



# Okie Relays 2018 Athlete's Guide



Okie Relays 2018  
Athlete's Guide

Thank you for joining us for the fourth year of Okie Relays 2.0 - Get ready for 41.2 miles of awesomeness!

The Race Crew, Sponsors and City of Elkhart welcome you!!

We look forward to seeing each of you at the event.

Event Sponsors:

Thanks so much to our active and loyal sponsors for their support:

City of Elkhart  
Clif Nutrition  
Hiland Dairy  
Liquidfish Creative  
Oklahoma City Convention & Visitors Bureau  
Red Bull  
Skratch Labs  
Texhoma Wheat Growers  
University Silkscreen  
US Fleet Tracking

Event Schedule:

Thursday

2:00 pm Race Crew arrives, will remain on site through Sunday

Friday

5:30 pm Packet Pick Up - Elkhart High School

6:00 pm Pasta Meal – Elkhart High School

6:30 pm Athlete’s Meeting – Elkhart High School

Saturday

5:00 am Packet Pick Up – Finish Line –Elkhart High School, Elkhart

5:30 am Bus departs for Texhoma\* – From the Finish Line

6:30 am Drop bag drop off \*\*– Start Line Texhoma Wheat Growers

6:45 am Athlete’s Meeting – Start Line

7:00 am Race Start

1:00 pm Cookout begins – Finish Line

\*The bus is for athletes participating in the individual event. Teams should drive to the start. Team vehicles need an Okie Relays crew sticker. Please pick one up at packet pickup. Teams will be responsible for pick up and drop off of team members at the relay exchange points (aid stations).

\*\*Drop bags are for individual athletes only. **Small** ice chests will be allowed. Team athletes should have all their supplies in their team vehicle. Mark all your drop bags prior to arriving at the Start Line. (PLEASE MARK EACH DROP BAG WITH DUCT TAPE AND SHARPIE MARKER WITH YOUR LAST NAME, BIB NUMBER & AID STATION LOCATION: i.e., WOOD, #53, AS#2)

**Packet Pick Up:**

Location/Times:

5:30 – 7 pm - Friday night (Elkhart HS, Old Gym & concessions area)

5 am - Saturday morning at the Finish Line – Elkhart High School, Elkhart

**Athlete Meetings:**

6:30 pm - Friday night (Elkhart High School, Old Gym & concessions area)

6:45 am - Saturday morning - Start Line - Texhoma Wheat Growers

### **The Course Leg Distances:**

Team athlete exchange may only take place at the 3 designated Relay Exchange/Manned Aid Stations.

First Leg: 11.2 miles (Most challenging leg) on Hwy 95  
Aid Station 1, Relay Exchange and Mandatory Check Point.

Second Leg: 12.8 miles Four Corners - western intersection of hwy 412 & hwy 95  
Aid Station 2, Relay Exchange and Mandatory Check Point.

Third Leg: 7.8 miles Yarbrough School  
Aid Station 3, Relay Exchange and Mandatory Check Point.

Fourth Leg: 9.6 miles To the Finish Line

Check our maps link for maps of the full course, the city of Elkhart, and the city of Texhoma.

<http://friendsofmultisport.com/event/okie-relays/maps>

### **Start Line:**

Texhoma Wheat Growers Parking Lot (Just north of main office) for wheat silos at 5<sup>th</sup> Street & Texas Street (Hwy 54)

### **Course:**

From the starting line in Texhoma to 5<sup>th</sup> Street to Main Street to Stratton Street (Hwy 95) to Hwy 95/ Hwy 412 to Hwy 95 straight onto Muncy/Baca to Colorado Street to the High School Parking Lot/Football Field/Track.

### **Safety**

Safety is of the utmost importance on race day!!

Athletes will be running on the left side of the road, against the traffic. When the shoulder of the road is present, running on the shoulder is mandatory.

### **Athlete Team Vehicles**

Each athlete team vehicle will be provided a crew sticker that we strongly urge to be affixed to the vehicle.

This sticker is to help provide additional visual awareness to other vehicles on the road that a race is in progress.

# **SLOW!**

**WATCH FOR RUNNERS  
ON ROADWAY!**



Use extreme caution when driving the course to support, drop off and pick up your teammates. You must pull all the way off the Hwy when stopping. Do not jeopardize the safety of any of the athletes or other vehicles on the roadway. The roads will not be closed to traffic during the race. All traffic laws must be obeyed.

## **Event Vehicles**

All event vehicles will be identified by static (EVENT STAFF) stickers.

## **Significant Crossings/Intersections**

Significant crossings/intersections along the course will be marked.

Event signs will be posted on the course the Thursday before the event.

Arrows for course guidance will be positioned at locations as required or necessary.

## **Law Enforcement**

The Law Enforcement agencies in the panhandle are engaged in course management. The following arrangements have been made:

The Texas County (OK) Sheriff's Department or Texhoma PD will maintain and patrol the section of the course from Texhoma to the easternmost intersection of 95N and 412W

The OK Highway Patrol will be stationed in the section of the course along 412W between the northbound sections of 95N

The Morton County (KS) Sheriff's Department/Elkhart Police Departments will maintain and patrol the section of the course from the westernmost intersection of 95N and 412W to the town of Elkhart

## **Weather**

Other than vehicles our other significant safety concern will be the weather!

Spring in the Midwest can mean storms of significant strength.

Please be weather aware at all times and be conscious of conditions that might necessitate getting off the course.

If strong storms and/or tornadoes occur that directly impact the safety of the athletes, we will choose to delay, pause or cancel the event.

If these instances occur where you are located on the course and you have not been notified of the events position or disposition, please be prepared to take the actions necessary to keep yourself safe!

Please visit the National Weather Service's page for directions and guidance:

<http://www.srh.noaa.gov/oun/?n=safety-severe-roadsafety>

### **Aid Stations**

Manned Aid Stations are located at the following distances from the Start Line: (AS#1-11.2 miles, AS#2-24 miles, AS#3-31.8 miles)

Team athlete exchange may only take place at the 3 designated Aid Stations.

Each Aid Station will contain:

A volunteer with a clipboard – all individual and team athletes must check in at each aid station.

Table with Misc Foods, Water, Skratch Labs Hydration Drink – if you have special nutritional needs, have those items in your team vehicle or drop bag for individuals.

One Port-a-Potty

A first aid kit

A Tarp placed on the ground with athlete drop-bags located on it (PLEASE MARK EACH DROP BAG WITH DUCT TAPE AND SHARPIE MARKER WITH YOUR LAST NAME, BIB NUMBER & AID STATION LOCATION: i.e., WOOD, #53, AS#2)

### **Medical**

#### **NSAID's/Medications:**

Due to current research and liability issues, no NSAID's or any other medications will be provided by or administered by the event. The athlete must be self-supporting in this regard. Be sure to educate yourself / consult your personal health care provider on the safety of consuming any medication, prescription or over the counter, during an endurance event.

**Injury:** There will be first aid kits at all the aid stations and the finish line. For more extensive medical needs athletes are directed to the Morton County Hospital in Elkhart. 445 Hilltop St, Elkhart, KS 67950 (620) 697-2141.

## **Lodging**

Hotels – <http://friendsofmultisport.com/event/okie-relays/hotels>

Camping at the High School on the grassy areas is available both Friday & Saturday nights – Watch out for the sprinkler heads when staking your tent!!

Showers / restrooms are available in the Old Gym. (Available for all athletes camping or not)

You may also bring a cot / sleeping bag and sleep on the gym floor.

## **Post Event Activities**

Knowing distance runners as we do, this next note will be of some significance:

There are only three areas in Elkhart that alcohol consumption is not banned.

None of our activities are located in these three areas. So please, no alcoholic beverages on Elkhart High School property.

The Finish Line Shindig starts at 12:30 pm and includes a cookout with the usual fare – stay, eat and cheer in your fellow athletes!

## **Finish Line Parking**

Elkhart High School Parking Lot

## **Other**

If you are traveling from the east, please be reminded that there is little in the way of opportunities for fueling between Woodward and Guymon! Please consider fueling before leaving Woodward!

See you race weekend!!!

Dave & the Crew!!!