

2007 Relay Captain's Meeting

Overview of Outward Bound and Judi's House

Outward Bound – A nonprofit which uses wilderness adventure challenge to inspire personal growth. Outward Bound is for adults, teens, companies, for everyone.

Judi's House – A nonprofit started by Brian Griese and located in Denver. Judi's House provides support for people who have lost loved ones. It's a place for people to come in and connect.

The money raised from the relay goes towards bringing Judi's House teens on an Outward Bound course. Jason Stout from Outward Bound showed pictures of a 5 day adventure down the Yampa river in June. 24 people attended – the money raised from this race helps fund these courses. Everyone involved with Judi's House really appreciates your help.

Next we showed the Relay video from 2006.

Slide show

Weather was bad last year. There can be all kinds of weather during this race. It can be really cold in Georgetown, Vail Pass, etc. Team captains will check in at start line and will attend a captains meeting with Garret before their teams start. He will tell you the most recent weather conditions, any route changes, etc. at this meeting. Please be on time to the start line. We recommend getting to the start line early, as time goes by fast. Most of the first waves leave in the dark. The fastest teams start at 10am. The cut off time for Georgia Pass is 45 minutes earlier than last year because the race is 2 weeks later this year.

There is an Outward Bound dynamic to this race – it's not your average race. There is a lot of challenge, adventure, teamwork. This is a team event, it's about your team. Talk with your team beforehand and have a team goal.

Try and make sure your first 3 runners are ready to run right away. The first leg goes by fast.

We recommend that you grab sleep when you can during the relay. It's helpful to bring a sleeping bag.

Please remember that the lot near the start line is only 24 hour parking – you cannot park there overnight. You will be towed if you leave your car there the whole weekend. You can park at Clear Creek Rafting (like past years) for the duration of the race, but they also want all cars removed by the end of the weekend. Once again, you will be towed if you leave your car there for longer than the weekend.

There will be a check-in for runners at the top of Georgia pass – this is new this year, and will help us better determine where a runner is if he/she gets lost or injured during this leg.

Pacing a runner with your team vehicle is not allowed.

Your team will be disqualified if you litter – it is very important to respect the environment. This is part of the Outward Bound philosophy and also helps to ensure that we can run this race year after year.

Georgia pass will be marked before relay begins. During the race, follow flagging – it will be out there everywhere.

Volunteers will be at exchange points to sign runners in and out. Please make sure you sign in/out with volunteers so we know where everyone is. Parking is tight at some exchange points so you may have to walk to get to exchange point. Please respect the volunteers and where they are telling you to park.

A vehicle exchanges is where both vehicles show up. The first vehicle exchange is at Exchange point 3. There is construction on Guanella Pass. Only one vehicle is allowed up the pass, the other drives around the mountain to Exchange 10 holding area. This means vehicle B will have a lot of runners (up to 7 people in a vehicle if you have a driver who is not a runner). If you have a vehicle that can't accommodate that, talk to us before the race and we'll give you a few options. It's important to keep vehicles off the pass though. No construction work goes on during race dates – your runners won't be dodging work trucks on Guanella Pass. Vehicle exchanges are at Exchange points 3, 10, 15, 20, 25. At Exchange 3, runner 4 will leave to run their leg. Runner 5 needs to get out of vehicle A and get into B. Runners 4 and 5 get back into vehicle A at Exchange 10.

We still need to make a few small adjustments in coordinates to the topo maps. You can pull a topo or gpx file and upload it into your gps.

All vehicle exchange points are in the handbook. Legbooks are for runners. Print them out and then dole them out to your runners because they need to run with them.

Volunteers can also be pacers.

For your volunteers, look in the volunteer database – if they are signed up, then that is their assignment. The information you need for your volunteers is in the database.

Happy hour is next week at Boulder Beer. Free beer and apps, go to website and print out the invitation.

There is a sponsor available for a women's team. Talk to Pete if you are interested (peter@coloradorelay.com).

Questions from Runners/Captains

How do you know which wave you are in?

Teams will be assigned a time, based on your team's average 10k times and what you request as a start time. The goal is for everyone to finish the race. We have cut off times for safety, but will allow everyone to finish. The team registration database closes on the 7th. We will post start times on the team page on the 10th. Teams have from the 10th-14th to negotiate with us about start times. On September 15th we should have the finalized start times. Your runners' average 10k times should be based on your expected time for this race, running 3 legs at altitude.

Will there be Pre-check-in at the rally dinner?

Yes, just like last year. Pre-check-in is from 4-6:30pm on September 20th. Food starts at 5:00pm. You don't need the whole team to attend the check-in. Make sure to bring your waivers. You can also bring waivers to the volunteer meeting.

What do you need at the Pre-race check in?

You need to provide your own reflective vests, plus other safety equipment like first aid kits, etc. We provide vests for volunteers if they don't have them; we will give them those on the route. Rules specify that you need a reflective vest, which you can get at running stores. This is for your safety. There is not much shoulder on some of these roads. You also need your headlamp; have it on when you run. You are responsible for your own safety.

Problems with mountain lions and bears?

We have never had a problem with wildlife during the race. There are enough people out there that wildlife shouldn't bother you. If you are worried, you can run with a bell or with a pacer. It's probably not a great idea to wear an ipod, headphones, etc. while running because you can't hear what is going on around you.

Georgia Pass gear?

Pete will make a call whether runners have to bring the required gear or not. Runners can tie most of it around their waist, use a camelpack, etc. It's important to remember that it is not about wearing these clothes while running – we ask you to bring this gear so you are prepared in case you get hurt and need to sit in the rain/wind for hours waiting for rescue. This route is high in elevation. We will DQ you or penalize you if you get rid of your gear. This has been the rule for the past few years. Remember that it can be very nice at the exchange point, but really cold at the top of the pass.

Can runners use a pacer on Georgia Pass?

This is ok for first time runners, although we do have capacity for single track. Pacers also need to check in and out of exchange points, sign waivers, etc. You don't need to register them in the database, but include them in your running order.

Can you submit waivers early?

Yes, you can submit waivers early by fax or by mail.

What kind of vehicle should our team use?

Your vehicles don't have to be vans; they can be any type of vehicle. In fact, we don't really want teams to use 15 passenger vans. The signs for your vehicles should be big signs. They don't have to be professional or anything, we just need to be able to see them. Enterprise does rent SUV's, minivans at a discounted rate for relay teams. No RV's are allowed.

Can runners be drivers?

Runners can be drivers. We encourage you to have drivers, but even those people will need to sleep. You will probably need runners to drive at some point.

What happens if someone gets injured/ill and can't run?

Your team should try to plan ahead of time for this. If a person is injured in the middle of their leg, the next runner goes back to that person, finishes that leg, then runs their leg. Your team can be flexible – we just want people to be safe when making these decisions. We will have a safety crew to help people out of the field. If someone is hurt before they run, your team can decide who will run his/her leg/s. Once again, we are most concerned with teams making a safe call. There are roads to Georgia Pass – the safety crew can drive on those to get close to a person if they are injured on that leg. During the middle of the race we rely on other runners to alert someone about injured runners because the safety crew will follow the last team. We suggest that you try to get an idea of how long it will take your runners to complete their legs so that you can alert staff if that person is really overdue. Cell phones don't work everywhere on the course. There are only two legs that we can't always get to you by car – Georgia Pass and Burning Bear. We have a ham radio group help us out in Park County for communication because of the lack of cell phone coverage.

How often is there snow on Georgia Pass?

Snow has been on the ground two or three times in the past 10 years, and it snowed during that leg last year. The Relay is late this year.

What should we put in our Medical kits?

You should have a basic small adventure kit – tape, gauze, something to control bleeding, ice pack, Advil, Tylenol, etc. We notify local law enforcement, search and rescue, etc. throughout the course, so they all know the relay is going on. In case of an emergency during the relay, call 911 right away. We have our own personal trooper from state patrol for the relay too.

What is the sizing for race t-shirts?

Sizing is for men's sizes. We ordered our t-shirt sizes based on what we saw in the team database. XS are actually women's smalls. If you put down that you want a small, you will get men's small. If you put down you want an XS, you will get a women's small. You can change sizes in the database up until Sept. 7th. We can do exchanges at the start/finish lines as well.

What if my volunteers can't come?

We would rather have volunteers than money. Please bail early if you have signed up volunteers and they can't come so we can get someone else to cover that assignment.