



The Growler Guide: Washington, DC

Saturday, September 07, 2019

8am (Wave Start)

2pm Finisher Ceremony

If you're reading this, it means you've already signed up or are interested in signing up for The Growler Team Relay – we're stoked to have you! This guide contains important details, policies and regulations for the event. All team members should familiarize themselves with this guide.

*Please note: information in this document is subject to change.

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GETTING STARTED

A few things you need to know to get Growler Relay ready.

SETTING YOUR TEAM

- Rally up a few of your closest (and most adventurous) friends to form a team. **Minimum two and maximum 5 members on a team.**
- Runners must be at least of 18 years of age on race day to participate.
- Come up with a cool team name that gets you pumped!
- Register and pay for yourself online at www.growlerrelay.com/dc-sign-up.
 - Registration and payment will be taken individually. The first person from each team to register will be prompted to enter the team name. All other teammates will select the team name from a dropdown menu.
- How many teammates should you have? That depends – how much do you want to run?
 - Each leg varies in distance and, in some cases, difficulty. Some teammates may want to run one leg whereas others might want to run two or more. You pick your team size based on your interest.
- Know your abilities. When you register, you will be asked for your personal average running pace. We will combine that with all other paces on your team to calculate your team's estimated finish time. It is important to have an accurate estimate of your personal pace so we can appropriately seed waves at the starting line.

TEAM IS SET...NOW WHAT?

- Get together and review all event details at www.growlerrelay.com/washington-dc.
- Decide who will run which leg(s). Leg maps can be found at www.growlerrelay.com/dc-leg-maps.
 - It is your responsibility to become familiar with your respective leg(s) of the course before the event.
- Coordinate one vehicle. Since this is a one-way relay, only one vehicle is required. The vehicle will be responsible for transporting all team members from Smartmouth Norfolk to Smartmouth VB Pilot House.

NAVIGATING THE ROUTE

It's all part of the adventure.

ARE THERE DIRECTIONAL SIGNS ON THE COURSE?

- No. Part of the Growler Relay adventure is knowing and navigating your own route. We rely fully on mobile navigation by utilizing an app called RunGo. **Course legs are not marked with physical arrows or signage.** Why?
 - Course markings get moved or stolen. Not cool for anyone.
 - Course markings clutter up communities. Routes vary from 40-70 miles and that's a lot of signage.
 - Course marking isn't a sustainable practice – for the environment or for us keeping these events reasonably priced across the country.

THEN HOW DO WE NAVIGATE?

- We got to thinking about how we could sustain the quality of experience and utilize common sense tools for course navigation, so we developed three requirements of a mobile tool:
 - Live tracking routes on the map in real time (e.g., the blue dot following the prescribed route's blue line).
 - Turn-by-turn audio navigation.
 - Accessible and user-friendly web/mobile platforms.
- **RunGo** does it all. We've tested the tool in multiple settings and the mobile app leads you by voice and visual navigation perfectly from point A to point B.
- Check out rungoapp.com for more information about the app, or www.growlerrelay.com/dc-navigation for other details about navigating the course.

HOW TO USE RUNGO

- Download the RunGo app from the App Store (iOS) or Google Play (Android).
- Once the app is downloaded, you can open the leg maps in the app by visiting www.growlerrelay.com/dc-leg-maps.
- Click on a leg map, and choose the "OPEN" option at the top of the following screen.
- After allowing a few seconds to load, the leg map should open. You can then begin navigation.
- You are highly encouraged to practice using the app to become familiar with it before the day of the event.
 - The app is GPS based, so on race day you'll be able to simply open the app and hit "Find Routes" to locate the Growler leg closest to you.

REMEMBER: you are required to either utilize the RunGo app to navigate your route OR provide your own turn sheet on the day of the event.

WHAT TO DO ON GROWLER DAY

You've gathered your team. You've trained. The day has come.

WHERE AND WHEN TO CHECK IN

- Check in and packet pickup will be available at Old Ox Brewery the night before the event (Friday, September 06, 2019). Individuals are highly encouraged to pick up packets during this time. One person CAN pick up multiple teammates' packets.
- If you cannot pick up your Growler packet on Friday night, you must check in at Old Ox at least 20 minutes before your assigned start time on the morning of.
- Your team will be given a specific starting time based on the average of all individual paces. Those times will be sent out via email the week before the event.
- All participants must be present at Smartmouth Norfolk at least 20 minutes prior to your wave start time to receive important event-specific announcements.

IT'S GO TIME

- Teams will start in waves according to the estimated pace provided at registration. Your exact start time will be sent out via email the week before the event.
- All teams will be presented with an item (think of it as a Growler-specific "baton") that each runner will make visible during their respective leg(s). This "baton" will be exchanged from runner to runner at each transition point.
 - It won't actually be a baton, but something easier to run with. We don't want to give it away...it's a surprise!
- Once your team sees off your first runner ("Runner A") to tackle leg one of your 5-leg journey, the remaining teammates will drive to the first transition point where you will wait for Runner A. Upon Runner A's arrival, your second runner ("Runner B") will take the baton from Runner A and begin leg two. The remaining teammates will drive to the next transition point, where they will wait for Runner B to arrive. This sequence will be repeated until your team arrives to the finish line at DC Brau.
- Not sure what to do while your teammate is running? We've got you covered. After you safely navigate your vehicle to the transition point to await your teammate, we'll provide opportunities for social interaction with other teams, chances to win extra beer tickets and thought-provoking brainteasers.
- We've done our best to ensure each transition point is safe and has adequate space for all necessary vehicles, but please use caution and keep the safety of your team, as well as all event participants, as your number one priority. If there is an issue or concern with safety at a transition point, please contact event staff at **757-478-0495** or **614-560-4055**. Each transition point will have port-o-potties or restrooms, as well as water and other refueling options.
- Once each team completes the final leg, there will be a post-race party at 2pm at DC Brau.
Note: this time is approximate, and may be adjusted based on the projected finish times of teams still remaining on the course.

OUR BIGGEST PRIORITY: SAFETY

Having fun and BEING SAFE is what it's all about.

We want this to be an amazing experience for all our Growler participants, but safety is our number one priority. Remember – roads are NOT closed in Growler Relays, so all participants must be **constantly aware** of runner safety throughout the entirety of the course.

Whether you're an experienced runner or this is your first endurance race, please abide by the following running guidelines (reference: <http://www.rrca.org/education-advocacy/rrca-general-running-safety-tips/>).

- **Run against traffic so you can observe approaching automobiles.** By facing on-coming traffic, you may be able to react quicker than if it is behind you.
- **Look both ways before crossing.** Be sure the driver of a car acknowledges your right-of-way before crossing in front of a vehicle. Obey traffic signals.
- **Listen to headphones at a reasonable volume.** Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may be missing.
- **Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe.** Include any medical information.
- **Always stay alert and aware of what's going on around you.** The more aware you are, the less vulnerable you are.
- **Carry a cell phone.** This will give you access to the route and allow you to communicate with your team if necessary.
- **Trust your intuition about a person or an area.** React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not "right," it isn't.
- **Tell friends and family your route.** Give them the link and/or print out a copy for them.
- **Wear your Growler shirt or other bright clothing.** More chance of cars seeing you = better.
- **Carry a noisemaker.**
- **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anything out of the ordinary. It is important to report incidents immediately.

In addition to the guidelines above, we ask that you please review and follow these Growler Relay policies.

- **No alcohol allowed on the course.** Although we are running from brewery to brewery, consumption of alcohol at any point on the course is strictly prohibited. Additionally, any individual who still has remaining legs left to run, even if they are not actively on the course (e.g., at the halfway point), may not consume alcohol.
- **Designated driver requirements.** In addition to alcohol being prohibited from the course, individuals on teams of 5-8 are required to have one designated driver from vehicle one. This is to ensure the safety of all team members from vehicle one for the trip from the halfway point back to the finish line.
- **Course map.** It is the responsibility of each individual runner to familiarize themselves with their leg(s) of the course.
- **Bring your cell phone.** Remember, there are NO SIGNS on the course. All legs can be navigated via mobile device by using the RunGo app. See www.growlerrelay.com/dc-navigation for more information.
- **Weather.** Because the Growler is an outdoor, all-day event, weather is an ever-present factor. The Growler will be held rain or shine, heat or freeze. However, event organizers reserve the right to cancel or postpone the event due to extreme weather conditions, if they deem a dangerous environment for participants.
 - Runners should be cognizant of appropriate hydration and necessary cooling breaks. Water will be available at all transition points, but runners are responsible and encouraged to provide their own means of hydration in addition to water stations.
- **Emergency and safety contact.** **If you are need of immediate assistance, call 911.** If other non-emergency issues arise, please contact event organizers at **757-478-0495 or 614-560-4055.**
- **Enforcement.** If any of the above guidelines or policies are violated, event organizers reserve the right to remove individuals or entire teams from the course at any time.

FREQUENTLY ASKED QUESTIONS

For the most up to date information, visit the event website at www.growlerrelay.com/washington-dc

Are the roads closed to vehicular traffic?

No. All roads will be open to traffic. Runners are required to run in the opposite direction of traffic and abide by running/pedestrian laws. Growler Relay shirts will be neon and runners are required to wear them or other brightly colored shirts while on the course.

How do we navigate the course? Will there be signs?

There are NO DIRECTIONAL SIGNS on the course. Part of the Growler Relay adventure is knowing and navigating your own route. We'll be using RunGo for all navigational purposes. RunGo will track routes on the map in real time (e.g., the blue dot following the prescribed route's blue line) and provide turn-by-turn audio directions. See www.growlerrelay.com/dc-navigation for more information. This is the encouraged method of course navigation. You may also print off your own directions via the leg map website (www.growlerrelay.com/dc-leg-maps).

Is there a time limit?

The finisher ceremony starts at approximately 2pm at DC Brau, and our goal is to have all teams finished by that time. However, if teams have not reached the final transition point by 1pm, the finisher ceremony may start without them.

Are the growlers full at the finish line?

No. But you do get a ticket for a beer and there will be opportunities to earn extra beer tickets throughout the day. Think of the growler as your finisher medal...but better.

How many people are on each team?

Teams can consist of a minimum of two members and a maximum of 5, so it really all depends on how much you want to run. Each leg varies in distance, so some teammates may want to run only one leg where others may want to run two or more.

Is there an age restriction?

All participants must be 18 years of age or older. Participants under 21 do not receive a finisher growler or beer ticket.

Does my whole team have to sign up and pay at once?

No. We'll ask for you to select your team from a dropdown when you register. If you're the first person from your team to register, you'll be asked to enter the team name and approximate number of members you expect to join your team.

Is this a timed race?

No. The goal is to complete the relay with your team and have a great time. Set a goal as a team and go all out to meet it. Everyone receives a commemorative growler as the official finisher medal. In other words, it's not really a "race" against the other teams.

What happens at transition points?

The most literal way to describe it is one teammate *stops* running and another teammate *starts* running. We'll provide each team with a proverbial relay baton, which the arriving teammate hands off to the next runner at the transition points. There will also be chances to interact with other teams and opportunities to win extra beer tickets at transition points. It's a magical time.

What do we do while our teammates run?

Your job is to proceed as safely as possible to the next transition point in your car.

Are we allowed to drive next to our actively running teammates?

No. Growler Relay cars are not permitted to follow or pace their runners. Cars must proceed as safely as possible to the next transition point.

Are there aid stations/bathrooms on the course?

Yes. Every transition point will have a port-o-potty or restroom, first-aid, water and refueling options, like bananas.

Can my team drink alcohol on the course?

No. Drinking alcohol while on The Growler Team Relay course is strictly prohibited. Teams found in violation will be removed from the event. Save it for the post-race party at DC Brau.

WAIVER, RELEASE, AND TERMS & CONDITIONS

Super fun legal stuff.

By registering to participate in the Growler, you are agreeing to the following Growler Race Release and Waiver. This is also where you'll find information about policies regarding refunds and transferring race entries.

Growler Race Release and Waiver

As a condition of my participation in the 2019 Growler Relay (the "Event") as a runner, volunteer or otherwise, I hereby covenant not to sue, and agree to release from liability, VA Momentum (parent company of the Growler Relay), together with its founders, owners, interns, directors, managers, agents and employees, including but not limited to (a) VA Momentum LLC and their respective investors, officers, directors, managers, members, agents and employees; (b) Growler Relay race officials and volunteers; and (c) any and all other sponsors, suppliers, agents, independent contractors and other personnel in any way assisting or associated with this Event (collectively "Releasees"). This Race Release and Waiver (this "Release") is a contract with legal and binding consequences and it applies to all activities relating to the Event, whether located on the race course, exchanges or other race-related venues. I have read this Release carefully before signing, and I understand what it means and what I am agreeing to by signing.

In consideration of the acceptance of my application for entry or participation as a volunteer in this Event by one or more Releasees, I hereby freely agree to and make the following additional contractual representations and agreements:

1. I know that this Event is held on open roads and is a potentially hazardous activity. I voluntarily assume full and complete responsibility for all risks associated with participating in the Event and for any injury or accident that may occur during my participation in this Event, including by way of example and not limitation: (a) illness; (b) traveling to and from the event; (c) falls; (d) collisions with pedestrians, vehicles, other participants, and fixed or moving objects; (e) the effects of weather, including temperature extremes and humidity; (f) traffic accidents; (g) the negligence of myself and/or others, including Releasees; (h) animal attacks; and (i) road conditions, including darkness and surface conditions such as pot holes.

I am aware of and appreciate all of these risks. I understand that both vehicle traffic and spectators will be present along the race course and that police protection will not be provided. I know that the presence of vehicle traffic during the race increases the risk of motor vehicle accidents involving participants, spectators, and/or other vehicles, and that such accidents can result in death or serious injury.

2. As a condition of my participation, I agree to abide by all traffic and pedestrian laws and regulations and to follow any and all of Releasees' safety instructions, including all rules and conditions set forth in the Growler Guide, which is available on the Growler Relay website, www.growlerrelay.com. I understand that my failure to do so may result in serious injury or death and may be grounds for my disqualification from this Event.

3. I acknowledge that I should not enter and participate in this Event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this road race and I further agree that race officials may authorize necessary emergency treatment for me.

4. Having read this Release and knowing and assuming these risks, and in consideration of the acceptance of my participation, I hereby for myself, my heirs, my executors, administrators or anyone else who might claim on their own behalf or my behalf (collectively my "Successors"), covenant not to sue, and FOREVER WAIVE, RELEASE, DISCHARGE, and HOLD HARMLESS Releasees from any and all claims or liability of any kind or nature whatsoever arising out of or related to my participation in this Event, even though such liability may arise out of negligence or carelessness on the part of Releasees.

5. In exchange for my being permitted to participate in the Event, and understanding there will be no additional compensation to me, I hereby authorize VA Momentum LLC, to use my image or likeness for race promotional purposes. I understand the race registration fees are nonrefundable. I have read the Growler Guide and agree to abide by the rules and conditions contained therein.

6. I acknowledge and agree, for myself and my Successors, that the above representations are contractually binding, and are not mere recitals, and that should I or my Successors assert a claim contrary to what I have agreed to in this Release, the claiming party shall be liable for the expenses (including legal fees) incurred by the Releasees in defending such claim. This Release may not be modified orally, and a waiver or modification of any provision shall not be construed as a waiver or modification of any other provision herein or as consent to any subsequent waiver or modification. I consent to the release by any third party to Releasees and their insurance carriers of my name and medical information that may relate to any injury or death I may suffer arising from my participation in the Event. Every term and provision of this Release is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable.

7. Race entries are only transferrable upon request, and must occur at least two week prior to the event date. All transfer requests, regardless of timing, will be individually reviewed and considered, but are not guaranteed. In the event of a denied transfer, no refund will be available.

8. I acknowledge and agree that there are no refunds if the race is cancelled or delayed due to causes beyond Releasees' control, including but not limited to, acts of God, war, strikes or labor disputes, fires, riots, terrorism, vandalism, accident, government orders, certain severe weather conditions such as severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, severe weather conditions where significant damage or altercations to the race course occur, or any other force majeure event.