



WHITEWATER RACE SERIES



5.17-18.19

RACE DESCRIPTION:

The fifth annual Time Laps 24 Hour Relay Race puts your endurance to the test as you and your team race around the clock. This lap-based relay race challenges teams to earn as many points as possible within a 24-hour time period (points awarded based on difficulty-weighted mileage and various bonus opportunities). The race begins Friday at 7:00pm and concludes Saturday at 7:00pm. Enjoy fire pits, food, craft beer, special awards, and raffle prizes while wrapping up the race with live music at our River Jam concert series.

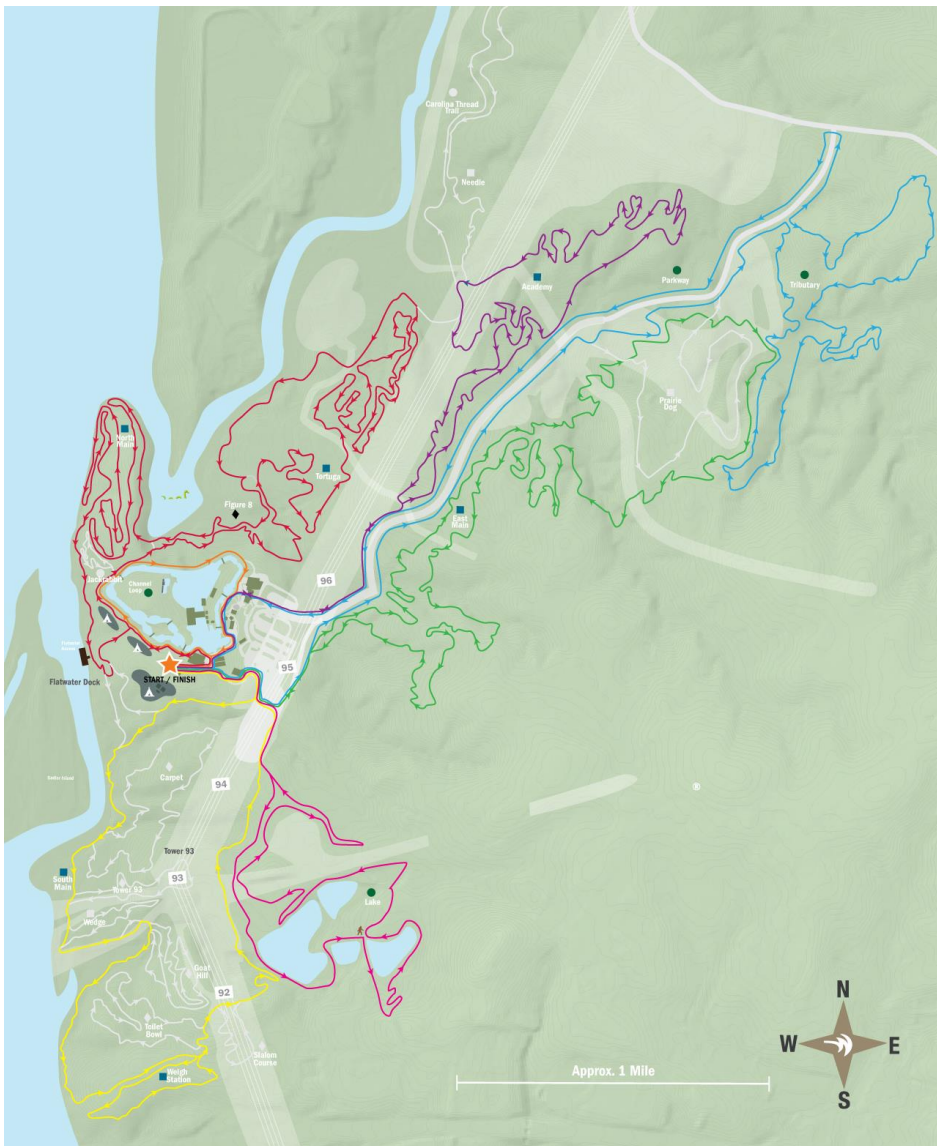
In addition to the 24 hours of racing, each pre-registered participant will also receive a t-shirt, unique finisher's medal, three meals during the event, one beer from NoDa Brewing Co., and camping with full shower facilities on-site.

*Note: Race shirts (and optional hoodies) are only guaranteed to those that register by May 12

*Note: Time Laps race medals are only guaranteed to teams that register by April 9

*Note: Registration does NOT include camp deposit of \$50/team upon arrival (cash only)

COURSE MAP:



ROUTE DETAILS

	<p>1 CHANNEL LAP</p> <ul style="list-style-type: none"> • 1 LOOP - 1.0 MILE • GAIN - 100 FT • 0.5 POINTS PER LAP 	<p>2 LAKE LAP</p> <ul style="list-style-type: none"> • 1 LOOP - 2.5 MILES • GAIN - 300 FT • 3 POINTS PER LAP 	<p>3 NORTH MAIN LAP</p> <ul style="list-style-type: none"> • 1 LOOP - 6.6 MILES • GAIN - 575 FT • 7.5 POINTS PER LAP
<p>4 EAST MAIN LAP</p> <ul style="list-style-type: none"> • 1 LOOP - 6.3 MILES • GAIN - 800 FT • 8 POINTS PER LAP 	<p>5 SOUTH MAIN LAP</p> <ul style="list-style-type: none"> • 1 LOOP - 3.4 MILES • GAIN - 370 FT • 3.5 POINTS PER LAP 	<p>6 ACADEMY LAP</p> <ul style="list-style-type: none"> • 1 LOOP - 4 MILES • GAIN - 500 FT • 5 POINTS PER LAP 	<p>7 PARKWAY LAP</p> <ul style="list-style-type: none"> • 1 LOOP - 6.3 MILES • GAIN - 500 FT • 7 POINTS PER LAP



EVENT SCHEDULE:

Friday, May 17th

- 3:30 pm – Packet pick-up, Team check-in, and Camping set-up begins – Ridge Pavilion
- 6:00 pm – Welcome Dinner begins (included in registration fee)
- 6:00 pm – Mandatory pre-race meeting with all team captains
- 6:30 pm – Packet pick-up and Team check-in ends
- 7:00 pm – Time Laps 24 Hour Relay Race begins
- 7:00 pm – Bonus Card 1 and Stairway to Seven 1 begins
- 7:00 pm – River Jam begins
- 8:00 pm – Welcome Dinner ends
- 8:21 pm – Projected sunset (Headlamps required on course)
- 8:30 pm – Distance Challenge (1 of 2)

- 10:00 pm – Random Time Laps Challenge

Saturday, May 18th

- 12:00 am – Random Time Laps Challenge
- 1:45 am – Last Call Beer; Raffle
- 2:00 am – Bar closes
- 3:00 am – Cutoff time for Bonus Card 1 and Stairway to Seven 1
- 3:00 am – Bonus Card 2 Pickup and Stairway to Seven 2 begins
- 3:00 am – Random Time Laps Challenge
- 6:17 am – Projected sunrise
- 7:00 am – Breakfast begins (included in registration fee)
- 9:00 am – Breakfast ends
- 9:00 am – Bar open
- 10:00 am – Random Time Laps Challenge
- 11:00 am – Cutoff time for Bonus Card 2 and Stairway to Seven 2
- 11:00 am – Bonus Card 3 Pickup and Stairway to Seven 3 begins
- 12:00 pm – Lunch begins (included in registration fee)
- 2:00 pm – Lunch ends
- 4:00 pm – Distance Challenge (2 of 2)
- 6:00 pm – Closing Time Raffle (Multiple Winners)
- 7:00 pm – Cutoff time for Bonus Card 3 and Stairway to Seven 3
- 7:00 pm – Time Laps 24 Hour Relay Race ends
- 7:00 pm – Post-Race party, awards and River Jam concert begins
- 8:15 pm – Team campsites must be cleaned up and cleared out (Deposits Returned)
- 8:22 pm – Projected Sunset

TEAM FORMAT:

- Team captains will pick up all bibs for his/her team. Bib will not be given to your captain without a signed [waiver](#) from each racer. Please complete and submit to your captain before check-in opens.
- Teams may include 2-12 participants, though award breakdowns will be based on solo runners and teams of 6 and 12.
 - Teams with 2-6 members will compete with 6 Runner Teams
 - Teams with 7-12 members will compete with 12 Runner Teams
- Teams can run in any order they prefer, but only one runner from each team will be able to accumulate points for lap completion at a time.
- Runners from the same team may run together between Sunset and Sunrise (if preferred – though only one runner may accumulate points).
- Team members are not required to run the same number of laps, though each member must complete at least one. Plan and strategize accordingly.
- Team members can register until Wednesday, May 15th.

TEAM CAPTAIN:

All communication between the team and the USNWC Events Team must go through each Team Captain. It is the Team Captain's responsibility to share all information with each team member. USNWC Events Team can be contacted at racedirector@usnwc.org. This will also include race day communications after the pre-race meeting.

POINT FORMAT:

- Team standings will be decided throughout the race based on the number of points accumulated.
- Points are accumulated by running any of the various Time Laps 24Hr Relay Race routes.
- Each lap has been assigned a point value related to the distance and elevation change of that lap.
- It is each runner's responsibility to punch their bib at the check-point(s) for their specific route in order to verify the completion of the route and to receive points for the team.
 - **Failure to mark bib clearly and accurately will result in no points awarded.**
- See [course map](#) for routes, check-points, and point values. Plan accordingly as only laps completed prior to the 24Hr cut off time will count. Ex: No points are awarded for a runner who starts a route at 6:30pm and finishes at 7:02pm on Saturday.

BONUS POINTS/RAFFLES:

Bonus points/awards will be up for grabs throughout the event based on mental and physical challenges possibly including but not limited to:

- Running races
- Physical challenges
- Memory based activities
- Bonus Card: Three 8 hour windows to collect bonus points throughout the facility
 - Additional bonus punches, located at various points within the facility, which can be collected along your routes, or separately to gain additional points. You'll receive a new card (and a new set of targets) every 8 hours.
 - Any teammate may collect bonus card punches.
- Stairway to 7
 - Within each 8-hour segment, if you complete and get punches for all 7 laps, you gain a bonus for completing the Stairway to 7. Then the clock resets and we do it all again.

POINT VALUES:

Team standings will be decided throughout the race based on the number of points accumulated. Points are accumulated by running any of the various Time Laps 24Hr Relay Race routes. Each lap has been assigned a point value related to the distance and elevation change of that lap. It is each runner's responsibility to mark their bib at the check-point for their specific route in order to verify the completion of the route and to receive points for the team. Failure to mark bib accurately will result in no points being awarded for that runner's leg. (See COURSE MAP for routes, check-points, and point values) Plan accordingly as only laps completed prior to the 24Hr cut off time will count. Ex: No points are awarded for a runner who starts a route at 6:30 pm and finishes at 7:02 pm on Saturday.

AWARDS:

In addition to the random competitions and raffles throughout the 24 hours of racing, all participants will receive a unique finisher's medal (Only guaranteed if team is registered by April 6). We will also present awards to the top three 2-6 person and 7-12 person teams.

RACE HEADQUARTERS:

Race Headquarters will be at the [Ridge Pavilion](#) which has restrooms and a water fountain as well as the lap transition zone for all teams. The Ridge Pavilion will also be the site for all three included meals.

FOOD & BEVERAGE:

- Each registered runner will receive three meals throughout the race (dinner on Friday night, breakfast on Saturday morning and lunch on Saturday afternoon). [2019 Time Laps Menu](#)
 - **Dinner: Friday 6:00pm – 8:00pm**
 - **Breakfast: Saturday 7:00am – 9:00am**
 - **Lunch: Saturday 12:00pm – 2:00pm**
- Registered runners 21 years and older will receive one beverage from Noda Brewing (included in registration fee)
- We understand that certain participants may have specific dietary needs relative to this event so the USNWC is modifying the "no outside food or beverage" policy for registered Time Laps 24Hr Relay Race teams only.
- However, per North Carolina ABC regulations, no outside alcohol is permitted on premises and any team to violate regulations will be **disqualified**.
- USNWC will be checking team coolers at check in and campsites throughout the event.
- Other food and drink options will be available throughout the facility for purchase.
- Since this is a lap-based race, there will **NOT** be aid stations on the course. Plan to carry what you need for on course hydration and nutrition.

CAMPING:

- Camp set up begins at 3:30pm on Friday after you have checked in

- The USNWC is modifying the “no camping” policy for registered Time Laps 24Hr Relay Race teams only.
- There will be designated team camping areas throughout the USNWC Facility.
- Based on limited space, all gear per site, must fit inside an assigned area that is approximately 10'x10'.
- There are limited hammock sites, these sites will be given out at a first come first serve basis. Hammock sites are located in the wooded area below the “South Ridge”
- Fire pits will be provided by the USNWC in designated areas. Teams are not permitted to build their own campfires.
- Generators will not be permitted at campsites.
- Dogs will be allowed at campsites. Please know that USNWC policy states that dogs must be kept on a 6-ft leash at all times while on facility grounds. Event Staff reserves the right to deduct points or disqualify teams that are not able to control dogs if they negatively affect the event.
- This modified camping policy is only valid for Fri night, May 17, 2019.
- Teams must be cleared out by sunset (8:21 pm) on Sat night, May 18, 2019.
- A mandatory campsite deposit of \$50 (cash only) will be collected from each 10X10 campsite at check-in. The deposit will be returned once the campsite condition (no litter, campfires, damage, etc.) has been approved by USNWC staff and guest checks-out with the timing tent.
- Please note, some camping areas will be louder than others. We will do our best at check-in to accommodate team campsite location requests on a first-come, first-serve basis. Come with a plan but be prepared to be flexible.

COURSE MARKINGS:

It is each runner’s primary responsibility to become familiar with their route before departure. This is especially important during the night hours. Each individual route will have different color markings. Please see course map for details.

HEADLAMPS/FIRST AID:

- For everyone’s safety, all Time Laps 24Hr Relay Race participants are required to use an operating headlamp or illuminated light source between sunset (tentatively 8:21 pm) and sunrise (tentatively 6:17 am).
- Failure to comply could result in team disqualification.
- We recommend that each team bring a first aid kit with basic first aid materials. If an emergency is encountered where additional medical support is needed, participants are encouraged to call 911 before notifying Event Staff.

What to bring:

- Change of clothes including extra pairs of socks
- Back-up running shoes/camp shoes
- Rain jacket and warm layers (for campsite and night time running)
- Headlamp (and spare batteries/charger)

- Basic first aid kit (per team)
- Sleeping bag and sleeping pad
- Tent/hammock (Camping Style tents are preferred. No tents larger than 10X10 are permitted. Pop up tents must be staked, or they will be taken down.)
- Water bottle, hydration pack, or hydration carrying option of your choice
- Towel, Soap/Shampoo (Locker room and shower facilities on site)
- Sunscreen
- \$50 in cash for team campsite deposit (see “Camping” section above for details)
- Cash/Credit card for additional food/beer throughout the event and River Jam concert on Saturday night

GENERAL RACE RULES:

USNWC Events Team and Race Officials reserve the right to remove any runner/team from the course that is deemed necessary for their safety and the safety of all others. All participants must adhere to the following rules:

- A [USNWC waiver and liability release](#) must be completed by each participant. Please complete and submit to your team captain before check-in opens.
- It is each runner’s responsibility to be knowledgeable and familiar with the rules.
- Bibs must always be visible on the outside and front of runner’s clothing during their run.
- Anyone caught cheating will be automatically disqualified along with the rest of their team.
- No littering on the trails or at your campsite. Trash receptacles are available throughout the facility. If you or any of your team members abandon anything (e.g., drink cups, gel packets, clothes, etc.) on the race course or your campsite, your team may be disqualified.
- No smoking is allowed on USNWC property.
- Only attempt to pass another runner when it is safe for both you and the other runner to do so.
- No motorized vehicles or bikes allowed throughout the event to accumulate points. Anyone or team caught doing so will be automatically disqualified.

ADDITIONAL INFORMATION:

- Interested in volunteering? Please contact the Race Director at racedirector@usnwc.org
- Whitewater Race Series Refund and Transfer Policy:
 - Race Registration is non-refundable
 - A 100% registration transfer must be requested 2 months (or more) in advance of race day via racedirector@usnwc.org
 - A 50% registration transfer must be requested 1 month (or more) in advance of race day via racedirector@usnwc.org
 - Registration transfers are only applicable to the same race the following year
- All participants must sign the USNWC waiver before participating
- Trails will be open to other runners, hikers and bikers
 - Headphones, iPods, MP3 players, etc are strongly discouraged for the safety of all participants

- Remain attentive and courteous at all times
- No pets allowed on the course
- Participants must be present to accept awards. Awards will not be mailed
- Event will proceed rain or shine unless conditions are deemed unsafe by the Race Director
- All guests are required to pay a \$6 parking fee at the USNWC unless guest has an annual parking pass. Annual parking passes are available through the USNWC for \$50
- The USNWC does not conduct trail rescues in the event of an emergency. Participants are encouraged to call 911 THEN notify event staff if an emergency is encountered.