

ROUTE 66 ULTRARUN RULES AND FORMS

During the Route 66 UltraRun runners – although you don't have to run, you can walk the entire course within the time limit – will cover 140 miles of historic Americana on foot, supported by a dedicated crew of two to four people. Your co-Race Directors (RDs) are Marshall Ulrich and Heather Ulrich bringing you this event through Dreams iN Action, a Colorado limited liability company (DNA, LLC).

Welcome to the fun!

Your RDs reserve the right to add to and adjust these rules at any time, and will use their best discretion as to penalties for any violations.

GENERAL RACE RULES

Your RDs truly want this to be a race for everyone. In that spirit, the general rules are:

1. Have fun!
2. Remain calm, compassionate, and courteous at all times; in other words, be nice
3. Stay safe, and help others do the same
4. Savor and enjoy the history, beauty, and uniqueness of this iconic piece of Americana

REGISTRATION, PRE-RACE, AND CHECK IN

All runners must be at least 18 years old by race day, November 11. Runners must be registered no later than November 1. There is no race day registration. Registration includes full payment of the race fee and signing of the waiver on the race registration page.

Because only the runner had to sign the waiver as a part of the registration process, we will now need the crew chief and additional crew member(s) to do the same. Have each person print out, sign, and bring a copy of the ROUTE 66 ULTRARUN RACE WAIVER form provided at the end of this document to the pre-race meeting on November 10. Thank you!

All runners and crew members must thoroughly read and understand all race rules and sign the **ACKNOWLEDGEMENT OF UNDERSTANDING THE RACE RULES AND CONTACT INFORMATION** form provided at the end of this document. The contact information is for you, as well as an emergency contact that is not involved in the race. Each runner, and each individual crew member, must fill out and sign their own copy of the form. Bring signed copies to the pre-race meeting on November 10. Thanks again!

Each runner and at least your crew chief must attend the pre-race meeting on November 10. Those racers who do not complete the scheduled check-in and attend the pre-race meeting on November 10 will not be allowed to participate. In addition to the **WAIVER** and **ACKNOWLEDGEMENT/CONTACT** forms, each runner must bring a fully completed copy of the **RUNNER CHECK-IN FORM**, provided at the end of this document, to the pre-race meeting on November 10. Yet again, thank you!

At the pre-race meeting all runners will be required to show the required safety equipment (night gear) prior to receiving your registration packet, number, etc.

CODE OF CONDUCT

All racers, crew, and race staff must display courtesy, good taste, decorum, and sportsmanship at all times. Nudity is specifically not allowed, especially in a snow or hail storm.

All runners, crew, volunteers, and race staff must take great care to properly discard all trash items and utilize proper actions as to not damage the landscape or natural environment in any way.

All runners, crew, and race staff may not use illegal drugs, stimulants, or dope, as well as alcohol of any kind, during the race or at the pre-race meeting. Reasonable alcohol consumption will be allowed at the post-race dinner and awards ceremony at Topock66 in accordance with all Arizona laws. We **STRONGLY** encourage each team have use a designated driver to drive from Topock66 to your hotel or other lodging in the area. Your safety and the safety the protection of the general public is our primary concern.

RACE DAY

Please know that **we wrote these rules** not just to comply with permitting requirements from the Arizona Department of Transportation (ADOT), Yavapai and Mohave County and their law enforcement departments and other first responders (fire and ambulance), and other governmental agencies but, most importantly, **to keep everyone safe**. That includes runners, crew folks, volunteers, race staff, drivers, pedestrians, wildlife, business owners, Hualapai Tribe members, the general public, and everyone else. We don't want to have to put any of those first responders at risk (hopefully we won't need them, but know they will be there if called!), and we don't want to get any of our friends at all of the agencies we work with in any hot water for having helped us to make the Route 66 UltraRun happen. We know you understand, and will follow all of the rules. You can – and must 😊 – still have fun, while still being smart and safe. We know that you will absolutely be, and keep others, safe before (pre-race meeting), during, and after (post-race awards) the event.

Start Time and Place

Every year the race will start on November 11 at 7AM in front of:

Angel and Velma Delgadillo's Original Route 66 Gift Shop
22265 Historic Route 66, Seligman, AZ

With a 60 hour cutoff (*note for runner 70 and over), runners must be at the finish line at Topock66 Colorado River by 7PM Nov 13.

The first mile runners will follow classic 'pace cars' through Seligman and must travel together as a pack. After the first mile, runners may proceed at their own pace with support from their crew, and may start using a pacer.

*Note: runners over 70 will be granted one extra hour for each year of age over 70. Thus, the cutoff for runners that are 71 years old (yo) will be 61 hours; 75 yo = 65 hours; 79 yo= 69 hours; and so on. The race directors will coordinate with these runners regarding proceeding along the course after the 'normal' 60 hour cutoff.

Race Mileage vs Mile Posts

Note that the mile post (MP) sign at the start at Angel's Gift Shop is mile 140, and MP at the finish at Topock66 Colorado River is MP 0. Thus, the race miles (RM) are not the same as the MPs. In general, these rules and all of the race information use the RMs to identify locations, although MPs are also provided in most cases. The RM standard is used so that the runner and their crew can track progress based upon how far the runner has moved forward along the course. For example, Seligman is RM 0, Grand Canyon Caverns is RM 37, Hackberry General Store is RM 60, the Kingman time station is RM 87.5, Cool Springs is RM 107, the Oatman time station is RM 96, and the finish is RM 140.

Race Numbers

Race number must be worn at all times on the front of the body where they are clearly visible. If you add or remove clothing your race number must remain visible at all times. Please announce your race number at each time station, upon both check-in and when checking out.

Race Timing, Time Stations, Clock Runs Continuously

Once the race starts the race clock runs continuously until the 60-hour cut-off. There will be no tracked or chip timing. We're old school! Times will be recorded and tracked on the race website during the race as often as possible.

Runners/teams are required to check-in at each of the three time stations along the course. The time stations are at these locations:

- Peach Springs Route 66 Park, across from Hualapai Lodge RM 37 MP 103
- Kingman Powerhouse Visitor Center Parking Lot RM 90 MP 51
- Oatman Parking lot as you enter town, on the right side RM 115 MP 25

If you need to temporarily leave the course, you must follow the rules as described in the Staking Out: Temporarily Leaving the Course section. Note that the race clock continues to run under all circumstances; for example, when you're moving forward on the course, taking a break at or in your crew van, getting attention from medical staff, taking a bathroom break at a facility, stopping at a time station, or staking out to go to your hotel room to get rest, etc.; in all cases, the clock is running.

Running Under Own Power

Runners must physically take each and every step along the entire 140 miles of the race course. Runners must at all times progress under their own power without physical assistance from anyone else. They must not **ever** proceed forward on the course by riding in the crew – or any other – vehicle or any other means than their own physical effort. Either you actually complete the race course, or you don't. There is no room for any ambiguity in this regard: none. The RDs will use their own discretion as to reviewing any and all abnormalities and, if a runner is found to be guilty of cheating, they and their crew will be asked to leave the race immediately. Or, if after the finish, the runner's 'finish' time will be removed from the race results and that runner will be banned from all future Route 66 UltraRun races and any other races that may be put together by DNA, LLC. In addition, all crew members that assisted in enabling any cheating will be banned from ever entering the Route 66 UltraRun or any other DNA races or serving as crew for any other runner.

Crew, whether serving strictly as crew or as a pacer, may walk alongside the runner, possibly hold the runner's hand, hold an elbow, or wrap an arm around the runner's waist in the spirit of kindness; but must not in any way physically support or enable the runner's forward motion. If you think what you're doing as a crew/pacer might not be allowed, you're probably right.

No Bikes, Etc.

Crew/pacers or family, friends, or supporters that may have come out to cheer you on, which we absolutely support and encourage, must not use bikes, skates, skateboards and the like at any time, under any circumstances. Anything that is not allowed by your crew, is not allowed by anyone else.

Public Roadways, Strictly Follow the Course

Run **ONLY** where course instructions direct at all times.

The entire race course is on public roadways – Historic Route 66, also called the Oatman Highway from Kingman to Oatman – will be open to traffic at all times. Stay aware!

When running on the road shoulder (which you will do for most of the course, **EXCEPT** about 7 miles in the city of Kingman) runners **MUST ALWAYS RUN ON THE LEFT HAND SIDE OF THE ROAD, FACING TRAFFIC**, and stay to the left of the white line except where not physically possible (for

example, some spots along Stigreaves Pass, where you must stay on the line, not in the lane of traffic). THIS IS NOT OPTIONAL, it is required.

Cross the highway ONLY at these three locations to change where you will be proceeding along the course or finishing the race: entering Kingman, Powerhouse Visitor Center time station, and into the finish line at Topock66 Colorado River.

Entering Kingman, Airway Avenue: approximately RM 83 MP57

As you enter the city of Kingman you will cross the road after the highway divides, at the second traffic light. From that point forward, until you reach the time station at the Powerhouse Visitor Center, you will proceed on the sidewalk on the right-hand side of the road.

General: cross from left-hand shoulder to the right-hand sidewalk as you enter Kingman

Details: After your last crewing location across from Cantex facility 4045 Bonanza Road

[details under the CREWING section] the highway will split/divide

Continue along the left-hand shoulder *past* the first stoplight at E. Mohave Airport Road

There is no sidewalk on the other side yet, so you must continue on the left-hand shoulder, until

The second **stoplight at Airway Avenue**

Cross at the light (on green only) AT THE CROSSWALK

Tip: your crew will NOT have access to you for 4.5 miles, so plan ahead.

This would be an ideal stretch to use a pacer.

Locomotive Park/Powerhouse Visitor Center: approximately RM 90 MP 51

After you've traveled approximately 7 miles on the sidewalk through the city of Kingman, you will cross the road at the Powerhouse Visitor Center to check in at the time station, then proceed along the left-hand shoulder of the road.

General: Cross from the right-hand sidewalk back to left-hand shoulder

Details: Cross ONLY from Locomotive Park to Kingman Powerhouse

After running past Mr. D'z Route 66 Diner and crossing 1st Street

Cross AT THE LIGHT (on green only) AT THE CROSSWALK

When using the sidewalk in the city of Kingman, runners **MUST** only travel on the sidewalk, **NOT** on the road shoulder. **THIS IS NOT OPTIONAL**, it is required. You must proceed as pedestrians on the sidewalk, including obeying all pedestrian-related laws of the State of Arizona, including obeying traffic lights and signage. Your crew will use parking lots where possible, or shoulders wide enough to legally pullover/park, obeying all traffic laws of the State of Arizona, to await your arrival on foot.

Topock66 Colorado River: RM 140 MP 0

The finish line at Topock66 is on the right-hand side of the road, so you will have to cross Route 66 to the

FINISH THE ROUTE 66 ULTRARUN!

General: Cross from the left-hand shoulder to the parking lot

Details: Cross **ONLY** after you see the **CAUTION RUNNERS CROSSING ROAD** sign

There is no light or crosswalk at this location! Use **EXTREME** caution.

Remember, you are always responsible for your safety – and keeping your crew safe. Do not let the excitement and emotion of the finish overwhelm your common sense. Stop, think, look both ways, and assume traffic will not stop for you. If the finish is at night, you and of all crew members must have their night gear on. No exceptions.

No One in the Oncoming Traffic Lane

If you meet another runner along the Route, and decide to travel together for some miles, you and the runner must always both be to the left of the white line/in the shoulder. Never may runners or crew/pacers run alongside each other in a manner that places any person to the right of the white line, in the lane of oncoming traffic.

No runner, crew, fan, volunteer, or any human associated with the race in any way may ever proceed to the right of the white line, in the lane of on-coming traffic. Further, see the **PHOTOGRAPHY & VIDEO GUIDELINES** section for details about not posting (to social media) any photos or videos of people breaking the rules – which includes being to the right of the white line – as you put the entire race at risk, and can be penalized.

Pacers

Pacers are not allowed for the first mile of the course, when runners will be ‘paced’ by classic cars through the town of Seligman. After the first mile, pacers may be used.

Tip: We suggest using a pacer for the approximately 4.5 miles as you enter Kingman – race miles 90 to 83.

If you have a member of your crew serve as a pacer, they can only run alongside you/two abreast if there is enough room to the left of the white line/on the shoulder to do so. Otherwise, pacers should generally be behind the runner, single file.

Night Gear Requirements

All runners, crew serving as a pacer, and crew in the crew vehicle even if you don’t plan to get out/cross the road (be ready, just in case), must follow these guidelines.

After 5:30PM until 7:00AM each day all runners, crew/pacer, crew must wear a vest or similar item with reflective material clearly visible from the front and back. Each person must also wear clearly visible **red blinking LED lights** facing front **and** rear. Reflective vests or similar reflective gear that incorporate blinking red lights front and rear are acceptable. Runners and crew/pacers must also wear an LED headlamp and may choose to also carry a flashlight.

Most importantly, your life and the lives of your crew, at are stake. Any violations of these rules may also put this years’ race and future races at risk. Please: stay safe out there.

Anyone not complying with these requirements may immediately be stopped and not allowed to continue. That may include violations by crew members causing their runner to be pulled from the race.

Staking Out: Temporarily Leaving the Course

If you need to leave the course at any time, the clock continues to run, as described in the Race Timing, section. Of course, every inch of the course must be traveled by each racer. In the event of a routing error/wrong turn, the runner may be driven back to the exact original spot where he/she left the course and

continue running from that location. There will be no allowance made for lost time or miles run in the wrong direction.

If a runner needs to temporarily leave the course his/her crew must physically mark the exact location by driving a stake into the ground at that location. A stake, with a number that correspond to the runner's race number, will be provided to each runner at the pre-race meeting on November 10. The stake should be driven into the ground at a location where it is visible from the road in both directions. The crew should make detailed notes as to the location of the stake, including approximate race mileage (RM), closest mile post(s) (MP), significant geographic features or buildings/businesses to ensure they can easily return their runner to that exact location.

Once the stake is placed, the runner may be driven in either direction in the crew vehicle to receive medical attention, go their hotel room to get rest, use a restroom facility along the Route, etc. If the break is expected to take more than 30 minutes, the crew must:

**Call RD Heather Ulrich on her cell phone 720-320-2613
or Race Headquarters (see Resources document)**

to let her know that they are taking the runner off the course temporarily. Crew must tell RD Heather:

1. Runner name and bib number
2. Reason for leaving the course, and if race medical assistance is requested
3. Location of the stake
4. Time the stake was placed/time the runner was taken off the course
5. Where the runner and crew will be during the break
6. Estimated length of the break

After taking the needed temporary break from the Route, the crew must:

**Call RD Heather Ulrich on her cell phone 720-320-2613
or Race Headquarters (see Resources document)**

to let her know that they are taking the runner back onto the course. Crew must tell RD Heather:

1. Runner name and bib number
2. Current condition of the runner
3. Estimated time the runner will continue forward along the course

The crew must return the runner to the exact place they ceased their forward progress/where they staked out. The runner must then resume the race from that location along the Route where he/she left the course.

See the Safety and Medical section for information regarding requesting first-aid type help from the race medical staff or withdrawing from the event.

Family, Friends, and Pets

We encourage runners and their crew to invite family and friends out to Route 66 to savor not only the race experience, but all of the amazing things that the Route has to offer. They may stay in Seligman on or before November 10, and attend the start on November 11. Of course, they should always legally park in town and observe all traffic and parking laws.

Guests are also welcome, at their own expense, to join the post-race dinner and awards. If a runner will have any additional people (other than themselves and their crew) at the post-race dinner, they must notify the RDs no later than November 1 with the number of people that will attend.

Folks coming out to cheer you along the Route are also welcome. Encourage them to get rooms in Seligman, at the Hualapai Lodge in Peach Springs, hotels in Kingman, Airbnb options in Topock, or hotels in Lake Havasu City. They should visit, shop, and enjoy Grand Canyon Caverns, Hackberry General Store, Antares, the Visitor Center and Route 66 Historic Association Museum and Gift Shop (and so much more) in Kingman, Cool Springs, Oatman (including Fast Fanny's), and Topock66. Your family, friends, supporters, and fans must not ever interfere with the race, impede traffic in any way, nor break any of the race rules, but . . . we encourage everyone to come out and experience and fall in love with this amazing stretch of highway that is so much more than 'just' road. It's a piece of American history to be remembered, experienced, loved, and shared.

Pets are not allowed as a part of a runner's efforts, including race-support/crew vehicles; that is, they must not be in crew vans or shuttle vehicles at any time. If your family and friends come out to support or cheer for you and choose to bring pets, they must be responsible for these pets at all times, including keeping them on a leash, picking up pet waste and disposing of it properly, and ensuring they never interfere with runners, race operations, or the public in any way.

SUPPORT CREW AND ASSISTANCE

You will need to follow all of these rules (and the rules above including, but not limited to, night gear) for crewing at the Route 66 UltraRun. Please consider the following when deciding upon the number of your crew, and exchanging crew along the course, especially if you anticipate taking more than 24 hours, or especially up to 40 to 60 hours, to complete the 140 miles.

DROWSY DRIVING is as dangerous as drunk driving!

In controlled studies where researchers were able to measure the amount of sleep deprivation, drunk and drowsy driving both result in a similar number of crashes.

Do NOT put your crew, other drivers, pedestrians, yourself as a runner, and wildlife along the route at risk!

Exchange and refresh your crew.

Please, be smart. No amount of money saved will make a bit of difference if someone gets hurt. As a runner, it is your responsibility to keep your crew rested so they will be safe drivers on the road and functional to meet your needs.

Crew Vehicles

Each runner is allowed one crew vehicle on the course at most times; typically, a minivan with all of your supplies. You may also have a shuttle vehicle to run errands, bring you supplies and, most importantly to exchange crew at key locations along the route to ensure that especially anyone who is driving is not so sleep deprived that they are a danger to everyone out there on the road. See the DROWSY DRIVING information above.

All crew vehicles must meet the minimum requirements of property damage and personal injury liability automobile insurance for the state of Arizona. All vehicle drivers must be fully licensed.

Vehicles will "leap-frog" the runner along the race route. We suggest 2 to 4 miles between each stop. Racers may not be "shadowed" (driving a vehicle at the runner's speed) and vehicles must not "caravan" at any speed. Driving must be done at the speed of traffic, never slowing down to encourage, talk to, or lend assistance to any racer while driving. All support must be provided by crew members on the ground; handing the runner supplies from the vehicle is never allowed. Violations will result in time penalties or disqualification (DQ) that will be strictly enforced by your RDs.

Vehicle Size and Type Restrictions

The crew/runner support vehicle may be a car, SUV, minivan, or full-size passenger van; minivans are highly encouraged. Maximum length is twenty (20) feet. Not allowed on the course at any time are motor-homes or RVs of any type and of any length, including slide-in truck campers. Pick-up trucks up to ½ ton with two axles and "standard" wheels and tires are discouraged, but allowed as support or crew vehicles; however, nothing over-sized will be allowed. No trailers of any kind or size are allowed. No receiver baskets or similar extensions may be used unless the combined length with vehicle is less than 20 feet. The decision of the RDs will be final should any question arise about acceptability of a support vehicle. If you are unsure about whether your vehicle will be okay, ask the RDs before the race.

Signage

Each crew vehicle must have a sign affixed to the front and back of their main crew the "CAUTION RUNNERS ON ROAD" signs. These signs will be provided for at least the main crew vehicle and, if you will have a second vehicle, for that shuttle vehicle at the pre-race meeting on November 10. Bring painter's tape for mounting these signs.

The main crew vehicle only (must have the runner NUMBER AND NAME clearly visible on all four sides of the vehicle. Home-made signs, letters made from contrasting-color tape, window "crayons" or professionally made signs are all acceptable as long as they are adequately visible. Magnetic, reflective, professionally made signs for this purpose may be ordered from your local sign shop or online instead, if you prefer. If you'd like to use the race logo on your signs, just let us know, and we'll get it to you electronically.

*Note: the shuttle vehicle does **not** need the number and name signage; however, the shuttle vehicle must have the **CAUTION RUNNERS ON ROAD** signs affixed to the front and back of the vehicle for safety.*

Rules While on the Road

Crew vehicle must always have their headlights on when **driving** on the course.

Crew vehicles must have their hazard flashers on when pulled over to the side of the road roadway, day or night.

At night, when pulled over on the shoulder, headlights must be turned OFF and hazard flashers turned on.

No support of any kind can be provided to a runner from a moving vehicle.

Vehicles must be parked completely off the road surface whenever stopped. That means that **ALL FOUR TIRES** of the crew vehicle **MUST** be completely off the roadway. Please exercise great caution and safety when choosing where to stop to support a runner. Be especially cautious on Sitgreaves Pass, as some areas may appear to be large enough to pull over but are not! If in doubt, keep driving to the next pullout; your runner can wait a few more minutes.

NEVER block a driveway, nor park or enter onto private property uninvited.

Vehicle doors must not open onto the road. That is, always open doors on the passenger side to exit the crew vehicle to support your runner.

Vehicles may stop anywhere that is safe for fuel or food, take in the views, or exchange crew personnel. That is, whenever you want to exchange/relieve crew, make sure that the main crew vehicle and the shuttle vehicle can both safely pull onto the shoulder. Or, better yet, make such exchanges at, for example, the parking lot of the Hualapai Lodge in Peach Springs, Hackberry General Store, Antares, your hotel in Kingman, Cool Springs, time station parking lot in Oatman, etc. There are numerous safe places to resupply the crew van and/or exchange crew: use them.

Vehicles pulling on and off the road must do so conservatively, waiting for an adequate opening and not interrupting moving vehicles. Once on the road, speed must be maintained; no slowing down to converse

with or otherwise support any runner. Each runner, pacer/crew member is responsible for their own personal safety and must yield to any and all vehicular traffic at all times

Crossing the Road to Crew Your Runner

Please limit the number of people crossing Historic Route 66 to crew your runner. In general, only one crew member should cross the road from the right-hand shoulder where the crew vehicle is parked to the left-hand shoulder where the runner – and possibly also a crew member serving as a pacer – is moving forward along the course. That crew member must always exit the vehicle from the passenger side. Any other crew members should remain in the vehicle or, if they exit vehicle, should always remain on the right-hand side of the vehicle well back from the roadway.

When crossing Route 66 to crew your runner, ALWAYS wait for traffic to pass in both directions, then cross with extreme care.

Tip: We STRONGLY suggest crossing the road from the REAR of the crew vehicle so you don't 'blindly' step out into the road, hidden by the crew vehicle.

Remember to always stop, look both ways, and consciously think about what you're doing before you cross. You must assume that vehicular traffic does not see you and will not yield to you!

We understand that you may feel an urgent need that 'my runner needs this stuff, RIGHT now' but, there is never anything so urgent that you can't – and must – take a moment to get out of the "crewing bubble" of only thinking about your runner while forgetting that the rest of the world, including traffic along the Route, is proceeding without a worry in the world or realization of the race, despite **numerous** signage erected for your safety along the route. Always stop, think, and in general act as if you're invisible. You are, at all times, responsible for your own safety.

Tip: Be aware of the "crew bubble" and don't let it overwhelm your common sense and safety. THINK before crossing.

NEVER cause traffic to slow down or stop when crossing the highway. YOU MUST WAIT. Severe time penalties or DQ will be enforced with a zero tolerance policy towards dangerous crossings of, or behavior on, any roadway.

Note: These rules also apply to anytime the runner may need to cross the road to meet and/or enter the crew vehicle for rest, footcare, change of clothing, etc.

We strongly suggest that a crew member escort the runner across the road to get to the van, and to return to the exact location where they left the course.

Crewing Specifically Related to the Three Road Crossings

As described above under rules requiring the runner to Strictly Follow the Course, you must prepare for where your runner will cross the road as you enter the city of Kingman.

As you approach Kingman, the highway splits into a divided highway. You will need to crew your runner BEFORE this split happens, as it will be another 4.5 miles before you will be able to meet/crew your runner again. So, make sure you crew your runner at/across from:

Cantex facility, 4045 Bonanza Road at approximately RM 78.5 MP61

Since it will be close to an hour (for fast runners that may be able to maintain an approximately 5 mph pace) and possibly over two hours (for slower runners that may only be moving at just over a 2 mph pace) before you can crew your runner again, ensure that they have everything they need as far as hydration, nutrition, supplements, clothing and, if applicable, night gear. That is, if it's 'only' 3:30PM but you won't see your runner for two hours, be sure they have their night gear on, or at least with them, including reflective vest, red blinky lights for front and back, and headlamp.

TIP: This is a good location for a pacer to travel with your runner, if it works into your race plans.

If a pacer will be accompanying your runner, make sure the pacer has their own hydration, nutrition, supplements, clothing and, if applicable, night gear.

You should have a good idea of your runners' pace, so be sure to note the time you send them off, and how long it will likely take them to travel 4.5 miles to the next crewing location just past:

Airway Avenue, 3461 E Andy Devine Ave, approximately RM 83 MP57

All runners will be crossing from the left-hand shoulder at the light (on green only) and crosswalk at Airway Avenue. You will see large “CAUTION RUNNERS CROSSING ROAD” signs just before this intersection. Plan to be there – or at another location nearby – a bit before the time you estimated that your runner would arrive.

TIP: Make use of this 1-2 hour break to: refuel the van, restock supplies, go to your hotel in Kingman, get some sleep, and possibly exchange crew.

For the next 7 miles your runner will proceed along the sidewalk on the right-hand side of the road, proceeding as a pedestrian, including obeying all traffic lights. There are many opportunities to pull into business parking lots; just be sure not to interfere with their customers, their ability to access the business, or have a place to park. If you stop on the road, vehicles must be parked completely off the road in legal parking areas. Please be considerate, and exercise great caution and safety when choosing where to stop to support your runner.

Your runner will cross back across Route 66 here:

Powerhouse Visitor Center, 20 W Andy Devine Ave, approximately RM 90 MP 51

Drive forward from the last place you crewed your runner on the righthand side of the road, where your runner was traveling on the sidewalk, to the Powerhouse Visitor Center. Carefully make a left-hand turn into the parking lot, find the time station, park, and await your runner. From this point forward your runner will proceed along the left-hand side of the road/shoulder until just before the finish at Topock66.

The final road crossing will be just before the finish at:

Topock 66 Colorado River, 14999 Historic Route 66, RM 140 MP0

Drive forward from the last place you crewed your runner to Topock66, and carefully make a right-hand turn into the parking lot. Find the finish line, park, and await your runner to FINISH THE ROUTE 66 ULTRARUN! If you choose to cross Route 66 on foot to accompany your runner the last bit of the race, and will need to cross back across to the finish line, exercise EXTREME CAUTION. There will be large “CAUTION RUNNERS CROSSING ROAD” signs for traffic approaching from both directions, but

remember that you are always responsible for your safety – and keeping your runner safe. Don't let the excitement and emotion of the finish overwhelm your common sense. Stop, think, look both ways, and assume traffic will not stop for you. If the finish is at night, all crew members and your runner must have their night gear on. No exceptions.

SAFETY AND MEDICAL

Safety is always the most important issue and caution should be exercised at all times during the event. We are taking every step we can to keep everyone safe. Yet, as runners, crew, and crew serving as pacers, YOU are always responsible for your own personal safety.

Road Safety Signage

This race is being held on public roadways with no restrictions to everyday traffic. Safety measures will be implemented to protect our runners and crew, as well as the public. There will be significant signage on the Route, including large Variable Message Boards (VMB) – electronic traffic signs with LED-lit messages, in this case something like **CAUTION – RUNNERS ON ROAD – NOV 11-13** at five (5) different key locations to warn drivers on Route 66 that you will out there. There will be thirteen (13) 36 inch x 36 inch yellow diamond-shaped construction spring signs with **CAUTION RUNNERS ON ROAD**. There will also be six (6) of these spring signs with **CAUTION RUNNERS CROSSING ROAD** – two each at the three locations you will have to cross Route 66. Thanks to Quail Construction in Fort Mohave for working with us to provide this vital safety signage.

No IVs or Supplemental Oxygen

The use of intravenous fluids (IVs) by runners is explicitly prohibited in this race. If a runner receives an IV from anyone/any source, the runner will be automatically disqualified from the race and must withdraw and cease moving forward on the course.

The use of supplemental oxygen by runners is explicitly prohibited in this race. If a runner receives supplemental oxygen from anyone/any source, the runner will be automatically disqualified from the race and must withdraw and cease moving forward on the course.

Medical Staff and Resources

The Route 66 UltraRun will have two qualified medical personnel on the course during the event: an MD and a Paramedic/Firefighter. These two Medical Staff will each have their own vehicle with signage identifying them as such. Contact information/cell phone numbers are provided in the “Resources Along the Route” document available on the website before the race.

Each runner must download, print, and bring the Resources document with them to the race and keep it in the crew vehicle at all times during the race

All of the fire departments/first responders along the Route are aware of the event and ready to help if needed. The race Medical Staff will roam the course as well as be close to the Peach Springs and Kingman Time Stations, as a hotel room for them to stay/dedicated to medical needs, will be provided at the Hualapai Loge and Motel 6 West, respectively. As runners proceed along the course, race Medical Staff and Race Headquarters will shift to Kingman and Oatman, then to the finish. The race will have an Airbnb home in Oatman as well as one close to Topock66 available if medical care is needed.

In emergencies always dial 9-1-1

Runner and Crew Shared Medical Information Form

All runners and crew members must fill out the RUNNER AND CREW SHARED MEDICAL INFORMATION FORM at the end of this document and bring them with them to the event. While we certainly hope no one will need first-aid type medical help from our medical team, nor emergency medical response (EMR) from first responders, we want those folks to have key medical information that may guide or alter their treatment. We also want your team members to have access to this information if/when needed. In respect of your privacy, rather than having race staff holding this information in some remote location along the course, it is most practical and important to:

Keep these forms in the crew vehicle at all times

Withdrawing From the Race

Your RDs, medical staff, and volunteers want every runner to safely complete the course, and we will endeavor to make this happen. However, we realize that a 100 percent completion rate may not be attainable, and most importantly want all participants and their crew to stay healthy and safe.

If a runner decides the best thing is to withdraw from the Route 66 UltraRun the crew must:

**Call RD Heather Ulrich on her cell phone 720-320-26 13
or Race Headquarters (see Resources document)**

as soon as possible to let her know the runner is withdrawing from the race. Crew must tell RD Heather:

1. Runner name and bib number
2. Reason for leaving the course, and if race medical assistance is requested

In emergencies always dial 911

3. General location along the course, time of withdrawal, and miles completed
4. Where the runner and crew will stay until the post-race dinner and awards on November 13

All runners and crew that make the difficult decisions to withdraw from the race are encouraged to come to back out along the course to cheer other participants along and/or come to the finish line at Topock66 to celebrate others' finishes. Everyone is invited to the postrace party celebrate with their fellow racers and crews. Trust us when we say,

You do not want to miss the post-race dinner and awards!

This a Race for Everyone, including *everyone* that toed the line! Remember to bring your coolest 1950's or 60's threads to really join in the fun.

All Emergency Medicine and/or Emergency Evacuation costs for participants, crew members, or staff will be borne by that person or their heirs. The race organizers are in no way liable or responsible for medical care, nor responsible for emergency evacuation. We encourage every competitor to purchase a specific travel insurance policy to cover these costs.

RULE ENFORCEMENT AND PENALTIES

These race rules are in place to ensure the safety of all participants – and everyone else – and to provide a level playing field for all competitors. Compliance with these rules also keeps us in compliance with authorities that grant the permits for this event and will allow it to continue in the future. All rules regarding safety will be strictly enforced.

Enforcement

Violations of race rules may result in a time penalty for each infraction of up to one hour at the discretion of RDs and race Marshals. Depending upon the severity of the violation and other factors, including but not limited to flagrancy of the violation and safety considerations, violators may be disqualified from the race at any time at the discretion of the RDs. Race Marshals, staff, and volunteers will be monitoring the course throughout the race for runner health and safety and rules compliance.

RDs and Marshals Job

Your RDs and Race Marshals will be on the Route to assist runners and teams in any reasonable way. Some will be driving in separate vehicles and others will be imbedded with teams or individual runners' crews. Marshals will monitor compliance with race rules and be empowered to levy penalties, including disqualification. Marshals are NOT authorized to provide medical support, but will attempt to reach RD Heather to coordinate first-aid-type assistance, or encourage crew to dial 9-1-1 when warranted.

Any rule infraction by a runner or crew/pacer that constitute cheating will result in immediate disqualification and being banned from any/all future DNA events.

Your RDs have the authority, at any time, to overrule any rule or invent a new rule based on extenuating, unforeseen, and/or unusual circumstances and/or to maintain the integrity and fair play necessary for the successful completion, and continuation, of the race. Your RDs have ultimate authority in regard to all rules, their interpretation, and their enforcement. There are no appeals. All entrants in the race, their crew/pacers, family and friends, and any media-related folks (see PHOTOGRAPHY AND VIDEO GUIDELINES) willingly acknowledge this fact, as well as all other race rules, by participating or attending the race in any capacity.

PHOTOGRAPHY AND VIDEO GUIDELINES

The Route 66 UltraRun will have an official photographer and videographer, Tony Di Zinno and Rick Baraff, respectfully. We are thrilled with our Dream Team and know that they will provide the most amazing footage and images imaginable. Not only are they incredibly good at what they do, they are amazing people that we are honored to have as a part of the Route 66 UltraRun staff.

Runners and their crew, and family and friends that may come out to cheer you on, are more than welcome to take photos and videos for your personal use, only. We support and encourage everyone to share the history of the Route, the beauty of the area, the incredible people along the Route keeping history alive, the spirit and endurance of our runners, the kind and loving support of the crew folks, support of our amazing race staff and volunteers, encouragement from your family and friend, and the cooperation and permitting from so many other that made the Route 66 UltraRun a reality. Please, take photos and videos and share them on social media and with your friends. We want people to know about this amazing section of Route 66 and the efforts and accomplishments of our runners and crew. No runner, crew, fan, volunteer, or any human associated with the race in any way may ever proceed to the right of the white line, in the lane of on-coming traffic. See the No One in the Oncoming Traffic Lane section for specifics about always staying to the left of the white line. In addition, we must ask everyone to abide by the following rule regarding sharing images and video on social media or any public platform.

NO IMAGES BREAKING THE RULES

Do not take, or post to social media or any public platform, photographs or videos of a runner, crew, or any other race participants, family, friend, or supporter traveling or standing in the traffic lane. Ever!

Our amazing friends at the permitting agencies will be watching.

So, if you post any images with people breaking the rules

– which includes being to the right of the white line –

you put the entire race at risk

and you can be penalized, even after completion of the race.

DO NOT DO IT!

Please just be aware of the potential implications of images you share. We greatly appreciate it. Thank you! And, as always, have fun out there and stay safe.

If any runner wishes to have an independent photographer or videographer follow them on race day you **MUST** have the plan and the personnel approved well in advance by the RDs. If approved, these people must comply with all relevant race rules, and never cause disruption to the race in general, nor to any competitor, crew/pacer, or race staff. Violations will accrue to the runner. Choose your professionals carefully and be certain they understand their responsibilities and related permitting-authority rules. Ask your RDs for guidelines regarding drones before employing the same.

ROUTE 66 ULRARUN RACE WAIVER

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Race Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

As it applies to my participation in this race, I agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov>. I also agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by this race for my participation in this race. Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

This event follows the standard running industry policy that, in general, all entry fees are non-refundable. We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice. I understand that, in general, my entry fee is nonrefundable and bib numbers are nontransferable. On a case-by-case basis your RDs will consider refunding your race registration, defer your registration to the next year, or possibly transferring your registration to another runner; although none of these options are guaranteed.

By submitting this entry, I acknowledge having read and agreed to the above release and waiver including the no refund policy. I also accept and acknowledge that my support crew of two to four people will also be required to sign an event waiver.

SPECIFIC FOR YAVAPAI COUNTY, AZ

By signing this form I agree to act as a volunteer and/or participant and to be bound by the terms of the waiver of liability below. In consideration of my desire to serve as a volunteer and/or participant in the 2022 Route 66 UltraRun Sponsored by Dreams in Action LLC; I hereby assume all responsibility for any and all dangers or risk of property damage or bodily injury that I may sustain while volunteering and/or participating. Further, I hereby release, indemnify, hold harmless, waive and discharge Yavapai County, their Boards, Council, officials, employees, volunteers and agents from any and all claims asserted by anyone arising from out of any injury or accident I suffer, actions, losses, liabilities, costs, damages, or expenses, including but not limited to court costs and reasonable attorney's fees arising out of bodily injury or death, or tangible or intangible property damage, which I or my spouse, children, heirs, executors, successors or assigns ever may have in connection with such volunteer efforts, or my participation therein, and hereby waive all such claims, demands and causes of action. Further, I expressly agree that this release and waiver is intended to be as broad and inclusive as permitted by the State of Arizona, and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I have read, reviewed, understand, and agree to this waiver of liability.

PRINTED Name

Date

Signature

Crewing for: **Runner's name**

**ACKNOWLEDGEMENT OF
UNDERSTANDING THE RACE RULES
AND CONTACT INFORMATION**

I hereby acknowledge that I have thoroughly read and understand the Route 66 UltraRun rules, and agree to abide by the same, including, but not limited to, having fun, being nice, staying safe, and savoring and enjoying the experience. I will have ultra-fun!

_____ PRINTED Name	_____ Date
_____ Signature	_____ Runner – or – Crew?

My home address is:

City, ST Zip Code (or other)

My cell phone number is:

My email address is

_____ Area code and number	_____ Email
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In case of an emergency, contact:

_____ Full Name	_____ Relationship	_____ Phone
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RUNNER CHECK-IN FORM

Please bring this form, fully completed, to the pre-race meeting on November 10.

Runner Name: _____

Runner Number: _____

Number of Crew Members: _____

Number of Support Vehicles: _____

Runner's Acknowledgement of Understanding of the Race Rules and Contact Information form attached.

Yes No

Each runner must be accompanied by a support crew comprised of at least one four-wheeled motor designated crew vehicle, and an optional shuttle vehicle, with at least two and no more than four crew members, at least one of whom are legally licensed to drive and at least one of whom can speak English. A minimum of two crew people must be the designated crew vehicle at all times (although one person may at times serve as a pacer).

Main Crew Vehicle

Make: _____

Model: _____

Color: _____

License: _____

Secondary Shuttle Crew Vehicle

Make: _____

Model: _____

Color: _____

License: _____

Crew Members

1. Crew Chief Name: _____

Waiver Attached?

Yes No

Acknowledgement of Understanding of the Race Rules and Contact Information form attached.

Yes No

Shared Medical Information forms and Resources Document in possession for the crew chief?

Yes No

2. Crew Member Name: _____

Waiver Attached?

Yes No

Acknowledgement of Understanding of the Race Rules and Contact Information form attached.

Yes No

3. Crew Member Name: _____

Waiver Attached?

Yes No

Acknowledgement of Understanding of the Race Rules and Contact Information form attached.

Yes No

4. Crew Member Name: _____

Waiver Attached?

Yes No

Acknowledgement of Understanding of the Race Rules and Contact Information form attached.

Yes No

RUNNER AND CREW SHARED MEDICAL INFORMATION FORM

While we certainly hope no one will need first-aid type medical help from our medical team, nor emergency medical response (EMR) from any of the first responders that are always willing to respond in the case of any emergency, we want those folks to have key medical information that may guide or alter their treatment. In respect of your privacy, rather than having race staff holding this information in some remote location along the course, it is most practical and important to:

Have this information with the runner and crew in the crew vehicle at all times

A copy of this form must be completed by each runner, and each crew member.

Name: _____ Date of Birth/Age: _____

Significant Medical History and Information:

Any medical implants, pace makers, hardware; blood type if you know it; any religious limitation regarding treatment; or anything else you feel is important to share with your team and first responders.

Significant Medical Conditions:

Include things like allergies (medications, food, bee stings, etc.). Race medical will not have EpiPens, so:

If allergies are severe, location of your EpiPens!

If you have asthma and location of your rescue inhaler, or other conditions you feel are important to share with your team and first responders.