

November 21, 2018

**RE – Special Event Additional Information- Reebok Ragnar Relay Colorado 2019**

Dear Larimer County,

Attached, please find information on the Ragnar Relay Colorado 2019 event. This document is to serve as additional information.

Included information:

- A. Event Description
- B. Date and Hours of Event
- C. Exchange Points
- D. Safety, Emergencies and First Aid
- E. Officer services
- F. Traffic Impact/ Traffic Control
- G. Waste Receptacles
- H. Signage Plan

We believe in providing a quality event that is safe and fun for participants and all involved. I look forward to working with you on this year's event.

Please contact me regarding any questions you may have.

Best Regards,

Liz Davidson | Permit Director

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**A. Event Description**

The Reebok Ragnar Relay Colorado is a long distance running relay race that will start in Castle Rock, CO on Friday, September 13, 2019 and finish in Fort Collins, CO on Saturday, September 14, 2019.

- We anticipate 300 teams to participate in the event. Each team is comprised of 6-12 individuals and 1-2 vehicles. Therefore, we anticipate about 3,500 participants and 600 vehicles to be involved in the race.
- During the relay, each team member runs three legs. Only one person from each team will be running on the course at a time. **There will only be 300 runners on the course at any given time.**
- Start times are staggered, beginning at 5:00 AM and will continue until 1:00 PM. The objective for the staggered start time is to spread the participants out so that the impact on local traffic will be minimal to avoid large groups of runners clustering together.
- The entire group of runners will typically be spread out over a span of 30-40 miles.

- Runners are instructed to obey all traffic laws and regulations. The race course will utilize sidewalks, running paths, bike lanes, and road shoulders.
- We do not foresee a need to close any lanes of traffic or close any running paths to pedestrians or bike traffic.

#### **B. Date and hours of the event:**

September 14, 2019

We anticipate runners in Larimer County from 5:00 AM until 9:00PM.

#### **C. Exchange Points**

Teams pass the baton from one runner to the next at minor and major exchange points. An exchange includes portable toilets, an exchange area, and traffic cones used for crowd control. A minor exchange is where a single van from each team will briefly stop to switch runners. There are 30 minor exchanges along the course. A major exchange occurs every 6 exchanges and is where teams will pass the baton to the next van. There are 5 major exchanges along the course.

Ragnar is in the process of obtaining permission from the various locations for the use of exchanges.

Exchange Points in Larimer County:

- Exchange 29: Berthold High School
- Exchange 30: Thompson Valley High School - 1669 Eagle Drive Loveland, Colorado 80537
- Exchange 31: Backbone Special Event Center - 1720 Glade Rd, Loveland, CO 80538
- Exchange 32: Nostalgic West Leather - 9155 W County Road 38 E Masonville, CO 80541
- Exchange 33: Inlet Bay Trail Parking Lot
- Exchange 34: Horsetooth Dog Park – 2626 W Horsetooth Rd, Fort Collins, CO 80526
- Exchange 35: Summit Church North Parking Lot
- Finish Line: Fort Collins TBD

#### **D. Safety, Emergencies, and First Aid**

Safety is our top priority. Runners are educated prior to the race concerning event and safety rules as follows:

- Each team must have at least six reflective vests and two flashlights. Runners starting their legs during designated night hours must be wearing a reflective vest, tail/butt light and holding a flashlight or headlamp.
- Any team-member spectator must wear a reflective vest during these hours when outside their vehicle.
- Runners are required to obey all traffic laws and we instruct them to use the sidewalk when available.
- Ragnar provides a Race Command number during the race. Runners may text Race Command for any concerns or problems out on the course.
- In case of emergency all runners and staff will call 911. Then contact our Race Command number (661-Ragnar1) to let race staff know of the emergency.
- We have 8-12 Ragnar Staff and trained volunteers on the course at all times monitoring the course.

- A Medic Station and Medical Staff will be located at each major exchange location. These Medic Stations will be equipped to handle heat exhaustion, and all minor sport injuries. We hire EMT intermediate personnel or above, either through a medical staffing agency or directly through local hospitals or emergency service personnel.
- In the event of a major medical emergency (i.e. any life threatening condition or injury that requires immediate medical attention) we instruct runners/volunteers to first call 911.
- In addition to our own first aid services on the course, we list the local emergency rooms near the course, along with their address and phone number in our race app.

#### **E. Officer services**

Police Officers are stationed throughout the course in specific locations according to the safety demand and traffic flow throughout their jurisdiction. Ragnar will work with Larimer County Sheriff's Office to determine officer needs.

#### **F. Traffic impact/ traffic control**

All traffic control measures are to be set up, maintained and removed by Colorado Barricade Co, LLC. Ragnar will work with Larimer County Traffic Department to determine safety needs.

#### **G. Waste receptacles**

Dumpsters will be placed at each of our major exchange locations. All trash is taken to the majors. Volunteers and staff will sweep in exchange and make sure they are left clean.

#### **H. Signage plan**

Along the course there will be course signs that communicate to the runners which direction to go, on what side of the road to run, which exchange they are at, etc. Directional signs are only placed at change of direction intersections. The signs are 42" High, 18" Wide, .25" Thick and are made of corrugated plastic. Each sign will be secured to a delineator post barricade. An example of such a sign can be seen in the picture below.

