



**2019**

**Relay Handbook**

**and**

**Safety Manifesto**

# **POTOMAC ODYSSEY RELAY RUN ADVENTURE**

## **2019 HANDBOOK**

### TABLE OF CONTENTS

Welcome

Safety

Race Related Specifics

Important Tidbits!

Runner Line-Up and Team Time Log

Relay Guidelines

Course Information Table

Stay On Course With Our Leg Maps

Van Directions

Equipment Needs

Rules for Competitive Teams

Time Adjustments and Penalties

Tips For A Great Relay Experience

Tourist Hot Spots and Historical Points of Interest

Thank Yous

Non-Profit Partnerships

Things To Do When You Get Home

Potomac Odyssey Relay Safety Manifesto

Release / Authorization Form

**Hello Potomac Odyssey Relay Runners!**

Welcome to the 2019 Potomac 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 and Potomac 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... Packet Pick-Up begins at 6:30 a.m. at the race start - 100 South Maple Avenue, Brunswick, Maryland. Potomac Odyssey Relay begins at 7:00 a.m. At packet pick-up you will receive your relay t-shirts, slap band, race bibs and other relay related items. We’ll get a great photo at the start and then send you off for 60 sweaty miles of team fun!

Leg details have been posted on the [Potomac Odyssey Relay section of the website](#). Each leg includes a clickable link and includes runner as well as van directions. 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.***

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](mailto:info@americanodysseyrelay.com). 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 Potomac 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**

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!**

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:**

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.

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.

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. ***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.

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.***

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. 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. For Potomac Odyssey Relay participants: Hand cranks may participate in the following sections of the race:

Legs 31—unsupported by vehicle

Legs 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 cranks 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:**

### **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 by lunchtime! 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**

Eat a well-balanced dinner and drink plenty of liquids. Though you will be starting the race early, try and have breakfast - and bring snacks in your van!

### **GOODIE BAG PICK-UP and CHECK-IN**

Potomac Odyssey Relay participants will check in at the race start at 100 South Maple Avenue, Brunswick, Maryland, beginning at 6:30 a.m. The relay will begin at 7:00 a.m. - all teams start at the same time.

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. We will need a cell phone number from one of our relay participants 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.

### **FINISH LINE AND PARKING AT THE FINISH**

The finish line is at The Wharf (7th and Water 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.

## **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: 30, 33

Portable toilets:, 27, 28, 29, 31, 32, 35, Finish

None: 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 34, so plan accordingly.

## **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.**

POTOMAC 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 Name	Leg	Start Time	End Time
1	_____	_____	_____	_____
2	_____	_____	_____	_____
3	_____	_____	_____	_____
4	_____	_____	_____	_____
5	_____	_____	_____	_____
6	_____	_____	_____	_____
7	_____	_____	_____	_____
8	_____	_____	_____	_____
9	_____	_____	_____	_____

## **RELAY GUIDELINES:**

The relay course is divided into 9 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 Potomac Odyssey has replaced batons with runner wristbands, which will be passed from one runner to the next at the transition area.

Now, for team transportation. Each team has 1 vehicle with 3 or 6 runners in each.

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.

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 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 signs will have a similar color scheme as follows: right-hand turn signs have red arrows, left-hand turn signs have blue arrows and straight-ahead signs have white arrows. 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.

## **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 Potomac Odyssey team. It is recommended that all runners carry a cell phone.
- 1 vehicle sign reading "CAUTION - RUNNER ON ROAD"; to be attached to the rear of each vehicle- these signs will be provided at check-in.
- 1 copy of the Relay Handbook, including leg maps.
- Watch

**RECOMMENDED EQUIPMENT FOR THE VAN:**

- Basic medical supplies including antibiotic ointment, athletic wrap, Band-aids, cold packs and pain medicine
- Clipboard for Team Time Log
- Cooler with ice
- 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
- 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!!
- Bandana/cloth for dusty roads and to look cool

- Driver license, ID
- Money
- 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 6-person team will do 1 rotation and then the first 3 runners will run the last 3 legs. If you are an Ultra team of 3, each runner will run 3 legs. You may run these in any order you wish as long as you are consistent.

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!

## **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 us say that again. Be properly hydrated! You will get dehydrated driving around in a van all day.
- 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.
- 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

National Park Service John Poole Middle School The District of Columbia
---

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**

American Odyssey Relay and Potomac Odyssey relay are respectively 60 and 200-mile relay event (give or take) with a start, finish and 35 transition areas. These relays 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](http://www.hopeconnectionsforcancer.org)), Team Red, White and Blue ([www.teamrwb.org](http://www.teamrwb.org)) and District Triathlon ([www.new.districttriathlon.com](http://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 POTOMAC 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 and Potomac 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. Check-In: Please arrive at 6:30 a.m. for check-in. We know it's early but it gives you - and us - time to make sure you receive your t-shirts, slap band and bib numbers. And we can make sure we have your cell phone numbers and that your teammates have all registered online.
4. 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 legs of the course that are on the C&O Canal, go ahead and enjoy your music. 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.
5. 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.

6. 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 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 or Potomac 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:** \_\_\_\_\_

_____ <b>Signature</b>	_____ <b>Signature</b>	_____ <b>Signature</b>
_____ Printed Name	_____ Printed Name	_____ Printed Name
_____ Date	_____ Date	_____ Date

_____ <b>Signature</b>	_____ <b>Signature</b>	_____ <b>Signature</b>
_____ Printed Name	_____ Printed Name	_____ Printed Name
_____ Date	_____ Date	_____ Date

_____ <b>Signature</b>	_____ <b>Signature</b>	_____ <b>Signature</b>
_____ Printed Name	_____ Printed Name	_____ Printed Name
_____ Date	_____ Date	_____ Date