

CSC Barrel to Keg Relay Course Manual 2018

Welcome

Thank you for registering for the Barrel to Keg Relay. This event is sponsored by Harris Bridge Vineyard and the Rogue Brewery. It is a benefit for Community Services Consortium, which serves families in Linn, Lincoln and Benton Counties. “Helping People. Changing Lives.” To contribute or to learn more about CSC and their efforts to fight poverty, go to www.communityservices.us.

Registration

- 1) You may walk or run in teams of two to seven members. Running teams will complete all fourteen legs for a total of 68.76 miles (about 111K). Walking teams will complete Legs 1 through 4 and Legs 11 through 14 (i.e. eight legs) for a total of 35 miles (about 56K).
- 2) This race is open to solo runners, who must provide their own support vehicle, as the exchange zones will be staffed, but not provide food or water. Solo runners are exempt from having to provide a volunteer. Solo runners may use a 5:00am early start. Contact the race director if you have additional questions.
- 3) If you are an individual looking for a team, or a team in need of an extra runner/walker, contact the race director (Mbarretts@aol.com).
- 4) Each team member must be registered, sign a waiver, and provide a 10K time. Start wave placement will be based on 10K times and estimated finish times. If you need to make any changes--team roster, shirt sizes, 10K times, volunteer--simply contact info@barreltokeg.com. There is no additional cost for changes. Captains will be notified of start times by June 30th. **There is no day of race registration.**
- 5) Refunds will not be issued. In circumstances with a documented emergency, we may transfer the registration to the following year.
- 6) CSC will not provide refunds or transfers if the event is cancelled due to natural disasters (e.g. forest fires), acts of God or other events beyond our control.
- 7) **10K Times:** The 10K time shouldn't be a PR time, but a realistic pace for the relay. Please give accurate estimates (e.g. no sandbagging), as staffing the exchanges is based on accurate estimated finish times.
- 8) Team Divisions: Open (any combination), Women's Open (all women), Mixed Open (half men, half women), Men's Masters (all 40 or older), Women's Masters (all women 40 or older), Mixed Masters (all 40 or older, half men, half women). Due to a smaller field, Walkers have their own division.
- 9) Awards: This relay is timed, but not competitive. Awards will be given to the fastest teams in each of the seven divisions listed above. In addition, special awards will go to Best Team Name, Best Decorated Vehicle, and Most Creative Costumes.

Pre-Race

- 1) The team captain is responsible for making sure the team roster is complete, estimated times are submitted, a volunteer is recruited, waivers are signed, and fees are paid. Most communication between teams and B2K officials goes through the captain.
- 2) Be creative with your team name. Be sassy, but keep it in good taste. Ask yourself if your grandmother would find the name fun or offensive. There is a special award for Best Team Name.
- 3) Decorate the team vehicle if desired, but vehicles shouldn't have decorations that are suggestive, sexual or contain foul language. Create costumes to fit your team name, but keep them in good taste (and not too hot to wear while running). There are special awards for Best Decorated Vehicle and Most Creative Costumes.
- 4) Print and bring a copy of the course manual and leg maps. There won't be maps in the race packet unless there are changes made to the course.
- 5) Bring sufficient supplies for your team. Much of the course is isolated, so don't leave home without food, water, a first aid kit, toilet paper, tape, and a full tank of gas. Each team is responsible for supporting its own members, but race officials can help as needed in emergency situations.
- 6) Bring several changes of clothes for your legs and for the post-race celebration. Be ready for changes in weather throughout the day, and potentially windy conditions at the coast.

Course Description

There are several options:

- 1) Printable maps on the web site (pdfs)
- 2) Downloadable maps at www.mapmyrun.com
Overall Course: <http://www.mapmyrun.com/routes/view/356862641>
Leg 1: <http://www.mapmyrun.com/routes/view/354969833>
Leg 2: <http://www.mapmyrun.com/routes/view/355289959>
Leg 3: <http://www.mapmyrun.com/routes/view/356853001>
Leg 4: <http://www.mapmyrun.com/routes/view/356843049>
Leg 5: <http://www.mapmyrun.com/routes/view/355292457>
Leg 6: <http://www.mapmyrun.com/routes/view/355294473>
Leg 7: <http://www.mapmyrun.com/routes/view/355296481>
Leg 8: <http://www.mapmyrun.com/routes/view/355298083>
Leg 9: <http://www.mapmyrun.com/routes/view/355299341>
Leg 10: <http://www.mapmyrun.com/routes/view/355301527>
Leg 11: <http://www.mapmyrun.com/routes/view/355302537>
Leg 12: <http://www.mapmyrun.com/routes/view/355304153>
Leg 13: <http://www.mapmyrun.com/routes/view/355305519>
Leg 14: <http://www.mapmyrun.com/routes/view/354972599>

- 3) Course Description: The relay starts at the parking lot at Harris Bridge Vineyard (22937 Harris Road, Philomath, OR 97370) and proceeds west on Harris Road, goes south on TumTum Road, goes west (turn right) onto Woods Creek/Shotpouch Road at Mile 9.2. Turn left at Mile 9.8, go straight at Mile 10.1, straight at Mile 10.2, turn right at Mile 10.3, turn left at Mile 11.3. Continue on Shotpouch Road, turn left onto Harlan-Burnt Woods Road, turn right on Harlan Road, turn left on Elk City Road and follow it into Toledo. In Toledo, go north on Butler Bridge Road. Here, the runners go off the road and past the train museum. The vehicles turn left on NW 1st St and right on NW A Street. Here the runners and vehicles rejoin, turning on left Business Highway 20, then left on Yaquina Bay Road. Follow the Bay Road to the Newport Historic Bay Front, turn right up the hill, turn left on Naterlin. Here, the vehicles drive over the bridge and park in the Oregon Coast Aquarium lot. The runners go up the staircase and cross the bridge on the sidewalk (east side), coming down the staircase on the south side of the bridge, and follow the path to the Rogue warehouse.

Legs

| Leg | Leg ends at | Leg distance | Total Distance | Terrain | Difficulty |
|-----|-------------------------|--------------|----------------|-------------------------------|------------|
| 1 | TumTum Road | 4.9 | 4.9 | gravel, flat to rolling hills | 6 |
| 2 | Thompson Gate | 3.54 | 8.44 | gravel, steep hill | 10 |
| 3 | Shotpouch Creek Rd | 3.81 | 12.25 | gravel, hilly | 12 |
| 4 | Harlan-Burnt Woods Road | 3.92 | 16.17 | gravel, mostly flat | 14 |
| 5 | Old Mill | 7.1 | 23.27 | paved, rolling hills | 1 |
| 6 | Mile Post 15 | 5.9 | 29.17 | mostly gravel, mostly flat | 3 |
| 7 | Rusty Bridge | 5.9 | 35.07 | gravel, mostly flat | 2 |
| 8 | Updike Road | 4.33 | 39.4 | gravel, mostly flat | 13 |
| 9 | Elk City County Park | 4.65 | 44.05 | gravel, mostly flat | 7 |
| 10 | Cannon Quarry Boat Ramp | 5.9 | 49.95 | paved, rolling hills | 4 |
| 11 | Toledo Train Museum | 4.05 | 54 | paved, hilly | 8 |
| 12 | Mile Post 9 | 4.1 | 58.1 | paved, hilly | 11 |
| 13 | Sawyer's Landing | 4.86 | 62.96 | paved, flat | 9 |
| 14 | Rogue Brewery | 5.8 | 68.76 | paved, hills, bridge | 5 |

Leg Difficulty Ranking

1=Hardest; 14=Easiest. This is a subjective ranking. Flat legs are easier than hilly ones, shorter legs are easier than longer legs, and paved roads are easier than gravel roads, but this ranking is hardly scientific. It's best to print all the legs, look them over, and decide as a team who gets which legs. You are not required to run/walk the legs in a particular sequence, but all legs must be covered by registered participants. If Joe Runner wants to do Legs 2 and 12, or Jane Walker wants to do Legs 1, 3 and 11, that's permitted.

Packet Pick-up

- 1) Early packet pick-up is at the CSC office at 545 SW 2nd St, Suite A, in Corvallis, during regular office hours on Friday July 13th.
- 2) Day of race packet pick-up is at the start at Harris Bridge Vineyard (22937 Harris Road, Philomath) beginning at 6:15am. (Get more information about one of our great sponsors at www.harrisbridgevineyard.com or find them on Facebook.)

Day of Race

- 1) Plan to arrive an hour before your wave starts.
- 2) Park where directed by race officials.
- 3) Packets will include: bib numbers, T-Shirts, van signs, meal and beer tickets for the Rogue, and assorted promotional items.
- 4) Tape the “Caution: Runners on Road” signs on your vehicle.

Start Times

7:00am—Wave A
7:20am—Wave B
7:40am—Wave C
8:00am—Wave D
8:20am—Wave E
8:40am—Wave F
9:00am—Wave G

Placement in waves will be based on 10K times of team members. Team captains will be notified of wave assignments by June 30th.

On the Course

- 1) Treat volunteers, team members, race officials, residents, and spectators with respect. Give the volunteers a “thank you” even if you’re tired and grumpy.
- 2) The course is not closed to traffic, so there are potential hazards including (but not limited to) traffic, road surface conditions, weather and wildlife. Please take appropriate precautions to insure a safe and fun event for all participants, volunteers and the public. Obey all traffic laws. Park in designated areas and on the legal side of the fog line only.
- 3) The use of personal music devices is strongly discouraged for this race. To enjoy all that our race has to offer and for the safety of all participants, we encourage a headphone-free environment. If you do use headphones, the volume shouldn’t be so loud as to prevent you from hearing traffic. Strollers, baby joggers and dogs

are not permitted. We discourage anyone younger than 14 years old to run in this event.

- 4) Do not defile public or private property. Use the portapotties and trash boxes at the exchange zones. Follow “no parking” directions and keep off private property. Treat others as you’d like to be treated. You wouldn’t want people leaving trash or urinating on your property. Pack it in; pack it out.
- 5) Keep your noise level under control. These are back country roads and the residents and their animals aren’t used to so much traffic. Play music, but not too loud. Cowbells are great, but air horns can frighten horses and dogs. Fireworks are prohibited, as they are both disruptive and a fire danger. Again, treat others as you would expect.
- 6) Runners may walk if they wish, but walkers should not run, as the exchange zones and the finish are staffed based on estimated times. Walkers who decide to “jog a little bit” will arrive at unattended exchanges. For your safety, this is not permitted.
- 7) Be aware of course markings. Check the leg maps before you start each leg. Critical turns will be marked, but teams are responsible for keeping their runners on course. Runners may want to carry a map with them as they go.
- 8) Drive carefully on the back roads; keep your speed 25-30mph. The gravel roads are dusty; be considerate of runners.
- 9) Drink water; stay hydrated, especially as the day warms up. Some runners like to wear a damp hanky over their face to make it easier to breath on dusty roads.
- 10) Do not go home without telling us. Teams that drop out must notify a race official before leaving the course.
- 11) If you encounter a dangerous situation (e.g. loose dog or angry resident) or have a medical emergency, your first priority is to keep yourself safe. Once in a safe situation, please report the incident to race officials ASAP. Give specific details and information so we can follow up with EMS and law enforcement as is appropriate.
- 12) Smoking is prohibited on the course. This is fire season, so be cautious and aware of any sparks/smoke/fire that you see. Report any fires to race officials immediately.
- 13) Cell phones are unreliable on much of the course, so contact a race official for questions and emergencies. We will have ham radio operators at each exchange in contact with EMS and the race director. We will have first aid kits at each exchange, but call 911 in a true emergency. Lincoln County Sheriff—541-265-4277, Benton County Sheriff—541-766-6858, Toledo Police Department—541-336-5555, Newport Police Department-- 541-574-3348.
- 14) In general, runners should keep to the left side of the road, facing traffic, unless told otherwise by race officials. The course has a mixture of gravel roads, paved roads (with fog lines), and sidewalks. Always be mindful of traffic.
- 15) **Bibs MUST be worn on the front**, so race officials can record which teams have passed each exchange and which teams have finished.
- 16) Handoffs should occur inside the designated exchange zones. There are no batons; touching hands is sufficient.

- 17) You are not required to run/walk the legs in a particular sequence, but all legs must be covered by registered participants. If Joe Runner wants to do Legs 2 and 12, or Jane Walker wants to do Legs 1, 3 and 11, that's permitted. Keep track of your times on the Scorecard in your race packet. "Clock Time" refers to the time of day. "Overall Time" refers to the amount of time that your team has been running. For example, Team B2K started at 7:30am. Joe Runner finished Leg 2 at 8:50am (Clock Time) for a total of 1:20:00 (Overall Time).
- 18) Timing: This event uses "gun timing" and chip timing. We know the start time of each team. One of the bibs for your team will have a tear tag with a timing chip attached. BE SURE the last runner wears this specific bib when they cross the finish line. Results will be posted periodically at the finish line and available online within a few hours.
- 19) Leap-frogging: The course will close at 8:00pm (i.e. 13 hours after the earliest wave). If need be, you may be asked to discontinue the race, or you may "leap frog" runners on later legs. Normally one person runs one leg at a time. For leap-frogging, two people run two different legs at the same time, allowing the team to finish sooner. In order to do this you need expressed permission from the race director (either before the relay or via the ham radio operators during the race). **THE EARLIEST YOU MAY START LEAP-FROGGING IS LEG 9.** You will need to record individual leg times on the Scorecard so an accurate team time can be calculated at the finish. Running teams may leap-frog with permission; walking teams may NOT leap-frog.
- 20) Do not stop in the middle of the road to drop off runners as this causes traffic back-ups
- 21) Save the party for the finish. Open alcohol containers and drinking are prohibited on the course. Not only is this a violation of B2K rules, it is a violation of state law and you are at risk of being cited by law enforcement.
- 22) No oversize vehicles such as RVs, buses, shuttles or limos are permitted as support vehicles. If you're unsure if your vehicle qualifies, please contact the race director.
- 23) "Shadowing" is permitted. Shadowing 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. Obey traffic laws when pulling over (e.g. don't impede traffic, don't block roads, don't park in private driveways, do park on the legal side of the fog line).
- 24) "Following" is NOT permitted. Following refers to when a van follows 25-30 yards behind the runner while they are running. Bicycles are also not allowed to accompany runners on the road.

Van Directions for Walking Teams (from the end of Leg 4 to the start of Leg 11)

Walking teams walk Legs 1 through 4 and Legs 11 through 14 for a total of 56.5K (35 miles). Walking teams drive the distance between Leg 4 and Leg 11. At the end of Leg

4, running teams go left; walking teams go right. Walking Teams drive 0.6 miles to Highway 20 and head west (left) for 16.5 miles until turning left onto Elk City Road. Drive 11 miles to Cannon Quarry Boat Ramp where Leg 11 begins. **You MUST check in with a race official when finishing Leg 4 and when starting Leg 11. Please record your leg times on the Scorecard provided in your team packet.**

Timing for Walking Teams

- 1) Remember that although runners may walk, walkers may not run. This is **not** a judged race-walking event, so we expect walkers to police themselves. We know that walkers take competition as seriously as runners do.
- 2) One of the bibs for your team will have a tear tag with a timing chip attached. **BE SURE** the LAST WALKER wears this specific bib when they cross the finish line.

As for timing, we will "trust, but verify". We will know your start time and your finish time. You should check in with race officials when you finish Leg 4 and start Leg 11. You must record your "driving time" between the end of Leg 4 and the start of Leg 11. Please make the timers job easier by simply subtracting your driving time from your total time to get your actual time. Be sure to turn in the Scorecard provided in your team bag to the timers at the finish for verification.

At the Finish

- 1) Awards Ceremony at approximately 7:00pm. We want this to be a fun, low key, event. Awards will be given to the fastest teams in each of the seven divisions listed above. In addition, special awards will go to Best Team Name, Best Decorated Vehicle, and Most Creative Costumes.
- 2) Teammates usually cross the finish line with the last runner. Have your team wait in the corral and run the last 100 yards together. If you want to take photos at the finish line, don't impede other teams as they finish.
- 3) Enjoy the party. Runners, walkers, volunteers and family are welcome. There will be food, beer, live music, and more!
- 4) Each participant will receive one meal ticket and one beer ticket. Friends and family are welcome to join at finishing party. A "meal ticket" which includes meal & 1 drink may be purchased for \$10 while completing online registration. Kids 12 & under are free. A limited amount of extra "meal tickets" will be available on day of event so best to purchase them ahead of time.
- 5) Bring the completed Scorecard to the CSC table or to the race director.
- 6) Temperatures in Newport in July are typically in the mid-60's, but can also be quite windy. Pack and dress accordingly.

Volunteers

- 1) Teams with three or more members are required to provide one volunteer to serves as a race official. Team captains will be informed of their volunteer's

- assignment by June 30th. We try to place people “close to home” (e.g. a team from Newport would get an assignment at the finish), but email the race director if you have a specific request. If a designated volunteer becomes unavailable, the team is required to find a replacement and inform the race director.
- 2) If a team is unable to provide a volunteer they are expected to make a \$100.00 donation to CSC. CSC will pass on the donations to support local youth teams and groups that provide volunteers.
 - 3) No Show Policy: Volunteers are essential for the safety of participants. A race official will be checking to be sure volunteers have reported to their assignments, and answer any questions. Each volunteer should know the name of the team that they are representing. If a volunteer fails to show up for their assignment, the team will be expected to make a \$100.00 donation to CSC. Failure to provide a volunteer or make a donation will result in a team not being permitted to register for next year’s relay.
 - 4) Volunteers must be 18 years or older and physically able to carry out their assigned duties.
 - 5) Each volunteer works a 3 to 4 hour shift; most will work as course marshals at exchanges or direct traffic/runners.
 - 6) Volunteers are expected to arrive at their assignments on time and work their entire shift. Maps and detailed instructions for each assignment (including how to get there) are available on this web site. Note that there are two sets of maps. One set are maps of the legs. The other set, found on the volunteer web page, contains detailed maps of the exchanges (intended for the volunteers). If you can’t download these or have ANY questions, please contact the race director.
 - 7) There are Volunteer Training Videos on YouTube. See the Volunteer tab.
 - 8) Volunteers are expected to wear a Race Official T-shirt or a reflective vest. (However, volunteers will still be accepted for their assignment without a these.) These will be provided in the “drop bag” left at each location. Be sure to give us your shirt size.
 - 9) Volunteers should bring: food, water, clothes appropriate for the weather, cell phone, and map/instructions for their assignment. They should NOT bring alcohol, young children or pets.
 - 10) Because of seeded start times, it is impossible to predict exactly when the first runner will arrive and when the last runner will pass by. The shift times for volunteers are estimates, so may be a bit longer (or shorter). Get to your assignment a bit early and stay until a replacement arrives or until the sweeper tells you that the last runner has passed. Some positions have two shifts, so fill in your replacement on the duties when they arrive, and be on your way.
 - 11) If your assignment is at an exchange, be sure to check the drop bag for supplies, including yellow tape to put between the orange delineators for the ten yard exchange area. When you are done, pack everything up for the sweeper to pick up.
 - 12) If you encounter a dangerous situation (e.g. loose dog or angry resident) or have a medical emergency, your first priority is to keep yourself safe. Once in a safe situation, please report the incident to race officials ASAP. Give specific details

- and information so we can follow up with EMS and law enforcement as is appropriate.
- 13) Smoking is prohibited on the course. This is fire season, so be cautious and aware of any sparks/smoke/fire that you see. Report any fires to race officials immediately.
 - 14) Cell phone coverage is spotty. For minor emergencies, a first aid kit is provided. For serious emergencies, call 911 or talk to a ham radio operator at any exchange zone; they will contact the race director or EMS. Lincoln County Sheriff—541-265-4277, Benton County Sheriff—541-766-6858, Toledo Police Department—541-336-5555, Newport Police Department-- 541-574-3348.
 - 15) Volunteers are welcome at the post race party at the Rogue!

Questions?

Contact Mark Barrett, Race Director, at Mbarretts@aol.com or 503-821-9577 or contact info@barreltokeg.com

Updated 1/16/18