

# OFFICIAL R2C18 PACKET



18<sup>th</sup> Annual **RIVER TO SEA RELAY** August 3, 2013

**IMPORTANT -- READ CAREFULLY!**

## *THE PACKET CONSISTS OF:*

1. This Cover/Info Page
2. Important R2C News Page
3. Clothing Order Form
4. Handicap Start Info
5. Stage Descriptions
6. Press Release

## *INSTRUCTIONS:*

1. Print all pages.
2. Read all pages carefully.
3. **[CLICK HERE FOR ONLINE REGISTRATION](#)**

Registration confirmation will be sent to the Team Captain.

- ☞ Entry Deadline --- July 1, 2013 or when team limit is reached. **No Exceptions.**
- ☞ Enter Early for a Discount--- Early, Early Bird Deadline is March 1, 2013  
Early Bird Deadline is April 15, 2013.
- ☞ R2C18 is a “Rain or Shine” event.
- ☞ Exactly “2” support vehicles per team, “no more, no less”.
- ☞ Relay clothing--pre-order only. (**No Foolin’**). Share info with your team.
- ☞ All rules, instructions and maps will be mailed or e-mailed.

[www.oymp.net](http://www.oymp.net) for more event details. **R2C18 will sell out!**

# 2013 River to Sea Relay R2C18

## **IMPORTANT R2C NEWS FOR 2013**

### **THE BASICS**

**Date:** Saturday – August 3, 2013

**Entry Deadline:** July 1 or when team limit has been reached. **145 team maximum.**

**Website:** [www.oymp.net](http://www.oymp.net)  
Click on “2013 River to Sea Relay” on or about December 20, 2012

**Registration:** **ONLINE ONLY (beginning on or about December 20, 2012)**  
**NO PROCESSING FEE**  
**ONLY TEAM AND CAPTAIN INFORMATION needed to initially register**  
**Team name can be changed later**  
**E-Mail Confirmation will be sent**

- Bring waivers on Race Day. Do not send prior to Race Day.
- Team Roster (name, gender, age, 5K time) must be submitted between June 14 and 29.
- R2C Clothing Order Form will be available on [www.oymp.net](http://www.oymp.net) (2013 River to Sea Relay).  
Mail in only (pay by check) by July 7. **PRE-ORDER ONLY!!!**
- R2C registrar to determine award categories for each team by early July.
- Team Start Times list will be sent to all teams by July 19.
- Roster changes will be allowed from July 25 to July 29 only. Emergency changes may be made on race day. Please do not send any roster changes before July 25 or after July 29.

<b><u>2013 R2C TEAM FEES</u></b> <i>(no online processing fee)</i>		
\$700	by March 1	Early, Early Bird
\$800	March 2 to April 15	Early Bird
\$900	After April 15	Late Bird

### **REFUND POLICY**

By May 1	Amount paid less \$75
May 2 to June 1	Amount paid less \$200

**NO REFUNDS after June 1**

**QUESTIONS?** Call Mark Zenobia ---- 910-686-0026 ---- [mzrace@oymp.net](mailto:mzrace@oymp.net)

**IMPORTANT:** **Due to Hurricane Sandy, parts of our course, including the finish line area, may have to be redesigned. This may be an ongoing process.**

***REGISTER EARLY – We will sell out.***

**R2C18 CLOTHING ORDER: PRE-ORDER ONLY**



**DEADLINE TO ORDER: JULY 7**



**Styles**

**Fill in quantity for each size**

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Singlet	\$10 each	S _____	M _____	L _____	XL _____	XXL _____
Short Sleeve T	\$10 each	S _____	M _____	L _____	XL _____	XXL _____
Long Sleeve T	\$15 each	S _____	M _____	L _____	XL _____	XXL _____
Cap	\$15 each	_____				
(baseball style; one size fits all)						

**Grand Total = \$ \_\_\_\_\_**

**Team #:** \_\_\_\_\_

**Team Name:** \_\_\_\_\_

**Team Captain Name:** \_\_\_\_\_

**Team Captain e-mail:** \_\_\_\_\_

**Team Captain Phone #:** \_\_\_\_\_

Make checks payable to: American Ultrarunning Association

Mail check and order form to: Will to Win, 2411 Rt. 563, EHC, NJ 08215

Questions: [weschaefer@verizon.net](mailto:weschaefer@verizon.net) or [mzrace@oympe.net](mailto:mzrace@oympe.net)

Orders must be received by July 7.

Items ordered will be available for you at packet pickup on race day.

# HANDICAPPED START INFO

18<sup>th</sup> Annual

## RIVER TO SEA RELAY

August 3, 2013

### *ABOUT THE HANDICAPPED START .....*

The goal of the River to Sea Relay is to have an exciting, close, but fair finish. In all previous River to Sea Relays, many teams finished within minutes and, sometimes, within seconds of each other. The action really gets hot and heavy at the 80 mile mark as the swiftest teams catch sight of the early starters.

In order for this system to work and be fair to all competitors, it is imperative that **5K times** be accurately reported. WE WILL AUDIT, PENALIZE OR DISQUALIFY CHEATERS.

Here is how it works -----**READ CAREFULLY**

1. Each team member will report his or her average, normal **5K** race time. ***DO NOT*** factor in fatigue, heat or other conditions. Be honest!! The total time of your team's **5Ks** will be averaged to determine your team's starting time. We will also have a column for a half-marathon time as we are considering that as the standard for 2014. Minimally, 5K times are required (one for each runner).
2. Teams will start from approximately 6 a.m. to approximately 10 a.m. We need all of your **5K** times by June 29th. See #4 below.
3. Selective times will be checked using USATF and other scored records. Obvious sandbagging will result in disqualification.
4. **NO** team will start **BEFORE** 6 a.m.

\* If, during the relay, your team is projected to finish later than 8:30 p.m., you will be notified by race officials and given a few alternate procedure options to finish officially but unranked. Your team must accept one of these options or withdraw from the event.

**Team Roster Forms will be available by June 1.**

**Report Total Average 5K Time in  
Minutes & Seconds  
Example: 153:20 (not 2:33:20)**

# HANDICAP TIME SHEET

## River to Sea

**R2C18** (Subject to Change)

<u>Stage</u>	<u>Length</u>	<u>Description</u>
1	4.8	Easy, Fast
2	8.2	Clear, wide shoulders, The BEST
3	6.1	All trail - Delightful
4	8.6	"The Beast" - hilly, tight, tough, long & hard
5	6.0	Rolling and a bit tight
6	8.0	Tricky, stop-n-go, challenging
7	3.9	Short, but full of quick turns
8	5.5	Oasis!!! ... more than half way
9	9.1	Looooonnnngggg and HOT
10	???	First Wild Card leg: getting hotter
13.9 total for legs 10 & 11		
12	6.5	A piece of cake, but the cake is in the oven
13	7.9	Long, competitive, the Do-or-Die stage
14	2.5	Final sprint to the sea!

Total: 91 miles

Wimps..... Want 1, 2, 3, 7, 8, 14

Animals ..... Take 4, 5, 6, 9, 12, 13

Adventurers ..... Try 10 & 11 (and see what you wind up with!)

Two runners split these combined stages in any way they choose.

# R2C18 WAIVER AND TEAM ROSTER

TEAM # \_\_\_\_\_ TEAM NAME \_\_\_\_\_ (required)

Completed Waiver and Team Roster MUST be turned in on race day morning (8/3/13) when you report to the Relay start. You will not be allowed to start without a signed waiver sheet. **DO NOT MAIL THIS FORM.**

## WAIVER

In consideration of being allowed to participate in the 2013 River to Sea Relay, I personally assume all risks in connection with the event. I release the American Ultrarunning Association, On Your Mark Productions, DJB Event Consultants, the municipalities and counties traveled through and all their respective partners, staff, employees, affiliates, sponsors and their representatives and successors from any claim by me or my family, estate, heirs or assigns for injury or damage which may occur due to my participation in the Relay. I have signed this release freely and voluntarily and with a full understanding of its contents, having read it in full and acknowledging by my signature that I am bound by its language. I also confirm that I am physically fit and qualified to participate in this endurance event and am at least 18 years of age. **Parent/Guardian signature required if under 18 years of age (minimum age is 16).**

**TEAM ROSTER – PLEASE PRINT CLEARLY**   
**Roster changes require waiver signature**

1. Name \_\_\_\_\_ Waiver Signature \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on 8/3/13) \_\_\_\_\_ Gender \_\_\_\_\_
2. Name \_\_\_\_\_ Waiver Signature \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on 8/3/13) \_\_\_\_\_ Gender \_\_\_\_\_
3. Name \_\_\_\_\_ Waiver Signature \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on 8/3/13) \_\_\_\_\_ Gender \_\_\_\_\_
4. Name \_\_\_\_\_ Waiver Signature \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on 8/3/13) \_\_\_\_\_ Gender \_\_\_\_\_
5. Name \_\_\_\_\_ Waiver Signature \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on 8/3/13) \_\_\_\_\_ Gender \_\_\_\_\_
6. Name \_\_\_\_\_ Waiver Signature \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on 8/3/13) \_\_\_\_\_ Gender \_\_\_\_\_
7. Name \_\_\_\_\_ Waiver Signature \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on 8/3/13) \_\_\_\_\_ Gender \_\_\_\_\_

**ALL LINES MUST BE COMPLETE**

## PRESS RELEASE

January 2013

# RIVER TO SEA RELAY

## Milford NJ to Manasquan NJ

The 18th annual River to Sea Relay is set for Saturday, August 3, and again will attract teams who love pain, suffering, heat, humidity and lack of shade. The Early, Early Bird entry cutoff is March 1st and the final entry date, subject to a sell out, is June 1st.

2012 overall champion, Coast Busters, will be back to defend its title in the 91 mile, 7 person handicapped event that begins on the Milford Bridge overlooking the Delaware River. Start times are based on average 5K results of team members with the slowest teams beginning as early as 6 a.m.

Each team member runs two of 14 unequal legs and provides support and encouragement in between. The winning team is the first to dive into the Atlantic Ocean in Manasquan. As in previous years, the Relay passes through 5 counties and 34 communities. Terrain varies from flat and fast to “The Beast.” (Get the picture?)

Special “Awards of Insanity” will be presented in the following categories: First Overall, Open Men, Open Women, Veteran Men, Veteran Women, Open Coed, Veteran Coed and Fastest Elapsed Time, Men and Women. River to Sea Relay clothing will be available to all participants on a pre-order only basis.

The 2013 River to Sea Relay welcomes all teams; fast or slow, corporate or social, from nearby or far away. So join R2C18 for a day of fitness, competition and excitement.

For info, call Mark Zenobia at 910-686-0026 or send e-mail to [mzrace@oymp.net](mailto:mzrace@oymp.net).

