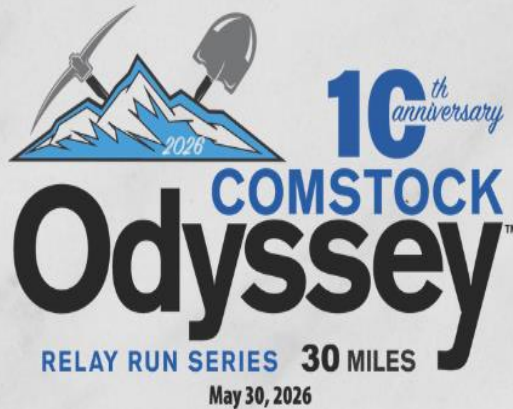
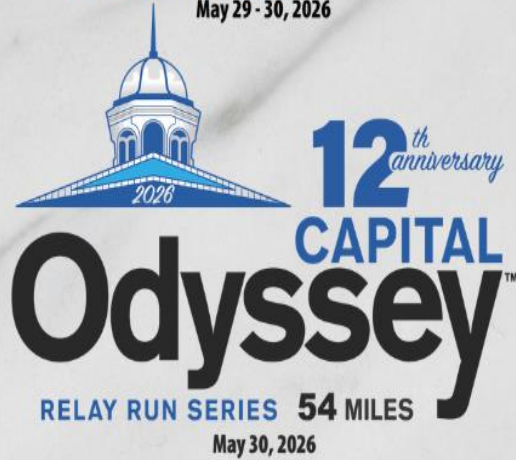
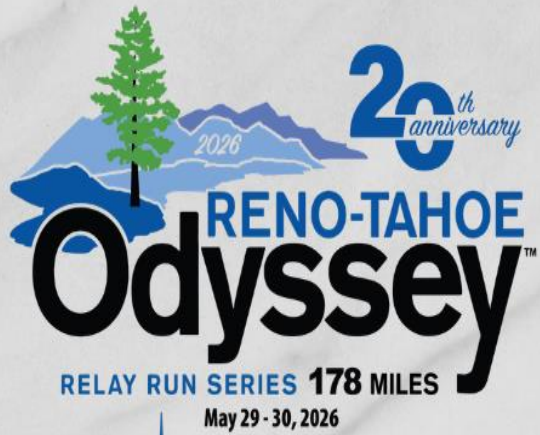


# RUNNER'S HANDBOOK



Presented by:



Produced by:



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WEBSITE:



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Hello Runners,

Welcome to the 20th running of the Reno-Tahoe Odyssey Relay Run Adventure, the 12th Capital Odyssey Relay and the 10th Comstock Odyssey Relay!

This is a spectacular, one-of-a-kind course, including downtown Reno, beautiful Lake Tahoe, historic Virginia City and countless epic views along the way. We have fun contests for the most spirited teams and exchange points, plus the Leg 4 Time Trial where we will crown the fastest man and fastest woman. This is a challenging event so remember to smile, cheer on fellow runners, then celebrate your achievement at the J Resort Festival Grounds Finish Line Festival.

Will any of you be joining the Circle of Fame? Please let us know so we can have your swag ready for you. If you have run 5 RTOs or 10 RTOs or 15 RTOs, we will be giving you special patches.

Your safety and the safety of everyone else out there is critical, so we need you to follow the rules, especially along CA State Route 89 (Legs 9 through 16). Please follow the Leg instructions and cross the highway only where we direct you to cross.

Once again, there will be a lot of runners and vans so be alert and patient. Please check in with the volunteers at each exchange point so we can keep track of your team.

Preparation is key. Get familiar with the legs you are running. This event is so much more fun when you are not lost.

No one leaves XP 18 before Friday 10:30 pm and XP 24 before Saturday 2:30 am. Start times are critical, so please reach out if you have questions or concerns about your given start time.

If it is REALLY hot on Saturday, we will have a procedure to deal with starting teams' second vans a little early in Virginia City.

Thank you for joining us this year. Please thank every volunteer. Respect the locals. Be safe. Have fun.

Best regards,

Matt Balzer

President, Reno Running Co.

RTO Race Director

[matt@renorunningcompany.com](mailto:matt@renorunningcompany.com)

775-771-1369



## **RELAY BASICS**

We are proud of this course as it takes you on an amazing tour of the Reno-Tahoe region. Along the way, you will see many of the attractions this area has to offer.

- The course is divided into 36 legs. At the end of each leg is a runner exchange point. That is where one runner ends and the next runner begins.
- Runners will carry a team slap band and pass that to each other at the exchange points. The slap band takes the place of a baton.
- Teams with 12 runners run through a consecutive order to complete the relay course. After running the first 12 legs, the runners repeat this process for the second and third groups of 12 legs. Each runner should run 3 legs of the 36 leg course.
- Each team has two vehicles, with 6 runners in each vehicle. The first vehicle with 6 runners will cover the first 6 legs. The second vehicle with the next 6 runners will cover the next 6 legs. The vehicles will leapfrog along the course alternating the completion of each group of 6 legs until the team finishes the course. Accordingly, the runners in the first team vehicle will cover Legs 1-6, 13-18, and 25-30. Let's call that vehicle "Van 1." The runners in the second team vehicle will cover Legs 7-12, 19-24, and 31-36. Let's call that vehicle "Van 2."
- At the end of each group of 6 legs is a vehicle exchange area. That is where one group of 6 runners completes running the prior 6 legs and the team's second group of 6 runners begin to run the next group of 6 legs.
- Part of the challenge of a relay like this one is to estimate how long it will take each runner to run his or her leg. Teams need to be at the next exchange point when the runner arrives. In addition, the "resting" team vehicles need to be at the vehicle exchange point (ready to run the next six legs) when the "running" team vehicle arrives carrying the runners who ran the prior six legs.
- Each team must provide its own supplies to support its runners. Plan to leave room in your vehicles for these supplies. Do not plan on any aid stations along the course.

## **RELAY SAFETY GUIDELINES - General**

***The safety of every runner is our first concern, so we address safety before anything else in this Handbook. It is our expectation that every participant reads this Handbook. We request that a copy of this and the Leg Maps are in each team vehicle.***

### **Emergencies**

If you have a life-threatening emergency, please call 911. If you have a non-life-threatening medical emergency, please call REMSA at (800) 648-4888 and ask for the Communications Supervisor. You may call 911 also but after you have called the number above. Once you have things under control, please contact Matt Balzer at (775) 771-1369

Volunteers at every exchange point will be ready to address a medical emergency and contact REMSA too.

There are hospitals with emergency facilities along the course. They are:

- Sierra Medical Center – Emergency (775) 799-7399, 6500 Longley Lane, Reno
- Renown Medical Center (775) 982-4100, 1155 Mill St., Reno

- Tahoe Forest Hospital (530) 587-6011, 10121 Pine Ave, Truckee
- Barton Hospital (530) 541-3420, 2170 South Avenue, South Lake Tahoe
- Carson Tahoe Medical Center (775) 445-8000, 1600 Medical Parkway, Carson City
- Renown Medical Center South Meadows (775) 982-7000, 10101 Double R Blvd., South Reno

***Let's get down to it...***

Nothing could be more serious than your safety. This section is critical for every runner to review and understand. We request that each of you be mindful of overall safety. Please be careful while running and traveling the course. This is a long-distance relay run that will take most teams 24+ hours to complete. 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. The roads and paths used for the relay course are NOT closed for the event.

In general:

At all times, **every runner, team driver and team member**

- needs to be alert and exercise caution at all times.
- must comply with all traffic laws.
- respect everyone's property. Go to the bathroom in a public restroom/facilities or in the portable toilets we provide at the XPs.
- does not litter.
- be quiet in the QUIET ZONES.
- parks in designated areas at the XPs.
- parks legally and completely off the roadway when stopping to support your runner. Do not stop if there is no room!

At all times, **runners** must also

- follow the directions provided with each leg.
- run outside the white lines on the shoulders of the roads as much as possible.
- be ready to step off the course if you hear a large truck coming or a lot of other traffic.
- cross roads at designated intersections and comply with the traffic signals.
- stop for a few moments to make sure you are in a safe spot if you need to.
- 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.

**NOTE:** If anyone associated with your team violates these rules, your team may be disqualified. We are not trying to be hard asses. We just want this event to happen year after year, so that we get our permits and approvals every year, and that we do not create problems for the property owners along the course and the other motorists using the roads. And of course, we want to see ALL of you with your smiling faces and tired legs at the Finish Line Festival! Thank you for your cooperation.

### Team vehicles

- **No team vehicles over 23 feet long or 8-feet wide** for your team support vehicles. No class C or A motorhomes, no buses regardless of length or width, RVs, limousines, long wheelbase Sprinter vans, etc.
- Due to a few runner exchanges being relatively small, we limit the size of the team vehicles. Please follow this key rule. It makes for a much better scene at those smaller exchanges.
- One exception to this rule is that your team may park a larger RV at Exchange Point 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 of Exchange Point 30 in Virginia City is on E Street.
- PLEASE DO NOT have big RVs follow you along any part of the course in California. We do not want big vehicles typing up traffic on smaller roads, specifically in the Boca area and along CA State Route 89.
- Team vehicles should act as an additional safeguard for runners. We provide each team with two bright yellow "Runners on Road" signs for you, one for each vehicle. Place the sign on the back of the vehicles in a conspicuous location (tip: use painter's tape). If you have extra ones, use them.
- We recommend checking in on your runner once during the course of each leg then driving to the exchange point.
- Team vehicles should not cause traffic and safety issues. Team vehicles may not drive next to runners for long periods of time, 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. Do not place any signs or decorations on the vehicle that block your views out of the windows of the vehicle.
- 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.
- Do not take over an intersection stopping traffic so that your runner can run free without having to stop. That happened one year in south Reno at a major intersection. This is not how we roll during the event, and it really is dangerous!

### Night running

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 and YOU MUST FOLLOW THESE RULES or be subject to disqualification:

- From dusk till dawn, runners must wear a lighted vest or reflective vest, then two blinking lights visible on their back and carry a lighted flashlight, a headlamp or waist lamp on the front.
- As a precautionary matter, we encourage runners to always wear reflective vests no matter the time.
- We strongly urge you to stay in your van between dusk to dawn unless you are running or are safely within the confines of an exchange area.
- Should you decide it is absolutely necessary to be outside of your van at night, you must wear a reflective vest and carry a flashlight, wear a headlamp or wear a waist lamp on the front. Traffic may expect runners along the road, but they will not expect anyone darting across the road to support or cheer on a runner.

### Drinking and Driving

This is a serious issue. The laws that prohibit motorists from drinking and driving obviously apply to our participants too. Do not put anyone's life in danger: do not drink and drive.

### Running Partner

At any part of the relay, a runner may be accompanied by another runner. Please no bike escorts.

### Headphones

We recommend no use of headphones on Legs 8 through 32. If you must wear them then your 2 options are the (outside of ear) bone-conducting headphones, or only one earbud in your ear (no earbud in the traffic-side ear). Not following this rule makes your team subject to disqualification.

### Railroad Crossings

Please be careful when crossing railroad tracks. The trains may be going as fast as 45 mph. Please keep the following in mind before starting the event.

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 circumstances outside your control. A train at a crossing is one of these circumstances. Be smart and safe.

### Wild Animals

Although rare, be aware that it is possible for wild animals to make an appearance while running this event. The bike paths located around Lake Tahoe are parallel (for the most part) to Hwy 89. However, at certain locations, these paths turn away from the road and twist through the forest (Legs 15,16). This may be a little spooky for you, especially at night. We have had bear sightings, usually grazing in dumpsters. When running into these more wooded areas, we suggest making some noise as a safety precaution or running with a partner. **DO NOT APPROACH WILD ANIMALS!** If you come across them, stay away. Always be aware of your surroundings.

### Permits, law enforcement, and signs for safety

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 – that means 2 states, 9 counties, 5 sheriff departments, and 33 different state and private entities including: CHP, NHP, USFS, Cal Trans, and NDOT. It's more important that everyone finishes 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 control. We pay them to do it. We're happy to have them involved in the event.
- 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.

### Team Check-in and Team Captains Meeting

Teams are required to check in the night before the start of the race at the official Team Check-in session. This is where you get your race bibs, signs, goodies, etc. At check-in, you must also demonstrate that you have the proper reflective and lighting equipment – **at least one full set for each vehicle**. At least one team member must attend the captain's meeting. This year there will be three sessions available for the captain's meeting. Each team will be required to sign in at the meeting. No team is exempt. At the meeting, 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. To do so, we need your cooperation regarding these safety guidelines. Thank you for your consideration.

See section in this Handbook for detailed information, time and location. (Captain's Meeting, page 13)

## **RELAY SAFETY GUIDELINES – Exchange Points**

*Please pay particular attention to the following exchange point issues on the route used for the Reno-Tahoe Odyssey, Capital Odyssey and Comstock Odyssey.*

There are 2 types of exchanges – runner and van exchange points. Please be aware that the van exchange points are always the most crowded exchanges. Please be extra careful when entering and exiting them. For all exchanges, watch out for runners and other team vehicles and other motorists.

- **XP 2** - park on the side of the road where the exchange is. DO NOT park across the road of the exchange area.
- **XP 3** takes place on elementary school property, and children will often be present cheering on the runners. NO INAPPROPRIATE CLOTHING, TAGS, PROPS or LANGUAGE are allowed here. Any teams in violation will be subject to disqualification and removal from the event. We will strictly enforce this. Parents will be dropping their children off for school. Be a good neighbor and allow them the space they need for access if you're present. Don't ruin it for your team, do your part, and be respectful to the children, parents, and school community. Lastly, do not park in the school parking lot. Do not park in or block the driveways across the street from the school.
- **XP 6** is a **VAN EXCHANGE POINT** at the Tahoe Forest Church, 10315 Hirschdale Road in Truckee. Parking will be inside the church property. Please park in the designated spots and follow the directions given by our parking attendants. There will be one-way traffic on the church property, so follow the one road to the exit. DO NOT EXIT WHERE YOU ENTERED. DO NOT DRIVE THE WRONG WAY ON THE CHURCH PROPERTY. DO NOT PARK AT THE HIRSCHDALE ROAD - GLENSHIRE ROAD INTERSECTION.
- **XP 7** - park along the north side (left side when driving in) of the dirt Prosser Dam Road just beyond the exchange. You will need to make a U-turn on the dirt road. Your van should be facing westbound.

- **XP 9** (Highway 89 between Truckee and Olympic Valley Park) This exchange 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 **EXTREMELY CAREFUL** leaving and re-entering the highway here. Quickly get out of, then back into, the traffic lane.
- **XP 10** - park in the Olympic Valley Park parking lot. **DO NOT** park across the street from the park.
- **XP 12** is a **VAN EXCHANGE POINT** and has returned to Homewood Mtn Resort. There is ongoing construction so please follow the flaggers' direction and be mindful while parking.
- **XP 13** - turn right 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.
- **XP 15 AND 16 NOTE:** Camp Richardson at South Lake Tahoe is not part of the relay. We do not have an arrangement with Camp Richardson. So, unless you have a room or campsite there, please do not stop there. Thank you.
- **XP 15** - 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.
- **XP 16** will now be held on the far eastern side of Venice Dr, past the neighborhoods and near the marina. Park on the side of the road close to the exchange and watch carefully for runners.
- **XP 18** is a **VAN EXCHANGE POINT** and will be at a new location held in Stateline, NV just north of the City of South Lake Tahoe and features access to Kahle Park for a quiet rest area. There are two entrances/exits to this exchange, one for the runners and another for vans. Please follow the leg map directions carefully. Kahle Park is a quiet zone. For any trash and bathroom needs use the dumpster and restrooms we've provided at the exchange point.
- **XP 19** is at a new location just east of Daggett Summit on the Kingsbury grade.
- **XP 21** - park on the side of the road where the exchange is. **DO NOT** park across the road from the exchange area.
- **XP 24** is a **VAN EXCHANGE POINT** at the Super Walmart store just south of Carson City. This is another very large parking lot with plenty of parking spaces. There are two entrances to the parking lot off Topsy Drive. We'd prefer that you enter/exit from the first entrance into the shopping center, as opposed to the second entrance near the Walmart sign and XP.
- **XP 29** - park parallel in the chain installation area on the right. If that area is full, please drive past the XP and park along the road, then walk back to the exchange point.
- **XP 30** is a **VAN EXCHANGE POINT** 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.
- **XP 32** - park on the side of the road where the exchange is. **DO NOT** park across the road from the exchange area.

## **RULES, CODE OF CONDUCT, ETIQUETTE AND PENALTIES**

- *PLEASE PLEASE PLEASE follow the event rules and the traffic laws.*
- *Please be reasonable and responsible as you travel the course.*
- *Please use the portable toilets at each exchange point. Stay off people's lawns/yards. Do not pee in anyone's yard!*
- *Please pick up your garbage and put it in trash cans.*

*There are many people who enjoy doing this event. 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.*

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

The course passes through some residential neighborhoods, including some during the nighttime when people are trying to sleep. **Please be quiet. Do not honk your car's 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 rule wherever there are homes:

- Leg 8 on Prosser Dam Road, one of Truckee's most established neighborhoods
- Leg 16 through Tahoe Keys
- XP 18, Kahle Park
- XP 21 at the bottom of Kingsbury Grade
- XP 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

**XP 31 and 32**, keep the roads clear. 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.

### **Restrooms**

Please use the portable toilets at each exchange point or other restrooms along the course that are open to the public. Do not go to the bathroom in the yards or on the property of residents near our exchange points or along the route.

Please be respectful of restrooms along the course. Treat them as your own so that we may continue to use them. One public restroom at a Nevada State Park facility at one exchange point was left in such HORRIBLE condition one year that we lost our privileges to use those restrooms.

### **Trash**

In the past, we have had some complaints about runners littering the course with water bottles and other trash. Please throw away all trash in the garbage cans near the portable toilets at exchange points or in other garbage cans along the course. This is not a typical road race where we follow behind you and pick up. We cannot do that for 178 miles. So please pick up after yourself. Thank you!

### **Tagging**

A fun ritual at relays is "tagging" other teams' vehicles with your team's distinct mark. Under no circumstances should anyone put something on a car's paint. Be sure that whatever materials you use for tagging are temporary and fully removable-use washable markers or little magnets. DO NOT make any permanent marks that damage the vehicles. Do not use real stickers. Only tag vehicles that are clearly part of the event; if you're unsure if a vehicle is an RTO vehicle do not touch it.

**IMPORTANT:** Do not use profanity, offensive language or crude images while tagging. Any team leaving inappropriate tags will be subject to immediate disqualification from the event, and from future years of the event. Much of the RTO takes place on school properties and in public areas; be responsible and do not ruin your team's experience.

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

Each runner should run his or her entire leg. A runner 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 our safety guidelines, 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.
- Only Matt Balzer, Race Director, has authority to pull a team from the relay and direct them to stop. If a volunteer at an exchange point or anyone else happens to tell your team that your team is disqualified and the relay is over for your team and you must stop, please call Matt at (775) 771-1369 to confirm.
- Teams that are disqualified may not receive their medals at the finish line, and they may not be listed in the official results. Relay officials reserve the right to impose other penalties.

### **Time Adjustments and Penalties**

**AHEAD OF TIME:** Teams may be asked to stop at an exchange point for a period of time if they are ahead of their projected times or for other reasons. If you are asked to stop, please track your stopped time from the time you get to the exchange point until the time you are authorized to continue. Confirm this stop time with relay officials and the exchange point volunteers at that exchange point where you stopped. We will subtract the stop time to determine your total time.

**HARD HOLD TIMES:** If your team is running fast or ahead of our volunteers, expect to be stopped and held for a period of time at Exchange No. 18 and/or No. 24. If you think you will get to either of these locations before the times below, please contact Matt Balzer about adjusting your start time.

- XP 18, we'll hold all teams until 10:30 pm.
- XP 24, we'll hold all teams until 2:30 am.

**FALLING BEHIND:** Teams that fall behind their projected times or who fall outside of the time windows for the exchange points will be asked to skip legs. Volunteers or Matt Balzer will let you know at XP 12, 18, 24 and 30 if you need to skip ahead 3 legs.

### **Rules for Competitive Teams Trying to Win Their Division or Overall RTO**

Please note that this event is not set up to be a true competition. We cannot guarantee uniformity with all the conditions that each team will encounter. Teams run at different times of the day and night. Teams encounter different challenges, such as different weather conditions at different parts of the course, and different length stops for trains and/or long red lights and/or unexpected wildlife encounters. We cannot police every mile of a 178 mile course.

To be eligible for RTO award categories, Team Captains must submit completed Team Time Logs at the finish line. Team Time Logs are provided during Team Check-in and can also be found in the Appendix section of the Runners Handbook. Race officials are the final authority to determine the winners of the divisions. Their decision stands.

### **What Happens If It Is Really Hot on Saturday?**

- If we have record high temperatures on Saturday, we will let some teams start their second van on Leg 31 before their first van finishes Leg 30. This is for your health and safety.
- Teams will need to contact Matt Balzer to get permission so that we know where your team is and IS NOT running.
- To help manage the situation, we'll need the team captain to text Matt at (775) 771-1369. We'll need you to provide the following info: (1) Team captain's name and cell phone number; (2) Team No.; (3) anticipated time of day that your Van 1 will finish Leg 30; (4) estimated amount of time that your Van 2 will need to finish the final 6 legs. Once that information is provided, Matt will let you know if your team may start its Van 2 on Leg 31 before its Van 1 reaches the end of Leg 30.
- We also may direct your team to skip some legs.
- Cooperation and communication with Matt are important. We need to know what is happening with your team, and we will let the exchange point volunteers know that your team won't be passing by a certain exchange.

## **TEAM CHECK-IN AND CAPTAIN'S MEETING FOR ALL RELAYS**

### **TEAM CHECK-IN**

*When your team checks in, there will be multiple stations for you to pass through. Just one person can check in the team. Every team member does NOT have to be present but we will have RTO merchandise for sale so some might want to stop by.*

- Date: Thursday, May 28
- Time: 4:00 to 7:00 p.m.
- Location: J Resort Festival Grounds parking near 251 N Arlington Ave. Look for J Resort lots marked B1, B2, C, E and J Resort. These lots are near Arlington, Washington, Third and Fourth.

### **Station 1a:**

You provide us with the following:

- 1) Confirm your team's name and number, your start time and your division.
- 2) Fully signed release / authorization forms for any runners who were added after May 15. A paper release must be signed and provided to us. The form is in the Appendix of this handbook. We will not provide forms for you.
- 3) Confirm the cell numbers of at least 1 runner in each van if you provided it online or provide us with a list. This will speed up the process and not require you to have to write in that info on a phone list on-site.

### **Station 1b:**

No RTO or Capital teams are exempt from this Station. We had many runners without enough lighting at dusk/night last year. We need you to demonstrate that you understand and have the equipment for your runners to be safe and visible for their dusk till dawn runs.

Show us your safety equipment – one set for each vehicle. From dusk till dawn, runners must wear a lighted vest or reflective vest, have two blinking lights visible on their back, and carry a lighted flashlight, a headlamp or waist lamp on the front. But please have a lot more. Plan to decorate yourself with enough lighting to be visible from the front and back. Yes, a human Christmas tree is the goal and what we want to see!

If you plan on getting out of your vehicle when you aren't running, you must wear a minimum of a reflective vest and lighted flashlight, headlamp or waist lamp. You need to be seen as well.

NOTE: make sure you have extra batteries for your lights as well as chargers.

## **Station 2:**

We provide you with the following:

- 1) Your team's race numbers and pins.
- 2) Your team's baton which is one slap bracelet — you are not DQ'ed if you lose it.
- 3) Team Time Log form. Yes, we know this can be done electronically, but having a piece of paper and your watch on a clipboard is a tradition we think is worth keeping. There is nothing like the stress of making sure that dang watch is NOT turned off during the entire event. Teams do not need to turn this in at the finish. \*\*However, teams that wish to compete for a division or overall finish podium spot must turn in your Team Time Log. The running orders do not need to be submitted to qualify to place in a division/overall win. The form is in the Appendix of this Handbook.
- 4) One ballot for each van to complete for Most Spirited Team and Most Spirited Exchange Point. These will be turned in at the finish when you pick up your medals.
- 5) If your team was one of the first 25 teams to register, you will have an extra envelope with your early registration RTO merchandise discount coupon.
- 6) Two "Caution: Runner On Road" signs, one for each van (remember to bring tape to attach your signs on your vehicles).

## **Station 3:**

Pick up your race shirt and goodies!

### **Reno Running Co. RTO Store**

It's best to get your merch here because it might sell out before you get to the Finish Line Festival on Saturday!

## **CAPTAIN'S MEETING**

Attendance is mandatory for captains, but the whole team is welcome. We will address items that came up since publication of the handbook. Items such as course modifications, road construction, detours, weather issues, etc. Plus, we will have a lot of fun. We'll make special announcements about certain runners. We do a Top Ten Countdown of the Best Team Names and announce the winner of that contest. We'll of course answer any questions that you have. Please note that this meeting is mandatory for at least one runner per team. If no one from your team can make it, please email Matt Balzer at [matt@renorunningcompany.com](mailto:matt@renorunningcompany.com) to make alternative arrangements to get the info discussed at the meeting.

- Date and location: same as Team Check-in above
- Time: 4:00 pm **OR** 5:00 pm **OR** 6:00 pm. You will be required to sign in. Bring a chair if you don't want to stand or sit on the ground.

## **START PROCEDURES**

### **RTO Parking Friday morning**

Parking can be found at the self-parking lots near the J Resort Festival Grounds in downtown Reno (near 251 N Arlington Ave, Reno, NV 89503). Look for J Resort lots marked B1, B2, C, E and J Resort. These lots are near Arlington Ave, Washington St, W Third St and W Fourth St. Ralston St will be closed.

### **RTO Race Morning Start Check-in**

ALL TEAMS MUST CHECK-IN SO WE KNOW YOU ARE HERE TO START THE RACE. Please arrive 25 minutes before your assigned start time.

### **RTO Race Morning – late goodie bag pick-up at the start**

Friday morning late check-in and goodie bag pick-up will occur at the start area at the J Resort Festival Grounds. The check-in process defined above will be the same one here. Please arrive 45 minutes before your start time to complete the check-in process.

NOTE: If you want to be considered for Best Team Shirts or Best Team Costumes, please let us know at the start area so we can give your team due consideration before you begin.

### **CAPITAL ODYSSEY Start at Exchange No. 24 (VERY EARLY SATURDAY MORNING)**

*Parking - There is a huge parking lot in front of the Carson Valley Super Walmart where Leg 25 begins, which is the first leg of the Capital Odyssey Relay.*

The start will occur close to Exchange Point No. 24 at the intersection of Topsy Drive and the entrance driveway into the parking lot nearest Walmart. Look for a Race Director holding a Capital Odyssey Relay sign. Please check in 15 minutes before your assigned start time with the starter there. At a minimum the Leg 1 runner of the Capital Odyssey Relay should be there, but all teammates are invited.

### **COMSTOCK ODYSSEY Start at Exchange No. 30 (EARLY SATURDAY MORNING)**

*Parking - There is a huge parking lot at the intersection of Union and E Streets, just two blocks down the hill from the Bucket of Blood Saloon on C Street. This is where Leg 31 begins, which is the first leg of the Comstock Odyssey Relay.*

The start will occur close to Exchange Point No. 30 in front of the Bucket of Blood Saloon on C Street. Look for a Race Director holding a Comstock Odyssey Relay sign for the start area. Please check in 15 minutes before your assigned start time with the starter there. At a minimum the Leg 1 runner of the Comstock Odyssey Relay should be there, but all teammates are invited.

## **CONTESTS AND AWARDS INCLUDING THE CIRCLE OF FAME**

### **RTO Circle of Fame**

Some of you aspire to run every leg of the RTO. If you run all 36 legs of the RTO, you qualify for our special club... **RTO Circle of Fame!**

Please let us know if you will become a member of this club after running this year's RTO. We will have some special swag for you at the finish line festival. Please email Naomi at [naomi@renorunningcompany.com](mailto:naomi@renorunningcompany.com) letting her know the number of years that you ran. At the finish line, ask for Naomi or Julie to get your gear and be recognized. Congratulations to those runners joining this one-of-a-kind club!

### **The Fun Contests**

This year's fun contests for teams are Best Team Name, Best Team Shirt, Best Costume, and Most Spirited Team. We will announce the Best Team Name winner at the Captains Meeting. If RTO teams want to be considered for Best Shirt or Best Costume, please let us know at the Start. Capital and Comstock Odyssey runners, let us know at the end at the J Resort Fairgrounds.

The Most Spirited Team will be the team who puts out the most energy and effort during the entire event up through their finish. You will have been provided ballots in your team packet for each vehicle to vote for the Most Spirited Team. Turn in your ballots at the Finish Line Festival.

### **Most Spirited Exchange Point Contest**

Once again there will be a friendly contest amongst the volunteers working at the 35 exchange points. Each team van of runners will be allowed to cast one ballot for the "most spirited" exchange point for the legs that it covered. Ballots will be in your team packet. Turn in your ballots at the Finish Line Festival. NOTE: this will not include XP 6 where Dolan Auto Group hosts the Reno Taco Odyssey – hard to compete with the energy, music, games and more that they bring to the event!

### **The Leg 4 aka Donner's Downfall Time Trial**

Leg 4 is the epic leg of the RTO course. It travels through beautiful mountain terrain with stunning views of Dog Valley and the High Sierra peaks. It is the longest leg on the course. There is no van support for the runner. Every team should have their strongest runner run this leg and be in the No. 4 spot in the runner rotation.

New for 2026 is Leg 4 runner timing- Strava recordings will replace chip/ankle bracelet so be sure your Leg 4 Runner properly records their Leg 4 run on Strava and submit your times to our race team. We recommend starting your Strava recording before starting across the start timing mat and ending your run after you completely cross the finish mat to have a complete recording of Leg 4.

The fastest male and female runner will get special recognition and special prizes.

## **FINISH LINE FESTIVAL AREA PROCEDURES**

### **Parking for the finish held at J Resort's Festival Grounds**

Parking can be found near the J Resort Festival Grounds (251 N Arlington Ave, Reno, NV 89503). Look for J Resort lots marked B1, B2, C, E and J Resort. These lots are near Arlington Ave, Washington St, W Third St and W Fourth St. Ralston St will be closed.

### **The Finish Line Festival**

We look forward to all of you returning to Reno and joining in the celebration at the Finish Line Festival at the J Resort's Festival Grounds. This event is free and open to the public, so invite your family and friends. There will be delicious food from local vendors, and our official beer sponsor will also be serving icy cold beers (one free beer will be given to each 21+ runner).

**EVERY RUNNER 21 & OVER WILL RECEIVE A COMPLIMENTARY BEER** at the finish; you will need to turn in a drink ticket which will be attached to your race bibs (and show your ID) to get the beer. You will need to pay for all other food and beverages, so have your wallet handy. We will have a water station for the final runner finishing Leg 36. Plan to hang out at the Finish Line Festival for a while after you cross the finish line with your teammates, enjoying great food, drink, and music, while hanging out at the Festival Grounds.

### **Finish Check-out Stations**

Captains To-Do list:

1. Turn in your ballots for "Most Spirited Exchange Point" - you were given this at Team Check-in.
2. Turn in your Team Time Log Form (you were given this at Team Check-in – see APPENDIX). To be eligible to win your division, we need this form.
3. Pick up your team medals.
4. Get a little something for all your hard work- your official captain's pilsner glass and a ticket for a complimentary lunch. THANK YOU, Captains, for all your efforts! Your team could not do it without YOU!

## **COURSE MAPS AND LEG BREAKDOWN**

You must download or print these maps, and have a set in each team vehicle. There may be areas with spotty service along the route so having access to them during your run, either digitally or printed, will be extremely handy and key for staying on course. For the most current maps follow the links to each of the following:

- Course Map - [overview link](#)
- [Relay Leg Assignments link](#) – breakdown of legs, distances, ranking
- [Individual Leg Maps link](#) – detailed map of each leg (study your legs and bring a copy of the printed map when you run)

## **DRIVING INSTRUCTIONS FOR THE "RESTING VAN"**

*This is the vehicle with the runners who are not running that group of 6 legs.*

To reduce the chance of traffic congestion on certain parts of the relay course, the vehicle that is transporting the runners who are sitting out the group of 6 legs and not running them (aka The Resting van as compared to The Running Van, terms we borrow from our friend Jeff Shapiro the race director of The Relay) must follow these driving directions.

### **Legs 1-6**

Van 2 will be the vehicle with runners not running the first six legs of the course. **Do not travel along the relay course through southwest Reno, Verdi, and along Stampede Dam/Meadows Road.** Rather, you should leave the start area by traveling west on W Fourth St. Turn right on Keystone Avenue and travel north to Interstate 80. Enter Interstate 80 westbound toward Sacramento and travel on the freeway 23 miles. Take the Hirschdale Road exit (Exit No. 194). At the stop sign, turn right and drive under the freeway to the Tahoe Forest Church. Exchange Point No. 6 will be on your left. Enter the church property where there will be plenty of parking and fun stuff too.

The address for the Tahoe Forest Church is 10315 Hirschdale Road, Truckee, California.

### **Legs 7-12**

Van 1 will be the vehicle with resting runners. Head back due north on Hirschdale Rd towards Interstate 80. Enter Interstate 80 heading west to Truckee. To see historic Downtown Truckee, use the Central Truckee exit (Exit No. 186) and turn left on Donner Pass Road. The main commercial district is just a mile or so down the road. Or to head directly to Lake Tahoe, continue on I-80 to the next exit for Highway 89 South and Lake Tahoe (Exit No. 185). Turn left onto Highway 89 and proceed south approximately 13 miles to Tahoe City. As you are approaching Tahoe City, turn right at the first roundabout, crossing the Truckee River Bridge, and then make a right at the next roundabout onto CA State Route 89.

The location for Exchange No. 12 is located at 5145 W Lake Blvd, Homewood, CA 96141.

### **Legs 13-18**

Van 2 is the vehicle with resting runners. You have no option here but to travel the relay course south down Highway 89 to get to South Lake Tahoe. At the "Y" intersection with Highway 50 - Lake Tahoe Blvd, turn left and proceed through the City of South Lake Tahoe towards Stateline, NV. Just past the intersection with 207/Kingsbury Grade in Stateline is Exchange 18 on your right. There are separate entrances for runners and vans. Pass by the runner entrance and then turn right onto Kahle Dr, and the immediate next right into the parking lot. Leave the same way you came.

**Please do not drive in excess of the speed limit as you travel south on Highway 89. You will be passing your teammates and other runners. Show them lots of consideration.**

### **Legs 19-24**

Van 1 is the vehicle with resting runners for this stretch. **Do not travel on Nevada State Route 207 to get to the Carson Valley.** Rather, you should use Highway 50 to travel directly to Carson City. When you reach Carson City, turn right on Highway 395. The Carson Valley Center is located just a mile or so up the road on your right and is the next vehicle exchange point.

The address of the Walmart is 3770 South Highway 395, Carson City, Nevada.

### **Legs 25-30**

Van 2 is the vehicle with resting runners. **Do not follow the relay course through Carson City.** Rather, you should drive through Carson City. Drive north on Highway 395 which becomes Carson Street (which is the main north-south thoroughfare). You will pass the Nevada State Capitol Building on your right. At the intersection of Carson and Williams Street (which turns into Hwy 50), turn right and proceed east. Continue approximately 8 miles to the intersection of Nevada State Route 341 a.k.a. the Comstock Highway. Turn left and drive toward Virginia City. If you get to Dayton on Hwy 50, you have gone too far. When you drive up State Route 341 and reach the junction with State Route 342, turn right and use State Route 341. This is the alternative route, aka the truck route, to Virginia City. **Do not go straight on State Route 342 through Silver City and Gold Hill – this road is narrow and you will cause a traffic jam around Exchange No. 29.** As you enter Virginia City, you may use the main street (C Street) but be ready to turn right and get to E Street and proceed until you reach the designated parking area for the last vehicle exchange point.

The address for the Bucket of Blood Saloon is 1 South C Street, Virginia City, Nevada.

### **Legs 31-36**

Van 1 is the vehicle with resting runners. You are done, and should head to the Finish Line Festival! Leave Virginia City and head down Geiger Grade. At the bottom, travel on Geiger Grade to the roundabout, and wrap around towards South Virginia St. Cross the intersection and head towards north-bound Hwy 395. **Do not turn right on Western Skies Drive; do not travel along the relay course through South Reno.** Proceed to the interchange with Interstate 80 and take the exit for I-80 westbound toward Sacramento. Once on Interstate 80, travel just a couple miles or so and use the Keystone Ave (Exit No. 12). Turn left on Keystone Ave and continue south. Turn left on W. Fourth St and continue until the Glow Plaza is on your left. Park in one of the many J Resort Parking lots located on W Third, W Fourth, Ralston and Arlington streets.

Use 670 W Fourth St, Reno, NV 89503 for your GPS unit.

## **TIPS TO HAVING A GREAT TIME DURING THE RELAY**

- Designate a captain for your team who has a take-charge personality and enjoys working with details.
- Train for this event. Be ready to go physically and mentally.
- Be very familiar with the parts of the course that you are running.
- To make sure you stay on course, have your team van and van mates hang around in a safe parking location near every turn so they can see that the runner made the correct turn. In addition, download a map of your route on your phone to give you an extra sense of security.
- Always be cautious, alert, and safe. Wear your safety vest all the time.
- When running your legs, be properly hydrated. Carry your own water or sports drink. Don't rely on your team to hydrate you as you run your leg. It may be too late.
- **MAJOR VAN EXCHANGE POINTS:**
  - **XP 6 PRESENTED BY THE DOLAN AUTO GROUP at the Tahoe Forest Church** - This is a GREAT SCENE! Dolan Auto Group will be putting on a special party for all of the runners. So

be sure to enter the property, enjoy what they are serving, get your photo taken at the special photo stations, play a game, and hang out for a bit.

- **XP 12 PRESENTED BY CASCADE DESIGNS at Homewood** – Cascade Designs will be there and hosting the exchange point.
- **XP 18 in South Lake Tahoe** – Kahle Park is quiet place to rest and take a break during the race.
- **XP 30 PRESENTED BY SMART LOCAL 26 – STEEL WORKERS UNION in Virginia City** - This has become probably the BEST scene on the entire course, a crowd favorite year after year! Our presenting sponsor, Nevada Army National Guard and Major Van Exchange Point Sponsor SMART Local 26 will be there to cheer you on at the XP. We close the main drag through town (which is a Nevada State Highway) for one block, turning it into a runner and spectator zone exclusively. A few businesses open very early (at 5 a.m.!!) including the Delta Saloon and Restaurant and the Bucket of Blood Saloon. As per tradition, the Virginia City High School graduating class will be selling breakfast burritos for a fundraiser. The world-famous DJ The Rhino will be playing tunes to keep the excitement/celebration going.
- The running van should closely monitor the runners on Legs 34, 35 and 36. It can be VERY WARM on Saturday when the runners are on these last 3 legs. Stay close enough to them to make sure the runner has enough water for the entirety of these legs.
- Stretch after you run each of your legs.
- Don't run a set of legs that are rated "Most Difficult" or "More Challenging" unless you are a more experienced or talented runner. Don't be assigned to a slot in the runner line-up that you don't think you can handle.
- The runners who are assigned to run the steeper climbs, especially the uphill parts of the "Most Difficult" legs, should feel free to "power walk" those parts. That is, they should get in a crouch position and take long strides to get up those hills. This is a tactic used by ultra runners who face steep climbs during their ultra runs. Trying to run the climbs will only deplete you of energy. Don't let your pride get in the way of you completing the leg in the most effective manner.
- Don't run Leg 4 unless you are a strong runner. Don't run Leg 33 unless you like descending steep dirt roads with loose rocks intermittently thrown in.
- Runners in Van 2 may want to reserve a room(s) in South Lake Tahoe for Friday night. After finishing Legs 7-12, the runners in Van 2 should drive straight to South Lake Tahoe, check into their room(s), and get a quick nap and/or a shower. NOTE: The faster your team runs, the less time you will have to pull this off. You may have no option but to "rough it."
- The runners in Van 1 may want to reserve a room(s) in Carson City for Friday night. After completing Legs 13-18, the runners in Van 1 should drive straight to Carson City, check into their room(s), and get a quick nap and/or a shower. NOTE: The faster your team runs, the less time you will have to pull this off. You may have no option but to "rough it."
- Reno-Tahoe Odyssey and Capital Odyssey Relay runners may want to get a room at the Silverland Inn in Virginia City to use for team naps and showers. (If you are not a guest, please don't park in their lot and lay on their grass.)
- Get to the runner and van exchange points far enough in advance of the approaching runner so that you can park the team vehicle in a safe manner and let the next runner have time to get ready to go.

- When your running van finishes your set of legs, always drive forward along the course, ideally all the way to a location in close proximity to the next van exchange point. Do not drive backwards on the course. Do not hang out for a long time at the exchange where you finished your legs. Driving backwards or hanging out too long at that location will make it more difficult for your van to get to the next van exchange point where your van will be running legs again.
- Carry extra running gear such as socks and shirts.
- Get to know the other teams. Your experience will be more rewarding if you create friendships with the other teams and cheer on each other as you travel the course. Enjoy the time with your teammates.
- Soak in the vistas. Breathe in the fresh air. Gaze up at the stars. Have a blast!
- Finish as a team. There will be enough time for both Van 1 and Van 2 to drive to the finish area and park. The rest of your team should be standing at the runner's entrance to the Glow Plaza (on Ralston St, at the pedestrian path splitting the two parking lots) ready to escort your final runner to the finish line.
- Smile for a team photo after your team has completed the relay.
- Last but not least: This is a 178 mile adventure relay run that takes over 24 hours to complete, on average. It is not a quick and easy 5K so have fun achieving your goals and enjoy the journey along with thousands of your other "friends" there.

## **TIPS FOR HAVING A SUCCESSFUL RTO ULTRA TEAM EXPERIENCE**

EJ Maldonado, an RTO Circle of Fame member and long-distance runner created a list about how to prep for and how to tackle the RTO with a six runner ultra team. Heidi and Pete Parker, both also RTO Circle of Fame members, kindly updated the list and provided their own experiences with useful tips for both ultra and non-ultra runners. Take a look at what they suggest [here](#).

## **PACKING CHECKLIST**

We wanted to provide you with some ideas of what you and your team should have on the relay course. Take a look and print it off [here](#).

## **HISTORICAL POINTS OF INTEREST**

Many interesting historic events have occurred along the RTO course. Eric, founder of the RTO, is a history buff and wanted to make sure you knew about them. Enjoy [here](#)!

## **THINGS TO DO WHEN YOU GET HOME**

- Way to go! It will feel like a dream, but it really happened! Take a breath and recognize what you have accomplished!
- Take a shower.
- Get a good night's sleep.

- Wash those stinky clothes.
- Plan to donate all of those extra bagels and power bars to a worthy charity.
- Get the van cleaned out, and belongings to their rightful owners.
- Contact your friends and tell them how much fun you had running in this year's Reno-Tahoe Odyssey Relay Run Adventure or Capital Odyssey Relay or Comstock Odyssey Relay!

### **Send us your Photos, Videos and Testimonials**

Please take lots of photos and videos during the event. Be sure to tag us on the Reno-Tahoe Odyssey Facebook and pages.

#RTO2026 #renotahoeodyssey

We also invite you to rate us and email us with your testimonials.

## ***THANK YOU AND NEXT YEAR***

### **Sponsors**

This event could not happen without the generous support of our sponsors. Thank you to all of the terrific companies and organizations who are sponsors: Nevada Army National Guard, ASICS, Dolan Auto Group, Cascade Designs, SMART Local 26, Nevada Site Services, PK Electrical, Inc., The J Resort, Sinclair Broadcast Group, Bradley Drendel & Jeanney, Kaiser Permanente, Lifedrip, Granite Construction, Branded Screen Printing & Embroidery, OS 1<sup>st</sup>, Reno Running Co., JMF Presents, JAMPRO, Alibi Ale Works, Hoppy Hour, City of Reno, Jamba, Luxiam Chiropractic, Nutrishop, Clinch Performance and Recovery, Renewal by Andersen, Tahoe Forest Church, Solely, Nature's Bakery, Delta Saloon, Bucket of Blood, and Interstate Storage.

Please thank all of these organizations by giving them your business.

### **Property Owners and Permitting Authorities**

We also want to thank the MANY government agencies and property owners who cooperated with us in setting up the course and agreed to let us use their roadways and properties. They are: Nevada Department of Transportation, California Department of Transportation, Nevada Highway Patrol, California Highway Patrol, City of Reno, Jacobs Entertainment and the Sands Regency, Washoe County, Randy Witt and Interstate U-Stor, Verdi Elementary School (Washoe County School District), Sierra County, Douglas County Public Works, Kahle Park, United States Forest Service, Humboldt-Toiyabe National Forest, Tahoe National Forest, Lake Tahoe Basin Management Group, Tahoe Forest Church, Town of Truckee, Tahoe-Truckee campus of Sierra College, Placer County, Tahoe City Public Utility District, California State Parks, Tahoe Maritime Museum, El Dorado County, City of South Lake Tahoe, Tahoe Keys Professional Center, Lake Tahoe Community College, The Village Center at South Lake Tahoe, Douglas County, Town of Genoa, Nevada State Parks, Jacks Valley Volunteer Fire Department, Walmart on US HWY 395 and Topsy Lane in Carson City, Carson City, Carson City Parks and Recreation, Glenbrook Company, Southgate Shopping Center, Homewood Mountain Resort, JC Penney, Walmart on College Way in Carson City, North Carson Crossing Shopping Center, Lyon County, Larry LaMonica & Son, Storey County, Delta Saloon, Bucket of Blood Saloon, Highland Ranches Property

Owners Association, Parkway Athletic Club, and Huffaker Elementary School (Washoe County School District). Please thank them by (1) leaving their roadways and properties as you found them, (2) picking up your garbage, (3) peeing in the portable toilets, not their yards, and (4) being quiet when appropriate.

### **Volunteers**

Our 400+ volunteers donate their time and energy to make sure your 178-mile relay run event goes as smoothly and safely as possible. Many have volunteered every year of the event. Please respect and give them a big thank-you when you see them. We COULD NOT put on this race without these incredible volunteers!

### **As for next year's RTO, Capital and Comstock Odyssey Relays ...**

The 21th Running of the Reno-Tahoe Odyssey Relay Run Adventure is planned to occur on the Friday-Saturday following Memorial Day 2027, **June 4-5, 2027**. We intend to open registration on May 30, 2026. So be ready to sign up earlier than later to make sure you have a spot in the field. THE 2027 RTO WILL BE AT THE LOWEST PRICE FROM MAY 30 – JUNE 6, 2026!

***Thank you again for your support of the RTO, Capital, and Comstock Odyssey Relays!***

# APPENDIX

**Release / Authorization Form**

**Team Bib Number :** \_\_\_\_\_

In consideration of the acceptance of my entry and my participation in the Reno-Tahoe Odyssey Relay Run Adventure (hereinafter referred to as "the Event"), I, for myself, my heirs, executors, administrators and assigns, do forever release, waive, discharge and give up any and all claims of any kind whatsoever, including but not limited to claims for personal injury, death, property damage, lost wages, medical expenses, attorney's fees, and any other types of losses, damages, and costs, against the Event owners, promoters, organizers, staff, volunteers, sponsors, vendors, the United States, the State of Nevada, State of California, Nevada Highway Patrol, Nevada Department of Transportation, California Highway Patrol, California Department of Transportation, County of Washoe, County of Sierra, County of Nevada, County of Placer, County of El Dorado, County of Douglas, County of Lyon, County of Storey, City of Reno, City of Sparks, City of South Lake Tahoe, Carson City, Virginia City, Town of Truckee, Town of Genoa, and the owners and lessees of property used for the Event, and each of their officers, directors, shareholders, employees, representatives, agents, contractors, subcontractors, subsidiaries, agencies and assigns, which may arise in connection with the Event, even if the party whom I am releasing caused any such loss, damage or cost to some degree. I understand that the Event is potentially hazardous. I acknowledge that I have read the Runners Handbook for the Event. I acknowledge that I should not participate unless I am able to do so and properly trained. I voluntarily assume all risks associated with participating in the Event, including but not limited to running on roads open to traffic without sidewalks or designated running lanes, running at nighttime on roads without street lights or other lighting, crossing roads, adverse weather conditions, encounters with wild animals, and no aid stations, and I hereby accept responsibility for any such loss, damage or cost that I may incur in relation to such risks. If I require any medical treatment or care from emergency response authorities, I agree that I will be responsible to pay for such treatment and care. I grant full permission to the Event owners to obtain photographs, videotapes, or any other recordings of this event and to use them for the purpose of promoting the Event or to conduct other related business. I understand that the course may be modified as deemed necessary by the Event owners, and that the Event may be cancelled as deemed necessary by the Event owners. I understand that the entry fee is nonrefundable and nontransferable.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

**Team Time Log** RTO, CAPITAL AND COMSTOCK ODYSSEY teams will need to keep track of their time on this form. Each team should have a way to monitor exact times during the entire event. **THIS FORM MUST BE TURNED IN AT THE RACE TABLE IF YOU ARE COMPETING FOR A TITLE.**

Team Bib Number and Name: \_\_\_\_\_

Division: \_\_\_\_\_ Total Elapsed Time at Finish: \_\_\_\_\_

Leg	Runner	Leg Time	Total Elapsed Time
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