

2019 RAGNAR NAPA VALLEY

UNDERSTANDING PROJECTIONS AND START TIMES.

Accurate projections are critical to a successful Ragnar Relay. At any given spot along the race route we have the course set-up and volunteers in place for about a 12-hour window. Based on your projections we will start your teams in a way that will keep them within this window. If a team runs just one minute per mile faster than they projected they will be 3 hours ahead of their projection by the end of the race. For some teams this could mean that they will be ahead of the set-up crew.

PENALTIES

If your team gets too far ahead of projections we may be forced to hold your team at one of the major exchanges. If your team is held we will subtract the total time that you were held from your overall time but we will add a 30-minute penalty to your overall time.

POLICIES AND PROCEDURES

Getting ahead of the set-up crew.

We understand that it is impossible to perfectly project your teams pace. So we give teams a buffer zone before forcing them to stop at an exchange. If your team gets ahead of this buffer we will hold your team at one of the major exchanges. To avoid stopping your team again later in the race, we will not let the team run again until the times represented by the blue area on the graph.

Getting behind the clean-up crew.

If a team gets behind projections and falls behind the clean-up crew we will usually allow the team to stay on the course and finish the race, but we reserve the right to force teams to leave the course if being on the course becomes a safety concern.

Important locations and times

OFFICIAL HOLDING TIMES

Exchange	Hold teams arriving before:	Allow held teams back onto the course at:	Course Takedown
6	Friday October 25 9:45 AM	Friday October 25 10:45 AM	Friday October 25 5:15 PM
12	Friday October 25 4:15 PM	Friday October 25 5:15 PM	Friday October 25 9:45 PM
18	Friday October 25 9:00 PM	Friday October 25 10:00 PM	Saturday October 26 2:00 AM
24	Saturday October 26 1:00 AM	Saturday October 26 2:00 AM	Saturday October 26 6:15 AM
30	Saturday October 26 5:00AM	Saturday October 26 6:00 AM	Saturday October 26 12:00 PM