



OFFICIAL RACE GUIDE

Cascade Relays reserves the right to revise the Race Guide at any time.

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INTRODUCTION

This is the Official Race Guide for The Beer Chase. The purpose of the guide is to provide important information about the course as well as the rules and regulations of the relay. The Beer Chase is produced by Cascade Relays of Bend, Oregon. We reserve the right to make changes to the Race Guide or any information within at any time. **Every Beer Chase participant is responsible for reading, understanding and abiding by everything in this race guide.**

From the Race Director

On behalf of Cascade Relays, we welcome you to The Beer Chase! This is our 1st year for the San Diego Beer Chase and we strive to make this event memorable, fun, and safe. We are excited about the enthusiasm to experience the San Diego Craft Beer scene while running with your friends on a beautiful course!

The inaugural year of any event will have its challenges and unknowns as we travel 50+ miles through numerous cities and municipalities to experience some of the best breweries in the region. Safety of our runners and being responsible adults is always a priority as we our guests in these cities/towns. I ask that you be respectful of locals and courteous to our volunteers and brewery partners as they welcome us into their neighborhoods and businesses.

As with all events we produce, we will make a number of improvements each year, and a majority of these changes will be made because you asked for them in our post-race survey. We listen to our participants and strive to institute as many of these great ideas as possible. After the race, fill out an online survey for a chance to win 10% off your team's 2019 registration fee. We take your feedback very seriously and we can't improve without your help and suggestions.

We have brought to San Diego the popular Hire a Volunteer program. In 2017, Cascade Relays Foundation raised over \$70,000 with Bend Beer Chase, Cascade Lakes Relay, Spokane to Sandpoint Relay and Centennial Beer Chase that went directly to thirty local non-profit and charitable organizations. We are continuing to support local charities and organizations involved in our local community.

Throughout the race, we ask that you remain vigilant and aware while you participate in the best one-day beer relay. Safety of our participants is our priority and we must all take personal responsibility to ensure a safe event. This is an **OPEN ROADS** course and you are required to abide by all rules of the road, both in a vehicle and while running. If you see something that is not safe – **DO THE RIGHT THING** and **SPEAK UP!**

We also encourage you to **Enjoy Responsibly!** We will be visiting many wonderful craft breweries throughout the event and although consumption will be limited to small taster samplers, we expect you to **Enjoy Responsibly.**

We also ask that you take a moment to **greet a volunteer** or a person of the community and **thank them** for their support. Without community support and volunteers, this event would not be possible. Be safe, have fun, and enjoy the competition.

Scott & Carrie Douglass – Race Directors, Cascade Relays

CASCADE RELAYS FOUNDATION

Cascade Relays is committed to supporting local charities & organizations throughout the Beer Chase Series. We thank you for your support of local organizations during fundraising opportunities along the course and through our popular Hire a Volunteer program.

Thank you for supporting our charities and making a difference in the communities we run/walk through!

THANK YOU TO OUR TITLE SPONSOR



RACE STAFF

We don't know of another relay that has as many race staff out on the course as we do. These are the people who help create the culture that participants have come to love at Cascade Relays. They manage our awesome volunteers and they do everything they can to make sure you have an incredible experience. Introduce yourself. Thank them. Give them feedback or a High Five. Join our family!

SAFETY

Orange Safety Flag

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Every team will be provided with an orange safety flag at check-in. Any participant (not the runner) who is outside of their team van and crossing a road must do so with the aid of an orange safety flag. In order to receive your medals, teams must return their Orange Safety Flag at the finish line.

Be safe, have fun, and be competitive... always in that order. Our number one priority in this race is safety. **This is an OPEN COURSE and there are many potential hazards in a race of this type including but not limited to automobile traffic, road surface conditions and weather.** We ask that all teams please take appropriate precautions to insure a safe and fun event for all participants as well as the public.

In the Event of an Emergency

If the emergency is severe call 911 first and foremost! If you do not have cell phone reception, notify the nearest race official.

Distress Signal

Should your team require medical attention, the official signal to alert others is to blast your car horn in the following manner: **THREE SHORT BLASTS...THREE LONG BLASTS...THREE SHORT BLASTS, etc.** Continue this until somebody arrives on scene or until you find a member of our Communications Team that can relay the Emergency details.

First Aid Kit

Please plan ahead for your team to handle minor issues such as blisters or scrapes on your own. We recommend that each team have a medical kit that contains items including, but not limited to:

- | | | | |
|-----------------|--------------|----------------------|------------------|
| 1) Mole Skin | 4) Scissors | 7) Band Aids & Gauze | 10) Tweezers |
| 2) Ace Bandages | 5) Neosporin | 8) Ice Packs | 11) Icy Hot |
| 3) Ibuprofen | 6) Benadryl | 9) Second Skin | 12) Medical Tape |

Wildlife

Please respect all wildlife and alert Race Officials if there is a problem. We have taken precautions to ensure the safety of our runners/walkers but want everyone to be aware of their surroundings.

THE BASICS

The Beer Chase is a one day, six person running relay of approximately 50 miles, consisting of 12 legs of varying distance. On a 6-person team, each person runs 2 legs; On a 3-person team, each person runs 4 leg, you get the idea. Each time you exchange at a brewery, you will have the option to enjoy a sample of beer.

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This is not required. But we expect many people to enjoy this opportunity. Every team must have a designated driver.

Like a fine craft beer, The Beer Chase focuses on quality over quantity. The Beer Chase doesn't strive to be the biggest one-day relay - only the best - so you are assured to get the attention you deserve. As you prepare for this terrific relay adventure, remember this very important safety point:

ENJOY RESPONSIBLY AND REMEMBER... THE BEER CHASE IS AN OPEN ROADS EVENT!

Role of the Team Captain

Each team must have a designated captain who is the team's point guard and the main team member to receive updates and instructions from Cascade Relays. It is critical for the captain to share pertinent information with team members. If a team must appoint a new captain during the course of the planning, it is mandatory that the "former" captain, contact us to have us make the switch in the database.

The team captain is responsible for making sure the team roster is complete, estimated times are submitted, drivers are identified, volunteers are recruited, waivers are signed, and fees are paid. Team captains have a special login under "Form Your Team" on the website to manage their teams. Team captains must gather and submit all team information – all before the deadlines. Most communication between teams and relay HQ goes through the captain.

Runners – Exchanges and Rotation

A typical one-day relay team consists of 6 runners, with each team member running 2 legs of varying lengths and difficulty. The shortest leg on the course is just over 2.7 miles, while the longest measures over 6.3 miles. On average, each runner covers a distance of 3-5 miles per run and average of 8.5 miles in total over the two legs. Interactive Leg Maps are available on the website under "Prepare to Race → Course Map" and detail the length, elevation, road/trail type, etc.

Teams collectively cover the 50-mile course by rotating through a total of 12 legs. When a runner completes an assigned leg, he or she is inactive until the entire team has run their assigned legs. The relay has a total of 11 exchange points (no exchange at the start or finish line!). Exchanges are the set locations where one runner passes the wristband to the next runner. Examples: Runner #1 will run Leg #1 and hand off at Exchange #1 to Runner #2. Runner #2 will run Leg #2 and hand off to Runner #3 at Exchange #2. The exchange points are the same for everyone and are staffed by race officials and volunteers. Unlike many other relays, The Beer Chase teams are not required to run in any particular order. Your team can combine legs or mix up runners however you choose. One requirement: *you MUST exchange at exchange points!* This is for everyone's safety.

Although 6-member teams are the norm, we also welcome teams with as few as 2-4 members.

Support Vehicles

Due to the nature of the event, The Beer Chase teams are largely self-supporting. This means your team provides its own food, water, sports drinks and minor first aid items. While the primary function of your support vehicle is transportation, since there is little time for lingering at the exchange zones your support vehicle is also typically the best place to refuel and re-hydrate.

Drivers

We require all teams shall provide at least one DESIGNATED DRIVER throughout the 12-leg relay portion of the event. The Designated Driver shall not consume alcoholic beverages throughout the 12-leg relay portion of the event. The designated driver is the team member who has one job only: navigate the course safely and remain 100% alert.

It is recommended that the role of driver should not be relegated to whoever isn't running. This individual should be charged with the important duties of knowing the route, ensuring the team's safety, and serving as protector for all runners on the course. However, if you will be using two runners as your drivers, they must both be Designated Drivers and must abstain from all alcohol tastings until the end of the relay portion of the race.

Drivers – know the road. Study the maps. Ideally, drive the routes before race day. And, by all means, drive in a manner that ensures everyone's safety. This may be a good time to remind everyone: Despite our famous local beer market and awesome beer sponsors, **alcohol consumption by any Van Drivers will not be tolerated during the event.** Safety is our first concern, so save the drinking for the finish line celebration if you are driving.

Violation of Open Container Law

(1) A person commits the offense of violation of the open container law in a motor vehicle if the person does any of the following:

- (a) Drinks any alcoholic liquor in a motor vehicle when the vehicle is upon a highway.
- (b) Possesses on one's person, while in a motor vehicle upon a highway, any bottle, can or other receptacle containing any alcoholic liquor, which has been opened, or a seal broken, or the contents of which have been partially removed.

GENERAL INFORMATION

Water

We will NOT provide water along the course. Water will be available at the start and finish line. Water from 5-gallon jugs will be dispensed into your personal water bottle or container. A limited number of cups will be provided as this creates unnecessary waste.

There will be a LIMITED amount of water supplied, therefore teams must plan accordingly and bring sports drinks and additional water to ensure that your team remains hydrated throughout the entire course!

Bad Weather

The race will occur in rain, shine, or snow! However, under certain severe weather conditions or natural disasters such as forest fires or flooding, we reserve the right to cancel the event. There will be no refunds given if the race is canceled due to weather. Conditions that may result in a race being cancelled include, but are not limited to: severe electrical storm, snowfall, tornadoes, smoke from nearby forest fires, etc.

Lightning

If there is lightning at the start of the race we reserve the right to delay starts until the lightning clears. If you see lightning on the course after the race has started, get your runner off the road and into the support vehicle. Make a note of the time and the location where you exited the course. If lightning clears within 1 hour put your runner back on the road where they left and make a note of the time. If lightning persists longer than an hour, move ahead to the next exchange. For every hour of lightning you may move ahead one exchange. Keep close track of where and when you left the course and where and when you returned to the course. At the end of the race we will have a form available for you to report these locations and times. We will then calculate your average pace and apply this pace to the segment of the course that you missed. In this way, we will adjust all overall race times.

Forest Fire

We strongly encourage all of our participants to be extremely mindful and cautious of the dry conditions and avoid parking vehicles (hot undercarriage) on top of dry grass! In the event of a Forest Fire in the region, our event may be cancelled due to road closures or if resources that we rely on for the safety of our participants are re-directed to fight a forest fire. We will make every attempt to adjust our course to continue the event (possibly by skipping a section of the course) but our ultimate responsibility is the safety of our participants. The Cascade Lakes Race Group, LLC will not provide refunds if the event is canceled due to natural disasters, acts of God, or any other event beyond our control.

TEAM DIVISIONS

The Beer Chase award divisions are different than some other races, so please review them carefully. Please see the website for additional details.

- **Open** – One or more under 40
- **Masters** – All 40 or over
- **Corporate** – At least 4 employees or relatives from the same company (no gender divisions)

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- **Public Service** – Military/ Law Enforcement/ Firemen – at least 4 members or relatives (no gender divisions)
- **Brewers** – At least 4 employees from the same brewery (No gender categories)
- **Military Challenge** – Members currently serving on active/reserve duty from the same branch of the military. (no gender divisions)

Gender Categories

- **Mixed** – Any combination of mixed gender
- **Men** – All members male
- **Women** – All members female

Division Winners – Limited Edition Beer Chaser 22oz 10 Barrel Beer

Overall 1st, 2nd & 3rd Place Run Team Winners - 30%, 20%, 10% off the following years registration fee, respectively, as well as guaranteed entry for the following years race.

Team Names

Running relays have a tradition of colorful team names that add to the event’s fun atmosphere. The key is to be creative. Your name should distinguish your team, as well as win you some extra attention at the start and finish when it’s announced. Remember, your team may not be the fastest, but it can still have the wittiest name. So, have fun; get sassy, but keep it all in good taste. We hate to be a killjoy, but race officials will be forced to reject names that contain offensive language or fail to reach a minimal standard of good taste. Remember, there are kids and grandparents out on the course – keep them in mind as you brainstorm your team name.

Team Spirit

No matter what we do to provide a great race, most of your experience, good or bad, will come from your own teammates. One-day relays—part road trip and part road race—are the perfect excuse to have a great time! We encourage you to live it up out there ...responsibly. Decking your van out and wearing crazy costumes is only part of the course. So, prepare for the fun. Pick a theme that works with your team name. Go the extra mile and invest in team singlets or costumes. Give out an award for the MVP. Gather up those nutty decorations down in the basement and put them to good use. Set team rules like “getting out of the van to cheer every time.” Bring magnets to “tag” other team vans. Cheer *every* runner that passes, not just your own. Your team might even win the Best Team Theme Award!

New to relays? Get inspired by watching videos from prior years on our website or looking through pictures from prior year contests at Cascade Relays events!

Training

We admit that the idea of running an event that covers 50 miles may be a bit intimidating. Yet, one of the beauties of The Beer Chase is you don’t have to be a great runner to run it. Nearly everyone – from the dedicated jogger to the serious racer – can do this event. **That being said, you will be unlikely to finish the event, or enjoy it in the process, if you haven’t trained.** Runners should check with a medical professional prior to participating.

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Our best advice is to train as if you were planning to run a 10K. Several weeks before the big day you should be able to cover at least 7 miles in one long run. However, keep in mind you will run multiple legs. This is mostly a blessing, but you may not agree by the time it is your turn to crawl out of the van for your second effort in under 12 hours. Therefore, we suggest you add a few “doubles” to your training routine leading up to the relay. For example, on a few occasions before the relay you may want to run 5 miles at a moderate effort in the morning; then follow up with another 5 miles five or six hours later. This exercise will go a long way in preparing your body – and your mind – for the multiple-leg experience of The Beer Chase.

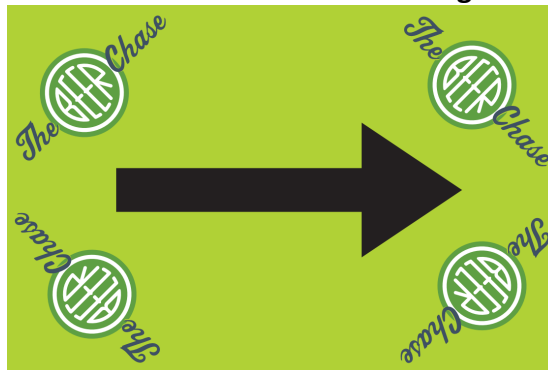
Preparing to Run the Course

Unlike some road races, a one-day relay course is never closed to traffic. Except for the portions of the race on trail, you’ll share the road with everyone else, including vehicles. Therefore, **you must follow the rules of the road just as you do when you go out for an everyday run**. For example, unless otherwise noted in the race map, runners run against oncoming traffic. All teams and individual runners are ultimately responsible for staying on the course. The route will be blazed and there will be directional signs and volunteers to assist you, but you must remember that it is impossible to have a sign or a person at every intersection in a 50-mile event (not to mention that signs sometimes get stolen or blown over). Ultimately the race organizers are not responsible if you get lost. For that reason, take plenty of time before the event to study your individual legs.

If you are the type who gets lost in your neighborhood, you may want to print out a reduced copy of your leg maps and carry them in a plastic sandwich bag for reference if needed. Alternately, you can bring a cell phone with the race maps downloaded in case you don’t have cell phone reception.

We will place over 200 directional signs along the course route to help you remain on course. In order to ensure that you are running on the correct side of the road to see these directional signs, please follow the “Touch & Go” for every sign you see. Simply run to the sign “touch it” and “go” in the direction it is pointing you to turn. Some legs are very simple; some are full of twists and turns. The Boy Scouts say it best: Be prepared.

The Beer Chase directional sign



PACE PROJECTIONS

The only way we can pull this race off is if you run near the expected pace you say you will. We have complex spreadsheets that predict when teams will reach each exchange point so that we can have volunteers and services there. If a team says they will run fast and ends up slow, or says they are slow and ends up fast, it can kill our projections.

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We determine your projected time based on each runner's projected 10k time that they enter into the database when registering. (The team captain can see the team's average min/mile pace by logging into the team captain database.) **It is therefore critical that each runner attempt to enter an accurate 10k time for this race.** NOT your PR! Depending on the Beer Chase event you've chosen to run, you may be running at altitude and should reflect this into your average 10K time.

These projections are critical for race management because they allow us to determine proper spacing between teams and vans along the course. Without accurate projections, it becomes impossible to provide staffing and assistance at the exchange points on the route. Indeed, these time estimates are so important that "sandbagging" – turning in erroneous times in the hope of gaining an optimal start time – will NOT be tolerated.

Important team pace information

With the help of our complex timing spreadsheets, we build in a cushion and then determine when each exchange point will open and close. **If you reach an exchange point before it is open or after it has closed, it is because you have not accurately estimated your team pace that your team provided.**

If you reach an exchange point after it has closed, alert a race official that you have fallen off pace and we will provide instruction for your team to get back on pace to complete the race prior to the closure of the course, which is 6:00pm the day of the event. **All teams must cross the finish line prior to 6:00pm. Please refer to the next page for instructions on changing your competition status.**

OFFICIAL COMPETITION RULES

Compete for A Division Title

1. In the event of an injury, any of the remaining runners in that van can replace the injured runner. You are not allowed to bring in a 7th runner to run the remaining legs for the injured runner. With the exception of the leg in which the runner was injured, legs cannot be split. For example, if runner #3 is injured halfway through their first leg, any SINGLE runner can finish that leg. For the injured runner's remaining legs, any runner can substitute, but each substitute must run a complete leg. **If a runner drops out on one of their legs, they may not reenter the race.**
2. If you don't have 6 runners to start the race the same rules apply: any runners from the same team can complete the legs for the missing runner. Each leg must be completed by one runner only. Our relay does not require participants to compete legs in order, thus allowing your team to strategize.
3. Please notify a Race Official (anyone wearing a green Cascade Relays hat) to inform us you have an injured/missing runner and will be replacing them with a runner from the same van and are still competing for a Division Title.

Beer Garden League - If you fall behind predicted pace and might not finish before the course closes at 6:00pm (Finish Line) and/or do not wish to compete for a Division Title or receive an Official Finish Time:

1. The most important thing is to have fun and safely finish the race and join us at the finish line! If you are not able to finish all legs, finish whatever legs you can and join us at finish line brewfest.
2. If your team is falling behind but all 6 runners still want to run 2 legs each, we recommend the following: After Leg #8 runner finishes, drive straight to Ex Pt #9, skipping leg 9. Then double up (2 runners) on the two final legs (Legs 11 & 12). Everyone will still get to run 2 legs each in the Relay, but your team will catch up to your predicted pace and your team will now compete in the Beer Garden League.
3. You will still receive your finisher medal and swag but will not be listed with an official time in the race results, since you must complete the entire race following all rules in order to receive an official time and compete for a division.
4. **You MUST** use the Race Day Website option to “change competition status” and choose “Beer Garden League”

OFFICIAL TIMING

Please understand it is impractical to precisely measure the distance of a course that is 50 miles in length. Your GPS watch will probably tell you a slightly different mileage than we have calculated. This is not a certified marathon or a Boston qualifier. Don't take the leg distance too seriously – it's a beer run.

For Official Timing, we will be using a timing system at the Start Line and Finish Line. Results will be posted after the race on our website.

Individual legs will be unofficially timed via the Cascade Relays mobile app, but the results produced in the Cascade Relays mobile app are not OFFICIAL results.

PENALTIES

It has been our goal to have as few rules and penalties as possible. The spirit of the race is our primary focus and includes safety for all, having fun, enjoying the natural and scenic beauty of the region, experiencing the craft breweries and to efficiently get your team from the start to the finish line in time to enjoy a few cold beers and dinner with your team on Saturday night! However, a race with no rules or penalties at all is not possible, so here are just a few that we find to be important for preserving the spirit of the competition and the safety of all participants.

Violation of any of the following rules could result in disqualification or 30 to 60 minutes added to your team's race time. Severity of the penalty will depend on the severity of the infraction. Any race official can decide if and to what degree a team has violated any of these rules. Race officials also reserve the right to increase or decrease penalty times based on a case-by-case basis. All decisions by the Executive Race Director or Cascade Relay Race Officials are final.

Generally, if you are reminded of a rule by a race official and immediately and respectfully comply, you will not receive a penalty for the first warning.

We will make every effort to inform the Team Captain of any complaints or penalties as soon as they are reported, either by cell phone/text or by announcing your team name at the finish line.

30 Minute Penalties

Team Race Bibs/Wrist Bracelets

Team race numbers must be worn on the front of each runner at all times while on the road and the numbers must be visible. **It is especially critical for timing and safety purposes and failure to have a visible number pinned to the front of a runner will result in a 30-minute penalty.** Things to keep in mind: if you pin your number to a shirt and take off that shirt while running, you must pin your number to the front of your shorts. If you want to put on a jacket or sweatshirt while running, the number must be pinned to the outer layer of clothing in the front.

The team's bracelet (baton equivalent) should also be worn at all times while the runner for the team is on the road.

Bicycles

No bicycles are allowed to accompany runners during The Beer Chase.

60 Minute Penalties

Only one race vehicle per team

Each team is allowed to have one race vehicle. If you have family or friends that want to observe the race they may park at any legal spot along the racecourse. They are not allowed to park at exchange points, as parking will be limited. Runners are not allowed to ride in the car of a family member at any time during the race.

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Respecting Race Officials & Volunteers

Course volunteers at all exchanges have the authority to penalize a team for rule violations, abusive behavior, or a team's failure to follow instructions given by volunteers, **after consulting with a Race Official**. Abusive treatment or disregard for their authority will not be tolerated and the Race Official will determine the severity of the penalty.

Disqualification

Violation of any of the following rules will result in immediate disqualification. You may finish the race but will not receive an official time or be eligible for any awards or contests.

Alcoholic Beverages

The only thing more important than fun, is safety and we take safety extremely seriously. That means no open containers in vans and absolutely no drinking and driving. We require that each team have a designated driver. Although the Beer Chase provides beer samples along the course, it is ultimately your responsibility to monitor your intake and act responsibly. Be aware that dehydration is more likely with alcohol intake and running. On the chance that the race day is warmer than usual please take this in to consideration and drink plenty of water and supplement with electrolytes as needed. Thank you in advance for your cooperation and self-monitoring. We expect everyone to act as mature responsible adults.

Run on The Designated Side of The Road

Runners are to run on the side of the road that has been designated in the Official Race Map. NO EXCEPTIONS!

Respect Local Residents & Communities

While traveling through the local communities, please remember that we are guests, and that you should treat all residents with courtesy and respect. Going out of your way to thank locals will go a long way in securing our ability to return each year to this beautiful countryside. The following "Do Nots" are not intended to cover the broad spectrum of issues regarding respect for local residents and businesses. Therefore, please use common sense while in residential areas (as in all areas), we reserve the right to penalize or disqualify any team based on a lack of respect for the communities we travel through.

Do Not:

- Do not yell, honk horns or flash high beams during evening and morning hours while in residential areas.
- Do not block any residential or business driveway.
- Do not impede traffic by driving too slowly (unless following race course speed limits, which are set on rural roads where outside vehicular traffic should be minimal) or by not properly pulling your vehicle over to the side of the road when stopping.

Littering & Property Damage

Any runners who are reported to have damaged private or public property or to have littered, urinated or defecated on private or public property will be disqualified and will not be invited back. Toilets will be provided at all exchange points. Teams are encouraged to manage all of their litter and our participants are asked to follow the policy of, "YOU PACK IT IN, YOU PACK IT OUT!"

Vehicles longer than 20', Motor Homes, Buses or Limos

No vehicles longer than 20', motor homes, buses or limos are allowed on the course by any team or team support. If you have doubts about the legality of your vehicle, you must have it checked at the start by the Director.

Only one (1) vehicle per team is allowed on the course.

No Show Volunteers

If a volunteer cannot report, it is entirely up to the Team Captain to find an alternate and to make sure they report to their appointed job site at the assigned time. Failure of a volunteer to fulfill their job will result in automatic disqualification without appeal.

GETTING LOST

We do everything possible to provide accurate, detailed maps, signage, and volunteers along the course. However, it is impossible for us to monitor the entire 50-mile course at all times. Signs get stolen, blown over, turned around, or volunteers don't show up at their assigned location. We do our best to keep you on course, but **you** are ultimately responsible if you get lost.

It is each participant's responsibility to know your leg route to stay on course.

Suggestions for staying on course:

1. Study the leg map before starting each leg and familiarize yourself with the general direction you are heading and all turns.
2. Consider bringing a copy of the leg map with you.
3. Consider running with a smart phone with access to the race map in case you get lost. Make sure the map is downloaded in offline mode in case you are out of cell phone reception.
4. Vans may wait for their team member at critical turns to ensure they stay on course.

If a runner gets off course, they must return on foot or in their support vehicle back to the point where they went off course and continue from there on foot. It is a violation to drive ahead to make up for the mileage they may have covered while lost; teams who do not follow the above rule correctly will not be allowed to compete for a division title.

RACE DAY WEBSITE INSTRUCTIONS

You must also use The Beer Chase Race Day Website* to:

- a. **Send a public shout-out/ thank you to another team or volunteers**
- b. **Submit a complaint about another team**
- c. **Submit feedback to the Race Directors**
- d. **Change your competition status**
 - i. You are automatically in competition for a division title. In order to remain in competition for a division title you must abide by all rules, including lost and injured runners. **If one of your runners is injured**, but you are still competing for a division title, please select the "injured runner" category so that we know in case another team reports you as cheating.

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- ii. **Beer Garden League** – There is nothing wrong with knowing your limits and deciding you can't complete the race or if you've fallen behind predicted pace and your team won't finish before the racecourse closes. If you decide not to finish the race, or otherwise not follow official rules, you must designate your team in the beer garden league and your team not receive an official time or compete for a division. (Your team will still receive prizes, medals)

**if no one on your team has a smartphone with internet, please ask the nearest Race Official (green shirt, green trucker hat) to submit the info for you. If out of cell range, submit the info once back in cell range.*

You-Tube Video Awards

All teams have 45 days following the event to post a video on You-Tube. All submissions must be received prior to the deadline via email at info@cascaderelays.com. Don't forget to include the link to the video in your email. A team of (5) race officials will select the Best Beer Chase video based on the following criteria: originality, quality of production, humor or creativity and team spirit! Please remember that children may watch these videos and ensure they are appropriate for publication on our website and social media pages.

Videos cannot exceed (5) minutes in length and use of music is highly encouraged, although You-Tube will not allow any songs to be played for longer than 30 seconds due to proprietary reasons. If you use You-Tube we highly encourage you to continually switch songs every 30 seconds in order to have audio in your video. Any videos that contain nudity or vulgar language will not be considered.

You-Tube Awards

- 1st Place – 30% off following year team registration
- 2nd Place – 20% off following year team registration
- 3rd Place – 10% off following year team registration

All videos will be posted on The Beer Chase website. Cascade Relays reserves the right to use any footage for promotional purposes

PRE-RACE

All Run teams are comprised of six (6) runners that will run two (2) legs each. Regular run teams may run with less than 6 runners (2-5) but must abide by the same rules (e.g. runners must stay in one van throughout the race, legs must be completed by one runner unless someone is injured, etc.) and must finish the course within the allotted time.

Race Packet Distribution

All Team Captains and/or participants can go to our website (www.cascaderelays.com) to print the Official Leg Maps, Race Guide, and team time sheets! Cascade Relays does not provide copies of these documents – each team must print at least one copy of each document for your van.

Refund Policy

Once accepted and confirmed, the team registration is **non-refundable** and the team is **non-transferable**.

THE COURSE

The course is approximately 50 miles consisting of twelve (12) official legs that anyone on the team can run in any order. All runners on the team must run two (2) legs each, **but the order in which you run is not set** and thus your team is encouraged to strategize and work together to accomplish the race successfully.

Legs

The course was designed to take full advantage of the scenic beauty of each region, running on rural roads with as little traffic as possible, and designed to maximize the quiet natural settings of the surrounding regions. Since this is The Beer Chase, we also designed the course to maximize your experience at many of our craft breweries. Legs where the runner will not be accessible to the team vehicle should carry water.

TEAM CHECK-IN AND REQUIRED EQUIPMENT

The Team Captain, or a designee, is required to check in Friday evening or Saturday morning at least 30 minutes prior to your official start time. At check-in you will receive bibs, vehicle numbers and one slap bracelet for each team. Participant prizes and medals will be provided at the Finish Line.

We do not **require** this safety equipment; however, we highly encourage remaining highly visible to motorists while running on open roads. These include:

1. **One reflective vest**
2. **Two red flashing lights for the front and back of the runner**

When you check in you are required to present the following items – NO EXCEPTIONS:

3. **One copy of the Race Guide**
4. **One copy of the Race Map**

All teams will be provided with one “Runner on Road” sign. These signs are an essential part of our safety plan to alert cars that runners/ walkers are on the road, and any team van without a sign will be penalized.

REGULATIONS

Definition of Terms

“Shadowing” - It is permitted for vans to “Shadow” runners/walkers. “Shadowing” is a term that refers to when a van parks a mile or two ahead of their runner and waits for the runner to pass before driving ahead and stopping again. All vans that are shadowing runners must obey traffic laws. Please do not stop or slow down in places that will impede traffic or runners and please do NOT turn your hazard lights on. Your van shall not pull off the side of the road while “shadowing,” such as blocking a bike lane or remaining in the right-of-way.

“Following” is not allowed during The Beer Chase. “Following” refers to when a van follows 25-30 yards behind the runner while they are running.

Run on Designated Side of Road

We do not close roads during the race and we will NOT stop traffic to cross participants. We have selected roads with large shoulders or sidewalks, or that have very little traffic. These roads are safe to run on without any traffic control. Whether running on the shoulder or on a sidewalk, runners/walkers are to follow the instructions on the Official Race Map as to whether to run/walk on the left or the right side of the road. It is extremely important to pay attention and be mindful of the side of the road to run on. When we have runners running on both sides of the road it becomes particularly unsafe. We have been very thoughtful about which side of the road is safest based on traffic patterns and exchange point locations.

VOLUNTEERS

Every team, no matter where you live, must provide one (1) volunteer who is at least 18 years of age or older. Volunteers must be physically capable to perform the assigned duties. Volunteers are not allowed to bring dogs or children under the age of 12. Team captains will be provided with their one (1) volunteer assignment in advance of the event.

Team captains must register their one (1) volunteer in the Team Captain [database](#) one month prior to the event date.

Teams who are having difficulty finding, or don't wish to find one (1) volunteer can make a charitable donation to the Cascade Relays Foundation and a designated charity will provide the volunteer to meet your volunteer requirement. The minimum donation for one (1) volunteer is \$100. This is an excellent opportunity for your team to make a charitable contribution! Charity volunteers must be requested and paid for one (1) week prior to the event. The week of the event date the price to hire a volunteer increases to \$300. Contact us for more information and to request this service: info@cascaderelays.com

Please make checks payable to:

Cascade Relays Foundation

PO Box 1088

Bend, OR 97709

***Please include the event name and your team name in the memo line!**

A packet of information can be downloaded from our website that includes volunteer instructions and driving directions to the exchange points and volunteer sites. **Please ensure that your volunteers have read the Volunteer Instructions carefully before volunteering.**

We ask that all volunteers complete the entire shift, be prompt, and allow additional time for driving to their assignment. We will do our best in assigning our volunteers to locations closest to their home to reduce driving time for all of our volunteers.

We acknowledge the importance of our volunteers! Without a group of dedicated volunteers from the teams, this race would not be possible. We thank you in advance for your time in helping us make The Beer Chase a successful and safe event. We are known for having friendly, respectful volunteers and participants and we hope to stay that way year after year!

If a volunteer cannot report, it is entirely up to the Team Captain to find an alternate and to make sure they report to their appointed job site. Failure of a volunteer to fulfill their job will result in automatic disqualification without appeal or your team can support the Hire A Volunteer program by paying a fine of \$350 per volunteer in order to avoid disqualification and lifetime ban from Cascade Relay events.

COMPLAINTS ABOUT OTHER TEAMS

If possible, please use **The Beer Chase Race Day Website** to submit a complaint. If not possible, please use the following complaint form and turn it into the nearest Race Official (not a volunteer) as soon as the issue occurs. This form is to be used by teams to voice grievances or complaints about other teams. If you have complaints about a team breaking a rule, please use this form to let us know. We will review all complaints prior to the Awards Ceremony. Please be prepared to provide two witnesses to the incident(s).

COMPLAINT FORM

Your Van # or Team Name: _____

Your Name: _____

Time and Date incident(s) occurred: _____

Leg of course: _____

Van # or Team Name of the Team you are reporting: _____

Description of Incident: _____

Signature: _____

Witness (1): _____

Witness (2): _____

The Beer Chase Official Race Guide