



OCEANS
26.2 RELAY RACE
& 6k RUN
FLAGLER COUNTY

RACE GUIDE 2024

Welcome to the 4th running of the Oceans 26.2 Relay Race & 6k! We hope you are all ready for a day of scenic running, cheering teammates and the celebration at the finish. Be sure to read over this entire race guide prior to race day. Safety is our priority!

RACE RULES

Course Maps & Signage

- Runners should be familiar with the course ahead of time. Go over the course map before each of your legs.
- The course will be very well marked. If a sign is moved, has fallen, etc, please notify race staff asap. This is why it's a good idea to know the route ahead of time!
- There could be other runners and walkers on the course that are not involved in the race. Don't follow them, follow the course.

Race Bibs and Runner Exchange

- Team race numbers must be worn and visible on the front of each runner at all times while running. Volunteers and staff need to be able to see numbers at all time.
- The team's slap bracelet should at all times be in possession of the current runner. Runners must exchange the slap bracelet at exchange points. Only runners wearing a slap bracelet will be allowed to exit the exchange chute to begin a new leg.
- Exchange of the slap bracelet is to take place only in the exchange chute area.

Runner Safety

IF THERE IS AN EMERGENCY ON THE COURSE CALL 911. Then call the race director, Carrie 352-514-1283.

Failure to abide by the safety guidelines can and will result in disqualification.

- All teams must attend the race briefing before the race starts.
- This is an open road course! This means the roads are not closed for the event; this goes for intersections as well. Runners can only cross roads in pedestrian crossings and when traffic is clear. It's easy to get caught up in the excitement of the race, do not risk running in front of cars to save a few seconds. *There are only two road crossings. On loop 1 crossing Mala Compra Rd and loops 2 & 3 crossing Mala Compra Rd at A1A.
- There are many potential hazards in a race of this type including, but not limited to: automobile traffic, road and trail conditions, and weather. We ask that all teams please take appropriate precautions to insure a fun and safe event.
- Runners are to run on the trail and on sidewalks at all times. We are not allowed to run on Mala Compra Rd! Stay on the sidewalk.
- The use of music devices (mp3 players, CD Players etc.) with headphones while running is discouraged. If you still choose to use them, you do so at your own risk. Please make sure that you can still hear traffic and that you are aware of the situation around you. You must still be able to hear instructions from race crew or volunteers.
- This is a self-crewed race, there will not be water stations on the course. There will be water coolers at the S/F/T (start/finish/transition) for refilling and drinking between loops.
- There may be extremes in temperature and weather conditions while on the course. Be prepared for all weather conditions.

- Teams must ensure their runner's safety by monitoring the condition of their runners before, during, and after each leg. Runners should make sure that they hydrate before each of their legs, while running, and after each of their legs. Sports drinks fortified with electrolytes are suggested.
- Rollerblades, unauthorized bicycles, dogs or other animals, baby joggers/strollers, scooters or skateboards are not allowed on the course.
- There is to be no alcohol consumed by the runner or any of the support crew during the race.
- If weather conditions warrant stopping the event (i.e. extreme high temperature, lightning) the captain of each team will be contacted by the race director and the race will stopped until conditions improve. Teams will wait at their current location until given the go ahead to start again.
- There are no medical aid stations on the course. Plan to bring a first aid kit for minor injuries, blisters, ibuprofen etc. For medical emergencies call 911.

Runner Order & Exchanges

- Runners can run in any order decided by the team. The loops must be run in order.
- Exchanges will always take place in the transition area.
- Pacers are allowed but must obey all race rules.
- If any team cannot finish the race for any reason they must inform the RD.

Violation of any race rules could result in a time penalty or disqualification from the race. All infractions shall be reported to the race director by volunteers, staff or teams.

Start Times

- Teams will be assigned a start time based on their average team pace. Slower teams start earlier, faster teams start later in most cases.
- Captains need to have their online roster full and paces updated by June 21st.
- Start times will be assigned by end of day June 25th. Any teams without a completed roster will not receive a start time until it is completed.
- Sandbaging is not permitted (entering a team pace much slower than the team expects to run).

Team Captains:

- Important Dates
 - June 21st : Team average pace updated (under team captain's profile)
 - June 21st: Online rosters must be completed
 - June 25th: Start times posted on the website
- Get to the venue in enough time for gear drop, parking, team area set up, packet pick up and a short pre-race briefing.
- Teams will each have a 10x10 space in the S/F/T area. See map on website.
- Refer to parking map for parking instructions. Please carpool when possible!

Suggested Packing List

- Maps and race guide
- First aid kits
- Cooler with ice
- Baggies to make ice packs
- Trash bags to collect trash
- Water
- Electrolytes
- Food
- Hand sanitizer
- Camera: get some great shots of your team! You'll regret it if you don't.
- Headlamp and vests if you're starting before sunrise
- Bathing suit to jump in ocean at the finish line?!