



presents

LINCOLN COUNTY ADVENTURE RELAY 2018



REGISTRATION

Team Registration:

Registration is available online and should be completed by the Team Captain. Click the “Register Now” link on the Rocky Road Adventures website and follow the instructions for the RaceEntry registration process. A non-refundable entry fee for the ENTIRE TEAM is due at the time of online registration. *Note: All team information should be entered at: RaceEntry.com, direct link to LC Fair 55k Adventure Relay, <https://www.raceentry.com/races/lincoln-county-adventure-relay/2018/register>. Team captains can manage team information. If you need help, please contact myself, race director, Kristal Romans at 775-513-0432. I will do my best to help out or contact RaceEntry for further assistance.

Individual Team:

Member Registration; once the team has been registered and paid for online the team captain will invite individual team members to register. Each team member must fill out the online form, and read and accept the online waiver agreement.

Participant Age Restrictions & Waiver:

Any participant under the age of 18 must have a parent or legal guardian sign the Waiver at the end of this Trail Guide, bring the signed Waiver with them to the race, and turn it in before they can run or volunteer. Any team with participant(s) under the age of 9 must also have at least 1 adult (25 or older) with them at the race. Those under 9 years of age are restricted, however will consider formal requests for extraordinary circumstances through the Race Director.

Participant Substitutions/Additions:

If a team member can no longer participate the team captain must email the race director so their name can be removed from their roster and a new runner can be added to the team. There is no charge for substitutions/additions made during online registration. Substitutions/additions can be made on race day for a \$20 participant fee and the added runner must print and sign a waiver at the end of this guide and turn it in to the check-in table.

Team Refund/Transfer Policy:

All entry fees are non-refundable. Transfer Policy: Teams may transfer their registration to next year's LC Fair 55k Adventure Relay (only good for one year from July 20th, 2018 till July 20th of 2019, only good for LC Fair 55k Adventure Relay, not transferable to any other RRA races. 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 case where the new relay registration fee is more than the original price paid, the team will be required to pay the difference.

Team Name and Costumes:

We encourage clever and witty team names, as well as unique and creative team costumes. However, we ask that you keep your team name and team costumes Family Friendly. What is Family friendly? A good rule of thumb, if you have to ask, it probably isn't. We reserve the right to request team name changes as well as change your team costume if found obscene or indecent.

IMPORTANT DATES & INFORMATION

This packet contains important team information. Team captains are responsible with becoming familiar with everything contained in this packet and to relay significant information to team members. It is important that all teams have an updated version of the Official RELAY GUIDE. The date of “update” will be listed on the front page on the top left of the trail guide. The Relay guide is subject to change and will be final the week before the race.

A. RACE DIRECTOR: Kristal Romans – email: rockyroadadventures@yahoo.com

B. REGISTRATION INFORMATION, IMPORTANT DATES & EVENT SCHEDULE:

Early Team Registration Deadline = July 20th, 2018 ~ \$200/team, \$40 per person

Last Minute Team Registration Deadline = July 21st-August 9th @ noon \$2 ~ 25/team, \$45 per person

Register at RaceEntry.com, link >> <https://www.raceentry.com/races/lincoln-county-adventure-relay/2018/register>

EVENT DATE & SCHEDULE:

Thursday, August 9th, 2018

Early Check-in & Packet Pick-up @ LC Fairgrounds Exhibit Hall, 5-7pm

Packets will include bibs, tech shirt, and information on course and segments, please attend packet pickup if possible.

Saturday, August 11th, 2018 – RACE DAY - 6am

Race Start: Eagle Valley Reservoir

Race End: Lincoln County Fairgrounds, Panaca, Nv

MEETING AT TEAM CHECK-IN

A brief informational meeting will be held at check-in on Thursday, August 9th from 5-7pm at the Lincoln County Fairgrounds Exhibit Hall, Panaca, Nv. Meeting will go over any safety issues, course concerns, location of aid stations, aid station check in requirements, and answer any questions.

Aid Stations & Mandatory Runners Check-In:

There will be a total of 9 Aid Station plus the start and finish line food and water. Please see course description below where aid stations will be.

At each Aid Station, runners coming in and leaving will be required to check in with aid station volunteer. Must check in, please be sure to do so.

Runners Transitions:

Each leg will be required not only check in at each aid station but also at each transition segment, runners must exchange slap wrist bracelet assigned to their team and exchangeable bib number belt. For example, once leg 1 runner comes into aid station #1 (Eagle Valley Resort), he/she exchanges slap wrist baton and bib belt with leg 2 runner while checking in with volunteer before leg 2 runner leaves. Volunteer will record times, bib numbers, and assist in any other capacity.

Each team will be given a time log sheet and will be required to turn in at end of race. Because this race will not be chip timed, again, it's important to be sure to check in so we can get segment times for each team. Each team's log and our logs will hopefully match enough to get a final and close to accurate finish and segment times.

Course Details, Segments, Miles, Aid Stations, and Mandatory Runners Check-In

Leg Segments	Location	Miles	Road Type	Elevation gain(+) decline (-)	Aid Station & Transition Check-In
Leg 1	Start to Eagle Valley Resort	2.75 mi	Pavement some steep hills	(-) 235	Aid Station #1 Water, Port-A-Potty, Snacks – Runners Check-In
Leg 2	Rose Valley Rd & Echo Dam Rd Intersection	4.6 mi	Pavement with very little hills	(-) 200	Aid Station #2 Water, Port-A-Potty, Snacks – Runners Check-In
Leg 3	Echo Dam State Park South Entrance by restrooms	2.8 mi	Pavement pretty flat couple hills	(-) 122	Aid Station #3 Park Restrooms, Water, Snacks - Runners Check-In
Leg 4	Delmue Ranch Rd & Echo Dam Rd intersection (by dump)	3.8 mi	Some dirt road, then pavement, pretty flat	(-) 50	Aid Station #4 Water, Snacks, Port-A-Potty -Runners Check-In
*Leg 5	*Delmue Ranch Rd & dirt road to entrance of Condor Canyon (private property)	2 mi	Pavement, one steep hill, downhill	(+) 43 (-) 152	Aid Station #5 Water, Snacks, *No Restroom till Aid Station 6 -Runners Check-In
Leg 6	End of Condor Canyon by BLM sign – turn around	5 mi	Dirt road/trail, flat some hills	(-) 302	Aid Station #6 Water, Snacks, Port-A-Potty -Runners Check-In
Leg 7	Bullionville Rd & Hwy 93 corner	2.26 mi	Dirt trail through farm fields, flat	(-) 35	Aid Station #7 Water, Snacks, *No restroom – Cathedral Gorge State Park will have restrooms, not far -Runners Check-In
Leg 8	Miller's Point at North end of Cathedral Gorge	2.6 mi	Pavement then sandy trail and then several climbing	(+) 220	Aid Station #8 Water, Snacks, Park Restrooms -Runners Check-In
Leg 9	Miller's Point retracing course back through Gorge, farm fields to Aid Station #6 also A.S. #9.	4.85 mi	Trail, sand, dirt road, pavement	(-) 189	Aid Station #9 same as A.S. #6 *Last aid station till finish! Water, Snacks, Port-A-Potty -Runners Check-In
Leg 10	Finish LC Fairgrounds, front of blue Exhibit Hall	3.13 mi	Dirt road, some pavement	(Finish Line will have Food, Water, Restrooms, and Awards. Well Done!!
5 runners, run 2 times	*run at own risk, signing of Waiver is required	33.8 mi	Course is easy to moderate, just a few hard spots	Elevation is a rough estimate	*All runners must check in at aid stations!!

PLEASE NOTE: We encourage your team to have an average of at least 18-minutes/mile, high elevation, uphill, trail pace 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.

COURSE RULES

Many of these rules follow the principles of LEAVE NO TRACE. You should know and practice these principles outside of the race, whenever you are on the trails.

Take Nothing Take nothing but photos. Leave natural or historic objects as you find them, this includes wildflowers and native grasses. Removing or collecting trail markers is serious vandalism that puts others at risk.

Leave Nothing No littering. Leave nothing but footprints. Pack out at least as much as you pack in. Gel wrappers with their little torn-off tops and old water bottles don't have a place on the trail. Consider wearing apparel with pockets that zip or a hydration pack that has a place to secure litter you find on the trail. Any runners who are reported to have damaged private or public property or to have littered, or defecated on the course will be disqualified and will not be invited back. Toilets and limited trash cans will be provided at start, throughout race, and finish line.

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. Call out "on your left" when trying to overtake another runner and allow other runners to pass you.

Run Over Obstacles Run single file in the middle of a trail, even when laden with a fresh blanket of snow or mud. Go through puddles and 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.

No Dogs No dogs on the course. No dogs at the event. We love dogs too but this is a safety issue for participants and for the dogs.

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 allowed on the course.

Note: that all pacers must sign a waiver if they are not already on the team roster. Any team who skips a leg (IE – runs less than the full relay) will receive a DNF on the official race results.

RACE RULES

Violations of rules listed in the Trail Guide will be reviewed by the Race Director. Violations may result in disqualification.

A. Runner Rotation

Runners are encouraged to run in the same sequence for each segment of the race. But runners may run in any pattern they choice as long as they run all their assigned legs.

B. Injured Runners

During Race In the event of an injury, any of the remaining runners can replace the injured runner. Individual legs may not be divided up between multiple team members.

C. 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 instruction will result in disqualification.

D. Follow Correct Route

Navigation is responsibility of each runner. 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. Markings will be placed along the course but be prudent in your knowledge of the course.

E. Visible Race Number & Slap Band

Team race bibs must be worn and visible on the front of the runner at all times. A bib belt will be provided to every team at check-in. You will rotate your team number between team members along with your slap band.

SAFETY RULES

Safety is our number one priority.

There are many potential hazards in a race of this type including, but not limited to: trail conditions, weather, and wild animals. We ask that all teams please take appropriate precautions to insure 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.

RUNNING IN THE COLD & HEAT

The relay starts at 5,600 feet in elevation and the roads/trails will decrease mostly, there will be some increase in elevation in spots. The temperatures will mostly be hot. Running conditions will generally warm up as you get moving and long sleeves may end up tied around your waist. Prepare for extremes in hot weather.

WET WEATHER – Be aware of the possibility of wet weather.

HYDRATION

Staying hydrated is critical to having a fun and successful race, not to mention staying healthy and avoiding a heat related illness such as dehydration, heat exhaustion, or heat stroke 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 re-hydrate after each of their legs. 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 clinic in Caliente.

*Water will be available at each leg transition/aid station. Also, it's encouraged to be a responsible trail runner and carry your own water and nutrition during your legs.

PERSONAL MUSIC DEVICES & HEADPHONES

The use of personal music devices with headphones while running is okay but running the roads with traffic and 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 tactics: When running you should be able to hear your own footsteps, if you can’t your volume is too high. Run with one earphone out and one in, again you should be able to hear your own footsteps.

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, especially rattlesnakes, 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.

ALCOHOL

No alcohol, drugs, or tobacco allows before, during, or after race. Once the last runner has finished and race is officially over then each participant is not required to follow rules.

IN CASE OF INJURY/EMERGENCY

If you are injured while running out on the course, NEVER cut across the desert as a shortcut back to the start or to the finish line. Continue to follow the trail/road markings to the closest next aid station or go backwards along the course to get back to the last aid station you came from, which ever is the closest. If you can’t walk, just sit down along the trail. We will get someone out to help you. Teams are strongly encouraged to bring first aid kits and treat their own minor first aid issues. In the event of an emergency notify the nearest race volunteer (placed at each aid station or Search n Rescue placed at highway crossings, as they will be able to communicate with the Race Director. If you are not near any race officials and the emergency is severe call 911, then the Race Director.

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 the race being canceled or delayed include but are not limited to the following: severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, etc.

RUNNING GEAR & SHOES

Race starts at 6 am at the Eagle Valley Reservoir, it could be chilly at start of race and through Eagle Canyon to Resort. May want to wear long sleeve shirt. Once race gets closer, I will update this to match what the weather will be.

Shoes needed will be a for pavement running and trail/dirt running. Depending on the leg running, you may need a shoe for both pavement and dirt within your segment. I will note this on course detailed description.

Water Container – Every runner should run with a water container of some sort. Every leg/segment will have water at aid station but as the morning moves on the later legs/segments will get hotter, recommend having a water container to top off water.

VOLUNTEERS

WHAT TO WEAR AND WHAT TO BRING

- Your cheering voice and a positive attitude.
- Comfy, weather-appropriate clothes (warm and cold)
- Sunglasses, sunscreen, bug spray, umbrella for rain or shade.
- A book or folding chair (some shifts have downtime).
- Food and water. (We will provide food, a small snack and water, but consider bringing more depending on your needs.)
- A cowbell or noise maker. (Optional, but awesome.)

LINCOLN COUNTY ADVENTURE RELAY
(formerly known as "LINCOLN COUNTY FAIR ADVENTURE RELAY")
PARTICIPANT ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS AND LIABILITY RELEASE AND INDEMNITY
AGREEMENT

In consideration of the services of Rocky Road Adventures, LLC, its members, officers, directors, employees, independent contractors, agents, affiliated clubs and all volunteers (collectively referred to as the Organizers) assisting in the Lincoln County Adventure Relay (the "Adventure Relay") the undersigned (referred to herein as the "Participant" which term shall include the parents or legal guardian(s) of any person who has not attained the age of majority under the laws of the State of Nevada as of the date of the Adventure Relay), hereby acknowledges, agrees and consents as follows:

1. The Participant shares the responsibility for his or her own safety, for managing the risks, and for determining the Participant's suitability to participate in the Adventure Relay.
2. In consideration of the acceptance of my application for entry or participation as a volunteer in this Event by one or more Releasees, I hereby freely agree to and make the following contractual representations and agreements.
3. The Participant has accurately completed any and all required application or medical forms required and provided by the Organizers.
4. The Participant agrees to obey all of the Organizers' rules, regulations and policies.
5. The Participant has no mental or physical problems or limitations that might affect the Participant's ability to take part in the Adventure Relay which have not been disclosed to the Organizers in writing.
6. The Participant has had the opportunity to ask questions about the Adventure Relay and the risks associated with it.
7. The Participant understands and acknowledges that the Adventure Relay has risks and may be physically strenuous. It is impossible to anticipate every activity in which the Participant will engage. The Organizers have drawn to the Participant's attention the fact that the Adventure Relay will take place entirely in the outdoors in a natural environment which may entail hidden or unknown risks or dangers to the personal safety of the Participant and for which the Participant shall assume sole responsibility for gauging such risks or dangers and determining the appropriate method of proceeding with the activities of the Adventure Relay. The Organizers have also stated that it is impossible to know or list every risk associated with participation in the Adventure Relay, which may include but are not limited to: unpredictable or harsh weather, earthquakes, lightning, exposure to extreme temperatures, exposure to altitude changes, avalanches and rock falls, rapidly moving water, drowning, wild animals and marine life, disease carrying or poisonous plants, insects, animals and marine life, improper or malfunctioning equipment, slipping, falling, being struck by objects or persons, risks caused or complicated by any mental, physical or emotional conditions which any participant may have, being separated from other participants or Organizers for extended periods of time, physical contact with other participants or Organizers. All of these risks are inherent in the Adventure Relay, which means that they cannot be changed or eliminated without altering the essential elements of the activity undertaken by the Participant.
8. The Participant acknowledges that participating in the Adventure Relay involves inherent risks and other risks, hazards and dangers including some not listed above that can cause or lead to death, injury, illness, property damage, mental or emotional trauma, or disability. Furthermore, activities may take place several hours from any medical facility or where communication, transportation or evacuation is subject to delay. The Participant therefore acknowledges that the Organizers cannot ensure the Participant's safety and do not seek to eliminate all of these risks, in part, because they facilitate the objects of the Adventure Relay. I agree to assume all of the risks of the Adventure Relay, whether inherent or not and whether described above or not.
9. I know that this Adventure Relay, which takes place in the daylight, is held on open roads, backcountry roads and trails, and is a potentially hazardous activity. I voluntarily assume full and complete responsibility for all risks associated with participating in the Adventure Relay and for any injury or accident that may occur during my participation in this Adventure Relay, including by way of example and not limitation: wildlife attacks (such as rattlesnakes, coyotes, mountain loins, etc), illness; traveling to and from the event; falls; collisions with pedestrians, vehicles, other participants, and fixed or moving objects; the effects of weather, including temperature extremes and humidity; traffic accidents; the negligence of myself and/or others, including Organizers; and road conditions, including darkness and surface conditions such as pot holes. I am aware of and appreciate all of these risks. I understand that both vehicle traffic and spectators will be present along the race course and that police protection will not be provided. I know that the presence of vehicle traffic during the race presents the risk of motor vehicle accidents involving participants, spectators, and/or other vehicles, and that such accidents can result in death or serious injury.
10. As a condition of my participation, I agree to abide by all traffic and pedestrian laws and regulations and to follow any and all of Organizers, safety instructions, including all rules and conditions set forth in the Race Guide, which is available on the Rocky Road Adventures website, www.rockyroadadventuresnv.com. I understand that my failure to do so may result in serious injury or death and may be grounds for my disqualification from this Adventure Relay.

The Participant hereby forever releases, waives and discharges the Organizers and any and all persons or entities acting under their direction and control (hereinafter called the "Released Parties") of and from and agree not to pursue any claim or sue the Released Parties or any one or more of them for any liability, claim or expense in any way associated with the Participant's participation in the Adventure Relay. Neither the Participant nor anyone acting on the Participant's behalf, including any persons described as entitled claimants under the Family Law Act (Nevada) will make a claim against the Released Parties as a result of any injury, illness, damage, death or loss occurring as a result of participation in the Adventure Relay. This release includes any losses caused or alleged to be caused, in whole or in part, by the negligence, whether active or passive, of the Released Parties to the fullest extent allowed by law (but not for gross negligence) and includes claims for injury, property damage, wrongful death, breach of contract, breach of fiduciary duty or any other cause of action known at law.

The Participant further agrees to defend and indemnify the Released Parties (to pay or reimburse the Released Parties for any money they are required to pay, including legal fees and costs) with respect to any and all claims brought by or on behalf of the Participant's participation in the Adventure Relay, including any legal proceedings by or on behalf of any family member, personal representative, estate, co-participant, or any other person for any claims related to the Participant's participation in the Adventure Relay, including claims that the Organizers were negligent. This indemnity includes payment for lawyer's fees and costs incurred by the Released Parties in defending a claim or suit if the claim or suit is withdrawn or where a court of competent jurisdiction or an arbitrator determines that the Released Parties are not liable for the injury or loss.

The Participant agrees that the substantive law of the State of Nevada governs this document and any dispute or legal proceeding with the Released Parties. Any mediation, lawsuit, arbitration or proceeding must be filed or entered into only in the State of Nevada.

The assumption of risk, release, indemnity agreement, and all other provisions of this document are intended to be interpreted and enforced to the fullest extent allowed by law. Any portion of this document deemed unlawful or unenforceable is severable and shall be stricken without any effect on the enforce-ability of the remaining provisions, which shall continue in full force and effect. The Organizers have the permission and consent of the Participant to use the Participant's photo, image or likeness for the purposes of sale, reproduction or any other purpose which the Organizers, in their sole discretion, may deem appropriate, including advertising or display. The Organizers reserve the right to remove any Participant from the Adventure Relay when they believe, in their sole discretion, that the Participant presents a safety concern or medical risk, is disruptive, or acts in any manner detrimental to the Adventure Relay. If the Participant is dismissed or departs for any reason, the Participant will be responsible for any costs of early departure, whether for medical reasons, dismissal, personal emergencies or otherwise.

I HAVE CAREFULLY READ AND UNDERSTAND THE OAK RIDGES MORaine TRAIL ADVENTURE RELAY "PARTICIPANT ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS AND LIABILITY RELEASE AND INDEMNITY AGREEMENT", AND VOLUNTARILY SIGN THIS DOCUMENT AS EVIDENCE THERETO. I UNDERSTAND THAT I AM SURRENDERING CERTAIN LEGAL RIGHTS. I AGREE THAT THIS FORM SHALL BE BINDING ON ME, MY MINOR CHILDREN AND OTHER FAMILY MEMBERS, AND MY HEIRS, EXECUTORS, REPRESENTATIVES AND ESTATE. I HEREBY WARRANT THAT I HAVE LEGAL AUTHORITY TO ACT ON BEHALF OF ANY PARTICIPANT WHO IS A MINOR. I AGREE, ON MY OWN, AND ON BEHALF OF ANY PARTICIPANT WHO IS A MINOR UNDER MY CARE AND CONTROL, TO THE TERMS AND CONDITIONS OF THIS DOCUMENT.

I, INDIVIDUALLY AND/OR IN MY CAPACITY AS PARENT/LEGAL GUARDIAN OF PARTICIPANT (AS APPLICABLE), HEREBY EXPRESSLY ACKNOWLEDGE AND AGREE THAT (I) THIS RELEASE ROCKY ROAD ADVENTURES, LLC, FROM ANY AND ALL LIABILITY THAT I, INDIVIDUALLY AND/OR IN MY CAPACITY AS PARENT/LEGAL GUARDIAN OF PARTICIPANT (AS APPLICABLE), MAY HAVE AGAINST ROCKY ROAD ADVENTURES, LLC, AND THE "ADVENTURE RELAY" WITH RESPECT TO THE DEATH OR BODILY INJURY TO PARTICIPANT AND/OR DAMAGE TO PARTICIPANT'S PERSONAL PROPERTY THAT MAY RESULT FROM PARTICIPANT'S PARTICIPATION IN THE "ADVENTURE RELAY", AND (II) THIS RELEASE EXTENDS TO ALL ACTS OF NEGLIGENCE, WHETHER CAUSED BY OR CONTRIBUTED BY ANY OF ROCKY ROAD ADVNETURES OR OTHERWISE. (Initials) _____

This release is a contract with legal and binding consequences and it applies to all activities relating to the Adventure Relay, located on the race course, exchanges or other race-related venues. I have read this document carefully before signing, and I understand what it means and what I am agreeing to by signing.

Participant's Name (Print) Participant's Signature Date Date of Birth

Parent/Guardian's Name (Print) Parent/Guardian Signature Date
(if participant is under the age of 18)

LINCOLN COUNTY ADVENTURE RELAY
~ RUNNER LINE-UP & TEAM TIME LOG ~

Teams are required to keep track of its total time on this log.

***THIS LOG MUST BE TURNED IN AT THE FINISH LINE.**

We recommend you take a photo of the log, before you turn it in, for your own records.

Team Name: _____

Total Elapsed Time at Finish: _____

<u>LEG</u>	<u>RUNNER</u>	<u>LEG TIME</u>	<u>TOTAL ELAPSE TIME</u>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

