**30k and 50k Team Relay and Solo Notes and Rules**

Cost is $20 per individual for teams. Cost is $20 for solo 30k and 50k runners.

Get your team together and come up with a name! When you send in your registration form, write on the form your team name to help me with the details of registration!

Please, only one teammate on the trail at a time.

30k Teams can be 2 to 9 individuals. This boils down to no more teammates than there are exchange zones in the 30k.

50k Teams can be 2 to 15 individuals. This boils down to no more teammates than there are exchange zones in the 50k.

Exchanges may only occur at designated exchange points. This will be about strategy and team planning!!!

Exchange points are guidelines only. Just because I have an exchange point listed does not mean you HAVE to do an exchange there. It is all strategy. You and your teammate must figure out how many miles each of you can run before you want a break!

Keep in mind, if they are short run legs, can you drive to the next point, park safely, and be on the trail ready to run BEFORE your team mate gets there!? Don’t leave them waiting or wondering!! If you decide to do an exchange at #6 (30k) or #7 (50k) keep in mind this is a rough and bumpy eroded, narrow, un-maintained road. Leave a few extra minutes to get in and out of this area if you exchange there!

Please use caution when on the roads driving to an exchange point!! Runners cross these roads 4 times during the event! Yield caution to the runners!!! DO NOT race your vehicle to the exchange points! Park Law Enforcement will get you! AND if I see unsafe driving behavior, I reserve the right to hand out time penalties!

Park as far off the road way as possible! If you cannot get your vehicle off the roadway, then do not park in that spot! The roads will have truck traffic and most of them are pulling trailers and boats. Leave them room to get by safely! Park Law Enforcement will be on the look out. And, if I see unsafe behavior, I will give time penalties.

Teams: please, one vehicle per team while on the road in between exchanges!

Teams: please save as much food and water at the aid stations for the Solo runners. It is there for you, too, just be courteous and make sure to leave some for the soloists!

Have a map in the vehicle as a guide to exchange points. I will have the points well marked on the roads and I will have parking zones marked on the roads.