

# **The Great Brazos Relay**

## **I. Pre-Race Information**

### ***A. The Basic Details***

The Great Brazos Relay is a 120 mile relay race from the original site of Baylor University in Independence to the current campus in Waco. In this sense, the relay is more than a race – it is also a journey through Baylor’s history.

This central Texas relay is made up of 23 individual legs, the first and last of which will be run by the entire team. A relay team is made up of 7 relay runners, each of which will run 3 legs in rotation ( $3 \times 7 = 21$ ), plus the prologue and epilogue. The average distance per leg is 5.75 miles, and the average total distance for each runner is 17.25 miles.

Each team is required to have 1 team vehicle (and we strongly discourage more than 1 team vehicle). While a relay runner is running his or her respective leg, the team vehicle will travel to the next exchange station where the next runner will prepare to exchange the baton and head out on the leg.

Awards will be given to the top 3 three male, female, and mixed teams (which contain a minimum of 2 males or 2 females) in two different divisions: Collegiate (made up of a minimum of 5 students from the same college or university) and Corporate/Open (made up of any collection of team members).

### ***B. Pre-Registration Checklist***

1. Find 6 of your best running friends so that you can put together a team that is in good enough shape to enjoy this race without injury!
2. Select a team captain for the team who will become responsible for gathering all the necessary information for registration.
3. The start time for all competitive 7-member teams will be 4:00 pm on Friday afternoon at the Baylor State Park in Independence, Texas.

## **II. Registration**

### ***A. Registration Details***

Register your team online at [www.baylor.edu/greatbrazosrelay](http://www.baylor.edu/greatbrazosrelay). Registration typically ends about 2 weeks before the race. See the website for details.

### ***B. Pre-Race Checklist***

1. Ensure team and all individual team members are registered.

2. Assign relay legs to runners, creating a suitable roster order that will be required at the on-site registration of your team.
3. Locate a suitable vehicle that legally seats all 7 members of your relay team.
4. Encourage team members to review this site, to print maps of their legs, and to become familiar with all of the rules of the relay.
5. Arrange for lodging in Waco if needed.
6. Pack supplies (see list of Equipment).
7. Team check-in begins at 3:00 PM on Friday of race day at Baylor State Park in Independence, Texas.
8. Arrive at the start of the race by 3:30 PM on Friday afternoon for the Team Captains Meeting.

### ***C. Equipment***

1. Required Per Team:
  - a. 2 reflective vests
  - b. one light that is visible from the front (either headlamp or flashlight)
  - c. one light that is visible from behind (blinking or non-blinking light visible up to 50 yards)
  - d. extra batteries for all lights
  - e. "Runner on Road" sign for the rear of your team vehicle. Note: This sign should NOT hinder your visibility while driving.
  - f. trash bags
  - g. vehicle registration and insurance (required by state law)
  - h. water, electrolyte drinks, and food – there are no aid stations!
  - i. one copy of race rules and maps of all individual legs
2. Recommended for each vehicle:
  - a. Cooler with ice
  - b. First Aid kit
  - c. cell phones or other means of communicating
  - d. tape for vehicle signs
  - e. toilet paper, paper towels, and cups
  - f. extra flashlight or other lights
3. Recommend for each runner:
  - a. camera
  - b. credit card, debit card, or cash
  - c. foot care aids
  - d. preferred food or electrolyte drinks
  - e. hat or visor, sunglasses, and sunscreen for the day
  - f. warm clothing if the weather is cool, wet, or especially windy
  - g. cell phone and/or whistle for emergency
  - h. extra running shoes, socks, and other clothing
  - i. water bottle

### **III. Race-Day Rules**

#### ***A. Overall Safety***

The safety of every runner, driver, and spectator is of great concern to us. We have outlined these specific rules as the most basic requirements for the safety of all involved in The Great Brazos Relay. Beyond these, we assume common-sense and extreme caution. For your safety, we (the race directors) reserve the right to create and revise all rules during the TGBR.

**REMEMBER: There are no road closures, aid stations, or other traffic controls (except where noted).**

1. Obey all Texas Department of Transportation regulations.
2. Obey all directions of race directors and volunteers on the course.
3. Alcohol, bicycles, headphones, nudity, and pets are prohibited at all times on the relay course.
4. Support runners who have signed mandatory race waivers will be allowed to follow the official runner in single-file only between sunset and sunrise. The support runner must also be equipped with a reflective vest and lights visible from the front and from behind (just like the official runner of the leg).
5. There is a mandatory team check in at Leg 11. ALL team members must be present at exchange 11 before their runner comes through.
6. Respect private property and residential areas adjacent to the relay course. Please be quiet near residential areas, use Port-o-Potties and public restrooms (i.e. do not urinate on the side of the road), and do not litter. Port-o-Potties will be available at exchanges 5, 8, 10, 13, & 18. In addition, exchanges 3, 11, and 14 are at gas stations. There are also other gas stations along the course. Remember, Don't Mess With Texas!
7. Run on left side of the road facing traffic at all times. We have selected roads with suitable shoulders, but please be aware of the approaching traffic at all times!
8. Runners must follow the directions provided with each leg and cross roads only at designated locations.
9. From **1 hour before sunset to 1 hour after sunrise**, the runner must wear a reflective vest and two lights – one visible from the front and one visible from behind. Reflective vests are recommended at all times to increase visibility. Remember extra batteries for your lights!!!  
**Your team will need to demonstrate that it has 2 reflective vests and the required working lights at the on-site team registration.**
10. Team vehicles must display a sign—prominent and visible from the rear—that states: “Runners on Road.” Teams may make their own signs (minimum 18 x 24 inches). Team vehicles must also have their team number (provided at the start) displayed on the driver's side of the vehicle.

11. Team vehicles may not drive alongside or trail runners at any time as this is a traffic hazard. If the designated runner does not feel safe at any time, please consider a support runner (see #4 above) and prepare accordingly. Team vehicles must not interfere with other runners and must park safely off the roadway, including all intersections and private driveways.

12. No team vehicles may stop on the side of the road before exchanges. Please park beyond exchange points and walk back.

13. Please wear your wristband and team number visible from the front at all times while you are running.

14. No buses or limos, are allowed as team vehicles. If you have questions about the legality of your vehicle, please contact us prior to the race.

15. All team captains must attend the Team Captain Meeting prior to the start of the race that discusses these rules and other pertinent information. The Team Captain Meeting will be held at 3:30 PM at Baylor State Park in Independence on Friday.

16. The time for closing awards ceremony will be announced at check-in at race day.

17. The course will be closed at 12:00 PM (noon) on Saturday. Any team on the course at that time will be asked to withdraw and will not be given an official finishing time.

**\*\*We (the race directors) reserve the right to disqualify or apply time penalties to teams that do not follow these rules.**

**\*\* We (the race directors) will be utilizing a “jump forward” rule to allow teams to finish the race but whose times are significantly behind others or who could not possibly complete the race by the noon finish. Any teams who are required to jump forward will be notified at the mandatory check in at exchange 11.**

**\*\*All course volunteers are considered Race Officials. They also have the authority to interpret these rules and apply penalties or disqualify teams for infractions.**

**\*\*We have taken the precaution of providing signs alerting motorists of the relay event and we have contacted all local towns and law enforcement offices. However, the choices you make are the most essential for your overall safety in The Great Brazos Relay.**

**\*\*If you have a medical emergency, we will provide you with telephone numbers to call.**

**\*\*There are plenty of snakes, both venomous and non-venomous, in central Texas. Please keep your eyes open for these at all times while on the roadway and at exchange stations. If you encounter a snake, DO NOT PICK IT UP. Give all snakes a wide berth. If you get bit, seek medical attention immediately.**

## ***B. Weather***

The Great Brazos Relay will be run rain or shine. Part of the allure of long-distance relay racing is the difficulty associated with finishing. We assume the arbitrary nature of the weather may

contribute to this difficulty. That being said, we reserve the right to delay or cancel TGBR in the event of lightning, a hurricane, a tornado, or other severe weather. If you see lightning on the course once the race has started, get your runner off the road and into the support vehicle until it has passed. If lightning is a factor on the course, we assume everyone will be off the course for the same amount of time so no further time calculations or adjustments will be made. Remember, staying alive is more important than finishing half an hour sooner.

### ***C. Runners and Exchanges***

1. The original order of runners on the roster **submitted at the on-site registration** must be maintained throughout the relay
2. Runners can be changed only at official exchange stations, except in the case of injury. An exchange is constituted by passing the wristband (the “baton”) from one runner to the next.
3. If a runner is injured while running, she or he can be substituted in the middle of the leg **by the next runner in the original order** and **the injured runner may not run again** in the relay. The new runner must finish this leg and hand-off the wristband at the next exchange (the substituted runner cannot finish the leg for the injured runner and then continue running the next leg). There are no other options for substituting runners.
4. If a runner misses a turn or goes off course, the runner must return to the point at which he or she left the course and then continue on the course.
5. When approaching exchange stations with the team vehicle, please be alert and extremely careful as there may be runner both entering and exiting the exchange at the same time.
6. Runners must be familiar enough with their leg that they do not need directions while running it. Either memorize your leg or carry a map of your leg. We highly recommend you do both.
7. The first and final leg (epilogue & prologue – each about 1.5 miles) of The Great Brazos Relay must be run by all non-injured members of your relay team. When the team vehicle arrives at the Baylor Campus in Waco, you will park the team vehicle in the Student Life Center parking lot and the entire team (with the exception of the runner of leg 21) will assemble in the grassy field just beyond the Science Building. When the runner of leg 21 arrives, he or she will continue running, joined by all members of the relay team for a short loop finishing loop through campus. The official time of the relay team will be given when the last member of the team crosses the finish line.