



2010 EPIC CACHE-TETON RELAY
RELAYOLOGY MANUAL

Last Revised 7/15/10

Table of Contents

Welcome

Thanks

Contact Info

FAQ's

Emergency Plan

Schedule of Events

Start Times

Safety

Rules

Competitions

Relay Checklist

Driving Directions

Course

- Intro
- Places of Interest
 - Showers
 - Sleeping
 - Toilets
 - Food
 - Grocery
 - Gas
 - Lodging
 - Bank
 - Medical
- Course Breakdown
- Runner Breakdown
- Leg Details
- Course Signs
- Leg Maps

Welcome

On behalf of everyone at 7 Summits Sports and Epic Relays thank you for participating in the 2010 Epic Cache-Teton Relay! We hope your experience will be truly epic and that we'll see you back again. If you love your experience in the 2010 Epic Cache-Teton Relay please tell your friends, but if not please tell us so we can fix it. We are committed to providing a superior relay experience and would like to hear your feedback if we can enhance the experience. Surveys will be available at the finish and we will have a survey team on the course during the entire relay as well as an online survey to absorb your thoughts.

We organized this event to provide an experience that like the area of the relay is truly epic. It's as simple as that.

We have only 3 requests of you as participants. The first and second are to be safe and have a blast. The third is to please respect the running course, the rules of this relay and use common sense. Please obey traffic laws, don't block any roads or private drives and keep noise levels down at night around homes.

We hope your experience with us is truly epic!

Best,
Your Epic Relays Team

Thanks

This event could not be possible without the following and we'd like to say thank you.

All the participants and volunteers

Our sponsors and promotional partners

The Sports Authority, Clif Bar, Yelp, Vitamin Water, Smith Optics, Every Man Jack, Eugene Marathon, Ski Magazine, Cache County Chamber, Jackson Hole Mountain Resort, Jackson Hole Resort Lodging and Teton Village Association

The cities of

Logan, UT, Smithfield, UT, Richmond, UT, Franklin, ID, Preston, ID, Grace, ID, Soda Springs, ID, Freedom, ID, Etna, WY, Alpine, WY, Wilson, WY and Jackson, WY

Utah Department of Transportation, Utah Highway Patrol

Idaho Transportation Department, Idaho State Police

Wyoming Department of Transportation, Wyoming Highway Patrol

Other

LDS Church, Grace High School, Blackfoot River Park, Caribou and Teton National Forest, Freedom Community Park and all local law enforcement

Epic Contact Info

Epic office phone #:
303-999-1159

Epic staff cell phone #'s for during the relay:
Michael Papworth – 970-301-6130
Nick Cottle – 503-400-1513
Rob Eales – 303-547-4411

To communicate with the Epic staff via text message during the relay:
562-594-2879

FAQ's

Q: What are the duties of the team captain?

A: Team captains are like the coach of a team sport (soccer, baseball etc.). They supervise the team to make sure it has everything it needs to be ready for the relay. This does not mean that the individual runners and volunteers don't have responsibilities. Everyone on the team should pitch in and a good team captain is good at delegating.

Q: What are the duties of the runners on the team that aren't the team captain?

A: Runners are like the players of a team sport (soccer, baseball etc.). They are assigned a specific running assignment (or position) by the team captain and they pitch in before the relay to help the team captain whenever needed.

Q: How are start times determined and when will they be announced?

A: Start times are determined by each team's average min/mile pace. Slower teams will start earlier so that everyone finishes within a couple hours of each other. The start times will be determined and announced on Monday July 26, 2010.

Q: What kind of vehicles do our team vehicles need to be?

A: Team vehicles need to seat at least 6 seat belted passengers but no more than 15 (typically vans, minivans, SUV's or 4 door trucks). RV's, motor homes or trailers will not be allowed.

Q: What's the best way to assign our team to their runner assignments (who runs what leg)?

A: It's best to assign runners to their runner assignment based on their ability level and the difficulty of the legs. Information to help make that decision including a course map, leg details, leg maps and a runner breakdown is available on the Course page of the website, <http://www.epicrelays.com/ctr-course>.

Q: Will there be places to sleep during the relay?

A: Yes, there will be sleeping zones at Vehicle Exchange 3 (Exchange 18) at Blackfoot River Park and Vehicle Exchange 4 (Exchange 24) at Freedom Community Park. Please see the Course page of our website for more info, <http://www.epicrelays.com/ctr-course>.

Q: About how much time will we have between running?

A: It depends on how fast your team is. The faster your team is the less time you'll have between legs. On average runners have between 7-10 hours between legs.

Q: Do you help find runners to be on teams?

A: Yes, our team matching forum helps connect runners with teams. You can access it directly by going to <http://epicrelays.websitetoolbox.com/> or on the Team Resources page of our website, <http://www.epicrelays.com/ctr-teamresources>.

Q: When will volunteer assignments be available to choose from?

A: Volunteer assignments will be available on Monday July 26, 2010.

Q: How do we schedule our volunteers?

A: Click Team Login on our website and login. Click Manage and then click Schedule Volunteers to view all the volunteer assignments. Check the box to select your team's volunteer assignment.

Q: Can volunteer options be changed?

Yes, volunteer options must be changed by July 23, 2010. If a team chooses volunteer option 1 and then decides to opt for option 2 the fee of \$195 must be received by us in the mail along with a written notice stating the change by July 23, 2010 (make checks out to 7 Summits Sports). If a team chooses volunteer option 2 and then decides to opt for option 1 a letter or email stating this must be received by us by July 23, 2010 in order for the team to receive a \$195 refund.

Q: When does our online team roster need to be complete?

A: Team rosters with all runner and volunteer information must be completed by Friday July 23, 2010 at midnight. Changes to the team roster after July 23, 2010 will result in a \$15 penalty per change.

Q: Does our entire team need to be at the start?

A: No, only the runners in Vehicle 1 *must* be at the start to check in your team. The entire team is more than welcome to be at the start however.

Q: What order do ultra teams need to run in?

A: Ultra teams have two running order options. Option 1, runner one runs legs 1, 7, 13, 19, 25 and 31 etc. or option 2, runner one runs legs 1, 2, 13, 14, 25 and 26 etc.

Q: Besides ourselves what do we need to bring to the relay?

A: A checklist can be found on the Team Resources page of our website, <http://www.epicrelays.com/ctr-teamresources>.

Q: Are the shirts for runner's and volunteer's gender specific or unisex?

A: The shirts are unisex.

Q: Do you have a suggested training schedule in order to complete the relay successfully?

A: Yes, the training schedules can be found on the Training page of our website, <http://www.epicrelays.com/running-relay-training.html>.

Q: Are reflective running vests required for every leg?

A: No, vests are not required for every leg although we highly recommend wearing either a vest or bright colors for every leg. Each of the night legs do require a running vest.

Emergency Plan

While we do not expect there to be any emergencies during the relay we want you to know what to do in case. We will be obtaining a cell phone # from one participant in every vehicle in the relay (two per team). In the event of any emergency we will communicate and give direction via text message to each vehicle. Emergencies include lightning, tornado, flood, earthquake or fire.

In the event that your team experiences injury or vehicle failure please call a member of the Epic staff and send a text to 562-594-2879 stating your team name and situation.

Schedule of Events

Thursday August 12, 2010

6:00 AM: Epic staff begins setting up the 195 mile course (cones, signs and spray chalk)

Friday August 13, 2010

2:00 AM: Epic staff and volunteers begin setting up the Epic Start in Logan, UT

6:00 AM: Epic Cache-Teton Relay kicks off with the first wave of teams starting (the beginning of 24 hours of Epic Relay action)

Saturday August 14, 2010

5:00 AM: Epic staff and volunteers begin setting up the Epic Finish at Teton Village

12:00 PM-5:00 PM: Teams finish the 2010 Epic Cache-Teton Relay

5:00 PM: Epic Awards Ceremony and Winner Medal Presentation

Tuesday August 17, 2010

9:00 AM: 2010 Epic Cache-Teton Relay results posted on the website

Monday August 23, 2010

9:00 AM: Registration opens for the 2011 Epic Cache-Teton Relay

Start Times

TBA Monday July 26, 2010

Safety

Safety is our first concern and our top priority on the relay course. Following the safety guidelines is not a suggestion, it is a requirement. Any individual or team that chooses not to follow our safety-first policy will be immediately removed from the event. The safety of the runners is too important for any error on this topic.

What we do to keep the runners and volunteers safe:

- Enforce all safety rules below
- State Police patrolling the major and minor arterial roads on the relay course
- Cones on all minor arterial roads on the relay course
- Signs on urban collector/rural major collector and minor arterial roads marked, "RUNNING RACE IN PROGRESS ON ROAD"
- Signs designating one mile to go before every exchange
- Signs designating every exchange
- Signs designating every turn
- Accurate mapping of the course for runners and drivers
- LED lights on all of the signs at night
- Coleman LED lanterns at night exchanges

- Traffic wands for volunteers at night exchanges
- Reflective vests for volunteers

Team safety responsibilities:

Each team must present the following items at the Relay Start Check-In to participate:

- 2 first aid kits (one for each team vehicle)
- At least 2 headlamps
- At least 2 red blinking LED lights
- At least 2 reflective vests
- Glass chalk to write "CAUTION RUNNER ON ROAD" on each team vehicle
- Extra batteries

Safety rules:

It is important to remember that none of the roads will be closed to vehicular traffic during this relay.

With that in mind, the following safety rules apply to all participants:

1. All state and federal traffic laws apply to all runners, drivers and pacers.
2. All runners will be required to participate in a 10 minute safety course prior to running. This will take place at the Relay Start for runners in Vehicle 1 and at Exchange 6 for runners in Vehicle 2.
3. All runners will be required to run on the shoulder or sidewalk and face oncoming traffic unless otherwise specified (run on same side of the road as the cones).
4. No participant will be allowed to cross a road with more than 2 lanes unless at a designated crosswalk.
5. Teams will only be allowed to aid their runner on the course during legs designated as "Support Legs".
6. Between the hours of 8 pm and 6 am all runners will be required to run with a headlamp, a blinking LED light and a reflective vest. During these hours runners will not be allowed to begin their legs without these items.
7. Between the hours of 8 pm and 6 am every participant outside the team vehicle must be wearing a reflective vest except for at a designated exchange.
8. Active team vehicles will be required to turn their hazard lights on when pulled over on the course.
9. Sleeping may only take place in team vehicles or at designated sleeping areas (Exchanges 18 and 24).
10. Vehicles will not be allowed to pace runners under any circumstances during the relay.
11. Runners may have running pacers during the hours of 8 pm and 6 am but the pacers must be members of a registered relay team OR must sign the Relay Participant Waiver as a pacer. The waiver must be handed in at the Relay Start Check In by the team captain with the runner, driver and volunteer waivers.
12. No alcohol will be allowed on the course during the relay.

Rules

All of the following rules apply to any team that wishes to participate in an Epic Relays event.

1. **Present the following at Relay Start Check In:**
 - 2 first aid kits (1 for each vehicle)
 - Glass chalk to write "CAUTION RUNNER ON ROAD" on team vehicles
 - At least 2 reflective vests
 - At least 2 headlamps
 - At least 2 red blinking LED lights

- Extra batteries
 - [2010 Epic Cache -Teton Relay Participant Waiver PDF](#) signed by all runners, drivers, pacers and volunteers
 - [2010 Epic Cache-Teton Relay Runner Order Form PDF](#)
 - 2 Relayology Manuals (1 for each vehicle)
2. Between the hours of 8pm and 6am runners must wear a reflective vest, headlamp and red blinking LED light
 3. Pacers may only run with runners between the hours of 8pm and 6am and must follow ALL relay rules (especially night rules)
 4. Teams must keep to the Runner Order Form unless someone gets injured. In the event of an injury or illness a member from that team may step in and run the injured teammates legs. Pacers, drivers or volunteers may not step in to run the injured teammates legs.
 5. Teams must fill out the [2010 Epic Cache-Teton Relay Team Time Record PDF](#) and submit it at the Relay Finish Line to be eligible to win
 6. Teams must choose one of the two volunteer options
 7. Teams must run/walk the entire relay course
 8. Teams must AVERAGE at least a 10:30/mile pace
 9. Team vehicles must seat at least 6 seat belted passengers but no more than 15 and be less than 20' long
 10. RV's or motor homes are not permitted on the course
 11. Team vehicles may not pace runners
 12. Runners, drivers and pacers must obey all traffic laws
 13. Runners must always wear their team race number while running
 14. Bicycles are not permitted on the course
 15. Pets are not permitted to participate with runners on the course
 16. Participants must be at least 14 years old on the day of the relay
 17. Participants under the age of 18 must have a parent/guardian sign the Relay Participant Waiver
 18. Any changes to your team after July 23, 2010 will result in a \$15 processing fee per change and a [2010 Epic Cache-Teton Relay Runner/Volunteer Substitution Form PDF](#) must be completed for EACH runner/volunteer substitution and handed in at the Relay Start Check In.
 19. Volunteer options cannot be changed after July 23, 2010. If a team chooses volunteer option 1 and then decides to opt for option 2 the donation of \$195 must be received by us in the mail along with a written notice signed by the team captain stating the change by July 23, 2010 (make checks out to 7 Summits Sports). If a team chooses volunteer option 2 and then decides to opt for option 1 a letter or email stating this must be received by us by July 23, 2010 in order for the team to receive a \$195 refund.

Competitions

1. Overall Team Winner

Team that finishes with the fastest time.

2. Division Winners

Teams that finish with the fastest time in their division.

3. Individual Leg Winners

Fastest females from legs 1-18 and fastest males from legs 19-36 will get to name the leg for 2011's relay.

4. Team Vehicle Decoration

Best team vehicle decorations for both team vehicles, one in the case of Ultra teams (decided by the Epic staff, volunteers and spectators).

5. Team Spirit

The team that shows the most spirit on the course and is the most encouraging to other teams (decided by the Epic staff, volunteers and spectators).

6. Team Safety

The team that goes obviously above and beyond to be the safest team on the course (decided by the Epic staff, volunteers and spectators).

7. Best Dressed

The individual that wears the most Epic (and hilarious) running get up (decided by the Epic staff, volunteers and spectators).

*Competitive teams are eligible win all competitions. Non Competitive teams are eligible to win competitions 4-7. Disqualified individuals or teams are ineligible to win any competitions.

Relay Checklist

- Register your team
- Register your runners
- Register your volunteers (if applicable)
- Have at LEAST one team meeting
- Choose a team Co-Captain (to help with organization)
- 2 vehicles (1 in the case of the Ultra Teams)
- Liquids
- Food
- 2 First Aid Kits
- Glass chalk to write "CAUTION RUNNER ON ROAD" on vehicles
- At least 2 reflective vests
- At least 2 headlamps
- At least 2 red blinking LED lights
- Extra batteries
- Change of clothes
- Towel
- Sleeping bag
- Pillow
- Sleeping pad
- Sunscreen
- Relay Participant Waiver - signed by all runners, drivers, pacers and volunteers
- Runner Order Form
- Relayology Manuals

Driving Directions

Active Vehicles

Active Vehicles follow the same route as the runners during the entire relay EXCEPT for from Exchange 33 to Exchange 34 and from Exchange 34 to Exchange 35.

Directions from Exchange 33 to Exchange 34

3.1 mi – about 8 mins

- | | |
|--|--------|
| 1. Head west on N Fall Creek Rd toward Wapiti Rd | 2.4 mi |
| 2. Turn right at WY-22 E | 0.5 mi |
| 3. Turn left at Hhr Ranch Rd | 0.1 mi |

4. Take the 1st right 56 ft

Directions from Exchange 34 to Exchange 35

3.5 mi – about 11 mins

- 1. Head west 272 ft
- 2. Take the 1st left onto Hhr Ranch Rd 0.1 mi
- 3. Take the 1st left onto WY-22 E 1.1 mi
- 4. Take the 2nd left onto Moose Wilson Rd 2.3 mi
- 5. Turn left at N Lake Creek Dr 121 ft

Inactive Vehicles

From Start to Vehicle Exchange 1 (Exchange 6)

34.4 mi – about 52 mins

- 1. Head west on E 1350 N 190 ft
- 2. Turn right toward N 1720 E 69 ft
- 3. Turn right at N 1720 E 249 ft
- 4. Take the 1st left onto E 1400 N 0.2 mi
- 5. Turn right at N 1600 E 0.1 mi
- 6. Take the 2nd left onto E 1500 N 0.5 mi
- 7. Continue onto E 1400 N 1.6 mi
- 8. Turn right at US-91 N/N Main St Continue to follow US-91 N 26.1 mi
- 9. Turn right at ID-36 E/ID-36 Scenic E/N State St Continue to follow ID-36 E/ID-36 5.3 mi
- 10. Turn left at E 3700 N 0.3 mi
- 11. Continue onto N 1600 E Destination will be on the left 0.2 mi

From Vehicle Exchange 1 (Exchange 6) to Vehicle Exchange 2 (Exchange 12)

32.7 mi – about 36 mins

- 1. Head north on N 1600 E 0.2 mi
- 2. Continue onto E 3700 N 0.3 mi
- 3. Turn left at ID-36 E/ID-36 Scenic E 0.1 mi
- 4. Continue onto ID-34 E Destination will be on the left 32.0 mi

From Vehicle Exchange 2 (Exchange 12) to Vehicle Exchange 3 (Exchange 18)

24.9 mi – about 29 mins

- 1. Head north on ID-34 E/S Continue to follow ID-34 E 5.3 mi
- 2. Turn right at ID-34 E/US-30 E/US-30 Scenic E 7.1 mi
- 3. Turn left at S 3rd St E 0.3 mi
- 4. Take the 1st right onto ID-34 E/E Hooper Ave Continue to follow ID-34 E 11.8 mi
- 5. Turn right at Blackfoot River Rd Destination will be on the left 0.4 mi

From Vehicle Exchange 3 (Exchange 18) to Vehicle Exchange 4 (Exchange 24)

45.1 mi – about 48 mins

- 1. Head southwest on Blackfoot River Rd toward ID-34 E 0.4 mi
- 2. Turn right at ID-34 E 43.3 mi
- 3. Turn right at County Line Rd/State Line Rd 1.0 mi
- 4. Turn right at Weber Ln Destination will be on the left 0.3 mi

From Vehicle Exchange 4 (Exchange 24) to Vehicle Exchange 5 (Exchange 30)

34.6 mi – about 39 mins

- 1. Head east on Weber Ln toward County Line Rd/State Line Rd 0.3 mi
- 2. Turn left at County Line Rd/State Line Rd 384 ft

- | | |
|---|---------|
| 3. Take the 1st right onto WY-239 E | 1.6 mi |
| 4. Turn left at US-89 N | 13.9 mi |
| 5. Turn right at US-26 E/US-89 N Destination will be on the right | 18.7 mi |

From Vehicle Exchange 5 (Exchange 30) to Finish

26.9 mi – about 44 mins

- | | |
|---|---------|
| 1. Head northeast on US-26 E/US-89 N | 16.0 mi |
| 2. Turn left at WY-22 W | 4.0 mi |
| 3. Turn right at WY-390 N/Moose Wilson Rd | 6.3 mi |
| 4. Turn left toward Village Dr | 0.3 mi |
| 5. Turn left toward Village Dr | 0.2 mi |
| 6. Turn right at Village Dr | 331 ft |

Course

Intro

Please remember that none of the roads will be closed to vehicular traffic during this relay. We have tried to choose roads with a shoulder and or sidewalk to for you to run on. There are stoplights and stop signs on the course so please obey traffic laws and put safety first. For most of the relay you'll be running towards oncoming traffic but there are portions where it's actually safer to run with traffic. We will place cones and RED spray chalk at every turn and intersection to indicate what side of the road to run on. PLEASE RUN ON THE SAME SIDE OF THE ROAD AS THE CONES AND CHALK.

Places of Interest

Showers

TBA

Sleeping

Sleeping areas will be zoned off at Vehicle Exchange 3 (Exchange 18) — Blackfoot River Park and Vehicle Exchange 4 (Exchange 24) — Freedom Community Park. Please note these areas will be outside so we recommend bringing outdoor sleeping gear.

Toilets

Every exchange will have toilets provided by Honey Bucket

Food

TBA

Grocery

- Smith's Food & Drug, 750 N Main St, Logan, UT
- Stokes Thriftway Food Store, 217 S State St, Preston, ID
- Sam's Market, 15 N Main St, Grace, ID
- Broulims Supermarket, 89 W 2nd S, Soda Springs, ID
- Alpine Market, 100 Greys River Rd, Alpine, WY
- Mangy Moose Market, 3285 W McCollister, Teton Village, WY
- Albertson's, 105 Buffalo Way, Jackson, WY

Gas

- Chevron, 780 S Main St, Smithfield, UT
- Chevron, 193 N State St, Preston, ID
- Chevron, 295 E 2nd S, Soda Springs, ID
- Alpine Market, 100 Greys River Rd, Alpine, WY
- Chevron, 401 N Cache Dr, Jackson, WY

Lodging

Please see Travel and Lodging page on the website

Bank/ATM

- Wells Fargo, 10 N Main St, Smithfield, UT
- US Bank, 1 S State St Preston, ID
- US Bank, 189 S Main St, Soda Springs, ID
- Bank of Alpine, 140 Hwy 89, Alpine, WY
- Bank of Jackson Hole, 3285 W Village Dr, Teton Village, WY

Medical

- Logan Regional Hospital, 1400 N 500 E, Logan, UT
- Star Valley Medical Center, Afton, WY
- Bear Lake Memorial Hospital, 164 S 5th St, Montpelier, ID
- St. John's Hospital, 625 E Broadway, Jackson, WY

Course Breakdown**Start**

Park

1746 E 1350 N

Logan, UT 84341

Vehicle Exchanges

- 1) Riverdale, ID — [Church Park](#)
- 2) Grace, ID — [Grace High School](#)
- 3) Soda Springs, ID — [Blackfoot River Park](#)
- 4) Freedom, ID — [Freedom Community Park](#)
- 5) Teton National Forest, WY — [Parking Lot](#)

Finish

Teton Village (Jackson Hole Mountain Resort)

3395 W Village Dr

Teton Village, WY 83025

Runner Breakdown

Runner	Leg 1	Leg 2	Leg 3	Total	Ranking
1	4.73	4.83	5.45	15.01	7
2	3.3	5.34	3.15	11.79	12 (Easiest)
3	5.99	2.87	5.28	14.14	10
4	6.9	2.71	7.74	17.35	6
5	6.93	2.86	7.47	17.26	4

6	7.35	6.7	5.64	19.69	5
7	5.97	8.47	5.65	20.09	1 (Hardest)
8	4.84	8.49	6.09	19.42	2
9	8.22	7.51	3.71	19.44	3
10	3.87	5.48	3.05	12.4	9
11	5.16	6.82	3.31	15.29	8
12	4.7	3.07	5.19	12.96	11

Leg Details

Leg	Leg Name	2009 Winner	Miles	KM's	Ft Up	Ft Down	Difficulty	Road Surface
1	Tetons or Bust!	Chris Cozadd	4.73	7.61	157	-459	Mod	Paved
2	Are We There Yet?	Jon Nelson	3.3	5.31	138	-39	Mild	Paved
3	The Long and Winding Road to Jackson	Brad Rhoden	5.99	9.64	92	-92	Hard	Paved
4	Good Place to Hitchhike?	Jerry Firebaugh	6.9	11.10	52	-125	Hard	Paved
5	No Rest for the Wicked	Jesse Brown	6.93	11.15	226	-16	VH	Paved
6	Pepe Le Pew A-scent	Jay Bodner	7.35	11.83	266	-423	VH	Paved
7	The Bill Hiatt Special	Bill Hiatt	5.97	9.61	548	-69	VH	Paved
8	On a Mission	Davis Edwards	4.84	7.79	568	-39	VH	Paved
9	What Goes Up, Doesn't Always Come Down!	Marty Garren	8.22	13.23	49	-673	VH	Paved
10	Amber Waves of Grain	John Patch	3.87	6.23	272	-128	Mod	Paved
11	Counting Sheep	Nic Roach	5.16	8.30	348	-16	Hard	Paved
12	Nearly Kilt by a Scottie	Todd Allen	4.7	7.56	148	-26	Mod	Paved
13	Amazing Grace	John Bodner	4.83	7.77	184	-7	Mod	Paved
14	Blinded by the Lights	Ian Levenson	5.34	8.59	72	-43	Mod	Paved
15	Beer is My Antacid	Rich Miles	2.87	4.62	98	-23	Mild	Paved
16	The Drop Zone	Doug Stacken	2.71	4.36	190	-13	Mild	Paved
17	Mad Dash	Travis North	2.86	4.60	148	-3	Mild	Paved
18	Early Morning Wake-Up Call	Scott Baird	6.7	10.78	95	-89	Hard	Paved
19	This Seemed Like a Good Idea in October	Lisa Dunn	8.47	13.63	423	-213	VH	Portionspaved
20	She's Crowning!	Elizabeth Logan	8.49	13.66	676	-574	VH	Unpaved
21	It Doesn't Feel Like I'm Moving	Julie Yim	7.51	12.09	430	-180	VH	Portionspaved
22	It's Dark Out Here - Who Keeps Moving the Exchange Zone Back?	Marla Rhoden	5.48	8.82	7	-410	Mod	Paved
23	Running While Drowsy	Brandee Ege	6.82	10.98	20	-397	Hard	Paved
24	Running to Freedom	Margot Angstrom	3.07	4.94	33	-33	Mild	Paved
25	Like No Place on Earth	Heather Richardson	5.45	8.77	115	-79	Mod	Paved
26	Ode to Cones	Sandy Fetzer	3.15	5.07	56	-30	Mild	Paved
27	Peppered Hams	Jessica Strahan	5.28	8.50	16	-236	Mod	Paved
28	Cruise Control	Mikell Bodner	7.74	12.46	282	-184	VH	Paved
29	The Downhill Slide	Donna Bodner	7.47	12.02	364	-266	VH	Paved
30	Sole Sista's	Laura Holt	5.64	9.08	200	-157	Hard	Paved
31	Thrasher Hill	Becky Lewis	5.65	9.09	709	-190	VH	Unpaved
32	Got Bear Spray?	Polly Kurtz	6.09	9.80	164	-558	Hard	Paved
33	Dash for Digits	Dana Buchwald	3.71	5.97	246	-223	Mod	Paved
34	No Less (and thank goodness) NO MORE!	Vivian Tucker	3.05	4.91	102	-62	Mild	Paved
35	Hallelujah It's Over!	Rachael Haney	3.31	5.33	56	-3	Mild	Paved
36	Why Aren't the Mountains Getting Any Closer?	Jen Meis	5.19	8.35	148	-3	Mod	Paved

Exchange Details

Exchange	GPS	Location	Roadside of Exchange	Roadside of Parking
1	N41 48.024 W111 49.463	Cedar Hills Middle School	West (Left)	West (Left)
2	N41 50.216 W111 50.130	Summit Elementary School	East (Right)	East (Right)
3	N41 55.136 W111 48.863	Parking Lot	West (Left)	West (Left)
4	N42 01.033 W111 48.255	Main St & Hwy 91 (Franklin, ID)	West (Left)	West (Left)
5	N42 05.529 W111 52.352	Preston High School	North (Left)	South (Right)
6	N42 09.694 W111 50.261	LDS Church	East (Left)	East (Left)
7	N42 14.484 W111 50.732	Pull out	West (Left)	West (Left)
8	N42 17.969 W111 47.718	Pull out	West (Left)	West (Left)
9	N42 22.688 W111 42.827	Range Wars Historical Marker	West (Left)	West (Left)
10	N42 25.860 W111 43.251	Pull out	West (Left)	West (Left)
11	N42 30.240 W111 43.832	Pull out (Niter)	West (Left)	East (Right)
12	N42 34.311 W111 43.824	Grace High School	West (Left)	West (Left)
13	N42 38.649 W111 43.818	Pull out	West (Left)	West (Left)
14	N42 39.659 W111 38.257	Oregon Trail Country Club	South (Right)	South (Right)
15	N42 39.653 W111 35.514	Soda Springs High School	North (Left)	North (Left)
16	N42 41.463 W111 34.736	Pull out	West (Left)	East (Right)
17	N42 43.785 W111 33.871	Pull out	West (Left)	East (Right)
18	N42 49.240 W111 33.135	Blackfoot River Park	North (Left)	North (Left)
19	N42 52.487 W111 26.811	Roadside	West (Left)	East (Right)
20	N42 57.423 W111 23.456	Roadside	North (Left)	South (Right)
21	N42 58.236 W111 17.284	Pull out	North (Left)	South (Right)
22	N42 58.467 W111 11.294	Pull out	North (Left)	South (Right)
23	N42 59.813 W111 04.568	Pull out	North (Left)	North (Left)
24	N42 58.860 W111 03.023	Freedom Park	South (Left)	South (Left)
25	N43 01.855 W111 00.725	Metcalf School	East (Right)	East (Right)
26	N43 04.583 W111 00.705	Pull out	East (Right)	East (Right)
27	N43 08.954 W111 02.100	Pull out	East (Right)	East (Right)
28	N43 11.699 W110 55.612	Pull out	South (Right)	South (Right)
29	N43 12.793 W110 47.576	Pull out	South (Right)	South (Right)
30	N43 17.506 W110 47.479	Boat Ramp Parking Lot	South (Right)	South (Right)
31	N43 21.138 W110 49.806	Cultasac	West (Left)	East (Right)
32	N43 25.417 W110 50.985	Pull out	West (Left)	West (Left)
33	N43 28.001 W110 52.503	Pull out	West (Left)	West (Left)
34	N43 29.986 W110 51.965	Wilson School	Parking lot	Parking lot
35	N43 31.891 W110 50.477	Shopping Center	West (Left)	West (Left)

COURSE SIGNS



EXCHANGE



ONE MILE TO GO UNTIL EXCHANGE



GO STRAIGHT



TURN LEFT



TURN RIGHT



YIELD



STOP



STOP THEN TURN LEFT



STOP THEN TURN RIGHT

Leg Maps

Leg maps are available online on the Course page but will be included in the print version of the Relayology Manual that every team will receive at the start of the relay.