16th ANNUAL
FORT COLLINS to
STEAMBOAT SPRINGS
COLORADO
2019
Official Relay Handbook
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WELCOME!

Thank you for taking part in the 16th Annual Wild West Relay, the signature event of Roads Less Traveled Relay Races!

I fell in love with relay races while running in my first relay in 2000. After running in several different relays, I thought it would be a fun exercise to plan a relay route in my home state of Colorado. The idea started with a great town to finish in – Steamboat Springs. The route I came up with started in the foothill’s university town of Ft. Collins, and my first relay event, the Wild West Relay, was born. We did a trial run of the route in the summer of 2004, followed by an incredibly successful and well received inaugural event in August 2005.

The philosophy for my relays is I am more concerned about the scenic value of the route than how many teams I can cram onto the course. A blogger described our old Vermont Green Mountain Relay as a “boutique” relay. I loved that description as I’m not out to become a corporate minded race promoter. My races are designed to have a personality, and to show off the scenery of the area. I hope you recognize and appreciate these goals.

Another priority for my events was to give something back to the communities our relays pass through. Knowing it is not realistic for all teams to provide volunteers, I created the option for a team to “hire” volunteers from local non-profit organizations to fulfill the volunteer requirement. This has not only proved to be very successful, but many other relay events are now copying this idea. The funds that teams donate for volunteers go to a non-profit organization I founded called Volunteers With A Purpose, Inc. These donations go to community non-profit groups that provided volunteers as a fund-raising opportunity. The success of this program from my relay events has grown beyond my expectations and is appreciated by the participating groups as most participate every year. Since 2005, teams have contributed over $365,000 to VWAP, and these funds have been distributed to the participating local non-profit organizations.

I have three requests of you and your teammates. The first is to be safe, the second is to have fun. Third, it is only with the cooperation of multiple agencies, businesses, and private landowners that the Wild West Relay can exist. Please show respect and common sense during your time out there when it comes to respecting private property and noise levels in the middle of the night.

Thank you very much for joining in on the fun. I sincerely hope you enjoy your WWR experience. I would appreciate receiving your feedback so the Wild West Relay will become even better. I hope you enjoy “Getting Your Ass Over the Pass!”

Paul Vanderheiden – Race Director
Roads Less Traveled Relays
Timberline Events LLC
Englewood, CO
SAFETY WARNING

All participants are required to obey all traffic and pedestrian laws of the State of Colorado & Wyoming

Have you ever driven the roads of Colorado roads and noticed how prairie dogs contribute to the “road kill” number by running out on to the road with no regard to traffic?

Staging a running relay race without encountering some traffic is impossible. So long as all runners and their teammates stay in the shoulders, stay alert to their surroundings, and don’t pull a “prairie dog” by wandering into traffic, no one should become “road kill.”

There is only so much a race director can do. Please understand that all the rules we have are for runner’s safety and to respect the towns we are passing through. Every participant needs to take responsibility and follow the rules, to watch out for themselves, their teammates, and other runners, so no one gets hurt and normal vehicle traffic is not impeded.

In the past couple of years, there have been three fatalities of participants during relay races. Not surprisingly, two of the fatalities were team members who were not running at the time, but supporting their active runner. Therefore, to help prevent a serious accident during this race, there are two important rules you need to be aware of. The first is marked on the leg maps - NO SUPPORT ZONES - which are sections/legs where vans are not permitted to stop and runners must be self-supporting (carry their own water, etc.). The second rule is EVERYONE in the Active Van must wear a reflective vest (this includes the non-running driver if you have one) whenever they exit their vehicle between Sunset and Sunrise. Part of the check-in process is showing that you have proper number of reflective vests.

Please review the Rules section with your team and make sure all your teammates understand and follow them. Let’s keep all “road kill” the fun kind, where you catch up and pass a runner from another team.

DON’T DISQUALIFY YOUR TEAM!

WHY ARE HEADPHONES PROHIBITED?

As runners are not on a closed course and are running with traffic, anything that blocks you from your surroundings is a safety issue. While some running races allow headphones, they are on a closed course, during the day light, where you are not sharing the road with vehicles, or for that matter, wildlife. Triathlons, which are almost always on roads with traffic, prohibit headphones with immediate disqualification a result because it is a safety issue. Triathletes acknowledge and respect that rule. Individuals who violate this rule will not only disqualify themselves, but also their team – no exceptions. However, acceptable alternatives are the use of external speakers, and for now, the bone conduction headphones.

Be smart and safe out there. Thank you for your cooperation.
INTRODUCTION & RELAY OVERVIEW

The Wild West Relay Handbook is your guide to all aspects of the event. Please read through it carefully. It is important that each of your teammates read and become familiar with this handbook. Your team’s understanding of this information will greatly contribute to their safe and successful completion of the relay. If you have any questions, please do not hesitate to email the race director.

OVERVIEW

The Wild West Relay is a 200-mile, twelve or six-member team relay run starting in Fort Collins, a university town located along the Front Range. Three National Forests (Medicine Bow, Roosevelt, and Routt) and two mountain passes (Sand Creek and Rabbit Ears) are crossed to arrive at the finish in the resort town of Steamboat Springs.

Start: Teams will start at the Budweiser Tour Center on the northern outskirts of Fort Collins. Teams are assigned staggered start times between 5:00 AM – 12:00 PM on Friday. Captains should start their check-in process about one hour prior to their assigned start time; the first wave about 40 minutes before.

All team members are not required to be at the start, but all waivers and safety equipment MUST be present for teams to be checked in.

Start times: Are calculated using a team’s average 10K race pace. Teams are seeded to reduce congestion and ensure that teams don’t end up too far ahead or behind other teams so as not miss the fun of running with them, as well as getting out of sync with the staffing at the exchanges.

Course: The course is divided into 36 segments called “legs”. Runners complete 3 or 6 legs depending on their category. The legs vary in difficulty ("Easy" to "Very Hard") and in distance (from 2.6 to 9.8 miles). Runners will travel 67 miles through National Forests and 54 miles on dirt roads. The 6 x 1 Ultra runners’ legs range from 29.8 to 38.3 miles.

Finish: 9:00AM-4:00PM on Saturday at the Gondola Plaza at the Steamboat Resort.

Towns and Communities

It is only with the cooperation of state and local governments, businesses, and individuals that the Wild West Relay can exist. Thus, we all need to be aware of our impact. We need your help to lessen this impact and ensure that we can continue to have their support.

Unfortunately, there are people who think that just because they paid an entry fee, they can behave and act any way they please without consideration for other participants, the property owners, or surrounding residents. Please be aware of your behavior (in terms of noise coming from your vehicle) and your surroundings (being considerate of other traffic on the road).

Please do not litter or answer “nature’s call” on private or town property; use the portable toilets and garbage containers that have been provided. Violators will immediately have their entire team disqualified.

Lastly, keep all noise down during the nighttime hours especially when passing residences. Just because the route is very rural does not mean people are not living there.

Please do everything you can to remind yourself and your fellow runners to remember these requests. Only with your cooperation will this relay be able to continue in future years.

RECYCLING

Backpackers live by the motto “Pack It In, Pack It Out.” This common saying is a simple yet effective way to get backcountry visitors to take their trash home with them. I would like to encourage Relay Teams to adopt the same philosophy to help the WWR become a greener event.
Perhaps the easiest way to practice the principle of Pack it In, Pack it Out is to plan and prepare. It is possible to leave most potential trash at home if you take the time to properly prepare your supplies. Reduce the volume of trash you will bring and recycle it at home before you put it in your van. Repackage solid food into plastic bags and liquids into reusable containers. Rather than buying a case of individual bottles of water, have each runner bring their own water bottle and then go to the grocery store and purchase the 2.5 gallon jugs of water to have in your van. Think of how much waste this will reduce when multiplied by over one thousand runners! If you do bring individual plastic bottles or aluminum cans, take them home with you to recycle. Just to give you an idea, in the past, garbage has taken up most of the space in our sweep trucks. We will have recycling at the Start, Van Exchanges, and the Finish. But please plan ahead and minimize your impact. If garbage is put in to the recycling bins, then the recycling of others is wasted as it will all end up in the landfill.

ZERO WASTE

At the finish, the Steamboat Resorts has bins for recycling: compost, plastic, and aluminum. Please take the time to separate your trash appropriately.

ACKNOWLEDGEMENTS

I would like to thank all those who have been part of getting you to the starting line. Without their assistance and cooperation, the Wild West Relay would not be possible.

Volunteers With A Purpose:
Patti Schmitt – Non-Profit Coordinator

Exchanges:
- Budweiser Tour (Start)
- Wellington Fire Station (Exchange 3)
- Poudre School District (Exchange 6)
- Livermore Community Church (Exchange 6 Parking)
- Boy Scouts of America, Longs Peak Council (Exchange 10)
- Chapel of the Pines (Exchange 12)
- Roosevelt National Forest (Exchanges 11, 13, 14)
- Carolyn Durand (Exchange 16)
- Woods Landing Bar & Café (Exchange 18)
- Medicine Bow National Forest (Exchanges 19, 20)
- The Schellhaas, Cowdrey, CO (Exchange 22)
- North Park School District, Walden – (Exchange 24)
- Miles Prentice – Exchange 30 Camping
- Routt National Forest (Exchanges 31 – 34)
- Steamboat Ski & Resort – (Finish)

Agencies:
- Bureau of Land Management
- City of Steamboat Springs
- City of Walden
- Colorado State Patrol
- Larimer County
- Jackson County
- USFS
- Routt County Sheriff
- Wyoming Department of Transportation
Additional Support and Assistance:
- Ernie Jenkins – Steamboat Springs Parks Supervisor
- Jon Sinclair - Anaerobic Management
- Bryan S. VanMeveren - VanMeveren Law Group, P.C.

Volunteers & Non-Profit Organizations
- Chapel in the Pines
- Concordia Mission Team
- Concordia Youth Group
- Epsilon Sigma Alpha-Gamma Chi
- FoCo Derby Girls
- Friends of Red Feather Lakes Community Library
- Larimer County Dive Rescue Team
- Livermore Community Church
- Loveland Youth Advisory Commission
- Slaughterhouse Derby Girls
- The Matthew’s House

SPONSORS:

Thanks to the following sponsors and partners who have provided products and services to make this a fun event for all.
DEFINITIONS

Active Van transports runners (usually five) to the next Exchange while one team member is running. Vehicles may NOT trail runners, but must drive ahead to the Exchange. To reduce congestion, only Active Vans may park in a Runner Exchange unless it is also a VAN EXCHANGE (see below). Vehicles may NOT park within 500 feet BEFORE the Exchange; park beyond Exchanges or in the designated parking areas before exiting vans. Follow the instructions of the volunteers at each Exchange. Do not force runners onto the road by obstructing the shoulder.

Bib Numbers – to assist with identifying your team, the bibs that are provided must be worn on the front side by each runner on the route. Please help the volunteers and your teammates by wearing the bibs on the front of your shirt or shorts.

Blinking Lights – during the sections of the relay route teams will be covering at night, directional arrows will be marked with blinking Red lights, approximately 1-mile to go points will be marked with Yellow blinking lights, and Exchanges will be marked with Green blinking lights.

Runners are also required to wear red blinking lights on their back to assist with their visibility after sunset until sunrise.

Cut-off Times – there are several exchange locations that have a cut-off time. This is to ensure that teams are progressing at a rate that will prevent them from falling behind the times that exchanges will be closing. If a team does not arrive by the cut-off time at designated exchanges, the next runner will need to start before their teammate arrives. The team will not be disqualified, but will be reclassified to the Helter Skelter non-competitive category.

Exchange Zone is the marked area of Exchange where the incoming runner hands the baton to the next runner. Only outgoing runners are allowed in this area. Spectators must stay off the road and away from Exchange Zone Areas.

Leg is one of 36 segments of the 200-mile course.

Inactive Van transports team members (usually six), with no active runners on the course, to Van Exchanges (6, 12, 18, 24, 30) in time for outgoing runners to receive the baton. Inactive Vans may not stop in Runner Exchanges, except at 6, 12, 18, 24 and 30.

Inactive Van Route is the route that Inactive Vans must travel to the next Van Exchange. Inactive Van Routes reduce vehicle congestion and may differ from the course traveled by runners.

No Support Zones are designated sections or legs where, for safety reasons, the stopping of vans anywhere is prohibited except for an emergency. Runners on these legs must be self-supporting.

Reflective Vests are brightly colored (yellow or orange) and have wide strips of reflective material.

Runner Exchange is one of 35 locations where incoming runners hand batons to the outgoing runners. Volunteers record the time of the hand off (Exchange Time).

Team Time Record is used to record runner leg times and team cumulative times. Teams must transfer Team Time Records to Active Vans at Van Exchanges to ensure completion. Team Time Records must be turned in at the Finish to receive finisher awards.

Van Exchange is one of five Runner Exchanges (6, 12, 18, 24, and 30) where the last runner in Active Vans hands the baton to the first runner in Inactive Vans. The Active Van that just finished now becomes the Inactive Van; the former Inactive Van now becomes the Active Van. Active and Inactive Vans may park in Van Exchanges.
Van Routes are directions on the maps for the vans to follow when they are different than the runner’s route. The reason for this is to make parking easier at the upcoming exchange. Please follow these routes to prevent time penalties against your team.
CATEGORIES

Non-competitive
Helter Skelter - this category is for ALL teams that plan to be non-competitive, meaning you don’t have to run in the standard runner 1 through 12 (or if an Ultra team, runner 1 through 6) order.

Competitive - 12 person teams:
- Men's (12 men)
- Women's (12 women)
- Mixed (6-11 women)
- Open (any combination of men and women)
- Masters - an Open team with all members reaching the age of 40 this calendar year; a photocopy of each runner’s driver’s license will be required to be submitted at the Start)
- Corporate - an Open with half the team working at the same business
- High School – an Open where ALL members must be in Middle or High School, though graduating the year of the relay is acceptable.

Competitive - Ultra teams:
- 6 x 1 - each runner runs one leg averaging 33.0 miles
- 6 x 6 - each runner runs 6 legs in rotation just like the 12-person teams. Divided into Men’s, Women’s, Mixed, Masters, and Open categories, total distance ranging from 27.4 to 40.2 miles.
- Super-Ultra – solo to 3-person teams.

Substitutions or additions
Captains may substitute or add additional runners to their team online at the Wild West Relay website until 3 weeks before race day. After the database closes, a Substitution Form needs to be filled out and brought to the start, with a $15 check made out to Timberline Events LLC for each substitution or addition. There is no charge for additions or changes to your team supplied volunteers.

Team Matching
Runners may find teams and teams may find runners on the WWR Message Board. A link can be found on the website home page at [www.RLTRelays.com](http://www.RLTRelays.com).

WEATHER

The cliché “If you don’t like the weather, wait 5 minutes” certainly applies to the weather in the Rocky Mountains. Thus, it is recommended that you and your teammates come prepared for a variety of conditions, ranging from sunny and hot to cold (35°F) and rainy.

If a thunderstorm occurs while you are out on the course, be smart. Drivers – find your runners and get them in the vans. In fact, if you come across any runner, pick him/her up and share the safety of your vehicle. Unless you are at the back of the pack, remain in place and continue to run after the danger passes. There will not be a time credit for the time runners spend time in vans. This is a form of an adventure race, so teams are at the mercy of the elements.

See table for averages for the month of August - bear in mind the entire route starting at Leg 10 through the finish is above 8000 ft.

<table>
<thead>
<tr>
<th>City</th>
<th>Altitude</th>
<th>Average High Temperature</th>
<th>Average Low Temperature</th>
<th>Average Precipitation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fort Collins</td>
<td>5160 ft</td>
<td>83</td>
<td>53</td>
<td>1.4”</td>
</tr>
<tr>
<td>Woods Landing</td>
<td>6770 ft</td>
<td>80</td>
<td>40</td>
<td>1.6”</td>
</tr>
<tr>
<td>Walden</td>
<td>8110 ft</td>
<td>76</td>
<td>37</td>
<td>1.2”</td>
</tr>
<tr>
<td>Steamboat Springs</td>
<td>7760 ft</td>
<td>77</td>
<td>38</td>
<td>1.6”</td>
</tr>
</tbody>
</table>
RULES

All participants are required to obey all traffic and pedestrian laws of the State of Colorado & Wyoming

*Wild West Relay’s rules are for everyone’s safety.* PLEASE ALWAYS USE EXTREME CAUTION during the entire race. There are no road closures, traffic control, or aid stations. All runners and teammates must be very aware of vehicle traffic at all times, as several of the legs are, out of necessity, along busier roads. Always run facing oncoming traffic unless stated otherwise.

It is very important that both the runners and the Vans study and follow the maps in the *Wild West Relay Leg Map Book* as there are instructions on the maps that are not available elsewhere.

Please review all rules with your team. To qualify as a competitive category winner, teams must follow all rules. Teams who break safety or “good neighbor” rules will be immediately disqualified and removed from the race.

No Support Zones
- A NO SUPPORT ZONE means that no team vans may pull over and stop on this leg or section *except for an emergency!*
- An extension of vans not being permitted to stop is that teammates cannot be running across the roads to hand off water bottles, etc. A thirsty runner is not an emergency.
- Runners must be self-supporting, i.e. carry a water bottle, etc. on NO SUPPORT ZONES legs
- NO SUPPORT ZONES are sections with higher vehicle traffic.

Vehicles:
- 12-person teams are limited to two vehicles (maximum 6.5 x 9 feet/15-passenger vans), Ultra teams one. Teams supply their own vehicles. Volunteers also need to provide their own transportation to their assigned location and should not depend on the team vehicles.
- No buses, campers, limousines, motor homes, trailers, or extra vehicles. If your vehicle is larger than a normal 15-passenger van, it will not be permitted.
- Vehicles must drive ahead to the next Exchange Area or Van Exchange to ready the next runner. Please follow traffic laws and do not trail runners or force them onto the road by obstructing the shoulder.
- At Runner Exchanges, only Active Vans (vehicles waiting for incoming runners) may park. Active and Inactive Vans may park in Van Exchanges (6, 12, 18, 24, 30).
- Do not stop on roads where the shoulder is narrow or where you will impede traffic or the flow of the race. You must be able to pull completely off the road to stop and not impede traffic in any way.
- **No Stopping on Road or in Exchange Parking Area Prior to Parking** - No stopping, when vehicles are moving, to drop off a runner/walker. This quickly causes a backup of congestion if vans do not adhere to the rule.
- **No Parking on Road Prior to Exchange** - No parking is allowed along the road within 500 feet prior to an exchange. Parking is allowed in designated areas only after the exchange point marker. Please park off the road as far as possible, watch for participants, and stay alert to other traffic. ‘Shadowing’ runners with your team vehicle is not permitted except as noted in the “Night-Time Support” section.
- Decorating vans is encouraged and is part of the fun of relays. However, use good judgment and taste when considering what to write. Team vans, signs, shirts, etc. cannot sport logos,
mantras or exhortations that are disrespectful of other teams or groups identified by gender, race, age, etc. will not be permitted to participate.

On Race Day: Runners
- All runners need to wear their team numbers (bibs) visibly on the front of their bodies so they are visible to volunteers.
- From sunset to sunrise, runners must also wear reflective vests and red blinking lights, and carry a flashlight or headlamp. Wearing bright clothing and/or reflective vests during daylight is highly recommended, as it will increase visibility.
- Obey all Colorado pedestrian and vehicle codes.
- Cross roads only in crosswalks, intersections, or at the instruction of the race marshal assigned to this task.
- Runners and vans must stop at red lights.
- Alcohol, bicycles, and pets along the racecourse are prohibited.
- Please be quiet near any residential areas.
- HEADPHONES/EARBUDS ON ACTIVE RUNNERS ARE STRICTLY PROHIBITED. Clip-on speakers or MP3 players with external speakers are fine.

Follow the race marshal’s instructions. They are volunteers. Any verbal abuse to a volunteer will result in immediate disqualification of the entire team.

No littering (even the smallest energy gel packet) or relieving oneself on private property. We are guests in the towns and roads along the race route – please act as such.
- If a runner makes a wrong turn, the runner must return to the course on foot to the point on the course where the error occurred and then resume the race.
- Seconds do not separate winners in long relays. Cross intersections with caution and allow approaching vehicles to pass. Do not take risks. Be safe!
- Each team is required to turn in a completed Scoring Sheet with each runner's leg time to receive their finisher medal. Scoring sheets are provided in the appendix of the WWR Handbook.
- Teams are expected to have ONLY one runner running at a time. NO TEAM should take it upon themselves to jump ahead or run simultaneously UNLESS instructed to by a WWR staff person. Failure to comply will result in a DNF.

Respect School Grounds
As several of the exchanges are on school grounds, it is mandatory that their “Drug Free Zone” policies are followed. This means absolutely no alcohol or tobacco. Failure to follow this could mean the Wild West Relay may not be welcomed back.

Unstaffed Exchanges
If an exchange is not staffed with volunteers, look for a clip board and pen hanging from one of the two runner exchange traffic posts (weather permitting). Please sign in and note the time of your team’s exchange. If the exchange has only one volunteer, please help them out by looking for your incoming runner.

Sunset/Sunrise
The sun sets at 8:16 PM on Friday and rises at 6:07 AM on Saturday. If you start a leg and will not be at the next exchange before sunset, you MUST START wearing a reflective vest and flashing red light on your back, and carry a headlamp or flashlight. If you start a leg before sunrise, the same applies.
***The active runner and ALL passengers in the Active Van MUST be wearing reflective vests between sunset and sunrise whenever they exit their vehicle. The only exception is at the Van Exchanges provided you are in the parking lot and not by the road.

Night-Time Support
Shadowing your team’s runners between transitions is only permitted from dusk until dawn provided:

- Your team vehicle driver obeys all local traffic laws including following the speed limit
- Your team vehicle does not interfere with the progress of another runner or other vehicle traffic
- When stopping, your vehicle can pull completely off the road
- Your vehicle headlights and emergency flashers are on when pulled over
- “Shadowing” your runner means hop scotching your runner by several hundred yards, waiting until they pass you by a few hundred yards, and then repeating.
- Driving behind the runner at the pace she/he is running is not permitted.
- Be aware of your bright lights! If you drive with your high beam lights on, you are blinding the driver approaching the runners! YOU are causing the dangerous situation, so please drive with your low beams.

Reflective Vests
- Each team is required to have all Active Van occupants wear a reflective vest whenever exiting a van between sunset and sunrise.
- This also applies to any non-running van occupants including the driver.

Quiet Zones
- I know you want to cheer on your team and other runners, listen to music in your van, and are excited when you arrive at an exchange. But it is critical that you are aware of your surroundings and to respect the QUIET ZONES as noted on the Leg Maps.
- Between 10 PM and 8:00 AM, be courteous and cognizant of any noise you are generating (cheering, closing van doors, music, talking).
- There are many exchanges, that if we lose permission to use them, the Wild West Relay will be no more.

CUTOFF TIMES
Cut-off times are in effect to keep teams in the main flow of the race and so volunteers can leave their post at the designated time. If teams are falling behind and approaching a cut-off time, they will be asked to skip a leg or two and then start up again, OR, the next runner will be told to start prior to their teammate arriving. The team will not be disqualified, but will be switched to the Helter Skelter (non-competitive) category.

<table>
<thead>
<tr>
<th>Exchange</th>
<th>Cut-off Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exch 06 - Livermore Elementary School</td>
<td>2:08 PM</td>
</tr>
<tr>
<td>Exch 12 - Chapel of the Pines</td>
<td>5:32 PM</td>
</tr>
<tr>
<td>Exch 14 - Field/camping area on Deadman Rd</td>
<td>7:37 PM</td>
</tr>
<tr>
<td>Exch 15 - Intersection of Deadmans Rd &amp; County Road 80</td>
<td>9:05 PM</td>
</tr>
<tr>
<td>Exch 16 - Intersection with road to Honholtz Lake</td>
<td>10:16 PM</td>
</tr>
<tr>
<td>Exch 17 - BLM Fishing Access Road by cattle guard</td>
<td>11:20 PM</td>
</tr>
<tr>
<td>Exch 18 - Woods Landing Restaurant</td>
<td>12:17 PM</td>
</tr>
<tr>
<td>Exch 19 - Parking lot left on WY Hwy 230</td>
<td>1:37 AM</td>
</tr>
<tr>
<td>Exch 24 - North Park High School Walden</td>
<td>6:12 AM</td>
</tr>
<tr>
<td>Exch 30 - Long Pullout Right on Hwy 14</td>
<td>11:32 AM</td>
</tr>
</tbody>
</table>
Teams that don’t comply with the request to jump ahead will be removed from the race.

RUNNING ORDER

For Competitive Teams:
- Runners must maintain the order submitted at the Start on the Roster.
- Masters and Flatlander teams must submit a photocopy of each runner’s driver license at the Start.
- No participant may drop out of the race solely for the purpose of substituting a faster person in his or her place. If a participant is forced out due to injury, they may not be reinstated into the team lineup. The team must finish with the remaining people rotating in their current order. The order may not be shuffled.
- To report a rule violation that would affect award results, please submit a Protest Form (included in this handbook) to a Relay official within 60 minutes of crossing the finish. Prior to submitting the form, the protesting team must notify the accused team so any misunderstandings can be settled. If you don’t file a rule violation during the race, any “complaints” after the race will not be considered. However, a team will be disqualified AFTER THE RACE if a safety rule violation is reported and verified.

If A Runner Substitution Occurs:
- The injured runner may not run again.
- One or more runners will be required to run extra legs.
- The original order must be maintained.
- No more than one substitution per leg is permitted.
- No runner may drop out to substitute a faster runner.
- Women must run a minimum of seventeen legs or a mixed team will be reclassified.
- Failure to follow these injury rules will cause a team to be reclassified as a Helter Skelter team.

In The Event of an Injury or Sudden Illness:
- If a runner becomes injured or ill and is unable to finish (i.e. cannot walk), the next runner (of the same gender if a Mixed team) in the rotation may substitute at the point of injury and continue.
- A hand-off must occur at the next exchange. A runner may not complete one leg and then also run the next leg.
Example - presume injury is to Female #3 on Leg 7:

<table>
<thead>
<tr>
<th>Start Rotation</th>
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PENALTIES

Safety and being good neighbors are critically important. The following infractions will result in Immediate Team Disqualification and expulsion from the race:

- Littering anywhere or “answering nature’s call” on private property.
- Running after sunset and before sunrise without a reflective vest, headlamp, or red blinking light.
- For teams supplying volunteers – if any of your volunteers do not show up.
- An active runner wearing headphones or ear buds.
- The Wild West Relay has the permission of several schools to use their facilities, including the finish. All of these schools are drug free zones. This means tobacco and alcohol are strictly prohibited.
- Verbally abusing any race volunteer: Volunteers at the Exchanges are considered Race Officials. They have authority to direct vans, runners, and inactive participants, and to disqualify a team for rules violations. Talking back or not following the instructions of the volunteers will not be tolerated as they have been instructed how to run the exchanges for your safety by the Race Director.

What does a DQ mean?
It means your team is out of the race - you are no longer welcomed to continue. There will be no warnings; there will be no discussion. It is every team and runner’s responsibility to follow the relay’s rules. One person on a team breaks the rules and that runner and the entire team are done - period.

Captains, by checking in at the start, you are agreeing that your team will abide by ALL these rules and if caught breaking them, your team agrees to abandon the race in a civil manner.

The race director reserves the right to DQ any team at any time before, during, or after the relay for rules infractions.

Late Start
If your team is late for your start time, you will not be permitted to start in a later wave. You will however be permitted to drive ahead to an exchange and to start running there (two may run at the same time so that all members get their miles in). This team will not be considered competitive but reclassified as Helter Skelter. Check with Race Director at the start.
PREPARING – BEFORE THE RELAY

BEFORE THE RACE

Prior to showing up at registration, there are several things that need to be completed:

- All teams must fulfill the volunteer requirement. If you choose to supply volunteers and they do not show up, your team will be disqualified and must abandon the race. If you don’t complete the volunteer requirement before the race, you will not be permitted to start.
- The minimum age for participants is fourteen years of age. Participants between the ages of fourteen and eighteen as well as their parent or guardian will need to sign the waiver of liability.
- Review the material in the WWR handbook thoroughly and relay it to all your teammates.
- Make sure all your teammates are registered in the database and have entered an accurate estimate of their normal 10k times. Your start time is based on this.
- Any additions/changes after the database closes need to be made on the Substitution form and brought to the start. All changes after the database closes are charged a $15 penalty fee each.
- All waivers must be signed and turned in at the start when you check in. If ALL runners, volunteers, and van drivers do not sign waivers, teams will not be permitted to participate.
- Please download and print out all paperwork before arriving at the start.
- Review the required equipment and ensure your team has everything listed there. These items must be shown to race staff at the start to pick up your race packets. No team will be allowed to start the race without these items.
- Please enter accurate 10k race times for each runner in the online database. Our software applies a “fudge factor” to compensate for the terrain and for 6x6 and 6x1 Ultra teams. A team’s average 10K race time is what is used to space teams to avoid congestion. Teams that fib on their 10k times to manipulate themselves into an earlier start will be disqualified (finishing two hours or more ahead of their projected finish time).

Captain’s Checklist

- Designate a co-captain to assist.
- Register entire team and volunteers online.
- Prepare a phone or email list to facilitate communication.
- Recruit two alternate runners. Team Matching may be limited close to the race.
- Arrange for two vehicles (see Travel/Van Rentals for discounts).
- Recruit drivers (optional). Team support personnel do not satisfy the volunteer requirement.
- Read the WWR Relay Handbook.
- Pack supplies (see Equipment).
- Arrange for lodging (optional): at the Start (Friday), during the race (Saturday) and/or at the Finish (Sunday).
- Using the Course Summary Table, assign Legs and list runners in order on the Roster to be submitted at the Start.
- To qualify as winners, Master teams must submit a copy of each runner’s driver license at the start.
- List runners in order on Team Time Record. Enter times during the race.
- Estimate Van Exchange times using runner paces.
- Remind volunteers to sign in and fulfill their 4 - 6-hour shift or the team will be disqualified.
- Arrive at the Start one hour before assigned start time.
EQUIPMENT LIST

The following are suggested checklists for items to bring for the relay. **Items in bold will be required to be displayed at the starting line to receive your team’s race packet.**

**Required Team Equipment -** bold items are required to be shown at check-in

- 2 flashlights or headlamps (from sunset to sunrise, runners must carry a lighted flashlight)
- Minimum of 6 reflective vests, required to be worn from sunset to sunrise for not only the active runner out on the course but by all people in the Active Van (if you have a non-running driver, this means you would need seven vests)
- 2 flashing red LED lights - one required to be worn from sunset to sunrise. Some newer vests have flashing lights built in; these are acceptable replacements for flashing lights.
- "CAUTION-RUNNER ON ROAD" sign (minimum 17 x 22 inches) to be attached to the rear of each team’s two vehicles. These can be handmade but they must be legible – one per vehicle
- First Aid kits – one per vehicle
- Trash bags – one per vehicle
- One copy of the WWR Relay Handbook per van
- One copy of the WWR Leg Map book per van
- ID required for “Masters” and “Flatlanders” competitive teams
- Mobile phones, one for each van

**Team Equipment -** Recommended For Each Vehicle

- Clipboard for Team Time Record
- Watch/stopwatch
- Extra batteries
- Vehicle registration and insurance
- Water, electrolyte drinks, and food for each van since there are no aid stations
- Cooler with ice
- Ice or cold compresses
- Local maps
- Tape for vehicle signs
- Extra toilet paper, paper towels, cups
- Wet Wipes or Hand Sanitizer (portable toilets may not have hand sanitizer dispensers)
- Bug Spray
- Van decorations

**Runner Equipment –** Recommended for each Vehicle

- Water Bottle Belt
- Additional blinking red lights for extra safety
- Bear bells, whistle, and/or pepper spray if nervous about animals
- Bandana for dusty roads (Legs with dirt roads are 1, 6, 13 - 17)
- Camera, 2-way radios
- Driver licenses, Money, credit card
- Earplugs, Foot-care aids, Water bottle
- Flashlight or headlamp, 2 per team required, but many runners bring their own
- Sunglasses, sunscreen, hat or visor to reduce glare of headlights
- Plastic bags for wet clothes, icing injuries, trash
- Reflective and warm clothing
- Rain gear - you never know
- Reflective vest – 6 per team required, but extras avoids wearing a sweaty vest
- Running shoes, shirts, shorts, socks - a clean set for each leg
- Shampoo, soap, toothbrush, toothpaste, toilet paper, towel
- Sleeping bag, sleeping pad, ground cloth/tent
- Vaseline

**Do NOT bring:**

- Alcohol
- Bicycles
- Children
- Pets
What to drink no matter what kind of league you’re in.

FOR THOSE WHO DO STUFF.
THE DAY OF THE RACE

START

Directions to the Start
From I-25: Take I-25 to Mountain Vista Drive, Exit 271. Turn west onto Larimer County Road 50 and take an immediate right (north) onto the Frontage Road (Busch Drive) on the west side of I-25. The start is less than 1 mile on the left in the parking lot of the Budweiser Tour Center.

Parking at the Start
Limited space is available for personal cars to be parked at the Tour Center during the relay. A permit will be required and will be available before race day – the process will be announced via email. ALL cars left at the Budweiser Tour Center must have a permit and be parked in the grass field next to the parking lot. Any cars left in the Tour Center parking lot after the start WILL BE TOWED as the Tour Center needs their paved lot for their customers.

Checking-in
There will be several steps for the check-in process. Please plan on showing up about an hour before your start time to start checking in. Your entire team and your volunteers DO NOT need to be there, but all waivers and safety equipment must be.

Step 1 – Turning in Waivers
Each waiver will be checked against your roster that was in the online database. Each change will require a substitution form and a $15 fee. Waivers for each team member, driver, and volunteer must be signed. Please have your team members sign them in advance and bring them to registration before you show up. If all members of your team do not turn in a signed waiver, you will not be permitted to start.

Step 2 – Safety Equipment Check
- Two working flashlights/headlamps
- Six reflective vests
- Two red blinking lights
- “CAUTION—RUNNER ON ROAD” (minimum 17 x 22 inches) – one per vehicle
- First Aid kits - one per vehicle
- One copy of the Relay Handbook per van
- One copy of the Leg Maps per van
- Trash bag – one per vehicle.

SUGGESTION – do not tape your Runner on Road signs to your vehicle before checking in.

Step 3 – receive shirts
We will check each shirt against what was in the online database to make sure that you received the correct number and sizes. Your volunteer’s shirts will be at their assigned exchange for them to pick up. Correct shirt sizes for the substitutions or additions to your team AFTER the database close are not guaranteed.

Step 4 - Packet Pick-up
In your race packet, you will receive the following:
- A bib number for each runner
- Safety Pins for attaching your race number
- Two identification signs per vehicle that must be displayed as instructed (written on the bottom of each sign). Orange signs are for “Van #1” and Yellow signs are for “Van #2.” One sign needs to be tape to the outside of the van’s front windshield on the passenger side, and the second sign should be taped to a side window on the driver’s side. Ultra-Teams will receive two White signs.
- Race Director contact phone number
- Any last-minute updates and reminders

Note: Some teams prefer to designate one van the Active Van and the other the Inactive Van for the entire race. In this case, the Orange and Yellow signs will need to be switched between vans at each Van Exchange.
Maps and Signs
- Our events are known for having excellent route signage but they supplement the maps, so the maps should be your first reference.
- In addition to directional arrows, there are “1 Mile to Go” signs placed approximately 1 mile before the exchange. Please understand these signs could be off by a couple of tenths of a mile. This is a rural remote route and as such, there is not a landmark exactly one mile from each exchange.
- One of the most common comments after a relay is how some people found themselves off the course. The signs are put in place many hours before runners appear. Therefore, anything can happen to them – the wind could blow them down, or some idiot could move or steal them. It is impossible for a WWR staff person to know the condition of every sign at all times.
- Relay Races are adventure races. We paid a mapmaker over $1000 to design the maps that are online and available for download.
- Therefore, if you get off the route, especially if you were not carrying a map, you will receive no sympathy.

Runners Exchange
- There will be a designated relay exchange zone at each Exchange where the runner on deck will wait to get the hand-off.
- Only the runner “on deck” should be in this area; all other participants should keep clear of the runner exchange zone.
- Please do not crowd the relay exchange zone, congregate on the runner entrance or exit path to the exchange or spill into the road while you wait for your runner to come into the Exchange.
- Each exchange will be scheduled to have a Timer/Exchange Area Monitor and if available, a Spotter. A spotter will be positioned approximately 50 - 100 yards before the exchange to announce the team number of the approaching runner to allow you each team’s next runner to be in position to go.

Note: The people staffing the Exchanges are volunteers and are giving their time to help with the event. Please be courteous and follow their instructions. Remember to thank them.

The Course
This is a form of adventure race, so please understand that any hazards on the course HAVE NOT been marked. Please run with caution.

AT EXCHANGES

Vehicle Parking
- Van drivers are expected to follow all race marshal instructions
- Please pull your vehicle into the parking area as directed by the leg directions, staff, or signs.
- Do not block the entrance as runners and other vans may be trying to get by.
- Be acutely aware of people who could be running or greeting runners and may not see your vehicle pulling in.
- Parking at some of the transitions will be tight so please do not take up more space than your vehicle needs – please keep in mind others who will be stopping at the exchange.

Portable Toilets
- You will find portable toilets at every transition area along the course.
- The portable toilets placed at the exchanges should be used, not the restrooms of nearby businesses.
- It is suggested that you have hand sanitizer and/or wet wipes, and extra toilet paper just in case, in your van as not all units will have these amenities.

Van Exchanges
- Van Exchanges are physically larger areas that can accommodate both of your team’s support vehicles.
- These are Exchanges 6, 12, 18, 24 and 30.
• Van Exchanges 18, 24, and 30 will have designated camping areas for tents and sleeping bags.
• Participants may sleep in their vans or in the designated camping areas ONLY; sleeping on the ground around their vans will not be permitted for safety reasons.

Note: Van Exchanges will be open more in advance than the regular Exchanges to accommodate any team vehicle that chooses to drive ahead.

Please remember to keep the noise (voices, slamming vehicle doors, horns, music, etc.) to a minimum at these areas as other racers and users of these facilities, as well as those that live nearby, may be sleeping.

GET YOUR ASS OVER DEADMANS PASS TIME TRIAL PRESENTED BY ALTITUDE RUNNING

Each team’s Leg 14 runner, which goes over Deadmans Pass, will be timed. The fastest three men and women to run Leg 14 (8.5 miles, 1,180 feet elevation gain, -738 feet elevation loss) will win gift certificates (first place $75, second place $50, third place $25) from Altitude Running, Fort Collins’ premier running store, for their achievement.

SERVICES ALONG THE ROUTE

Restaurants
Due to the rural nature of the route, once you leave Fort Collins and before you arrive in Steamboat Springs, restaurant and store facilities are limited. Options are highlighted here.

• Exchange 9 – Western Ridge Restaurant – sit-down restaurant – offering a special for WWR runners. Those wishing to be seated in the restaurant, they will offer their full menu. They also offer runners to cool off in their pool for a nominal fee.
• Exchange 12 – Pot Belly Restaurant/Deli - a sit-down restaurant. This is a good option for Van 2 occupants. Please allow a minimum of two hours for your drive to Exchange 18 at Woods Landing.
• Red Feather Lakes Area – small convenience stores and a few cafes are in this area (Sportsman Café & Grocery, Trading Post, High Country Restaurant).
• Inactive Van Route up Poudre Canyon – there are several small cafes along Hwy 14 in the Poudre Canyon.
• Exchange 18 - Woods Landing Bar & Cafe – the restaurant is offering dinner buffet style for relay participants. This location is the best equipped to serve large numbers of people. The kitchen will close at midnight. This is the only real option for a big meal/dinner for Van 1 occupants. They will be offering a pasta dinner and salad. Due to the size of their kitchen, they are limited to 500 meals so it would be real nice if Van 2 folks ate in Red Feather Lakes or at one of the cafes in the Poudre Canyon on the Inactive Van Route.
• Exchange 20 – Wycolo Lodge – restaurant open until 9:00 PM, bar with microwavable food, snacks, and drinks open until midnight.

Gas
Gas is available at or near Exchanges 9, 12 (in the town of Red Feather Lakes), 18, 24, and 36

Showers
• Exchange 9 – swimming pool/shower for $5; shower only for $3
• Exchange 24 – A Student Group is opening the High School’s locker rooms to offer showers as a fund-raising event. Towels may be available for rent, but it is suggested you bring your own towel and toiletries just in case.

Camping Areas
• There will be areas to camp at Van Exchanges 18, 24, and 30.
• Exchange 18 – Woods Landing – this is a restaurant and tavern with rental cabins. There are grassy areas on their property along the creek that they are permitting runners to relax on. You must
stay clear of the areas around ALL cabins.

- **Exchange 24** – Walden’s North Park High School – directly opposite the exchange is Hanson’s Memorial Park. Camping is only permitted in the Park. Camping is NOT permitted on the school’s football or baseball fields. Do not count on any indoor sleeping areas being available.

- **Exchange 30** – two-tenths of a mile east of the exchange there will be camping available on a rancher’s private property. Please be aware this is rangeland with sagebrush, but there are flat areas. It is suggested at a minimum you bring a ground cloth if not a tent to put underneath your sleeping bag. Volunteers will be present to direct vans where to park and which areas are open for camping.

### Driving at Night

- Vans should be aware of their headlights when on high beam. Approaching cars are blinded, thus runners on their side of the road will not be seen. Remember to lower your high beams when a car is approaching.
- If you are pulling off the side of the road, remember to turn on your hazard lights.
- If an oncoming car is coming, try to adjust your speed so that you are not passing each other at the same time a runner on the side of the road would be affected.
- Remember, you cannot pace your runner. You must be going the speed limit. If you are going so slow that you force another vehicle to pass you, this is endangering the runners.

### THE FINISH

#### Directions
From US 40: take the Mt Werner Rd exit and follow up the mountain. Park in the Knoll Parking lot and follow the path to the Gondola Plaza.

#### Tradition
It is a tradition for Relays for teams to cross the finish line together. There will be a gathering point for teams to run across the finish line together.

#### Finisher Awards
Captains may pick up the finisher’s awards at the Relay HQ booth at the finish line when the **Team Time Sheet is turned in**. Disqualified teams will not receive finisher awards.

#### Post-Race Meal
There will be food for race participants at the finish. A team representative can pick up an envelope with their meal tickets at the finish. Ultra-teams will receive six meal tickets; 12-person teams will receive twelve meal tickets. **Each ticket is good for ONE TRIP though the meal line.** Teams are responsible for purchasing additional tickets for family members, friends, and their volunteers.

#### Beer Garden – VERY IMPORTANT
For a team to earn free beer tickets, Teams must submit their estimated total time online when that process opens, and their total time must be within a 2-hour window of their time submitted. This is to help us assign you the most appropriate start time.

Beer will also be available for purchase from the Resort bars.

#### Merchandise
Posters of the WWR course, WWR hats, socks, and leftover WWR Tech shirts will be some of the items for sale at the finish.

#### Showers
*Old Town Hot Springs* is a multi-use complex, open to the public, located at 136 Lincoln Avenue (near the corner of 3rd and Lincoln Ave.) in downtown Steamboat Springs. **WARNING:** They charge an obscenely expensive price just to take a shower.
**ALTERNATE VAN ROUTES**

In most cases, the Active Van will be following the runner’s route. However, there are several examples where the van directions are different. These alternate Active Van directions are printed on the individual leg maps.

**INACTIVE VAN ROUTES**

**Start to Exchange 6**

From the Budweiser Tour Center, exit the parking lot and turn right (south) on Busch Drive. At the “T” intersection with Mountain Vista Drive, turn left (east) and then turn right to go south on I-25. Go to the next exit (269B) and exit on Hwy 14 West/Mulberry St. Turn right (west) on Hwy 14/Mulberry St and follow until it intersects with College Ave/Hwy 287. Turn right and follow US 287 20.7 miles to Red Feather Lakes Rd. Turn left (west) on Red Feather Lakes Rd for .4 miles to the Livermore Elementary School and Exchange 6.
Exchange 6 to Exchange 12
The Inactive van continues west on Red Feather Lakes Road 23.4 miles, following the runner’s route, to Exchange 12.

Exchange 12 to Exchange 18
Turn left (south – opposite the Pot Belly Restaurant - look for the big sign!) on Manhattan Road and proceed 3.3 miles and take the left fork following Manhattan Rd. At 5.6 miles, follow the curve to the left to stay on Manhattan Rd. At mile 6.7, turn right at the Yield sign (DO NOT TURN LEFT on to CR 68). At mile 9.8, you will intersect with Hwy 14 in the Poudre Canyon. Turn right (west) for 19.8 miles to the intersection with Country Road 103 – there is a green highway sign that says "Laramie River, Woods Landing, Glendevey. Turn right (north) on CR 103 past Chambers Lake for 21.4 miles to intersect with the relay route (leg 16) and CR 80c. Continue north on CR 103 past crossing the Colorado/Wyoming border. The road now becomes paved and changes to Wyoming Hwy 10. Nine miles later you are at Woods Landing. Allow a minimum of two hours for this drive.

Inactive vans will not be permitted to follow the runner’s route, as it is narrow and very dusty. If you are driving along with runners, turn around!

There is a more detailed alternate van map in the WWR Leg Map Book.
Exchange 18 to Exchange 24
Continue west on WY Hwy 230, crossing the Colorado/Wyoming border. The highway now becomes CO Hwy 127. Turn left (south) on CO Hwy 125 into Walden. In Walden, turn left on 3rd St to Washington St. Turn right on Washington into the High School and the Exchange.
Exchange 24 to Exchange 30
Exit the High School on 4th St to Main St (Hwy 125) where you’ll turn left (south) for 1.5 miles, then turning right (west) on Hwy 14. Follow Hwy 14 for 30.4 miles to Exchange 30.
Finish

Continue on Hwy 14 to the intersection of US 40 and turn right (westbound) on US 40. Continue over Rabbit Ears Pass into the town of Steamboat Springs. From US 40: take the Mt Werner Rd exit and follow up the mountain. Park in the Knoll Parking lot and follow the path to the Gondola Plaza.
EMERGENCY INFORMATION

Due to relay’s rural nature, please be aware medical assistance will not be as timely as in major population areas. If anything serious does happen, you are strongly encouraged to take the initiative. Information is provided below to direct you to the quickest assistance. Depending on your location and wireless phone coverage, it may be in your best interest to load your injured teammate in your van and transport them to the nearest town to contact their emergency medical response organization, or to the nearest hospital.

If an emergency occurs, please:
Dial 911 and provide as much detailed information as possible.
Use the following numbers for additional assistance.

MEDICAL
Exchanges 1 - 13
Poudre Valley Hospital
1024 S Lemay
Ft Collins, CO
(970) 495-7000

Exchanges 14 - 21
Ivinson Memorial Hospital
255 N 30th St
Laramie, WY
(307) 742-2142

Poudre Valley Hospital Ambulance Office
Fort Collins, CO
(970) 495-8010

Exchanges 22 – Finish
Yampa Valley Medical Center
1024 Central Park Dr
Steamboat Springs, CO
(970) 879-1322

LAW ENFORCEMENT - There will be two Colorado State Patrol vehicles traveling with the WWR from the Wyoming State border on Leg 21 to the finish.

Colorado State Patrol
Ft. Collins Office
(970) 224-3027

Jackson County Sheriff
(970) 723-4242

Steamboat Springs Office
(970) 826-1301

Routt County Sheriff
(970) 879-1090

Wyoming Highway Patrol
(307) 745-2101

Fort Collins Police
(970) 221-6540

Larimer County Sheriff
(970) 498-5100

Walden Police Department
(970) 723-4616

Albany WY County Sheriff
(307) 721-2541

Steamboat Springs Police Department
(970) 879-1144
Exchanges 1 – 13 - Poudre Valley Hospital; 1024 S Lemay; Ft Collins, CO; (970) 495-7000
Exchanges 14 – 21 - Ivinson Memorial Hospital; 255 N 30th St; Laramie, WY; (307) 742-2142
Wild West Relay
2019 Race Handbook

Last revised 5/25/2019
Exchanges 22 – Finish - Yampa Valley Medical Center; 1024 Central Park Dr; Steamboat Springs, CO; (970) 879-1322
Wild West Relay
Substitution Form

To receive your Tech Shirt, **ALL information must be entered & legible** including email address — this is the same information required for all other runners. We do not share your information with anyone.

$15 Substitution Fee Required for ALL additions/substitutions
*Make check out to* Timberline Events LLC

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<td>IS THIS RUNNER AN ADDITION OR A SUBSTITUTION?</td>
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**TEAM MEMBER REPLACED**

| LAST NAME                  |
|                           |
| FIRST NAME                |

**CIRCLE ONE:**

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Make check out to: Timberline Events LLC and bring this to the start

Last revised 8/19/2009

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Last revised 5/25/2019
Wild West Relay  
Team Roster - Running Order

Team Name: ______________________________________________

Captain: ______________________________________________________________

Category: _____________________________________________________________

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Volunteers

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TEAM TIME RECORD

Team Bib #________________

Team Name ________________________________________________

Team Captain ______________________________________________

Start Time ____________

Please use time of day rather than a stop watch. Synchronize your watch with the official time clock at the start

<table>
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<tr>
<th>LEG</th>
<th>RUNNER</th>
<th>TIME OF DAY</th>
<th>SPLIT</th>
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</table>
This Protest form needs to be completed and turned in with your Team Time Sheet within thirty minutes of your team crossing the finish line.

Please turn this form in to the Race HQ table.

<table>
<thead>
<tr>
<th>Submitting Team:</th>
<th>Time Submitted:</th>
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<tr>
<th>Violating Team:</th>
<th>Rule Violated:</th>
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<tr>
<th>Where rule was violated:</th>
<th>How was the rule violated?</th>
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<tr>
<th>Was violation discussed with the violating team?</th>
<th>Their response:</th>
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<th>Do they consider themselves to be a “competitive” team?</th>
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