



2017 Outback in the Ozarks Race Guide 205-Mile and Out & Back Challenge

This packet contains important team information. All team captains and co-captains are responsible for being familiar with everything contained in this packet and educating all team members. We recommend that ALL team members and drivers read the race guide.

****All information is subject to change up until race day. We will email team captains when changes are made. Make sure you have the most up to date version on race day!***

Welcome to the Outback!

We would like to welcome you to the first and only overnight team endurance relay in the beautiful Ozark Mountains of Northwest Arkansas. We have developed the most scenic and adventurous route available. In addition to incredible scenery and a challenging course, this experience will provide you with a unique opportunity to bond with your team and make amazing memories with friends, family, and co-workers.

Running, beautiful scenery, swimming in pristine lakes and rivers, laughter, and sleep deprivation are just part of the Outback Adventure. In short, we want this race to be one of your greatest running experiences!

Our number one goal is safety. **A fair warning: the majority of the course is along roads that are not closed to traffic. It is your responsibility to run safely and stay alert.**

On the fun side, there will be contests for certain legs. Decorate your vehicle and participate in the crazy contests. Cheer your teammates during their legs. This will all add to the pure excitement and sense of accomplishment as you cross the finish line with all your teammates after conquering the Outback!

Volunteer first responders and firefighters will manage most if not all of the leg exchanges. Please thank them as you meet them!

Teams are to be **self-supporting**. There will be some race services at all Major Exchanges (6, 12, 18, 24, 30) such as hot showers, flushing toilets, and camping, as well as ample space to lie down and stretch out! There are sections along the route where you can swim or wade into refreshing lakes and rivers. Food and gas services are available at many of the towns you'll race through.

Have a blast! We want this to be both a challenging and rewarding experience for you and your team.

Sincerely,

Kimberlee & Todd Guin, Directors

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IMPORTANT DATES & INFORMATION

Register your team online at:	https://localraces.com/outback/outback-in-the-ozarks
Early Registration Deadline:	January 20th-April 15th
Standard Registration Deadline:	April 16th - July 15th
Late Registration Deadline:	July 16th-October 1st
Start Time Announced:	October 15th
Team Substitution Deadline:	January 20th - September 30th: Free
After October 1st	\$10.00
After October 15th	\$20.00
Team Name-Change Deadline:	October 1st

Section 1. Introduction and Overview

A. 205-mile and the Out & Back Challenge Overview

205-mile Relay: 36 legs, 205 miles, and the best scenery the Ozarks has to offer. Outback in the Ozarks is a 205-mile team relay that begins in historic Eureka Springs, Arkansas. Traveling through the Ozark National Forest and five state parks mostly on secondary dirt roads, before teams finish at the Prairie Grove Battlefield State Park in Fayetteville, Arkansas.

The Out & Back Challenge: The Out & Back is designed for those who love to run, but not at the expense of a good night's sleep! Also beginning in historic Eureka Springs, this race's six-person teams will conquer the first 75 miles of the course, ending at Withrow Springs state park. Teams can then recover for the next morning, where the race resumes at Lake Fort Smith, for the last 65 miles to the finish line for a total of 140 miles of adventurous mountain running!

B. Team Formats

There are two team formats to choose from: a **standard team** (between 7 and 12 people) or an **ultra team** (4-6 people). Each standard team is classified as a male, female, or mixed and will compete in one of several divisions within those classifications. Ultra teams compete as male, female, or mixed teams.

C. Course Overview

The course is divided into 36 segments, or "legs." **Standard team** members complete 3 legs, with all team members running in a consistent order throughout the race. **Ultra team** members each complete six legs, and have two options for covering their miles. Option 1: each runner runs two legs back-to-back, three times (i.e. Runner 1 runs legs 1-2, 13-14, 25-26). Or, Option 2: each runner runs 6 times, 1 leg at a time (i.e. Runner 1 runs legs 1, 7, 13, 19, 25, 31). All runners on the team **MUST** choose the same format and cannot switch formats during the race.

D. How it Works.

Each Standard Team must provide two vans or suburban-type vehicles to transport their runners. "Van 1" will carry the first six runners and "Van 2" will carry runners 7-12. At the Race Start in Eureka Springs, runner # 1 from Van 1 will run their leg and then hand off the wrist wrap to runner # 2 at Exchange 1. This will continue until all six runners from Van 1 have completed their legs. At Exchange 6 (a major vehicle exchange) runner # 6 will hand off the wrist wrap to runner # 7 from Van 2. Van 2 will then begin their set of six legs.

Ultra Teams will use only 1 vehicle.

Teams will start at Lake Leatherwood City Ballpark. Teams are assigned staggered start times between 6:00am-12:00pm depending on your team's overall average 10k pace. It is important for both safety and logistical purposes: It helps reduce congestion on the course and ensures that

teams remain together for fun during the daytime and for safety during the overnight legs. It also helps us keep our volunteers in sync.

**** When entering your team's 10k average, please use a trail-running pace, not a flat road 10k pace. Err on the slower side for accurate race start times. PLEASE make sure you register with a realistic 10k trail pace!***

Teams will finish between 11:00am-6:00pm Saturday at the Prairie Grove Battlefield State Park just west of Fayetteville, Arkansas.

Section 2. Registration

A. Team Registration

Registration is available online at <https://localraces.com/outback/outback-in-the-ozarks>. Simply click the "Register" link beneath the event name on the home page. Upon completion of the registration process, the team captain will receive an email confirming registration. A ***non-refundable entry fee*** is due at the time of online registration, and locks in your price.

B. Team Name

When selecting a team name, please remember Outback in the Ozarks is a family-friendly event. Teams travel through small-town communities. Runners bring their families, friends, and support crew to the finish line. Be cognizant of how children might respond to your team name when the emcee calls it over the sound system. If we feel your team name is inappropriate, you will receive an email from the Race Director asking you to select another name. If you are a new team that registers with a name that a loyal Outback team has used in the past, they get first right of refusal for use of their name.

C. Connect-6

Don't have all 12-team members, but you have one van filled? If you have a 6-person team, we can connect you with another 6-person team. This option is available on our registration site.

D. Individual Team Member Registration

Once the team has been registered and paid for online, the team captain has until the substitution deadline to register each individual team member online. Team captains will receive a team coupon code that they will need to use every time they add a new team member or make any changes in the database.

E. Signing Online Waiver

All team members *must* sign our online waivers in order to participate. You must first be associated with a team to sign the waiver. In order to sign it, you will need to login to your team's registration page.

F. Participant Age Restrictions

Any participant under the age of 18 must have a parent or legal guardian sign a waiver. Any vehicle with one or more participant(s) under the age of 18 must also have at least 1 adult (25 or

older) preferably serving as either a driver or safety officer in the vehicle. The individual over 25 doesn't have to be a runner, but can be. No one under 12 years of age may participate. The Outback will consider formal requests for extraordinary circumstances through the Race Director.

G. Substitutions/Additions

If team members need to be changed (substituted or added), the team captain must log onto the team page and add the new team member's information. There is no charge for substitutions/additions made before the substitution/addition deadline of September 30th. Late substitutions/additions can be made for a \$10 or \$20 fee per substitution. Substitutions/additions can be made at check-in but the runner must be present to sign the waivers. You will be charged \$20 per substitutions at check-in or on race day.

H. Refund & Transfer Policy

All entry fees are non-refundable. Transfer Policy: Teams may transfer their registration to another Outback Relay within the following 12 months of the relay for which they were originally registered. When a transfer is made, the original price paid will be applied to the new relay registration fee. In cases where the new relay registration fee is more than the original price paid, the team will be required to pay the difference. In cases where the new relay registration fee is less than the original price paid the difference will not be refunded.

Section 3. Getting Started

A. To-Do List

- Recruit the forces for a 12-person or 6-person team. Reach out to friends, family, and co-workers. We recommend having extra team members in case of injuries or unforeseen emergencies. Social media is a great way to recruit new team members.
- Register and pay for the team online at: <https://localraces.com/outback/outback-in-the-ozarks>.
- Register all team members or invite them to register and make sure all team members sign the online waivers.
- Read up on how to "Build Your Team" at: <http://outbackintheozarks.com/build-your-team/>
- Using the racer time calculator, assign legs and list runners in their running order to turn in at safety check-in and packet pick up.
- Estimate van exchange times based on runners' paces.

B. Tips for organizing your team:

- Don't know 12 runners? Don't worry. You probably know 3 or 4 and they probably know 3 or 4.
- Teams made up with friends of friends are often the most fun. And more, by the end of the race you'll have 11 great friends!
- Find someone that is a good leader and excited about the event. Put this person in charge of filling one of the vans. Now both of you just need to find 5 runners instead of 11.

- Set a date by which you want to register and begin collecting entry fees from team members. Runners will feel more committed once they have paid and registered.
- Your team needs to average 11 minute per mile pace in order to finish the course in the specified timeline. There are hard time cutoffs along the course, so take this number to heart!

Section 4. Team Divisions and Classifications

A. Standard Classes and Divisions.

Each standard team is classified as Men's, Women's, or Mixed. To qualify for the Mixed division, at least half of a team's members must be women. To be in the women's division, the team must be all women.

Within each classification, there are several divisions:

- Open
- Sub-Masters (all team members are between 30 and 39 years old)
- Masters (all team members are 40 years and older)
- Corporate/Public Service (half of a team's members work for the same employer)

Team classifications and divisions are final the Friday one week post-race with the final race results.

B. Ultra Classifications.

There are three classifications in the Ultra category: Men's, Women's, and Mixed. To qualify for the mixed classification teams must have at least 3 women. To be in the women's classification, the team must be all women. Team classifications are final the Friday one-week post-race for final race results.

C. Support

All teams are to be self-supported. This includes food, snacks, and water/hydration. **Ultra-Teams** should make special preparations to provide support for their runners. We do not provide food or water except at some major exchanges (every 6th exchange). Because runners on Ultra-Teams are running longer legs, plan to stop frequently on support legs to give runners plenty of recovery food and drinks.

D. All Other Rules and Logistics

Every rule that applies to standard teams applies to Ultra-Teams. Please review all of the rules and logistics for standard teams.

Section 5. Roles of Team Captain

A. Your Commitment

You have stepped up to the plate and decided to be a team captain? First, a BIG thanks to you! We want you to know that this is a fun and challenging commitment but well worth the effort and time involved. You have the opportunity to use your leadership skills, make some great new

friends, and be a “Mini Race Director.” Your organization skills directly affect your team’s experience. Please be mindful of this before committing to be a team captain.

B. Other important planning information to consider:

- Find two support vehicles (vans/suburban). Daniel McLarty Nissan is our official van rental for the race. Vans go quickly! <https://www.bentonvillenissan.com/car-rentals>
- Make Hotel and camping reservations as necessary. ***October is an extremely busy month for camping at Arkansas state parks! We recommend reserving your campsite ASAP! You are responsible for reserving your campsites at Terra Studios or one of the State Parks.***
- Start training properly! Our course through the Ozark Mountains is extremely challenging. It is very hilly so run those hills! Most runners put in three months of training for the Outback.
- Meet with your team several times before the Race to work out logistics. This is a great way to bond with your team before race day. Have some team BBQs or meet at local restaurants to plan. Host google hangouts if your team is not local. The teams that have the best experience in the Outback are the ones who had great, well-organized team captains and held at least two meetings before race day.
- Train together. Accountability is a huge help. Create a Team Facebook page or Strava group and invite your teammates to log their training and post pictures.
- Determine who will run what legs. See the Resources section of the website for details.
- Discuss communication between vehicles during race. We recommend cell phones or 2-way radios.
- Make a list of your team’s cell phone numbers. Be sure to bring cell phone chargers.
- Discuss what to do if runners get to an exchange and the next runner isn’t there.
- Plan where to get gas. Our course is very rural and you may not see a lot of gas stations on the course but they are available throughout the course usually within a few miles, so you need to be prepared.
- Plan where to eat and what food and drink to bring along.
- Determine a resting location for van that is not running.
- Make an emergency plan in case someone gets lost or injured.
- Recruit extra runners as back up team members.
- Sort out what clothes and gear (including camping supplies, if applicable) everyone will bring. Weather is usually temperate in October, with warm days (60-70 degrees) and cool nights (40-ish degrees), but plan for the worst.
- Pacers: is anyone willing to run extra miles as a pacer? Or will you bring along a pacer? (If so, they too need to sign the online waivers)
- Will you have a van driver? Or will runners take turns driving?
- Who will be the assigned navigators that are required to stay awake and alert during their shifts in the vehicle?

Section 6. Important Definitions

Active Van: Transports runners (usually 5) to next exchange zone while sixth team member is running.

Baton: Bracelets that must be worn while running. The bracelets are then transferred to the next runner at the exchange zone. Bracelets will be given to captains after check in.

Bib numbers: To help with identifying your team. The bibs provided are to be worn on the front by each runner on the route on the outermost layer of clothing.

Blinking lights: During the night time sections of the relay route, some directional arrows, “1-mile to go” points and exchange zones will be marked with red blinking lights. ***Runners are also required to wear blinking lights on their back to assist with visibility 1 hour before dusk, through the night, and 1 hour after dawn.**

Exchange Zone: Area marked with an orange traffic delineator, where the incoming runner hands the wrist wrap to the next runner. Only outgoing runners are allowed in the exchange zone!

“Following”: NEVER (EVER) drive alongside your runner at their pace. EVER. You may, however, leap-frog your runner (especially important during the night-time legs).

Leap Frogging: During the night-time legs, the active van may drive a small distance ahead of their runner and wait for the runner to pass by before driving ahead and stopping again. You must still obey traffic laws. Please do not stop or slow down in places that will impede traffic or runners.

Leg: One of the 36 segments of the 200-mile course.

Inactive van: Transports team members (usually six), with no active runners on the course to van exchanges (6, 12, 18, 24, 30) in time for the outgoing runners to receive the wrist wrap.

Inactive van route: The route that inactive vans must travel on to the next van exchange which will usually be on highway, rather than secondary roads and are usually off the relay course.

No Support Zones: Designated legs where, for safety, vans are not allowed to stop except for an emergency. Runners on these legs must be self-supporting.

Pacers: During the nighttime runs (one hour before sunset to one hour after sunrise) runners are allowed to run with pacers. The pacer must also have a light in front and back as well as a reflective vest.

Reflective Vests: Brightly colored (yellow or orange) vests that have wide strips of reflective material.

Runner Exchange: One of 35 locations where incoming runners hand “batons” or bracelets to the outgoing runners. Volunteers record the time of the hand off (exchange time).

Team Time Record: Used to record individual runner leg times and cumulative team times. Team time records must be turned in at the finish to receive finisher awards.

Van Exchange: One of the 5 runner exchanges (6, 12, 18, 24, 30) where the last runner in active van hands off the baton to first runner in the previously inactive van. The active van that just finished its legs is now the inactive van and has down time to relax, refuel, shower, and travel to the next van exchange.

Section 7. Team Packing Lists

Remember this is a ***Self-Supporting*** Running Adventure. You are responsible for your team’s food, water, and shelter. We will provide some snacks and beverages along the way, but do NOT count on that.

A. Mandatory Equipment For Each Van:

- Two flashlights or headlamps
- Extra batteries
- Reflective Vests (1 per person)
- Two Clip-on red flashing lights
- Caution-Runner on Road signs, to be attached to rear of each vehicle; Signs will be provided at check in.
- Water/sports drink
- Race Handbook
- Official Race Map/Driving Directions
- First aid kits
- iPhone or Android smart phone with downloaded Race Joy app

****Any team member outside of the vehicle during the night or early morning (running or support) MUST wear a reflective vest and lights during the night time hours.***

B. Recommended Equipment:

- Car GPS/Navigator Systems – these are extremely helpful for anticipating turns.
- Cooler with lots of ice **Do Not ask the state parks for ice! There are convenience stores along the way where you can refill your cooler.*
- Food: choose a mix of healthy salty/sweet snacks and meals.
- Sleeping Bag, pillow and pad
- Hammock with cold weather accessories
- Cell Phones

- Extra Batteries
- Extra Running Clothes (3-4 changes)
- Two pairs of shoes for both trail and road. Our course has diverse running surfaces (gravel/dirt, paved roads and single-track trails).
- Warm clothes for the night. We recommend layers and a variety of outdoor gear. It can be in the 60's and 70's during the day and drop down to the 40's during the nighttime runs.
- Toilet Paper, Cottonelle wipes. ***We can't guarantee that the porta-potties will stay well stocked!!!***
- Trash Bags
- Clipboard/Pens/Tape for mandatory Vehicle Record Log that must be turned in at finish line before your team will receive medals.
- Medical Info on each Runner ****We strongly recommend that each runner have a Road Id or some type of identification on their person when running.***
- Rain Gear
- Sunglasses
- Sunscreen Hat/Visor
- Swimming Gear (Water access at several locations)
- Full Gas Tanks
- Spending money (including cash) for food along course and race merchandise throughout race.
- Water Bottles
- Wet wipes & Hand sanitizer
- Large Zip lock bags (for dirty clothes- your teammates will appreciate this!)
- Bug spray
- Pepper spray
- Van decorations, tags for other vans, etc.
- Watch/stop watch
- Vehicle registration and insurance
- GPS/ Navigation system
- Ice or cold compresses
- Local maps
- Tent and camping gear (hammocks, bedding, portable stove/cooking device)

C. Individual Runner Checklist:

- Water/hydration pack
- 2 cups: one for hot and one for cold beverages. This is a cup-less race.

- Additional blinking LED Tail lights for safety
- Whistle and or pepper spray if nervous about animals
- Bandana or Buff for dusty roads (most of the roads are dirt)
- Camera
- 2-way radios
- Driver's license, Road ID
- Ear-plugs
- Foot-care aids
- All medications you may need such as prescriptions and pain relievers

Section 8. Packet Pick-up & Safety Check-in

We will have two local packet pickups and safety check-ins: Wednesday October 25th and Thursday October 26th at Lewis and Clark in Rogers from 5:30-8:30pm. If you are local to NWA we ask you to please check-in at one of these times. We will have race day packet pickup and check-in for all out of town teams on Friday October 27th at the start line in at Lake Leatherwood. Please arrive at least one hour before your team's start time to check-in.

A. Items Needed for Team Check-In

Print out and turn in your team's Race Time Calculator which includes your team's running order and a list of any additional crew members (pacers, van drivers, etc. that are not registered on the team). They will need to have signed the waivers online ahead of time.

1. Provide mandatory safety equipment for both vehicles: 2 headlights, 6 reflective vests (one per runner in each vehicle) and 2 rear clip-on LED tail lights.
2. Cell phones for both team captains/vehicles with downloaded Race Joy app and license plate numbers.
3. Printed copy of Race Guide and Race maps (individual leg maps and driving directions)
4. You will then receive mandatory safety kits, race packets and bibs, goody totes and a slap bracelet.
5. Vehicle Log Sheets: this will be included in your team's race packet (one per vehicle).
Each team is required to record all the runner's names and leg times per van time in order to receive their medal at the finish line.

Section 9. Race Day

A. Mandatory Safety Video & Briefing

All Runners are required to attend the 10-minute safety video/briefing before entering the course. We will have it at Van 1's start line in Eureka Springs and Van 2's start line at Hobbs.

B. Start Times

Start: Lake Leatherwood City Ball Park Fields, Eureka Springs Teams will be starting

beginning at 6:00 am and may go until 12:00 pm. You will be notified of your team's start time via email by October 15th. Please remember to be conservative on your team's 10k paces. We need a realistic 10k TRAIL pace, as most of our course is on secondary dirt roads.

Directions: From Eureka Springs follow 62 West for approximately 2 miles to the entrance to Lake Leatherwood City Park, on the right. Pull into the first park entrance (sports fields for parking and staging for event.)

Parking at the start: There is ample parking at the ballpark fields. We will be starting near the concession stand and restrooms. Parking attendants will direct you when parking.

Safe Runners-Safe Support- Safe Race!

In the event of a serious emergency, call 911. Then text our communications hub at: 479.231.8127. Safety is our number one priority. There are many potential hazards in an open race of this type including, but not limited to: automobile traffic, road and trail conditions, and weather. We ask that all teams please take appropriate precautions to ensure a fun and safe event. Please help us keep the race safe by focusing on being safe runners and safe support crews. Below are some important guidelines and rules to help us all have a safe race.

Section 10. Runner Safety

Outback in the Ozarks rules are for YOUR safety! Please read them carefully. Please use EXTREME CAUTION during the entire race. Please remain alert and defensive at all times, even when you are on the seemingly quiet, rural roads.

As race directors, our number one goal is safety for everyone, and we are doing everything possible to create a safe course. It is your responsibility to know all the rules and to follow them. It is impossible to stage a race on an open course without encountering traffic.

Please review all the rules with your teammates. Competitive teams will risk becoming non-competitive if they do not follow these rules and teams could be DQ'd and asked to leave the course. Captains, it is your responsibility to make sure your teammates are well informed of the course rules!

A. Run Against Traffic

- State Law requires runners are to run on the left shoulder of all roads (against traffic). Use sidewalks or trails when available unless signs or maps direct otherwise.
- We have avoided busy roads as much as possible but there will be some legs that are busy and with little or no shoulder. We will do our best to provide ample signage, alerting drivers and having some police patrol when possible.
- Run with smart phone and downloaded Race Joy app so we can track you and insure you remain on course.

B. Obey all Traffic/Pedestrian Laws

- All participants (runners, drivers, and volunteers) are required to obey all traffic and pedestrian laws of the state of Arkansas.

C. Rules for Defensive & Safe Running

- **Please be advised this is an “open course”** which means you must remain alert and defensive runners. It is easy to get in the “Zone” and not pay attention. **PLEASE REMAIN ALERT AT ALL TIMES, EVEN ON SEEMINGLY QUIET RURAL ROADS! ASSUME EVERY DRIVER/ATV IS NOT PAYING ATTENTION!** It only takes one distracted driver to cause a serious accident!
- We do not close roads during the race and we will NOT stop traffic to cross participants. We have selected mostly secondary roads with very low traffic. On the few roads that are busier, please wear bright vest, even during daytime hours. All runners must wear their team numbers (bibs) visibly on the front of their bodies so they are visible to volunteers and wear their wrist wraps when running.
- It is critical that all participants stay in the shoulders and stay alert to their surroundings and traffic.
- Know your leg map: It is imperative that both the runners and drivers study and follow the leg maps before race day.

D. Night Time Running and Team Participation

- During the night all runners are required to run with headlamps (or flashlights) and reflective vests with a rear flashing tail light attached. Night-runs are classified as 1 hour before sunset until 1 hour after sunrise. Runners will **NOT** be permitted to start their leg without these items.
- All participants must wear a reflective vest during the nighttime hours when they exit their vans anywhere on the course even the exchanges. ***We recommend all runners wear a bright reflective vest whenever running-day or night!*** There will be specific legs that you are required to wear reflective vests during the day: Please refer to your safety kit for any additional legs added on race day.
- Van drivers need to adhere to all of the above rules.

E. Headphones and Personal Music Devices

- Headphones are prohibited except on off-road trail sections to keep runners safe. This is an open course which means you will be running with traffic. Anything that inhibits your surroundings is a safety issue. You may wear an armband/speaker attached to you, but the use of headphones is strictly prohibited!

F. Leaving the course

If for some reason you choose to leave the course before completion, YOU MUST NOTIFY THE RACE DIRECTOR (479.231.8127) AND DRIVE TO THE CLOSEST EXCHANGE AND LET THE VOLUNTEER KNOW. *This includes if you are wanting to get off the course to sleep.*

G. All participants are required to run with a working cell phone and be using the free Race Joy app for GPS tracking and safety if you wish your team to be considered competitive. If you or any of your team members are caught not using it, you will be given one warning. If we discover your team is not using a second time, your team will automatically be moved to the non-competitive division. Please remember that Race Joy is to ensure your safety from getting lost.

Section 11. SAFE SUPPORT

When you are part of the support crew, abiding by the following rules and guidelines will help keep you safe.

A. Required Safety Officer/Navigator

Each van is required to have a safety officer/navigator that is awake and alert at all times. It is easy to get caught up in the fun of the race, laughing, telling stories, causing you to stop paying attention. An assigned safety officer is responsible for helping the team behave safely and to help the team driver stay on course during the race. He or she must be seated in the front passenger seat and must have the safety guidelines and rules as well as course maps within reach at all times. The safety officer responsibilities may be rotated between team members. The safety officer must be someone other than the driver.

B. Exiting Vehicle Safely and Being Outside the Vehicle

Remember that these are open roads. Every member of the team (including drivers) must have his or her own reflective vest. Everyone that is out of the vehicle on the course at night must wear a reflective vest. This includes exchanges, shoulders, roadways, and parking lots adjacent to the course. Reflective vests must be worn during the Official Nighttime Hours: ONE HOUR BEFORE DUSK AND ONE HOUR BEFORE DAWN! There will be additional daytime legs where runners are required to wear a bright reflective vest (included in safety kit). We recommend wearing a bright safety vest at all times for added safety and visibility to oncoming traffic.

C. Road Crossing

Long Relay races such as OTO are not typically won by seconds, so please cross all intersections with caution and allow vehicles to pass first. Do NOT take risks. Safety First!

- Any team member crossing the road must do so with an orange crossing flag, day or night. This applies to the support crew – not the “on” runner. Teams will be given flags at the safety check-in. Each van will receive one flag. We ask that you return them at the finish line so they can be recycled for the next event.

- Always exit vehicle from passenger side (except driver) when pulled over on shoulder of road.
- Obey all traffic/pedestrian and J-walking laws.
- Cross at crosswalk if there is a crosswalk within sight.
- No crossing if there is a median.
- No crossing roads with more than two lanes (one lane in each direction).
- Roads with a total 3 lanes or more MUST be crossed at crosswalks.
- There will be two mandatory vehicle ferries (across busy highway roads) outlined in your safety kit. This requires the runner to get into the team vehicle and be driven across the dangerous highway. There will be signs marking these. Teams will be automatically DQ'd if they ignore the ferry.

D. Team Vehicle Requirements

Teams must obey all traffic laws, which include, but are not limited to:

- Obeying speed limits (both minimum and maximum speed limits).
- Not stopping in the roadway.
- No illegal U-turns.
- Pull off the road completely when stopping/parking.
- No parking in non-legal parking areas.
- No following runners to illuminate the road for them, or to pace them. ***You may NEVER drive the pace of your runner under any circumstance or drive beside them. This creates a huge distraction for oncoming traffic!**
- When parked, please turn off headlights so as not to blind oncoming traffic.
- Leave parking lights on so that the vehicle is visible to regular traffic.
- You may “Leap frog” your runner by driving a short distance ahead of them and safely pulling over until they reach the van. Check on them and continue this.
- Please do not stop or slow down in places that will impede traffic or runners.
- Vehicles need to drive ahead of their runner on busier roads.
- Vehicles may not stop at the top of hills or on blind curves. This puts everyone at risk! You need to be driving the designated speed limit or be pulled over completely out of traffic in an area that will not put anyone (runners, your vehicle, or other vehicles/traffic) at risk.
- NEVER force runners from the shoulder by obstructing their path by being parked on the shoulder/side of the road.
- Stay within a close distance (less than a mile) during the overnight legs.

E. No Support/ No Pulling Over Legs

A “No Support Zone” means that no teams vans may pull over and stop on this leg or section except for an emergency.

- “No Support Zones” are sections with higher vehicle traffic or three or more lanes and always at the side of blind curves and the tops of hills.
- Single Track Trails are also No Support Zones.
- Runners must be self-supportive and carry hydration packs on the “no support zone” legs. These are typically on single track trail sections and busier roads of the course. We will

- include the specific non-support legs in your safety kit.
- Legs that are “NO Support” will be included in your safety kit. But please use the above rules, and common sense as to when to support your runner.
- NEVER DRIVE BESIDE YOUR RUNNER! THIS IS A HUGE DISTRACTION TO ONCOMING TRAFFIC!

Section 12. GENERAL RULES

A. Support Vehicles

Support vehicles are used to transport the runners to and from each exchange point.

- We recommend that Standard teams use two vehicles: only one will be “Active” at a time. The inactive one needs to leave the course and go to the next exchange zone.
- Ultra-teams may only use one vehicle unless given special permission from the Race Director.
- Teams are not allowed to have more than 2 vehicles per team. Teams will provide their own vehicles.

B. Road Etiquette

Most of our roads are gravel/dirt roads so please be considerate when passing other runners by not stirring up extra dust.

C. Vehicle Restrictions

- 12 or 15 passenger vans or Suburban type vehicles with a good suspension system are recommended whenever possible. Due to the nature of our course (often narrow dirt/gravel roads) we do not allow any vehicle wider than 6'6" and/or longer than 20'.
- Motor-homes, RV's, campers, trailers, buses or limos are not allowed on the course by any team or spectator at any time.

D. Standard Team Van Rotation

Teams with two vehicles of six runners must use the following rotation: Van 1 contains runners 1-6 and Van 2 contains runners 7-12. Runner #1 from Van 1 begins at the starting line. Once the race starts, Van 1 travels to the first exchange point where runner #2 will prepare to run. Runners from Van 1 continue to run in order up to exchange point 6; this is the first major exchange in the race. At exchange 6, Van 2 should be waiting. At this point, runner #6 from Van 1 will hand the baton off to runner #7 from Van 2. Then, Van 2 continues along the racecourse rotating runners until the next major exchange point, exchange 12, where they will hand off to Van 1 again. This pattern continues until the finish line. Van numbers will be distributed at check-in. These numbers need to be placed on the outside rear window of each van. Do not create a blind spot.

E. Ultra Van Rotation

We recommend one support vehicle for Ultra teams. Ultra teams using two vans (special permission required) must honor the rules of rotation for regular teams.

F. Van Drivers

Many teams recruit drivers for their vehicles. Van drivers are optional and do not need to be a member of the team. Runners are allowed to drive the vans, though a dedicated driver provides each runner extra time to rest and recover.

G. Respect Local Residents & Communities It is only through the generous cooperation and support of state parks, and various towns and communities throughout the Ozarks that makes Outback in the Ozarks possible. Therefore, we need your help to thank them by being respectful and leaving as little of an impact as possible. This will ensure the future of this race. We reserve the right to dismiss or disqualify any team based on a lack of respect.

- Do not honk horns or yell out vehicle windows during evening, night, and morning hours while in residential areas.
- Do not block any residential or business driveways.
- Do not impede traffic by driving too slowly or by not properly pulling vehicle over to the side of the road when stopping.
- Please always be considerate of the noise levels of your vehicles, especially in residential areas and at night, and be considerate of the traffic on the road.
- Please do not litter. There will be ample trash and recyclable facilities at the 6 major vehicle exchange zones (Hobbs, Withrow Springs, Bunch Park, Lake Fort Smith, Devil's Den and Prairie Grove).
- Please use public restrooms while in town/residential areas or the provided Exchange Zone Facilities while on the race course.

H. State Parks

We are the **ONLY** overnight team-running relay that goes through 5 state parks (as major vehicle exchange zones). We are extremely fortunate to have such beautiful parks that are generous to our runners. We have worked very hard to build and maintain a good relationship with each park. We need your efforts to assist us with this. Here are some important rules to follow:

- **There is NO overnight parking with unattended vehicles allowed at any state park** (this includes Hobbs).
- You must reserve a campsite if you want to camp at a state park. October is a very busy month, so book early.
- Devil's Den and Lake Fort Smith will allow you to sleep in day use areas as long as you are quiet and respectful but please make sure you do NOT park in reserved campsite parking!
- Do not ask other paying campers if you can "crash" at their site.
- You can only camp in designated overnight camping areas unless otherwise specified (Bunch City Park, Lake Fort Smit and Devil's Den have day use areas you can rest in.)
- Please be respectful of other campers.
- The State Parks are not your convenience store. Do not ask for things like ice, coffee, or other items that you were required to bring! This is a self-supporting event.
- Do NOT take over the lodges' indoor classrooms or teaching areas that are reserved for the public use. You can sit comfortably and relax but please don't treat the indoor facilities as your private campground!
- We reserve many areas at State Parks whenever possible such as lodges (Withrow

Springs), pavilions, amphitheaters, and classrooms. We will notify you what is available for your use to lie down.

- Absolutely NO littering of any kind anywhere on the course, and especially on the trails.
- If you are the inactive van (heading to the next major vehicle exchange zone) you need to leave the state park as quickly as possible due to limited traffic, and take the inactive or fastest driving directions (NOT ON THE COURSE) to the next state park. This will also allow you to get some much needed rest and time to eat.

I. Only One Race Vehicle per Exchange

Due to limited parking, only one vehicle per team is allowed to park at each minor exchange point. Vehicle 1 is allowed at exchange points 1-5, vehicle 2 is allowed at exchange points 7-11, etc. Both vehicles are allowed at every major exchange point (6, 12, 18, 24 and 30). If for some reason team vehicles need to meet, they must meet off the course or at a major exchange.

Inactive vans need to leave the State Parks as quickly as possible and move ahead to the next major vehicle exchange zone to prevent traffic congestion at state parks!

J. Park Only in Designated Areas

Some exchanges have limited parking and may require team vehicles to park along road shoulders. In the event of roadside parking, team vehicles may not park on the same side of the road 200 feet before and after the exchange zone. After the exchange point, vehicles can park at any legal roadside that *does not impede racers or traffic*. Team vehicles should always stay to the right of the white fog-line when parked along the road. On dirt roads with limited space, pull over as much as possible and make sure it is on a straightaway and never at the top of a hill or side of a blind curve. There are many of those in Arkansas!

K. Runner Drop Off

Vehicles must drop off runners at least 300 feet prior to exchange points before parking. We ask that all runner drop-offs be brief.

L. Restricted Areas

Vans can stop to cheer on teammates at any legal spot along the race route that does not obstruct runners or traffic. Again, do not stop on the side of blind curves or the top of hills! Stop only where you can safely pull over your vehicle and not impede traffic or runners.

M. Van Communication

A logistical consideration to make for a relay of this length is communication between vans and runners. There may be some segments of the race where cell phone coverage will be limited. ***The Race Joy app is a GPS satellite system so therefore is NOT contingent on cell phone reception.***

- Have all team members bring a cell phone with chargers and the downloaded Race Joy app on at least two phones per vehicle .
- Make a list of all team member phone numbers and be sure that the batteries are fully charged.
- Some providers will get better service than others so try to have a variety of carriers.

- We also recommend the use of two-way radios.
- Texting often works when phone calls do not.
- Your race time projections will be an important part of that communication, in case vehicles 1 and 2 cannot get in contact.
- Remember you can track your other team vehicle through the Race Joy app. We will be utilizing Race Joy for important communications during the race.

N. Only 2 Race Vehicles per Standard Team

Each team is allowed no more than two team vehicles. Spectators may park at any legal spot along the race route or at the major exchanges. Minor exchange parking is for team vans and volunteers only, as parking will be limited. Runners may leave and return to the course by meeting separate vehicles somewhere off the course or at major exchange points.

O. Van Numbers and “Runners on Road” Signs Must Be Clearly Displayed

- Teams must clearly display team numbers and Runners on Road signs on both vehicles.
- Entrance into certain exchanges is dependent on van number visibility. Van numbers will be distributed at check-in. Both numbers and signs must be placed on the outside rear window of each van. Do not create a blind spot.

Section 13. Runners

A. Runner Rotation

Runners must run in the same sequence for each segment of the race if they wish to remain competitive and qualify for a division award. For example, if a runner runs leg 3, he/she must also run leg 15 and leg 27. For teams with fewer than 12 runners: teams may choose which roster position(s) they want to leave vacant, so long as it is consistent (e.g., all of runner 12’s legs). Other team members from the vacant position’s van will run those segments, and can divide them as they see fit.

If you aren’t racing competitively, you are free to run in any sequence you choose. We just ask that you notify us of your desire to race non-competitively.

B. Reflective Vests / Headlamps / LED Tail Lights

Each Standard team must have at least twelve (12) reflective vests, four (4) headlamps, and four (4) LED Rear Blinking “tail” lights. These must be presented at time of check in. Ultra-Teams must have six (6) reflective vests, two (2) Headlamps and two (2) LED Tail Lights.

C. Injured Runners During Race

In the event of an injury, any of the remaining runners can replace the injured runner. With the exception of the leg in which the runner was injured, legs cannot be split in pieces. For example, if runner 3 is injured half way through his or her first leg, any member of the team may complete the leg for him or her. Any member of the team can also fill in legs 15 and 27. Those legs can be filled with different runners, or one can fill in the remaining legs. A 13th member is not allowed to join the team in order to run the remaining legs. Once a runner drops out of the race, he or she cannot enter back into the race. If an IV is administered, the injured runner is no longer eligible

to run.

D. Mixed Division Injured Runners

The same rules and regulations for Mixed Division apply as described in the above section. If, however, the injured runner is female and her dropping out causes there to be more males than females on the team, then only female runners may finish her legs for her. At least 18 legs (half) of the relay must be completed by female runners.

E. Littering & Property Damage

Any runners who are reported to have damaged private or public property or to have littered, urinated or defecated on private or public property will be dismissed from the course and will not be invited back. Toilets will be provided at all exchange points, and trash dumpsters will be available at the major exchanges.

F. Follow Race Official's Instructions

Race officials include staff and volunteers. Course volunteers at exchanges are considered Race Officials. They have authority to disqualify a team for rule violations, abusive behavior, or a team's failure to follow instructions given by volunteers. Abusive treatment or disregard for their authority will result in a strike or disqualification, depending on severity.

G. Visible Race Number

Team race numbers must be worn and visible on the **front** of each runner at all times while on the road. Bib numbers must be pinned to the outermost layer of clothing, including jackets, shorts, and reflective vests.

H. Use of Slap Bracelets

The team's baton (slap bracelet) should also be worn at all times while the current runner is on the road. Only runners wearing a slap bracelet will be allowed to exit the exchange chute to begin a new leg.

I. Van Decorating

Creating a theme and decorating your van is one of the things that makes relays so much fun. Please be respectful in your use of language and use good judgment. Do not do anything that would be offensive to other runners, a group of people, or the communities we run through.

J. Restrooms or Porta-Potties

Do not go to the bathroom on private property. Remember we are guests along the roads and towns we run through so please be courteous and respectful. We will make sure there is either a flushing toilet or porta potties at all exchange zones UNLESS the property owners refuse. We will let you know of amenities for each location in your safety check-in packet.

K. Respect the Churches and Fire Departments

Leave their facilities, which they generously open for our use, better than you found them and thank the volunteers.

L. Skipping legs

If your team is required to skip a leg due to time constraints, the runner whose leg is skipped may accompany another team member on their leg in order to assure that all runners get their allotted 3 legs of running time.

Section 14. Logistics, Navigation & Route Signage

A. Team Logistics:

- **Self-Supporting:** Your team is to be *self-supported*: food, water, gas, minor first aid, and proper running gear are *your responsibility*.
- **Cupless race:** this is a cup-less race. This means when we do have coffee, hot chocolate or other beverages available, you will need to bring your own cup. We suggest bringing a cold and hot beverage cup.
- **Amenities:** Hot Showers are available at three of the major exchange zones: (Withrow Springs, Lake Fort Smith, and Devil's Den).
- **Camping:** Bunch park in Elkins, Arkansas, Lake Fort Smith and Devil's Den: you can put a hammock and sleep in the day use areas as long as you do not park in paid camping sites.
- **Olive Garden & Outback Steakhouse:** We will provide a light pasta meal (not all you can eat) on Friday night at Withrow Springs State Park from 5:30-8:30pm and an Outback Steakhouse finish line feast from 11:00am-6:00pm.

B. Navigation: *Remember, a relay race is a form of an adventure race, so please be prepared to take responsibility for keeping yourself on the route.*

- If possible, drive as much of the course as you can or use the web maps online to view the racecourse prior to racing.
- Notate all leg turns. It is helpful for your driver to pay attention to their odometer during each leg as that will help them expect when to make the appropriate race turns.
- Many drivers reset their odometer at the beginning of each leg so they can anticipate all turns and help keep their runners on course. Please note that your vehicle's odometer may be slightly off from GPS distance.
- If you have a Navigation system, all GPS coordinates are listed for exchange zones on the individual leg maps. We highly recommend having a car GPS/Navigation system in each racing vehicle.
- Estimate the time each leg will take to anticipate when each van will need to be ready to race to ensure you meet up at major vehicle exchanges at the same time to pass off the baton.

IMPORTANT! If a runner makes a wrong turn and exits the course, they must return to the course either on foot, or in their van, BUT ONLY to the point where the runner exited the course. A runner who advances by vehicle past the point he/she exited the course risks disqualification. Remember, the GPS is watching! Please document the time and place where your runner got off course on your vehicle log sheet and notify the next exchange zone volunteer.

C. Race Signage:

- A variety of course markings will be posted approximately every .25 of a mile.
- **Course Markings:** The course will be marked with black directional arrows on a bright yellow background at EACH turn.
- Red blinking flashers and reflective deer tags will alert runners at night, making signs more visible.
- **Arrows** will also be used periodically along extended straightaways.
- **Yellow flags** on the ground, yellow paint along the roads, and yellow tape periodically on trees and other structures along the route.
- Please be aware that the course is marked with arrows and flags before the first runner arrives. It is possible for the wind or something/someone to knock over a sign or remove it.
- **“1-mile to go”** sign will be placed *approximately* one-mile before the exchange.
- **Exchange Zones** are marked with an **“Exchange”** sign. They are also numbered with the appropriate designation. The runner exchange zone will be designated with two large delineators. This is the location for the handoff between teammates. Please keep the runner’s incoming and outgoing routes as well as exchange areas clear.
- **Trail Markings:** The three trail sections (Lake Leatherwood, Hobbs and Withrow Springs and Devil’s Den) will be marked with YELLOW surveyor’s tape.
- **“Runners on Road”** signs are placed periodically to alert oncoming vehicles that runners will be on the shoulders of the roads.

Section 15. Safe Race

Help us keep the race safe by abiding by the following safety rules and by helping other teams to behave safely.

A. Prohibited Items on the Course

The following items are not allowed on the racecourse: bicycles, skateboards, rollerblades, unauthorized bicycles, dogs or other animals, baby joggers/strollers, scooters, and any other device that may endanger others or put a runner at an advantage over the other participants.

B. Alcohol

While participating in the race, the consumption of alcohol is not allowed at any point along the course. Drinking, driving and sleep deprivation are a dangerous combination. Please save your beer and spirits for the finish line.

C. Sleep in the Outback

Sleep during the crazy adventure? Having hammocks, sleeping bags, sleeping pads, pillows, and extra clothing when your van is “Off” is a great idea.

- All Major Exchanges have areas to layout your sleeping pad and bag (Withrow Springs, Bunch Park, Lake Fort Smith & Devil’s Den).
- We recommend you getting off the course as quickly as possible when your van becomes

“inactive” and taking the inactive (fastest) route possible to the next State Park (major vehicle exchange zone) for more downtime to stretch out, eat, and relax.

- Sleeping/resting must be done inside the support vehicle or inside designated sleeping areas. Major exchanges 12, 18, 24, and 30 will have designated sleeping areas.
- No one is allowed to sleep on the ground in any parking lot or inside the public areas at State Park’s lodges unless we have a reserved classroom. Hobbs State Park has an indoor classroom for sleeping and Lake Fort Smith has one beginning at 8:00am Saturday morning. Devil’s Den will allow runners to sleep in the day use areas as long as teams do NOT park in paid camping areas.
- All major vehicle exchange zones are at Parks with camping. Indoor facilities are limited. Ozark Autumn’s are usually temperate (60-70 degrees during the day and 40-s during the evenings). Our event was designed for a camping/running adventure where you have the opportunity to be outside and enjoy the beauty of the Natural State. If you prefer indoor facilities, you will need to rent a cabin or hotel in South Fayetteville. *During the second half of the course, we are within 30-45 minutes from South Fayetteville.

D. In the Event of an Emergency

In the event of serious emergency, call 911. We will have limited medical staff on hand at the major vehicle exchange zones. They will be equipped to handle only minor sports injuries. Please be aware of this and plan for how you will handle any emergencies. It is the responsibility of each team to be aware of the location of hospitals and other medical facilities. In the event of an emergency, notify the nearest race official, as they will be able to communicate with nearest medical personnel or call for an ambulance if the emergency is severe enough. Please also text our communications hub: 479.231.8127

E. Mandatory Safety Training Meeting at Start Line and Major Exchange 6

There will be a mandatory safety training at the race start line for van 1 and at exchange 6 for van 2 (Ultra teams need only attend safety training at the start). Each team is required to have all team members attend the safety training. The Safety training will last approximately 10-15 minutes.

F. Inclement Weather

Weather in Northwest Arkansas during October can be gorgeous but sometimes volatile.

- We will do everything possible to start the race, but if there are weather related circumstances beyond our control that would jeopardize the safety of our runners, we will be forced to cancel or postpone the race.
- If weather becomes a dangerous issue during the race, we will either shorten the course or cancel the race, depending on the severity. In that case we will not have an alternate race date.
- There will be no refunds given if the race is canceled due to weather. Conditions that may result in a race being canceled or delayed include but are not limited to the following: severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog,

etc.

G. Thunder & Lightning

If there is lightning at the start of the race, we reserve the right to delay starts until the lightning clears. If you see lightening on the course after the race has started, immediately remove your runner from the road and get them into the support vehicle! Make a note of the time and location where you exited the course. If lightning clears within one hour, put your runner back on course where they left and make a note of the time. If lightening persists longer than an hour, move ahead to the next exchange. For every hour of lightening you may move ahead one exchange. Keep close track of where and when you exited the course and where and when you returned to the course. At the end of the course we will then calculate your average pace and apply this pace to the segment of the course that you missed. In this way we will adjust all overall race times. ONLY teams that have taken accurate notes will be given official times.

- If severe weather persists for more than 4 hours, all teams will be required to skip a certain amount of legs in order to complete the course in a safe and timely manner. There will be a communications specialist and volunteers alerting teams of any changes.

H. Flooding

If a runner encounters flooded areas that cannot be run through, have your runner get into the support vehicle, drive the runner ahead where the road is no longer flooded to continue running his/her leg.

I. Wildlife/Open Range Rules

If a runner encounters any wildlife that is aggressive on the course, GET YOUR RUNNER OFF THE COURSE AND INTO YOUR SUPPORT VEHICLE. The vehicle should drive ahead and let the runner out at a safe and reasonable distance ahead of the wildlife to continue his or her leg. We have encountered many domestic animals, especially dogs along the course. *We recommend running with pepper spray if you feel threatened by dogs.*

J. Report Other Teams Breaking Safety Rules

We will have Course Marshals (volunteer firefighters and first responders) out on the course monitoring teams for safety and adherence to all rules. However, with the size of the course we cannot be everywhere at once. We are asking teams to help us keep the course safe by reporting teams that are violating any of the above rules. To report violations:

Send a text message to: 479.231.8127

- Please include the Who, What, Where, and When in your text message.
- Please use this number to keep us informed. Send text messages if you see improper signage, unsafe conditions, if you become lost, etc.

Section 16. Rules and Safety Enforcement:

- Rules are enforced based on a “two strikes you’re out” policy. If caught breaking a rule,

your team will receive ONE warning. If you are found breaking the rule a second time, we will ask you to leave the course.

- There will be race officials monitoring the course to enforce rules.
- Teams will be notified via text message each time they violate a rule.
- If a team receives two safety violations, a Course Marshal will meet them to review the validity of each violation.
- If the Course Marshal deems that the violations are valid, the team's slap bracelet will be confiscated and the team must leave the course.
- Course Marshals may also disqualify teams on the spot without prior warning for what they deem to be serious rule violations (Running at night without light or reflective gear.)
- In addition to Course Marshals, teams will have the ability to text in rule violations. Course Marshals will determine the validity of all text messages received from teams.

Section 17. Finish Line

A. The Boomerang: We have an exciting Outback Tradition: The Outback Boomerang! Whichever team crosses the finish line first, regardless of division, takes home the giant boomerang with their team name engraved on it. The winning team will get to keep the Boomerang for the following year!

B. Finisher Awards: Each team who finishes the race with a completed leg/timesheet will receive a high quality, NATIV shirt as well as a finisher medal.

C. Division Awards: All final team division awards will be decided within one week after the race director is able to review all the exchange zone records. Awards will be mailed to team captains.

D. Post-Race Meal: We will be providing a delicious fresh grilled Outback Feast provided by Outback Steakhouse following the race, which is included in your entry fee. You will receive your meal bracelet in your team race packet. Extra meal bracelets for family and friends can be purchased ahead of time at our Outback store. Please email us if you want a vegetarian meal.