

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

January 3-4, 2015

Kualoa Ranch, Ka'a'awa, Hawaii

Tuesday, December 31, 2014

8:00AM - 12:00PM Race packet pickup for all races will be held from 8:00am until 12:00pm at Kalapawai Café which is located on the corner of the Pali Hwy and Hamakua Street in Kailua – 750 KAILUA ROAD, KAILUA.

Saturday, January 3, 2015

2:00PM Surf Gate at Kualoa Opens!

2:00PM to 6:00PM Race packet pickup at Kualoa Ranch, at the pavilion area near the race start.

6:00PM Surf Gate Closes! No entry after 6:00PM!

7:00PM All races are scheduled to begin concurrently at 7:00pm 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. In the event of a delayed start the completion times for the ultra events will be adjusted accordingly.

Overnight Camp Udder Chaos will be lit all night - - Ultra crew/pacers and Relay Team members are welcome to hang out and enjoy the camaraderie while cheering on participants as they pass thru Camp Udder Chaos.

Sunday, January 4, 2015

5:00AM Surf Gate opens for family/friends to cheer you on at the finish

7:00AM Race finish

8:00AM-ish Awards Presentation at Camp Udder Chaos

Race Rules and Instructions

- 1. Course Information** Both the Relay and Individual 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 chem-lights, fluorescent tape tied to bushes, trees, fences, etc. and occasional orange cones and arrows will designate important turns. The chem-lights and markings are to ensure the safety of all runners, all night long - - please do NOT take any chem-lights off the flag markers!! Any runner caught removing chem-lights from the course will be immediately disqualified. NOT KIDDING! FOR REAL! DON'T STEAL OUR CHEM-LIGHTS!!
- 2. Kokua** Courteous behavior and sportsmanlike conduct are expected from all participants, volunteers, crew and pacers at all times.
- 3. Lighting** Aside from the Camp Udder Chaos area, no part of the course is lit. **All participants are required to wear a headlamp while on the race course**, beginning at the 7pm start and continuing until approximately 6:45am. Participants should carry backup batteries and lights, and keep extras at Camp Udder Chaos. *Camp Udder Chaos may have batteries available for sale - - but no guarantee on quantities, so make sure to bring your own.*

- 4. Timing/Lap Counting** Each participant will have a timing chip which is required to be worn at all times while on the race course. The race officials at Camp Udder Chaos will count participant laps. As backup, Participants are responsible for checking out and back in 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"). Any lap not detected and recorded will not be credited to the runner so 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** 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 12:00am. Pacers must bypass the timing chute and may resume escorting their runner beyond that point.
- 6. 12-Hour Individual Ultra Run Instructions** Please be at the starting area by 6:45pm 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; 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. Finisher Medals will be presented to all participants at the finish line upon completion of their event. Awards will be presented to the 1st, 2nd, and 3rd place male and female finishers at the Post Race Awards Ceremony. 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 ResolutionRelayHawaii@gmail.com. Rosters must be submitted before the close of registration at 6:00pm on Saturday, January 3. 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 6:00pm on Saturday, January 3. Teams should be at the starting area by 6:45pm 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 the Pavilion. 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. Awards will be presented to the 1st and 2nd place team in each category (Men, Women, Mixed, Military) at the Post Race Awards Ceremony.
- 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. Pacers are required to wear designated PACER bibs,
- 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 THIS YEAR!! 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, especially at night, reduces the chance of being found.

13. **Hypothermia** may pose a threat at night, especially if it has rained, as temperatures can drop to below 60 degrees Fahrenheit. Participants are encouraged to monitor their body temperatures and drink hot liquids provided at Camp Udder Chaos throughout the night. Participants, volunteers, pacers, and crew are encouraged to be prepared with long sleeve clothing/jackets.
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** 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 (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!
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. **Tents** All participants are invited to set up in the designated tent area. Limit 1 small tent per Individual Ultra Participant. Limit 2 small tents (4 person or smaller) or 1 large (6 person) tent per Relay Team. All participants are encouraged to bring a chair to sit on when not on the course.
24. **7:00am Finish** All participants must be off the course and back at Camp Udder Chaos no later than 7:00am. Laps not completed by 7:00am will not count.
25. **Bag Check – Individual Ultras only** New for 2015: we will offer a bag check for those competing for the win! The bag check tent 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 in the dark)! NO BAG CHECK WILL BE AVAILABLE FOR TEAMS.

On-Course Support

1. **Camp Udder Chaos Aid Station** There will be PBJ's, fruit, chips, cookies, potatoes, soup, and other basic food items available to all participants at Camp Udder Chaos, along with water, Gatorade, coffee, hot tea, hot chocolate and energy bars. 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.

Awards & Prizes

1. **Shirts** All participants will receive a tech shirt 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).

