

EVENT HANDBOOK



14th Annual

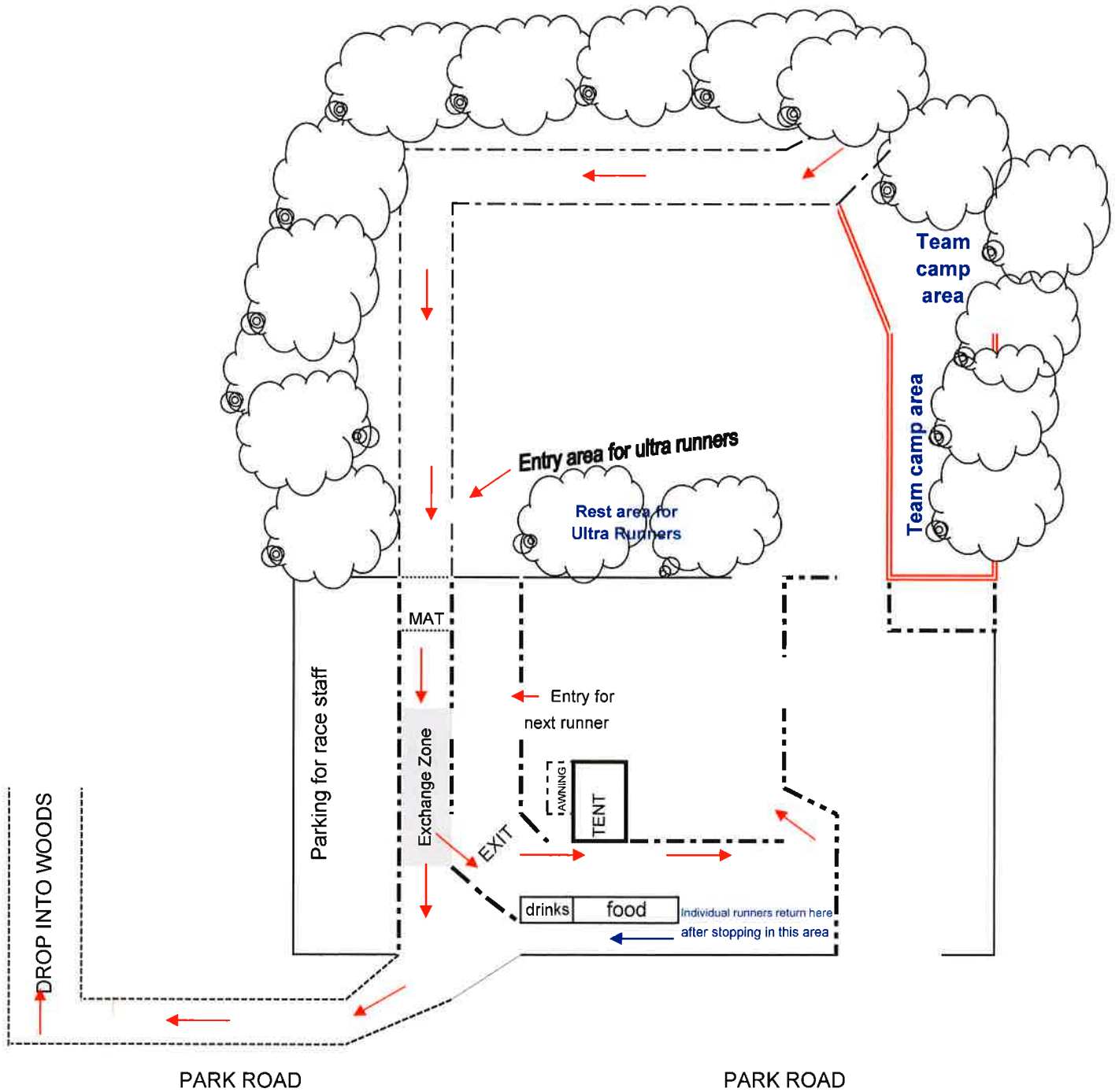
May 18, 2019

12 HOUR RACE

**HAWTHORN PARK
TERRE HAUTE, IN**

RULES

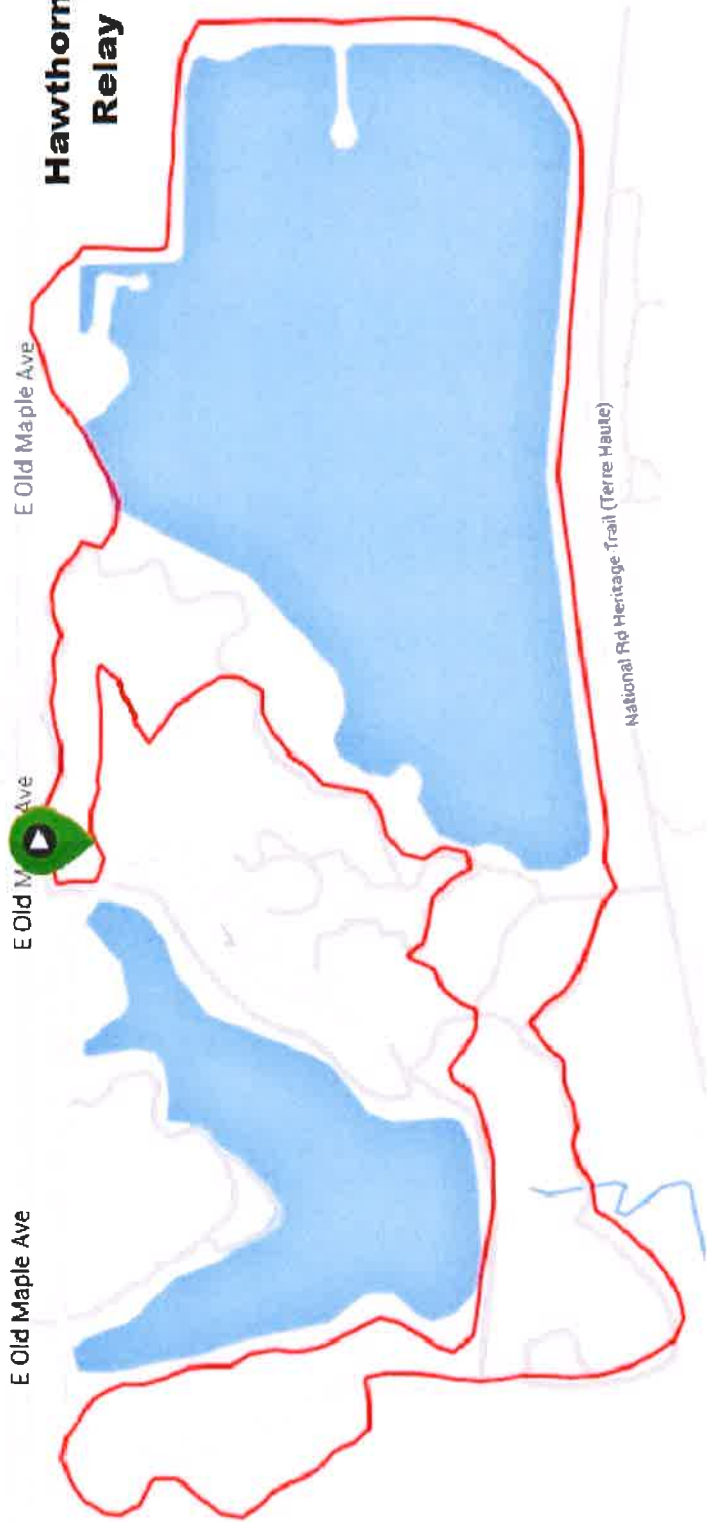
- 1) In the Team of 6 Division, a team can compete with as few as 3 runners.
A Team of 2 must have exactly 2 runners.
- 2) There will be Male, Female and Coed divisions. Female teams must be comprised of all females.
Male teams can include females. Coed teams must have a minimum of 50% female runners.
All members of a Master's team MUST be over the age of 40 on race day.
- 3) Runners will run one lap at a time and the order must remain the same throughout the day.
Exchanges must be made within the designated exchange zone.
- 4) If a runner cannot start their designated lap or chooses to sit out, then everyone moves up in sequence. Once a runner drops out of the race for any reason he/she may not re-enter.
- 5) If a runner cannot finish their lap for any reason, then another runner may complete the injured runner's lap.
There are two choices on how to continue.
 - a) Any other member of the team can finish the started lap, but the replacement runner must begin from the spot that the injured runner stopped.
 - b) The next runner in order may begin from the exchange zone. The uncompleted lap will NOT count.
* A team member must report this incident to one of the Race Directors or the Scorers Table. This is to ensure the proper scoring of your team.
- 6) It is the responsibility of the runner completing their lap to ensure they cross the Timing Mat. If you do not, you may not be credited for your lap.
- 7) If a runner is caught deviating from the course, they will forfeit their lap. If there are 2 infractions on one team, that team will be disqualified.
- 8) Each team member must wear an official race number and Timing Chip when running their laps. The race number must be visible from the front.
- 9) Runners will not be allowed to start the 5K loop once there is less than 30 minutes left in the race. Once the race reaches the 30 minutes remaining mark, runners can begin the small loop course. Each team's runners must continue in the same order as held throughout the day.
- 10) If a runner has not crossed the finish line prior to the end of the 12 hours, their lap will not count.
- 11) The race directors will have the right to stop, cancel or postpone the race due to severe weather.
In the event the race ends early, all completed laps will be used to determine the award winners.
- 12) Park rules do not allow Alcoholic Beverages in the park. Having or consuming alcohol within the park will be grounds for your teams disqualification from the race.
- 13) If any team member litters, urinates, or defecates in non-designated areas in the park, their entire team could be disqualified. Be considerate of the environment and of park property. There will be restrooms available on site.
- 14) The directors reserve the right to disqualify any team they find to be a public nuisance or any team jeopardizing the safety or health of other race participants, staff, or volunteers.
- 15) **2 PERSON TEAMS ONLY** - a runner in this division may elect to run 2 laps in a row. If a runner begins a 3rd lap their partner will no longer be an active runner and therefore may not re-enter the race.
- 16) **WALKER RULES** - the athlete's back toe cannot leave the ground until the heel of the front foot has touched. The supporting leg must straighten from the point of contact with the ground and remain straightened until the body passes over it. You will not be eligible for Walker Awards if you are caught violating these rules.



The incoming runner **MUST** cross the mat. The on deck runner **MUST** stay within the exchange zone.
DO NOT move back toward the mat. This could create a problem with the timing and affect your team's mileage.

Exit to the left through the food and drink area.

Hawthorn Half Day Relay & Ultra



Elevation

- 1,000
- 750
- 500
- 250



EMERGENCY INFORMATION

Should an emergency arise that you feel needs immediate medical attention, **call 911**

- tell them you are located in Hawthorn Park.
- the address of the park is 6067 East Old Maple Ave., Terre Haute, IN 47803

Race Director's Cell Phone Numbers

Paul Clapp 812-240-8125
Mark Achenbach 812-243-2052

Nearest Hospital

Union Hospital- 812-238-7000
1606 N. 7th Street, Terre Haute, IN

YOUR BIB # IS YOUR MEAL TICKET

You **MUST** bring your BIB # to the post race dinner
in order to receive your FREE meal.

(Free post race meal is only available to those competing in the 12 hour event)

RACE WEEKEND SCHEDULE

Friday	05/17/19	5:30 PM	to	7:00 PM	Packet Pick-up at Hawthorn Park
Saturday	05/18/19	6:00 AM	to	6:30 AM	Late Packet pick-up
		6:30 AM			Runner's meeting and Q & A
		6:53 AM			Singing of the Star Spangled Banner
		6:55 AM			Prayer
		7:00 AM			Race Starts for 12 hour and 6 hour events
					Scoring updated throughout the day
		1:00 PM			6 hour event ends
		2:00 PM			Awards to be presented for 6 hour event
		7:00 PM			12 hour event ends & meal available to runners
		7:45 PM			Awards to be presented for 12 hour event

At this time the date for the 2020 race has not been set. We hope to know soon and will post the date on the website and social media.

Thanks to all of our sponsors!



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Paul Clapp



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