The Buck Fifty
SOUTHERN OHIO'S PREMIER
150 MILE RELAY

SECTION 1: WHAT DO I NEED TO KNOW TO SECURE MY TEAM?

1. HOW TO REGISTER

Signing up for a team event like this may seem very confusing compared to your normal half, or full marathon registration, but we will help walk you through the process to make this as easy as possible. You will first need to designate a Team Captain. This person is like your team's Gate Keeper for the race. They will keep everyone organized and informed of all the important procedures that will accompany a team relay like The Buck Fifty.

Registration opens up June 1st. To register, the team captain will go to our website of www.thebuckfifty.com and click on the link "Register Now". **In order to start the registration process your Team Captain will need to:**

- Create a Team Name*
- Chose a Team Password* Only use letters and numbers, no symbols.
- Enter an Estimated Total Team Finish Time **
- Pay your Non-Refundable Team Deposit – This amount is half of your team fee.

Once you get to the registration site at raceentry.com follow these steps.

1. Select Race Category. "Register Captain" (Green Box) for a brand new team, or "Register Teammate" (Blue Box) for all other members with your Team Name and Team Password.
2. Enter in all contact information
3. Enter in emergency contact information
4. Enter in total time to complete the course (Captains Only)
5. Enter in shirt size
6. Review and sign waiver
7. Pay for registration fee
8. You will get a confirmation email

*Not all 10 team members need to be decided in order to register. Team members can be added or changed without any extra charges until March 1st 2017. There will be a $25 charge for changing team members after March 1st. Once the Captain has registered your team they will share with you the Team Name and Team Password. The other team members will click on the Blue Box that says "Register Teammate - $0.00". Once they do this a drop down menu will appear where they select their Team Name and enter in their Team Password. They will need to fill out all the contact information and sign the race waiver.

** The Maximum Team Time allowed to complete The Buck Fifty is 27 hours and 30 minutes. This will be equal to each runner having a pace of 11-minutes. On a team with 10 runners and varying skill levels, not everyone's time will be the same, but your average team pace cannot be greater than 11 minutes per mile. We will give you a 1-hour margin of error, plus or minus, during the race. This is important to us as we open and close Check Points during the race. More information will be provided in The Buck Fifty Booklet at a later date. You will be allowed to change this time up until November 30th 2016. No time changes will be accepted after that point.

In addition to a great running experience each runner will get a Buck Fifty Race Shirt. Buck Fifty Race Medal at the Finish Line with Team Photo, and free entry into the Buck Fifty after party.

2. TEAM STRUCTURE AND FEES

10 Person Team Costs - We will accept a maximum of 150 Teams
you will also need 2 registered drivers

- $1,050 if registering June 1st- July 31st, 2016
- $1,250 if registering August 1st - September 30th, 2016
- $1,450 if registering October 1st - October 31st, 2016

5 Person Elite Teams - We will accept a maximum of 20 Teams
you will also need 1 registered drivers

- $650 if registering June 1st- July 31st, 2016
- $750 if registering August 1st - September 30th, 2016
- $850 if registering October 1st - October 31st, 2016

A deposit of 50% of the team cost is due when your captain registers your team and is non-refundable. Final payment is due by October 31, 2016.

3. HOW DOES THIS WORK? 10-PERSON TEAMS

Have you ever run in an overnight relay race? If not, we'll help to lay the concept out for you here! Your team of 10 runners will be broken into two groups of 5. Your team will also need 2 non running drivers and two vans. Van #1, with its 5 runners will begin the race at the starting line. Runner 1 will start the race at your team's designated time. Once Runner 1 takes off, van #1 will drive ahead to the first transition zone, so that runner 2 can get warmed up and ready for his or her leg. When runner 1 arrives at the transition zone, their first leg is done and runner 2 is off! Runner 1 will cool off, change clothes, and quickly hop back in the van so that your team can get runner 3 to the next transition zone. This process continues through your fifth runner.

So where is van #2? After your team's start, van # 2 drives ahead to the transition zone where runner 5 finishes his first leg. Once runner 5 comes in, all of the runners in van #1 have completed their first of three legs. And now, runner 5 hands off to runner 6 (which is the first runner in van #2.) Van #1 is on its first "resting" period. Based on the number of miles the other van will cover and the pace time that each of those runners have submitted, the resting van should be able to gauge how much down time they will have. We will send each captain a spreadsheet once they are registered to help them dial in their overall time as well as help them plan where to be on the course.

During your down time, we recommend you rest and refuel. There are several places listed in the "About the Race" Section where you can book a hotel room to get a little shut eye and a hot shower. We've also listed a few places that you can camp along the way. But one thing's for sure…. make sure you're on your game and back to meet at the next transition zone. No one wants to leave their teammate at the transition zone with no one to trade off to!

5-Person Elite Teams

If you decide to put together a 5-person team the concept is basically the same. We're not control freaks hear, oh wait, yes we are! Lol. In all seriousness we do want to make sure we run an efficient, organized and safe race for everyone to enjoy. Knowing where you are out on the course is important to us. We have three options for you and your captain will need to select which option fits your team best.

A. This options has each runner running 6 times. Runner 1 will run legs 1, 6, 11, 16, 21 & 26. Runner 2 will run legs 2, 7, 12, 17, 22, & 27. This format continues for the other 3 runners.

5-Person Elite Teams continued

B. This option has each runner running 3 times by tackling 2 legs each time. Runner 1 will run legs 1-2, 11-12, & 21-22. Runner 2 will run legs 2-3, 13-14, & 23-24. This format continues for the other 3 runners.

C. And because C is my favorite answer to any multiple choice test, this will be for the best of the best. This option has each runner running just once. This option might require some additional assistance from your teammates, or for that runner to be a little more self-reliant covering this distance. We will not have water or supplies stocked at each check point so that should be part of your consideration. Runner 1 will take on legs 1-6. Runner 2 will do legs 7-12. Runner 3 will run legs 13-18. This will continue for the last two runners.

In any case, regardless of the option you chose we want you to have an absolute blast with us and enjoy the ride! We'll still have the same maximum time requirement for Elite Teams as the 10 person teams of 27 hours and 30 minutes.

4. WHAT IS THE ROLE OF THE TEAM CAPTAIN?

There will be a ton of logistical data that the Team Captain will need to handle. This type of race has a lot of moving parts which is one of the big reasons it's an absolute blast to participate in, but this also creates some additional information you will need to read, consider, and act upon. Our Race Director is an absolute freak when it comes to communication so don't worry. He will be pumping out information to you on things you will need to know, but once again make sure you READ it, and pass it along to your teammates.

All of our communication will be emailed to the team captains. The captains will be responsible for distributing this information to the rest of their team. We will let each team captain handle how they chose to distribute this. Some captains will set up a Facebook private page, others will choose to communicate via email. We will leave it up to you as to the best way to keep the team involved and informed.

Please keep in mind that you will have some runners on your team that need to know every detail. Conversely, you'll likely have some free spirited souls, who all they will need to know is when to run, what direction to go, and BAM they're gone. Keep these type of things in mind as you are assembling your team and arranging your team communication. The mix and diversity of these teams is what will make this such a great bonding experience as we all practically live together for a few days.

5. MINIMUM AGE, SAFETY, AND MAXIMUM TIME

Because this is an open road race and goes throughout the night we have a minimum age of 18 to participate as a runner or driver in The Buck Fifty. You must be **18 on or before race day** and we will be checking ID's upon your registration. Any runner found not to be 18 will be disqualified and your team will be required to finish the race without that participant. No refunds will be given for this violation.

We have designed our route to give you both a great running experience as well as keep you as safe as possible. It will be the responsibility of each runner to use good judgment as they navigate the course. This will include running on the side of the road that faces traffic and running on the edge of the road in the berm. Teams will be required to provide their own nighttime safety gear. Nighttime safety gear is required to be worn 1 hour before sunset and 1 hour after sunrise. The required safety gear **Per Van** is 2-headlamps, 2-reflective vests, 2-rear flashing lights and 1 first aid kit. Each van will be inspected at race check-in for these items. For Team #2 that will be at the first Transition Zone or at Check Point #5. Your team will not be permitted to run unless you have the required safety gear.

A great option that fits our nighttime requirements for reflective running vest and flashing rear light is the "Prizm" LED Vest made by You Saw Me. You can be seen from 1 mile away, has a front pocket for your phone, and 20 LED colors settings. You can purchase this at www.yousawme.com/product/thebuckfifty. You Saw Me will donate $5.00 for each vest purchased to our cause of Drug Prevention.

The maximum time per team to submit during registration is 27 hours and 30 minutes. This will be equal to each runner averaging an 11-minute running pace. This is not gazelle speed, but it's far from walking pace. We need to establish this requirement so that we can open and close our checkpoints in a timely fashion and be sure they are correctly staffed. There will be a 1-hour variance that you get with this so you do have some leeway.

Teams will be penalized if they are too fast, or too slow, and we expect you to stay on track with your submitted time. More details to come, but this could include skipping legs, or being restricted from the course for a period of time. You will receive a tracking sheet when your Team Captain checks in at the start line. You will need to log your time as you navigate the course and turn this in at the finish line.

We will be sending a spreadsheet to each captain to submit their final time which is due by November 30th. All you will need to do is enter in the average 5 mile pace time for each runner into the spreadsheet. This will be the last time you can change your overall final time. If you have questions before you register, please contact our Race Director Dave Huggins at 740-701-0848. Our goal will always be to work with our racers, have fun, and be safe!