



2021 - LIVE

Race Across Georgia

277.2 Run/Ride

TYBEE ISLAND TO COLUMBUS GA
MAY 26, 2021

In case of an Emergency, call 911.

Important Phone Numbers:

Race Director – Vikena Yutz – (404)-409-0909

Start Line Captain

Race Central - Stephanie James

Race Across Georgia/260 Miles for the Flag:

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About Race Across Georgia:

The 11th non-consecutive and NOT FINAL year of The Run/Ride/Race Across Georgia is here!

As you might expect, there have been a few changes for this post pandemic Run/Ride/Race Across Georgia, but we have tried to keep the spirit of the race that you all know and love as much as possible. This is a big event in and for our community and one of the events that brings all together with a common purpose.

Project 42 Running will be in charge of the running and biking event, and *Race Roster* will be handling registration and the fundraising. Donations will be collected in an account overseen by Project 42 Running and MercyMed of Columbus. It is important to mention that 100% of donations will be divided evenly between MercyMed and House of Heroe's, CVC.

This year the race will be a bit longer and mileage will be somewhere around 277.2. Not the usual 260 mile run you are used to. This is because we are starting in Tybee Island, GA at the pier. If we are going to run across the state, we felt that we should run across the whole state.

Our fundraising beneficiary will be the **Hosue of Heroes, CVC** and **MercyMed**.of Columbus.

House of Heroes (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.

MercyMed of Columbus is a Christian nonprofit healthcare center focused on providing medical services to the underserved of Columbus. They offer primary care health services to the uninsured at an affordable rate.

Our group of primary sponsors: Project 42 Running, Big Dog Running Company, CeraSport, Iron Bank Coffee, TracSoft, and US Foods.

It's almost go time! Please continue to spread the word, and promote fundraising.

Individual Runners

Race Cost: \$150

Packet Pick-Up and Pre-Race Meeting: Wednesday, May 23, 2018, 3:30am at Tybee Island Pier
– Tybrisa Street, Tybee Island, GA.

You must bring the following items to packet pickup:

3 reflective vests

6 blinking lights

“Forward-facing” light with a minimum of 30 lumens (i.e. headlamp)

Participants will pick up the following items at packet pickup:

Runner shirts

Crew shirts

Additional last-minute instructions

Start Time

Start time for the individuals is 4:00am.

Finish Cutoff Times

7:30pm, Sunday, May 30, 2021

Relay Runners

Race Cost:

8 Person Team: \$1200 / 12 Person Team: \$1,800 / 16 Person Team: \$2400

Packet Pick-up: Friday, May 25, 2018, 5:00 to 8:00pm at Tybrisa Street, Tybee Island, GA.

Pre-Race Meeting: 30 minutes prior to your start time, at the start line.

Team Captains must bring the following items to packet pickup:

4 reflective vests

8 blinking lights

“Forward-facing” light with a minimum of 30 lumens (i.e. headlamp)

Team Captains will pick up the following items at packet pickup:

Wrist bands (the relay “baton”)

Bibs

Runner shirts

Crew shirts

Safety pins

Additional last-minute instructions

Start Time

Please submit your requested start time by May 17th to vikena@project42running.com.

We will consolidate start times and issue a starting schedule on May 21st.

Finish Cutoff Times

7:30pm, Sunday, May 30, 2021

| Flag# | Leg Mi | Cumul | Dir | Loc | 8 leg | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-------|--------|-------|------------|---|-------|--------|-------|-------|--------|-------|--------|-------|--------|
| 0 | | | START | Tybee Island Pier/LOGO | | | | | | | | | |
| | | | Right | Tybrisa St - Rt on US 80 | | | | | | | | | |
| 1 | 5.3 | 5.3 | | Fort Pulaski Gate | 1 | 5.3 | | | | | | | |
| 2 | 4.9 | 10.2 | | Shell Gas / Circle K | 2 | | 4.9 | | | | | | |
| 3 | 5.3 | 15.5 | | Parkers Gas | 3 | | | 5.3 | | | | | |
| 4 | 4.2 | 19.7 | Left | Zacks | 4 | | | | 4.2 | | | | |
| | | | Right | Chatham Pkwy | | | | | | | | | |
| 5 | 5.5 | 25.2 | transition | South State Bank | 5 | | | | | 5.5 | | | |
| | | | Left | Chatham Pkwy / US 80 | | | | | | | | | |
| 6 | 5 | 30.2 | | Bojangles | 6 | | | | | | 5 | | |
| 7 | 6.6 | 36.8 | | Parkers * / Chevron (b) | 7 | | | | | | | 6.6 | |
| 8 | 7.1 | 43.9 | Left | US 80 / US 280 - 80 Café | 8 | | | | | | | | 7.1 |
| 9 | 6.5 | 50.4 | | Lanier Primary School | 1 | 6.5 | | | | | | | |
| 10 | 6.6 | 57 | | Harveys | 2 | | 6.6 | | | | | | |
| 11 | 6.4 | 63.4 | | Little Salem Church | 3 | | | 6.4 | | | | | |
| 12 | 5.6 | 69 | | Dollar General | 4 | | | | 5.6 | | | | |
| 13 | 7.7 | 76.7 | Right | US 280 / GA 292 - BIG TURN | 5 | | | | | 7.7 | | | |
| 14 | 3.5 | 80.2 | | Manassas Barn (Grady Rogers Arcadian Nitrogen Sol | 6 | | | | | | 3.5 | | |
| 15 | 5.3 | 85.5 | | Bob Cats Diner - intersection - DO NOT turn | 7 | | | | | | | 5.3 | |
| 16 | 6.7 | 92.2 | | Hwy 86 & 292 | 8 | | | | | | | | 6.7 |
| 17 | 6.1 | 98.3 | | Dollar General (&City Hall) | 1 | 6.1 | | | | | | | |
| | | | Left | GA 292 / US 1 | | | | | | | | | |
| | | | Right | US 1 / US 280 | | | | | | | | | |
| 18 | 4.3 | 102.6 | | Nissan-Vidalia | 2 | | 4.3 | | | | | | |
| 19 | 4.7 | 107.3 | | Mc Cord's Gun & Bow | 3 | | | 4.7 | | | | | |
| 20 | 7.7 | 115 | | DollarGeneral (b) | 4 | | | | 7.7 | | | | |
| 21 | 5.6 | 120.6 | | Inter GA 19-Megans Diner (b)/vac drug store | 5 | | | | | 5.6 | | | |
| 22 | 6.8 | 127.4 | | Circle K | 6 | | | | | | 6.8 | | |
| 23 | 4.4 | 131.8 | | 2 intersestion choices 4.4 & 5.1 or 6 & 3.5 | 7 | | | | | | | 4.4 | |
| 24 | 5.1 | 136.9 | Right | US 280 / US 341 - statue of liberty | 8 | | | | | | | | 5.1 |
| 25 | 3.9 | 140.8 | | New Life Christian | 1 | 3.9 | | | | | | | |
| 26 | 7.1 | 147.9 | | Whahl to Wahl Grocery | 2 | | 7.1 | | | | | | |
| 27 | 4.5 | 152.4 | | Church * / Golf Cart World (b) | 3 | | | 4.5 | | | | | |
| 28 | 4 | 156.4 | | Intersection for Eastman Walmart | 4 | | | | 4 | | | | |
| 29 | 5.4 | 161.8 | | Johnson Recycling (b) --- 341 & Elkins Rd | 5 | | | | | 5.4 | | | |
| 30 | 5.2 | 167 | | Hardy Farm Peanuts (b) | 6 | | | | | | 5.2 | | |
| 31 | 7.8 | 174.8 | | Neighbors Gas Station | 7 | | | | | | | 7.8 | |
| | | | Left | US 341 / GA 26 | | | | | | | | | |
| 32 | 7.2 | 182 | | Bold Spring Nursery | 8 | | | | | | | | 7.2 |
| 33 | 6.8 | 188.8 | | Mudbog - NO SIGN | 1 | 6.8 | | | | | | | |
| 34 | 6.5 | 195.3 | | GA26 & US41 | 2 | | 6.5 | | | | | | |
| 35 | 6.1 | 201.4 | | Shade Arnold Baptist | 3 | | | 6.1 | | | | | |
| 36 | 5.9 | 207.3 | | Yoder Restaurant (not Country Market) | 4 | | | | 5.9 | | | | |
| 37 | 7.2 | 214.5 | | 26 & 49 | 5 | | | | | 7.2 | | | |
| 38 | 7.2 | 221.7 | | 26 & Sandpit crossroad | 6 | | | | | | 7.2 | | |
| 39 | 6.8 | 228.5 | | 26 & US19 | 7 | | | | | | | 6.8 | |
| 40 | 4.5 | 233 | | Quebec Baptist Church (b) | 8 | | | | | | | | 4.5 |
| 41 | 5.7 | 238.7 | | Doyle VFD | 1 | 5.7 | | | | | | | |
| 42 | 5 | 243.7 | | BV Town Square | 2 | | 5 | | | | | | |
| 43 | 7.6 | 251.3 | | St Paul CME Church | 3 | | | 7.6 | | | | | |
| 44 | 5.7 | 257 | | Ranger Burger (4 Winds) | 4 | | | | 5.7 | | | | |
| 45 | 3.6 | 260.6 | Right | GA 26 / US 280 | 5 | | | | | 3.6 | | | |
| 46 | 6.1 | 266.7 | | Old/Closed Access Control Point | 6 | | | | | | 6.1 | | |
| 47 | 4.3 | 271 | | Raceway/Commando's | 7 | | | | | | | 4.3 | |
| 48 | 3.6 | 274.6 | | Summit/Riverwalk | 8 | | | | | | | | 3.6 |
| | | | | US 280 / ? | | | | | | | | | |
| X | 2.6 | 277.2 | | finish | | 2.6 | 2.6 | 2.6 | 2.6 | 2.6 | 2.6 | 2.6 | 2.6 |
| | | | | | | 36.9 | 37 | 37.2 | 35.7 | 37.6 | 36.4 | 37.8 | 36.8 |
| | | | | count | | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 |
| | | | | min | | 3.9 | 4.3 | 4.5 | 4 | 3.6 | 3.5 | 4.3 | 4.5 |
| | | | | max | | 6.8 | 7.1 | 7.6 | 7.7 | 7.7 | 7.2 | 7.8 | 7.2 |
| | | | | | | -0.025 | 0.075 | 0.275 | -1.225 | 0.675 | -0.525 | 0.875 | -0.125 |

Individual Bikers

Race Cost: \$150

Packet Pick-up: Friday, May 25, 2018, 6:00 to 8:00pm at Tybrisa Street, Tybee Island, GA.

Pre-Race Meeting: Saturday, May 26, 2018 – 30 minutes before your start.

You must bring the following items to packet pickup:

3 reflective vests

6 blinking lights

“Forward-facing” light with a minimum of 30 lumens (i.e. headlamp)

Participants will pick up the following items at packet pickup:

Biker shirts

Crew shirts

Additional last-minute instructions

Start Time

Please submit your requested start time by May 17th.

We will consolidate start times and issue a starting schedule on May 21st.

Finish Cutoff Times

7:30pm, Sunday, May 30, 2021

Relay Bikers

Race Cost: 4 Person Team: \$600 / 8 Person Team: \$1,200

Packet Pick-up: Friday, May 25, 2018, 5:00 to 8:00pm at Tybee island Pier – Tybrisa Street, Tybee Island, GA.

Pre-Race Meeting: Saturday, May 26, 2018 – 30 minutes before your start.

Team Captains must bring the following items to packet pickup:

3 reflective vests

6 blinking lights

“Forward-facing” light with a minimum of 30 lumens (i.e. headlamp)

Team Captains will pick up the following items at packet pickup:

Wrist bands (the relay “baton”)

Bibs

Biker shirts

Crew shirts

Safety pins

Additional last-minute instructions

Start Time

Please submit your requested start time by May 18th to vikena@project42running.com.

We will consolidate start times and issue a starting schedule on May 22nd.

Finish Cutoff Times

7:30pm, Sunday, May 30, 2021

CREWS/PACERS:

Running Crew/Pacers

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

Please submit the names and phone numbers for anyone that will be crewing for you. Email this by May 22nd to rag@bigdogrunning.com. **They will be required to sign a waiver.**

Relay team runners can have pacers at any time (bikes, other runners, etc). Each runner must complete each assigned leg of the course under his or 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.

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

Biker Crew/Pacers

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

Cyclists must have a trail vehicle at all times.

Please submit the names and phone numbers for anyone that will be crewing for you. Email this by May 22nd to vikena@project42running.com. **They will be required to sign a waiver.**

Individual cyclists can ride together and have pacers at any time. The only mandatory rule is that the participant must complete the entire course under his/her 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.

Riders, crew, and staff must not litter, mar, or pollute the landscape or environment. Port-o-lets will be available at select transitions.

SAFETY:

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

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 your 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.

BIKER SAFETY REQUIREMENTS

All cyclists will ride with traffic and abide all traffic laws.

All teams must have a trail vehicle. This vehicle is expected to drive behind cyclists, with their hazard lights blinking, at all times.

While riding during the hours of 8pm and 7am, riders are required to wear a safety vest and have a functioning headlight and taillight on their bike. These lights must be a minimum of 30 lumens. All riders (that are not riding) and all crew members must 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. Riders and crew members are encouraged to wear reflective material during the day, as well.

If a driver pulls to the side of the road, all tires must be off the road AND must be far enough off the side of the road that the vehicle 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. Cyclists must yield to all vehicles. Remember that drivers will not expect to encounter cyclists or parked vehicles out on the course. Remember we are on public roads.

GENERAL NOTES:

The Course

We have spent much time driving to lay out the RAG route and establish the transition points. The route is scenic, quiet, and very rural. Drivers in the rural areas and most of the route will not be expecting runners or bikers. Participants must yield to all vehicles. Crew members are to monitor and guide their runners/bikers throughout the course. Each participant 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/biker **must** return to the course **on foot/on bike** to where the error occurred and then resume the race.

Tracking

Transitions will be marked with spray paint on the road, an orange cone, transition number, and an American Flag. Each team should check in at the designated spot by texting or calling race central.

Relay Race Wrist Bands

The official race wrist bands must be worn by the relay biker/runner who is actively biking/running that particular leg of the event. The wrist band will be the hand-off at each Relay Transition and is a condition to proper team check-in at the Finish Line. The wrist band will be issued to each team at packet pickup.

Accommodations

We will provide lists of motels, police/sheriffs' 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.

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/bikers on the road” sign in or on each vehicle. Participants/teams will also be encouraged to decorate their car for the event. There will be a Best Car Award. 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.

Runner/Biker Rotation

Teams are required to establish a runner/biker rotation and keep the same rotation throughout the entire race. Teams cannot substitute a new runner/biker once the race starts. Only runners/bikers on the registered team may participate in the race.

To be considered a competitive team, each team must adhere to the following:

1. Establish a runner/biker rotation.
2. Maintain the same rotation at all times.
3. A runner/biker is out of the race if they get injured, sick or tired and cannot complete or start a leg. The runner/biker cannot rest, hydrate, recover and/or medicate and return to the rotation further down the road. The team will automatically become a non-competitive team if the participant re-enters the race.
4. If a runner/biker drops out during their leg, there are 3 options:
 1. The next runner/biker in the rotation would continue the leg and also complete their next leg.
 2. The next runner/biker in the rotation would continue the current leg and would hand off to the next runner at the end of the leg. For example, if Participant #8 cannot complete leg 24, Participant #1 will complete leg 24. Participant #1 would hand off to Participant #2 at the end of leg 24, and Participant #2 will complete leg 25. Team members 1, 2, 3, 4, 5, 6 and 7 would continue in their rotation order until the finish line is reached.
 3. If runner/biker #8 cannot complete leg 24, Participant #1 will complete leg 24. The 7 remaining team members choose to allow Participant #8 to jump back into rotation at any point, forfeiting their competitive status and becoming a non-competitive team.

Finish Line Celebration

The finish line is on Broadway in Columbus, Georgia. RAG Celebration will be at the finish line on Sunday evening from 3:30pm-7:30pm. 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 7:30pm. Awards will be given for the following categories:

1st Place Overall

1st All Female Team

1st Military/Public Safety Team

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.

Miscellaneous

All participants must be a minimum of 14 years old at time of race. Participants that are under the age of 16 must be accompanied by an adult at all times.

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 bathrooms 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 @runacrossgeorgia on Instagram and/or Facebook. Be sure to hashtag #rag2021, #runacrossgerorgia, and #rideacrossgeorgia when posting about your experiences. Let us know if you have a public page so we can follow your progress.

The Run/Ride/Race Across Georgia is a “race” against the clock. Due to various start times, the first team to cross the finish line may not necessarily be the “winner”.

IMPORTANT DATES

May 17: All logos for corporate sponsorships must be submitted to rag@bigdogrunning.com in .eps or .ai format

May 26: Packet pickup and pre-run meeting for solo runners – 3:30am

May 26: Solo runners begin! 4am

May 28: Packet pickup for Bikers and Run Relay Teams – 5:00 to 8:00pm

May 28: Races start (times vary)

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

May 30: Finish Line Ceremony – 7:30-8:30pm

June 15: Fundraising period closes

Directions for RAG

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 one 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 22nd 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 Moebien 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.
-

“Stuff for the Road” 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 runners, pacers, and crew.
- 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 Gels 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 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-soup. 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 and any other medications that participants currently need to take.
- Gauze, band-aids, antibiotic ointment, alcohol wipes.
- Anti-chaffing products such as BodyGlide, BlisterShield, or SportShield.

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, 2nd 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, 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.
- Wicking undergarments.
- Reflective gear, strobe light, flashers, etc., for dusk till dawn (mandatory – see the race rules).
- 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

Wheeler County Hospital

111 3rd Street
Glenwood, GA 30428
(912) 523-5113

Phoebe – Sumter Medical Center

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

Midtown Medical Center

710 Center Street
Columbus, GA 31901
706-571-1000

RAG
FIRE DEPARTMENT LIST

| Name | Address | City | Phone |
|------------------------------|-------------------------|--------------|--------------|
| 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 st 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 |

RAG
SHERIFF'S 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

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

America's Best
1700 College Street
Eastman, GA
478-374-2644

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

America's 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



Fundraising Incentives

Teams

Run Across Georgia and The Run Across Georgia Fund benefits House of Heroes and MercyMed. 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 15th.

| Level | Incentive | 2-8 People | 9-12 People | 13-16 People |
|--------------|---|-------------------|--------------------|---------------------|
| Copper | Run Across Georgia Hat | \$2,500 | \$3,750 | \$5,000 |
| Bronze | Run Across Georgia Jacket | \$5,000 | \$7,500 | \$10,000 |
| Silver | Running Shoes | \$10,000 | \$15,000 | \$20,000 |
| Gold | \$250 Gift Card from Big Dog Running Co. or Ride on Bikes | \$15,000 | \$22,500 | \$30,000 |

| | | | | |
|----------|----------------------------------|----------|----------|----------|
| Platinum | Uptown Columbus Staycation | \$25,000 | \$35,000 | \$46,000 |
|----------|----------------------------------|----------|----------|----------|



Fundraising Incentives

Individuals

Run Across Georgia and The Run Across Georgia Fund benefits House of Heroes and MercyMed. 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 15th.

| Level | Incentive | Amount |
|--------------|---|---------------|
| Copper | Run Across Georgia Hat | \$1,000 |
| Bronze | Run Across Georgia Jacket | \$2,000 |
| Silver | Running Shoes | \$4,000 |
| Gold | \$250 Gift Card from Big Dog Running Co. or Ride on Bikes | \$8,500 |
| 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

MercyMed of Columbus, Georgia

MercyMed of Columbus is a Christian nonprofit healthcare center focused on providing medical services to the underserved of Columbus. They offer primary care health services to the uninsured at an affordable rate.

MercyMed wants to treat not only physical ailments, but care for mental and spiritual well being as well. Their specialty services continue to expand as we work with doctors in the local area to meet the needs of our patients. Currently we offer dental, gynecology, vision, cardiology, dermatology, x-rays, and ultrasounds. They also offer counseling as well as physical therapy.

**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.
