

ROUTE 66 ULTRARUN RULES

During the Route 66 UltraRun runners – although you don't have to run, you can walk the entire course within the time limit – all runners or Relay Teams will cover 140 miles of historic Americana on foot. Crewed Runners will be supported by a dedicated crew of two to four people. Journey Runners will need to be self-supported for up to 20 miles at time, with drop bags at the three Time Stations (TS) and mobile aid at five locations along the Route. Relay Teams of 3, 4, 5, or 6 people can take turns running, crewing for each other, and resting; see Attachment 1 at the end of this document for guidelines and equipment requirement for JRs.. 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 and registered before the deadline established on UltraSignup. There is no race day registration. Registration include full payment of the race fee and signing of the waiver on the race registration page. The waiver includes general info, as well as USATF- and Yavapai County- specific requirements. Crewed Runners, Journey Runners, each Relay Team

Member, all crew folks, and all race volunteers must register via UltraSignup including signing the race waiver; you know, the legal stuff.

All runners and crew members must thoroughly read, understand, and abide by the race rules.

Each runner and at least your crew chief must attend the pre-race meeting. Those racers who do not complete the scheduled check-in and attend the pre-race meeting will not be allowed to participate. Each runner must bring a fully completed copy of the RUNNER CHECK-IN FORM in the Forms document, to the prerace meeting. Thank you!

At the pre-race meeting all runners will be required to show the required safety equipment (night gear) for each individual in your crew/on you Relay Team 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 to stay at the Topock66 hotel or 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 the second Saturday of November 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 on the following Monday.

The first mile runners will follow the Seligman fire truck and 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, Time Station 1 (TS1) in Peach Springs is RM 37, TS2 in Kingman is RM 87, Cool Springs is RM 107, TS3 in Oatman RM 115, and the finish is RM 140.

Race Numbers

Race numbers 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.

Relay Teams

Relay Teams will be 3, 4, 5, or 6 people. Everyone can take turns running, crewing for each other, and resting; or maybe you'll have four runners and one person that doesn't run at all, just serves as crew, but that makes you a Team of five. It's up to you how you split up duties on your Team. You should have one main, dedicated Team vehicle to crew from; you can have a second shuttle vehicle if you want. If you are a Team of five or six people and everyone will stay on the course the entire time, we highly suggest a full size (Sprinter or similar) van. There are no designated running legs and no specified transition areas, although we do suggest that every runner do a minimum of at least four miles at a stretch. When you do transition runners, be sure to be parked well off the road; ideally transition in large parking areas such as the Caverns, the Lodge in Peach Springs, Hackberry, etc. Teams will be assigned ONE race number/bib and ONE tracker.

**When you transition runners be sure the new runner is
WEARING THE RACE BIB AND THE TRACKER!**

Race Timing, Time Stations, Clock Runs Continuously

Once the race starts the race clock runs continuously until the 60-hour cut-off. We will have tracking and timing by Adventure Enablers. Be sure to wear your tracker as directed: facing the sky. We will provide belts for the trackers if you want one.

Even though times will automatically be updated at the Time Stations, runners/teams are required to check-in at each of the three time stations along the course to have your time recorded by the volunteers, as a backup. The time stations are at these locations:

- Peach Springs Hualapai Lodge parking lot RM 37 MP 103
- Kingman Powerhouse Visitor Center parking lot RM 87 MP 53
- 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. For Teams, of course, you will transition between different runners, but still each and every step along the Route must be taken on foot by a member of your Team. 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/team – or any other – vehicle or any other means than their own physical effort. Either you actually complete the race course, either individually or as Team, or you don't. There is no room for any ambiguity in this regard: none. The RDs will use their own discretion when reviewing any and all abnormalities and, if a runner is found to be guilty of cheating, they and their crew/team will be asked to leave the race immediately and all individuals will be banned from all future Route 66 UltraRun races and any other races that may be put together by DNA, LLC. Or, if after the finish, the runner's or Team's 'finish' time will be removed from the race results and that runner, crew/team will be banned from all future DNA, LLC events.

Crew or other Team members, 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 Andy Devine Avenue in Kingman, and the Oatman Highway from Kingman to Oatman – will be open to traffic at all times. Stay alert and aware at all times!

When running on the road shoulder (which you will do for most of the course, EXCEPT about four 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 Sitgreaves 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

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.

Locomotive Park/Powerhouse Visitor Center: approximately RM 87 MP 53

After you've traveled approximately 4 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's Route 66 Diner and crossing 1st Street

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

After you leave TS2 at the Visitor Center you will continue along the shoulder on the LHS of Route.

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 all crew/team 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 the Seligman fire truck and classic cars through the town of Seligman. After the first mile, pacers may be used.

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, Team members in the team vehicle, 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, Team members, and 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/team members, 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 runner or a Team member. 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 corresponds to the runner's or Team's race number, will be provided to each runner at the pre-race meeting. 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 to 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 Course Description and 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 before the race and come to the start.

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, at the Topock66 hotel or Airbnb options in Topock/Golden Shores, or hotels in Lake Havasu City. They should visit, shop, and enjoy the 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 (watch out for thieving burros), 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.

Guests are also welcome, at their own expense, to attend the post-race Awards Banquet. If a runner will have any additional people (other than themselves and their crew) at the post-race dinner, they must notify the RDs before the race start; at check in is the latest to add and pay for an additional guest.

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 are responsible for these pets at all times, including keeping them on a leash, picking up pet waste and disposing of it properly, 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/Team Vehicles

Each runner and each Team are allowed one crew/team vehicle on the Route at most times; typically, a minivan or SUV with all of your supplies. You may also have a shuttle vehicle to run errands, bring you supplies and, most importantly to exchange crew or Team members 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/team 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 "leapfrog" 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/team 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/team support vehicle may be a car, SUV, minivan, full-size passenger van. Class B conversion vans/campers are allowed, as well as pick-up trucks up to ½ ton with two axles and "standard" wheels and tires. No receiver baskets or similar extensions may be used unless the combined length with vehicle is less than 20 feet. No trailers of any kind or size are allowed.

If you are unsure about whether your vehicle will be okay, ask the RDs before the race. The decision of the RDs will be final should any question arise about the acceptability of a support vehicle.

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. 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.*

We encourage you to decorate your vehicle! Have fun out there.

Rules While on the Road

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

Crew/team 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/team personnel. That is, whenever you want to exchange/relieve crew/team members, 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/team members: 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/team member must always exit the vehicle from the passenger side. Any other crew/team 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 vehicle, and to return to the exact location where they left the course.

Crewing Specifically Related to the Three Road Crossings

See the Course Description and Resources document for specifics regarding where your runner will cross the road: entering Kingman, across from TS1 at the Kingman Visitor Center, and to get to the Finish Line at Topock66.

At the finish make a right-hand turn into the parking lot of Topock66. 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/finish as a Team 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.

After celebrating your amazing FINISH, please move your vehicle to the extra parking lot across the Route from Topock66 to allow other customers to park in the lot closest to the River Store and the restaurant.

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** on each side of Sitgreaves Pass to warn drivers on Route 66 that you will out there. There will be dozens of yellow diamond-shaped construction spring signs with **CAUTION RUNNERS ON ROAD**. There will also be 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 medical personnel on the course during the event with signage identifying them as such. Contact information/cell phone numbers are provided in the Course Description and Resources document.

**Each runner/team must download, print, and bring the
Course Description/Resources document with them to the race and
keep it in the crew/team 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 runners proceed along the course, the race Medical Staff and Race Headquarters will shift to Peach Springs, Kingman, and then to the finish. The race will have hotel rooms at Peach Springs, an Airbnb home in Kingman and Oatman, and a home and hotel rooms at Topock66 the medical team will have access to if needed by a participant.

In emergencies always dial 9-1-1

Runner and Crew Shared Medical Information Form

All runners, crew members, Relay Team members and volunteers must fill out the MEDICAL INFORMATION FORM in the Forms 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. 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 your Medical Information Form with you 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 they must:

**Call RD Heather Ulrich on her cell phone 720-320-26 13
or Race Headquarters (see Course Description/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 Awards Banquet

All runners, team members, 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 Awards Banquet to celebrate with their fellow racers and crews. Trust us when we say,

You do not want to miss the post-race Awards Banquet!

This is 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. 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. Your RDs and volunteers will be monitoring the course throughout the race for runner health and safety and rules compliance.

RDs and Volunteers

Your RDs and volunteers will be on the Route to assist runners and teams in any reasonable way, including monitoring compliance with race rules. They will report any infractions to your RDs who will levy penalties, including disqualification. Your RDs and regular volunteers are NOT authorized to provide medical support, but will attempt to reach RD Heather to coordinate first-aid-type assistance from our medical staff, or encourage crew to dial 9-1-1 when warranted.

Any rule infraction by a runner, team member, or crew/pacer that constitutes 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 media support as well as volunteers focusing on photography, social media, and timing. We are thrilled with our Dream Team of all of our volunteers! 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.
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.

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.

ATTACHMENT 1

JOURNEY RUNNER-SPECIFIC INFORMATION

The Route 66 Journey Runner (JR) Division consists of a runner who can remain food and water self-reliant for up to 20 miles, with no crew.

Guidelines

JRs must complete the entire 140 miles on foot, no rides, no pacers. Running along with another runner, including a Crewed Runner (CR) or a member of a Relay Team for company, moral support, and FUN is, of course, allowed. Stay safe out there!

- Journey Runners must abide by all general race rules, including running on the left hand side of the road facing traffic; except in the City of Kingman, where you will run on the sidewalk on the right-hand side and proceed as a pedestrian.
- No littering.
- Contact race management **an hour prior** if you anticipate running out of water to allow time for rolling aid to be dispatched
- Report any problems to race management
- If a JR wants to drop out of the race (other than at a TS) call by cell phone to the race directors and transportation will be provided to the finish.
- Runners are responsible for arranging a ride to the pre-race activities, leaving their vehicle at Topock66 or transportation back to the start; or can arrange to have their vehicle forwarded to the finish.
- Race officials will take your drop bags to the designated Time Stations, and will take your luggage to the finish at Topock66, as well as your drop bags at the end of the race.

JRs are allowed to take support from Crewed Runners or Relay Teams at their discretion, stores, restaurants, curious locals or tourists, etc. along the way. Race management will provide limited aid (see below) at each of the three Time Stations (TS). **Runners should also prepare a drop bag for each TS.**

Race management will also provide **rolling aid** provided by a dedicated race volunteer vehicle with backup from the medical team to ensure JRs have water/aid at least every 20 miles.

Rolling aid will be at **approximately** these locations/Race Miles (RM), in addition to the **TSs**.

- RM 17 half way between the start and TS1 Peach Springs – **rolling aid**
- **TS1 Peach Springs, Hualapai Lodge, Race Mile (RM) 37 – aid and Runner drop bag**
- RM 57 between Valentine and Hackberry – **rolling aid**
- RM 77 near Kingman, 8 miles west of Valle Vista – **rolling aid**
- **TS2 Kingman, Power Station Visitor Center, RM 87 – aid and Runner drop bag**
- RM 100 Oatman Rd & Indian Wells, 13 miles after TS2 – **rolling aid**
- **TS3 Oatman, parking lot as you enter town, RM 115 – aid and Runner drop bag**
- RM 127 Before Golden Shores, 12 miles west of TS3 in Oatman – **rolling aid**

Aid at the TSs and rolling aid provided by the race will include:

- Water, including hot water
- Some food items, such as PB&J Bobos, applesauce, Ensure, bars, small bags of chips and cookies/graham crackers, Cup-of-Soup, candy, instant coffee, hot chocolate and, if needed, liquid IV drink mix for electrolytes
- Reusable coffee/hot drink cups, thermos for hot water (to stay at TSs/rolling aid)
- At TS: cots and blankets

[See next page for JR Required Gear]

Required Gear

Runners must have/carry these items throughout the race.

- Tracker supplied by the event management
- Race number (bib) worn outside all clothing/visible from the front
- Cell phone provided by the runner
- An emergency blanket or bag
- A **reflective class three** vest, headlamp, and 3 red blinking lights (one for a spare)
- Preferred food, electrolytes, and supplements
- Two, 2-liter capacity water bladders or a combination of containers; that is, you must have a minimum **capacity** of 4 liters. How much you actually carry will be up to you; just be sure you have enough water for up to 20 miles on your own.
- Personal medical needs
- Weather gear (jackets, hats, gloves) for temperatures from 35 degrees to 80 degrees, including [you must carry] a wind/water resistant jacket
- Sun hat, shorts, pants, short and long sleeve shirts, sun glasses, socks and footwear
- Journey Runners must prepare three drop bags, one for each TS. Drop bags will be delivered to the TSs by race management, and will be brought to the Finish.