

# Reno-Tahoe Odyssey Safety Manifesto

Nothing could be more serious than your safety. It's so important that we have created this separate Odyssey Safety Manifesto to further address safety issues. We do not mean to scare you here, but we do want to get your attention so that you recognize that you need to be careful as you participate in this type of event.

1. The course—We are proud of this course that takes you on a terrific tour of the Reno-Tahoe region. Along the way you will see many of the attractions that this area has to offer. In laying out the course, I asked the questions: Would I like to run here? Would I be willing to run here? I answered these questions in the affirmative.

There are certain portions of the course where we travel on a highway and where there is not much room on the shoulders for runners to be off the roadway. They are the only way to get from point A to point B with van support. When we use those roads, the traffic typically is light especially during the night hours.

Nevertheless you need to be alert at all times. Not just the runners, but everyone else associated with the team. The others riding along in the vehicle and the driver too. Exercise extreme caution at all times. Be ready to stop running and step as far away off the course as possible if you hear a big truck coming or a lot of other traffic. Stopping for a few moments to make sure you are in a safe spot is the right thing to do. So be alert so that you are in a position that you can do it.

2. We request that each of you be mindful of overall safety. Please be careful while running and traveling the course. Because the roads and paths used for the relay course are NOT closed for the event, every runner and team vehicle driver and team member needs to be alert and exercise caution. Every runner and team vehicle driver and team member must comply with all traffic laws. Runners must follow the directions provided with each leg. Runners must run outside the white lines on the shoulders of the roads. Runners must cross certain roads at designated intersections, complying with the traffic signals, and other locations.

Please note that this is a long distance relay run that will take teams a full day give or take a few hours to complete. So it does not make sense to dash across a busy road and put yourself in a dangerous situation to save a minute or two on your total team time.

Team vehicles – Team vehicles should act as an additional safeguard for runners. They can do that in at least two ways. One is to display the “Runners on Road” sign that we provide to you. Place the sign on the back of the vehicle in a conspicuous location. We will provide each team with two signs, one for each vehicle. If you have extra ones, use them. In addition, team vehicles can help manage the speed of the traffic and slow down faster drivers by driving in compliance with the posted speed limits.

For almost the entire course the team vehicle should be close by, for the team vehicle travels the very same steps of the runner. The team vehicle should keep the runner in sight if possible. The team vehicle can be an extra direction sign waiting at or near the turns in the course.

Team vehicles should not cause traffic and safety issues. Team vehicles may not drive next to runners, as this may cause a traffic hazard. Team vehicles must park safely off of the roadways and not block access to other roads or driveways. Team vehicles should not speed along the course endangering other teams' runners. Please drive at safe speeds at all times. You of all people know there is a running event that is occurring on that

road that you are traveling. So drive slowly. Do not place any signs or decorations on the vehicle that block your views out of windows of the vehicle.

3. Night running -- From sunset to sunrise runners are required to wear a lighted vest or a reflective vest with a blinking light, and carry a lighted flashlight or wear a headlamp. As a precautionary matter, we encourage runners to wear reflective vests at all times. We strongly urge you to stay in your van between sunset and sunrise unless you are running or safely within the confines of a transition area. Should you determine it is absolutely necessary to be outside your van at night, you must be wearing a reflective vest and you must have a light attached to you or in your hand. Everyone needs to be alert. Traffic may expect runners along the road but they will not expect anyone darting across the road to support or cheer on a runner. So everyone, not just the runner, must be careful at all times.

For many runners this is their favorite run of their 3 legs and this is their favorite time of the relay. It can be such a great experience. Enjoy the moment, but be alert.

4. Drinking and driving—This is a serious issue. The laws that prohibit motorists from drinking and driving obviously apply to our participants too.

5. Escorts – At any part of the relay a runner may be accompanied by another runner. But please no bike escorts except on Leg 4 or on bike paths. On certain roads a bike escort creates a traffic and safety hazard.

6. Runners CANNOT use headphones on Legs 8 through 32.

7. Permits, law enforcement, signs, a system for emergencies, and lots of volunteers — We take many, many steps to make this event a safe experience. Those steps include the following:

Every single mile of our course is permitted by appropriate authorities. It's more important that everyone finish safely than anything else. A permitted race is one that has been "vetted" by local authorities. We don't consider that a hassle. We consider it a necessity.

We work closely with the law enforcement authorities. We contract with them to patrol certain parts of the course and help with traffic controls services. We pay them to do it. We're happy to have them involved in the event. So expect to see California Highway Patrol and Nevada Highway Patrol officers again and again.

In addition, we put up changeable message boards and "Special Event Ahead" signs along the course in strategic locations to let drivers know that you are out there. We also will place some light plants at certain exchange points.

We have a system in place to deal with any emergencies should one arise. If necessary please use the contact numbers we provide in the Relay Handbook.

Every exchange point will have volunteers. If you have any issues about safety, please let them know.

8. The Check in and Team Captains Meeting— We would prefer that each team check in the night before. When you do, you must demonstrate that you have the proper reflective and lighting equipment. Then, you are required to have at least one team member attend the team captain's meeting. At that time, we will tell you about any last minute course issues or event issues. This is not a meeting that can be lightly blown off.

We want to hold this event every year. In order to do so, we need your cooperation regarding these safety issues. Thank you for your consideration.

**Please pay particular attention to the following issues on the Reno-Tahoe Odyssey course.**

**Caution: Crossing railroad tracks on Legs 2**

Please be careful crossing the tracks. The Union Pacific Railroad runs trains on these tracks every day all day. The crossing on Leg 2 on Woodland Avenue has 3 tracks; the trains may be going as fast as 45 mph.

Here are some important facts that you should be aware of:

1. You cannot judge the distance and speed of an oncoming train.
2. A train can approach any track, from either direction at any time. On multiple tracks, more than one train can be present at one time.
3. You cannot always hear a train coming.

When the crossing gates go down and the lights and bells start up, **DO NOT CROSS THE TRACKS!!** Rather, wait patiently for the train, and enjoy the brief rest stop. This is a 24 hour relay on a 178 mile course on roads open to traffic and other elements. There are going to be moments when your team is not advancing along the course due to some circumstance outside your control. A train at a crossing is one of these circumstances. Be smart and safe.

**CA State Route 89 From Truckee To South Lake Tahoe**

Probably the most challenging road on the course is Highway 89 from Truckee to South Lake Tahoe. Legs 9 through 17 travel along this highway. We want you to be particularly careful along this stretch.

Runners should do the following:

- Runners must wear their reflective vests even if they are running along this highway during the day time.
- Run off the roadway on the shoulder whenever you can. Run outside of the white line that separates the main roadway from the shoulder. NEVER run on the white line. NEVER run inside the white line in the traffic lane.
- On Legs 11, 12, 13, 14 and 16, we encourage you to run on the bike path that is next to the roadway.
- Leg 15 is the narrowest leg on the course and there are very limited places for the van to stop. So runners need to be alert and runners should expect to run this without any van support. Just follow the ribbon of road. You cannot get lost. Run with traffic on the right side of the road. At the end of the leg at the exchange point, cross there. Be careful running this leg and crossing at the end of the leg.

Van drivers should do the following:

- Be certain you can see out all of the windows of the vehicle. DO NOT block your view outside the windows of the vehicles by putting up decorations or signs on those windows.
- Only stop along the roadway where there is plenty of room and where the traffic can clearly see your vehicle exiting and entering the road.
- Do NOT stop suddenly. DO NOT get back into traffic suddenly.

- Between Truckee and Squaw Valley (Legs 9-10), DO NOT pull over that frequently. Only pull over where you can fit your van off the road in the dirt far away from the white line separating the traffic lane.
- Between Homewood and South Lake Tahoe (Legs 13-16), please mind the speed limit, especially when you are driving by our runners! This is where the road is the narrowest at points. Please exercise extra caution driving along this stretch.
- Leg 15 is the narrowest leg on the course and there are very limited places for the van to stop. So van drivers need to be alert and expect to drive this leg really, really slow. You may not have any opportunity to offer your runner support. So don't expect to do so. Just drive to the next exchange. Your runner cannot get lost.

**No one should wave any large flags or banners. That can distract the other motorists.**

**A note about the paved pathways on Legs 12, 13, 14, 15 and 16 – Be alert:**

The bike paths along these legs are parallel for the most part to Hwy 89. At certain locations, however, these paths turn away from the road and twist through the trees. This may be a little spooky for you, especially in the night. There are wild animals about. We have had bear sightings. Usually grazing in dumpsters. When running into the woods, we suggest making some noise. Or run with a partner. Or just stay on the shoulder of the roadway at those points.

**Caution: Parking At Van Exchange Points (Nos. 6, 12, 18, 24 and 30)**

The van exchange points will be more crowded this year due to the large field. Please be careful entering and exiting them. Watch out for runners and other team vehicles and other motorists.

**Exchange No. 6** is in a day use area along the east shore of Boca Reservoir east of Truckee. There will be one traffic pattern in this exchange, a counterclockwise loop. Please follow the direction of the volunteers working this exchange and park in the designated areas. Do not drive the wrong way in the loop. Do not drive through or park in the sagebrush. In addition, do not park across the road from the exchange.

**Exchange No. 12** is in Homewood, CA on Lake Tahoe's spectacular west shore. We will have the large south lot at Homewood Mountain Resort for our use. Enter and exit the lot from Fawn Lane. Fawn Lane is the first right immediately past Homewood Mountain Resort. We will not use the front entrance. In addition, there is street parking across the road from Homewood Mountain Resort. If you park on that side of the highway, please be careful crossing the road to get to the exchange.

At **Exchange No. 18** at South Lake Tahoe's Village Center, there is a very large parking lot with plenty of parking spaces. The front entrance will be closed. Vans will need to enter and exit using the street on the east side of the parking lot just past the Starbucks. Turn right onto that street, then right into the parking lot.

At **Exchange No. 24** at the Super Walmart store just south of Carson City, there is another very large parking lot with plenty of parking spaces. There are two entrances to the parking lot off of Topsy Drive. We'd prefer that you use the first one as compared to the second one right by the Walmart sign and the exchange. We'd prefer that you exit there also.

**Exchange No. 30** is in the heart of historic Virginia City. We are closing the main street (C St.) for the block where the exchange is located. When you reach Virginia City, find your way to E Street 2 blocks east of C Street

and park by the museum at the corner of E Street and Union. It is a short two block walk up the hill to the exchange across from the Delta Saloon and next door to the Bucket of Blood Saloon.

### **Caution: Parking for Exchange 9 off Highway 89 between Truckee and Squaw Valley**

Exchange No. 9 is in a large dirt area adjacent to Highway 89. We will direct vans to veer off the highway and park just short of the exchange in the dirt area. Be careful leaving and re-entering the highway here. Quickly get out of, then back into, the traffic lane.

### **Specific Parking Rules at Exchanges 2, 10, 13, 15, 17, 21, 29 and 32**

For 2, 21 and 32, please park on the right only. DO NOT park on the left side of the road across from the exchange area.

For 10, please park in the Squaw Valley Park parking lot. DO NOT park across the street from the park.

For 13, please turn right on and drive up the hill and park on one of the side streets or turn around and park headed down the hill on Silvertip Drive. DO NOT park on the right side of Silvertip going up the hill, because that will block traffic coming in and out of this exchange. Also DO NOT park along CA State Route 89.

For 15, please pull into the long driveway of Taylor Creek Visitor Center and park in the nearby parking lot. DO NOT park on the right side of the driveway, because that will block traffic coming in and out of this exchange. Also DO NOT park across the highway from the exchange.

For 17 at the Lake Tahoe Community College, they are doing construction and using the big parking lots on the left and the right for construction purposes. So park in the driveway straight ahead beyond the exchange.

For 29, please park parallel in the chain installation area on the right. If that area is full, please park continue past the exchange and park along the road above the exchange and walk back to the exchange.

### **Team Vehicles**

Due to a number of runner exchanges being relatively small, we limit the size of the team vehicles to 20 feet long. So no big long and wide RVs, no limousines, etc. Please follow this key rule. It makes for a much better scene at those smaller exchanges.

One caveat to this rule is that your team may park a larger RV at Exchange Point Nos. 18, 24 and 30 to use for your team's mobile lodging. There are big lots at those locations where there is more room. The location at Exchange Point No. 30 in Virginia City is on E Street between the V&T Museum and the Silverland Hotel. BUT PLEASE DO NOT have those big RVs follow you along any part of the course in California. In the Boca area and along CA State Route 89 we do not want those big vehicles tying up traffic on those smaller roads.

### **Cautionary points about Leg 9 and Leg 15**

Leg 9: When the runner reaches West River Street in Truckee, turn right and run with traffic. At the intersection at CA State Route 89, the runner MUST obey the traffic signals and cross Hwy. 89 on a green light, then start to run south on Hwy. 89 on the southbound side of the road. This is the one and only place to cross Hwy. 89 and get to the southbound side of the road.

Leg 15: This is the narrowest leg on the course. There are few places for vans to stop to support the runner. So runners need to be alert and runners should expect to run this without any van support. Run with traffic on the right side of the road. At the end of the leg at the exchange point, cross there. Be careful running this leg and crossing at the end of the leg. There is a bike path at the end of this leg that you may want to use that you can pick up about a mile from the end of the leg.

### **Runners who use headphones**

Runners CANNOT use headphones on Legs 8 through 32. So if you “need” to listen to music when you run, please come up with an alternative where your ears are free to hear other things too, such as bears and other wildlife chasing you, traffic honking at you to get off the roadway, and stupid people doing stupid stuff to distract you and stop you from running.

### **Runners in the Night Time Hours**

Runners may take whatever precautions they want to feel safe when running in the night. Have your van monitor your progress on a regular basis. DO NOT have your van drive to the end of the leg and wait for you there. Someone else may accompany you while you run. Carry whatever you like for protection. But no bike escorts. Wear or carry a white light on your front side and attach at least one blinking light on your back but you want to impersonate a Christmas tree with a number of blinking lights on your back. The more, the better. And a reflective vest with a wide reflective stripe. Don't skimp here!

### **Caution: Crossing large intersections with traffic lights on Legs 35 and 36**

There are a few large intersections where you need to be particularly careful. South Virginia Street on Leg 35. On Leg 36, there is McCarran Blvd., Moana Lane, Plumb Lane, and California Avenue. Be patient waiting for the lights including the lights for the left turn lanes. Don't dash across and put yourself in harm's way. Not worth it. And of course do not take over the intersection stopping traffic so that your runner can run free without having to stop. That happened last year in south Reno at a major intersection. Incredibly self absorbed and rude, and really stupid and dangerous!

### **Heat Stroke**

Below is some helpful information about heat stroke.

#### **What is heat stroke?**

Heat stroke is the most severe form of heat illness and is a life-threatening emergency. It is the result of long, extreme exposure to the sun, in which a person does not sweat enough to lower body temperature. The elderly, infants, persons who work outdoors and those on certain types of medications are most susceptible to heat stroke. It is a condition that develops rapidly and requires immediate medical treatment.

#### **What are the symptoms of heat stroke?**

The following are the most common symptoms of heat stroke, although each individual may experience symptoms differently. Symptoms may include:

- headache

- dizziness
- disorientation, agitation or confusion
- sluggishness or fatigue
- seizure
- hot, dry skin that is flushed but not sweaty
- a high body temperature
- loss of consciousness
- rapid heart beat
- hallucinations

### **How is heat stroke treated?**

It is important for the person to be treated immediately as heat stroke can cause permanent damage or death. There are some immediate first aid measures you can take while waiting for help to arrive.

- Get the person indoors.
- Remove clothing and gently apply cool water to the skin followed by fanning to stimulate sweating.
- Apply ice packs to the groin and armpits.
- Have the person lie down in a cool area with their feet slightly elevated

### **How can heat stroke be prevented?**

There are precautions that can help protect you against the adverse effects of heat stroke. These include:

- Drink plenty of fluids during outdoor activities, especially on hot days. Water and sports drinks are the drinks of choice; avoid tea, coffee, soda and alcohol as these can lead to dehydration.
- Wear lightweight, tightly woven, loose-fitting clothing in light colors.
- Schedule vigorous activity and sports for cooler times of the day.
- Protect yourself from the sun by wearing a hat, sunglasses and using an umbrella.
- Increase time spent outdoors gradually to get your body used to the heat.
- During outdoor activities, take frequent drink breaks and mist yourself with a spray bottle to avoid becoming overheated.
- Try to spend as much time indoors as possible on very hot and humid days.

In summary, every runner needs to be properly hydrated for their legs. Please err on the side of carrying water with you or having your teammates provide you with water during your leg.

### **Caution: Leg 4**

Leg 4 is the toughest leg on the course due to the extensive and long climb. Many of you will be running it in the heat of the afternoon, making it even more of a challenge. Don't get carried away with the time trial. Your health and safety are more important than running a fast time. Take care of yourself before you start and during this leg.

Your van CANNOT accompany the runner. THEREFORE, the Leg 4 runner MUST carry one or more water bottles. We will have an aid station at the four-mile mark and we will be able to top off your water bottles there.

### **Caution: Leg 7**

Leg 7 is the second longest leg. And it will be Friday afternoon that most run it. It is mostly on dirt roads, from Boca Reservoir to the exchange point by Prosser Reservoir.

Your van CANNOT accompany the runner. THEREFORE, the Leg 7 runner MUST carry one or more water bottles. We will have an aid station at about the four-mile mark and we will be able to top off your water bottles there.

### **Caution: Leg 9**

Town of Truckee is putting in new sidewalks on Donner Pass Road in downtown Truckee. So we will need to run WITH traffic on that road and cross by the roundabout.

### **Caution: Leg 33**

The first 4 miles of Leg 33 are on a dirt road down the canyon before reaching the paved part of Toll Road. There are sections that are steep and rocky and uneven. So the Leg 33 runner should be good at running downhill on uneven, rocky roads. With little sleep. Please run SLOWLY down the canyon.

Your van CANNOT accompany the runner down the canyon on the dirt road. THEREFORE, the Leg 33 runner MUST carry one or more water bottles. We will have a first aid station at the bottom of the canyon. So if you fall and bang yourself up, please get down the canyon for help. Your van can meet you there. See the Leg 33 map for directions.

### **Now the good news about Legs 4, 7 and 33:**

These legs are three of the prettiest legs on the course. You will be blown away by the vistas of the surrounding mountains and valleys. And on Leg 33 don't be surprised to see wild mustangs grazing along the route. So if you have the skills and if you have a sense of adventure and like to enjoy great views as you run, then be sure to run one of these legs.

### **Quiet Zones and Other Good Neighbor Practices**

The course passes through some residential neighborhoods, including some during the night time when people are trying to sleep. **Please be quiet. Do not honk your car horn or any other horns. Do not ring your cowbells or any other bells. Do not speed in your vans.**

Where? In the following areas in particular but as a general rule wherever there are homes:

- Leg 8 on Prosser Dam Road and through Grays Crossing golf community
- Leg 16 through Tahoe Keys
- Exchange Point No. 19 at Daggett Summit at the top of Kingsbury Grade
- Exchange Point No. 21 at the bottom of Kingsbury Grade
- Exchange Point No. 22 in the cute little town of Genoa, Nevada's oldest settlement
- Leg 25 through south Carson City
- Leg 26 through the middle of Carson City



**Keep the roads clear at Exchange Point Nos. 31 and 32.** These are the only roads for residents to use to access their Virginia Highlands neighborhood. They need to use these roads during our event. So please keep out of their way.

**Follow traffic signals at all intersections, and be polite toward other motorists.** Never stop traffic so that your runner can run through an intersection without having to mind the traffic and pedestrian laws.

**And please use the portable toilets at each exchange point. Do not pee in anyone's yard!**

### **Splitting a leg between two or more runners**

Each runner should run his or her entire leg. A runners may stop and let another runner run the rest of the leg only if the runner believes he or she is about to suffer injury. We do not want anyone to get hurt. However, we also do not want teams to exchange wherever they want to do so. This creates various safety hazards. And it is not how teams are supposed to run this event.

### **Disqualification**

If anyone on your team violates any of these rules, your team may be disqualified. No one wants to be onerous or difficult, but safety is very important. We want everyone to have a good and SAFE time.

### **Final point about complying with the rules and being good citizens**

**PLEASE PLEASE PLEASE** follow the event rules and the traffic laws. Please be reasonable and responsible as you travel the course. Please pick up your garbage and put it in trash cans. There are many people who enjoy doing this event. A lot of people in fact based on this year's sell out, the second in a row. We want to be able to put on the RTO every year for many years to come. Thank you in advance for your consideration and your cooperation.