vehicle Transition Areas	TA No.	Opening Time	Closing Time
Attitash Ski Area	6	11:00 AM	8:00 PM
Kenneth Brett School*	12	5:00 PM	12:30 PM
NH Technical College	18	9:00 PM	5:00 AM
Bear Brook State Park	24	12:00 AM	10:30 AM
Sanborn Regional HS	30	7:00 AM	3:30 PM
Hampton Beach State Park	36	9:00 AM	7:30 PM

* Please **DO NOT** go to the Kenneth Brett School before 5:00 PM; go to TA 11 – White Lake State Park if you wish to rest up or take a swim.

- Please leave these areas as you found them,
- Please use the **recycling** and 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.

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 TA19, T21, T22, and T24 through T31.

Aggravated residents complaining to local Selectmen and Police can prevent us from getting permission to run in those towns in future years. We have lost TAs in the past due to Teams not being quite in these areas. Please be respectful towards the local residents.

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.

7.7 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.

7.7.1 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

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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 9-12 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. This runner will then have the option of either completing the next leg or having the next runner in the rotation move up. 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 12.4).

7.7.2 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.

Your timing chip must be returned as per Section 7.2.

7.8 **Support Vehicle Notes**

The **NB 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 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**.

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- 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. RTB Marshalls will issue a DQ if they witness this.
- Please do not make noise of any kind (cheering, engine idling, slamming doors) near private residences during the night-time hours.

7.9 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 or within 100 feet of 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 ~1/2 mile intervals for female runners at night.
- If any team members exit the vehicle they must be wearing a reflective vest.

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 Course Description

8.1 Course Directions and Maps

A complete set of directions for the course along maps and GPS coordinates for each leg are available for download in PDF format from our website. Check our site for an "iPhone App" that will enable you to download the complete route to your Apple iPhone.

*We do our best to mark the course with over 1,200 signs which cover the ~200 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 sign, volunteer or Police Officer 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.

8.2 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:



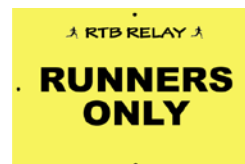
- **Arrows** - indicating "RTB Relay" shall be located at each turn and/or intersection and shall also be located along continuous sections of road at no more than 1 - mile intervals. There will be 2 types of arrows: day-time and night time. The daytime arrows will be black on a bright yellow background; 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. You will also see arrows that say "THIS SIDE" to help emphasize which side of the road you are to run on.
- **"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.
- **"Quiet Zone"** – signs shall begin to appear on the road as you approach TA15 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.
- **Vehicle Only/Team Parking** – Signs will be used on sections of the course where only vehicles are to go.

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- **Runner Only** – Signs will be used on those sections of the course where only the runners are supposed to go.
- **Transition Ahead** – Signs will be placed approximately a ½ mile from the TA's just to give you a heads up that the next TA is approaching. Please don't be calibrating your GPS's to these as we're going to place them where it's safest to do so.
- **Wild Card Transition Zone** – You will see this sign when the Wild Card transition zone starts and when the zone finishes. See Traffic Advisements for more info on the Transition as well as the course maps.



- **"Support Vehicle"** - signs will be given to each team for their official race vehicle (2 per vehicle). These signs must be displayed at all times: 1 in the front windshield and 1 in any left 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.

9.0 Food Support/Volunteers

Your entry into the 2011 **New Balance Reach the Beach Relay** includes a complimentary meal at the finish area at Hampton Beach. Additionally, we are pleased to provide your team with beverage products from **Coca-Cola, including Fuze beverages and Glaceau Vitamin Water**, at VTA 1 and the finish (see the food addendum in your registration packet for details). 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, 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 volunteer 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 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.

10.0 Medical Support/Emergencies



Your team's safety is our primary concern. So while we feel that we've designed a safe course, we also place hundreds of volunteers, EMTs and race staff at each TA along with dozens of local/state police along 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 - PLEASE READ THOROUGHLY:

NH 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.

10.1 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.

10.2 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.

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Emergency Services Information					
Course Leg(s)	Town	Nearest Medical Facility	Phone Number	Police Dept. Phone	Fire Dept. Phone
Start,1-3	Twin Mtn.	Littleton Regional Hospital	603-444-7731	603-869-5811	603-869-3342
4-6	Bartlett	Memorial Hospital	603-356-5461	603-356-5868	603-356-5868
7-8	Conway	Memorial Hospital	603-356-5461	603-356-5715	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	Moultonborough	Lakes Region General Hospital	603-524-3211	603-476-2400	603-476-5658
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
17-18	Laconia	Lakes Region General Hospital	603-524-3211	603-524-5257	603-524-6881
19	Belmont	Lakes Region General Hospital	603-524-3211	603-267-8351	603-267-8333
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	Pittsfield	Lakes Region General Hospital	603-524-3211	603-435-7211	603-435-6807
23	Epsom	Lakes Region General Hospital	603-524-3211	603-736-9624	603-736-9291
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

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Emergency Services Information					
Course Leg(s)	Town	Nearest Medical Facility	Phone Number	Police Dept. Phone	Fire Dept. Phone
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

10.3 Critical Race Personnel

The Transition Area Captains and Race Marshals are our on-course race directors. They will be wearing distinctive, **New Balance 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.

11.0 Sustainability

We are committed to making the race as green as possible and are pleased to have Pete & Gerry's Organic Eggs as our 2011 New Balance RTB Race Series Sustainability Sponsor. Pete & Gerry's is underwriting the cost of our greening initiatives which are once again being provided by Athletes for a Fit Planet. Below is a summary of what we are planning this year. ***We need your help to make it a success.***



11.1 Recycling

Reach the Beach has a goal of recycling 100% of the plastic, tin, aluminum and glass generated from this year's race. To reach this goal we need the active support of all athletes, support crews, spectators, and volunteers. Here is how the recycling will work:



1. We will provide recycling receptacles at the start of the race at Cannon Mountain and at the finish at Hampton Beach State Park as well as the five Vehicle Transition Areas (VTAs) – T6, T12, T18, T24 and T30. The receptacles will be clearly marked as recycling bins and will be placed next to the regular trash bins. Many of the bins will be staffed by volunteers to help you sort your trash and recyclables. And many of the receptacles will be located close to the portable toilets (which are also green!). Please ask your team members to seek these receptacles out as you proceed down the course.
2. We will provide each team with two (2) recycling bags (which are themselves recyclable) per vehicle at registration. Please use these recycling bags to collect all your empty plastic, tin, aluminum and glass containers. And we mean empty – no half-full sports drink bottles or non-recyclable trash as these "contaminate" the waste and result in potential recyclable materials being sent to landfill. And please, it would be a big help if you can remember to remove the tops from the plastic and glass bottled before putting them in the recycling bins.
3. Carry these recycling bags with you in the vehicles along the course and when they are full deposit them in the recycling receptacles at any of the 5 VTAs, or at the finish at Hampton Beach State Park.

11.2 Green Portable Toilets

Think all port-o-johns are the same? Well, they're not; especially where it concerns harsh toxic chemicals. Thanks to Dave's Septic, we will be utilizing environmentally friendly 'green' port-o-johns that use bio-degradable chemicals and recycled paper, which will minimize the impact to the environment.

11.3 Reducing our Carbon Footprint

Reach the Beach Relay is looking for all of our teams to help us minimize the carbon footprint of this year's race. By far, the largest contributor to our carbon footprint is the emissions from the team vans. With over 400 vans on the course this year, we estimate the emission will exceed 60 tons of CO₂. We encourage all our teams to participate pitch in where you can:

1. If you are renting vehicles from Enterprise, Alamo, or National, ask at the registration desk about their "Keys to Green" carbon offset programs. For \$1.25, you can offset the emissions of your rental. Your contribution funds certified offset projects that reduce greenhouse gas emissions in a variety of projects including wind power generation, tree planting and methane capture. Enterprise matches customer contributions up to a total of \$1 million.
2. If you are flying to the race, we encourage you to ask the airlines about their carbon offset programs and to make an appropriate contribution (typically \$5-\$30 dollars depending on the length of the flight). Expedia and Orbiz both provide carbon offset options as part of their registration processes as do many of the leading airlines.

For more information on Carbon Neutrality and Carbon Offsets, visit www.afitplanet.com/co2andu.

12.0 Finish Line - You Reached the Beach!

The finish area will be located at **Hampton Beach State Park**. Watch for your last runner coming down the home stretch (cheering for others while you wait would be appreciated!). Please make sure that you cross the timing mat at the finish and then hand back your teams timing chip to the finish line staff.

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 12:30AM – 8:00PM
- Live Music from 2:00PM – 8:00PM
- Massages from Hesser College
- Awards throughout the day for the winning teams



12.1 Beer Tent

The **Hampton Rotary Club** and the **RedHook Brewing Company** will be back again, hosting a **Beer Tent**, featuring Red Hook beers, at the finish in Hampton! All proceeds from the beer tent will be donated to one of the Rotary Club charities. Please Note: Cash or Checks only.

12.2 Timing Chip Collection

The final team runner to cross the finish line must allow the RTB volunteer to gather the removable timing chip ankle bracelet. **This runner must not leave the finish line chute unless the ankle bracelet has been removed!** Additionally, please ensure that the last runner checks his/her team in at the finish with the timing staff in the finish line chute.

12.3 Prizes

All prizes will be shipped out within 3 week after the race. Once the final results have been posted each respective category there will be a 12hr protest period for any team to protest the final results. Full results will be posted on the **RTB** website, usually within 24 hours. A description of the various prize categories and their respective awards are listed below:

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 **New Balance Reach the Beach Relay**. This team is one of the top 3 teams and is also eligible for the prize below.

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Top Female, Male and Mixed Team Winners

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

- One pair of **New Balance** running shoes for each team member.

All Other Team Category Winners

- The first place prizes will be provided by New Balance.
- The second place prizes will be provided by NRG Bar.
- The third place prizes will be provided by Runners Alley.

All 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**.

12.4 Team Pictures - New for NH-RTB2011!

This year we are offering your official RTB team photograph as a free, digital download from the RTB website. The download link will be posted on the RTB website in a week or two after the event (or as soon as our race photographers crawl through the many gigs of file data !)

Those Team Captains who still wish to receive printed copies may do so by emailing this request to jack@pixelwiremedia.com. All requests after November 1st will not be honored.

12.5 Overflow Parking

In the event that we fill up the Hampton Beach parking lot, you will be re-directed to park in one of the two overflow lots that we've made arrangements for. Please see figure 12.1 for a map of where these are located.

Lot 1 is located adjacent to Ocean Blvd, along the beach front, at the intersection of Ocean and Haverhill Ave. To get there take a right out of the park and follow Ocean Blvd just under ½ mile until you reach Haverhill Ave. The lot will be on your right. Please note that you will have to pay to park here.

Lot 2 is located behind the police station at the intersection of Ashworth & Brown Ave. To get there take a right out of the park and follow Ocean Blvd just under one mile and take a left onto 'F' St. The lot will be directly in front of you at the end of the street.

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Fig 12.1 – Lot 1: Directions from the finish ‘A’ to overflow parking Lot 1 (B) and Lot 2 (C).

13.0 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. Our ability to continue with this event is dependent upon the local towns and communities that we pass through. Their support is vital to our future.

**Please ensure that all of your teammates are aware of all rules
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 or worse – a ban from participating in future editions of this event.

We reserve the right to immediately disqualify any team that acts in a belligerent manner to any of our staff, volunteers, or Town residents.

13.1 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 NH Towns have required that we enforce this as part of their requirements in allowing the event to pass through their roads. Please honor this.

13.2 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).

13.3 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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13.4 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.

13.5 Altering your rotation

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

13.6 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.

13.7 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, "Winnebago's", campers, trailers, or limos are allowed on the course by any team or team support. A third "support vehicle" is not permitted.

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 or in a Transition Area, that team will be disqualified.

Also, Team vehicles must display their team's identification sign or else they will not be allowed to park at the TA.

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

Each Team must have:

- Two (2) working flashlights and/or headlamps,
- **Four (4) reflective vests** minimum (with reflective strips on them), and
- Four (4) blinking lights to attach to their front and back (use of 2 PolyBrite or Go Motion 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 **5:30 PM and 7:00 AM**.

Our staff/TA Captains have final discretion based on weather and lighting conditions and may expand these limits, if necessary.

Also, any team members outside of the van between TA's must also wear reflective vests

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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.
There are NO EXCEPTIONS to this rule.

13.9 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.

13.10 Disorderly Conduct: Noise

As mentioned in previous sections of this handbook, night time Legs #14, 15, 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!!**” or “**Quiet**” signs as you are driving, as they will tell you that you are about to enter one of these areas.

13.11 Obscenity Rule

- a) No team vehicles can be decorated with obscene images or representations.
- b) No Team members may direct obscene language at any RTB staff, volunteers, or town residents.

13.12 No Alcohol

No alcohol is permitted at any Transition Area at anytime.

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. Alcohol will only be allowed in the Redhook Beer Tent at the finish line.

13.13 No Headsets/Earphones

Due to safety concerns and liability we do not permit the use of any type of earphone in the ear of the runner 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. You may, however, clip ear buds to your shirt collar or sleeve.

13.14 Race Number Visibility

Your team race number must be visible at all times. Failure to ensure this will result in a time penalty. In addition, your race number **MUST** be clearly visible when crossing the finish line. No race number = no finish time.

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13.15 Multiple Infractions

This is our harshest penalty which has, unfortunately, been created due to the behavior of a few teams during the past couple of years.

We will be actively monitoring runners and/or teams that are repeatedly penalized during the event. Any team that receives 3 or more penalties of any combination for rule numbers 13.2, 13.8, 13.9, 13.10, and/or 13.11b will be disqualified from this year's race and banned from participating in future events for a minimum of 5 years.

We're not kidding.

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Summary Table of Penalties

Rule No.	Penalty Description	Penalty Action
13.1	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.
13.2	Fail to adhere to RTB Staff Instructions:	2.0 hours for 1 st offense; disqualification for 2 nd .
13.3	No Bicycles, roller blades, etc.,	1.0 hour for 1 st offense; disqualification for 2 nd .
13.4	No substitutions once the race has started	Disqualification
13.5	No shifting of rotation order once a team completes one full rotation	2.0 hours for 1 st offense; disqualification for 2 nd .
13.6	Navigation/ Aid from vehicles/ cutting the course	5.0 hours for 1 st offense; disqualification for 2 nd .
13.7	Support Vehicle(s) do not meet RTB requirements (no more than 2; not longer than 20' or wider than 6'9")	Cannot be allowed to start. Disqualification if caught on the course.
13.8	Absence of Self-illuminated Vests and Flashlights when running between the hours of 6:30pm and 6:30am.	Cannot be allowed to start the remaining legs at night; 2 hour penalty if caught on the course. 0.5 hour for non-runners out of van.
13.9	Public Nuisance: no urinating/defecating in public	Immediate Disqualification
13.10	Disorderly conduct: no screaming, cheering, and shouting in designated "Quite Zone" neighborhoods	5.0 hours for 1 st offense; disqualification for 2 nd .
13.11	Obscenity Rule: 13.11a) any team vehicle that is decorated with obscene images or representations 13.11b) use of obscene language directed at any RTB staff, volunteers, or residents.	13.11a) warning for 1 st offense; 4 hour penalty for subsequent offenses. 13.11b) 4 hour penalty for 1 st offense; disqualification for 2 nd offense.
13.12	Alcohol Rule: No alcohol is permitted at any Transition Area at anytime.	Disqualification for 1 st offense.
13.13	No Headsets/Earphones in the ears.	Warning for 1 st offense; 1.0 hour for each subsequent offense.
13.14	Race Number Visibility	2.0 hours for each offense. No finishing time if this occurs at Hampton Beach
13.15	Three or More Infractions of Rules 13.2, 13.8, 13.9, 13.10 or 13.11b.	Disqualification and 5 year ban on participating in future editions of this event.



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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 **New Balance 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; and USATF (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: _____

(If under 18, parent or guardian must sign)



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2011 REPLACEMENT RUNNER APPLICATION AND LIABILITY WAIVER

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 **New Balance 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; and USATF (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.

Team Name: _____ T-Shirt Size (M or F): S M L XL

Your ½ Marathon Pace(min/mile): _____ Sex (M/F): _____ Age (Race day): _____

Your Name (please print): _____

Your Address: _____

City/State/Zip: _____

Phone: _____ E-mail: _____

Who to Contact in case of Emergency: _____

Signature (required): _____ Date: _____