

7-29-18

Agenda for Captains Meetings

Doug/Howard

Thank you to our sponsors:

- Gazelle Sports – 15% race related gear
 - HHF
 - HOKA One One
 - Terryberry
 - Belmont Market
 - MyWay Mobile Storage
 - B-n-T Tents
 - Reed City Brewing Comapny
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- Opening remarks
 - All import docs will be posted online on the page “Relay Race Day Info”
 - Van decorating – be mindful of representing the event in your decor
 - Detour issues – Doug
 - North of Tustin
 - Adds about 1KM to leg in each direction
 - Maps on website
 - Lena – Big Rapids
 - start at 7am
 - check in begins at 6:30am
 - 10 legs instead of 12
 - Belmont start
 - First/last spur are out and back and is shorter in length
 - Last spur orange rubber bracelet from box to give to Pete
 - Ed Start – one hour prior to start
 - Parking at Rouge River Park trailhead

- Staging at Rockford High School – carry out what you take in
- Following rules of the race
- Weather

Leslie

- Check in requirements –procedures
- Waivers –on website under “Relay Race Day Info”
- No new merch
- Awards – clothing, spirit, enthusiasm, vehicles

Pete

- New phone app
- Start Times
- Concurrent legs
- Wearing the blue

Howard

- Paris Park Parking
- Pierson Beehive Times for Sleeping – 3AM
- Stanwood quiet times

Silvia

- Reed City
 - Food opportunities – Reed City Brewing Company
 - Open Building times – 1 pm -8am

Doug

- Dawn/Dusk times
 - first leg reflective gear
 - safety gear at 8pm
- Night Gear
 - Everyone outside of a vehicle after dusk IS REQUIREED TO WEAR REFLECTIVE GEAR...PERIOD.
 - Runners need lights front/back and reflective gear

- Bibs must be visible

Leslie/Silvia

- Buzzard Roost
- \$5 for family meals

Misc

- Crew manual and driving instructions on website
- Only peanut roasters at trailhead
- Peanut roaster rules
 - 2 vehicles for grunt/wrecking
 - 2 vehicles for yard
 - One for cinder/Lena
 - All vehicles park at Scout Building

Captains meeting minutes

- Welcome – introduced committee
- Lena Race will be starting in Big Rapids at 7 am on Saturday instead of the Belmont start.
- Belmont start – no staging vehicles can be left there. Only peanut rosters are allowed. No overnight parking allowed at Belmont trail head.
- We've arranged Rockford High School for staging cars for overnight parking. Use the "junior parking lot". Please do not leave trash in parking lot. No alcohol allowed in parking lot. Please remember "pack in, pack out". We want to be able to use this area in other years, and if we do not comply, we will not be allowed to come back.

- If we make arrangements before race day for other parking areas, we will post on website under “crew race day info”.
- All info you will need including Reed City info will be under “crew race day info.”
- 10 less teams than last year.
- We will be using fewer green LED lights this year around Lake Cadillac.. If you’re unsure with course around the lake in Cadillac, make sure you take a map. Always keep the lake on your left when you go around the lake. There will be a volunteer post when you come off the trail in Cadillac and start around the lake. When you finish the lake, the volunteers will help you get back on the trail at the same spot. In most all cases, it will be a different runner coming off and going back on the trail.
- We do not have many rules. If you see a team that is in violation of the few rules we have, contact a committee member with details immediately, do not wait until the finish. But....have your fact.
- If you have a biker following a runner, and the runner gets hurt and then gets on the bike instead of finishing their leg, that runner is NOT allowed to join the race again.
- We STRONGLY recommend that bikers wear helmets.
- Waivers. All waivers must be turned in before a team will be allowed to start. All members do not have to be at the start, but their waiver must be turned in then. Waiver are up on the website, under “crew race day info”.
- At the start, teams check in, get their packages, team photos can then be taken at the start line.

- Start times this year are 6:30 am, 7:30 am, 8:30 am, and 10:30 am for the Fred. Ed start times are 10 and 11 pm.
- We will have merchandise for sale at the start and finish. Blankets, hats, past year race shirts, canteens, ¼ zips, full zips. Cash, check, credit cards.
- We're giving lots of awards again, so be sure to decorate your vans, clothing, show your team spirit.
- Pete reviewed concurrent running. Running concurrent means running legs at one time to make up some time. If you have questions, if you are running slower than predicted, contact Pete. We want to get everybody back to the finish line by 5:00. Pete will contact teams if he thinks they need to start running concurrent.
- If teams are running faster than predicted, they may be made to wear the "blue". You will not be penalized. We do this so runners do not get to check points before we have volunteers in place.
- Safety is our main concern. If we get any bad weather and you feel uncomfortable running, you are allowed to stop. Just keep track of stop and start time and contact Pete. If the race is cancelled due to severe weather, posts will be put on facebook and web site.
- We have "Team Data Sheets" that will be put in team bags. You can keep track of your times for each leg. These are for your use only and do not have to be turned in. Doug will put up on web site under "crew race day info".
- Watch out for Amish buggies in the Morley area.
- Paris Park Parking, will be free for our race if you have your Peanut Roster parking pass on your dash board.

- Please be aware near the Stanwood area during the middle of the nite that we need to keep quiet. We have had some years when residents in that area have complained because of the noise.
- Just in case, we suggest you bring a few rolls of toilet paper in each vehicle.
- Reed City buildings will be open by 1:00 pm. Teams can use the Boy Scout building to sleep, remember it's a quiet area. Tents can be put in any grass area. All teams need to park in the Boy Scout Building parking lot. No teams will be allowed to park in the Depot parking lot, that is for committee, volunteers, and the Reed City residents. The Yoplait factory works 24/7 so tractor trailers will be using this lot. Boy Scout building and depot will be closed on Saturday morning at 8 am, so everybody needs to be out at that time. If you want to sleep later, drive down to Pierson.
- Ed race starts in Cadillac at 10 pm and 11 pm.. Check in for teams will start one hour prior to start time.. Volunteers will be in Cadillac park checking in teams until all teams go through that check point.
- Reflective gear. At dusk, (8 pm) all runners MUST wear their night gear. Reflective vest, light in front and light in back. EVERYBODY outside of the vehicle after dusk MUST wear their reflective vest, even if they are not running. NO compromising on this !!
- BIB's must be visible. New this year, team names are on your bibs.
- FRED runners start leg 1 and go out and back to Rouge River trailhead. There will be a sign that says FRED runners turn around here.
- Last leg all FRED, ED, and LENA teams go out and back and turn around at the same point. There will be a sign to turn around and a box on that sign. Each runner needs to take a rubber bracelet from that box and turn it into Pete when you finish.

- Runners should carry cell phones.
- Be aware there will be wildlife on trail.
- We encourage bikers to accommodate runners, especially at night.
- During the nite the weather can turn cold, be sure to bring warmer attire. Bikers can get very cold.
- If you use the park in Cadillac to sleep, be aware, that sprinklers go off during the evening/night.
- Keeping your used clothing in zip lock bags will help keep your car from smelling. Packing and organizing your vehicle is key.
- Reed City Brewery has come on as a sponsor this year. They are offering a discount on food, beer, and wine to fred participants.
- Effective August 1, 2018, any team roster changes should be emailed to Leslie Bostian, lbostian928@live.com.
- We have a new app called “iStride” created by Fred runner Chris Halford that is optional, that you can use to keep track of your team. Pete Handwerker to send out info to all team captains on how to use.
- We know of one detour that is north of Tustin.
- We encourage everyone to post videos and pictures throughout the event, #Runthefred.
- Hoka has come on as a sponsor this year. Kevin Cross from Hoka will be in Reed City and at the finish for you to check out their products.