

New Year's Resolution Ultra Run & Relay
COW RACE PLAYBOOK!

January 7, 2017
Kualoa Ranch, Ka'a'awa, Hawaii

Saturday, January 7, 2017

4:45am:	Surf Gate at Kualoa opens!
5:00am to 6:30am:	Late Registration/Package Pickup
6:30am:	Announcements/National Anthem
6:45am:	ULTRA RACE START!! (All individual and team ultra races are scheduled to begin concurrently at 6:45am SHARP. However, we reserve the right to alter the starting time of the event if there is concern about weather conditions at the start of the race. The safety of our runners and volunteers is of paramount concern.)
6:50am:	5K START!!
7:30am:	Chuck Wagon opens
8:15am:	5K AWARDS!
9:00am:	Surf Gate closes (THIS IS A HARD DEADLINE AS WE HAVE TO SECURE GATES BEFORE RANCH TOURS START! MAKE SURE YOU GET YOUR ENTIRE TEAMS IN BEFORE 9:00AM! NO ENTRY AFTER 9:00AM!)
10:00am:	BBQ opens – free for all athletes, \$15 for spectators
3:00pm:	BBQ closes
5:00pm:	Chuck Wagon closes; Gates open for departures
6:15pm:	RACE FINISH!!
7:00pm:	ULTRA Awards Presentation at Camp Udder Chaos
8:30pm:	Gates close (all vehicles must be off the ranch by 8:30pm)

Race Rules and Instructions

1. Course Information

Both the Relay and Individual Ultra Run will start together at the "Start" line. All race participants must follow the designated course route around Kualoa Ranch. Any participant deviating from the designated course is subject to disqualification. The course will be marked with brightly colored fluorescent tape tied to bushes, trees, fences, etc. and occasional orange cones and arrows will designate important turns. The markings are to ensure the safety of all runners - - any runner caught removing course markings will be immediately disqualified. NOT KIDDING! FOR REAL! DON'T STEAL CONES OR MESS WITH THE MARKING TAPE!! Cows do occasionally mess with our markings, so if you see any markings that are down or missing in any cow-infested sections, please let the race staff know ASAP so we can fix the markings.

2. Kokua

Courteous behavior and sportsmanlike conduct are expected from all participants, volunteers, crew and pacers at all times.

3. 5K details

The 5K will start at 6:50am, five minutes after the Ultras start, following a completely separate race course.

4. Ultra Timing/Lap Counting

There are no timing chips for this race. The race officials at Camp Udder Chaos will count participant laps. As such, race participants are responsible for checking in and back out at the beginning and end of each lap completed, by calling out their race number as they pass thru camp (i.e. "101 In" and "101 Out"). It is imperative that runners pass through the "Timing Chute" at Camp Udder Chaos at the conclusion of every full lap. The only OFFICIAL lap counters on the course are those located at the Camp Udder Chaos Timing Chute.

5. Pacers

Pacers are allowed to accompany individual ultra runners only (i.e. no pacers for relay teams). The use of non-registered participant pacers will not be permitted before 12:00pm. Pacers must bypass the timing chute and may resume escorting their runner beyond that point.

6. Individual Ultra Run Instructions

Please be at Camp Udder Chaos by 6:30am to receive final instructions. Only full loops are counted for the purpose of scoring. No credit will be assigned to partially completed loops. The only OFFICIAL lap counters on the course are those located at the Timing Chute. In the event of a tie in amount of laps completed, runner rankings will be determined by the runner that completed the last lap first; therefore, it is in the runner's best interest to check in at the timing chute at the end of a completed loop before taking rest breaks. At the end of the break the runner should then continue on with their next loop, making sure to check out at the Camp Udder Chaos Timing Chute so that the officials know you are back on the course. Awards will be presented to the 1st, 2nd, and 3rd place male and female finishers at the Awards Presentation. All prizes will be awarded based upon final rankings.

7. Team Relay Instructions

Relay Teams must have a minimum of 2 members and a maximum of 6 members per team. Teams must have a minimum of 1 female runner to be classified as a Mixed 2 or 3 person team, or 2 female runners to be classified as a Mixed 4 to 6 person team. Team members in the Military category must show proof of active or reserve duty. All Teams must submit a complete roster. The easiest way to submit a roster is for individual runners to register online as "2-6 Person Relay". Another option is to fill out the roster form or email your team roster to tropicaltriplecrown@gmail.com. Rosters must be submitted before the close of registration at 6:30am on Saturday, January 7. Only participants who have registered online or signed the roster form are eligible to participate. Teams have the right to substitute team members up until 6:15am on Saturday, January 7. Teams should be at the starting area by 6:30am to receive final instructions. The Relay Exchange Area (within the timing chute) is the only location on the course where a runner change is permitted. Relay Team members may run one or more complete laps in any order, and back-to-back laps ARE allowed. A Relay Exchange Area will be established within the Timing Chute near Camp Udder Chaos. Team members may run a loop together, but only ONE of those loops will count. Only full loops are counted for the purpose of scoring. No credit will be assigned to partially completed loops. The team member who starts a particular loop must complete said loop in order to receive credit for that loop. The only OFFICIAL lap counters on the course are those located at the Timing Chute. Awards will be presented to the 1st and 2nd place team in each category (Men, Women, Mixed, Military) at the Awards Presentation.

8. Race Bibs

All participants are required to wear a race bib at all times on the course, in order to identify themselves to the official lap counters when coming thru the timing chute. Race bib must be worn on the FRONT of their shirt or shorts, and clearly visible to the officials in the Timing Chute.

9. Littering

Littering on the course is grounds for immediate disqualification. Dropping waste (including aid station cups) twenty yards, or more, from Camp Udder Chaos is considered littering. THIS MEANS CUPS, BOTTLES, GEL PACKS, AND WRAPPERS ETC. We have the privilege of using Kualoa Ranch as our race venue, and we have pledged to leave the ranch property cleaner than when we arrived. Please kokua and pick up any trash you see anywhere around Camp Udder Chaos or on the race course. If littering is reported or seen by any staff member, volunteer or runner, the individual litterer or entire team of the litterer will be immediately disqualified. NO EXCEPTIONS!! NOT KIDDING! DON'T DO IT!!

10. Medical

Although event personnel will make all efforts to provide aid within their capabilities, volunteer professionally trained medical staff may not always be available to take care of participants. In case of emergency, race personnel will contact local first responders for assistance. Race officials reserve the right to remove runners from the course who are deemed incapable of continuing safely.

11. Cell Phone Coverage

Cell phone service is available on parts of the course but can range erratically from adequate coverage to none at all. Quality and reception will also vary among cellular phone carriers. Carrying a whistle is recommended for both runners and pacers.

12. Accidents

If a runner gets hurt on the trail, they should stay put, keep warm, and remember that this is a multiple-lap course. Other runners will direct event personnel to the incident location or assist in another manner. Similarly, if a runner gets lost, they should stay on the trail and wait. Wandering aimlessly reduces the chance of being found.

13. High Temperatures

Heat may pose a threat, as temperatures can rise to above 85 degrees Fahrenheit on the course. Participants are encouraged to monitor their body temperatures and drink cold liquids provided at Camp Udder Chaos throughout the day.

14. Hiking Poles are permitted on the course.

15. Headphones

Use of any device that impairs the senses, including headphones, is discouraged for safety reasons. Runners wearing headphones are asked to remove them when approaching, passing through, and exiting Camp Udder Chaos to facilitate communication with event personnel.

16. Muling is not permitted. Participants must carry all their own supplies at all times.

17. Stashing

Stashing of supplies is not permitted at any time or place on the course. This includes leaving water bottles on the course, even during the event itself (this is considered a form of littering).

18. Camp Udder Chaos Food

Aid station resources and supplies are intended for runners and pacers. In the unlikely event of a shortage, runners have priority. Pacers should plan to bring their own food/liquids in case of shortage at Camp Udder Chaos.

19. Smoking is not permitted anywhere on the race course or at Camp Udder Chaos.

20. No-No's on the Course

Consumption of alcoholic beverages and illegal substances on any part of the course is prohibited. Any individual runner/team member caught drinking or using illegal substances on the course will be immediately disqualified. **NO EXCEPTIONS! FOR REAL! DON'T DO IT!** Drinking alcohol within Camp Udder Chaos is allowed, but please drink responsibly and assign a designated driver on your team if needed.

21. Sorry, NO PETS

Dogs are not allowed anywhere on the course or at Camp Udder Chaos. We love your pooches but because we will be on a working ranch, please leave them at home with a pet-sitter.

22. No course cutting

Participants must follow the marked course at all times. If a Participant departs from the official course, they must return to the point of departure on foot before continuing onward.

23. Pop-Up Tents

All participants are invited to set up in the designated tent area. Limit one 10'x10' pop-up tent per Individual Ultra Participant or Relay Team. All participants are encouraged to bring a chair to sit on when not on the course.

24. 6:15pm Finish

All participants must be off the course and back at Camp Udder Chaos no later than 6:15pm. Laps not completed by 6:15pm will not count.

25. Bag Check – Individual Ultras only

We will offer a bag check for those competing for the win! The bag check area will be located near the Camp Udder Chaos timing chute, so that runners will have their own special food or needs in close proximity to the course (without having to find their car or tent). **NO BAG CHECK WILL BE AVAILABLE FOR TEAMS.**

26. Portable Toilets

There will be plenty of portable toilets available near Camp Udder Chaos, which will be fully stocked with toilet paper. Please kokua and keep them as clean as possible.

On-Course Support

1. Camp Udder Chaos Aid Station

There will be PBJ's, wraps, fruit, chips, cookies, potatoes, and other basic food items available to all participants at Camp Udder Chaos, along with water, Gatorade, coffee and soda. We recommend that ultra participants come prepared to support themselves, as you know best what you will want/need during the later stages of the event. Portable toilets will be located at Camp Udder Chaos.

2. On Course Aid Station – Unmanned/Serve Yourself

There will be one aid station approximately half way thru the loop, which will have jugs of water and Gatorade. There will be no volunteers at this aid station, and no cups. If you would like to refill your bottles or camelbaks, please help yourself. We will be monitoring the liquids throughout the day to make sure this station never runs out of liquid. Since the weather on the ranch is unpredictable and can get extremely hot, we strongly recommend every runner carry at least a 16oz bottle.

Awards & Prizes

1. **Shirts & Goodie Bags** All participants will receive a shirt and goodie bag at race packet pickup.
2. **Awards** Prizes will be awarded to the 1st, 2nd, and 3rd place finishers (Male and Female) for the Individual Ultra Run, as well as the top 2 finishing Relay Teams in each category (Male, Female, Mixed, Military).