

# UNDERSTANDING PROJECTIONS AND START TIMES.

Accurate projections are critical to a successful Ragnar Relay. At any given spot along the race route we have the course set-up and volunteers in place for about a 12-hour window (blue area on the graph). So based on your projections we will start your teams in a way that will keep them within this window. If a team runs just one minute per mile faster than they projected they will be 3 hours ahead of their projection by the end of the race. For some teams this could mean that they will be ahead of the set-up crew (red area on the graph).

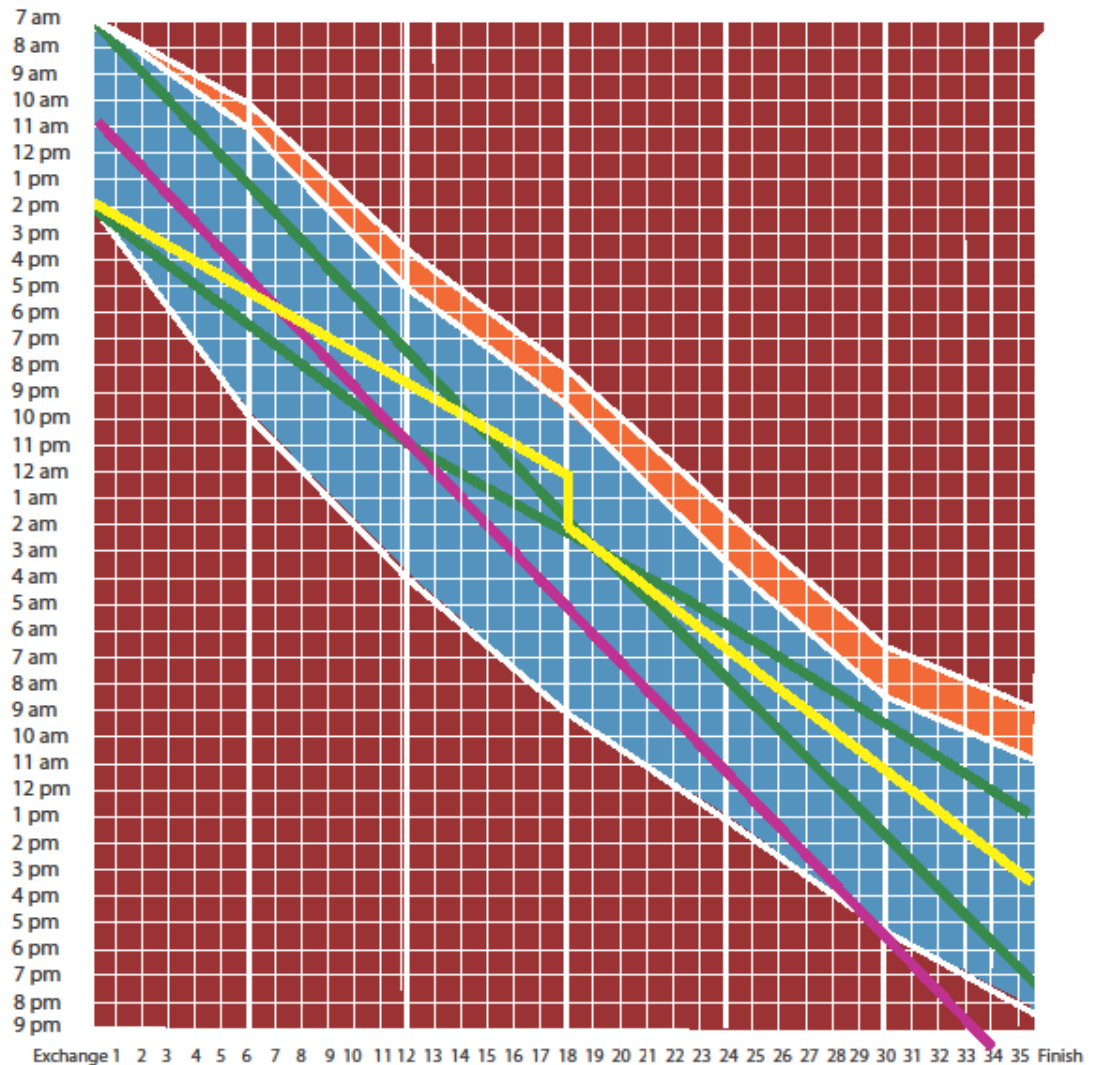
## PENALTIES

If your team gets too far ahead of projections we may be forced to hold your team at one of the major exchanges for a couple of hours (represented by the yellow line on the graph). If your team is held we will subtract the total time that you were held from your overall time but we will add a 30 minute penalty to your overall time.

## POLICIES AND PROCEDURES

### Getting ahead of the set-up crew.

We understand that it is impossible to perfectly project your teams pace. So we give teams a buffer zone before forcing them to stop at an exchange. The Orange area on the above graph represents this buffer zone. If your team gets ahead of this buffer we will hold your team at one of the major exchanges. To avoid stopping your team again later in the race, we will not let the team run again until the times represented by the blue area on the graph.



### Understanding this graph

- Red Area - This area represents the times when the course is not set up and/or managed.
- Orange Area - This area represents the the period of time when the course is set up but based on projections teams should not be in the area.
- Blue Area - This area represents the period of time when, based on projections, we expect teams to be in the area.
- Green Lines - Represents the fastest teams and the slowest teams running at the pace they projected.
- Yellow Line - Represents a team that is running faster than they projected and therefore started too early and is ahead of the setup crew.
- Purple Line - Represents a team that is running slower than they projected and therefore started too late and is behind the take-down crew.

### **Getting behind the clean-up crew.**

If a team gets behind projections and falls behind the clean-up crew we will usually allow the team to stay on the course and finish the race, but we reserve the right to force teams to leave the course if being on the course becomes a safety concern.

### **Important locations and times**

<b>Exchange</b>	<b>Hold teams arriving before:</b>	<b>Allow held teams back onto the course at:</b>	<b>Course Takedown</b>
6	Friday 10:00 AM	Friday 12:30 PM	Friday 10:00 PM
12	Friday 3:30 PM	Friday 5:30 PM	Saturday 4:00 AM
18	Friday 8:00 PM	Friday 10:00 PM	Saturday 9:00 AM
24	Saturday 1:30 AM	Saturday 3:00 AM	Saturday 1:00 PM
30	Saturday 6:30 AM	Saturday 8:00 AM	Saturday 7:00 PM

### **ACCURATELY PROJECTING TIMES**

To assist you in creating accurate projections we have built an online pace calculator. You can access the pace calculator by going to the race website and clicking on the “to do” link on the left side of the page. From that page there is a “pace calculator” link on the right. Please spend some time on that today. Look closely at the times you are projected to arrive at each of the major exchanges. If any of those times are within the red area on the above graph, contact us immediately so that we can change your start time.