

TEAM GUIDE

*** MINI MOSS ***



FROSTY MOSS
OLYMPIC DISCOVERY RELAY

Saturday, February 29, 2020

FrostyMossRelay.com — Facebook.com/FrostyMossRelay

Peninsula Adventure Sports, Port Angeles, WA
contact@peninsulaadventuresports.com

2020 Title Sponsor: 7 Cedars Casino



GET READY TO RELAY, FROSTY MOSS STYLE!

Welcome to the Green Season.

Mini Mossers, prepare yourself for some fun running across the North Olympic Peninsula. The Mini Moss of the Frosty Moss Relay is 30-ish miles along the paved Olympic Discovery Trail and a small amount of roadway. Expect big trees, ferny forests, mountain and saltwater views, and, of course, moss as far as the eye can see.

Also: Keep an eye out for banana slugs. Sometimes they show up where you least expect them!

This event guide will help your team get ready to relay. Please read it before arriving at the start line.

We like to think of Mini Moss as a running party. As your hosts, we want you to have an unforgettable experience. The Olympic Peninsula is a unique region with intense biodiversity and ever-changing microclimates. It's also a really fun place to be outside year-round.

We also value safety—yours and that of the communities we'll be traveling through. All roadways and trails are open to the public during Mini Moss. Follow all traffic laws, drive safely, and be great examples of relay runner etiquette.

If you have any questions, message us via the Frosty Moss Relay Facebook page or email us at contact@peninsulaadventuresports.com.

See you on Leap Day!

Lorrie Mittmann and Tim Tucker
Frosty Moss Relay Co-Directors

Peninsula Adventure Sports

FrostyMossRelay.com - OatRun.org - GreatOatRun.org - BigHurtPA.com



TEAM CAPTAIN'S RESPONSIBILITIES

As the team captain, your job is to make sure your team is prepared for Mini Moss Relay.

- **Meet as a team** in advance to review the event guide so everyone is aware of the rules, schedule, leg maps, exchange zone procedure, cutoff time, etc.
- **Complete the team roster** and bring it to packet pickup. Forms are at the end of this guide and on the website.
- **Get signed liability waivers from every team member** and bring them to packet pickup.

PACKET PICKUP

Team captains must attend the debrief/packet pickup on Friday, February 28. Stop anytime between 6 p.m. and 9 p.m.

Barhop Brewing & Artisan Pizza

124 Railroad Ave., Port Angeles (downtown, across from the Coho ferry dock)

IMPORTANT! BRING THESE ITEMS TO PACKET PICKUP & START LINE

Be prepared! Team captains should arrive with these items:

- ❑ **Team Roster:** Included at the end of this guide and downloadable at FrostyMossRelay.com. Complete all roster info in advance.
- ❑ **Liability Waivers:** Included at the end of this guide and on the website. Bring signed waivers for each team member.
- ❑ **Required Gear:** Reflective vest, headlamp or flashlight, blinkie light. Minimum one each per team. Ideally every runner will have their own set.

LODGING

7 Cedar Casino Resort will open in 2021!

In the meantime, check out these great resources to find lodging information:

- Visit Port Angeles, VisitPortAngeles.com
- Olympic Peninsula Visitor Bureau, OlympicPeninsula.org

RELAY DAY SCHEDULE & FINISH LINE CELEBRATION

Mini Moss Relay starts at 2:00 p.m. Check-in starts at 1:00 p.m.

Location: Ediz Hook, Port Angeles, Washington. Go to the far end of the hook, about 1.5 miles out.

Directions from Port Angeles: From downtown Port Angeles, drive west on Front Street. Front Street will turn into Marine Drive, continue 2 miles. You will drive through the paper mill and continue out onto Ediz Hook. In 1.5 miles you will see the race start. It is just before the entrance to the Coast Guard base.

Course cut offs:

Teams must reach the **end of Leg 5 by 6:30 p.m.** If your team does not arrive in time, you are required to skip the next race leg, and start again at the start of Leg 7 at Carrie Black Park.

Teams still running prior legs around cutoff time may also be sent to the finish line at the discretion of relay staff.

After-Relay Celebration at 7 Cedars Casino

6–9 p.m.: Pasta buffet, music, and awards at Club 7 in 7 Cedars Casino. **NOTE: 7 Cedars Casino and Club 7 are strictly 18-and-up facilities.** Pasta buffet. Runners arriving before 6:00 can either receive a voucher to use at the casino restaurant, or wait and join the party at 6:00 p.m.

REQUIRED GEAR

All teams are required to carry the following gear. Runners must use this gear at dark, in low-light conditions, and when running on roadways. Race personnel will check team gear at the start line.

- ☐ Reflective vest
- ☐ Headlamp or flashlight
- ☐ Blinkie light

RULES

Mini Moss Relay goals: Have fun. Be safe.

Rules in a nutshell: Make good choices. Do no harm. Be cool.

Runners or support crews repeatedly violating rules, creating hazardous situations, or demonstrating unsporting behavior may be DQed and asked to leave the course at race directors' discretion. No refunds will be made to DQed individuals or teams.

Teams must comply with officials from Frosty Moss Relay and those of the jurisdictions the relay travels through, including but not limited to: Clallam County, Olympic National Park, Washington Department of Natural Resources, Cities of Port Angeles/Sequim/Blyn, Jamestown S'Klallam Tribe, all law enforcement agencies (state patrol, tribal police, border patrol, etc.). Frosty Moss Relay officials include race directors, exchange crews, communications team, course marshals, parking monitors, and all other volunteers/staff.

Teams: Consist of 2, 3 or 4 runners, as registered in advance.

Leave no trace. The Olympic Peninsula is an amazing place. Keep it clean and pristine. Use porta-potties and public restrooms. Carry all your trash with you. Pick up litter if you see it. We strongly encourage teams to carry reusable water bottles and minimize their overall trash footprint. Make it a team challenge to see how little trash you generate during relay day!

Team vehicles: Teams are limited to **one on-course vehicle**, ideally a van, minivan, or SUV. No motorhomes, limos, buses, or tow-behind trailers.

Follow all rules of the road. Drivers must obey posted speed limits. Use extreme caution at exchange points: Watch out for people and vehicles. Park well off the roadway. If the exchange is crowded, park a safe distance away and walk to the exchange.

Team vehicle signs: Relay participant signs will be issued to each team vehicle and must be displayed on the dashboard.

Vehicle decorations: Teams are welcome to decorate their team vehicle, but your decor should be family-friendly and should not impede the driver's vision or overall safety. No obscene and/or derogatory vehicle decor (as determined by the race directors) will be allowed.

Race numbers: Must be worn on runner's front torso while on the course.

Relay baton: Must be carried by the active runner at all times throughout the relay.

DNF Cutoff: Teams must reach the **end of Leg 5 by 6:30 p.m.** If your team does not arrive in time, you are required to skip the next race leg, and start again at the start of Leg 7 at Carrie Blake Park. Teams farther behind will also be sent to the finish line when they reach the end of their leg. In these cases, teams will receive a DNF (no race time) but are encouraged to hit the party time to celebrate your mossy adventure.

Runner Rotation & Dropouts

- ❑ Runners must swap at every exchange zone. **Runners may not run consecutive legs.**
- ❑ Follow the rotation on the roster your team captain submits in advance to the race directors. If a runner drops out for any reason, the next runner in rotation takes over and the remaining runners continue to the finish (without the dropped runner). Teams must notify the next exchange monitor of the dropped runner and change in rotation. Monitors will in turn notify the relay directors.

Exchange Zone Procedure

- ❑ Waiting runner checks in with exchange monitor, who checks their bib number, marks the team as “ready,” and directs runner to the designated exchange zone.
- ❑ Returning and departing runners meet inside the exchange zone and swap the baton.
- ❑ Returning runner checks in with exchange monitor, who checks their bib number and marks the team as “leg complete.”

Navigation: Runners should review their assigned legs in advance. MapMyRun links for each leg are posted on the Mini Moss Course Overview page at FrostyMossRelay.com. We encourage you to bookmark AND print your assigned legs from MapMyRun. Download the GPS tracks to use on your favorite app. Cell coverage is unreliable.

If a runner makes a wrong turn, they must return to the course on foot to the point where the error occurred and resume the race. The course will be marked with signs, arrows, and confidence markers (streamers hung at possible wrong turns and other tricky spots). That said, things happen beyond our control, like rain or wind obliterating markings after it is too late to fix, or someone vandalizing our markings without our knowledge. **UPSHOT: YOU are ultimately responsible for navigating the course - we have provided you with all of the tools to do so. Team captains, this means you are responsible to ensure that each of your team members knows their way.**

When running on the ODT, run on the right. Call out your passing (“Passing on your left!”). Walkers and horseback riders have the right of way. Cyclists should give you the right of way but won’t always see/hear you around corners. Pay attention to your surroundings. You don’t want to surprise a bear or cougar.

On roadways, run on the left. Runners must run along the left shoulder of roadways unless instructed otherwise by a relay official or course marker.

Shadowing runners: Vehicles cannot trail, follow, shadow, or leapfrog their runners. Team vehicles may not stop along the course to provide support (food/drink/verbal encouragement). Runners should be self-sufficient with carry fluids, fuel, layers, reflective gear, and other essentials. Team vehicles may stop only at the designated exchange. Team vehicles MAY NOT stop on the road shoulder.

Pets: Pets are not allowed on the relay course, exchange zones, finish line, or after-race celebration.

Bicycles: Bicycles are not permitted, except for the on-course bike sweeps.

Headphones/earbuds: No headphones may be used when running along roadways. We strongly discourage headphones. If you do use them, the volume must be low enough that you can hear your footsteps and other people or animals around you. Remember: You are running in cougar country!

Inactive runners: Teammates and support crew must remain off the roadway and clear of the exchange zone.

Quiet zones: Be considerate of our communities. All legs and exchange zones during dark hours are designated quiet zones. No audible music outside support vehicles, no shouting or honking of horns, etc.

Cover up! Please be discreet when changing clothing or using the restroom, and pack out your trash, toilet paper, etc.

CELLPHONE & EMERGENCY INFO

CELL COVERAGE CAN BE SPOTTY TO NONEXISTENT ON THE OLYMPIC PENINSULA. Verizon offers the widest coverage, but you may still find yourself in areas with no cell service. Be prepared with printouts of this guide and leg sheets!

Turn off international roaming. We're about 12 miles from our northern neighbors. Your phone may welcome you to Canada, especially in the first half of the course. International data charges add up fast!

In Case of Emergency or Other Assistance

- For true emergencies (vehicle accident, major injury/health issue, etc.), dial 911.
- For other types of assistance on relay day, check in with an exchange zone or on-course volunteer, who will call a race director if necessary.

LEG OVERVIEW

Mini Moss Relay is a certifiably uncertified course. Distances are based on MapMyRun, Strava, and GPS data. Your mileage may vary. Paved surface except where noted. **MapMyRun routes are linked on the Leg Overview page at FrostyMossRelay.com.**

LEG	NAME	DISTANCE (Miles)	CUMULATIVE DISTANCE
8	START at Ediz Hook to Hollywood Beach	4.0	4.0
9	Port Angeles Waterfront	5.0	9.0
10	Deer Park to Old Olympic Hwy	4.3	13.3
11	Robin Hill Country Park	3.7	17.0
12	Dungeness River Railroad Bridge 6:30PM CUTOFF	3.8	20.8
13	City of Sequim	3.3	24.1
14	Sequim East	3.9	28.0
15	FINISH LINE IN BLYN!	3.3	31.1

LEG SHEETS: RUNNER MAPS AND DRIVING DIRECTIONS TO EXCHANGES

RUNNERS: The course will be marked, but signs can go missing. Runners should review their legs in advance.

Links to MapMyRun for each leg are posted on the Mini Moss Course Overview page at FrostyMossRelay.com. We encourage runners to bookmark and print their assigned legs from MapMyRun. Download the GPS tracks.

The following leg sheets offer runners a preview of each leg and help teams drive from one exchange to the next.

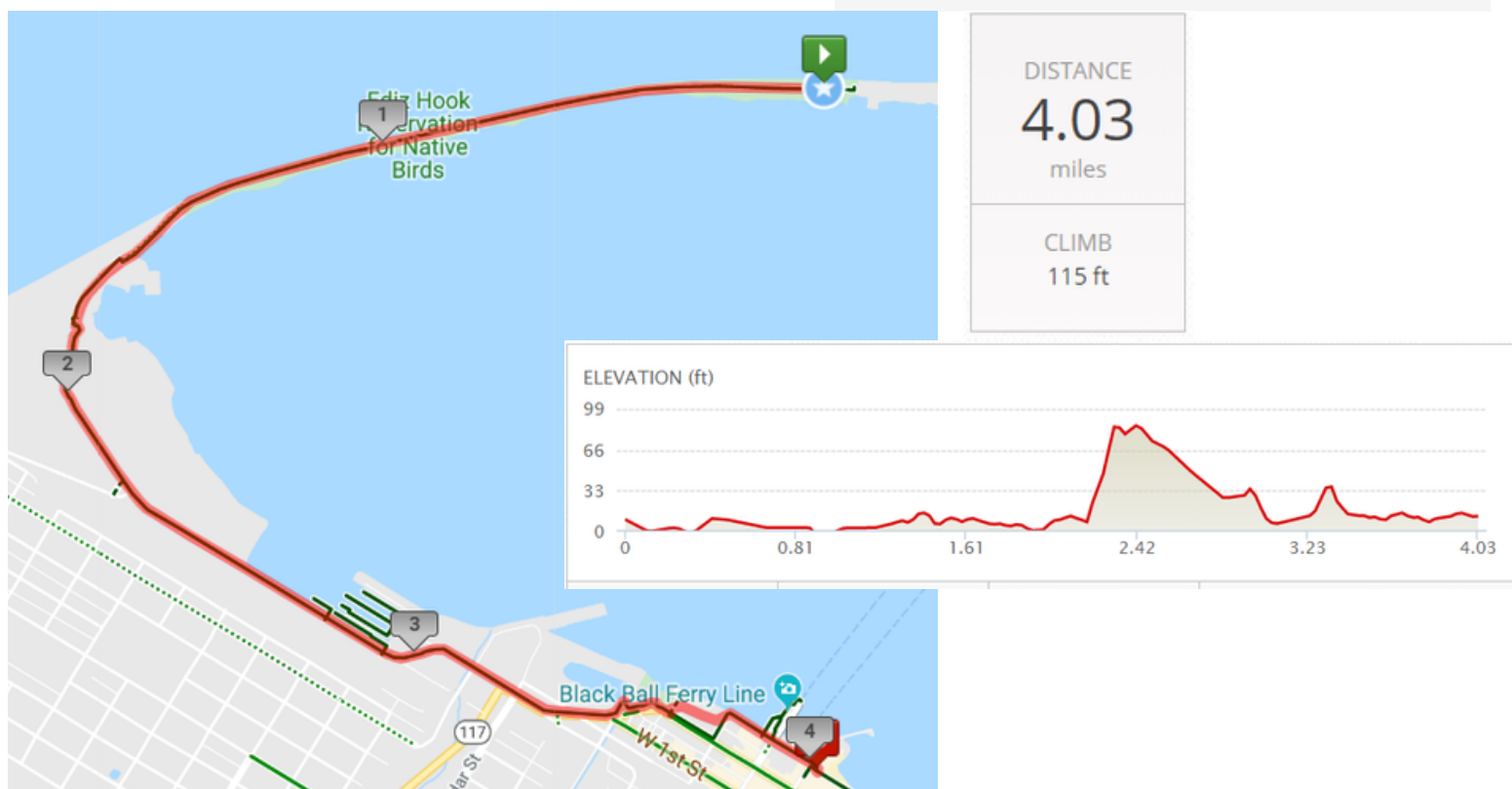
Leg sheet map is the runner's route, not the driving route! Driving route narrative is at the bottom of the Leg sheet.



MINI MOSS LEG 1



EDIZ HOOK TO HOLLYWOOD BEACH

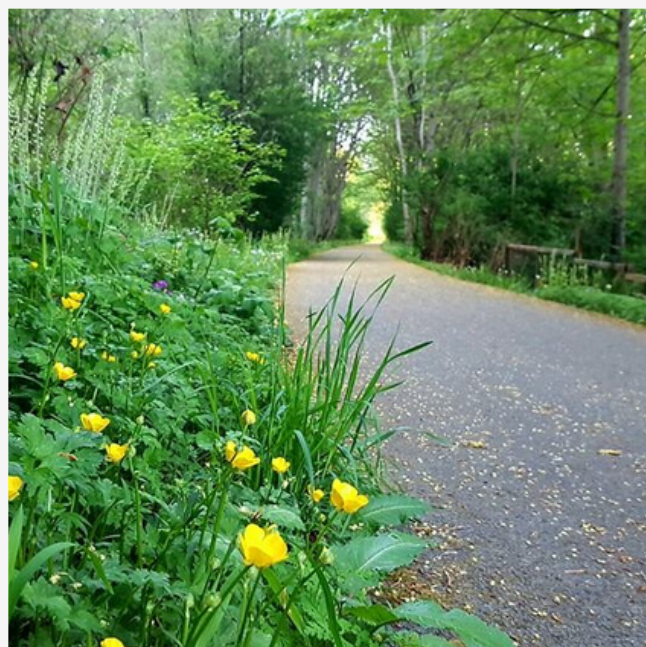


DRIVING DIRECTIONS TO NEXT TRANSITION

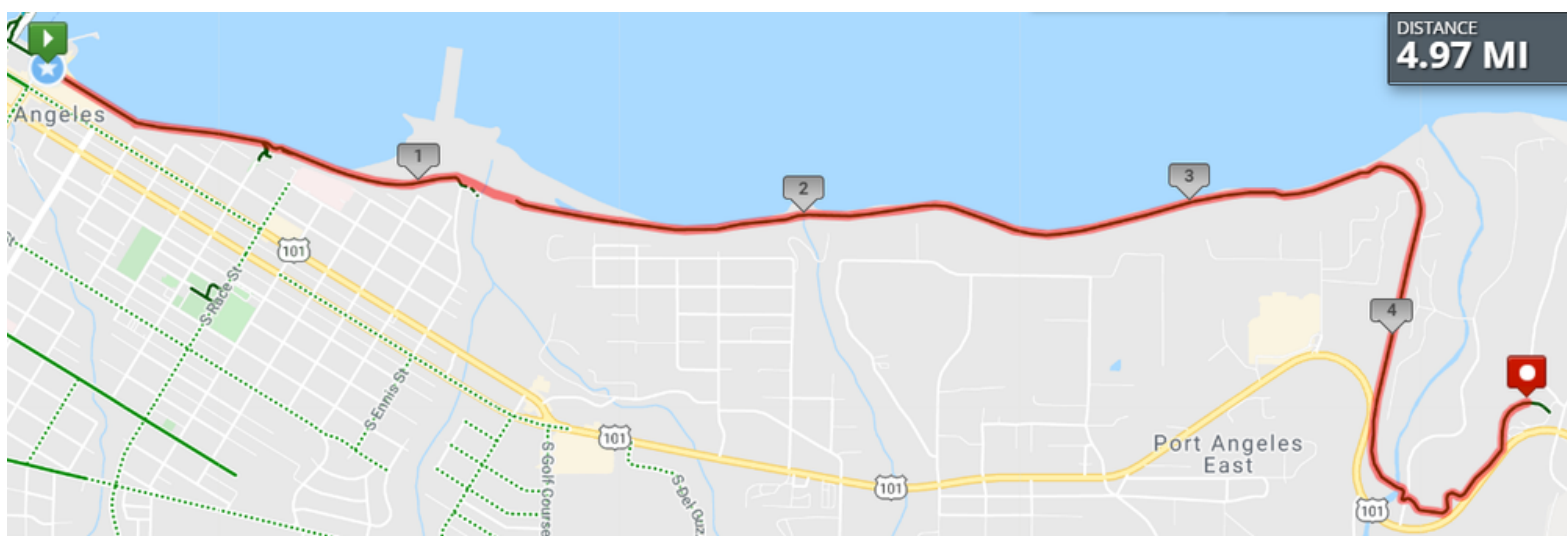
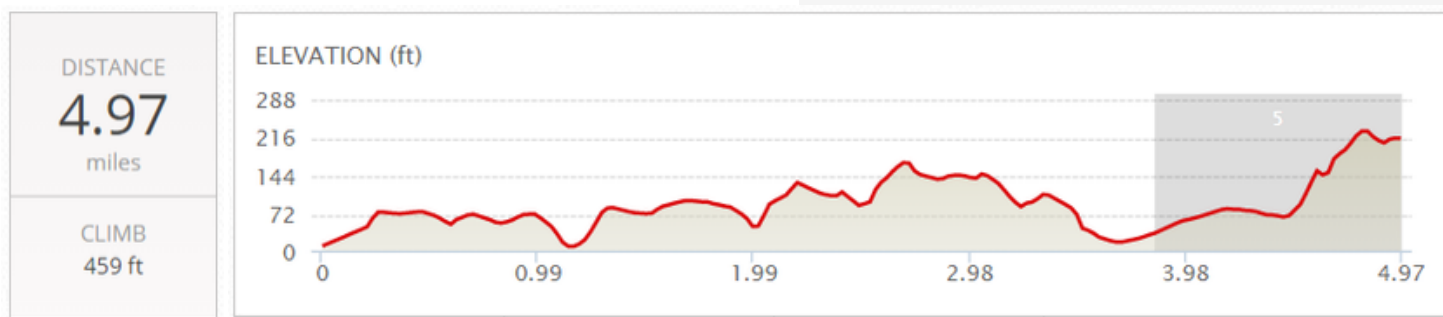
- From the Ediz Hook boat launch Start Line (end of hook, about 1.5 miles after paper mill), backtrack on the hook to Marine Drive.
- Stay on Marine Drive 2 miles until it turns into First Street, then go another 0.4 miles to Lincoln Street.
- Turn left onto Lincoln Street. In 0.1 miles Hollywood Beach is on your right.



MINI MOSS LEG 2



HOLLYWOOD BEACH TO DEER PARK REST STOP

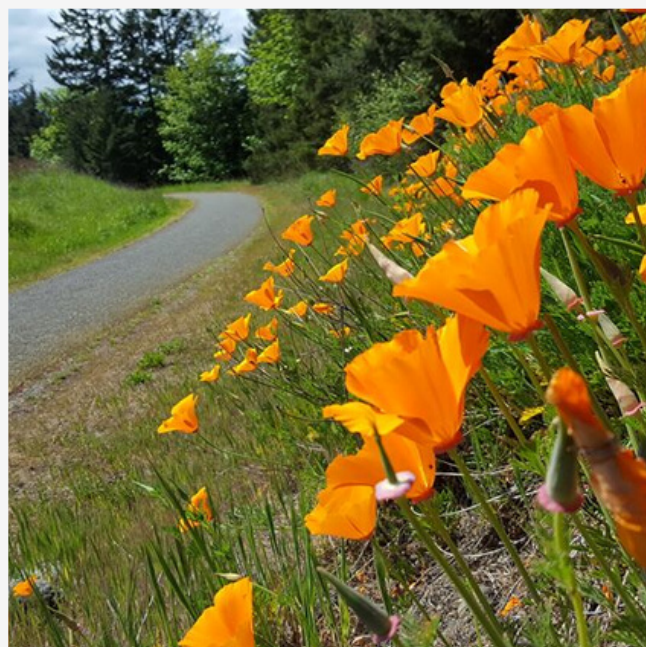


DRIVING DIRECTIONS TO NEXT TRANSITION

- From Hollywood Beach, head south on Lincoln Street.
- Turn left onto First Street, go 4.6 miles to Deer Park Road.
- Turn right onto Deer Park Road, then right again after the cinema.
- Follow this through the Hwy 101 underpass.
- Turn left onto Scenic View drive to the Rest Stop. Park in the parking lot then walk north to get to the Olympic Discovery Trail (exchange)

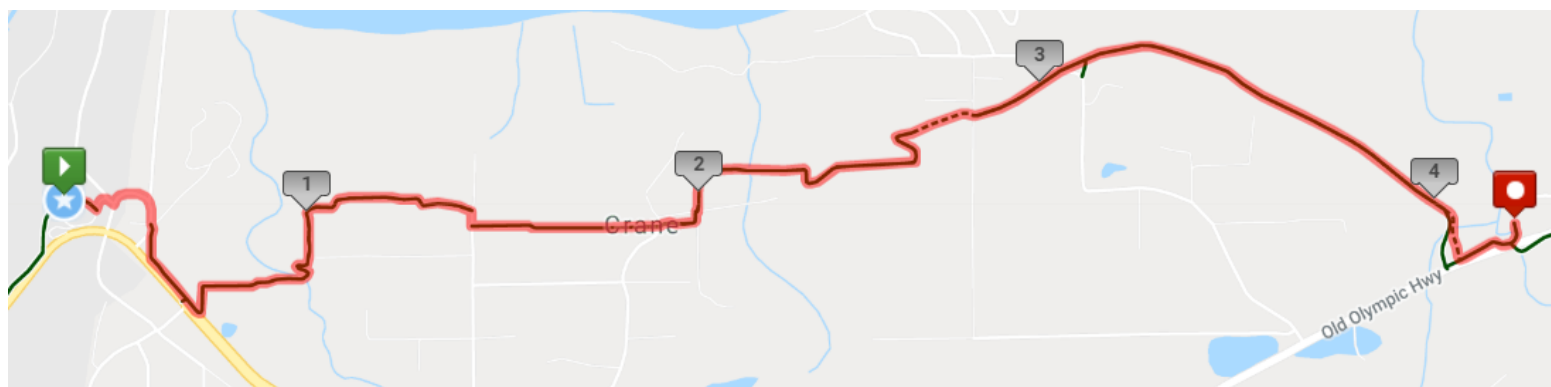
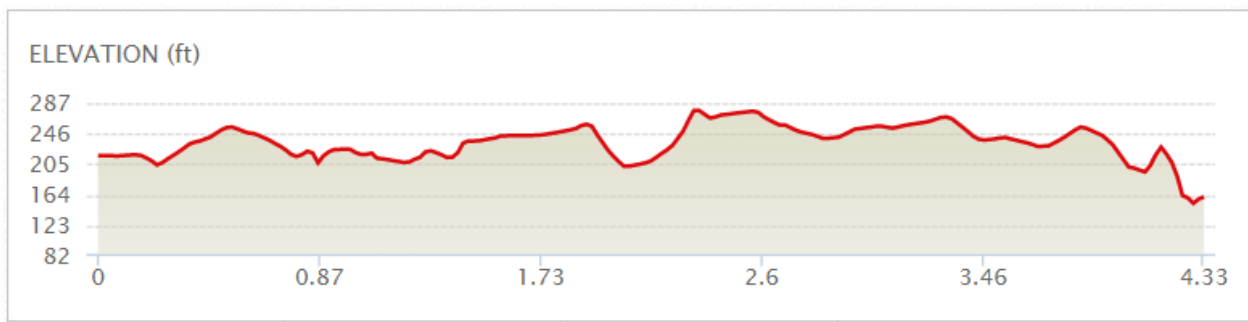


MINI MOSS LEG 3



DEER PARK REST STOP TO OLD OLYMPIC HWY/SIEBERT CREEK

DISTANCE
4.33
miles
CLIMB
185 ft



DRIVING DIRECTIONS TO NEXT TRANSITION

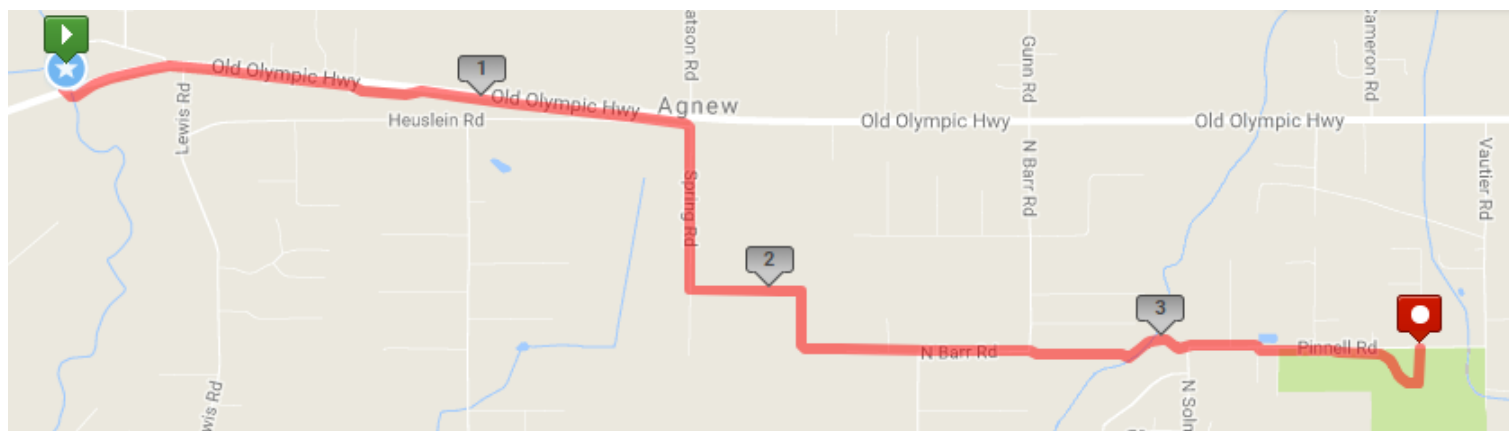
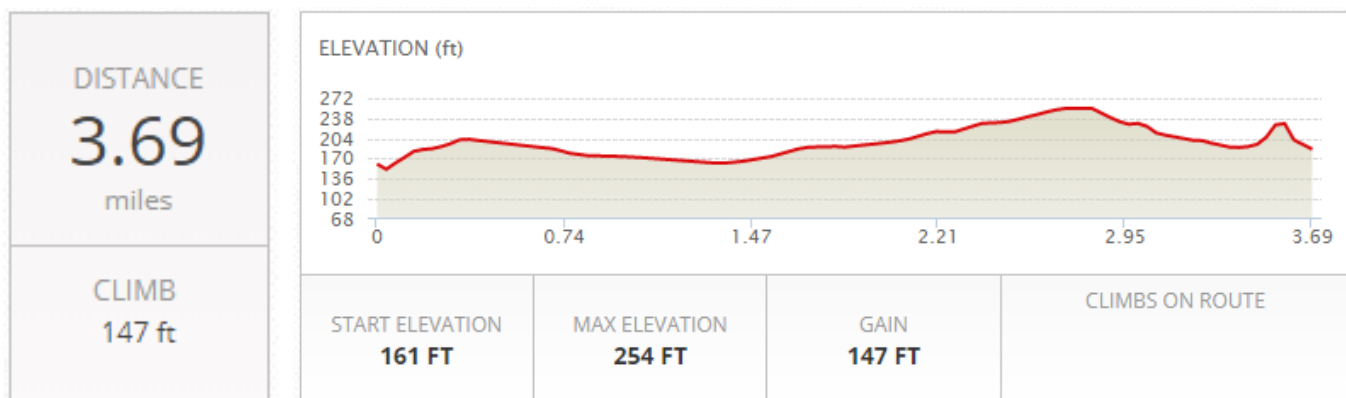
- Go back through the underpass and return to Deer Park Road.
- Turn left onto Deer Park Road to Hwy 101, turn right and go 2.2 mi.
- Turn left onto Old Olympic Hwy, then go 1.5 miles to Wild Current Way. Turn left and go 0.2 to dead end in a parking lot.
- Walk down to the bridge to the exchange.



MINI MOSS LEG 4



OLD OLYMPIC HWY/SIEBERT CREEK TO ROBIN HILL COUNTY PARK



DRIVING DIRECTIONS TO NEXT TRANSITION

- From Wild Curren Way, return to Old Olympic Highway.
- Turn left and go 2.9 miles.
- Turn right onto Vautier Road and go 0.5 miles.

Turn right onto Pinnell Road, Robin Hill Park lot is on the

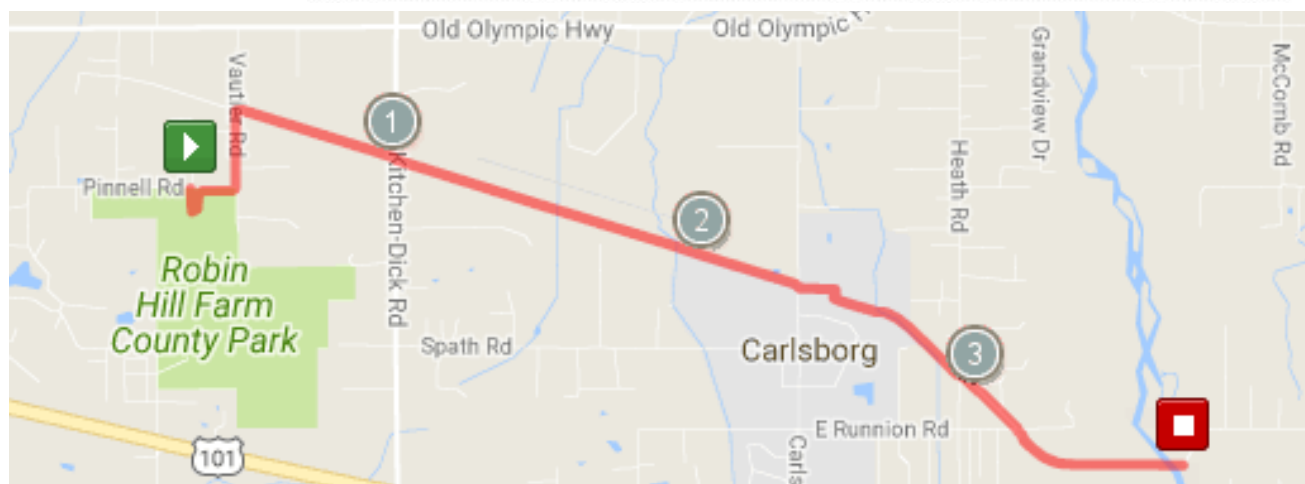
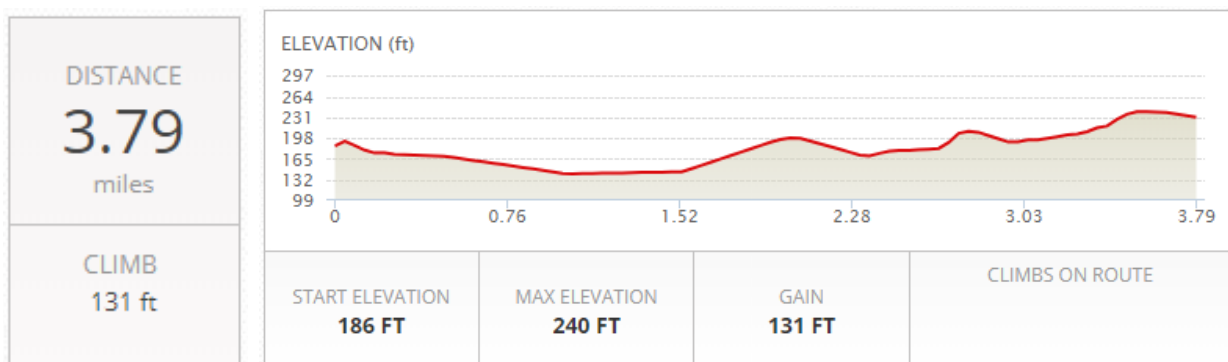
- left in 0.1 miles.



MINI MOSS LEG 5



ROBIN HILL COUNTY PARK TO RAILROAD BRIDGE PARK



DRIVING DIRECTIONS TO NEXT TRANSITION

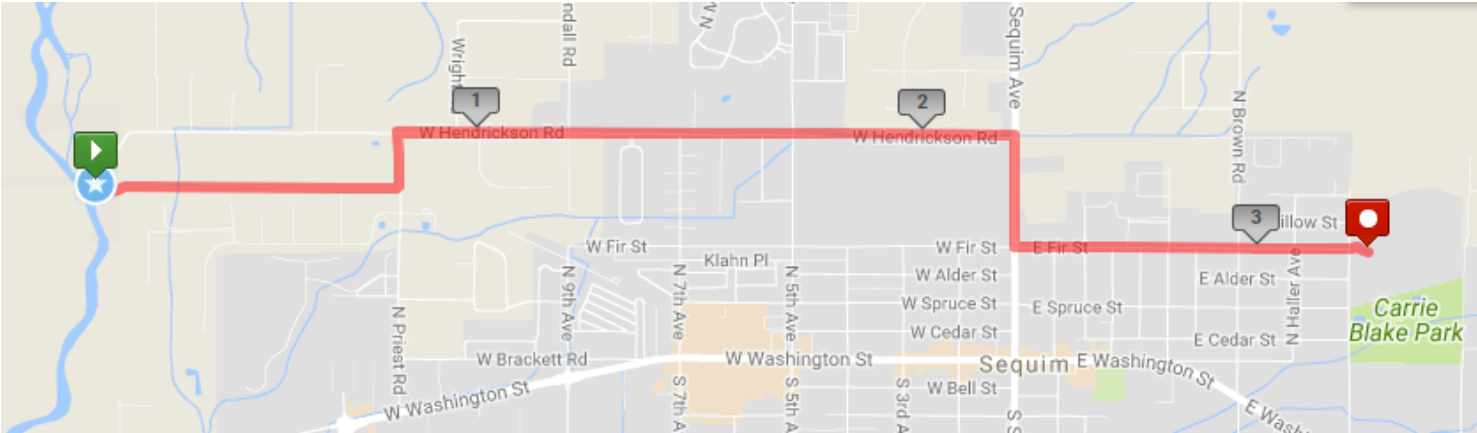
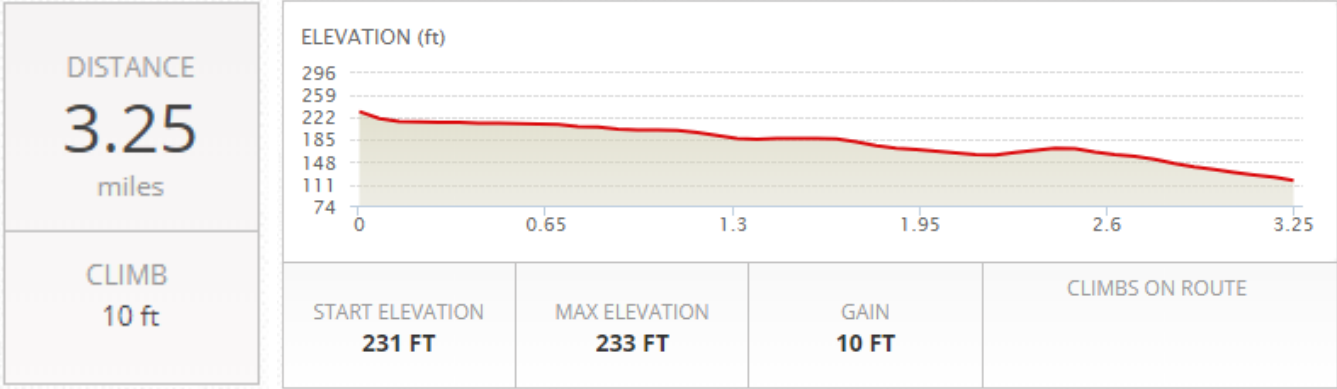
- Go east out of Robin Hill Park on Pinnell Rd.
- Turn left to onto Vautier Rd. In 0.5 mi, turn right onto Old Olympic Hwy.
- After 2.2 mi, turn right to stay on Old Olympic.
- After 2.5 miles, turn right onto Kendall Rd.
- In 0.5 mi. turn right onto Hendrickson Rd and continue into Railroad Bridge Park.



MINI MOSS LEG 6



RAILROAD BRIDGE PARK TO CARRIE BLAKE PARK

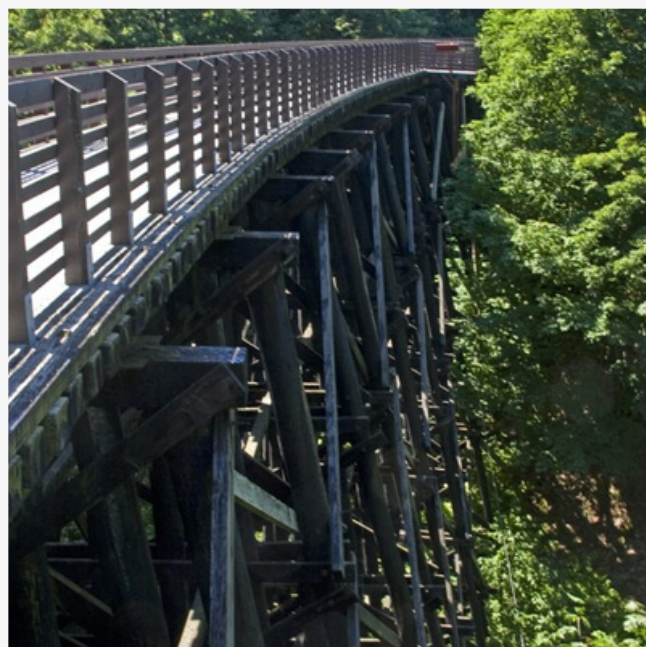


DRIVING DIRECTIONS TO NEXT TRANSITION

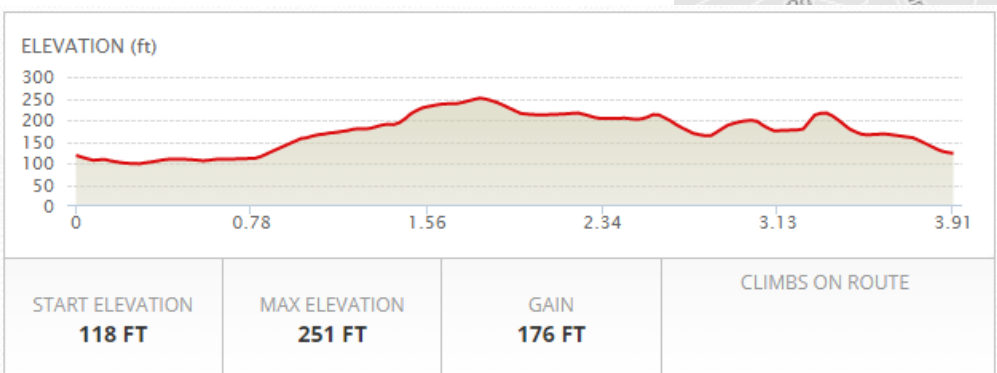
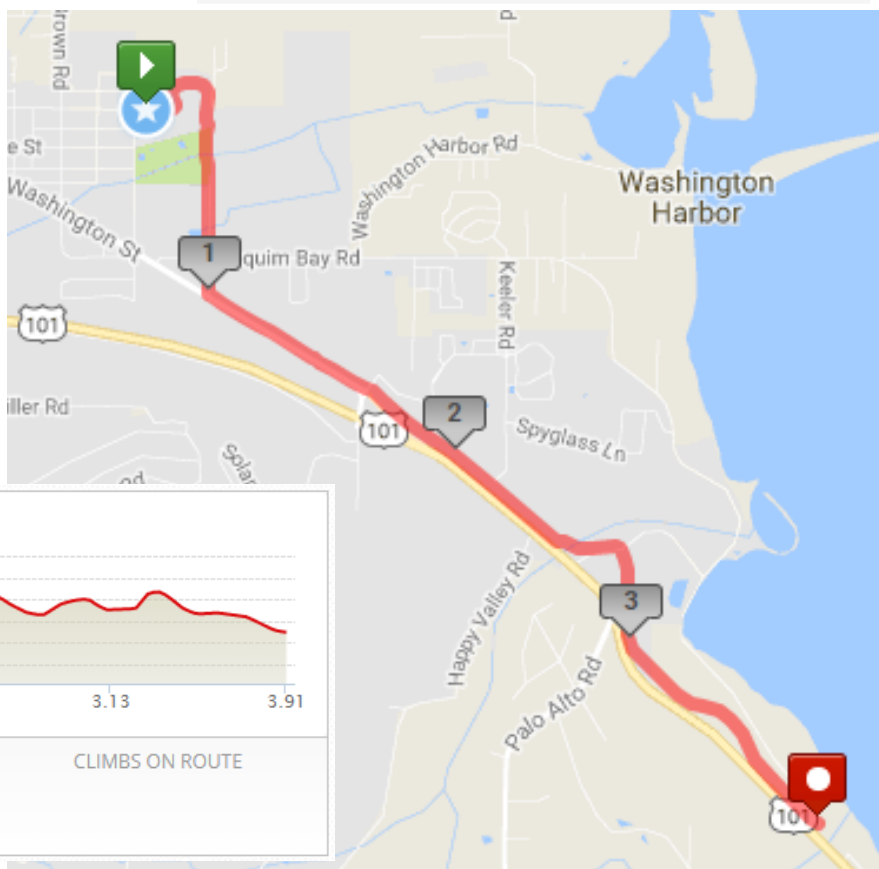
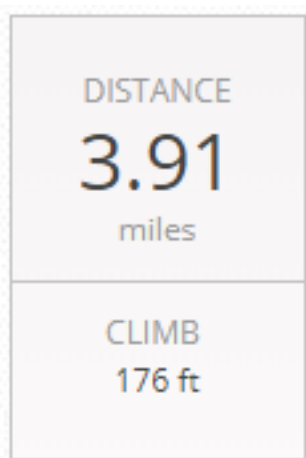
- From Railroad Bridge Park, go east on Hendrickson Road.
 - Follow Hendrickson 2 miles to Sequim Avenue.
 - Turn right on Sequim Ave, then left at first cross street onto E. Fir St.
- Follow Fir for 0.7 miles, then cross N. Blake Ave. into
- Carrie Blake Park.



MINI MOSS LEG 7



CARRIE BLAKE PARK TO WEST SEQUIM BAY ROAD

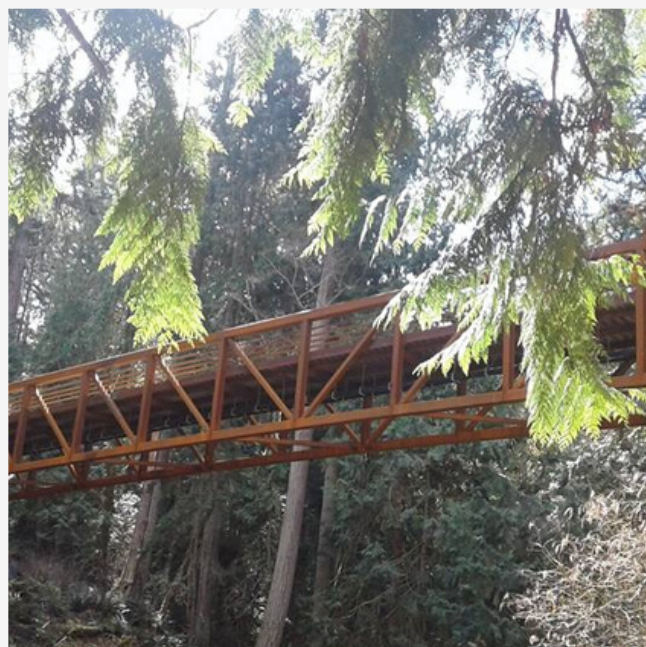


DRIVING DIRECTIONS TO NEXT TRANSITION

- From Carrie Blake Park, return to N. Blake Ave and turn left
- Go 0.3 miles, turn left onto Washington Ave. then almost immediate left onto West Sequim Bay Road
- Follow W. Sequim Bay Rd. 3.8miles, Jamestown Tribal Human Resources office and parking lot is on your right, exchange location.



MINI MOSS LEG 8

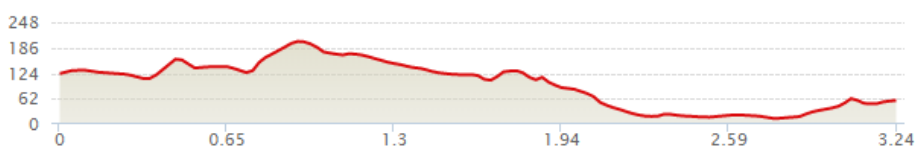


WEST SEQUIM BAY ROAD TO JAMESTOWN S'KLALLAM TRIBAL CAMPUS

DISTANCE
3.24
miles

CLIMB
123 ft

ELEVATION (ft)

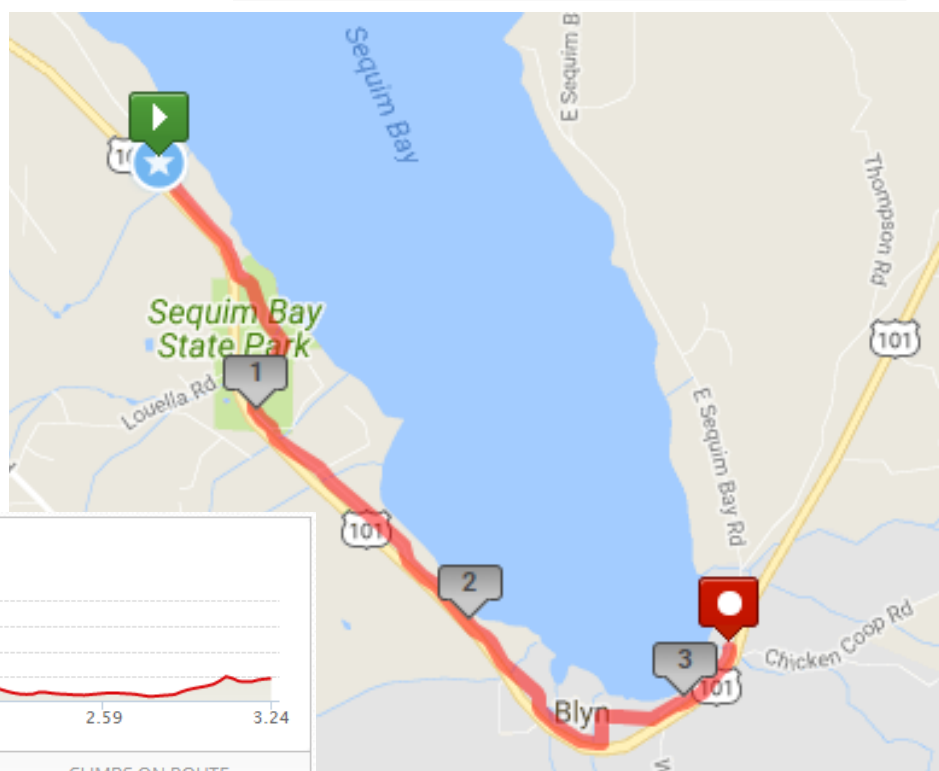


START ELEVATION
123 FT

MAX ELEVATION
201 FT

GAIN
123 FT

CLIMBS ON ROUTE



DRIVING DIRECTIONS TO NEXT TRANSITION

- From Jamestown Human Resources, turn right to Highway 101.
- Turn left (east) on Hwy 101 and go 2.7 miles.
- Turn left onto Blyn Crossing.
- Turn right onto Old Blyn Highway - in 0.8 miles FINISH LINE!

Frosty Moss Relay Team Roster

Frosty Moss 2-5 person teams. Mini Moss 2-4 person teams. BRING COMPLETED FORM TO CHECK-IN

Team Captain Cell #

Home Address Email

Emergency Contact Name & Phone #

Team Member 2 Cell #

Home Address Email

Emergency Contact Name & Phone #:

Team Member 3 Cell #

Home Address Email

Emergency Contact Name & Phone #

Team Member 4 Cell #

Home Address Email

Emergency Contact Name & Phone #:

Team Member 5 Cell #

Home Address Email

Emergency Contact Name & Phone #

***How many non-racers are accompanying your team during Frosty Moss weekend?**

Leg Assignments (Frosty Moss 15 Legs / Mini Moss 8 Legs)

No team member may run consecutive legs. There must be a runner change at the start of each leg.

Leg 1	Leg 9
Leg 2	Leg 10
Leg 3	Leg 11
Leg 4	Leg 12
Leg 5	Leg 13
Leg 6	Leg 14
Leg 7	Leg 15
Leg 8	

LIABILITY WAIVER

I, the undersigned, acknowledge that by signing this document, I am releasing the State of Washington to include the Department of Natural Resources, Department of Transportation, and Parks Department, its officers, employees, agents and contractors, Clallam County, the United States of America, City of Port Angeles, City of Sequim, and Peninsula Adventure Sports ("Releasees") from liability. This release is a contract with legal consequences. I have read it carefully before signing.

In consideration of my being allowed to participate in the Frosty Moss Relay event on the Olympic Discovery Trail and Adventure Route, I freely agree that:

Running can be dangerous and pose a risk of injury or even death. I fully assume the risks associated with my participation in this event including but not limited to: hazards from improper technique, accidents, or illness in remote locations without medical facilities, actions of other participants, equipment failure, inadequate safety measures, the releasees own negligence, weather conditions, and the risk of any personal or bodily injury, disability or death.

For myself and my heirs, executors, administrators, legal representatives, assignees, and successors in interest, I HEREBY WAIVE, RELEASE, DISCHARGE, HOLD HARMLESS, AND PROMISE TO INDEMNIFY AND NOT TO SUE the Releasees from any and all claims of any kind and character, including claims arising from the Releasees own negligence, and from any and all damages directly or indirectly arising out of, or incident to, my participation in the Frosty Moss Relay event or transit to and from the area. A "claim" as used in this contract means any financial loss, claim, suit, action, damage, cost, demand or expense, including but not limited to attorneys' fees, attributable to bodily injury, disability, sickness, disease, or death, or injury to or destruction of tangible property including loss of use resulting there from. Should I or my successors assert a claim in breach of this agreement, the asserting party shall be liable for the expenses (including legal fees) incurred by each Releasee in its defense, unless the Releasee is finally adjudged liable on such claim for willful or wanton negligence. If any term or provision of this agreement is found to be invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable.

I UNDERSTAND and AGREE to the terms set forth above for my participation in the Frosty Moss Relay.

Print full name

Signature

Date

Parent or Guardian waiver for minors (under 18 years old)

The undersigned parent and natural guardian or legal guardian does hereby represent he/she is, in fact, acting in such capacity and agrees to save, hold harmless, and indemnify each and all of the Releasees referred to above from all liability, loss, cost claim, or damage whatsoever which may be imposed upon said Releasees because of any defect in or lack of such capacity to so act and release such Releasees on behalf of the minor and the parents or legal guardian.

I UNDERSTAND and AGREE to the terms set forth above for my participation in the Frosty Moss Relay.

Minor:

Print full name

Signature

Date

Parent/guardian:

Print full name

Signature

Date