



Get Outside Mountain Relay

Official 2018 GOMR Guide

Updated August 31, 2017

Introduction

This guide contains important information for the Get Outside Mountain Relay (GOMR). Team Captains (Gomer Captains) are responsible to be familiar with everything contained in this guide and to pass along significant information to all runners (Gomers). It is recommended that all Gomers read through the GOMR Guide.

Updates

ITEMS IN THE GOMR GUIDE ARE SUBJECT TO CHANGE. It is important that all Gomer teams make sure that they have an updated version of the GOMR Guide. Use the date from the front page to determine if you have most current updates.

Race Information

RACE NAME: Get Outside Mountain Relay (GOMR)

CONTACT: Donny McCall (Head Gomer) contact@getoutsidemountainrelay.com 336-363-4984

FACEBOOK: <https://www.facebook.com/GOMountainRelay/>

INSTAGRAM: getoutsidemountainrelay

TWITTER: @gomountainrelay

RACE BENEFITTING: Schools, churches, fire departments, rescue squad, and other community organizations, as well as promoting business and tourism in Alleghany County, NC.

GETTING READY FOR GOMR!

Chances are, if you have gotten to the point of even reading this guide, you are ready to take on the GOMR and live your life (at least for one weekend) as a Gomer. Gomers are what we call Country Smart. Common sense prevails. Gomers know how to have a good time and stay safe at the same time. Gomers know to run on the left side of the road, facing traffic. Gomers know that people texting while driving may not see us, so we keep our heads up while running.

Gomers know that wearing a reflective vest during the day is a good idea. Gomers are fun-loving and embrace the chance to spend a weekend with hundreds of other Gomers.

Getting Gomers

- If you're ready to challenge yourself, chances are you know a few people that know a few people to put a Gomer team together. Get all that you can. It's better to have more than needed to begin with because some may drop off. If you get a bunch, you can make two Gomer teams.
- Some Gomer must be in charge. Even if you split up duties amongst the other Gomers (leg assignments, shopping, carpooling, etc.), we need someone to be in charge. This is your Gomer Captain. He/she will be the go-to Gomer for all communication with the Head Gomer. If you create more than one Gomer team, we will need a Gomer Captain for each Gomer team.

To Do List

- A. Start training and recruiting a 4-12 Gomer team.
- B. Captains register and pay for the Gomer team online at www.getoutsidemountainrelay.com before the deadline.
- C. Team members sign up online under their team name.
- D. Continue training.
- E. Plan how you are going to decorate your GOMR Site. Go Crazy!!
- F. Come to the mountains and have a great weekend!!

Some tips that will make organizing a Gomer team easy:

- If you don't know 12 Gomers, don't worry. You probably know 3 or 4 and they probably know 3 or 4. Gomer teams made up this way (with friends of friends) are often the most fun. By the end of the race, you'll have 11 great friends! There will also be individuals looking for teams. Be sure to check with the Head Gomer if you still need to fill up your roster.
- Find someone that is a good leader and excited about the event. Have them do some recruiting too. Strength in numbers.
- If you do not have 12 Gomers or do not want 12 Gomers, no problem. You can have any number of runners between 4 and 12.
- Set a date by which you want to send in registration and begin collecting entry fees from your Gomer team. Gomers will feel more committed once they fill out an entry form and give you money. Many Gomer teams commit friends, but since the friends never pay or fill anything out, they don't feel committed. When it comes time to sign up, they haven't trained, and they back out.

- Your Gomer team needs to have an average of at least a 10 minute per mile pace to finish the course in the specified timeline and under support (This is your GOMER TEAM pace not your individual pace).
- Once you have a few firm commitments, register the Gomer team. Again, this will make the Gomers feel more committed. You shouldn't have a hard time finding the rest of your Gomers. Worst case scenario, there are always last minute Gomers looking for teams.

Finding a Team

If your Gomer team is looking for Gomers, click the Register button and select “Gomer Captain looking to fill up a team”. You pay nothing for this service. It will list some criteria you are looking for to fill that team up (pace, age, gender, etc.). Click all that apply and list any criteria not covered by the check boxes. The Head Gomer will send a list of individual Gomers looking for a team. If you make a teammate from the list, they will then register as a Gomer Team Member. Also, let the Head Gomer know that you’ve taken one from the list, so they can be marked off. Be sure to include your contact information!

Looking to join a Gomer team? Click the Register button and select “Individual Gomer looking for a team”. You pay nothing for this service. Provide your pace and select some criteria you are looking for in a team. Be flexible. It is better to be on a team that isn’t exactly what you want, than to miss this event. I’m sure you will have a wonderful time either way. We will reply that we’ve received your request. You will be contacted by a Gomer team if needed. If enough solo Gomers are looking for Gomer teams, the Head Gomer may facilitate to put a Gomer team together.

Getting Ready

Once a Gomer team has been organized, we recommend the Gomer team meet several times (or Skype, or Go To Meeting, etc.) prior to the event to work out logistics. It may be helpful to discuss the following things:

- Carpooling to GOMR NATION. Everyone is welcome to drive their own cars to the Nation, but parking will be off campus. Personal vehicles will be parked off site with shuttle service before and after the event.
- AT&T, Sprint, and T-Mobile don’t work very well up here. Verizon, US Cellular, and Carolina West Wireless work very well all over the county. Find out if someone is willing to offer their phone to be transferred to each Gomer, along with the slap bracelet, for emergencies, getting lost, or contacting GOMR NATION. Two way radios may not be strong enough to reach back to GOMR NATION.
- What to do if a Gomer gets to an exchange and the next Gomer isn’t there.
- What to do if a Gomer gets lost.

- What types of food and drink to bring along. Plan to be on campus the entire weekend (when not running). Local churches and non-profits will have tents set up for some food on campus. But you should bring food that works well with your stomach prior to running your legs.
- What types of clothing and equipment everyone should bring. Weather is uncertain; be prepared for hot and cold weather extremes as well as rainy weather.
- Running at night. Make sure you have plenty of flashlights, headlamps, reflective vests, etc.
- Who is bringing tents, sleeping bags, decorations, etc. for your GOMR Zone. And who is making the flag that claims your spot of ground for the weekend.

Start Times

Start times are based on accurate pace predictions, so it is critical for a successful event that each Gomer have an accurate 10K pace submitted with the race registration. This should be formatted as minutes per mile (i.e. 10:00, 9:30, 8:46 min/mile pace). GOMR will determine the team's average pace and will seed the team accordingly. Teams that knowingly provide an inaccurate pace will be penalized. Accurate paces allow us to place teams in starting slots that create the least amount of congestion on the course. Start times will be assigned only after a Gomer team has registered and paid in full.

GOMR is different from other relays where all the team vans can have a negative impact on runners, teams, and the community at large. We're basically eliminating that. Our van routes out to the legs are mostly different than the route legs and are designed to have very little impact on the runners. There will be a little bit of overlap between the van and runner routes. If you need assistance, don't be afraid to flag a van down.

Please make sure the pace submitted for each Gomer team is accurate. If Gomers have not participated in a competitive 10k recently, we strongly encourage them to run one before submitting their pace. Better yet, if possible, get your Gomer team together and run a 10k. Everyone should be competitive enough to get an accurate race pace.

PLEASE NOTE: The final exchange before the finish (Leg 35 to Leg 36) will be manned until 4:00 pm on Saturday. This means your Gomer team needs to run at least a 10-minute mile pace to finish the course under support. Should your team fall far enough behind pace that you are falling behind leg closures, GOMR staff will work with your team to get you back within the course support limits. If you have concerns about this for your team, please make sure and contact the Head Gomer.

REGISTRATION INFORMATION

Cost

GOMR registration is \$170.00 per Gomer (with discounts for early registration and organizations). GOMR is a little more expensive up front than other relays. However, except for your personal expenses (food you bring, food and stuff you buy on campus, water, decorations, etc.), you have no other out of pocket expenses. This price also includes transportation for the race. Teams do not have the additional expense of renting vans nor chipping in additional gas money. Get yourself here, and we'll get you to where you need to be. Gomers get to focus solely on running and having a great time.

Gomer Team Registration

The Gomer Captain should fill out the online registration form and submit payment. The equivalent of 3 paid Gomers is due upon registration. Gomer Captains can create a password and pass that on to team members. Once the Gomer Captain registers and pays, other team members will also fill out and submit the online registration. All Gomers are required to accept the online waiver when filling out the registration. See the Registration Info tab for registration steps.

Also, the pre-race dinner is on the registration form. If you purchase tickets with your registration, there is a discount. You can come back later and purchase dinner tickets, but they will be more expensive.

Team Name

Gomer Team Names are meant to be an expression of your Gomer Team. They can express toughness, perseverance, be witty, a double entendre, and sometimes, simply funny. However, when selecting a team name, please remember that GOMR is a family friendly event. Gomers will be running through Alleghany County, a rural county we love, and GOMR Nation will be on the campus of Blue Ridge Christian School. Gomers are also encouraged to invite their families and friends to the finish line (parking will be off campus). We encourage you to think about how children might respond to your Gomer team name when the announcer calls it over the

loudspeaker. Please help us in respecting everyone at the event and the community who is hosting. If we feel your Gomer Team name is inappropriate, you will receive an email from the Head Gomer asking you to select another name.

Individual Team Member Registration

Once the Gomer Captain registers and pays, the Team Name will be a part of the online registration. If a password is created by the Gomer Captain, individual Gomers will need this password to register. To register individually, go to the registration page and choose the option for "Gomer Team Member". A drop-down menu will appear with teams that have registered. Choose your team, input your password (if Captain has chosen one), fill out the registration, accept the waiver, and submit form. If you've not been provided a code from your Captain, you will pay at time of registration. Those that have received a code, will register without payment, and reimburse the Captain for their portion.

Age Restrictions

Participation in the 2018 Get Outside Mountain Relay will be restricted to Gomers 18 years old and older. GOMR will consider formal requests for extraordinary circumstances through the Head Gomer. Please understand that safety is our top priority. We will assess the race once it is complete, and decide if opening the relay to younger Gomers in the future is viable. Please stay tuned.

Additions/Substitutions

The registration form will stay open for additions until registration closes on May 17, 2018 or is filled to capacity. If Gomers need to be changed (substituted), the Gomer captain must submit the new Gomer's information to the Head Gomer. There is no charge for substitutions made before the substitution deadline of May 17, 2018. Late substitutions may be charged a \$10 fee per substitution. Contact Head Gomer for additions/substitutions between May 18 and race day. Substitutions/additions can be made at the start line but the runner must be present to sign the waiver. You will be charged \$20 per substitution on race day.

Refund & Transfer Policy

Refund Policy:

All entry fees are non-refundable.

Transfer Policy:

Teams may transfer their registration to only the following year's Get Outside Mountain Relay. Teams may only transfer a registration once. When a transfer is made, the original price paid will be applied to the new relay registration fee minus a transfer fee of \$300. If the following year's registration fee is more, the transfer fee, plus any registration difference, will be required for the Gomer team to participate in the following year's relay. All transfers must be approved no later than 14 days prior to race start. If arrangements are not made by the deadline, transfer requests may not be honored. Once registration opens for the following year's GOMR, contact Head Gomer and the registration process will be worked out.

Volunteers

Get Outside Mountain Relay does not require you to provide volunteers nor pay additional fees for us supplying volunteers. GOMR is an Alleghany County event and the volunteers are recruited from the community. Volunteers will include Volunteer Fire Departments and Auxiliary, Veterans of Foreign Wars and Auxiliary, American Legion, Marine Corps League, Lion's Club, Shriners, Rotary Club, Rescue Squad, Police, Alleghany Wellness Center, church and school youth groups, and members of our community. We are humbled that you want to be a Gomer in our community. However, if someone you know wants to volunteer, please have them look at the Volunteer Signup page. It has the list of jobs and the times.

Our volunteers will be committed to your safety. Please be respectful to the volunteers. If you are asked to move from the roadway or have been given any reasonable request, please follow directions. They know this community. They will know the roads you are running on. And they will have a great responsibility to all the Gomers on the course, their group, and our county as a whole. If word gets back the Head Gomer that a Gomer Team is being unsafe or disrespectful after repeated requests, they will be removed from the course and asked to leave Gomer Nation. However, the Head Gomer also wants to know from a Gomer Team if a volunteer or group of volunteers is being disrespectful. Please provide the exchange number and the situation will be dealt with.

TEAM INFO

Gomer Captain Meeting

There will be Gomer Captain meeting three weeks before the race at GOMR Nation (Blue Ridge Christian School). At the meeting, we will discuss the rules and any concerns/comments the Gomer Captains have, as well as last minute changes. If Gomer Captains are not able to attend the meeting, they are welcome to send another team member in their place, and/or meeting

minutes will be posted online under the updates section after the Gomer Captains Meeting has taken place, and will be posted on the race website.

Move/Check In and Packet Pickup

Gomer Nation will open from 12:00 pm to 9:00 pm on Thursday Friday for move/check in and packet pickup. Check in will be at Alexander Hall. Teams (or at least a person or two from each team) must arrive and move in on Thursday as this will greatly help everyone have plenty of time for setting up their GOMR Village Site. All team members do not have to be present for move/check in. Each team will be assigned a Site in the GOMR Village. Teams checking in will unload their gear then take their personal vehicles to the off-site parking lot. They will then be shuttled back to the Nation, where they will set up their site. Ideally, 1 or more Gomers would have all the camping gear and come up early Thursday to set up camp. Then, as other Gomers arrive later on Thursday, they would drive straight to the off-site parking and be shuttled to the Nation. Parking is free.

Camping on GOMR Nation is free for the weekend. Teams are welcome to stay Thursday to Sunday. Porta-Johns and Porta-Sinks will be available, but there will not be shower facilities, therefore, basically rough camping. Teams are welcome to bring camp showers, but they will be set up away from the Zone sites so water doesn't run on your neighbor. Or bring plenty of baby wipes, dry shampoo, and deodorant.

Teams that do not stay on campus Thursday night must be a very fast team whose start time is late (after 12:00pm) and will need to check their team in no later than 1 hour prior to their start time. This will allow enough time to unload vehicles, stow your gear, and remove vehicles from campus. Gomers 1, 2, and 3 need to stay on campus and be prepared to run and be shuttled to their exchanges. Therefore, other team members will need to move those Gomers' cars to the off-campus parking facility. When checking in, each Gomer Team must settle with any payments that still need to be paid (substitution fee, etc.) and present the following items:

1. At least four (4) flashlights or headlamps.
2. At least four (4) reflective vests.
3. At least four (4) Red LED tail-lights (red flashing lights worn on the back).

Since Gomers will be shuttled to their exchanges, there may not be the chance to trade out vests, head lamps and tail lights like in a van riding relay. Each Gomer is strongly encouraged to bring his own vest, head lamp and tail light.

Pre-race Dinner

Alexander Hall is also where the pre-race dinner will be. A community group will be preparing the pre-race dinner at Alexander Hall from 6-8 PM, Thursday, May 31. Pasta, marinara, bread,

salad, dessert, water, sweet tea, and soft-drinks. Cost is \$10 per person if purchased during initial registration, or \$13 if done later. Registration and prepayment must be received by Thursday, May 24. Make reservations online.

Team Logistics

Rotation Rule

Here at GOMR, we are trying to produce the best event we possibly can. And we know that 95% of the teams doing a relay are doing it for fun and personal accomplishment. If there are no rules, it could devolve into chaos. But with a few rules, everyone stays safe and has a great time. Therefore, the one rotation rule is that a Gomer must pass the baton (slap bracelet) to another Gomer at each exchange. Consecutive legs are not allowed. If you have a “Super Gomer” that wants to run a bunch of legs, that is fine. However, with the logistics of the shuttle service, that “Super Gomer” would probably have to run every 4th leg or so to be shuttled on time. We understand that people drop out at the last minute, get hurt, or can be called away mid-relay. We just want to know that everyone is accounted for. So, if you had 12 on your team and only show up with 11, don’t fake a name on the roster. We know it is difficult enough to shift the legs around without worrying about fake names and swapping bibs. Your team can choose the routes that work best for you.

Team Sizes

Gomer Teams can be made up of a minimum of 4 Gomers to a maximum of 12 Gomers. Ultra Teams are considered 4-6 Gomers. Regular Teams range between 7 and 12 Gomers. The number of 4 Gomers (9 legs each), 6 Gomers (6 legs each), 9 Gomers (4 legs each), or 12 Gomers (3 legs each) work best for teams where everyone runs an even amount of legs. However, any number of Gomers (4-12) on a team is permitted. Ultra teams will run one leg at a time just like regular teams, and adhere to all the same rules.

Team Divisions

OPEN – 7-12 Gomers. Any combination of men and women of all ages.

OPEN SUB-MASTER – 7-12 Gomers. Any combination of men and women, all under 40.

OPEN MASTER – 7-12 Gomers. Any combination of men and women, all over 40.

MEN SUB-MASTER – 7-12 Gomers. All men under 40.
MEN MASTER – 7-12 Gomers. All men over 40.

WOMEN SUB-MASTER – 7-12 Gomers. All women under 40.
WOMEN MASTER – 7-12 Gomers. All women over 40.

MIXED SUB-MASTER – 7-12 Gomers. At least 50% women under 40.
MIXED MASTER – 7-12 Gomers. At least 50% women over 40.

ULTRA OPEN – 4-6 Gomers. Any combination of men and women of all ages.
ULTRA OPEN SUB-MASTER – 4-6 Gomers. Any combination of men and women, all under 40.
ULTRA OPEN MASTER – 4-6 Gomers. Any combination of men and women, all over 40.

ULTRA MEN SUB-MASTER – 4-6 Gomers. All men under 40.
ULTRA MEN MASTER – 4-6 Gomers. All men over 40.

ULTRA WOMEN SUB-MASTER – 4-6 Gomers. All women under 40.
ULTRA WOMEN MASTER – 4-6 Gomers. All women over 40.

ULTRA MIXED SUB-MASTER – 4-6 Gomers. At least 50% women under 40.
ULTRA MIX MASTER – 4-6 Gomers. At least 50% women over 40.

SUPPORT AND SHUTTLE SERVICE

Gomers will be transported to their exchanges from GOMR Nation to run their legs and back to GOMR Nation after their completion of each leg. There will 2 vans assigned for each exchange and the vans will be in constant rotation once the exchange opens. Therefore, if you have an active Gomer starting leg #6, the Gomer running leg #7 should be in the shuttle going to the next exchange. The Gomer running leg #8 is “on deck” and alert for the information that tells him/her that Gomers 6 and 7 have exchanged. Gomer #8 then gets shuttled to exchange #7 to wait for the active Gomer. Gomer #9 then is on deck. And so on.

It is very important for Gomers to at least know the speed of the Gomer running before them and the distance of the leg before their turn, and the time it will take to get to the Exchange. Some exchanges could take up to 30 minutes to reach from GOMR Nation. If you don't time it right to be shuttled out to your exchange, you could possibly have your active Gomer standing around for 30 or more minutes waiting on you. Better to be shuttled early and hang out under the canopy or warm up, rather than delay your team.

Exchanges will be stocked with a canopy, a trashcan, Porta-John, and a small amount of water (for volunteers). All teams should make special preparations to provide support for their Gomers. Gomers being shuttled out to their leg should bring a water and a towel for their active Gomer (or whatever the active Gomer requests).

Van support will be minimal on the course. This is the design of GOMR so Gomers can have an enjoyable running experience without the congestion of vans on the roads and at exchanges. Verizon, US Cellular, and Carolina West Wireless work well all over the county. It is recommended that you carry a phone from one of these carriers during your leg. If you have any questions about safety, contact Head Gomer.

If you have minor trouble (or notice another runner in minor trouble) contact Head Gomer and we'll send support to your location. If you have or notice someone in major trouble, CALL 911. Also, we can't say everyone will be accommodating, but all residents along the route will be aware of the relay. If you have no phone service, knock on someone's door and have them call 911.

Awards

The awards ceremony and raffle drawing will start at approximately 6:30 pm Saturday in Alexander Hall. The following awards are planned, but may change.

1. First Place Overall. (Will not be awarded an additional team category award).
2. First Place in the team divisions.
3. Second Place in each team divisions with 10+ teams.
4. Third place in team divisions with 25+ teams.
5. Best Decorated GOMR Zone.
6. Runners Raffle: open to all runners who deposit their Raffle Ticket into the Raffle bucket, located in Alexander Hall by 6:00pm - start of the raffle. The runner must be present and must have his/her bib number to win.

COURSE RECORD: Team Unbound (2017) 31:59:12 (start to finish time)

GENERAL RULES

Resident and Community Respect

GOMR is extremely proud of the Alleghany community and is working hard to promote the relay throughout the county. We hope residents will be in support of the relay and are encouraging them to cheer on the Gomers passing by. They may even provide water. Please treat all residents with courtesy and respect. Food, local support, and volunteers will be provided by many groups from the community. Going out of your way to thank locals will go a long way in helping the event return each year. We reserve the right to dismiss or disqualify any team based on a lack of respect. Do not yell or make excessive noise during evening, night, and morning hours while in residential areas. Please be respectful to other teams and Gomers while in Gomer Nation. It is a great opportunity to relax, have fun and fellowship. Gomers not

running may be trying to get some sleep. Please have fun but be mindful of other teams' needs too.

Communication

Exchanges will be manned with volunteers that can communicate directly with GOMR Nation. Should you need to contact GOMR Nation, please see one of these volunteers. There may be some segments of the race where cell phone coverage will be spotty. Ask a few members of the team to bring cell phones. Make a list of all team member phone numbers and be sure that the batteries are fully charged. Some providers will get better service than others so try to have a variety of carriers. Two-way radios and other communication devices may not have the reach to get from GOMR Nation out to your runner.

Reflective Vests/Headlamps/LEDs

Each team must have at least four (4) reflective vests, four (4) headlamps or flashlights, and four (4) Red LED "tail/butt" lights. These must be presented at time of check in. Reflective vests must have reflective material on the Front, Back, and Shoulders. Just having reflective properties on sleeves or belts isn't sufficient.

Since everyone will be running at least one leg in the dark, it is recommended that all Gomers have their own vest, headlight, and taillight. This eliminates confusion when trying to find the Gomer returning to GOMR Nation and getting their vest and lights. You are also highly encouraged to wear a reflective vest even during the day. It is proven that reflective vests make you more visible to drivers during the day, especially when the late evening sun is in their eyes.

Littering & Property Damage

Any Gomers who are reported to have damaged private or public property or to have littered, urinated or defecated on private or public property will be dismissed from the course and will not be invited back. Toilets and trash cans will be provided at all exchanges, and at GOMR Nation.

Follow Race Officials Instructions

Race officials include staff and volunteers. Course volunteers at exchanges are considered Race Officials. They have authority to disqualify a team for rule violations, abusive behavior, or a team's failure to follow instructions given by staff and volunteers. Abusive treatment or disregard for their authority may result in disqualification.

Follow Correct Route

Gomers are responsible to make sure they know their course legs. Unfortunately, signage may be vandalized or moved. Be prudent in your knowledge of the course. Turn by Turn directions are in PDF format and can be downloaded to your phone. Best practice is to download the Turn by Turn directions on your phone and run with it, print out your course leg, or write out your road names and distances on those roads and carry it with you during your run. Using a GPS watch or phone will keep you knowledgeable of distance run and will aid in staying on course.

Visible Race Number

Team race numbers must be worn and visible on the front of each runner at all times while on the road. Bib numbers must be pinned to the outer most layer of clothing, including jackets, shorts, or reflective vests.

Slap Bracelet

The team's baton (slap bracelet) should also be worn at all times while the current runner is on the road. Only runners wearing a slap bracelet will be allowed to exit the exchange chute to begin a new leg.

ARRIVING AT EXCHANGES

Accurate pace projections are critical to a successful GOMR. We will be setting up the 17 exchanges on the course based on your projections. These exchanges will each be manned for approximately 18-20 hours, starting with exchange 1/19 beginning around 5:30 AM Friday morning. Based on your projections, we will start your team in a way that will keep you within the window of exchange openings. 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. We may hold a team up at an exchange to give time for the next exchanges to be set up and prepared for Gomers. If your team is held, we will subtract the total time that you were held from your overall time but your team will be issued a violation.

Getting Behind the Clean Up Crew

If a team is running slower than a 10 minute per mile pace, it is possible that by the end of the race, the later exchanges (34 and 35) will not be manned and will have been broken down. We will either continue to provide shuttle support for your team, or ask you to pick it up with

personal vehicles. Safety is paramount in producing a good relay. We will have fire department, EMS, and police support for approximately 37 hours starting 4:00 am Friday morning. If a team gets behind the projection and falls behind the clean-up crew, we may 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 it becomes a safety concern.

RUNNING SAFE

Rules and Guidelines for Active Gomers

- Run against traffic. Gomers should run on the left shoulder (facing traffic) at all times.
- Be aware of traffic and obey traffic laws, including stopping at stop lights.
- All Gomers must wear night gear (reflective vest, headlamp (or flashlight), and blinking taillight.) during nighttime hours (7:00 PM to 8:00 AM). GOMR encourages all Gomers to wear reflective vests for every leg, even during the day, as it has been proven that runners with vests are also seen better during the day. Have your safety equipment even if you think you'll end your leg in the dark.

Personal Music Devices and Headphones

The use of personal music devices with headphones while running is strongly discouraged. If you still choose to use them, you do so at your own risk and must meet the following requirements:

- You must have one earbud out (one headphone off) while in the exchanges, whether running in or getting ready to leave. Preferably, music is off.
- You must be able to hear traffic.
- You must be aware of the sounds around you.
- You must be able to hear instructions from course officials when speaking at a reasonable volume (not yelling).
- When running, you should be able to hear you own footsteps. If you can't, your volume is too high.
- Run with one earphone out and one in. Again, you should be able to hear your own footsteps.

Violations will be given out if you are unable to hear instructions. Three violations on any safety rule will result in disqualification for your entire team.

Prohibited Items

Creating a fun and safe environment for everyone is the goal of GOMR. To that end, please follow these rules for GOMR Nation and the course:

- Rollerblades, bicycles, hover boards, baby joggers/strollers, scooters, etc., are not allowed. In other words, no wheels.
- Pets or other animals are not allowed.
- Alcohol isn't to be consumed during the race or at GOMR Nation. This is a very important request from our host, Blue Ridge Christian School, and we want to honor that request.

We encourage you to spend time in downtown Sparta after the race, patronizing our shops and restaurants. Your team is welcome to either spend Saturday night at the Nation, or book a hotel, cabin, or bed and breakfast in the area.

FINAL NOTES

There are ultimately pages and pages that can be written for every possible contingency, violation, rule, etc. However, we believe common sense should prevail in nearly every situation. If you have a question about something that hasn't been covered in this GOMR Guide, please let us know. We will answer your question, and if we think it will have a wide impact, we will add it to the Guide. Don't assume there isn't a rule just because it isn't in this Guide.

We are SUPER excited to produce this unique event. We believe it will be the event that all other relays will be judged against going forward. There is a ton of work involved, but we look at it being a rewarding experience for the staff, volunteers, and especially you Gomers!

Sincerely,
Donny McCall
Head Gomer