



**THE OFFICIAL  
BOURBON CHASE  
GUIDEBOOK**

**2018**

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You may find them on the website Race page under the Resources tab <http://bourbonchase.com/resources>

# SECTION 1: INTRODUCTION TO THE CHASE

## A. Race Format and General Overview

The Bourbon Chase is an overnight relay road race along the historic Kentucky Bourbon Trail. The course of the race, which starts at the Jim Beam Distillery near Bardstown, covers 200 miles through majestic Horse Country for a finish line celebration in downtown Lexington.

Like fine bourbon or a great thoroughbred, The Bourbon Chase focuses on quality over quantity. The Bourbon Chase doesn't strive to be the biggest overnight relay - only the best - so you are assured to get the attention you deserve.

This guide provides participants with a general picture of what to expect from an overnight relay, plus tips on how to have a great Kentucky experience. We give you helpful advice and insider information on things like the best local places to grab a cup of coffee in the middle of the night. Basically, for any tips to enrich your Bourbon Chase experience, just look here!

**All participants are required to read this guide, and are responsible for knowing the contents well.** As you read through this information, pay particular attention to a few terms, such as major exchange/transition zone, exchange, and rotation. As you prepare for this terrific relay adventure, remember this very important safety point: **THIS IS AN OPEN ROADS EVENT!!**

## B. Role of the Team Captain

Each team must have a designated captain who is the team's point guard and the only team member to receive updates and instructions from relay HQ. It is critical for the captain to share pertinent information with team members. If a team must appoint a new captain during the course of the planning, it is mandatory that the "old" captain contact the Relay HQ to express the team's need to replace captains.

Overnight relays are complex events. The team captain is responsible for making sure the team roster is complete; estimated times are submitted; drivers are identified; volunteers are recruited; waivers are signed (online or at the check-in on race day); and fees are paid. Ultimately, it is the captain who must designate who is in what van, and who will run in what order. Team captains have a special online site on which to manage their teams. Team captains must gather and submit all team information – all before the deadline of August 15. All communication between teams and relay HQ goes through the captain.

## C. Runners – Exchanges and Rotation

A typical overnight relay team consists of 12 runners, with each team member running 3 legs of varying lengths and difficulty. The shortest leg on the course is barely over a 5K, while the longest measures nearly 9 miles. On average, each runner covers a distance of 5.5 miles per run and 16.5 in total over the three legs. The chart below, in Section 2, helps you compare and contrast the various legs.

Teams collectively cover the 200 mile course by rotating through a total of 36 legs. When a runner completes an assigned leg, he or she is inactive until the entire team has run their assigned legs.

The relay has a total of 35 exchange points (no exchange at the start or finish line!) Exchanges are the set locations where one runner passes the wristband to the next runner. Examples: Runner #1 will run Leg #1 and hand off at Exchange #1 to Runner #2. Runner #7 will run Leg #19 and hand off to Runner #8 at Exchange #19. The exchange points are the same for everyone and are staffed by race officials recording team numbers and times.

A Major Exchange happens at every six exchanges – Exchanges #6, #12, #18, #24, and #30. More details follow on these locations noted for the high level of energy that occurs there.

Although 12-member teams are the norm, we also welcome teams with as few as 6 members. The same rotation cycle applies for all teams. Regardless of team size, all teams must be able to average under 10:30 per mile (or a total team time of about 35 hours) in order to reach the finish line before nightfall on day two.

## D. Vans – Active and Inactive

Due to the nature of the event, Bourbon Chase teams are largely self-supporting. This means your team provides its own food, water, sports drinks and first aid items. While the primary function of your vans is transportation, with little time for lingering at the exchange zones, your support vehicle is typically the best place to refuel and re-hydrate.

Teams are limited to two vehicles on the route. Having run our share of overnight relays, we strongly urge using large passenger vans. For safety reasons, we must prohibit all R.V.s, minibuses, or limos (it sounds cool, but trust us, it is a bad idea.)

To understand the van thing, think this way: One Active and One Inactive. The van with runners actually running is Active; the other is Inactive. While Van #1 is active, there's no time to rest. For example, Van #1 (active) comes to the race start and drops off Runner 1; drives ahead to Exchange #1, parks in the designated area so Runner 2 can warm up. After Runner 1 hands off to Runner 2, Runner 1 cools down and climbs in the van so it can dash ahead to Exchange #2 where Runner 3 warms up while waiting for Runner 2. This continues until Runner 6 finishes and checks in.

Clearly, it takes a lot of time for even the fastest team to muscle through six legs of running. While Van #1 is active, Van #2 is relaxing, sleeping, eating, or taking in a distillery tour. Before Runner 6 nears the end of his first leg, Van #2 arrives at Exchange #6, where the excitement builds. For the first time in hours, all the teammates are together at this Major Exchange, or transition zone, where a Van-to-Van exchange occurs. As the final runner in Van 1 hands off to the first runner in Van 2, good ole Van 1 goes inactive. Van 1 runners tour Maker's Mark, hit Danville for a bite to eat, and are able to relax a few hours...before starting round 2.

## E. Drivers

As mentioned earlier, we suggest all teams recruit separate drivers for each van, although this is not mandatory. With a few overnight relays to our credit, we can assure you that your team is best served with a Designated Driver. This being The Bourbon Chase, don't misinterpret what a DD is. For this race, it's a team member who has one job only: navigate the course safely. More than 1 driver per van is discouraged.

The role of driver should not be relegated to whoever isn't napping. This individual should be charged with the important duties of knowing the route, ensuring the team's safety, and serving as protector for all runners on the course. Your slap-happy rear shouldn't be behind the wheel after completing your second leg at 4 in the morning. Crawl in the back macho man, catch some Z's and leave the driving to your designated driver.

Drivers – know the road. Study the maps and follow them. On many legs, for the safety of the runners and traffic flow reasons, the map directions may differ from the route that your GPS will suggest – when this occurs, **follow the map, not your GPS**. Ideally, drive the routes before race day. And, by all means, drive in a manner that ensures everyone's safety.

This may be a good time to remind everyone: Despite our uber-catchy name, alcohol consumption will not be tolerated during the running of The Bourbon Chase. Safety is our first concern, so save the drinking for the finish line celebration.

## F. Team Divisions

The Bourbon Chase award divisions are:

**Open Mixed** – Must have a minimum of 4 females

**Open Female** – All females

**Open Male** – 7 or more males

**Masters Mixed** – All members over 40 must have a minimum of 4 females

**Masters Female** – All over 40 years of age, all females

**Masters Male** – All over 40, 7 or more males

**Corporate** - All team members must have an affiliation with the corporation – employees, immediate family member of employee, board member, or client

**Ultra** – 6 runners. No more, no less

**Ultra Women** – 6 runners, all female

*Each division must have at least three teams entered for awards to be given in that division, and we are glad to add additional divisions if there is critical mass in that division*

## SECTION 2: BEFORE THE RACE

### A. Registration

Signing your team up is the most important part of registration, yet that is just step one. It may seem counter intuitive to register before all team members are recruited, but it is usually necessary to get a spot reserved for your team. Plus, it is easier than you might think to find 12 people to sign up just on the promise of running through the night, traveling in a smelly van and having the time of their lives.

#### 1. Age Restriction

The Bourbon Chase is open only to individuals age 21 years or older. There are no exceptions. All runners, captains, drivers - any and all participants - must be a minimum of 21 years of age on Day 1 of the event. All participants must submit their age for the official team roster and upon check-in they must present a government issued photo ID and sign a waiver verifying their age.

#### 2. Team Roster

Once your teammates have been recruited, the next step is for the captain to gather the details of each runner and complete the team roster. Personal information needed for every participant includes: name, address, email, phone, gender, birth date/age, emergency contact and number, shirt size, and overall predicted team time for the full 200-mile course. Team Rosters should be completed by August 31, 2018

#### 3. Runner Rotation

Next comes deciding which runner will run when and in what order. It is the responsibility of the captain to assess the strengths and weaknesses of the team before assigning runners to their legs.

#### 4. Substitutions

Team captains have special online access that allows them to manage their team's roster. In the event a team member cannot compete and a substitution is needed, team captains can edit runners' information on this site at no extra charge up to Sunday, October 7 at midnight. After that, any last minute edits can only be made the starting line at Jim Beam and will carry a hefty \$30 fee.

#### 5. Team Name

Overnight relays have a tradition of colorful team names that add to the event's fun and atmosphere. The key is to be creative. Your name should distinguish your team, as well as win you some extra attention at the start and finish when it's announced. Remember, your team may not be the fastest but it can still have the wittiest name. So have fun; get sassy, but keep it all in good taste. We hate to be a killjoy, but race officials will be forced to reject names that contain offensive language or fail to reach a minimal standard of good taste.

#### 6. Pace Projections

We ask for your assistance in making sure pace projections are as accurate as possible. If participants haven't run a 10K recently, they should jump in one soon. If need be, run a team time trial to gauge each runner's pace. Every team captain must submit an estimated overall time by August 15, 2018 for their entire team for the 200-mile course. Please note that you must submit a time in order to receive a starting line time for your team.

#### **\*\*\* PLEASE NOTE THE TEAM CAPTAIN IS RESPONSIBLE FOR THE ACCURACY OF THEIR TEAM TIME**

Teams will NOT be able to adjust their overall team time entered into the system after August 15, and they will be held accountable to stick to their projected time and not stray beyond the acceptable margin of error throughout the entirety of the race. Your team cannot deviate by more than 1.5 hours plus or minus from your projected time for the 200-mile course.

These projections are critical for race management because they allow us to determine proper spacing between teams and vans along the course. Also without accurate projections it becomes impossible to provide staffing and assistance at the exchange points on the route. Indeed, these time estimates are so important that "sandbagging" – turning in erroneous times in the hope of gaining an optimal start time – will NOT be tolerated. Therefore, to "motivate" runners to submit reliable times, we are forced to impose penalties for teams that exceed the 90 minute pace allowance mentioned above. These penalties can include additional time being added to your finish time, your team being delayed at an exchange point, or even disqualification, if a team is found to be running too far ahead or behind their predicted pace. We hate being sticklers, but these rules help ensure the safety of runners, and guarantee every team a fair chance to enjoy The Bourbon Chase experience in full. More details on pace projections follow in Section 3.

## **B. Team Spirit**

Overnight relays—part road trip and part road race—are the perfect excuse to have a great time! We encourage you to live it up out there ...responsibly. Although the party doesn't really start until the finish line celebration, you have 200 miles and over 24 hours to get warmed up. Decking your van out and wearing crazy costumes are only par for the course. Our hope is that you not only remember every community through which you pass, but also that they remember you (in a good way...)! So prepare for the fun. Pick a theme that works with your team name. Go the extra mile and invest in team singlets. Give out an award in each van for the MVP. Gather up those nutty decorations down in the basement and put them to good use. Your team might even win the Spirit Award!

## **C. Training**

We admit that the idea of running an event that covers 200 miles may be a bit intimidating. Yet, one of the beauties of The Bourbon Chase is you don't have to be a stud to run it. While there will be some young stallions and fillies strutting their stuff, the reality is nearly everyone – from the dedicated jogger to the serious racer – can do this event. The key, of course, is to be properly prepared. Runners should check with a medical professional prior to participating.

Our best advice is to train as if you were planning to run a half marathon. Several weeks before the big day you should be able to cover at least 13 miles in one long run. However, keep in mind you will run multiple legs. This is mostly a blessing, but you may not agree when it is your turn to crawl out of the van for your third effort in under 24 hours. Therefore, we suggest you add a few "doubles" to your training routine leading up to the relay. For example, on a few occasions before the relay you may want to run 7 miles at a moderate effort in the morning; then follow up with another 7 miles five or six hours later. This exercise will go a long way in preparing your body – and your mind – for the multiple-leg experience of The Bourbon Chase. Three different 12-week training programs (Jogger, Runner and Racer) are available for your convenience on the Race page of our website under the Resources tab: <http://bourbonchase.com/resources>

## **D. Preparing to Run the Course**

Unlike your local 5K, an overnight relay course is never closed to traffic. Except for the final half-mile of this 200 mile journey you'll share the road with everyone else, including cars and trucks. Therefore, you must follow the rules of the road just as you do when you go out for an everyday run. For example, unless otherwise noted, runners run against oncoming traffic. All teams and individual runners are ultimately responsible for staying on the course. The route will be blazed and there will be directional signs and volunteers to assist you, but you must remember that it is impossible to have a sign or a person at every turn in a 200-mile event. For that reason, take plenty of time before the event to study your individual legs.

Detailed leg maps are available on The Bourbon Chase website: <http://bourbonchase.com/resources>

If you are the type who gets lost in your neighborhood, you may want to print out a reduced copy of your leg maps and carry them in a plastic sandwich bag for reference if needed.

Some legs are very simple; some are full of twists and turns. Keep in mind that you will likely have to run at least one leg in darkness. The Boy Scouts say it best: Be prepared.

On the next page is a sample breakdown of all legs for each runner including a Total Difficulty Ranking.

RUNNER	LEG	MILES	RATING	RANKING	TOTAL MILES	TOTAL MILEAGE RANKING	TOTAL DIFFICULTY RANKING
1	1	7.1	D	8	15	9	9
	13	4.5	E	29			
	25	3.4	E	35			
2	2	7.4	M	6	21.7	1	1
	14	6.6	D	11			
	26	7.7	D	4			
3	3	3.6	E	33	12.1	12	12
	15	3.2	E	36			
	27	5.3	M	19			
4	4	5.2	D	20	15.6	8	8
	16	6.6	M	10			
	28	3.8	E	32			
5	5	4.6	D	28	17.7	6	3
	17	5.5	M	17			
	29	7.6	D	5			
6	6	6.2	M	14	17.4	7	4
	18	6.2	M	14			
	30	5	D	22			
7	7	4.9	M	24	13	11	10
	19	3.5	E	34			
	31	4.6	M	28			
8	8	4.8	D	25	18.9	4	2
	20	5.7	M	16			
	32	8.4	D	3			
9	9	8.9	D	1	18.6	5	6
	21	5.1	M	21			
	33	4.6	E	26			
10	10	7.2	D	7	19.3	3	5
	22	5.4	M	18			
	34	6.7	M	9			
11	11	6.3	M	12	14.6	10	11
	23	4.3	E	30			
	35	4	E	31			
12	12	5.8	E	15	19.4	2	7
	24	8.7	D	2			
	36	4.9	E	24			

Ratings: D = Difficult; M = Moderate; E = Easy

Rankings: 1 = longest or most difficult; 12 = shortest or easiest

## **E. Preparing to Drive the Course**

We have suggested teams use dedicated drivers for your vans instead of the runners taking turns behind the wheel. In this section we strongly suggest that whoever is driving has taken the time to study the course maps, the Drivers' Booklet, and knows the route thoroughly. In fact, if it is possible, those responsible for driving the relay course should try to drive the route before race day – and as previously mentioned, follow the maps, not your GPS. Ideally, this pre-drive would not only acquaint the driver with the course, but also help to identify gas stations and convenience stores along the route. This could prove invaluable for emergency pit-stops.

Vans must move quickly and safely from one exchange point to the next in order to drop off and pick up runners. There really is no time for trips down the wrong country road. There is nothing worse than a runner finishing her leg in quick fashion only to find that her team has not arrived at the exchange zone!

## **F. Van Rental**

Every team is restricted to two vehicles on the course. We believe large passenger vans are best, but others prefer the smaller, less expensive minivans. Whatever vehicle you prefer, rentals should be confirmed as early as possible. Lexington and Louisville are the logical choices as there are many rental companies in both cities. Moreover, if you are coming from a surrounding state, you may find it is less expensive to rent the van in your area and drive it down.

## **G. Lodging**

We are pleased to have many hotel partners along The Bourbon Chase route. From the wonderful downtown Lexington accommodations that are convenient enough so you can celebrate in style at the finish line and stagger right into your bed, to hotels within minutes of the starting line, to hotels literally on the course in the middle of the night, we have what you need and want in terms of overnight stays. As rates and availability change, please check our website's Travel page <http://bourbonchase.com/hotels> for the most up to date information.

## **H. Communications**

We reckon knowing how to track down the race director at the local Kiwanis Club 5K Fun Run isn't all that critical, but this is a 200-mile, 36-hour event. We want you to know how to reach us: text:

**661-Ragnar1 (Text Only)**

**For REAL emergencies, i.e. medical or some other type (i.e. harassment, etc.), call 911.**

Now it's your turn! When you register make sure we have your cell number so we can reach you in the middle of the night on race day, if necessary...or if we are just bored. In fact, team members registering on the team roster, must give us their cell numbers too. Better safe than sorry. And you can trust us. We have yet to sell any personal information to Chinese crime syndicates.

Another logistical detail to consider in your pre-relay planning is communication between vans and runners. At a minimum we suggest the team captain compile and distribute a team cell phone list; however, there are certain sections of the course where cell reception is spotty, limited, or non-existent. Therefore, it is imperative that each van has good time estimations for major exchange zones. If Van #1 is due to arrive at Maker's Mark Distillery (Exchange #6) at 7:30 pm. – even if Van #2 hasn't received an update from Van #1 – then #2 Van better make darn sure it's there at Maker's well in advance of 7:30.

## **I. Weather**

Mid October usually features picture perfect weather. It is our driest time of the year, with highs in the 60's and lows in the 50's. However, this is the Ohio River Valley so weather can be a little crazy. Definitely check the 5-day forecast before leaving home and be prepared for anything.

## **J. Volunteer Requirement**

Like all major overnight relays in the country, local teams are required to provide volunteers to work the race. The details are - if ANY runner on your team lives within a 100 mile radius (not driving distance) of ANY point on the course, your team is required to produce two (2) volunteers to work during the relay. In lieu of providing volunteers, teams can pay a \$120 fee per volunteer. Of course if no one on your team lives within the 100-mile radius, then you guys are off the hook!

## **K. Making Your Miles Mean More**

The Bourbon Chase is committed to making a difference in our community and in our world. Thus, we are honored to work each year with various wonderful charities of choice. Although still young in terms of an event and small by design, we are thrilled to help raise over \$150,000 annually for these groups. You can help! Learn more about each charity and how your team can run for free by running on behalf of a charity. Just visit our Charities page at <http://bourbonchase.com/charities>.

## **L. Refund Policy**

All entry fees are non-refundable and non-transferable. This is a typical policy for this type of event since only a limited number of relay teams can be accepted and the number of available slots fills quickly. Once you have registered, you will not receive a refund if you are unable to participate for any reason, nor can your fee be transferred to another team or applied to the next year.

# **SECTION 3: RUNNING THE RELAY**

## **A. Start Time**

The start time for your team will be based roughly on your team's projected finish time. Start times vary widely - the first teams will begin as early as 7am on Friday, while the last teams to start will begin as late as 8pm. Captains must submit all team rosters by August 31. The Bourbon Chase office will then assign official start times to each team captain before September 15. Teams must start at their assigned time. Unfortunately, we cannot honor special requests.

## **B. Check In for Van #1**

The starting line is located at the Jim Beam Distillery. All team captains (or their designee) must report to the check in tent at least 45 minutes before their team's designated start time. Teams will not be permitted to finalize check in or start until they produce these safety items:

- 1) Two (2) flashlights or headlamps
- 2) Six (6) reflective vests
- 3) Two (2) Blinking LED "tail or rear end" lights

## **C. Van Signs, Bib Numbers and Wristband**

Upon successful check in, vans will receive several signs for display on their van, bib numbers for runners in that van and the official Bourbon Chase wristband.

- 1) Vans actually receive three "signs" at check in – two numbers and one "Caution". Captains need to ensure that both vans have the van numbers affixed to: a) the lower portion of the passenger side front window; and b) the driver side back window.
- 2) Team bib numbers are distributed in the order that the team will run. Bib number 101\*1 is the first runner; bib number 101\*2 is the second runner. This order is decided by the captain and does not need to be communicated to Race HQ beforehand. Bibs must be worn on the front of every runner throughout the relay with the number clearly visible at all times. If you change shirts, move the number to the new shirt. If you take the shirt off, pin the number to your chest...or shorts. Always make sure that your team number is on the outer layer of your clothing. Wearing the bib at all times is for runner security and event safety. Finally, all runners should announce their team number loudly as they run into an exchange point to assist race officials in recording their position and time.
- 3) The wristband serves as your relay baton. Your team needs to protect this wristband. There is only one per team and they are only available at the start of the race. The incoming runner passes this "slap" wristband to the outgoing runner in the exchange zones.

## **D. Check In for Van #2**

Participants in Van #2 are welcome to join their teammates for the relay start at Jim Beam Distillery; however, they do not actually begin their running until several hours later when Van #2 must check in at Maker's Mark Distillery (Exchange #6) and present the same safety items as Van #1:

- 1) Two (2) flashlights or headlamps
- 2) Six (6) reflective vests
- 3) Two (2) Blinking LED "tail or rear end" lights

Again, race officials cannot allow teams to check in without these items. Each van must produce its own set of safety items. These items cannot be passed from van to van. Upon successful check in, van and runner numbers will be distributed. Since it is hard to predict exactly when your first van will arrive at the major exchange zone, we ask Van #2 to get to Marker's Mark Distillery 1 hour 15 minutes before the anticipated arrival time for your team's #1 Van. Not to worry - there's plenty to see and do at the distillery if your team is slow finishing their first round of running.

## **E. At the Exchange Points**

There are a total of 35 exchange points, 5 of which are major transition zones. Bathrooms are available at each exchange point. Activity level at the exchanges will vary. The race is purposely organized so early exchange points are less congested than later points. Exchange # 24 (a major transition zone) is scheduled to be the busiest. Thereafter, traffic will begin to thin out again. However, every exchange point is a safety concern. Drivers, runners and every participant in the event must be alert to the hazards as vans pull into and out of these high traffic areas.

- 1) Runners – Only in-coming and out-going runners should be near the actual exchange zone. All other relay participants, no matter how well meaning they are, cannot be in the exchange zone. Race officials will assist the out-going runner in getting positioned. Once the out-going runner has spotted his/her teammate, he/she will move into the zone to receive the hand off. Inactive runners in exchange zones could result in team time penalties or disqualification.
- 2) Vans – At most exchange points vans will park beyond or adjacent to the exchange zone. There are a few points where vans will actually park in front of the exchange. In any and all cases, drivers need to be especially careful parking and exiting at exchange zones. Follow all directions of parking attendants in detail. There is no great hurry to catch your runner when exiting. Please take your time.
- 3) Race officials and volunteers – Race officials and volunteers will staff every exchange point. From timers and recorders to parking attendants and traffic controllers, race officials and volunteers are there to keep you safe and to ensure you have a great time. Please understand that they have a responsibility and certain duties to perform. We ask that you follow their instructions in a respectful manner.
- 4) Others – All non-active participants and spectators must remain away from actual exchange zones. Often times, the exchanging runners will be on one side of the street while the cheering team is on the other. This is by design. Please do not cross over and crowd the exchange zone area. This is a management and safety issue. Violators are subject to being disqualified or getting a stiff time penalty slapped on their team.

These policies are in place to lessen potential risks at the exchange zones. We want these zones to be areas of celebration and fun, as one runner finishes and a new one begins, yet we must ensure the zones are safe for everyone.

While most exchange points are at distilleries or the center of a charming Kentucky community, several exchange points are in residential areas. Please assist us by keeping noise to a minimum in these spots. Most of the residents along the course are excited to have us. Let's make sure we treat them and their property with the utmost respect.

## F. Projections and Pacing

We promised you more details on time projections and pacing during the race, and here they are. It is a very few number of teams that have an issue with this, but for those few teams, we should spell it out. First, as stated above, we ask Captains to estimate their total team time and then we give them a margin of error of plus or minus an hour and a half for the 200-mile course. We feel this is a generous deviation. Second, we want folks to understand that the 90-minute margin of error is for the entire 200-miles, not just the finish line. Errors in projections can result in gigantic errors on the course. Considering the time and distance involved in this race, it is easy to imagine teams rolling into the finish before the streets are closed or the finish line is even set up, if projections are bad. Or, it is also very possible for teams that submit poor pacing projections or timing estimates to arrive at exchange points well before those zones are staffed or set up to receive runners. Third, we use the major exchange points to monitor team progress on the course. If your team's pace is faster or slower than the 90-minute margin of error, your team can be delayed, pushed ahead or even disqualified. The following chart should be used as a guide to assist in your planning of pace projections.

<b>Major Exchange Point Opening/Closing and Hold Times</b>				
<b>Major Exchange</b>	<b>Margin of Error</b>	<b>Hold Teams Arriving Before</b>	<b>Teams Back on Course</b>	<b>Exchange Closes</b>
<b>Exchange 6</b>	<b>15 mins</b>	<b>11:00 AM</b>	<b>1:00 PM</b>	<b>10:30 PM</b>
<b>Exchange 12</b>	<b>30 mins</b>	<b>5:00 PM</b>	<b>7:00 PM</b>	<b>3:15 AM</b>
<b>Exchange 18</b>	<b>45 mins</b>	<b>10:30 PM</b>	<b>12:30 AM</b>	<b>7:30 AM</b>
<b>Exchange 24</b>	<b>60 mins</b>	<b>4:15 AM</b>	<b>6:15 AM</b>	<b>11:00 AM</b>
<b>Exchange 30</b>	<b>75 Mins</b>	<b>9:00 AM</b>	<b>11:00 AM</b>	<b>3:00 PM</b>

This chart simply illustrates how the 90-minute rule looks over the distance of the relay route and when the major exchanges open and close. If your team arrives before a zone opens, your team will be held until 2 hours AFTER the zone officially opens to ensure your team's pacing is back in compliance. If your team arrives after the zone is closed, the race is over for the team. Relay officials may intervene to re-adjust a team's pace to ensure all teams cover the course in the projected time frame allotted. Potential penalties are spelled out in Section 7.

Bottom line – submit accurate times and you will never have to worry with these time frames or penalties. We will give you the proper starting time to keep you where you need to be at just the right time of day!

## G. Running at Night

The bad news - runners will be alone at times during the course of the relay. In fact, it is very possible one of those alone times is when it is really dark and really lonely. There's no way around this. Yet, by carefully estimating the pace of the team, the team captain should be able to figure which legs will be run after nightfall. (All teams can count on it being in the dark on Legs 14 – 20.) Then, by reviewing the course maps, the captain can determine who is best suited to run legs scheduled deep in the night and on the loneliest roads.

We've tried our best to place overnight legs on busy wide U.S. highways. For example, we feel that running along US 127's wide shoulders at night is as safe as overnight running can get on an open road. That said, there are legs that your team will run at night that are narrow. The good news is that these roads are lightly traveled. Legs 15 and 16 are the most remote; whereas, legs 13 and 17 have narrow sections as well, but these legs pass through the city of Danville.

Finally, those teams starting later in the day on Friday will obviously encounter darkness earlier in the course. Although the legs mentioned above will also be run under darkness by their team, later-starting teams will have to contend with dark conditions on legs as early as legs 4 or 5.

Rules regarding nighttime running will be strongly enforced. Remember those safety items you needed for check in? Runners starting their legs after **6:00pm and before 8:30am** must wear reflective vests, headlamps and flashing LED “rear” lights. Keep in mind that The Bourbon Chase officials retain the right to require runners to wear the safety gear anytime during the event based on their sole discretion. If you are not wearing these safety items, which were required at check-in, you will be pulled from the course.

We cannot allow “shadowing” of runners by vans at any point on the course. Meaning, you cannot putt along at a snail’s pace behind your runner attempting to both keep him company and light his way. Nor can we allow your van to “leapfrog” your runner - pass the runner, pull over and sit, let the runner pass the van, then drive up ahead of the runner and pull over again. Although this leapfrogging action may sound like a nice way to keep your runner safe and relaxed, in reality this strategy will only endanger other drivers and runners on the course. Please keep the routes safe by driving slowly, but directly, from one exchange area to the next.

## **NEW “PACER” POLICY FOR 2018!**

In an effort to make our runners more comfortable throughout the race we have developed a strategy that includes more pacing opportunities and new options for night runs.

**Pacers** - Run pacers are allowed at any time during the race. Any pacer that is not a member of the team must sign a waiver. During Night Time Hours, pacers **MUST** wear the same night safety gear as the runner (reflective vest, headlamp, and LED). **NO BIKE PACERS ALLOWED.**

**Skipping Legs during Night Time Hours Only (The Buddy Pass)** - If a runner doesn’t want to run a specific Night Time Leg teams should be instructed to abide by the following procedure:

1. The team has the option to skip the leg and have two teammates run together on another leg of their choice. If the team chooses this option they **MUST** inform Race Command of which leg is being skipped and why.
2. Teams are not permitted to start on the next leg until the time it would have taken them to run the skipped leg has elapsed. Teams will need to calculate their team pace and wait that amount of time before proceeding on the next leg. For Example: If the team is skipping a 3.0 mile leg and running at an average team pace of 10 minutes, they will wait 30 minutes before starting on the next leg.
3. Teams who skip legs will be placed in the \*Unofficial Division\*. They will still receive medals, but will not be eligible to officially place in their original division. If a team does not want to be placed in the \*Unofficial Division\* they will not be permitted to skip a leg and will be encouraged to run with another teammate.
4. Teams must check in with the Exchange volunteers at the restart exchange to ensure their team # is recorded as being back on the course.

## **H. Safety**

Safety is our number one priority. Please remember that the route is run on open roads. Although every effort will be made to ensure non-event drivers know runners are on the road, relay participants need to exercise every precaution. Curves and hills are especially dangerous spots. Be alert to headlights indicating an oncoming vehicle. Run defensively; be prepared to move off the road if it becomes necessary. Below are a few safety “musts” for runners:

1. All runners must obey the “rules of the road”, i.e. run against traffic and obey traffic signals (unless directed to do otherwise by relay officials);
2. **THIS IS AN OPEN ROADS COURSE** – vehicular traffic will be present on course;
3. **No consumption of alcohol is permitted** – save the drinking for the Finish line Celebration!;
4. Each runner must wear certain mandatory safety equipment during “night time” hours; and
5. No earphones, headphones, etc. are permitted while running.

Communities are aware and supportive of the relay, so you can expect to see road signs announcing “Runners Ahead” and police vehicles at key spots.

## I. First Aid

In addition to the required safety items, it is mandatory to stock your van with a basic first aid kit for minor injuries.

We are fortunate to have a wonderful race partner in Baptist Health Sports Medicine. They will be present at the starting line, near the middle of the course (Danville), and at the finish line celebration. They got you covered for minor aches and pains - and will likely even hook you up with a band-aid if needed; however, each of your team vans needs to be prepared for the potential of a scrape or bruise that comes with an overnight relay.

## J. Emergency

**In the event of any medical emergency, call 9-1-1 immediately.** Cell phone service is limited in some course areas, so please note that all exchange points will be in constant contact with race HQ. Please make race officials aware of any issues on the course. In addition, drivers and team captains are expected to be aware of the location of hospitals and other medical facilities along the route. We have included information on medical facilities in several communities along the way in Section 5 of this Guidebook.

## K. Staying on Course

Be sure to study the individual course maps & overall route. These are available on our website's Race page under the Resources tab <http://bourbonchase.com/resources>. We have blazed the road (like a trail) with Bourbon Chase colors and symbols. Directional signs will mark the course route in many areas. Volunteers will also be positioned at potentially confusing or high traffic areas. In addition, look for "1 mile to go" signs on every leg before an exchange. Despite these steps, remember you & your team are ultimately responsible for navigating the course.

## L. Van Support

Your van is your support vehicle. It serves as locker room, bedroom, stretching area, dining room, and - heaven forbid - maybe even restroom. When a van is "Active," it is *GAME ON*. The van is in constant motion for up to 6 hours, so make sure it's well outfitted with snacks and drinks to keep your team going strong. Each exchange point offers restrooms; Major exchanges have water to refill water bottles.

## M. Sleeping Areas

Many teams opt to secure a few inexpensive hotel rooms for the overnight section of the race. With advance notice, most hotel operators have proven to be very flexible with the strange hours we Chasers keep. Some places are even keen on providing extra sheets and towels to accommodate two "shifts" in a room. In this way, one room can serve members of Van 1 for a few hours and, with only a handoff of the room key, Van 2 also gets a warm shower and fresh sheets. Trust us - a warm shower and three hours sleep in a real bed is worth every penny come Saturday afternoon. One such hotel is the Bright Leaf - which so happens to serve as the location for exchange #18. If you are late to receive the handoff at the start of Leg 19, shame on you! If you are in Van 1 and prefer to stay closer to Wild Turkey for your early morning start on round three, we suggest you book a hotel in Lawrenceburg,

However, for those of you who are either saving your pennies for a commemorative bottle of bourbon or prefer the feel of Mother Earth, there are three conveniently located sleeping areas on the course. The first, located literally less than a block from the end of Leg 17, is Constitution Square State Park at 2nd and Main in Danville. The good folks of Danville invite you to fill your belly at one of their excellent restaurants and then find a nice patch of green grass to place your sleeping bag. You can't beat the price - FREE. The second spot is close by at Danville High School. For a nominal fee, these folks will treat you to a dry, warm sleeping spot and shower - plus, the money goes to support the athletic program at the school. Again, Van 1 (especially front of the pack teams) may prefer to catch some Z's closer to #24 at Wild Turkey. Please note: the distillery does not open until the exchange opens - which is 4:15am. Teams trying to enter the distillery or parking on the distillery grounds before 4:30am will be disqualified.

Finally, **please do not just park your van in some parking lot or driveway to get your shuteye.** This is called trespassing! It is lowbrow and it does not endear our event to the local residents. Please be respectful.

## N. Food

Every community on The Bourbon Chase course can boast of a few spots full of local tastes and regional flavors. As you find yourself in need of refueling, we encourage you to seek out these homegrown treasures for a true taste of Kentucky. Again, you can find plenty of insider tips and suggestions in the “Communities” section of this guidebook. For even more information, visit our website’s Travel page for links to each community’s tourism site: <http://bourbonchase.com/cities>.

## O. Ultra Teams – An Extra Special Case

Ultra teams consist of six runners with each runner covering double the distance. Ultra teams may break up their legs as they feel best suits them, but must run through the official exchange zone to ensure their bib number and time is recorded. Also, all exchanges must occur at established exchange points. They must also keep within the per-mile pace based on their captain’s submitted estimates. Ultra teams are welcome to use two support vans, but may decide that one van is preferred. In either event, the teams are cautioned to plan accordingly in terms of drivers, food and drink.

# SECTION 4: DRIVERS’ GUIDE

## IMPORTANT INFORMATION FOR 2018:

All Drivers must register on the designated registration website and are required to read and follow the separate “Driver’s Guide” found here: <http://bourbonchase.com/files/resources/BC2018-Drivers-Guide.pdf>

That said, here some basics: Unless otherwise noted, the active van follows the same route as their active runner. There are few exceptions to this rule and when the van needs to deviate from the running route it is indicated in this section of the guidebook. Usually, we will also have a race officials stationed to direct traffic at these spots. In fact, there are several exchange points where the vans will be asked to exit the exchange area by a different route than the runner, but again, a volunteer will guide your exit.

The best advice we can give, we gave earlier in this manual – read and follow the Driver’s Guide, study the map and drive the course beforehand. In addition, always reset your odometer at each exchange point to assist in following the route.

### A. General tips

1. Do not speed - your runner is only moving about 7 miles per hour. Trust us, you will catch him or her.
2. Many of the roads are thin - stay alert, wide awake and focused.
3. Pass all runners slowly.
4. Careful with the honking at night - folks are sleeping somewhere I reckon.
5. If your van is not active, get off the running routes if possible.
6. Never “shadow” or follow closely behind your runners at their pace.
7. Always obey all traffic laws. Police will be on the route to help keep everyone safe.
8. Be especially diligent entering and exiting exchange zone areas.
9. Make sure vehicle is turned off, in “park” and parking brake set before exiting vehicle.

## SECTION 5: COMMUNITIES ALONG THE CHASE

We're proud of the communities you'll pass through during the relay. We're confident you will experience some of our famous southern hospitality, and want to make sure you are aware of some highlights - both culinary and historical - as you move from town to town along The Bourbon Chase. We hope these tips help you get the most enjoyment possible from your time along the Kentucky Bourbon Trail.

**SHEPHERDSVILLE.** Start your run with a little fun in Shepherdsville! Located mere minutes away from the start at Jim Beam, this area has plenty of minute marts and gas stations near the interstate to fill your tank with gas and your van with snacks and drinks for the trip. However, if you have the time or plan to spend the night before the relay in this community, eating establishments are plentiful. At the top of our list is Sushi Thai Tara, but if you are hankering for a steak, try Cattleman's Roadhouse. There are also a few interesting wineries nearby to sample. <http://www.travelbullitt.org>

**BARDSTOWN.** The Bourbon Capital of the World! Check out The Old Talbott Tavern at 107 West Stephen Foster Ave. (502-348-3494 or (800) 4Tavern). Awesome Restaurant, Bourbon Bar, Bourbon Shop & more; Mamma's Kitchen offers tasty eats as well, and if you are in rush, you may want to stop by Hadorn's Bakery. Don't forget Bourbon Chase sponsor Papa John's Pizza at 9916 Chambers Blvd. (502-331-7272).

Leg #3 runs by Court Square where the Old Talbott Inn has welcomed guests since the late 1700's. Said to be the oldest western stagecoach stop in America, legend has it this Inn has hosted notables as young Abe Lincoln, explorer George Rogers Clark and pioneer Daniel Boone.

<http://www.visitbardstown.com>

**Medical:** Flaget Memorial Hospital, 4305 New Shepherdsville Rd., (502) 350-5000; Flaget Immediate Care Clinic, 110 S. Salem Drive, (502) 348-3400.

**SPRINGFIELD.** This quaint downtown lays claim to "Land of Lincoln" distinction as the wedding site of Honest Abe's mother and father in 1806. Indeed, a nice spot for dinner is Mordecai's -- the favorite uncle of our 16th president (but we don't think he is actually doing the cooking anymore!) They serve a great buffet on Friday nights. Or, if you are just pining for something sweet, check out the homemade pies at Cecconi's Restaurant.

<http://seespringfieldky.com>

**Medical:** Springview Hospital, 320 Loretto Rd., (270) 692-3161.

**PERRYVILLE.** In October, 1862, one of the Civil War's fiercest struggles took place just north of town. The entire area and town are listed on the National Register of Historic Places. An annual reenactment is held the first weekend of October at the battlefield. Merchant's Row is the only 19<sup>th</sup> Century mercantile district in the U.S. that has remained entirely intact. The commercial district along Buell Street looks much like it did in 1860, with 12 quaint wooden buildings showcasing their old-time architecture. The Battlefield Marathon in town builds a nice sandwich or is good for a cup coffee. <http://downtownperryville.com>

**DANVILLE.** Established in 1787, Danville once served as the capital of the Kentucky district. Interestingly, 200 years ago, Dr. Ephraim McDowell was the first physician in the world to successfully remove an ovarian tumor - all 22.5 pounds of it and without anesthesia to boot!

This charming city serves as the hub for our relay and has plenty of dining options while you re-fuel and watch the runners whiz by. As the night gets later, you can't miss with The Hub Coffee and Café for wonderful coffee and tasty sandwiches. They are staying up all night with the Chase. Also, if Burke's Bakery is open before your team leaves town, grab a dozen donuts...featured in the *New York Times* - enough said!

<http://www.danvillekentucky.com>

**Medical:** Ephraim McDowell Regional Medical Center, 217 South Third Street, (859) 239-1000.

**STANFORD.** Kentucky's second oldest city is located in Lincoln County. You might think the county is named after our favorite son, Abraham Lincoln, but its name actually predates the president and instead harkens to Revolutionary War hero Benjamin Lincoln. Main Street's inviting lamps will welcome you to the town! One of our favorites for food is the Bluebird Cafe (near the exchange). <http://www.stanfordky.org/>

**Medical:** Ft. Logan Hospital, 110 Metker Tr. (606) 365-4600

**HARRODSBURG.** Welcome to the first settlement west of the Alleghenies. There are plenty of treats in this historic town. The charm allow is worth a trip to the Beaumont Inn. Or another gem is Shaker Village. For a treat sure to make you think of the Andy Griffith Show, don't miss the Kentucky Fudge Company @ Historic Dedman's Drugstore on Main Street. You can sit a spell at the original soda fountain & enjoy "comfort" foods - homemade fudge, desserts, award-winning ice cream and gourmet coffees. Unfortunately, time is not on your side since it will be the middle of the night when you arrive. Two words - come back! <http://www.harrodsburgky.com>

**Medical:** James B Haggins Memorial Hospital, 464 Linden Aveue, (859) 734-5441.

**LAWRENCEBURG.** Okay, it may be too darn early at the time you run here, but as far as we're concerned the burgers at Joe's Pool Hall are killer. Maybe it's just the older gents sitting around talking politics, but the burgers at this watering hole are a real treat. As you leave Wild Turkey Distillery, you can't miss the railroad bridge over the Kentucky River. Young's High Bridge was built in 1889 and is one of the oldest and highest still standing today. <http://www.lawrenceburgky.org/>

**VERSAILLES.** For a hearty breakfast bar (eggs, sausage biscuits, etc.), stop at The Woodford Inn at Exchange #28. Light "Grab and Go" eats available beginning at 6:30 a.m., with outdoor seating under a pavilion where you can watch the teams run by. Check out Ricardo's Grill & Pub, 110 Frankfort St, will open at 8:00 am and features brisket hash, breakfast paninis, a full bar and hot coffee. Madison's On Main, located at 110 S Main St. Don't forget Papa John's, located at 367 Kroger Way (859-873-9898). <http://woodfordcountyinfo.com>

**Medical:** Bluegrass Community Hospital, 360 Amsden Ave. #100, (859) 873-3111.

**MIDWAY.** This area has traditions in both Native American and outlaw culture. Two large Indian mounds, plus several smaller ones, have been identified in the area. The mother of Frank and Jesse James, Zeralda Cole James, was born in the Black Horse Inn where her father ran the tavern.

Main Street offers a collection of delightful shops, food and drink. Two places we definitely recommend are 815 (perfect for a sandwich) and Darlin Jean's Apple Cobbler. If you've never enjoyed a Hot Brown, here's your chance. A slightly more stylish experience can be had at The Grey Goose. Craving an ice cream? Hit the Railroad Drug and Old Time Soda Fountain. Leaving Midway, Leg 33 runs past Weisenberger Mill, operating for six generations and the oldest continuously operating mill in Kentucky - with the finest grits around!

<http://woodfordcountyinfo.com>

**LEXINGTON.** The Horse Capital of the World serves not only as the finish line, but as our host city. There are plenty of excellent places for dining and drinking close to race HQ.

If you are in town early or staying for an extra day or two, the Atomic Café offers an eclectic menu and fun atmosphere. Cheapside Bar & Grill is a popular watering hole with great food. Check out Alfalfa's for yummy vegetarian (and non-veggie) dishes. One of favorites sits close to the finish line - Saul Good...think upscale pub. Want something a little fancier? Dudley's on Short or Jonathan's are both excellent. What about brunch on Sunday? Either Stella's or Shakespeare & Co will deliver.

Looking for bourbon?...and who isn't! With the largest selection of bourbons in town, the Bluegrass Tavern has expert bartenders happy to assist with suggestions (with about 180 bourbons on hand, suggestions are often needed.) For a nice cocktail, we recommend Belle's.

If beer is your thing, give two local breweries a try - Country Boy and West Sixth are both excellent craft breweries - although Beer Works and Beer Trappe have an amazing collection of bottles and drafts.

<http://www.visitlex.com>

**Medical:** Baptist Health Lexington, 1740 Nicholasville Rd (859) 260-6100

# **SECTION 6: TAKING CARE OF THE BIG #1 (INDIVIDUAL RUNNER TIPS)**

## **A. Running Your Legs**

Be prepared and know your route. Be your driver's co-pilot for the leg prior to your leg and do a final review of your leg/route. Be familiar with the time of day you will be running, the distance, elevation, turns and any special instructions for the leg (See notes on course map). Run defensively. The course is open to regular traffic. It is the responsibility of the individual runners to know the course and their leg.

## **B. Warming up/Cooling Down**

Unless you are runner 1 or 7, your warm up will occur in transition. Depending on your individual needs, best practice dictates you arrive near the exchange area with adequate time for your warm up. Cooling down is also an issue of individual preference dictated by the distance between each leg. Once you complete your leg, continue on the route to cool down as your van moves ahead to meet you at the predetermined spot or time. Note that some legs have alternative routes for the vans, and that the cool down may have to follow that alternative route.

## **C. Food and Drink**

This is not the time to try anything new. Stick with foods and drinks with which you are familiar (water, sport drinks, energy bars, and fruits.) These should be in the van and easily accessible. Availability of food and drink will vary depending of time of day and area you are in, so supply your vans with food and drink adequate to support all members of the vehicle for the duration of the race.

## **D. Down Time**

Use it well, it's gonna' be a long day(s). Finish your leg, cool down, stretch, hydrate, eliminate and get in some calories. Hit the wash cloth, soap and water. Get into some dry, comfortable clothes and do your initial prep for the next leg (swap out race number to new/dry jersey/singlet and review your next route.) Relax. Sleep.

## **E. Shoes and Clothes**

Shoes ...training or racing, you pick. Again, this is not the time to try something new and untested. As for clothes, there may not be enough time between legs for jerseys/singlets, shorts, socks, bras and briefs to dry...so have some extras. September and October are typically KY's driest months but that doesn't mean no rain. Consider bringing long and short sleeve tops, shorts and tights, cotton sweats for the down time, a hat, beach towel and a wash cloth.

# **SECTION 7: RULES OF ENGAGEMENT**

*"Hell, there are no rules here – we're trying to accomplish something." - Thomas A. Edison.* Honestly, we are not fans of rules either; they tend to take the fun out of things. Yet, when you put several thousand people together, you find just a few don't want to play fairly. The overwhelming majority of Bourbon Chase participants are well-behaved and expect a fun, fair relay experience. The rules and penalties below are dedicated to the handful of knuckleheads who try to ruin it for the rest of us. As for the penalties, this is a team event. Therefore, penalties are levied against the entire team for any infraction.

## **A. Van Etiquette**

We strongly urge each team to use two 15-passenger vans with a dedicated driver for each (not a runner and NOT a substitute runner). Mini vans may be adequate for ultra teams. Runners should rotate seating. The first leg in your van is the driver's co-pilot, with subsequent runners seated in the order they will run (early runners occupy the nearest seats.) As runners finish a leg, they will occupy the back seat and move forward as the next runner finishes. Vans can be decorated, but not in a way that is offensive or that obscures the visibility of the driver and co-pilot, or diminishes the driving and safety capabilities of the vehicle. The Bourbon Chase van number must always be visible. One van only—the designated active van—may be in each exchange zone at a time. The exception is for the major exchange zones where vans 1 and 2 will meet. The designated exchange zones are 6, 12, 18, 24 and 30.

## B. Open Road

Rural and urban communities alike want respect. All litter is to stay in vans until it can be placed in designated trash cans. Follow all posted traffic signs and speed limits. Keep noise down; use headlights from dusk to dawn (high beams to a minimum.) Only emergency vehicles should use flashing lights. First and foremost, think safety. You'll be running on small rural roads, with limited shoulders, sometimes at night, and as vans pass runners they will need to reduce speed and give the runners a wide berth.

## C. No Alcohol

No alcohol means no consumption of alcohol. Period. No other substances that could impair driving or good decision making should be consumed during any aspect of the race. Open alcoholic containers in vehicles are against the law. We will disqualify any team drinking in their vehicle and contact the police immediately if we have reason to expect the use of alcohol or illicit drugs. We need safe and sober participants throughout the racing of The Bourbon Chase. Save the drinks for the finish!

## D. Rotation of Runners in the Event of Injury

If a runner is forced to drop out due to injury or illness, the team must finish the relay with their remaining runners. No alternates can enter the race once it's started. If the drop happens before an exchange, the next runner in order completes only that leg, no matter how short the leg's remaining distance may be, then hands off to the next runner. Thus, in the event of drop outs, early runners in the team rotation would run more legs than scheduled.

## E. Penalties & Disqualifications

The rules are in place to ensure safety and fair play. They have been made simple yet firm, and therefore are not open to appeal or negotiation. Penalties include warnings, delays of various duration, adding time to a team's finishing time, removal from the course and disqualification. All Race officials have the discretion to impose any or all stated penalties. The Director of Course Management has the final word on all penalties.

- Safety Equipment – must be worn by active runners during “nighttime hours.” Failure to wear safety equipment will result in immediate removal from the course. Zero toleration!
- Van numbers – failure to display team numbers on van: 1) Warning; 2) 30-minute time addition; 3) 60-minute time addition; 4) team disqualification.
- Exchange between active runners – all relay exchanges must occur in the designated exchange zones. An exchange outside the designated area is grounds for disqualification from the relay.
- Unauthorized team members in exchange zones – only incoming and outgoing runners are allowed inside the exchange zone. All other participants are prohibited and must stand clear. In the event that an exchange is across the street from the van parking area ONLY the outgoing runner is allowed to cross over to the exchange zone. 1) Warning; 2) 30-minute time addition; 3) 60-minute time addition; 4) team disqualification.
- Running on the wrong side of the road – unless specifically instructed on the course map or by race officials or volunteers, runners run against oncoming traffic. Running with traffic is prohibited. 1) Warning; 2) 30-minute time addition; 3) 60-minute time addition; 4) team disqualification.
- Use of earphones, iPods, MP3 players and similar devices – earphones or any musical device positioned above the active runner's shoulders is prohibited. 1) 60-minute time addition; 2) team disqualification.
- Pacing issues – As highlighted in two previous sections, relay officials must be able to count on the paces and time estimates submitted by team captains. Relay officials may need to intervene to readjust a team's pace. The following are possible in the event that your team is out of compliance with its projected pace: 1) too fast – a two-hour delay on the course or a two-hour time penalty added at the finish; 2) too slow – either forced to skip ahead as directed by relay official (“unofficial finish time” designation) or removed from the course.
- Van violations – drivers are expected to know and follow the directions listed in the Drivers' Guide in this Guidebook. Further, they must follow the specific instructions of officials and volunteers along the course.

Failure to adhere to these instructions may result in: 1) 30-minute team addition; 2) 60-minute team addition; 3) team disqualification.

- Respect of Relay Official and Volunteers – Relay officials and volunteers have been charged with ensuring participant safety as their top priority. Please extend every courtesy to their individuals. If an individual violates this policy: 1) 60-minutes team addition; 2) team disqualification.

**The Final Word** - It is virtually impossible for us to police every mile of this 200-mile and 36-hour event. In the past, many teams have been discouraged that when they played (okay, ran) by the rules and a few teams bent or even broke a rules. Therefore, we are asking for your help. When you see a violation, text us at 502.641.2595 with a brief description of the violation and the team #. We will track them down!

## **SECTION 8: CONTESTS**

To add to the fun we offer a variety of awards. Prizes, to be awarded at the finish line celebration, will have a distinctively Kentucky flair. Winners will be selected by the planning committee based mostly on what strikes our fancy. “No fair,” you cry. To which we glibly reply, “Yeah, we know.”

**Best Decked Out Van** - Get creative. Wild and wacky are cool, just be sure not to obstruct the drivers’ views or create a safety hazard. Themes that reflect team names, or tribute the bluegrass are good ideas, so let your imagination run wild.

**Most Spirited Team** - While your team may not be the best or fastest, you make up for a lot with spirit. If you love cheerleading or always longed to be a sports mascot in your next life, this is the contest for you.

**Best Community Spirit** - As you make your way through various communities, take a moment to think about what cities were most welcoming. Teams will vote on the community to receive this award, so we want to know: Where would you want to spend a weekend? Who treated you the most warmly?

**Most Spirited Volunteer** – It takes an army of volunteers for this event. While all volunteers are by nature selfless, we’ll be watching for a few with that special mix of spirit, dedication and hard work. So, feel free to let us know of any folks you believe would warrant some special recognition.

# SECTION 9: CHECK LISTS

## MASTER TO-DO LIST

The order may vary to complete all needed items by race day.

- Submit team entry (sooner the better - all individual entries not needed to submit team entry)
- Recruit runners and alternates
- Collect individual entry forms for roster
- Set up e-mail list or other team communication system
- Assign legs & make sure everyone knows their legs
- Secure two vans
- Make hotel/motel reservations
- Make budget estimates
- Make pet care arrangements
- Get team uniforms or t-shirts printed (optional)
- Make list of all team cell numbers – make copies for all members
- Check website regularly for updates/new info
- Communicate regularly with teammates and captain
- Recruit and instruct drivers
- Provide team members' projected run times
- Come up with team name
- Maintain regular training
- Secure required safety equipment
- Make travel arrangements
- Make child care arrangements
- Arrange newspaper/mail hold

## INDIVIDUAL RUNNER CHECK LIST

Space is limited, so bring what you need but don't go wild.

- Shoes (1 pair minimum) – training, racing and flip flops/sandals for down time
- Clothes – singlets/jerseys, shorts, bras, briefs, socks, sweats/warm ups
- Hygiene items – beach towel, wash cloth/hand towel, baby wipes, soap, toothpaste, toothbrush, etc.
- Food and drink (water and sport drinks) – go for items you like and your body can tolerate during the run and recovery/rest phases
- Personal Stuff – medication, glasses or contacts, etc.
- Camera
- Copy of course maps and your legs – reviewed and familiarized
- Attitude – competitive, positive, ready for fun!

## TEAM EQUIPMENT LIST

- 12 Reflective Vests (minimum)
- 4 Flashing LED Safety Lights
- Clipboard
- First aid kit (1 minimum, 2 are best)
- Toilet paper (often MIA at the port-a-pots)
- Tape for mandatory van signs
- Water container for each van
- Safety pins for race numbers (enough for all team members)
- Extra batteries (way too pricey at all-night convenient stores)
- Vehicle owner & insurance documents
- Cell phones (make sure all runners have numbers)
- List of emergency contact names & phone numbers
- Medical insurance info for each team member
- Febreeze or similar fabric freshener
- Newspaper (to put in running shoes to dry them out)
- 4 Flashlights/headlamps(minimum)
  - Timing device(s)
- Local road maps
- Extra supplies for treating blisters
- Garbage bags/containers for each van
- Golf umbrella

**PLEASE NOTE: COURSE MAPS ARE PROVIDED SEPARATELY FROM THE GENERAL RACE GUIDE**  
You may find them on our website Race page under the Resources tab. <http://bourbonchase.com/resources>