



2019

Relay Handbook

and

Safety Manifesto

AMERICAN ODYSSEY RELAY RUN ADVENTURE

2019 HANDBOOK

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Hello American Odyssey Relay Runners!

Welcome to the 2019 American Odyssey Relay! Thank you for signing up; we promise you will have a lot of fun. Who is “we” anyway? We are Joanna Graham and Robin Lerner, the co-race directors of the Odyssey. We’ve been involved with American Odyssey Relay as runners, volunteers or race staff for many years so not only do we truly know what makes the race magical, we’ve experienced it from multiple vantage points. We are committed to making sure the race is fun, safe and an overall great experience for everyone.

Our other team members include Kelly Cameron who is our resident Director of Fun (and Freddy’s mom) when she isn’t flying all over the country on her day job as a flight attendant! Also, working with us are Adam Silver who provides operational support (and who you may have seen sweeping the course and looking for lost runners) and Becci Foster who has led Transition 24 for multiple years and is now supporting volunteer operations.

Okay, now onto the good stuff.... The start time for your team will be posted on the website in mid April (www.americanodysseyrelay.com). Once these times are posted, if you think that your team will complete the course before 11:00 AM or after 6:00 PM on Saturday, please contact us. Otherwise, please don’t contact us looking for a special start time. Start times are based upon your predicted pace. If you sandbag and tell us you are going to run more slowly than you actually are just to get an earlier start time, you will run the risk of being on the course before our volunteers. If it looks like that will happen, we reserve the right to pull you off the course and hold you, for your own safety and for our sanity.

Leg details have been posted on the website. You can find them by going to the Individual Leg Maps box. Within that box, each leg is a clickable link and includes runner as well as van directions. We’ve also posted directions for the “off” van (the van with no team members running at the time) from the start to leg 6, leg 6 to 12, leg 12 to 18, leg 18 to 24, leg 24 to 30 and leg 30 to the finish. You can also find these maps and leg descriptions as one PDF document so you can print them all. Your safety is our #1 priority so it is critical that each of your runners follow the instructions we have provided in these leg maps. Please read those pages closely and have them with you during the event. And, speaking of safety, please read the Odyssey Safety Manifesto at the end of this handbook. While we have included maps and cue sheets in other links, ***in the case of a discrepancy, the PDF version always prevails.***

There will be a team captains’ meeting on Thursday night April 25th in the Wyndham Gettysburg Ballroom. The meeting will start at 8:30 PM following team check-in. At this meeting we will cover last-minute safety tips and course changes that may have been brought on by construction, flooding, marches, etc. It is your responsibility to know what happens at this meeting! We recommend that at least one person from each team be present for the captains’ meeting, and bring a pen and paper (or your cell phone) just in case. If you absolutely, positively can’t have anyone attend, please let us know and coordinate with

another team captain to fill you in. If more than one team member wants to attend, that's totally fine, the more the merrier.

We request that all teams check in with us Thursday, April 25th, between 5:00-8:15 PM. Check-in will take place in the Foyer of the Wyndham Ballroom . At the check-in, all teams will be required to:

- Confirm that all team members have registered online;
- Show us that you have at least 2 vests that light up or have blinking amber (yellow or orange) lights attached to them;
- Show us that you have at least 2 headlamps, flashlights or light-up hats;
- Tell us about any last-minute changes to your team to determine if your starting time might be affected.

We will give you your t-shirts, numbers, one slap band, and 2 signs to put in your vans.

If you cannot check in on Thursday, you must check in at least sixty minutes before your start time on Friday. We strongly urge you NOT to check in on Friday. There are often last minute issues that we need to address before the start.

As in the past, we will have many fun-filled contests this year. So arrive with your own customized team shirts and decorate your team vans to show your enthusiasm!

Please send us your best photos, videos and your testimonials! We may post them on our website or Facebook page, use them in promotional materials or in other ways to spread the word about the American Odyssey and Potomac Odyssey Relay. We'll make you a star!

If you have any comments/questions or need assistance, please email us at info@americanodysseyrelay.com. Good luck and beware of the Civil War re-enactors!

Joanna Graham, Co-Race Director

Robin Lerner, Co-Race Director

(And Adam, Becci and Kelly... and Freddy)

SAFETY:

The safety of every runner is our primary concern and it is for this reason that we address it early in this document and often throughout the process. It's also why we put together the Odyssey Safety Manifesto, which you can find at the end of this document and on our website.

YOUR SAFETY IS OUR NUMBER ONE PRIORITY!

We will have plenty of volunteers on the route and they will have access to someone on the Odyssey team via cell phone at all times.

We have coordinated with all of the municipalities through which this event is being run. Should the need arise, we encourage you to contact the local authorities before you contact the American Odyssey team! Emergency response is essential and timelier without a middleman! Contact information is listed below. Please enter these numbers into your cell phone or otherwise have this list on hand at all times!

EMERGENCY PROCEDURE

Dial 911 and provide as much detailed information as possible. This is another reason to familiarize yourself with the course and to carry leg maps and directions with you.

Use the following numbers for additional assistance: **Event EMS 703-509-7700** (our centralized EMS provider) is this the correct number?

Call the Odyssey team:

Joanna Graham: 571-428-5258

Robin Lerner: 240-354-8156

Adam Silver : 724-426-2337

Becci Foster: 513-304-2108

Kelly Cameron: 301-922-2369

If you try to call one of us and get our voicemail, please try to contact another Odyssey team member. While you can leave a voicemail, we may be tending to another matter or trying to catch a quick nap and may not be able to respond immediately.

SAFETY REQUIREMENTS

Both team vehicles must have at least 2 cell phones.

It is strongly recommended that each team vehicle have some basic medical supplies on hand (Band-aids, cold packs, athletic wrap, pain medicine and antibiotic ointment). Verify team allergies ahead of time.

We recommend you write your name, allergies, medications, illnesses and team phone number on the back of all team bibs.

HOSPITALS & MEDICAL SERVICES – WE RECOMMEND CALLING 911 FOR EMERGENCIES!

Gettysburg Hospital (Legs 1-5)

717-334-2121

147 Gettys Street
Gettysburg, PA

Waynesboro Hospital (Legs 6-10)

717-765-4000

501 E. Main Street
Waynesboro, PA

Washington County Hospital (Legs 11-25)

301-790-8000

11110 Medical Campus Road
Hagerstown, MD

Frederick Memorial Hospital (Legs 26-30)

240-566-3300

400 West 7th St
Frederick, MD

Shady Grove Hospital (Legs 31-32)

240-826-6000

9901 Medical Center Drive
Rockville, MD

Sibley Memorial Hospital/DC (Legs 33-36)

202-537-4080

5255 Loughboro, NW
Washington, DC

LAW ENFORCEMENT – ALWAYS DIAL 911 FOR EMERGENCIES:

Pennsylvania State Police **717-334-8111**

Maryland State Police **301-739-2101**

Washington County MD Sheriff's Office **240-313-2100**

C & O Canal **301-714-2235**

RUNNING ON ROADS THAT ARE OPEN TO TRAFFIC

We request all runners be mindful of safety. Please be careful while running and traveling the course, especially during the night time hours.

Because the roads and paths used for the relay course are NOT closed for the event, every runner and team vehicle driver needs to be alert and exercise extreme caution, not just for themselves or their participating teammate but for the residents of the communities welcoming our event. We need all participants to pay close attention to the traffic laws and abide by the rules of the road. Please don't speed through small towns along the course. We've gotten complaints in previous years about this. We know you're excited, but these are small towns, unaccustomed to this kind of traffic.

Please be careful driving through Michaux State Park as well. It's beautiful and we are so fortunate to have a leg of the race run through here. Please drive slowly as there are other people also enjoying the park.

Runners must follow the directions provided with each leg. Runners must cross certain roads at designated intersections, complying with all traffic signals.

Please note that this is a long-distance relay run that will take teams a full day, give or take a few hours, to complete. ***Therefore, it certainly does not make sense to dash across a busy road placing yourself and others in a dangerous situation, simply to save a minute or so on your total team time.***

Unless otherwise noted, ***runners should run opposite traffic*** using any and all sidewalks and shoulders. Please be mindful to run outside of the white line that separates the main roadway from the shoulder. Always be alert and ready to get off the road should the need arise.

As a precautionary measure, during all hours from sunset to sunrise we require all runners to wear reflective, battery-operated vests that light up (or reflective vests with lights attached to them) and carry a lighted flashlight or wear a headlamp or American Odyssey Relay light-up hat. Remember, dusk can be an especially challenging time for motorists and we want everyone to be safe. Please adhere to these rules! We reserve the right to remove any team

immediately if a runner isn't in compliance. This one is non-negotiable! So, assume you should have lights for any leg starting after 6:30 PM. Maryland requires that your lights be amber (yellow or orange) and not red. We have been advised that this can be enforced by the Maryland authorities, though it's not been in the past. In addition, all team members who are outside of their van at any time from dusk to dawn must wear a reflective vest.

We encourage all runners to wear a reflective vest at all times!

Team vehicles are required to display a sign, in a conspicuous place, that reads "CAUTION RUNNERS ON ROAD". We will provide these signs at the start. Be certain you can see out of all windows of the vehicle at all times. Decorations and/or signage should never obstruct the driver's view! Team vehicles are not permitted to drive next to their runners, as this will cause a traffic hazard. Team vehicles should only pull over along the roadway where there is plenty of room and where the traffic can clearly see your vehicle exiting and entering the road. Please DO NOT stop suddenly and DO NOT enter traffic suddenly after a stop. Also, please be mindful not to block access to other roads or driveways.

We will be taking additional precautions to warn motorists of the relay event and the fact that runners will be on the roadways. We will place special event signs in various places along the course. In addition, we have hired law enforcement authorities and professional flaggers to provide traffic control services at certain intersections. Please thank the officers for their assistance!

And now, a word about headphones. Leave them in the van! The roads will be open to traffic. Many of you will be running in places that are unfamiliar to you. So, sing in your mind or even out loud, but leave the headphones for the downtime between legs. **If we see you wearing headphones during daytime hours on the roads, we will request that you leave one bud out or take them out completely. Headphones are okay on the C&O Canal or in Michaux State Forest.**

For night time running....please read this. We are looking out for your safety. **If we see you using headphones during nighttime hours, we will stop you and strongly ask that you remove your headphone. The only area that headphones are OK at night is on the C&O Canal where it is OK to keep one bud in your ear.**

Another safety point. If you aren't running or in a transition area, stay in your van. That's a rule! There is no reason to be out of your van, particularly during darkness. It only increases your chances of an encounter with a vehicle that won't turn out to your liking. Non-running van members who dart across the road suddenly are a danger to themselves and to drivers.

We want everyone to have a great time, but we want you to be safe as well! We look forward to celebrating your completion of the relay at the Finish Line.

HAND CRANKS—EVERYONE MUST READ THIS!

The American Odyssey and Potomac Odyssey Relay is open for participation by adaptive athletes using hand cranks. We are blown away by their courage every day and we want to work with them to make them safe. Hand cranks may participate in the following sections of the race:

Legs 2, 3, 4, 5 and 31—unsupported by vehicle

Legs 8 and 9—supported by vehicle and only if cycle is equipped with mountain bike tires

Legs 18 and 19—supported by vehicle

Legs 25, 26, 27, 28, 32, 33, 34 and 35 only if cycle is equipped with mountain bike tires –on C&O Canal

Hand cranks must have flags and must be operated with traffic. This latter requirement poses a potential issue for runners since the hand crankers may be on the opposite side of the road as the runner during the same leg. Do not be distracted by this and do not switch to the other side of the road.

ADDITIONAL SAFETY TOPICS:

RUNNERS IN THE NIGHTTIME HOURS

All runners may take whatever precautions they desire in order to feel safe when running during the night. Please have your van monitor your progress on a regular basis. We strongly recommend that your van NOT drive to the end of the leg and wait for you there (unless you want them to). Instead, your van can pull up in front of you by a quarter mile or so and wait for you in a safe area fully off the road and then leapfrog ahead again.

Vans should not drive alongside you as it's potentially dangerous, but someone else may accompany you while you run. Carry whatever you prefer (and legally can) for protection.

BICYCLE OR RUNNING ESCORTS

Bicycle escorts are strictly forbidden except on the C&O Canal! Most state laws require runners to run opposite traffic and bicycles to run with traffic. So, a bike and runner together means that one or the other is breaking the law! In addition, it's really dangerous and difficult for drivers. Running escorts are fine as long as you are mindful of areas that have narrow shoulders and don't run two abreast where it's not safe to do so.

HEAT ADVISORY

Though unlikely, the weather may bring heat and humidity. In 2017 it hit 90 degrees on day 2! Given that your body may not be acclimated to summer conditions in late April you may be a bit more susceptible to the heat than you would be later in the summer. Please check the weather forecast in the days approaching the race and be sure to:

Drink plenty of water the week before the race, especially the 3 days immediately preceding race day. Be adequately hydrated!

Adjust your expectations. Run to finish. Depending upon the heat, you may need to slow your pace by as much as 1 minute/mile.

Pay attention to your body. Heed the signs of heat injury. If you feel nauseated, dizzy, disoriented, headache-y, or if you stop sweating - STOP RUNNING! Find shade, seek medical attention.

HEAT STROKE

Heat stroke is the most severe form of heat illness and is a life-threatening emergency. It is the result of long, extreme exposure to the sun in which a person does not sweat enough to lower body temperature. It is a condition that develops rapidly and requires immediate medical treatment.

. Symptoms may include:

- Headache; dizziness; disorientation, agitation or confusion; sluggishness or fatigue; seizure; hot, dry skin that is flushed but not sweaty or a high body temperature; loss of consciousness; rapid heartbeat and hallucinations

It is important for the person to be treated immediately as heat stroke can cause permanent damage or death. There are some immediate first aid measures you can take while waiting for help to arrive.

Get the person indoors, remove clothing and gently apply cool water to the skin followed by fanning to stimulate sweating. Apply ice packs to the groin and armpits. Have the person lie down in a cool area with their feet slightly elevated.

There are precautions that can help protect you against the adverse effects of heat stroke. These include:

- Drink plenty of fluids during outdoor activities, especially on hot days. Water and sports drinks are the drinks of choice; avoid tea, coffee, soda and alcohol as these can lead to dehydration.

- Wear lightweight, tightly woven, loose-fitting clothing in light colors.
- Protect yourself from the sun by wearing a hat and sunglasses.
- During outdoor activities, take frequent drink breaks and mist yourself with a spray bottle to avoid becoming overheated.
- In summary, every runner needs to be properly hydrated for his or her legs. Please carry water with you.

RACE-RELATED SPECIFICS:

Now that we have addressed the more critical details, let's move to the topic of the event weekend and have some fun!

PRE-RELAY MEAL

There may be a pre-race pasta meal available at the restaurant in the Wyndham, so please check. There are also a lot of restaurants in the Gettysburg area. Appalachian Brewing Company has two locations, one of which is across the street from the theater where the Team Captain's meeting is held on Thursday evening and the other at 259 Steinwehr Avenue, which is also Transition #1 on race day!

TEAM CAPTAINS' MEETING

The Captains (or team reps) will congregate on Thursday night, April 25, 2019 at 8:30 p.m. in the Wyndham Gettysburg Ballroom (the same area where packet pick up will take place). This meeting is not just for captains - everyone is invited and encouraged to join and participate. We will address the information supplied in this handbook and answer any questions you may have. We will also present the award for the best team name. So, is this meeting mandatory? Let's say this. . . it's up to you to learn what is covered at this meeting. If there are last-minute changes, they will be discussed at the meeting. With 200 miles to cover, it's not too far-fetched to think there might be a last-minute change or two! There were a number of changes in previous years due to flooding. And, we may be too busy on race morning to provide all of this information!

GOODIE BAG PICK-UP and CHECK-IN

On Thursday, April 25, 2019, bag pick up and check-in will begin at 5:00 PM in the Foyer of the Ballroom of the Wyndham Gettysburg, and will continue until just shy of 8:30 PM. At this time you will need to turn in waivers if you haven't registered online (i.e. if you are a last-minute replacement). These forms are provided at the end of the Handbook. Each team will need to present 2 battery powered reflective vests that light up and 2 flashlights, headlamps or light-up American Odyssey Relay hats--one per team vehicle. In addition, we will need cell phone numbers of runners in each van so we can communicate with you during the event should the need arise. We will provide "Caution: Runner On Road" signs for you to place on your vans.

On race day, we will have limited check-in. You must arrive for this check-in at least 60 minutes before your start time. Failure to check in at least 60 minutes ahead of your start time could cause us to move your start time back if we end up being busy. If you are going to need a race-day check-in, please get it pre-cleared by us. We may have limited time on race day, so please check in on time!

START LOCATION/PARKING AT THE START AREA

A change from 2018 - this year the race will begin in front of the Courtyard Gettysburg (note that the Wyndham and Courtyard are next to each other). Leg 1 will not change, simply the start location will change. There are huge parking lots in Gateway Plaza (which is the location for the Wyndham and Courtyard hotels), so parking will not be an issue.

HOW FUN IS YOUR TEAM?

The American Odyssey wants all runners to have fun! So, we will be recognizing our teams for:

- Best Team Name
- Best Team Shirt/Costumes
- Best Decorated Van
- Most Spirited

If your team wants to be recognized for Best Team Shirt/Costumes and Best Decorated Van, please let us know at or before the start so we can inform our panel of judges! This is a very informal process. We may announce the winner at the finish. Or, it may just go up on the site, but you will be recognized, trust us!

MOST SPIRITED EXCHANGE POINT/TRANSITION

Why should runners have all the fun?! After all, we wouldn't be here without our volunteers. So we will be having a friendly contest involving all volunteers working at the different transitions. Each van will be allowed to cast one ballot for the "most spirited" transition for the legs that particular van covered. We will tally the votes and celebrate the victorious volunteers.

FINISH LINE AND PARKING AT THE FINISH

The finish line is at The Wharf (7th and Maine Streets, SW). Ideally, teams meet their final runner just before the finish line and then run the last .1 mile or so together. We will have volunteers stationed at that spot to guide you.

Parking at the Wharf: Given new Wharf construction that will start in March, parking details will be updated as soon as we know more. Please follow the directions of our volunteers and what we provide at check-in.

We will have music, food and other fun things at the finish. Please be respectful and take your trash either to a trash can or back to your van with you. If the trash cans get really full, please take your trash with you and don't just leave it somewhere in the general vicinity of the can. We are hoping to have volunteers dedicated to emptying the trash, but you guys produce a lot. Trust us, we know. We empty most of it every year!

RUNNER LINE-UP AND TEAM TIME LOG

At the end of the relay, please turn in your team's Runner Line-up and Team Time Log. To publish your team results and be considered for prize eligibility, this form is needed. The Runner Line-Up and Team Time Log are included in this handbook.

OFFICIAL AMERICAN ODYSSEY MERCHANDISE

We will offer for sale a limited number of premium American Odyssey and Potomac Odyssey Relay items. You can always order in advance to make sure that you aren't disappointed by an item being out of stock. Stay tuned for some special limited edition 10th anniversary swag this year!

IMPORTANT TIDBITS!

TRASH

Please do not litter the course with water bottles and/or other trash. Please throw away all trash in public garbage cans along the way or at exchange points. This is not a typical road

race and all surrounding communities are partners in this endeavor. We need to value their contribution by respecting their community. Since we cannot follow behind the last runner and clean up for everyone, we are asking that you please clean up after yourselves.

Additionally, please note that most of the final one-third of the race is held on National Park Service land. Much, if not all of this land is trash-free, meaning you need to take your trash out with you. Please carry a trash bag in each van!

RECYCLE

Please use re-fillable water bottles as much as possible. That will limit the need to throw away water bottles. But, to the extent you do have bottles to dispose of, please make certain to do so in recycling containers. We will do our best to have recycling receptacles available.

RESTROOMS

Okay, here goes. We will have either portable toilets or permanent restrooms as follows:

Permanent restrooms:

Transitions: Start, 1, 4, 8, 9, 10, 11,12, 15, 16, 17, 19, 30, 33

Portable toilets: 2, 5, 6, 7, 8, 13, 14, 16 (in addition to the permanent one in the park), 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 31, 32, 35, Finish

None: 3 and 34 (there is one here in the parking lot across the one lane bridge)

So, that's a pretty darn good coverage percentage. Please understand that we can't have them at 3 and right at 34, so plan accordingly.

NOISE

Please be quiet during nighttime and early morning hours; especially in residential areas. This is particularly true around Transition numbers 13, 14, 15, 16, 17, 18, 23, 24 and 25.

CAMPING

New this year - and by popular demand - we have rented several campsites at the Antietam Creek Campsite. This is located at Transition 20 and is a new transition and leg. For those who have run in the past, we have taken Leg 20 and extended and split it into two legs. Leg 20 starts at Old Burnside Bridge and continues to the C&O Canal. Leg 21 starts at the canal and continues to Sharpsburg Elementary School. We have rented Campsites #1, 2, 3, 4, 5, 6, 7, and 10. We will have signs at the sites and a volunteer at these sites to answer questions. Please note that each site can accommodate two vehicles and 8 people.

GAS STATIONS, GROCERY AND CONVENIENCE STORES

There are plenty of gas stations located intermittently along the course. We have received a lot of support from many of the communities along the way and request that you patronize their commercial establishments where possible. That being said, after you leave Boonsboro it may be tough to get gas until after daybreak.

RUNNER LINE-UP AND TEAM TIME LOG:

It is recommended that each team have a stopwatch for the purposes of tracking their own time. Times can be populated on this form, which **must be turned in at the finish to be considered for division/category awards.**

AMERICAN ODYSSEY RELAY

Team Name: _____

Division: _____

Total Elapsed Time at Finish: _____

THIS NEEDS TO BE UPDATED IN TERMS OF FORMAT. I'LL GET THIS DONE

LEG	RUNNER	TIME IN	TIME OUT
<u>1</u>			
<u>2</u>			
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RELAY GUIDELINES:

The relay course is divided into 36 legs. At the end of each leg is a runner transition area. That is where one runner ends and the next runner begins. It is often assumed our runners will pass batons as they progress through the race. The American Odyssey has replaced batons with runner wristbands, which will be passed from one runner to the next at the transition area.

Teams with 12 runners will participate in order, 1 through 12, to complete the relay course. After running the first 12 legs, the runners repeat the process and run the second and third groups of 12 legs. Each runner should run 3 legs of the 36-leg course.

Now, for team transportation. Each team has 2 vehicles with 6 runners in each. The first vehicle of 6 runners will cover the first 6 legs. The second vehicle of 6 runners will cover the next 6 legs. The vehicles will leapfrog along the course, alternating the coverage of each group of 6, until the team finishes the entire course. Accordingly, the runners in the first team vehicle will cover legs 1-6, 13-18, and 25-30. That vehicle is van 1. The runners in the second team vehicle will cover Legs 7-12, 19-24, and 31-36. That vehicle is van 2.

At the end of each group of 6 legs is a vehicle transition/exchange area. This is where one group of 6 runners completes running the prior 6 legs and the team's other runners begin tackling the next round of 6 legs.

Part of the challenge of a relay is to estimate how long it will take each runner to complete his/her leg. Teams need to be at the next runner transition point when their participant arrives. In addition, the opposite team vehicle needs to be at the transition area when the participating team vehicle arrives carrying the runners who just completed the prior 6 legs.

Each team must provide its own supplies to support its runners. Make sure to leave room in your vehicles for all necessary supplies. Do not plan on any aid stations along the course.

COURSE INFORMATION TABLE:

Please refer to the Leg Difficulty Chart in the Course Maps box of the American Odyssey Relay website to assign legs.

STAY ON COURSE WITH OUR LEG MAPS:

We will post directional signs to guide runners through parts of the course where it may be easy to get off track. We put a sign at every turn of the course. All nighttime signs will have flashing lights. And, all signs will have a similar color scheme as follows: right-hand turn

signs have red arrows and red lights, left-hand turn signs have blue arrows and blue lights and straight-ahead signs have white arrows and white lights. But, keep in mind that despite all of this, signage may be difficult to see due to traffic conditions, darkness, or your lightning-quick running speed. And, hard as this may be to believe, there are those out there who think our signs will look good in their bedrooms over their beds, so they steal them! For those reasons, we've taken the time to put together very detailed directions for each runner.

We request—in the strongest possible way—that you please study the individual leg maps before running each leg. In fact, you'd be nuts to not carry the turn-by-turn directions with you for every leg except those that are wholly on the C&O Canal towpath.

VAN DIRECTIONS:

To reduce the chance of traffic congestion on certain parts of the relay course, the "off" van, meaning the vehicle transporting the "resting runners" not participating in the current 6-leg segment, should drive to the next vehicle transition area. We have included "off" van directions for just this very reason. Transitions 13 and 14 are pretty small. Under no circumstances should van 2 go to these transitions. And so is transition 19. Van 1 needs to steer clear of that one.

EQUIPMENT NEEDS:

(we know, we know, this is mentioned above—we just don't want you to miss it!)

TEAM EQUIPMENT – REQUIRED AT CHECK-IN

- At least 1 cell phone per van with a list of all team cell phone numbers per van to be submitted to the American Odyssey team. Runners will be required to carry a cell phone during overnight legs.
- 2 flashlights, headlamps or light-up American Odyssey hats with sufficient battery power; runners must carry a lighted flashlight or wear a headlamp or light-up hat during all hours without sunlight
- 2 battery-powered vests with blinking lights (or lights attached to them) are required during all hours without sunlight—approximately 7 PM to 6 AM
- 2 vehicle signs reading "CAUTION - RUNNER ON ROAD"; to be attached to the rear of each vehicle- these signs will be provided at check-in

- ***2 vehicles for 12-person teams - no buses, campers, limousines, trailers, motor homes or extra vehicles—why? Because some transition areas are small, that's why!***
- 1 copy of the Relay Handbook, including leg maps, per van
- Watch

RECOMMENDED EQUIPMENT FOR THE VAN:

- Sufficient additional reflective vests for all team members—suggested to be worn at all times—required to be worn after dusk and before daylight for anyone outside the van (except at the Boonsboro Oasis.)
- Basic medical supplies including antibiotic ointment, athletic wrap, Band-aids, cold packs and pain medicine
- Clipboard for Team Time Log
- Cooler with ice
- Pillows and blankets/sleeping bags/tent
- Food
- Maps
- Markers, paper, pens
- Extra safety pins for runner bibs
- Spare running clothes and shoes for each runner - enough to change after each leg.
- Sports drinks
- Toilet paper, wet wipes, paper towels, toothbrushes, toothpaste, other personal hygiene products
- Trash bags and plastic bags for wet clothes, icing injuries, trash
- Water
- Cell phone chargers or battery packs

RECOMMENDED EQUIPMENT FOR RUNNING:

- Cell phone to call the van if you need assistance with directions—Actually, this is required!!
You may not run a night leg without a cell phone!

- Bandana/cloth for dusty roads and to look cool
- Driver license, ID
- Flashlight or headlamp
- Money
- Protective aids: pepper spray, phone, whistle
- Reflective, warm, water-wicking gear
- Sunglasses, sunscreen, hat
- Vaseline
- Water bottle

RULES FOR COMPETITIVE TEAMS:

Teams that are competing to win their division must follow the rules we have established for uniform competition. Our rules are a little less stringent than other relays, so please take note.

Teams must run in the order of their line-up. For example, a 12-person team will do 3 rotations in order of their line-up. If a team has only 11 runners, they must run through their order 3 times and select 3 runners from their roster to run the last 3 legs.

If someone is unable to begin or complete his/her leg, the team may select a substitute runner from the roster to run that and any other leg the injured participant was supposed to run. The injured runner is then disqualified from running in the rest of the event. No participant is able to drop out and then subsequently re-enter; not on a competing team. Furthermore, the same runner cannot substitute more than once. With that said, if 3 legs must be run by a substitute, 3 different runners must run one extra leg each. Of course, if you aren't competing for prizes, none of this matters, just run it as you wish, for fun!

TIME ADJUSTMENTS AND PENALTIES:

Teams that are too far ahead or fall too far behind may be asked to break or be disqualified, respectively.

If teams are ahead of their projected time, they may be asked to stop at a transition area for a period of time. Please note that runners and vans are not permitted in Antietam Battlefield until 9:00 pm. No one will be allowed to leave Antietam Visitor Center to begin leg 19 before 10:30 PM, so take note!

If asked to stop, please track the amount of time your team is delayed, from the moment you arrive at the transition area until the time you are authorized to continue. Once authorized to move forward, confirm your time delay with the relay officials at the transition area in which you were stopped. We will subtract the amount of time your team was delayed to determine your total time. The reason for this kind of delay is to prevent runners from arriving at the next transition before volunteers and safety personnel are available there. Not the end of the world, but not great.

Teams that fall behind their projected times or fall outside of the transition area window may be asked to drive one or more legs or “double up” to catch up with other teams in the field. We will determine your average minute-per-mile pace based upon the legs your team completed and then add that pace per mile to the legs you were required to drive. Or you can have both vans out to support your runners and your team can "double up" and run 2 legs at a time. Your total team time will be determined based on which of these methods you use.

One other note on times. If you are not comfortable running on the Canal in the dark, that is totally acceptable. You may hold at leg 24 until sunrise, if you choose. Please note how long you are waiting and tell the volunteer with the clipboard. We will deduct it from your total time and you'll still be eligible for time-based prizes.

When determining winners, relay officials are the final authority. Their decision stands. Teams that are disqualified may not receive their medals at the finish line and they may not be listed in the official results. Relay officials reserve the right to impose other penalties. We can't really see too much reason for this, but it bears stating. In fact, we've never done this, and it will be a sad day when we do.

TIPS FOR A GREAT RELAY EXPERIENCE:

- Designate a team captain who will pay attention to detail and has leadership ability.
- After training and preparing for the legs you will be running, show up mentally and physically prepared.
- Implement a "No Whining" rule.
- Be properly hydrated. Wait. Let me say that again. Be properly hydrated! You will get dehydrated driving around in a van all day and night.
- While running, carry a copy of your leg map. Not only will this provide you with an extra sense of security, it will reduce your chances of getting lost. Have your van mates direct you at major intersections.
- Stretch after each leg!
- Don't run a set of legs that includes legs rated "Hard" or "Very Hard" unless you are confident you can do so without injury.
- Runners who are assigned to the steeper climbs, especially the uphill parts of the "Very Hard" legs, should not run those portions of their assigned leg if they feel fatigued. Rather, they should "power walk" those segments. This is a tactic used by ultra runners who face steep climbs during their ultra runs. Trying to run the climbs if you are not in shape to do so will only deplete you of energy. Don't let your pride get in the way of your completing the leg in the most effective manner.
- Bring extra running gear such as socks and shirts if you tend to sweat a lot.
- Get to know the other teams. Your experience will be more rewarding if you create friendships with the other teams and cheer each other on as you travel the course.
- Enjoy the time with your teammates.
- Be cautious, alert and safe.
- Appreciate the fact that you are able to participate in this event. Look out at the vistas. Suck up the fresh air. Gaze up at the stars. Have a blast!
- Finish as a team. There will be enough time for both vans to drive to the finish area and park their vehicles.
- Smile for the team photo after your team has completed the relay.

TOURIST HOT SPOTS AND HISTORICAL POINTS OF INTEREST:

Each leg description has points of interest noted. If you can't find a place to sightsee on this relay, then we need to talk!

THANK YOU:

PLEASE TAKE THE TIME TO READ THIS...WE WOULDN'T BE HERE WITHOUT THE FOLLOWING!

SPONSORS

The Wharf: The Wharf—our finish line—is situated along the District of Columbia's Southwest Waterfront and adjacent to the National Mall. The development area stretches across 27 acres of land and 24 acres of water from the Municipal Fish Market to Fort McNair. It is finally complete and features approximately 3 million square feet of new retail, office, residential, hotel, cultural and public use space including parks, cultural centers, promenades, waterfront piers and docks. It truly is a spectacular addition to the DC landscape and one of the prettiest finish lines we've ever seen! We know you'll love it as well

The Wharf is a mixed-use waterfront development by Hoffman-Madison Waterfront as part of The District of Columbia's Anacostia Waterfront Initiative. The Waterfront team is led by PN Hoffman and Madison Marquette and is comprised of ER Bacon Development, City Partners, Paramount Development, Struever Bros. Eccles & Rouse and Triden Development.

Leidos: The American Odyssey Relay is delighted to have Leidos as the presenting sponsor of the Commanders' Cup presented to the fastest military team. Military teams compete vigorously for this award every year, with dozens of teams coming from West Point and elsewhere. Leidos has sponsored the Commander's Cup since 2012. Leidos is a Fortune 500 scientific, engineering, and technology applications company that uses its deep domain knowledge to solve problems of vital importance to the nation and the world, in national security, health and engineering.

Glassman Wealth: We have personal knowledge of how great a job Glassman Wealth does in managing finances even in the toughest economic times of our lifetimes. If you need a new financial planner, please support those who support your favorite relay race!

Quartermaine Coffee Roasters—The American Odyssey Relay is delighted to partner with Quartermaine Coffee Roasters. Quartermaine has a wonderful retail shop on Bethesda Avenue in Bethesda, MD.

PROPERTY OWNERS

Appalachian Brewing Company Keystone Fireworks Ventura's St. John Church Michaux State Forest Lowe's Smithburg Valley Church Smithsburg High School Mt. Aetna Fire Dept.	Town of Boonsboro Town of Keedysville The Price Farm National Park Service Bavarian Inn John Poole Middle School The District of Columbia
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Please thank all of these organizations by supporting their businesses!

We also want to thank the MANY LOCAL & STATE GOVERNMENT AGENCIES who played a vital role in this race not only by allowing us to use their roadways but also by keeping our participants safe!

VOLUNTEERS

A 200-mile relay event (give or take) with a start, finish and 35 transition areas could not possibly occur without many generous people along the way. Over 200 of them, in fact. Please thank the many volunteers that you see along the course. They are the absolute backbone of our relay race!

NON-PROFIT PARTNERSHIPS

Our official non profit partners are Hope Connections for Cancer Support (www.hopeconnectionsforcancer.org), Team Red, White and Blue (www.teamrwb.org) and District Triathlon (www.new.districttriathlon.com). Hope Connections provides free psychosocial support services for cancer survivors and their families and caregivers in a non-clinical atmosphere. Team RWB enriches the lives of veterans by connecting them to their communities through physical and social activities. District Triathlon works to encourage, inspire, support and increase the participation of People of Color in triathlon and endurance sports, promote healthy lifestyles and uplift communities in the DC area.

THINGS TO DO WHEN YOU GET HOME:

BEST PHOTOS, VIDEOS AND TESTIMONIALS

Please take a lot of fun pictures during the event! And video, too! Then...e-mail us your best work! We will pick our favorites and place them on the website for everyone to admire. Who knows, we might even send you some swag for the really good ones! We also invite you to email us with your testimonials.

THE AMERICAN ODYSSEY SAFETY MANIFESTO

This is the only place on the website where we will not fool around. Nothing could be more serious than your safety. It's so important that we go into a bit of detail.

1. The Course— If we counted the number of day, months and hours spent developing the American Odyssey Relay course, we'd probably still be counting. In short, it's a lot. When Race Director Bob designed the course, he would always ask three questions: Would I like to run here? Would I run here? Would I not, under any circumstances run here? The goal, which I believe we achieved, was to have 80% of our course fall into category one, 20% fall into category two and zero fall into category three.

It's easy to throw together a course that goes for many miles on a two-lane highway where the speed limit is 55 mph or more. Easy, but not safe and certainly not fun. We didn't do that and never will. It's much more difficult to meet with local runners, figure out where they run and go from there. It's harder to find transition areas, harder to find good roads and harder to locate volunteers. But, it's safer and more scenic and makes for a better runner experience overall.

2. Permits, Police, EMT and Signs—We spend more time on permits than on marketing and PR combined. It's not even close. In fact, every single mile of our course is permitted or "vetted" by the appropriate local authorities. It's more important that everyone finish safely than anything else. We don't consider that a hassle. We consider it a necessity. We work closely with the police and they man a number of key points for us. We pay them overtime and we're happy to do it. We put up variable message reader boards along the course in strategic locations to let drivers know that runners are out there. We have lighting at all night-time transition areas. We have an EMT company ready and waiting and they are in contact with a network of local public safety officials in the event an emergency should arise. Last year they answered zero calls. Let's keep it that way!
3. The Check-In and Team Captains' Meeting—At the American Odyssey Relay, you are required to check in the night before. You must demonstrate that you have the proper reflective gear and lighting equipment. Then, you are required to have at least one team member attend the Team Captains' meeting. At that time, we will tell you all about last minute construction, safety advice, etc. This is not a meeting that should be lightly blown off.
4. From sunset to sunrise, all runners are required to wear a lighted vest or a reflective vest with a blinking light, and carry a lighted flashlight or wear a headlamp. As a precautionary matter, we encourage runners to wear reflective vests at all times (day, night, or anytime you're outside of the van). We strongly urge you to stay in your van between sunset and sunrise unless you are running or safely within the confines of a transition area. Should you determine it is absolutely necessary to be outside your van at night, all non-runners are also required to wear reflective vests and to have lights attached to them or in their hands.

5. A Word About Headphones—Headphones are great. We love them. But, you really need to think about not bringing them for the vast majority of the course. For the 1/3 or so of the course that's on the C&O Canal, go ahead and enjoy your music. During daylight hours on the roads, if we see you wearing headphones, we will stop you and ask you to remove them or at least take out one bud. ***At night, if we see you wearing headphones, you will be required to stop running at that point, your team will be penalized an hour and the team will be required to drive to the next transition and go to the next runner in sequence. If two runners from the same team are found using headphones at night, the team will be disqualified at that point and not allowed to finish the race.*** This is not subject to discussion or negotiation. We don't want to have your injury on our consciences.
6. Concussions—Although our relay is not likely to cause an injury that will result in a concussion, we use many high school facilities and Maryland State law requires that we be aware of the symptoms of concussions and treat them with the appropriate seriousness. If one of your runners falls and hit his/her head, you should immediately seek medical attention for that runner from the emergency facilities we list.
7. Some final general thoughts--We request that each of you be mindful of overall safety. Please be careful while running and traveling the course. Because the roads and paths used for the relay course are NOT closed for the event, every runner and team vehicle driver needs to be alert and exercise caution. Every runner and team vehicle driver must comply with all traffic laws. Runners must follow the directions provided with each leg and must cross certain roads at designated intersections while complying with the traffic signals.

Please note that this is a long-distance relay run that will take teams a full day, give or take a few hours, to complete. So, it does not make sense to dash across a busy road and put yourself in a dangerous situation only to save a minute or two on your total team time.

Team vehicles need to display, in a conspicuous place, a sign that warns about "Runners on Road." We will provide these signs. Team vehicles may not drive next to runners, as this may cause a traffic hazard. Team vehicles must park safely off of the roadways and not block access to other roads or driveways. Additionally, ***runners may not be accompanied by cyclists except on the C&O Canal portion of the course.***

RELEASE/AUTHORIZATION FORM:

The following Release is only required of last-minute replacements or those who have not registered online.

In consideration of the acceptance of my entry and my participation in the 2019 American Odyssey Relay Run Adventure (hereinafter referred to as "the Event"), I, for myself, my heirs, executors, administrators and assigns, do forever release, waive, discharge and give up any and all claims of any kind whatsoever, including but not limited to claims for personal injury, death, property damage, lost wages, medical expenses, attorney's fees, and any other types of losses, damages, and costs, against the Event owners, promoters, organizers, staff, volunteers, sponsors, vendors, USA Track and Field, the United States, the Commonwealths of Pennsylvania and Virginia, the States of Maryland and West Virginia and the District of Columbia as well as each and every town and municipality within these jurisdictions in which the Event takes place, whether named in this release or not, and the owners and lessees of property used for the Event, and each of their officers, directors, shareholders, employees, representatives, agents, contractors, subcontractors, subsidiaries, agencies and assigns, which may arise in connection with the Event, even if the party whom I am releasing caused any such loss, damage or cost to some degree. I understand that the Event is potentially hazardous. I acknowledge that I have read the Odyssey Safety Manifesto and agree to abide by it and I should not participate unless I am able to do so and am properly trained. I voluntarily assume all risks associated with participating in the Event, including but not limited to running on roads open to traffic without sidewalks or designated running lanes, running at night on roads without street lights or other lighting, crossing roads, adverse weather conditions, encounters with wild animals, and no aid stations, and I hereby accept responsibility for any such loss, damage or cost that I may incur in relation to such risks. If I require any medical treatment or care from emergency response authorities, I agree that I will be responsible to pay for such treatment and care. I grant full permission to the Event owners to obtain photographs, videotapes, or any other recordings of this Event and to use them for the purpose of promoting the Event or to conduct other related business. I understand that the course may be modified as deemed necessary by the Event owners, and that the Event may be cancelled as deemed necessary by the Event owners. I understand that the entry fee is non-refundable and non-transferable.

TEAM NAME: _____

_____ Signature	_____ Signature	_____ Signature
Printed Name	Printed Name	Printed Name
Date	Date	Date
_____ Signature	_____ Signature	_____ Signature
Printed Name	Printed Name	Printed Name
Date	Date	Date
_____ Signature	_____ Signature	_____ Signature
Printed Name	Printed Name	Printed Name
Date	Date	Date