



**RUN  
ACROSS<sup>2016</sup>  
GEORGIA**  
RUN-BIKE FOR THE FLAG

**2016 Handbook**  
**Individual Runner**

***In case of an Emergency call: 911***

**Important Phone Numbers:**

Race Director – John Teeples 706-573-3205

Race Director – Reynold Counts 706-718-0907

Social Media Updates/Race Central – Emma Teeples 706-575-3122

## **Run Across Georgia/Run for the Flag 2016:**

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## About The Run Across Georgia

### *Year 8 of The Run Across Georgia is here!*

There are few changes in store for 2016 that we think will enhance the adventure!

This year we are partnering with some of the experts to execute the race: *Big Dog Running Company* will be in charge of the running event; *Ride on Bikes* will be heading up the biking event; and, *Race Roster* will be handling registration and the fund raising programming. The *Community Foundation of the Chattahoochee Valley*, a public charity, will collect donations and distribute grants to our beneficiaries.

Though we have greater expert help to plan our event; we are returning to our roots and conducting this year's event from Savannah to Columbus!

There are many Heroes amongst us and many groups that need our help, and in recognition of this we have decided to widen the group of beneficiaries. The U.S. military will always be heroes and **The House of Heroes** will again be one of our beneficiaries. Children with life threatening medical conditions and disabilities who meet life head on despite their challenges certainly represent our definition of a hero. Duly, we are adding **Make-A -Wish** Georgia and **Camp Abilities** as additional beneficiaries.

**The House of Heroes**, [houseofheroescvc.org](http://houseofheroescvc.org) through volunteers, perform minor repairs, maintenance and improvements to military and public safety veterans houses – at no cost to the veteran - through the generosity of individuals, civic organizations and corporations. **Make-A-Wish**, [georgia.wish.org](http://georgia.wish.org) grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. **Camp Abilities**, [hpex.columbusstate.edu/camp\\_abilities/](http://hpex.columbusstate.edu/camp_abilities/) is a developmental sports camp for children who are visually impaired, blind, or deaf-blind.

We are very excited to announce our group of primary sponsors: A & J Screenprinters, B&B Beverage, Big Dog Running, Cera Sport, Iron Bank Coffee, Lockwood Partners, Nike, Ride on Bikes, Saucony, TracSoft, and US Foods.

Finally, it's time to start training, time to start spreading the word, and time to start fundraising. On your marks, get set, and go!

# Individual Runners

**Race Cost: \$150**

Packet Pick-up and Pre-Race Meeting: Wednesday, May 25, 2016, 3:30 am at Granger Nissan, 1550 Chatham Parkway, Savannah, GA.

You must bring the following items to packet pickup:

3 reflective vests  
6 blinking lights  
“forward facing” light with a minimum 30 lumens (i.e. headlamp)

Participants will pick up the following items at packet pickup:

Runner’s shirts  
Crew shirts  
Additional last minute instructions

## **Start Time**

Start times for the individuals is 4am.

## **Finish Time**

7:30 p.m., Sunday, May 29, 2016

## **The Course**

We have spent a lot of time driving to lay out the RAG route. The route is scenic, quiet and very rural. Drivers in the rural areas and most of the route will not be expecting runners. All runners must yield to all vehicles. Crew members are to monitor and guide their runners throughout the course. Each runner needs to familiarize themselves with the overall map, the Map My Run Application and the written instructions. If a wrong turn is made, the runner **must** return to the course **on foot** to where the error occurred and then resume the race.

## **Tracking**

Runners are asked to call into Race Central 4 times a day to update their location: 6:00AM, 12PM, 6:00PM, 10:00 PM.

## **Accommodations**

We have provided lists of motels, police/sheriff's departments, fire stations and Port-o-lets that are available to use along the route. RAG will not provide any accommodations or aid. Runners can stay, eat and resupply anywhere they can arrange—hotel (not many along route), motel (plenty, but some are interesting), tents, farms, churches, etc.

### **Crew/Pacers**

Runners must be completely self-supported by their own means or via their own crew.

Runners that start off as “self-supported” cannot switch to supported mid run. Receiving any kind of assistance from anyone, to include crew for other runners, disqualifies the runner and they will no longer be allowed on the course.

Please submit the names and phone numbers for anyone that will be crewing for you. Email this by May 15th to [rag@bigdogrunning.com](mailto:rag@bigdogrunning.com). They will be required to sign a waiver.

Individual runners can run together, have pacers anytime, run in groups or have others carry food, fuel or drink. The only mandatory rule is that the participant must complete the entire course under his/her own power. Walk, run, crawl, jump, skip, hop or roll to the finish line, but all must be done under your own power. Participants cannot have any assistance in forward progress on the course. This includes riding in cars or physical support by other runners or crew.

Runners, crew, and staff must not litter, mar, or pollute the landscape or environment.

### **SAFETY REQUIREMENTS**

#### **ALL RUNNERS WILL BE REQUIRED TO RUN FACING TRAFFIC.**

All runners will be required to have a forward facing light, with a minimum of 30 lumens, as well as 2 blinking lights and a reflective vest while running between the hours of 8pm and 7am.

All runners and all crew members are required to wear a reflective vest, as well as red blinking lights facing front and rear, anytime they are out of a vehicle between the hours of 8pm and 7am. This is required if you are outside of a vehicle for any amount of time between the hours of 8:00pm and 7:00am- regardless of whether it is 2 seconds or 2 minutes. We encourage everyone to wear the reflective vest 24/7.

Support vehicles cannot trail runners. All runners are required to run opposing traffic unless you are directly behind a police escort. Runners and support vehicles must obey traffic laws at all times. All vehicles will drive on the correct side of the road at all times. If a driver pulls over on the side of the road all tires must be off the road AND should be far enough off the side of the road that the vehicle's door will not open into traffic. We encourage you to park in parking lots whenever possible.

Always look and listen both ways before crossing the highways. Runners must yield to all vehicles. Remember that drivers will not expect to encounter runners or parked vehicles out on the course. Remember we are on public roads.

Course Marshalls will be on the route monitoring safety and adherence to all safety guidelines. Runners or crew not wearing their reflective vests and blinking lights or not adhering to other safety rules will be warned one time. Additional safety infractions will result in the following penalties:

First Penalty: 30 minutes

Second Penalty: 60 minutes

Third Penalty: 90 minutes

Fourth Penalty: disqualification

### **Leaving Course or Withdrawing**

When leaving the course runners must start back at the exact location they stopped at. If a racer withdraws, he/she or his/her crew must contact Race Central immediately. Name, reason for withdrawal, time of withdrawal, and miles completed must be stated. All riders and crew who drop are encouraged—and expected—to come to the finish line and the post race party to greet and celebrate their fellow riders and crews.

All Emergency Evacuation costs for participants or crews will be borne by that person or their heirs. The race organizers are in no way liable or responsible for emergency evacuation.

### **Police**

County Sheriff Departments and Police Departments along the route have been notified about this event. They are aware of the extra traffic and will be available for assistance.

### **Moisture Management**

Georgia is hot and humid in May. Moisture management is crucial for event success. Do not underestimate the effects of moisture. Rain is not uncommon this time of year, as well. Watch out for rubbing, chafing and blisters.

### **Vehicle Decorations and Team Names**

Vehicles need to conspicuously display a “runners on the road” sign in or on each vehicle. Runners will also be encouraged to decorate their car for the event. There will be a Best Car Award.

All runners are encouraged to decorate their vehicles. We ask that the decorations be tasteful and appropriate for all ages. Teams with offensive names or decorations will be asked to change names and remove decorations.

### **Finish Line Celebration**

The finish line is on Broadway in Columbus, Georgia. RAG Celebration will be at the finish line on Sunday evening from 3:30 pm – 7:30 pm. Food will be provided for participants and crew. You are welcome and encouraged to invite your family and friends to greet you at the finish line. Food and drinks for donation will be available for friends and family.

### **Awards Ceremony**

Awards Ceremony will start at 7:30 p.m. Awards will be given for the following categories:

All participants will also be in the running for “best team spirit/car decoration”, and “best t-shirt” swag bags.

Fundraising awards will be awarded after the fundraising period ends.

### **General Notes**

Do not underestimate the difficulty of what you are about to attempt. The race is always hotter, longer, harder and more challenging than you can image or remember. Please prepare mentally, physically and logistically for what is about to happen.

Please use public bathroom or Port-o-lets along the race route. In the event you must use nature’s bathroom, please make sure it is in an area that is out of the way and cover it with leaves or pine straw.

Please be courteous of businesses and personal property along the route ensuring everyone involved has a positive experience.

Please like/follow Run Across Georgia on Instagram and Facebook. Be sure to hashtag #RAG. Let us know if you have a public page so we can follow.

The Run Across Georgia website will have a chart logging the progress of participants. Please pass the information to friends and family so they can watch: [www.runacrossgeorgia.com](http://www.runacrossgeorgia.com)

You can run for as long or as little as you’d like Wednesday through Saturday, however, the course cut off is Sunday at 8:00pm. You will be asked to leave the course at this point. No exceptions.

### **IMPORTANT DATES**



May 10<sup>th</sup>: All logos for corporate sponsorships must be submitted to [rag@bigdogrunning.com](mailto:rag@bigdogrunning.com) in .eps or .ai format

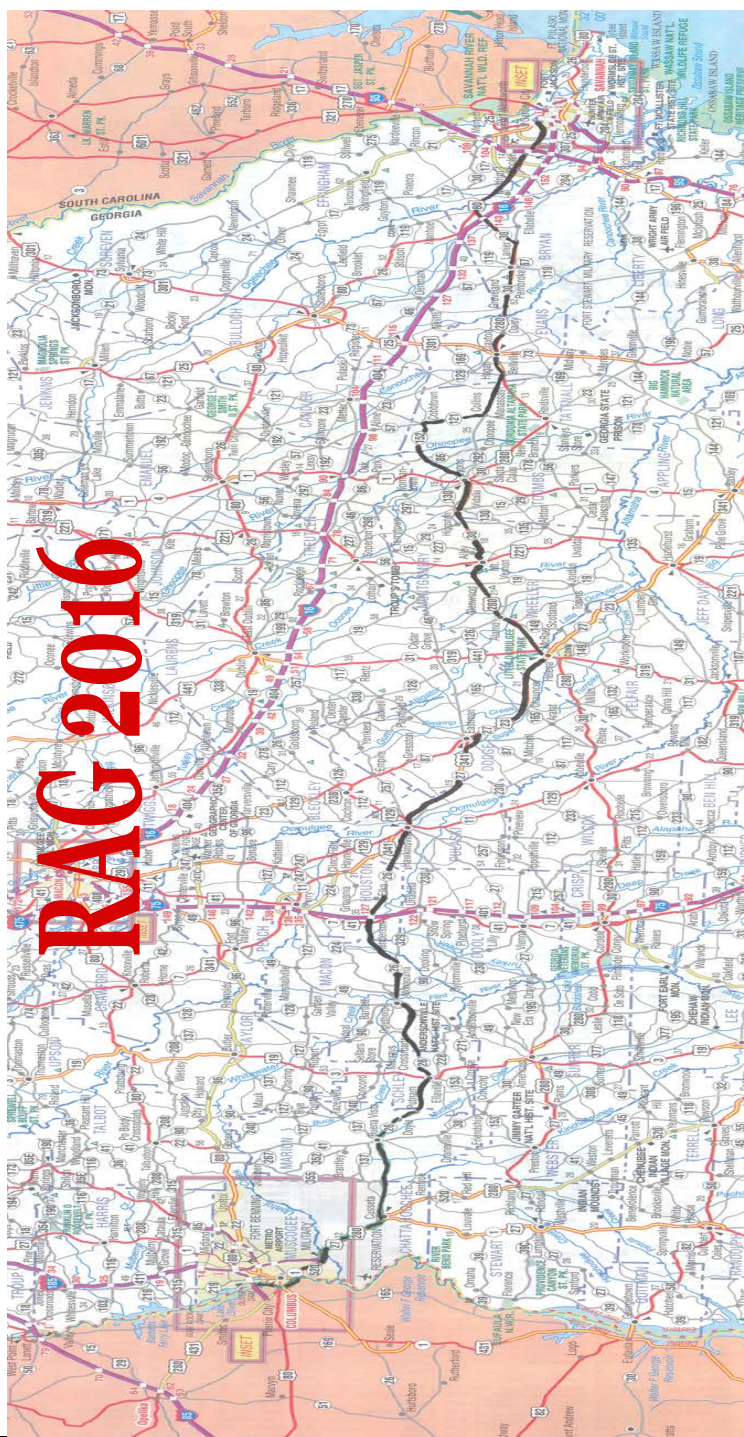
May 25: Packet pickup and pre- run meeting for solo runners-3:30am

May 25: Solo runners begin! 4am

May 29: 3:30pm-7:30pm: Finish Line Party

May 29: 7:30p,-8:30pm: Finish Line Ceremony.

June 15<sup>th</sup>: Fundraising period closes



**RAG 2016**

## **Directions For RAG 2016**

- 1.** From start line proceed north on Chatham Parkway.
- 2.** Approximately .9 miles from the start turn left onto Hwy 80.
- 3.** In Blitchton, approximately 19.3 miles from the start turn left onto Hwy 280.
- 4.** Follow Hwy 280 towards Lanier, Pembroke, and Claxton.
- 5.** Hwy 280 will cross over Interstate 16 and follow 280 through Lanier, Pembroke and Claxton.
- 6.** Approximately 2.5 miles outside of Claxton turn right onto Hwy 292 towards Bellville/Collins.
- 7.** In Collins turn right on Hwy 121/57 towards Cobbtown.
- 8.** In Cobbtown turn left onto Hwy 152 towards Lyons.
- 9.** Approaching Lyons merge onto 292 by bearing right.
- 10.** In Lyons turn left onto Hwy 4, then turn right onto Hwy 280 towards Vidalia.
- 11.** Follow Hwy 280 through Vidalia, Mt. Vernon, Glenwood, and Alamo into McRae.
- 12.** Turn right in McRae onto Hwy 341 towards Eastman.
- 13.** In Eastman bear left to stay on Hwy 341 towards Hawkinsville.
- 14.** In Hawkinsville, turn right onto first road after the bridge, then go 1 block and turn left onto Hwy 26 towards Montezuma.
- 15.** Follow Hwy 26 through Elko, over Interstate 75, Montezuma, Oglethorpe, Ellaville, and Buena Vista for about the next 85 miles into Cusseta.
- 16.** At the end of Hwy 26 turn right on Hwy 280.
- 17.** At mile 258.2 of the race turn left onto 22<sup>nd</sup> Avenue at the Summit Gas Station.
- 18.** Then turn right and merge onto the Riverwalk.
- 19.** Bear right up ramp behind baseball stadium.
- 20.** Merge onto Broadway.
- 21.** Continue on Broadway to FINISH LINE!

# How To Prepare For And Manage High Temperatures

*by Jimmy Dean Freeman*

We are on the cusp of summer and some of the hottest ultra races are coming up fast. Last year both the San Diego 100 and Western States 100 saw brutally high heat, which led to a record low 47% finishing rate at San Diego and presented some major physical carnage at Western States. I am going to review heat preparation and management strategies in this article, but the bottom line is you should try many things to determine what works best for you. You also need to know the red flag symptoms to avoid some disastrous consequences. Heat management skills are crucial for the success and safety of all endurance athletes.

Before we dig into this, please understand that these are my personal insights on heat running and are by no means a definitive set of guidelines. I am not an expert, nor a scientific authority. While I've had some success in hot weather races, I've also made some major mistakes and seen the dark side of hot weather racing. When the stomach goes south due to heat stress, it feels nearly as bad as having food poisoning and even worse, it almost inevitably leads to a dreaded DNF.

## **Part One – Heat Preparation**

So you signed up for a race that is known for high temps and/or humidity? How do you get the body ready to perform, especially if you are coming from an area that isn't traditionally hot or you are training through the winter for a spring/summer race? That's a tough one, because the best way to heat train is to train in the heat.

Jamil Coury (Race Director of the Javelina 100 and numerous other hot races) has a lot of firsthand experience with hot weather. Living in the Phoenix/Scottsdale area of Arizona, he has ample opportunity to walk out his front door and experience 110+ degree temps. His routine includes a two-hour, 30-min acclimation run (in 100+ degrees) where he'll carry four water bottles. He'll try to drink about as much as he perspires (which is a lot) and use some of the water to pour on himself to assist in cooling his core temperature. Although I don't think it accurately mimics true heat, many successful ultrarunners in less hot climates heat train by running with excess clothing. But be prepared for funny looks as you head out in 60 or 70 degree weather covered head to toe in fleece, gloves and a wool hat.

If that doesn't appeal to you, many athletes who prepare for the Badwater Ultramarathon (a Death Valley run in the hottest week of July) are familiar with the benefits of dry sauna heat acclimation training. Dr. Lisa Bliss (a former medical director of Badwater, and the female champion in 2007) recommends sitting in a 160-180 degree dry sauna (steam rooms are not as effective for this type of heat acclimation), and drinking plenty of water. Starting the sauna session well hydrated is key as you are aiming to train the body to sweat more, and also to stimulate hormones that enable us to release fewer electrolytes in our sweat. Start with a 15-20 minute session and add a few minutes to each session, ideally every other day. End the sauna session if you feel dizzy or faint, as passing out in a sauna would be very dangerous. Aim to get that session up over 30 minutes, eventually up to as many as 45-60 minutes per session, and

complete your sauna training no later than 7-10 days prior to your (hot) race. The key with heat training is to dramatically increase the body's ability to efficiently process fluids and utilize them for evaporative cooling (through sweat).



Dehydration color chart at Michigan Bluff, mile 55 of Western States 100. Photo: Jason Headley

## Part Two – Race Day External Heat Management

Whether you maintained ample heat acclimation training or not, managing the heat on race day is still something that can make or break your race. During the hottest races, many athletes use a cloth bandanna to wrap around their neck. Wrap two handfuls of ice in it and roll it to tie around your neck. Having ice against the back of the neck cools the blood and helps cool your core temps tremendously. Wear a white cap (as opposed to a visor) and put a handful of ice in it atop your head. As this ice melts it trickles down your head and neck to aid in the evaporative cooling effect. Having an extra water bottle with ice water, and utilizing that to keep your head, neck and upper back wet, are also effective ways to aid in cooling you off. During my hottest races, I've also been known to wear fleece Moeben arm sleeves, soaking them with ice water and placing ice cubes in the pockets. At Western States last year, I observed Nikki Kimball and Meghan Arbogast placing ice in every area they could – in shirts, in shorts, on top of their head, on the back of their necks and apparently even in their bras. Sorry guys, but maybe you could wear one expressly for this purpose? It is obvious that if we can use externally applied water and ice for evaporative cooling, instead of 100% our own perspiration, it is more efficient and easier on the body. Although the goal is to keep the upper body as wet as possible, it's best to keep the lower body dry since wet shoes can lead to blisters and wet shorts can lead to chafing (recommendation: use Body Glide, Trail Toes or your favorite friction combatant liberally on these hotter days when you'll be trying to stay wet).

## Part Three – Race Day Fluid/ Electrolyte Management

A key to successful racing in the heat is maintaining proper fluid hydration and electrolyte levels. Most ultrarunners have their own electrolyte replacement strategy, but nearly ubiquitous at all ultras and a part of most successful ultrarunner's heat management arsenal is S Caps for electrolyte replacement. Regarding hydration there's a chasm of divide between what people do, and what some experts recommend. There's a lot of contrasting, even conflicting information out there. So you'll need to experiment to find the best solution for you. How much one should drink will widely vary based on your personal sweat rate, how heat acclimated you are and how hot the race you're running is on that day. Generally, 20-22 ounces per hour is thrown out there as a guideline for normal temps. That number could be double, or even more, on a hot day. But here's the catch, if you overhydrate, you can put yourself into one of the most lethal states an ultrarunner can find themselves in: hyponatremia. Hyponatremia is defined as abnormally low concentration of sodium ions in the blood. (Editor's note – see Dr. Marty Hoffman's article elsewhere in this issue of UltraRunning).

Overhydration can be brought on by heat stress to the body and the over production of the hormone AVP (arginine vasopressin), which helps control the body's water balance. High levels of this hormone direct the kidneys to reabsorb more water and produce less urine. When fluid intake is adequate, generally less of this hormone is released. But this can be difficult to determine for a non-heat acclimated athlete in a hot race. A great indicator of this is weight gain/loss during the event. If you're gaining weight, it could be a sign you are overhydrating (consuming more fluid than you need, or at least more fluid than you are able to process). If your weight is up over 1%, it's recommended that you cease drinking (and probably slow down) until it comes back down to normal or below levels. Dr. Timothy Noakes recommends in his book *Waterlogged* drinking to one's thirst and being careful to not overconsume electrolyte supplements, since having more sodium present in the system will make you thirsty, whether you are appropriately hydrated or overhydrated.

Symptoms and signals of extreme water imbalance are: dizziness, lightheadedness, feeling faint, nausea, disorientation, feeling extremely weak or a headache. If ANY of these occurs during heat acclimation training or while running a hot race, it's a sign you need to stop running (or get out of the sauna) immediately and seek medical attention, including a weight check.

Weight loss in an ultra is expected, in a 100-mile race, up to 4-5% could be considered typical over the duration of the race. Yes, weight loss is normal, to a point, as depicted by urine colors in the adjacent photo. Being severely dehydrated on top of sustained high running intensity on a hot day causes abnormal stress on the kidneys and could have you peeing Guinness colored urine (there is some medical speculation that taking NSAIDs in concert with this scenario might also contribute to this). If your urine becomes extremely dark, slow down the pace (or walk) and take in fluids. If your urine doesn't get lighter in color and it stays coffee colored, or if you're no longer able to urinate (and experience rapid weight gain), seek medical attention immediately. This could be a sign of renal injury (renal failure or Rhabdomyolysis), which could continue to develop after a race if the kidneys are clogged or shutting down, and while this is rare, it is something to be taken very seriously. If you don't urinate for hours after you are done and feel/look like you're swelling like a water balloon – go to the hospital immediately.

#### **Part Four – The Danger Of Running Too Fast**

One final parting shot on heat management: it is impossible to run your personal peak performance split times in the hottest conditions. One of the major factors in an athlete falling victim to the heat is an unwillingness to adjust pace projections (i.e., back off of your goal pace) in a hot race. Once the body temperature climbs over 100 degrees, the body shunts blood away from the gut and to the skin for cooling purposes – this is a primary cause of stomachs “shutting down” on hot days and is a precursor to heat stroke. The best solution for avoiding this is simply to slow down during the heat of the day. Realistically assess what you’re capable of on a perfect day, and combine that with an honest assessment of how heat acclimated you have become through training. A highly heat acclimated athlete might experience a 5% slowdown on race day, whereas a non-heat-trained runner might be slowed down 10-15% or more. Adjusting your pace to accommodate for this will help you avoid the dreaded DNF due to race mismanagement.

Ideally, all of the strategies reviewed above should be practiced in training so you can determine your own personal fluid loss and electrolyte replacement guidelines. Only through experimentation (and failure) can you find what’s right for you. If you’re like me, the moment you find the perfect balance of things, they change. So learning your body’s signals and symptoms for optimal heat management should be a primary goal of every ultrarunner.

# Heat Exhaustion and Heat Stress

## Avoiding and Treating Heat-Related Problems

### Types of Heat-Related Problems

- **Heat Cramps** – symptoms include painful cramping and spasms of legs, arms and/or abdominal (stomach) muscles.
- **Heat Exhaustion** – symptoms include feeling tired, weak, and dizzy; headache, nausea and possible vomiting. Heavy perspiration; skin feels moist.
- **Heat Stroke** – symptoms include feeling tired, weak and dizzy. Skin feels hot and dry, even under armpits; appears red and flushed. May become delirious and unconscious. **This is a life threatening situation! Call 911.**

### Reducing Your Risks

#### 1. Drink lots of cool water

Drink lots of cool water, even more than you think you need, when the weather is hot and humid. (High humidity makes heat injuries more likely because perspiration does not evaporate from the skin as quickly; this causes the body to cool down more slowly.) Water is best; fruit and vegetable juices are good, too.

Drink at least a gallon of liquid a day (about 16 glasses) when the outside temperature is above 90 degrees and you are not in air-conditioned surroundings. This will mean drinking 1 1/2 times as much liquid as your thirst signals you to drink.

Overweight people need even more water during summer than average weight people.

Do not drink beer or other alcoholic beverages, coffee, tea or other drinks containing caffeine because they cause you to lose fluid.

#### 2. Maintain normal salt intake

Maintain normal salt intake in your diet (1 1/2 teaspoons or less per day). If you have heart disease or high blood pressure, ask your doctor about your salt intake.

#### 3. Wear light-colored clothes

Wear light-colored clothes that are loosely woven and absorbent. Cotton is best; it absorbs 40 percent of its weight in moisture. Most synthetic (manmade) materials trap body heat and are not absorbent. Wear a hat to shade your head.

#### 4. Avoid outside activities during the heat of the day



If you are required to work outside, take frequent breaks and drinks of cool water. Do not run or do other types of energetic exercise during the heat of the day. Get wet, wear wet clothing, or bathe/shower as often as possible without drying yourself—this gives your body cooling system a boost.

### **5. If there is no air conditioning:**

- Use a fan.
- Open windows wide to create as much cross ventilation as possible.
- If your apartment or home is shaded from the sun at certain times of the day, the windows should be open on that side, and the drapes/shades should be closed on the sunny side of your home or apartment.
- Avoid cooking.
  
- Go to a cool place, if possible, like the library, the senior center, the theater, or the shopping center during the heat of the day.
- Take frequent, cool baths or showers.

### **6. Older people are more sensitive to heat**

Realize that older people are more sensitive to heat and may easily suffer heat-related sickness. Also, anyone with diabetes, heart disease, arteriosclerosis, high blood pressure, or Parkinson's Disease is more sensitive to the effects of heat.

## **Reducing Your Risks During Physical Activity**

To physically perform your best in hot weather, you must have an unlimited amount of water available to drink. You should:

- Drink two 8-ounce glasses of water, juice, or a sports drink 2 hours before physical activity (8 ounces equals one full measuring cup of fluid).
- Drink 4 to 8 ounces (1/2 to 1 full measuring cup of fluid) or more of water or a sports drink 5 to 10 minutes before physical activity.
- Drink 8 to 10 ounces of fluid, or as much as you can tolerate, every 15 to 20 minutes during physical activity.
- Avoid drinks with caffeine—they may cause muscle cramping.
- Eat plenty of fruits and vegetables to maintain adequate amounts of sodium, calcium and potassium.
- Avoid taking salt tablets—most foods provide enough sodium.

## **Treating Heat-Related Problems**

### **Heat Cramps**

1. Rest in a cool, shaded place.
2. Drink cool water slowly (4 ounces which is equal to 1/2 cup of fluid, every 15 minutes)

3. Stretch the muscle lightly.
4. Massage the area gently.

### **Heat Exhaustion**

1. Rest in a cool, shaded place.
2. Lie down with feet raised 8 to 12 inches.
3. Loosen all clothing.
4. Drink cool water (4 ounces, which is equal to 1/2 cup of fluid, every 15 minutes).
5. Place cool, wet clothes on forehead and body.

### **Heat Stroke**

1. Remove clothing.
2. Sponge with cool water.
3. Fan with a towel or cloth.
4. Call an ambulance and transport the person to the nearest emergency room immediately.

**This is a life-threatening emergency.**

### **References:**

- *Nancy Clark's Sports Nutrition Guidebook*, 2nd Edition. Human Kinetics, 1997.
    - *Principles of Athletic Training*, 8th Edition. Mosby-Year Book, Inc., 1993.
-

## **RFTH/RAG Stuff Suggestions**

### **Gear**

- Multiple coolers and large fluid containers. Dedicate one cooler to contain only ice and only touch that ice with a clean scoop – never your hands and never by scooping ice with a dirty water bottle.
- Jugs for mixing sports drinks and refilling water bottles.
- Folding chairs.
- Cot, sleeping pad or air mattress.
- Bucket or basin. You may want to soak your feet for cooling. Keep in mind that wet feet are prone to blistering.
- Water sprayer.
- Handheld flashlights and headlamps for the runner and the pacers.
- Tactical lighting such as a small headlamp.
- Extra batteries.
- Garbage bags, plastic bags, baggies.
- Utensils, plates, cups, can opener, etc...
- Clipboard, pens, pencils, notepaper, race plan and crew schedule
- Duct Tape, rope, cord and string.
- Towels of various sizes.
- Paper towels and toilet paper.
- Camera
- Cellular phones.

### **Food and Drinks**

- Water and Ice.
- For food, plan to have a variety available because it is difficult for a runner in extreme conditions to eat any one thing over a long period of time. Certain products that taste fine in cool conditions can become nauseating in the heat.
- Electrolytes:
- Fluids: carbohydrate/electrolyte drinks such as CeraSport Products.
- Energy Gel such as GU and Huma which provide easy calories to digest.
- Salty Snacks to help with electrolyte management such as pretzels, peanuts, corn-nuts, and potato chips.
- Sweet snacks for additional carbohydrates: Fig Newtons, Pop Tarts, Fruit.
- Caffeine: soda, tea, cocoa, etc... Be aware of the pros and cons of caffeine. While it is a great help to you to stay alert through the night, it is also a diuretic.

- Real Food: Think of your favorite foods to eat that are easy to prepare and eat on the run. For example, peanut butter and jelly, tuna salad, ham and cheese sandwiches, oatmeal packets, and jerky.
- Soups work well at night: Chicken noodle soup, cream of potato soup, or any cup-of-coup. If you bring cans, remember the can opener.
- Other liquids for protein: Chocolate milk, nutrition drinks, soy milk.

## **Medicines**

- Protective products for your skin including sun screen lip balm and moisturizer.
- First aid kit: medication for upset stomach, headache, if the runner is on any medication, be sure these are included.
- Gauze, band-aids, antibiotic ointment, alcohol wipes.
- Anti-chaffing products such as BodyGlide or Blister Shield.

## **Foot Care**

- Hope for the best but prepare for the worst. People who never get blisters can end up with serious foot problems. Make sure to keep foot care items in a cool place. If possible, dedicate a small box to these types of items.
- Dressings such as Compeed, Elastogel, Duoderm, Engo Pads, Blist-O-Ban, 2<sup>nd</sup> Skin Blister Pads for pressure areas and blisters. You should have small sized ones for toes and large ones for heels and the balls of the feet.
- Swabs, needles, razor blades, tweezers, scissors, etc...
- Heavy duty scissors.
- Specialty tapes for pre-taping and repairs during the race. Elastikon, Kenesio, Medipore, and Micropore. Tape should be breathable and applied in single layers.
- Foot Lubricant: Hydropel, and BodyGlide
- Cooling foot spray
- Blister patches.

## **Running Gear**

- Performance socks such as Injinji, Asics, Balega and Feetures. Bring several pairs so you can change whenever you like.
- Performance/moisture wicking clothing. Remember that the crew needs performance clothing too.

- Running shoes that you have tested over long distances on hard surfaces. Bring several pairs.
- Footbeds, orthotics, arch supports or heel lifts, as necessary. These should all be tested before the race.
- Hat with long-bill or wide brim
- Dark Sunglasses
- Buff or bandana that can be used to put ice on your neck and head. Have at least two for the runner and one for the crew also.
- Wicking undergarments
- Reflective gear (mandatory, see the race rules), strobe light, flashers, etc., for dusk till dawn.
- Water bottles
- Hydration belts or systems

Finally, bring along any other items that might make your journey more comfortable and enjoyable. Just remember to stay within the rules and be considerate of other people who are out there.

## Hospitals on the Route

Memorial University Medical Center  
4700 Waters Ave.  
Savannah, GA  
912-350-8000

Evans Memorial Hospital  
200 North River Street  
Claxton, GA 30417  
(912) 739-2611

Flint River Hospital  
509 Sumter Street  
Montezuma, GA 31063  
(478) 472-3100

Dodge Hospital  
901 Griffin Ave.  
Eastman, GA 31023  
(478) 448-4000

Meadows Regional Medical Center  
One Meadows Parkway  
Vidalia, GA 30474  
(912) 537-5807

Wheller County Hospital  
111 3<sup>rd</sup> Street  
Glenwood, GA 30428  
(912) 523-5113

Phoebe – Sumter  
126 Hwy 280 West  
Americus, GA 31719  
229-924-6011  
(912) 535-5555

The Medical Center  
710 Center St.  
Columbus, GA 31901  
(706) 571-1000

**2016 RFTH/RAG**  
**FIRE DEPARTMENT LIST**

<b>Name</b>	<b>Address</b>	<b>City</b>	<b>Phone</b>
Savannah Fire Department	295 Police Memorial Dr.	Savannah	912-651-6756
Pooler Fire Department	105 S Rogers St.	Pooler	912-748-7012
Pembroke Fire Department	160 North Main St.	Pembroke	912-653-4400
Claxton Fire Department	204 W Railroad St	Claxton	912-739-3111
Reidsville Fire Department		Reidsville	912-557-4437
Lyons Fire Department	109 South Lanier St	Lyons	912-526-8114
Crossroads Fire Department	1109 Georgia 19	Glenwood	912-523-5734
Mcrae Fire Department	63 Oak Street	McRae	229-868-2082
Helena Fire Department	718 Forsyth Avenue	Helena	229-868-5556
Crossroads Fire Department	3153 Chauncey	Chancey	478-374-3955
Eastman Fire Department	334 Main Street	Eastman	478-374-3431
Hawkinsville Fire Department	1 <sup>st</sup> Street	Hawkinsville	478-783-3971
Unadilla Fire Chief	West Railroad Street	Unadilla	478-627-9480
Montezuma Fire Department	408-South Dooly St	Montezuma	478-472-6223
Ellaville Fire Department	67 College St	Ellaville	229-937-2555



## 2016 RFTH/RAG

### SHERIFFS' DEPARTMENT LIST

City	County	Sheriff	Address	City	Phone
Savannah	Chatham	Sheriff Roy Harris	1050 Carl Griffin Dr.	Savannah	912-652-7600
Pooler	Chatham	Sheriff Roy Harris	1050 Carl Griffin Dr.	Savannah	912-652-7600
Pembroke	Bryan	Sheriff Clyde Smith	95 Public Safety Way	Pembroke	912-653-3800
Claxton	Evans	Sheriff Randall Tippins	123 main Street	Claxton	912-739-1712
Collins	Tatnall	Sheriff Quinton Rush	P.O. Box 545	Reidsville	912-557-6778
Lyons	Toombs	Sheriff Alvie Lee Knight	357 N W Broad St.	Lyons	912-526-6924
Vidalia	Toombs	Sheriff Alvie Lee Knight	357 N W Broad St.	Lyons	912-526-6924
Mt. Vernon	Montgomery	Sheriff Clarence Sanders	208 Broad Street	Mt. Vernon	912-583-2521
McRae	Telfair	Sheriff Chris Steverson	19 E Oak Street SE	McRae	229-868-6545
Chauncey	Dodge	Sheriff Jeff Hinson	5401 Anson Ave.	Eastman	478-374-8131
Eastman	Dodge	Sheriff Jeff Hinson	5401 Anson Ave.	Eastman	478-374-8131
Hawkinsville	Pulaski	Sheriff Billy Cape	350 Commerce St.	Hawkinsville	478-783-4521
Ellaville	Schley	Sheriff Shane Tondee	46 Pecan St.	Ellaville	229-937-2104
Montgomery	Macon	Sheriff Charles M. Cannon	P.O. Box 345	Oglethorpe	478-472-6447
Oglethorpe	Macon	Sheriff Charles M. Cannon	115 Buddy Faust Rd.	Oglethorpe	478-472-6447
Buena Vista	Marion	Sheriff Derrell Neal	338 Geneva Rd.	Buena Vista	229-649-3841
Cusseta	Chattahoochee	Sheriff Glynn Cooper	379 Broad Street	Cusseta	706-989-3644
Columbus	Moscogee	Sheriff John Darr	100 10th Street	Columbus	706-653-4225

## **Hotels/Motels along route from Savannah to Columbus**

Hyatt Regency Savannah  
2 West Bay St.  
Savannah, GA  
912-238-1234

Hampton Inn and Suites  
603 West Oglethorpe Ave.  
Savannah, GA 31401  
912-231-9700

Double Tree by Hilton  
411 West Bay St.  
Savannah, GA  
855-809-3513

Holiday Inn Express  
199 East Bay St.  
Savannah, GA  
912-208-4065

Best Western Plus  
412 West Bay Street  
Savannah, GA  
866-599-6674

La Quinta Inn and Suites  
414 Gray St.  
Pooler, GA  
912-748-3771

Best Western Plus  
155 Bourne Ave.  
Pooler, GA  
912-330-0330

Holiday Inn and Suites  
103 Sam Drive  
Pooler, GA  
912-748-8545

Travelodge Suites  
130 Continental Blvd.  
Pooler, GA  
912-748-8545

Downtowner Inn/Carriage Inn  
6 North Duvall Street  
Claxton, GA 30417  
912-739-2962

Mt. Vernon Inn and Suites  
205 S. Johnson St.  
Mt. Vernon, GA 30445  
912-583-2281

Hampton Inn  
3303 US Highway 280 East  
Vidalia, GA 30474  
912-256-8448

America Inn  
155 Mose Coleman Dr.  
Vidalia, GA 30474  
912-537-2728

Best Western in Hawkinsville  
100 Buckan Dr.,  
Hawkinsville, GA 31036  
478-783-1300

Parker House Inn B&B  
51 Huckabee St.  
McRae-Helena, GA 31055  
229-868-0067

Little Ocmulgee State Park & Lodge  
80 Live Oak Train  
McRae, GA 31037  
229-868-7474

Magnolia Inn  
750 E. Oak St.  
McRae, GA 31055  
229-868-0004

Americas Best  
1700 College Street  
Eastman, GA  
478-374-2644

The Jameson Inn  
103 Pine Ridge Rd.  
Eastman, Ga  
478-374-7925

Americas Best  
520 Spaulding Road  
Montezuma, GA 31063  
478-472-4565

Columbus Marriott  
800 Front Avenue  
Columbus, GA 31901  
706-324-1800

Springhill Suites  
5415 Whittlesey Blvd.  
Columbus, GA 31909  
706-576-3773

Quality Inn  
1325 Veterans Pkwy  
Columbus, GA 31901  
706-322-2522

Hilton Garden Inn  
1500 Bradley Lakes Park  
Columbus, GA 31904

Holiday Inn  
2800 Manchester Expressway  
Columbus, GA 31901



## **2016 Fundraising Incentives**

### Individuals

Run Across Georgia and The Run Across Georgia Fund benefit House of Heroes, Make-A-Wish Georgia, and Camp Abilities. Participants are encouraged to help support the mission of the The Run Across Georgia Fund by raising money and creating awareness prior to the run. Incentives listed below build on each preceding level. Copper level award incentives will be given out at the Run Across Georgia Finish Line. Additional incentives will be given to participants after the fundraising period ends on June 17<sup>th</sup>.

<b>Level</b>	<b>Incentive</b>	<b>Amount</b>
Copper	Run Across Georgia Hat	\$1000
Bronze	RAG Nike Top or Cycling Jersey	\$2000
Silver	Saucony Shoes	\$4000
Gold	\$250 Gift Card from Big Dog Running Co. or Ride on Bikes	\$8500
Platinum	Uptown Columbus Staycation	\$13,000

## House of Heroes – CVC

The mission of House of Heroes, Inc. is to recognize and honor military and public safety veterans and/or their spouses who have served our country faithfully and sacrificially. Through service to these veterans and their spouses, House of Heroes, Inc. volunteers attempt to express gratitude that can never be adequately expressed in words alone by:

- Improving the living conditions of military and public safety veterans and/or their spouses who are in need of assistance in maintaining their homes.
- Honoring these American Heroes through the generosity of individuals, civic organizations and corporations.
- Encouraging leadership and service, team building and volunteerism. In achieving the mission, there shall be no discrimination because of race, religion, sex, age, national origin or disability.

Read more about the impact that House of Heroes – CVC makes at [houseofheroescvc.org](http://houseofheroescvc.org)

## Make-A-Wish Foundation

### Wishes are more than just a nice thing

A wish experience can be a game-changer for a child with a life-threatening medical condition.

This one belief guides us in everything we do at Make-A-Wish®. It inspires us to grant wishes that change the lives of the kids we serve. It compels us to be creative in exceeding the expectations of every wish kid. It drives us to make our donated resources go as far as possible.

Wishes are more than just a nice thing. And they are far more than gifts, or singular events in time. Wishes impact everyone involved. For wish kids, just the act of making their wish come true can give them the courage to comply with their medical treatments. Parents might finally feel like they can be optimistic. And still others might realize all they have to offer the world through volunteer work or philanthropy.

whatever the obstacles ... wishes find a way to make the world better. Whatever the odds,

The Make-A-Wish Foundation grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. ” — Make-A-Wish® Mission

Learn more about the impact that the Make-A-Wish Foundation makes at [georgia.wish.org](http://georgia.wish.org)

## Camp Abilities

First and foremost, the mission, or purpose, of Camp Abilities is to empower children and teens with visual impairments to be physically active and productive members of their schools, towns, cities, and communities, as well as to improve the health and well-being of people with sensory impairments. Many of the specialists at Camp Abilities are blind themselves, which greatly improves the experiences of the campers. Also, all of the specialists are perfect role models for the campers, who often have never met another person with the visual impairment that they have. In short, Camp Abilities teaches kids and teens what they can do in the areas of sports and recreation, which is often overlooked in their educational and home environments.

Learn more about Camp Abilities at [hpex.columbusstate.edu/camp\\_abilities/](http://hpex.columbusstate.edu/camp_abilities/)

**Release and Waiver of Liability and Indemnity Agreement  
(Read Carefully Before Signing)**

I, the undersigned participant, being over the age of 18 years, do hereby acknowledge that the physical activity in which I intend to engage involves an element of risk to me. I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for serious injury, property loss or even death. The risks include, but are not limited to, those caused by temperature, weather, condition of athletes, lack of hydration, vehicular traffic or actions of other people including, but not limited to, participants, volunteers, event officials or spectators. The risks are not only inherent to athletes, but are also present for support staff. I, being a participating athlete or member of a support team, do hereby assume the risks of being associated in any way with this event, said risks being known and/or unknown, and will use my best efforts and do everything in my power to reduce any of said risks, including, but not limited to: proper diet and hydration, being supported by a crew as the race rules may require for my event and obeying all traffic laws and ordinances.

As a material inducement for participating in this event and any related activities put on by or for the benefit of RUN ACROSS GEORGIA - RUN FOR THE FLAG, Big Dog Running Co, and Ride On Bikes (herein collectively referred to as "HOSTS"):

I waive, release and discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind (including negligence) which may hereafter accrue to me during any event/activity contemplated herein or to me during my traveling to or from this event, the following entities or persons: RUN ACROSS GEORGIA - RUN FOR THE FLAG, Big Dog Running Co, and Ride On Bikes, as well as any associated fictitious name; any of said entity's owners, officers, agents, employees, event sponsors and/or their representatives; event volunteers; as well as any government that may have any connection with the event (including, but not limited to, the cities of Columbus and Savannah, Georgia and any agency or department associated with any of same). I further agree to Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any actions during this event. If, during my participation in this event, I observe any unusual hazard, I will immediately remove myself from participation and immediately bring such to the attention of the HOSTS.

I certify that I am physically fit, have sufficiently trained and prepared for participation in the event and have not been advised otherwise by a qualified medical person.

I hereby consent to receive medical treatment, which may be deemed advisable by a qualified medical person in the event of injury, accident and/or illness during this event. I understand that all medical and/or emergency evacuation costs for participants and support team members will be borne by that person or his/her estate. The race organizers and sponsors are in no way liable or responsible for medical costs or emergency evacuation.

I understand that all motor vehicles used either for personal support or for any other event purpose at the RUN ACROSS GEORGIA - RUN FOR THE FLAG must be covered by at least the minimum legal requirements of property damage and personal injury liability auto insurance for the State of Georgia.

I understand that at this event or related activities I may be photographed, filmed and/or videotaped. I agree to allow my name, photo, video or film likeness to be used for any legitimate purpose by the HOSTS, sponsors, and assigns.

I have read, understand and agree to abide by the rules of the event.

I acknowledge that this Accident Waiver and Release of Liability form will govern my actions and responsibilities at said events. I understand that it shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this Accident Waiver and Release of Liability and I understand its content. It is further understood and agreed that this waiver, release and assumption of risk is to be binding upon my executors, administrators, heirs, next of kin, successors and assigns.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
Parent Signature and Printed name if participant is under 18

\_\_\_\_\_ I am running/cycling as an individual.

\_\_\_\_\_ I am running/cycling on a relay team.

\_\_\_\_\_ I am a member of a support team. Name of racer you are supporting.

\_\_\_\_\_