



Race Team RVA Ultramarathon Policies

ATHLETES RESPONSIBILITIES FOR ROUTES

Athletes are responsible for reviewing and familiarizing themselves with the maps, turn sheets, pictures, GPX files, and descriptions provided by the coaches prior to each run. Every effort will be made to use trails with set markers and trail names, and more complicated sections of the course will be flagged by coaches ahead of time, but constraints on time and distance may prevent the entire course from being marked. Tampering with course markings is rare but not impossible. Every attempt will be made to check and recheck markings throughout the run to ensure their integrity. Athletes are responsible for being familiar with the course for the day.

DISTANCES

Distances may vary slightly from the prescribed mileage for that week due to the nature of the way trails loop around and the variability in GPS tracking watches. Course distances may be altered to accommodate access to SAGs as well as consideration for terrain and degree of difficulty, or to meet the purpose of that week's run in the overall training schedule (ie, a recovery week run may be slightly short, whereas a race-specific route may be slightly longer). Unlike road running, it is not always possible to take a quick shortcut side road to make the mileage exact each week.

INCLEMENT WEATHER

Some trails do not handle weather well. In the event of inclement weather, Race Team RVA will avoid running on singletrack trails that are saturated from rain or snow, or are announced Closed. In case of closed trails or concern that significant weather will likely close trails by Saturday morning, we will relocate that week's run. Any changes to the location will be announced no later than Friday morning and posted on the group's private Facebook Page. It is the athlete's responsibility to double check for location changes prior to that week's run. Each week's course description will highlight if the location is weather dependent or not to further assist athletes in planning. Race Team RVA primarily uses Pocahontas State Park if a run location needs to change due to weather.

LEAVE NO TRACE

All Athletes, Coaches, and Guest must comply with the 'Leave no Trace' adage. All trash must be packed out and deposited in the proper containers or bags provided by either the park or at the SAG. All course markings used will be removed immediately upon completion of the run.

SAFETY

Athletes and Coaches must run with their phones. The ability to contact a coach or 911 in case of emergency is critical when on trails. Routes for the training team will have cell phone coverage at all times. In case of going off route or minor injury, text or call one of your coaches so they can



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begin assistance protocols. In case of serious or **life-threatening injury** to yourself or another person on the trail (on the Race Team or not), **please call 911 first**.

A First Aid kit will be available at every run for basic first aid. Athletes are responsible for any personal medications including epi-pens for allergies.

Athletes **may not, at any time, wear headphones**. All trails used in this training program qualify as mixed use making it imperative that we can hear others at all times. Cyclists, horses, hikers, and other runners will share these trails and may be coming from ahead or behind. In order to share the trails safely and respectfully, Race Team RVA athletes may not have any impediment to hearing warnings and instructions from others.

Athletes **must carry appropriate hydration and nutrition** for the prescribed run, keeping in mind distances between SAGs. All efforts are made to design routes that provide access to food and water during the run, but Race Team RVA athletes must be prepared for time and energy it takes to get to each refueling location. Running on trails is slower than running on roads, meaning that a majority of the athletes will be performing intense exercise for a longer period of time. It is the responsibility of the athlete to be prepared to hydrate and fuel appropriately for that day's route.

Athletes are encouraged to wear bright colored clothing to make themselves more visible to other trail users, to their coaches, and to rescue personnel in case of emergencies.

Athletes are **required to sign in before each run, and sign out upon completion**. Coaches will stay until the last runner has returned. If a runner has not signed back in, every attempt will be made to contact that runner by phone, by checking the course, and if necessary by calling for emergency personnel to assist with a Missing Person search.

Coaches are only responsible for tracking athletes running the prescribed route for that week. If an athlete plans to intentionally do a variation on a prescribed route, they must inform the coaches prior to signing in for the day.

For longer routes, Athletes may be required to sign in at the SAG as a way of helping Coaches keep track of where everyone is on the course. When required, Coaches will announce the SAG sign in policy during the pre-run safety meeting.

COMMUNICATION

Primary communication of routes, coach's advice, and general updates will take place on the group's **private Facebook Page**. If you do not have access to Facebook, it is your responsibility to check with a Coach or another team member for updates.

Communication between Athletes and Coaches during runs will be via phone or text. **All Athletes and Coaches are required to carry phones during runs.**



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Courses will be marked using trail provided markers or trail names, flagging hung on low branches, signs, or arrows with the Race Team RVA name on them. All temporary markers put up by Race Team RVA will be removed immediately upon completion of the run.

Any concerns or questions about the program, policies, or possible violations of our policies by another Athlete or Coach should be communicated via email to either the Head Coach or any of the Club Presidents.

GUESTS

To protect the investment made by our Athletes, and to respect our Coach's time, knowledge, and course preparation, all Guests will be required to pay a \$10 fee. Guest Fees will in turn be donated to the RVAMore group, and the EVMBA--two groups primarily responsible for the creation and maintenance of many of the trails we use.

Trails we use are open to the public at all times. Anyone wishing to run with our group is doing so because they recognize the benefit of having a course pre-planned and marked for them, appreciate running with friends and/or the safety-in-numbers that comes with running with a group on the trail, understand the value of pre-set SAGs arranged along the route, and/or the benefit of having coaches on the course to guide and educate along the way. Each of these things holds a value that our Athletes paid for with their registration. To protect that investment, we don't want Drop-In runners to receive those same benefits for free. Our mandatory Guest Fee protects our athletes, as well as helps support the groups that make running trails so close to home a reality.

Guests will be required to sign a waiver each day they run with us. RT RVA is not responsible for the safety of Guests and are not required to wait for the last guest to finish the route.