

# CHALLENGE CUP RELAY

## FOLLOW VEHICLE CREW INFO ~ M08-2

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### RACE INFORMATION:

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There are 10 Start Times –The RACE STARTS ‘ON TIME!’

Start	Race Start Time	Check-in time	FV Release Time	Close Start Line	Open Start Line
1	09:00	08:00	08:45	08:55	9:05
2	10:00	09:00	09:45	09:55	10:05
3	11:00	10:00	10:45	10:55	11:05
4	12:30	11:30	12:15	12:25	12:35
5	13:15	12:15	13:00	13:10	13:20
6	14:00	13:00	13:45	13:55	14:05
7	14:30	13:30	14:15	14:25	14:35
8	15:00	14:00	14:45	14:55	15:05
9	16:00	15:00	15:45	15:55	16:05
10	17:00	16:00	16:45	16:55	17:05

### FRS RADIOS REQUIRED

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1. Pay attention and use the FRS-Radio to communicate with Race Officials (Motor Officers) and other Follow Vehicles. This will assist in passing.
  - ❖ Failure to respond to a Race Official on the FRS-RADIO will cause your team a DQ Penalty!

### FOLLOW VEHICLE CHECKIN AREA

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1. Follow Vehicle shall report to the Check-In Area located 2-miles South of the START LINE at least 1 hour prior to their scheduled start time.
2. ***If a Team Follow Vehicle fails to check in, their runner will be PROHIBITED from starting.***
  - Pt The Runner will be held at Start Line until their Follow Vehicle checks in. The delay time is the team penalty***
3. Follow vehicles will be released & convoyed to the Follow Vehicle Staging area located 2-miles NORTH of the Start line.
4. Upon arrival at the Staging Area, The Follow Vehicles will be directed to angle park by backing in on the right shoulder of Highway 127 to await the arrival of their runner.
5. Someone must remain in the vehicle and monitor their FRS radio at all times.
  - a. ***Pt(DQ) For not having an operational FRS Radio + spare batteries.***
  - b.. ***Pt(5) For each occurrence of Not Responding to Radio Call***
6. The start of the race will be announced over the FRS radio so that those who are timing their runners may start their watches.

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### MERGING WITH RUNNERS

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2. As the runners approach (about 200-yards out), the FRS-Official Announcer will broadcast the Team Numbers of runners nearing the Staging Area.
  - ❖ *It's important the follow vehicle driver closely monitor their FRS-RADIO, for the arrival of their runner.*
  - ❖ *It is mandatory that the driver uses an EAR PIECE to monitor their radio.*
3. As the runner passes the concerned Follow Vehicle it shall 'move out' getting behind the runner, *staying to the extreme right of the roadway.*
4. The Follow Vehicle shall straddle the fog line whenever possible.
  5. ( **See Rule 5 – 10 for penalty**)
6. The Follow Vehicle Drivers should maintain a safe distance (approx. 30/40 feet) to the rear of the runner.

### RUNNERS ARRIVING IN A GROUP

1. When several runners arrive in a group, the first Follow Vehicle that matches one of the runners shall pull out and follow the group.
  - ❖ The other Follow Vehicles shall fall in behind the LEAD vehicle until the runners separate enough for a trailing vehicle to pass and get behind their runner.  
(**Separation should be about 30 to 50 feet.**)
  - ❖ The LEAD vehicle shall make the determination when there is enough separation. **NOT** the trailing vehicle.
  - ❖ When there is sufficient separation, the LEAD vehicle shall call the Team # of the separated runner and announce that they may now pass when it is safe to do so.

### FOLLOWING THE RUNNERS

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1. The Follow Vehicle may move up and render aid and comfort to the runner when the need is necessary or requested by the runner.
  - ❖ Render the aid and drop immediately back into position behind the runner.
2. The Follow Vehicle Crew must keep their runner to the far right side of the highway at all times running ON or CLOSE to the fog line.
3. The Follow Vehicle Crew must remain INSIDE of their vehicle. They will be cited if they are hanging outside.
4. Refer to

### FOLLOW VEHICLE CREW SHALL READ THE FOLLOW VEHICLE INFORMATION BOOK

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1. By all means, read carefully
  - ❖ "Take Care of Your Runners"
  - ❖ "Medical Emergencies Are Preventable"
  - ❖ "Watch Your Runners"

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### **FOLLOW VEHICLE PERSONNEL SHALL READ RUNNERS RULES ~ CHAPTER 4:**

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| 1. Rule #2, Alt. Runner Substitution          | -- 10-min. Penalty |
| 2. Rule #3, Downed Runner Replacement         | -- 10-min. Penalty |
| 3. Rule #4 Running multiple legs              | -- UO Penalty      |
| 4. Rule #5& #6 Bib – Medical Info and Display | -- 5-min. Penalty  |
| 5. Rule #11 Unauthorized Runner Assistance    | -- DQ Penalty      |
| 6. Rule #12 Runners Path                      | -- 5 min Penalty   |
| 7. Rule #13 Runner Support Vehicle            | -- U/O Penalty     |
| 8. Rule #14 Runner Delay                      |                    |
| 9. Rule #15 Advice to Runner. “Drink Water”   |                    |
| 10. Rule #16 Reflective Clothing              | -- 5 min Penalty.  |

### **VEHICLE SOUND SYSTEMS**

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1. All Sound Systems shall be turned OFF 200 yards prior to each Exchange Point.
2. You may resume broadcasting 200 yards after the Exchange Point.
3. ALL SOUND SYSTEMS SHALL BE TURNED OFF PRIOR TO STAGE # 10 and shall remain off until past stage # 11.
4. All Sound Systems shall be turned off prior to Stage 18 and shall remain off for the remainder of the race.
5. Runners shall NOT wear any earphones or use any sound system from Stage 18 to the finish line.  
❖ **They must be able to hear the traffic officers.**
6. Violation of these rules is a 5 min penalty for each infraction.