

Outback in the Ozarks Pure Trail Edition Official Race Guide

ITEMS IN THIS RACE GUIDE ARE SUBJECT TO CHANGE

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1. INTRODUCTION

This packet contains important team information for the Outback Pure Trail Relay. Team captains are responsible to be knowledgeable with everything contained in this packet and to educate all team members on important information. We recommended that all runners read through the Trail Guide. All information in this document is subject to change.

2. UPDATES

ITEMS IN THIS TRAIL GUIDE ARE SUBJECT TO CHANGE. Registered teams will be notified of all changes. It is important that all teams make sure that they have an updated version of the Official TRAIL GUIDE.

3. RACE INFORMATION/IMPORTANT DATES & INFORMATION

Outback in the Ozarks Pure Trail Edition will take place on May 4th-5th at Lake Leatherwood City Park in Eureka Springs, AR. Please refer to the resource tab for specific information including important dates.

4. SUSTAINABILITY

Outback is committed to organizing socially and environmentally responsible events. To that end, the Outback Trail Relay will strive to reduce waste, minimize climate impact, involve the local community, and promote health. We ask that you partner with us on this. Carpool to the event, purchase carbon offsets for your team travel, don't use disposable plates/silverware/cups/napkins, avoid food with excessive packaging. Remember to reduce, reuse, recycle.

CUP-LESS RACE – We are a cup-less race. Every participant (runner, volunteer, friend, family, crew, etc.) should bring two cups, one for cold liquid and one for hot liquid. We will provide water, hot chocolate, and coffee but you need to bring the container, this includes WHILE YOU ARE RUNNING.

To reduce the carbon footprint of the race, please limit your cars to two cars per team.

5. GETTING STARTED

A. To Do List

- Start recruiting an 8 or 4-person team.
- Register and pay for the team online at:

<https://www.raceplanner.com/register/index/outback-pure-trail-edition-2018?sid=1417026cc28444ef8c6b40a5f9d14440>

- Check your team's assigned start time 2 weeks prior to the event. See Section 4 for specific dates.

B. Organizing a Team

The two team types to choose from are regular team (8 people running 3 legs each) and ultra-team (4 people running 6 legs each). Each regular team will be classified as a male, female, or mixed team and will compete in one of several divisions. Each ultra-team will compete as a male, female or mixed team and will compete in one of several divisions.

Here are some tips that will help you organize your team:

If you don't know 7 other runners, no worries. You probably know 2 or 3 and they probably know 2 or 3. Take to social media. The best part about team relays is meeting new running friends!

- If you do not have 8 runners or do not want 8 runners, no problem, you can have any number of runners between 4 and 8 (see section 11).
- Set a date by which you want to register and begin collecting entry fees from members of the team. Runners will feel more committed once they register and pay. Many teams commit friends, but since the friends never pay or fill anything out, they don't feel committed. When it comes time to sign up they haven't trained and they back out.
- Once you have a few firm commitments, register the team. Again, this will make the team feel more committed. You shouldn't have a hard time finding the rest of your runners.

C. Finding Runners / Finding a Team

We recommend using the Outback Facebook page to find a team.

<https://www.facebook.com/outbackozarksgazelle/>

D. Getting Ready

Once a team has been organized we recommend the team meet several times prior to the event to work out logistics. If you can't meet physically, try to hold group webinars like Google Hangouts to discuss important issues such as:

- What to do if a runner finishes their leg before the next runner is in the

transition area?

- What to do if a runner gets lost?
- What to eat? What types of food and drink to bring?
- Plan what types of clothing, running gear, and camping equipment everyone should bring. Weather is uncertain; be prepared for hot and cold weather extremes as well as rainy weather.
- Running at night.
- Assigned start time, arrival to the event, and transportation

E. Team Name and Costumes

We encourage creative and clever team names and costumes but ask that they are Family-Friendly and not disrespectful to any group of people. We reserve the right to not allow offensive team names and require you to change your team costume if found obscene or indecent according to the Family-Friendly standards.

F. Start times

Starting times are based on your ***team's overall average 10k trail pace. In order for this to be accurate, it is critical for each runner to be realistic.*** So please do not put in your PR for a flat 10k road race. If individuals have not participated in a competitive 10k recently, we strongly encourage them to run one before submitting a team pace. Or even better, plan a team training run at a competitive 10k pace. If you are new to running, please check with your doctor before starting any new exercise.

PLEASE NOTE: Your team needs to have an average of at least 15-minutes/mile in order to finish in the specified timeline. If you have concerns about this for your team, please make sure and contact the Race Director.

H. Training

If you want to enjoy the race and possibly prevent injuries, proper training is essential. We recommend training on technical trails for at least two months prior to the event. As with all exercise, please consult a physician first.

I. Trail Running Gear and Camping Gear

Trail running is a different rodeo than road running and the the gear needed changes. Please read our list of essential trail running and camping gear for the event on the resource page.

Required Gear:

Headlamp: Every person (runner, friends, family, crew, etc.) at the race should have a good headlamp. We recommend one with 70 lumens or more.

Water Container/Hydration pack: Every runner should run with a water container of some sort even if your leg is only 3-miles. If you get off the trail or get lost, 3 miles could turn into more and you need to be prepared. ***All water stations will be located in the race village and will be CUPLESS!***

6. REGULAR TEAMS

A. Regular Teams: 8 Runners

Regular teams are made up of eight runners. Each member of the team will complete three legs of the relay (varying in length). Runners must run in the same sequence for each segment of the race, every eighth leg. For example, if a runner runs leg 3, he must also run leg 11 and leg 19.

B. Divisions

There are several divisions in the Regular Team category (Open, Sub-masters, Masters, and Corporate) and three classifications within each division (except Corporate): Men's, Women's and Mixed. To qualify for the mixed division, teams must have consist of 50% women. To be in the women's division the team must be all women.

DIVISIONS

Open

Sub masters

Masters

Corporate/Public Service

Within in each division there are 3 gender classifications (except corporate): Men's, Women's, and Mixed. View the table below to see where your team belongs.

CLASSIFICATION Men's, Women's & Mixed

REGULAR (Teams of 8)

5-8 men

All women

4 or more women

ULTRA (Teams of 4)

3-4 men

All women

2 or more women

REQUIREMENT

One or more under 30

All 30 or over

All 40 or over

Six or more runners are employees/military/fireman/law enforcement

7. ULTRA TEAMS

A. 4 Runners

Ultra-teams are made up of four runners. Each member of the team will complete six legs of the course. Ultra-teams can choose to run one of the following two ways 1.) run two legs back to back three times (i.e. the first runner would run legs 1-2, 9-10, 17-18) **OR** 2.) Run 6 times, 1 leg at time (i.e. the first runner will run legs 1, 5, 9, 13, 17, 21). All runners on the team must choose the same format and cannot switch formats during the race.

B. Divisions

There are several divisions in the Ultra Team category (Open, Sub-masters, Masters, and Corporate) and three classifications within each division (except corporate): Men's, Women's and Mixed). To qualify for the mixed division teams must have at least 2 women. To be in the women's division the team must be all women.

8. OTHER TEAM SIZES

We permit teams to run with as few as 2 runners, as many as 8 runners, and anything in between. Solo runners and teams with more than 8 runners are specifically not allowed to participate. Any 2-person team must contact the race director for approval and procedures/rules for the race. Team with any number of runners other than 4 or 8 should treat the open spots as injury runners. Teams may choose whichever spot they want as the "vacant runner"- but the legs must stay in the same pattern (every eighth leg). For example, if spot #1 remained vacant, the legs that would need to be filled would be legs 1, 9, and 17. Those legs can be filled with 3 different runners, or one "super runner" can take on all three

legs.

9. REGISTRATION

A. Team Registration

[Registration](#) is available online and should be completed by the Team Captain. After completing the registration process the team captain will receive an email confirming registration. A ***non-refundable entry fee*** for the ENTIRE TEAM is due at the time of online registration. The team captain will receive a team ID code in their email confirmation that they can share with other team members. This code will need to be used each time a new member is added to the team registration.

B. Individual Team Member Registration

Once the team has been registered and paid for online, the team captain needs to register each individual team member online before the deadline using the team ID code they received on initial registration.

C. Signing Online Waiver

All team members *must* sign all waivers in order to participate. Team captains must sign the waivers when they register the team. All team members are required to sign the waivers at the time that they register. If a team member is registered by their respective Captain, then the Captain will acknowledge through the waivers that they are signing on the behalf of their teammate and will provide a copy of the waivers to their teammate.

Teams often have last minute runners fill in due to injury or complications. We will have waivers available at check-in for this reason. If someone on your team has not signed the online waivers they **MUST** sign the waivers before the team captain can check-in. Your team will **NOT** be permitted to enter the course until all the team's waivers are signed.

D. Participant Age Restrictions

Any participant under the age of 18 must have a parent or legal guardian sign a waiver. Any team with one or more participants) under the age of 18 must also have at least 1 adult (25 or older) with them at the race. The individual over 25 doesn't have to be a runner on the team, but can be. *Runners must be at least 15 years-old to participate.

E. Substitutions/Additions

If a team member can no longer participate, the team captain can easily replace runners on the team registration page. There is no charge for substitutions/additions made before the substitution/addition deadline. Late substitutions/additions can be made for a \$10 or \$20 fee per substitution or addition. (See registration deadlines for exact dates.) Substitutions/additions can be made at race headquarters on race day but the runner has to be present to sign the waiver.

F. Refund/Transfer Policy

Refund Policy: All entry fees are non-refundable.

Transfer Policy: Teams may transfer their registration to another Outback relay within a 12-month period of the one they originally registered for. Teams may only transfer a registration once. 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.

10. VOLUNTEERS

Due to the nature of our course and event, your volunteer fee is included in your registration price and goes directly to the non-profits we support (Boy Scouts and other local charities). Your registration price is still significantly lower than other relays AND you don't have to worry about rounding up volunteers.

11. RACE DAY ARRIVAL INFORMATION

A. Location: Lake Leatherwood City Park in Historic Eureka Springs, Arkansas

B. Parking

We will email each team captain specific parking instructions two weeks prior to race day. We ask that teams bring NO MORE than 2 vehicles to the race.

C. Check-In

Team captains must check in for the race at the Outback Race HQ during their assigned check-in window, which opens two hours before their team's official start time. Captains should know their team number ahead of time, and have that number handy to provide to volunteers during check-in. Each team captain will

have their team number assigned and emailed them two weeks prior to race weekend. Upon check-in, the team captain will receive the team runner bib with timing device, and runner shirts.

D. Race Day Waivers

Every runner should sign an online waiver when they join the team online, but we know that changes happen. Teams often have last minute runners fill in due to injury or complications. We will have waivers available at check-in for this reason. If someone on your team has not signed the online waiver they MUST sign the waiver before the team captain can check-in. Your team will not be allowed to start running until all the team's waivers are signed. **Please note: all non-registered runners that will be pacers must also sign waivers.*

E. Participant Shirts

Team Captains will receive team shirts after checking in at Outback Race HQ.

F. Campsite Selection and Setup

Upon arrival at the Lake Leatherwood, teams will be given a camp & village map with all the designated sites. The primitive campsites will be approximately 300 square feet and marked with surveyor flags in order to comfortably accommodate all the teams. Each team is only allowed one site. Your primitive campsite in the Outback village is included in your entry fee. However, Lake Leatherwood does have campsites with electricity, fire pits and picnic tables. The premium campsites are \$25 and can be reserved through us by emailing us at:

outbackrunner@gmail.com.

There are also furnished cabins available for rent. The cabins must be reserved separately through [Reserve America \(Lake Leatherwood\)](#) and there is a two-night minimum. [Reservations](#) can be made at:

<https://www.reserveamerica.com/camping/lake-leatherwood-city-park/r/campgroundDetails.do?contractCode=PRCG&parkId=1060550>

**Please note: campsites in our race village are for registered runners only. If you have friends and family who want to come and support you, they are welcome to hang out in the race village, but camping space is limited to runners only.*

G. Team Campsite Fires & Generators

Campfires and generators are NOT allowed in the Village campsites during the race at any time. We will provide group bonfires but individual team campsite

fires are not allowed unless you are at a reserved campsite. Please be advised that cell reception is limited at Lake Leatherwood so you may want to invest in a cell phone booster. Or even better, really embrace your camp/run adventure and go electronic free.

H. Amenities – Food, Showers, Activities

Food: We will provide each runner with a delicious meal on Friday with vegetarian options. We recommend that you also bring team food. Remember-this is just like a camping adventure with 7 friends.

**Please note: If you have very specific food requirements such as, vegan, gluten-free, etc. we will not be able to accommodate you so we recommend you bringing your own food.*

Showers: Lake Leatherwood has a few free public showers and a beautiful Lake for swimming in. This is not resort camping, it is more like rustic camping. We can assure you, the stunning beauty will be worth any luxuries you will forego for 24-hours! If primitive camping is not for you, there are 4 cabins with kitchens and bathrooms also available for rent.

I. Trash and Recycling

LEAVE NO TRACE: If Pack it in, you will need to pack it out. Treat this adventure just like a backcountry camping trip. If you bring it, you need to take it home. When you leave, your campsite should look exactly like it did before you arrived. The Outback will have trash, and recycling for the event waste but teams should deal with their own waste. Please make your best effort at recycling and reducing waste.

12. COURSE RULES: The **LEAVE NO TRACE** principles also apply to when you are on the trails or anywhere within Lake Leatherwood City Park.

A. Take Nothing but Photos

Leave natural or historic objects as you find them, this includes wildflowers and native grasses. ***Do NOT remove course markings under any circumstance! This endangers others! We will automatically disqualify a team that is caught removing any course markings!***

B. Leave Nothing

Absolutely NO LITTERING OF ANY KIND ON THE TRAIL!

- Leave nothing but footprints.
- Pack out at least as much as you pack in.
- Do not drop anything on the trail- including gel wrappers, old water bottles, etc.
- Choose running apparel with pockets that zip or a hydration pack that has a place to secure litter you find on the trail.
- Automatic disqualification for any runners who are reported to have damaged private or public property or to have littered, or defecated on the course.
- Toilets and trash cans will be provided in the Village. Costumes are highly encouraged but they should not end up on the course.
- Avoid glittery costumes with feathers, etc.

C. Stay on the Trail

- Run only on designated trail surfaces.
- Cutting switchbacks or running next to the trail increases our footprint on the natural environment.
- When multiple trails exist, run on the one that is the most worn.
- No cutting the course.
- Be courteous and call out “on your left” when trying to overtake another runner and allow other runners to pass you.

D. Run Over Obstacles

Run single file in the middle of a trail even when muddy. Run through puddles, not around them. Running around mud, rocks, or downed tree limbs widens trails, impacts vegetation, and causes further and unnecessary erosion. Use caution when going over obstacles, but challenge yourself by staying in the middle of the trail.

E. No Dogs

We love dogs but sadly they are not permitted at this event including on the course, at the campsites, in the village or in the park. Please leave your furry friends home for this adventure. This is a safety issue for participants and for the dogs.

F. Pacing

Running pacers are allowed during the race. Runners may run with ONE pacer at

any time (humans only, sorry no dog pacers). Runners are not allowed to have more than one pacer at a time. Pacer and runner should run single file when passing another runner or being passed. Bicycle pacers are never allowed on the course.

**Please Note that you must notify the race director of all pacers not registered as runners and they must sign waivers. These will be available at check-in at Race Headquarters.*

G. Drones

Non-official use of drones at Outback in the Ozarks events is prohibited.

H. Prohibited Items on the Course

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

13. RACE RULES

A. Runner Rotation

Teams must run the same sequence for each segment of the race, every eighth leg. For example, if a runner runs leg 3, he/she must also run leg 11 and 19. (See section 7A for Ultra Team rotation).

B. 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 10 and 18. Those legs can be filled with different runners, or one can fill in the remaining legs. A 9th 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 re-enter the race.

C. 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 12 legs (half) of the relay must be completed by

female runners.

D. Follow Race Officials Instructions

Race officials include staff and volunteers. Course volunteers 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.

E. Navigating the Correct route is the responsibility of each runner

Outback relays are a form of adventure racing so you need to be alert and pay attention at all times. Runners are responsible to make sure that they stay on the course.

- If a runner gets off course, they are to return on foot to the point where they went off course and continue from there.
- The course will be very well marked with tape, signs with directional, blinking lights and volunteers to assist runners at tricky intersections.
- Please familiarize yourself with the course. Again, navigation is YOUR responsibility.

F. Visible Race Number

Team race bibs must be worn and visible on the front of the runner at all times. This bib and race belt (provided to every team at check-in) is also the timing chip.

G. Use of Slap Bracelets

At the start of each leg, the runner will be given a slap bracelet that corresponds with the color of the runner's loop. For example, a runner on the blue loop will have a blue slap bracelet.

14. SAFETY

Safety is our top priority. There are many potential hazards in a Trail relay race including, but not limited to: trail conditions, weather, and wild animals. 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, safe campers and by helping us keep the race as a whole safe. Below are some basic guidelines and rules to help us all have a safe race.

A. Running in the Heat

Staying hydrated is critical to having a fun and successful Outback race. Serious

issues can result from poor hydration, such as dehydration, heat exhaustion, or heat stroke. Hydration becomes especially critical during times of high Apparent Temperature. The Apparent Temperature (AT) is a measurement of heat stress on the human body that combines air temperature, relative humidity, wind speed and solar radiation levels. If the apparent temperature is above 78°, heat cramps and heat exhaustion are possible. Above an AT of 89°, heat exhaustion is likely and heat stroke is probable with continued activity.

Teams must ensure their runner's safety by monitoring the condition of their runners before and after each leg. Runners should pre-hydrate before each of their legs, hydrate while running, and rehydrate after each of their legs. Water should be supplemented with electrolytes such as NUUN, etc. Proper hydration is obtained when the runner has clear (light lemonade colored) and copious urine.

Slowing your pace and applying a wet cloth to the head and back of the neck are effective methods of keeping your core body temperature down. If you are worried about the condition of one of your runners, please visit the EMT Tent.

Water will be available in the Village but not along the course. You are required to carry your own water and nutrition during your legs regardless of the distance of your leg. ****Be prepared for the worst: if you get lost, a 3-mile loop could end up being longer.***

Water Container – Every runner is required to run with a hydration pack. There will be hydration stations in the race village but they will all be CUPLESS WATER STATIONS. Additionally, we recommend bringing two tumblers for hydration when you are not running (one for hot and cold beverages).

B. Personal Music Devices & Headphones

The use of personal music devices with headphones while running is strongly discouraged. Trail running requires that all runners be alert and aware of their surroundings at all times. Wearing personal music devices causes distractions and the inability to hear what is going on around the runner. If you still choose to use them, you do so at your own risk and must meet the following requirements:

- Be aware of the sounds around you.
- Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling).
- Be able to hear “on your left”. Listen for other runners trying to pass you.

Safe Use Strategies:

- When running you should be able to hear your own footsteps, if you can't your volume is too high.
- Running with one earphone out and one in, may allow you to be able to hear your own footsteps.

C. Wild Animals

The solitary nature of trail running can be exhilarating but trying to be as quiet as possible is not a good strategy in the backcountry. Startling wildlife can cause a dangerous situation. Making noise while you are running will help alert wildlife of your presence and keep you safe. If you do see a wild animal, common practice is to make noise and to keep your distance.

D. Alcohol

While participating in the race, the consumption of alcohol is highly discouraged. Alcohol greatly increases the risk of dehydration. Alcohol also affects perception and equilibrium, two things that are highly important while trail running. If you choose to consume alcohol it must be consumed responsibly in the Village area, when and where city ordinances and permits allow.

E. Bonfires

Who doesn't love a bonfire? Add s'mores, a starlit sky and the world becomes pure magic. We will build the fires but you have to bring good sense. Dangerous behavior around the bonfires is unacceptable. No fire- walking or carrying burning sticks. Any children brought to the event must be supervised around the fires at all times. Individual team campsite fires are not allowed. However, if your campsite has a grill (above ground) you may use that as long as you are responsible and safe.

F. In Case of Injury / Emergency

If you are injured while running out on the course, NEVER cut across country as a shortcut back to the Village. Continue to follow the trail markings back to the Village or go backwards along the course to get back to the Village. If you can't walk, just sit down along the trail. We will get someone out to help you.

We will have limited medical staff on hand. In order to provide the best care possible, our medics are there to focus on medical issues, not minor first aid issues. Teams must bring first aid kits and treat their own minor first aid issues.

An EMT Tent will be located in the Village and will be open and available at all hours during the race. In the event of an emergency, notify the nearest trail marshall or race official, as they will be able to communicate with the EMT Tent.

If you are not near any race officials, please call or text the communication hub: (see safety packet). If the emergency is severe call 911, then the Communications hub.

G. Mandatory Trail Safety Video before team check-in

Teams are required to watch our Safety Video before entering the course. Each team is required to have all team members, who are present, attend the Safety Video. The Safety Video will last approximately 10 minutes and will cover things such as trail markings, course specifics, what to do in case of an injury, and trail ethics. Please arrive at the race at least 2 hours before your team's start time to give yourself adequate time to watch the Safety Video and check-in. If a team member arrives after the last showing of the safety video, their team captain is responsible for sharing the information from the video with them.

H. Bad Weather

The race will occur rain or shine. However, under certain severe weather conditions where significant damage or alterations to the race course occur, we reserve the right to cancel the event, shorten the event, and/or hold teams until the weather improves. 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.

15. AWARDS / RESULTS

Awards will be given to the top team finishers from each category within each division. There will also be an award for best team name, the best campsite, best costumes (no feathers or glitter), and overall favorite team. Preliminary results will be announced via email and placed on the website after the race. Participants will have a short time to request clarification and division/class changes and then results will be made final within two weeks of the race.