



OFFICIAL R2C14 PACKET

14th Annual RIVER TO SEA RELAY August 1, 2009

IMPORTANT -- READ CAREFULLY!

To enter, print and complete this Official R2C14 Packet. The Packet consists of:

1. This Cover/Info Page
2. Official R2C14 Packet
3. Entry Form
4. Waiver and Team Roster
5. Handicap Start Info & Time Sheet
6. Stage Description
7. Press Release

INSTRUCTIONS

1. Print all pages.
2. Read all pages carefully.
3. Print clearly on all forms.
4. Enter all required information.
5. Mail with check to Mark Zenobia
8709 Abbey Glen Way
Wilmington, NC 28411
6. **Email Address Required**
7. On line registration at
www.oymp.net (thru active.com)

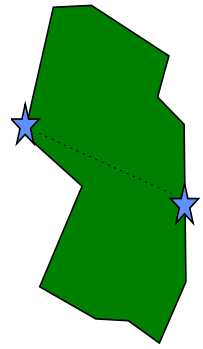
- ☞ Entry Deadline --- June 28, 2009 **No Exceptions**
- ☞ Enter Early for a Discount--- Early Bird Deadline May 1, 2009
- ☞ **You may send your entry first**, before you submit your roster.
- ☞ Roster replacements are allowed **until July 29, 2009**
- ☞ All team members must sign waiver. **(Parent for under 18)**
- ☞ Read and complete Handicap Time Sheet (ASAP Please!!)
- ☞ **NO REFUNDS!**
- ☞ R2C14 is a “Rain or Shine” event.
- ☞ Exactly “2” support vehicles per team.
- ☞ Relay clothing--**pre-order only. (No Foolin)**
- ☞ All rules, instructions and maps will be mailed.

www.OYMP.net for more event details. R2C will sell out!



ENTRY FORM

14th Annual RIVER TO SEA RELAY Saturday - August 1, 2009



Email Address Is Required

ENTRY FEES (DEADLINE JUNE 28) – 110 Team Maximum

EARLY BIRD FEE \$400 per team until May 1, 2009

AFTER MAY 1st \$450 per team until June 28, 2009

IMPORTANT NOTE: You are **encouraged** to send entry form before roster.

RELAY CLOTHING: PRE-ORDER ONLY

(SEE WWW.OYMP.NET FOR T-SHIRT DESIGN)

	Quantity	Total Cost	Size[s]				
Singlet	\$ 10.00 X _____ = _____	S _____ M _____ L _____ XL _____ XXL _____					
Short Sleeve T	\$ 10.00 X _____ = _____	S _____ M _____ L _____ XL _____ XXL _____					
Sleeve T	\$ 15.00 X _____ = _____	S _____ M _____ L _____ XL _____ XXL _____					
Relay Cap	\$ 15.00 X _____ = _____	One Size Fits All					

Grand Total = _____

TEAM CATEGORIES (circle one)

7 Members per Team

Men's Open (5 or more men required) Veteran Men's (35 & over only, 5 or more men required)

Women's Open (7 women required) Veteran Women's (7 women 35 & over required)

Mixed Open (3 to 6 women required) Veteran Mixed (3-6 women)

Veteran Division starts at age 35 - Youngest member determines team category

TEAM CAPTAIN NAME: _____ Phone Day () _____

Street _____ Phone Eve () _____

City _____ State _____ Zip _____

E-Mail _____ Organization _____

Team Name _____ (if different than org.)

ENCLOSED: Entry \$ _____ + Clothing \$ _____ = Total \$ _____

Mail entries to: Mark Zenobia, 8709 Abbey Glen Way, Wilmington, NC 28411

Info: 910-686-0026 / fax 910-686-0013 or mzrace@oymp.net

Make checks payable to: American Ultrarunning Association

E-MAIL ADDRESS REQUIRED

River to Sea
R2C14 (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	5.95	All trail - Delightful
4	8.7	"The Beast" - hilly, tight, tough, long & hard
5	6.5	Rolling and a bit tight
6	8.05	Tricky, stop-n-go, challenging
7	3.95	Short, but full of quick turns
8	5.55	Oasis!!! ... more than half way
9	9.25	Looooonnnnnngggg and HOT
10	???	First Wild Card leg: getting hotter
13.85 total for legs 10 & 11		
12	6.55	A piece of cake, but the cake is I the oven
13	7.95	Long, competitive, the Do-or-Die stage
14	2.5	Final sprint to the sea!

Total: 92 miles

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

Animals Take 4, 5, 6, 9, 13

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

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

HANDICAPPED START INFO

14th Annual RIVER TO SEA RELAY Saturday – August 1, 2009

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 AND 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 **5K's** will be averaged to determine your team's starting time.
2. Teams will start from approximately 6:00 a.m. to approximately 10:00 a.m. We need all of your **5K** times by early July. 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** 6:00 am.

***IF, DURING THE RELAY, YOUR TEAM IS PROJECTED TO FINISH LATER THAN 8:30 PM, 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**

PLEASE COMPLETE THE HANDICAP TIME SHEET IN THIS PACKET!

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

HANDICAP TIME SHEET

14th Annual RIVER TO SEA RELAY Saturday - August 1, 2009

Please complete --- Please print

Team Name: _____

Team Captain: _____

	<u>Team Member</u>	<u>Age</u>	<u>Sex</u>	<u>Average 5K Race Time</u> <u>In Minutes & Seconds</u> (example: 22:30)
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____

Total Minutes _____
(Example: 153:20)

PLEASE PRINT!!

Do not make allowances for heat, bad training, anticipated injury or the Great Flood! Use your average 5K race time!

5K TIMES ONLY!

TEAM NAME _____

(required)

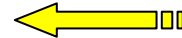
R2C14 WAIVER AND TEAM ROSTER

PLEASE READ Upon acceptance of this entry, prior to August 1, 2009, each team captain will be sent applicable Relay instructions, course maps, rules and numbers.

WAIVER

In consideration of being allowed to participate in the 2009 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 it. 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.**

TEAM ROSTER – PLEASE PRINT CLEARLY



Roster changes require waiver signature

1. Name _____ Waiver Signature _____
Street _____ City _____
State _____ Zip _____ Age (on 8/1/09) _____ Sex _____
2. Name _____ Waiver Signature _____
Street _____ City _____
State _____ Zip _____ Age (on 8/1/09) _____ Sex _____
3. Name _____ Waiver Signature _____
Street _____ City _____
State _____ Zip _____ Age (on 8/1/09) _____ Sex _____
4. Name _____ Waiver Signature _____
Street _____ City _____
State _____ Zip _____ Age (on 8/1/09) _____ Sex _____
5. Name _____ Waiver Signature _____
Street _____ City _____
State _____ Zip _____ Age (on 8/1/09) _____ Sex _____
6. Name _____ Waiver Signature _____
Street _____ City _____
State _____ Zip _____ Age (on 8/1/09) _____ Sex _____
7. Name _____ Waiver Signature _____
Street _____ City _____
State _____ Zip _____ Age (on 8/1/09) _____ Sex _____

ALL LINES MUST BE COMPLETE

PRESS RELEASE

January 2009

RIVER TO SEA 14 *Milford NJ to Manasquan NJ*

The 14th annual River to Sea Relay is set for Saturday, August 1, 2009, and again will attract teams who love pain, suffering, heat, humidity and lack of shade. June 28th is the entry deadline. 2008 overall champion, Impact & the Road Dawgs, will be back to defend its title in this 92 mile, 7-person, handicapped event that begins on the Milford Bridge overlooking the Delaware River. Start times are based on average 5K times of team members with the slower getting a head start.

Each team member runs two of fourteen unequal legs and provides support and encouragement in between. The winning team is the first to dive in 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, Men’s Open, Women’s Open, Men’s Veterans, Women’s Veterans, Mixed Open, Mixed Veterans and Fastest Elapsed Time. River to Sea Relay clothing will be available to all participants on a pre-order only basis.

The 2009 River to Sea Relay welcomes all teams; fast or slow, corporate or social, from nearby or far away. So join us for a day of fitness, competition and excitement.

Call Mark Zenobia at 910-686-0026 or send e-mail to MZRACE@oymp.net.



www.OYMP.net