

TEAM GUIDE



FROSTY MOSS **OLYMPIC DISCOVERY RELAY**

Saturday, May 15, 2021

FrostyMossRelay.com

Peninsula Adventure Sports, Port Angeles, WA

contact@peninsulaadventuresports.com

2021 Title Sponsor: 7 Cedars Casino



GET READY TO RELAY, FROSTY MOSS STYLE!

Welcome to the Green Season.

Frosty Mossers, prepare yourself for a full day of fun running across the North Olympic Peninsula. Frosty Moss Relay is 80-ish miles along the paved Olympic Discovery Trail, the singletrack Adventure Route, 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 Frosty Moss as an all-day 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 Frosty 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.

Lorrie Mittmann and Tim Tucker
Frosty Moss Relay Co-Directors

Check out the rest of our events at PeninsulaAdventureSports.com



TEAM CAPTAIN'S RESPONSIBILITIES

As the team captain, your job is to make sure your team is prepared for Frosty 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.
- Make sure all team members know the **Exposure Control Safety Requirements** and sign the Waiver of Consent.

PACKET PICKUP

Frosty Moss Relay begins very early in the morning. Drive time from Port Angeles to the start line is about 60 minutes.

Team captains must attend the debrief/packet pickup on Friday, May 14. Stop anytime between 6 p.m. and 9 p.m.

7 Cedars Resort
270756 US-101, Sequim, WA 98382

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.
- ❑ **Exposure Control Safety Requirements Waiver of Consent** signed by all team members.

LODGING

7 Cedar Casino Resort is now open!

Or check out these other great resources to find lodging information:

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

RELAY DAY SCHEDULE & FINISH LINE CELEBRATION

Wave 1 (10.5 - 12 minute mile pace): 6:00 a.m. start. Check-in starts at 5:00 a.m.

Wave 2 (9.5 - 10.5 minute mile pace): 7:00 a.m. start. Check in starts at 6:15 a.m.

Wave 3 (8-9.5 minute mile pace): 8:00 a.m. start. Check in starts at 7:15 a.m.

Wave 4 (6 - 8 minute mile pace): 9:00 a.m. start. Check in starts at 8:15 a.m.

Location: Camp Creek Trailhead

Directions from Port Angeles: Hwy 101 west, past Lake Crescent, to approx MP212. Turn left at Cooper Ranch Road (Klahowya Campground is on your right). Volunteers will direct you to park along the road. Do not block road. **Drive time: Approximately 60 minutes.**

Google map: bit.ly/frostystart

Course cut offs:

Teams must reach the **end of Leg 7 by 4:00 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 9 at Port Angeles Yacht Club.

Teams must reach the **end of end of Leg 12 by 8:00 p.m.** If your team does not arrive in time, you must go directly to the Finish Line to check in - then you go directly to the party!

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

After-relay food, beer, and awards at 7 Cedars Resort 6-10:30 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
- Masks**

COVID-19 Update:

On 10/6/2020, Governor Inslee issued Reopening Requirements for races and rides. The new guidelines include the ability to have races during Phase 2. This means that at this point we are planning for live events for 2021!

Phase 2 Reopening Requirements you should be aware of are:

- All pre-registration must occur online. No same day in-person registration is allowed.
- Race packets will be mailed, or picked up at staggered times.
- Starting waves of 10 participants or less – one minute or more apart. We will assign wave times to you before race day.
- No more than 200 total participants starting per hour.
- The starting area is limited to no more than 50 participants at any time awaiting their staggered starts, maintaining 6 foot distance between participants.
- Face coverings required at start and finish lines, but can be removed once on the race course.
- Try to maintain 6 feet distance while on the race course, with the exception for passing.
- Spectators are not allowed.
- No congregation of more than 5 people allowed at hydration and nutrition stations at any one time. Participants must obtain hydration and nutrition supplies and then proceed.
- Lines at portable toilets must be managed such that there is at least 6 foot of distance between all participants waiting in lines. The race must provide a hand washing station or hand sanitizer at all restroom stations.
- Organizers must retain registration data for 30 days after the activity in order to aid possible contact tracing.

No congregation allowed at the activity start or finish area. Participants must leave the activity area when finished. No exhibitors, food vendors, beer gardens, awards ceremonies, or after party activities allowed in the activity start or finish area.

We are dedicated to providing some kind of food and beer, in whatever way we are allowed using the rules in place on race day, to celebrate your athletic triumph in the beautiful forests and rivers of the Olympic Peninsula.

RULES

Frosty 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 2-5 runners, as registered in advance. Teams of 2 or 3 will be considered one category for timing / awards. Teams of 4 or 5 will be considered one category for timing / awards.

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.

Team support vehicles or spectator vehicles are NOT permitted on Camp David Jr. Road (along first half of Leg 3).

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 7 by 4:00 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 9 at Port Angeles Yacht Club. Teams reaching the **end of Leg 12 (Railroad Bridge Park) after 8:00 p.m.** will be sent directly to the finish line. 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

Due to special requirements related to covid-19, this year only 5 runners can be at an Exchange Zone at the same time. For this reason, only the runner that is doing the next leg will be allowed to go to the Exchange. The rest of the team members must wait in their team vehicle.

- ❑ 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.”

BEST EXCHANGE ZONE CONTEST! Runners will vote for their favorite exchange zone at the after-relay celebration.

Navigation: Runners should review their assigned legs in advance. MapMyRun links for each leg are posted on the Frosty 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 also responsible to ensure that each of your team members knows their way.**

When running on the ODT or Adventure Route, 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.

If you encounter a horse and rider:

- STOP and MOVE ASIDE. Horses may view a running person as a predator and rear up or bolt.
- Stand at the downhill side of the trail. Leave ample space for the horse to pass.
- Greet the rider and let them know you will wait till they pass unless they instruct otherwise.
- Quietly wait while the horse passes you.
- When the horse is safely past, continue on your way.

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 on the ODT and Adventure Route. 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, GAS & 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, particularly on the western half of the course. 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!

Fuel your team vehicle before leaving for the start line. The last reliable gas station between Port Angeles and the start line is the Lower Elwha Food & Fuel on Hwy 101, 4.5 miles from downtown Port Angeles.

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

Frosty 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
1	START! Camp Creek Trailhead	6.2	6.2
2	FS2918 to exchange	2.9	9.1
3	Spruce Railroad Trail, Lake Crescent (pavement, gravel, trail, gravel)	10.8	19.9
4	Adventure Route #1 (gravel, trail)	8.8	28.7
5	Adventure Route #2 (trail)	8.6	37.3
6	Adventure Route #3 (trail)	6.8	44.1
7	Elwha River Crossing (4:00PM CUTOFF)	2.3	46.4
8	West Port Angeles	3.4	49.8
9	Port Angeles Waterfront	6.5	56.3
10	Deer Park to Old Olympic Hwy	4.3	60.6
11	Robin Hill Country Park	3.7	64.3
12	Dungeness River Railroad Bridge 8:00PM CUTOFF	3.8	68.1
13	City of Sequim	3.3	71.4
14	Sequim East	3.9	75.3

15	FINISH LINE IN BLYN!	3.3	78.6
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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 Frosty 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.

Exposure Control Safety Briefing and Waiver of Consent:

According to the Governor’s Reopening Requirements for races in Phase 2, Peninsula Adventure Sports is responsible for providing a safety briefing at the beginning of each race. It also requires that you sign a Waiver of Consent that you will follow the requirements outlined below. Similarly, we promise to you that we will also follow the sanitation and other requirements to keep you safe.

These are the Phase 2 Reopening Requirements we require that you (and us!) to follow in order to participate in the race:

- Starting waves of 10 participants or less. You will be assigned a start time and we would like you to show up no earlier than 5-10 minutes before your assigned time.
- The starting area is limited to no more than 50 participants at any time awaiting their staggered starts, and you must maintain a 6 foot distance or more between yourself and any other participants. Please help us by strictly abiding by this. If you see too many participants in the area and it is not your time to go, please leave and come back at your time.
- Face coverings are required at all start / finish / exchange zone areas, but can be removed while running on the race course.
- You must try to maintain 6 feet distance while on the race course, with the exception for passing.
- Spectators are not allowed. Please have your non-participating family or friends stay home this time. We know, that sucks.
- No congregation of more than 5 people allowed at exchange zones at any one time. That means that only your replacement runner can go to the exchange. All other team members should stay in the team vehicle while runners are swapping out.
- Lines at portable toilets must be managed such that there is at least 6 foot of distance between all participants waiting in lines.
- The race must provide a hand washing station or hand sanitizer.
- Organizers must retain registration data for 30 days after the activity in order to aid possible contact tracing.
- No congregation is allowed at the activity start or finish area. Participants must leave the activity area when finished and head to 7 Cedars Resort, who will host post-race food, beer, and awards.

I commit to following these Exposure Control Safety Requirements outlined in this Safety Briefing. I also agree that I will not participate in Frosty Moss Relay if I have been diagnosed with COVID-19 (have not recovered or are still within the required 10-day isolation period), had symptoms of COVID-19 (within the last 24 hours before race day), or had contact with a person that has or is suspected to have COVID-19 (within the last 14 days before race day).

Signatures of all team members:

_____ Date:
_____ Date:
_____ Date:
_____ Date:
_____ Date: