



### **RACE DESCRIPTION:**

Time Laps 24 Hour Relay Race puts your endurance to the test as you and your team race around the clock. This lap-based relay race challenges teams to earn as many points as possible within a 24-hour period (points awarded based on difficulty-weighted mileage). The race begins Friday at 7:00pm and concludes Saturday at 7:00pm. Enjoy food, craft beer, special awards, and raffle prizes.

In addition to the 24 hours of racing, each pre-registered participant will also receive a t-shirt, unique finisher's medal, three meals during the event, and camping with full shower facilities on-site.

\*Note: Registration does NOT include camp deposit of \$50/team upon arrival (cash only)

## **EVENT SCHEDULE:**

### **Friday, May 16th**

- 3:30 pm – Packet pick-up, team check-in, and campsite set-up begins.
- 6:00 pm – Dinner begins.
- 6:00 pm – Mandatory pre-race meeting with all team captains and solo runners
- 6:30 pm – Packet pick-up and team check-in ends.
- 7:00 pm – Time Laps 24 Hour Relay Race begins.
- 7:00 pm – Bonus Card 1 and Stairway to Seven 1 begins.
- 8:00 pm – Dinner ends
- 8:00pm- Raffle
- 8:24 pm – Projected sunset
- Starts between 9:30 pm-9:45pm – Distance Challenge

### **Saturday, May 17th**

- Starts between 12:00 am-12:15am – Time Laps Challenge
- 2:00 am – Bar closes
- 3:00 am – Cutoff time for Bonus Card 1 and Stairway to Seven 1
- 3:00 am – Bonus Card 2 Pickup and Stairway to Seven 2 begins.
- 6:16 am – Projected sunrise
- 7:00 am – Bar open
- 7:00 am – Breakfast begins.
- Starts between 8:00am-8:15pm – Time Laps Challenge
- 9:00 am – Breakfast ends
- Starts between 10:00am-10:15am – Distance Challenge
- 11:00 am – Cutoff time for Bonus Card 2 and Stairway to Seven 2
- 11:00 am – Bonus Card 3 Pickup and Stairway to Seven 3 begins.
- 12:00 pm – Lunch begins.
- 12:00pm – Raffle
- 1:00 pm – Cutoff time for Bonus Card 3 and Stairway to Seven 3
- Starts between 1:30pm-1:45pm – Time Laps Challenge
- 2:00 pm – Lunch ends
- 3:00pm – Raffle
- Starts between 4:00 pm-4:15pm – Distance Challenge
- 7:00 pm – Cutoff time for Bonus Card 3 and Stairway to Seven 3
- 7:00 pm – Time Laps 24 Hour Relay Race ends
- 7:00 pm – River Jam Begins
- 8:15 pm – Team campsites must be cleaned up and cleared out.
- 8:25 pm- Projected Sunset

## **TEAM FORMAT:**

- Teams may include 2-12 participants, though award breakdown will be based on teams of 6 and 12.

- Single gender or co-ed teams can run in any order they prefer, but only one runner from each team will be able to accumulate points at a time.
- Runners from the same team will be allowed to run together between Sunset and Sunrise (if preferred)
- Team members are not required to run the same number of laps, though each member must complete at least one. Plan and strategize accordingly.
- You are able to register members of the team through Wednesday, May 14th.

### **TEAM CAPTAIN:**

All communication between the team and the Whitewater Center Events Team must go through each Team Captain. It is the Team Captain's responsibility to share all information with each team member. The Events Team can be contacted at [racedirector@whitewater.org](mailto:racedirector@whitewater.org). This will also include race day communications after the pre-race meeting.

### **POINT FORMAT:**

- Team standings will be decided throughout the race based on the number of points accumulated.
- During the race, points are accumulated by running any of the various Time Laps 24Hr Relay Race routes.
- Each lap has been assigned a point value related to the distance and elevation change of that lap.
- It is each runner's responsibility to mark their bib at the checkpoint for their specific route to verify the completion of the route and to receive points for the team.
- Failure to mark bib accurately will result in no points being awarded for that runner's leg.
- Runners must check-in at the scoring after each lap.
- See [COURSE MAP](#) for routes, and point values. Plan accordingly as only laps completed prior to the 24-hour cut off time will count. Ex: No points are awarded for a runner who starts a route at 6:30 p.m. and finishes at 7:02 p.m. on Saturday.
- Checkpoints will be strategically located throughout the course. Courses can have multiple check points.

### **BONUS POINTS/RAFFLES:**

Bonus points/awards will be up for grabs throughout the event based on mental and physical challenges including but not limited to:

- Running races
- Physical challenges
- Memory based activities
- Three 8-hour windows to collect bonus points throughout the facility
- Three 8-hour windows to run all loops for additional bonus points as a part of "Stairway to Seven"

## **AWARDS:**

In addition to the random competitions and raffles throughout the 24 hours of racing, all participants will receive a unique finisher's medal if they registered before April 15th. We will also present awards to the top 3 solo runners, 2-6 person teams, and 7-12 person teams (regardless of gender-specific or co-ed teams).

## **RACE HEADQUARTERS:**

Race Headquarters will be at our Ridge Pavilion which has restrooms, water fountains, as well as the lap transition zone for all teams. The Ridge Pavilion will also be the site for all three included meals.

## **FOOD & BEVERAGE:**

- Each registered runner will receive three meals throughout the race (dinner on Friday night, breakfast on Saturday morning and lunch on Saturday afternoon).
- We understand that certain participants may have specific dietary needs relative to this event, so the Whitewater Center is modifying the "no outside food or beverage" policy for registered Time Laps 24Hr Relay Race teams only.
- However, per North Carolina ABC regulations, no outside alcohol is permitted on premises and any team violating regulations will be **disqualified**.
- Whitewater Center will be checking team coolers at check-in and campsites throughout the event.
- Other food and drink options will be available throughout the facility for purchase.
- Since this is a lap-based race, there will NOT be aid stations on the course.

### [Time Laps Menu](#)

**Dinner – Friday 6:00pm – 8:00pm**

**Breakfast – Saturday 7:00am – 9:00am**

**Lunch – Saturday 12:00pm – 2:00pm**

## **CAMPING:**

- Camp set up may begin at 3:30pm on Friday after you have checked in and picked-up your race packets.
- The Whitewater Center is modifying the "no camping" policy for registered Time Laps 24Hr Relay Race teams only.
- This modified camping policy is only valid for Friday night, May 16, 2024.
- There will be designated team camping areas throughout the Whitewater Center Facility.

- Based on limited space, teams must be able to fit all gear inside an assigned area. Solo, and 2- 6 person teams will have roughly a 10'x10' space, 7-12 person teams will have a 10'x20' space.
- No campfires are allowed. The Events team will have a fire in the fireplace of Ridge Pavilion
- To be respectful of all teams, generators will not be permitted at campsites. Various power sources are available throughout the facility if needed.
- Dogs will be allowed at campsites. Please know that Whitewater Center policy states that dogs must be always kept on a 6-ft leash while on facility grounds. Event Staff reserves the right to deduct points or disqualify teams that are not able to control dogs if they negatively affect the event.
- Teams must be cleared out by 8pm on Saturday night.
- A mandatory campsite deposit of \$50 (cash only) will be collected from each team at check-in. The deposit will be returned once the campsite condition (no litter, campfires, damage, etc.) has been approved by Whitewater Center staff.
- Please note, some camping areas will be louder than others. We will do our best at check-in to accommodate team campsite location requests on a first-come, first-serve basis. Come with a plan but be prepared to be flexible.

### **COURSE MARKINGS:**

It is each runner's primary responsibility to become familiar with their route before departure. This is especially important during the night hours. Each individual route will have different color markings. Please see the course map for details.

### **HEADLAMPS/FIRST AID:**

- For everyone's safety, all Time Laps 24Hr Relay Race participants are required to use an operating headlamp or illuminated light source between sunset and sunrise.
- Failure to comply could result in team disqualification.
- We also recommend that each team bring a first aid kit with basic first aid materials. If an emergency is encountered where additional medical support is needed, participants are encouraged to call 911 then notify Event Staff.

### **WHAT TO BRING:**

We recommend bringing the following:

- Change of clothes including extra pairs of socks
- Back-up running shoes/camp shoes
- Rain jacket and warm layers (for campsite and nighttime running)
- Headlamp (and spare batteries)
- Basic first aid kit (per team)
- Sleeping bag and sleeping pad
- Small Tent/hammock
- Water bottle, hydration pack, or hydration carrying option of your choice.

- Towel (Full locker room and shower facilities on site)
- Sunscreen
- \$50 in cash for team campsite deposit (see “Camping” section above for details)
- Cash/Credit card for additional food/beer throughout the event and River Jam concert on Saturday night.

### **GENERAL RACE RULES:**

Whitewater Center Events Team and Race Officials reserve the right to remove any runner/team from the course that is deemed necessary for their safety and the safety of all others. All participants must adhere to the following rules:

- It is each runner’s responsibility to be knowledgeable and familiar with the rules.
- Bibs must be visible on the outside and in front of runner’s clothing during their run. A chipped bib will be distributed to each team and will act as a baton. All runners on the course must be carrying the chipped bib to have their point count.
- Anyone caught cheating will be automatically disqualified along with the rest of their team.
- No littering on the trails or at your campsite. Trash receptacles are available throughout the facility. If you or any of your team members abandon anything (e.g., drink cups, gel packets, clothes, etc.) on the racecourse or your campsite, your team can be disqualified.
- No smoking is allowed on Whitewater Center property.
- Only attempt to pass another runner when it is safe for both you and the other runner to do so.
- No motorized vehicles or bikes allowed throughout the event to accumulate points. Anyone or team caught doing so will be automatically disqualified.

### **ADDITIONAL INFORMATION:**

- Interested in volunteering for any of our Whitewater Race Series Events? Please contact the Race Director at [racedirector@whitewater.org](mailto:racedirector@whitewater.org)
- Whitewater Race Series Refund and Transfer Policy:
  - Race Registration is non-refundable, and non-transferable.
- All participants must sign the Whitewater Center waiver before participating.
- Trails will be open to other runners, hikers, and bikers.
  - Headphones are strongly discouraged for the safety of all participants.
  - Remain attentive and courteous at all times.
  - No pets allowed on the course.
- Participants must be present to accept awards. Awards will not be mailed.
- Restrooms are located throughout the facility.
- Locker rooms/showers are located at the Dickson Center near the main entrance.
- Event will proceed rain or shine unless conditions are deemed unsafe by the Race Director

- Race day parking is offered at a discounted rate of \$6 to racers who arrive prior to 7:00pm Friday May 16th and identify themselves as a race participant.
- The Whitewater Center does not conduct trail rescues in the event of an emergency. Participants are encouraged to call 911 THEN notify event staff if an emergency is encountered.