



Napa Valley Road 2019 Runner Packet

Hi Ragnarians,

This runner packet is to help you navigate the exchanges and the course as well as prepare you for the Ragnar Napa Valley adventure. **This document will be continually updated as more information is solidified.**

Important Dates

- **Online Runner Invite Deadline:** October 20, 2019
- **Late Runner Change Fee:** October 21, 2019
- **Packet Pick Up (Optional):** October 24, 2019
- **Race Day:** October 25, 2019

Helpful Information

- **Race Director(s) Contact Info:**
 - Mike Henderson / mike.h@ragnarrelay.com
- **Not Allowed:** Dogs, generators, open flames, or drones
- **Download the Race Bible:** If you are new to Ragnar, or need a review, this will answer a lot of questions. Soak it in!
- **Suggested Packing List:** A little guide to what we think you should bring
- **Pace Calculator:** Enter your team information and make sure to compare it to hold times and exchange open/close times – **this will come later!!**

Pre-Race Packet Pick Up – Thursday, October 24, 2019

Check in at Pre-Race Packet Pickup and skip the lines on race day! Both Van 1 and Van 2 can check-in at the Pre-race Packet Pick Up. *(This is an optional pre-race packet pickup. Both Van 1 and 2 can check-in at the pre-race packet pickup on Thursday. You do not need both vans to check-in, just everyone from the van that is checking in. On race day, if you have not checked in, Van 1 will check-in at the Start and Van 2 will check in at Exchange 6.)*

Thursday, October 24, 2019: 5:00PM – 8:30PM

Northgate Mall (Northwest Parking Lot), 5800 Northgate Drive, San Rafael, CA 94903

GPS: 38.005610, -122.545428

Pre-Race Packet Pick Up Sweet Happenings

- Ragnar GEAR Store will be open and fully stocked
- Discounted group meals from BJ's Restaurant (across the road from PPU)

Race Weekend

Night Time Hours: 5:15 PM – 8:00 AM

Van Support

All legs that make up a Ragnar Course have a leg designation, either: Full Van Support, Partial Van Support or No Van Support.

Full Van Support:

Participants are allowed outside of the van to support their runners where it is safe and legal to do so. Any participant (not the runner) who is outside of their team van and crossing a road, must do so with the aid of an orange crossing flag. Ragnar provides two orange crossing flags to each van before the race which need to be returned at the finish line. The crossing flags are not permission to stop traffic, just to help with visibility to local traffic.

Partial Van Support:

Participants are not allowed outside of the van to support their runners on certain designated sections of the leg. There are many Partial Van Support legs.

No Van Support:

Participants (not the runners) are not allowed outside of the van to support their runners. Ragnar will provide a water station(s) on longer No Van Support legs. Vans need to follow van directions. There are large parts of the course on beautiful trails and this can make it hard to support your runner. Please pay attention to the timing of your runner on these legs as several are run at night after dark.

Van routes apply to those legs designated No Van Support. Please respect the communities we run through and follow the van directions.

SWEET HAPPENINGS From START to FINISH

- **FIRST Aid Stations will be posted at ALL Major Exchanges (EXCEPT Start Line)**

START LINE

Ocean Beach, 28 Great Highway, San Francisco, CA 94121

- Van #1 & Ultra Teams Check In
- Ragnar Partner Sampling

Exchange #6

Northgate Mall (Northwest Parking Lot), 5800 Northgate Drive, San Rafael, CA 94903
(The intersection of Northgate Drive and Las Gallinas Avenue)

GPS: 38.005610, -122.545428

- Ragnar GEAR Tent
- Ragnar Partner Sampling
- Allegro Coffee Bus
- Discounted food from BJ's Restaurant (across the road from Ex.6)

Exchange #12

Sonoma-Marin Fairgrounds, 175 Fairgrounds Dr., Petaluma, CA 94952

GPS: 38.243788, -122.628863454

- Indoor Sleeping
- Indoor Showers
- Indoor Restrooms and Toilets
- Allegro Coffee
- Food – Food Truck TBD (working on it!!)

Exchange #18

Finley Aquatic Center, 70 Stony Point Rd, Santa Rosa, CA 95401

GPS: 38.443841, -122.749446

- Outdoor Sleeping and Camping Site
- Indoor Showers
- Indoor Restrooms
- Food Option – TBD

Exchange #24

Healdsburg High School, 1024 Prince Ave, Healdsburg, CA 95448

GPS: 38.622626, -122.867748

- Food and Beverage
 - Healdsburg HS will be providing Food Options. TBD
- Indoor Sleeping
- Indoor Showers

- Indoor Restrooms

Exchange #30

Sonoma County Events Center, 1350 Bennett Valley Rd, Santa Rosa, CA 95404

GPS: 38.431893, -122.698757

- Breakfast Food and Beverages (Concession Stand)
- Indoor Sleeping
- Indoor Showers
- Indoor Restrooms

FINISH LINE

Skyline Wilderness Park, 2201 Imola Avenue, Napa, CA 94559

GPS: 38.278607, -122.254900

- Ragnar GEAR Tent
- Sierra Nevada Beer Tent
 - Click [HERE](#) for beer selections and prices
- FREE Baja Fresh Tacos and Sides
- Recovery Zone
 - Massage
 - Elevated Legs

Parking, Patience, and Politeness

There are several exchanges on this course that have very tight parking areas. The only way we can make this work efficiently is to have each van follow instructions, and be respectful of the volunteers, the facilities, and each other. Please be expeditious in exiting these exchanges and avoid loitering. **Exchanges**

Finish Line Parking

The main finish line parking area will be in a field to the North West of the finish Line activities. Although this field is quite large, it will vet full very quickly. PLEASE follow Volunteer

instructions on where to park and as importantly HOW to park. Please park close to your neighbor. Please do NOT use this area as a “camping out” area. We have a lot of vans to fit and your help is both essential and appreciated

Ragnar App

The Ragnar App is an amazing tool to help you with all your race days needs. It provides a variety of information at your finger tips to help you and your team navigate you through the day. Here are just a few of the main functions:

- **Course Details** – Leg Mileages and turn by turn directions
- **TAKE ME THERE** function. The support van can hit this button and driving directions will instantly 'pop up' using GPS to get your team van to the Exchange location
- **Exchange Open and Closed Timelines**
- **Race Command Contact**
- **Important Updates**