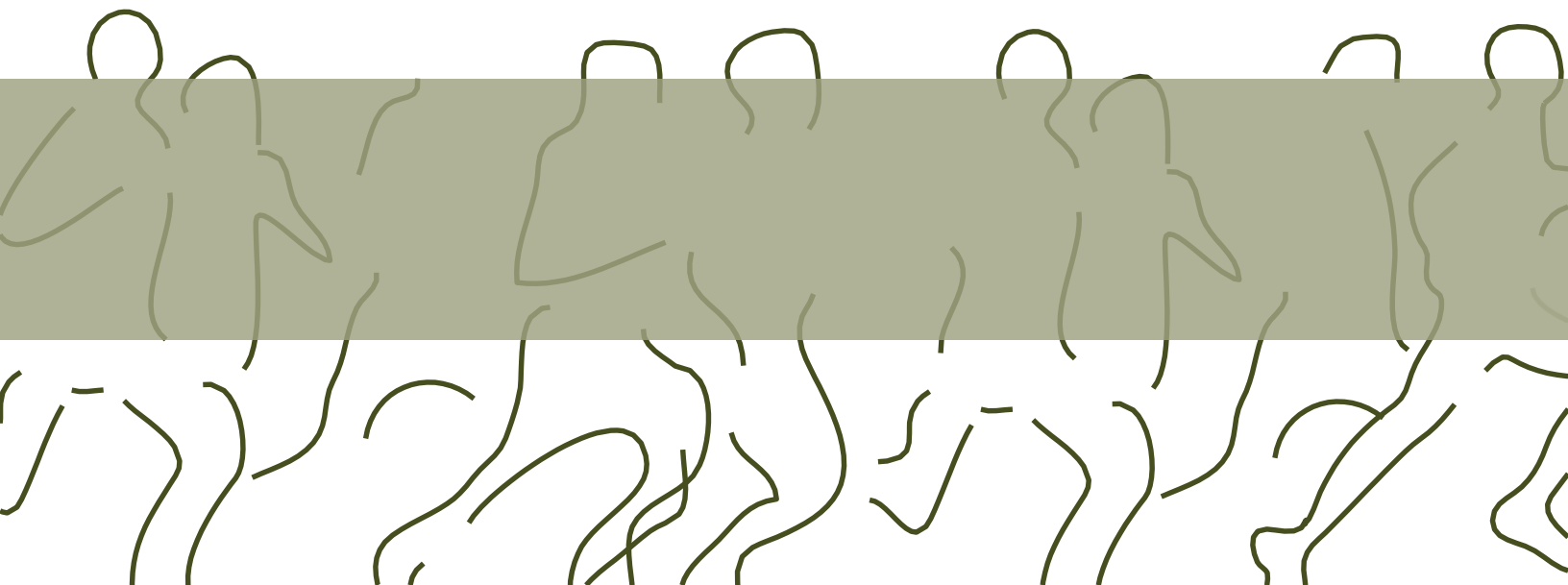


1 0 0 M I L E R E L A Y





About The Event:

The 100 on 100 Relay is a 100 mile 6 person relay race run through the lush mountains, fields and streams of New Hampshire. Each runner will run 3 legs over the 100-mile distance with a total distance per runner of approximately 16.5 miles.

The 100 on 100 Relay is a team based distance running experience. The event starts early in the morning and most participants finish between 7:30 PM-11 PM. This is a loop course. The total distance is 100 miles and the course follows scenic NH Northern Railroad Rail Trail for about 46 miles..

Each team has one van that holds all the members that are not running. The van travels from one transfer station to the next. Our course displays all the angles New Hampshire has to offer from small towns and farms, to mountains and lakes. This event serves as a charity fundraiser for New Hampshire based youth charities that promote active and healthy lifestyles in support of self-esteem development.

Course Start Location:

Northern Rail Trail

Spenser Street, Lebanon, NH

Across the Street from the Witherell CCBA

Course Finish Location:

Granite Mountain Ballroom

Hilton Garden Inn Hanover Lebanon

35 N. Labombard Rd, Lebanon, NH

Registration Overview:

Aug 13th (the day before the race):

Registration and bib and shirt pickup will be held at the Hilton Garden Inn Hanover Lebanon - 35 N. Labombard Rd, Lebanon, NH from 4PM-6:30PM. Although only the Team Captain is required to complete the on-site registration, we do request that the entire team be present if any last minute rule or administrative changes need to be made. An example of this might be that a specific town or location asks to have a special waiver signed by all participants above and beyond the waiver signed at registration. In order to expedite this and ensure that the event can run smoothly we do request that the entire team be present.

NEW: IMPORTANT NOTE: This year to alleviate congestion on the course and transition areas, we are starting a group of teams at 4:40 AM. ALL TEAMS assigned the 4:40 to 5:40 AM start time must pick up their team bib on the Friday night early bib pickup.

August 14th (Race Day)

Registration is from 5:AM to 9:00 AM at the official start (CCBA Witherell Gazebo – Out back of the main building) . Participants should arrive at least 30 minutes prior to their posted start time in order to complete registration and to solidify any last minute details. Although only the Team Captain is required to complete the on-site registration, we do request that the entire team be present if any last minute rule or administrative changes need to be made.

NEW : Important Note: Teams that start at 9:30 and 10:00 AM should be prepared to get their team packet before 9:00 AM on race day.

What Is Required?:

Teams will not be allowed to register or complete the event without the following items:

- (2) Reflective or illuminating vests to be worn starting at dusk
- (2) Flashlights or headlamps to provide visibility from the front
- (2) Flasher lights to provide visibility from behind

Note: A runner running after dusk will need to have on (1) reflective or illuminating vest, possess (1) flashlight/headlamp and (1) flasher light. If you are using battery powered illuminating vests you will still be required to carry a flashlight/headlight to increase visibility.

What supplies can we expect to be given?:

None. Teams should be prepared to be self-sufficient throughout the course of the event.

Start Times:

Official Team start times will be posted on the website two weeks prior to race day. Start times will also be available at the official start line. Once start times are finalized they cannot be altered.

Waivers:

All participants and volunteers must have signed the waiver form during registration. If you registered via the website you automatically signed the waiver. Extra waivers will be on hand at the start as well as with all of the Transition Area Captains.

Granite Mountain Ballroom- Post Race Party

At the finish, the Granite Mountain Ballroom will be presenting a post-race gathering. This celebration will include hot food, and beverages and two Long Trail beers at no additional cost to participants and volunteers. Additional Beer will also be available for a nominal fee. We will award all of the category prizes during this time. Please join us to celebrate the completion of the 100 on 100 Relay. We look forward to seeing you there.

Note, this is the same location as the Hilton Garden Inn.

Parking is available at the Hilton Garden Inn, or a short walk to a park and ride on N. Labombard Road.

Safety:

Protocol:

On the Rail Trail when crossing roads please look left and right at intersections before crossing. There are no crossing guards at these intersections.

Runners should run on the designated side of the road. Signs will mark the course and the course descriptions highlight the side of the road to run on. Due to blind turns and guard-rails, portions of this event will be running with traffic rather than the typical against traffic. We are making our best judgment call based upon all circumstances in these sections.

At all non-rural crossings we will be furnishing crossing guard assistance. At very busy intersections we have hired local police to support the event. Volunteers will be assisting in other locations and very rural low traffic areas may not have any crossing guard assistance.

Who's Who:

Volunteers will all be wearing Safety Vests and Hats. These Volunteers will include the Transition Area (TA) captains as well as their crew. Please be sure to thank them for making this event possible and respect their directions.

Any TA Captain can answer some questions regarding the event. If you have a question, look for these people. At least (1) of these members will be at each of the active Transition Areas along the course. Although communications will be spotty, they will have communication methods and all supplies needed for the event.

What if a runner gets hurt and can't continue?:

Our main goal is participant safety and should this issue arise we would like all runners to follow this thought process. The team should maintain its sequence of runners. Based on team abilities we recognize that some runners may not be capable of running the new leg that maintaining the sequence presents. We ask that you adjust your team as you see fit to maintain safety and enjoyment of the event while staying as true to the rule as is possible.

Recommended Safety Equipment:

- First aid kits
- Anything that reflects
- Vaseline
- NH road map
- Stopwatch
- Towel
- Extra socks

Rules and Regulations:

Causes of disqualification:

Any instance of violation of the following rules may result in immediate disqualification from the event for the entire team.

Vehicles:

Only 1 vehicle is allowed per team so be sure to have a vehicle adequate for your team size. No vehicle longer than 18 feet in length will be permitted thus excluding Buses, Limousines, Trailers and Motor Homes. No towing of any kind will be permitted along the course. Teams are encouraged to use Mini-Vans or SUV's. This event allows (1) vehicle per team. Should your vehicle appear to have too few team members in the vehicle as you enter a transition area the Transition Area Captain will confirm that you indeed only have (1) vehicle. Many of our Transitions are small and failure to abide by this rule will result in immediate disqualification. Also please see Spectators rules.

Spectators:

We are thrilled to engage spectators at our event, however many of our transition areas are simply too small for extra vehicles. Spectators are welcome to find appropriate and safe parking areas along the way to stop and cheer from as long as the normal flow of traffic and runners is not impeded.

Runner Shadowing:

Vehicles are not allowed to shadow runners on the course (unless a major storm is imminent. and should proceed to the next transition area.

Event participants may not interrupt the normal flow of traffic throughout the communities we pass through. Teams may provide food and drink to their teammates but must do so without interrupting traffic or other event participants (use parking lots and the like rather than the side of the road please). Teams must use appropriate and safe parking areas. Your vehicle must be pulled into a parking area that will safely allow a steady flow of traffic to continue on the course as well as allow runners to safely continue their course.

Running on the Designated Side of the Road:

Based on traffic patterns, blind curves and Transition Area locations, we will be selecting the side of the road you run on. Participants should always run on the same side of the road that 100 on 100 mile mark signs are posted. We cannot have runners on both sides of the road for safety reasons. Signs will mark the course and the course descriptions highlight the side of the road to run on. Many of the towns, which allow us to use their roads, have cited runners on both sides of the road as a safety concern. Future permission to run the event is contingent upon you abiding by this rule.

Reflective vests and flashlights:

Each team is required to show (2) reflective vests, (2) Flashlights and (2) rear flashing lights at event registration prior to receiving the race packets (Illuminating/flashing vests may serve as both vest and rear flashing light). 30 minutes before dusk all runners will be required to have on a reflective vest, front light flashlight, and rear flasher light. Teams will not be allowed to leave the transition area they are at if these items are not on the runner at dusk. The transition area captain can refuse any team from continuing if this rule is not followed.

Public/Private Property damage:

In order to hold this event the towns, businesses and homes along the route must be respected. This event is largely considered a pack in/pack out event for all normal trash. Restrooms will be provided along the course and any public littering, urination or defecation on private property will result in immediate disqualification. If a business along the route has offered their trash cans as normal trash receptacles then participants may take advantage of that offering.

Noise:

People should feel free to have a good time during this event. The relay is meant to bring us together in positive ways. Please be conscious of your noise level when traveling through residential areas or during the evening hours.

Pets:

We all love pets but we love for them to stay at home during the event. No pet of any kind will be permitted to participate in any leg of the race. Pets really need to be left behind to avoid not only race complications, but also transition area complications. This includes no pets in the race vehicles. Any vehicle with a pet will be asked to leave the course.

Bicycles/Rollerblades Etc.:

Bicycles and rollerblades are not permitted on the course. No mechanism of their sort will be permitted.

Runner Navigation and Dropouts:

Although signs and volunteers will be strategically positioned to keep runners on the course, teams should aid the guidance of their runners with information regarding the leg. In the event that a runner goes off course the team is allowed to drive the runner back to the section of course where they went the wrong direction. Once back to the point of error, the runner must continue the leg as intended.

Should a runner drop out due to injury they will be considered done for the remainder of the event and cannot run an additional leg later in the course. Team rotation will be monitored and enforced based on the runner position bib number. If a runner does drop out due to injury the team should continue on in their current rotation for the remainder of the event.

Alcohol/Drugs:

All New Hampshire open container and drug laws apply to this event and violation might result in arrest and disqualification.

Headphones/Cellphones:

One-earpiece headphones are the only acceptable method of headphones for runners on the course. Any headphone that blocks the participant's ability to hear traffic or directives from course staff may result in disqualification for the entire team. No cell phones allowed while running. We ask that you wait until the transition area to use these devices. The majority of races are banning iPod's/Walkmans, and the future use of these devices in this event depends upon you.

Outstretching the Support Infrastructure:

If your team is significantly outstretching our support teams due to a misrepresentation of your race pace during registration your team may be held at a transition area until our infrastructure can be established. This is done to provide safety to the runners so we appreciate your cooperation. This infraction could result in a 3-hour time penalty for your team.

Falling behind the Support Infrastructure:

If your team is significantly falling behind our support teams due to a misrepresentation of your race pace during registration your team may be moved ahead to a transition of our selection. This is done to provide safety to the runners so we appreciate your cooperation. Your team's actual event completion time will then be calculated based upon time performance to that part of the race. If your team is asked to skip ahead we do require that you stop in at each of the transition areas that you are skipping and inform the volunteer check-in team that you are skipping the transition.

This is a relay race and we expect teams to maintain the team sequence of runners.

Transition Area (TA) Instructions/Details

Vehicle Parking:

There will be designated parking areas at all transition areas. In addition there will be designated parking assistants when the setup is more complex. Do not block the entrance. Do not take up more space than is required. In some transition areas the parking will be tight, please follow the directions of the parking attendant.

Runner Check-In and Handoff

There will be a person who will check in each runner as they come into a transition area. They will be at the hand off. Please call in your team number to the check in person and make sure your team is registered. Runners will use the wristband provided as the official hand off wand. Although the wand is not required, it does make the handoff more official.

Sustainability/Trash Disposal:

Trash receptacles are not available. Teams should be prepared to pack in and out all trash and recycling. If a business along the route has offered their trash cans as normal trash receptacles then participants may take advantage of that offering.

Restrooms:

Restrooms will be provided along the course. Any public littering, urination or defecation on private property will result in immediate disqualification.

Signage:

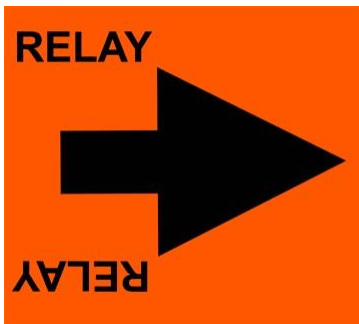
Please be familiar with the various signs and their meanings



For the first 46 miles of the race there will be no mile markers. After the Rail trail sections we will start marking the trail with mile markers.



We have placed mile markers along the last 56 miles of the course this year. The mile markers measure the distance into each leg and are not cumulative for the race. Due to property and guardrail restrictions, these markers will be placed at the closest possible location that we can. If a suitable location cannot be found we may choose to not place the sign at all. Runners should run on the same side of the road as the signage is placed.



This road sign will be displayed along the course to signify that you are still on the correct route.

These directional markers will be on the course indicating a turn in the course.



This road sign will be displayed approximately $\frac{1}{4}$ mile before each transition area to inform participants that a transition is approaching.



This road sign will be displayed at any major intersection where a change in direction is needed.

Team Drops Out:

Should an entire team decide to drop out of the race they must inform the nearest transition area captain. Transition Area Captains will be at all active Transition Areas and will be wearing Safety Vests and official Race Crew Hats.

Support Vehicle Notes:

As you support your runners please do so by only parking at reasonable locations. Do not interrupt the flow of traffic and be respectful of residents and storeowners. No runner shadowing is allowed.

Team Categories and Prizes

Team Categories

Listed below are the categories eligible for special prizes. Only one team will be eligible for the Grand Prize, all other winners will receive category specific prizes.

- Ultra Open: Any combination of Men and Women with 3 team members.
- Open: Any combination of Men and Women with one or more team members under the age of 30
- Masters Open: Any combination of Men and Women with all team members over the age of 30
- Men: Any team with 4-6 members who are all Men
- Women: Any team with 4-6 members who are all Women
- Super Masters: Any combination of Men and Women with all team members over the age of 40

All runners receive:

- An exclusive 100 on 100 race shirt
- 100on100 Relay Finishers Medal
- Prizes for the category winners

Category Prizes

- Fastest Team Overall: Grand Prize
- Fastest Ultra: Category Prize
- Fastest Ultra Super Masters: Category Prize
- Fastest Full Team Open: Category Prize
- Fastest Full Team Masters: Category Prize
- Fastest Full Team Super Masters: Category Prize
- Fastest Full Team Women: Category Prize
- Fastest Full Team Men: Category Prize