



LAKE TO *relay* LAKE

2023

Relay Rules & Regulations

“What a long, strange trip it IS!”



WHEN & WHERE THE FUN IS



Everything's more fun, especially fitness, when you do it with family and friends! Travel in teams of two, three or four across more than 23 miles of scenic west-central Nebraska, along the NPPD canal from Sutherland Reservoir to Lake Maloney.

Saturday, October 14 2023

Race Day Registration & Packet Pickup: From 6:30 to 7:30 a.m. Only the team captain may pick up packet.

Relay Start Times: Start times will be determined by the number of teams and could include either a mass start or wave start. First start time is 8:00 a.m. Teams should report to start at 7:45 a.m.

Start Location

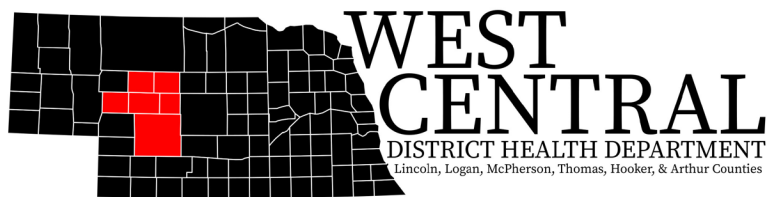
Oregon Trail Golf Course
Nebraska 25
Sutherland, Nebraska

End Location

Lake Maloney Golf Course
608 Birdie Lane
North Platte, Nebraska

OUR SPONSORS

"We couldn't do it without them!"



**Your participation
benefits:**



THANK YOU PARTICIPANTS!

A MESSAGE FROM YOUR LAKE TO LAKE TEAM!

Our sponsors are proud to team up, whether they are providing financial support, volunteer support or organizational support, to bring the ninth annual Lake to Lake Relay to the region. The Platte River Fitness Series has a mission centered on community wellness and a goal to provide wide-ranging fitness experiences to our participants. Our “mini” version of a long distance relay race gives athletes a chance to experience the fun and fellowship that this race format can provide and serves as an achievable introduction to this popular style of racing. Most of all, this is the race that requires participants to gather a team of people together, as the PRFS leans into the idea that community and connection are vital to a healthy lifestyle.

We are grateful to the many individuals who have dedicated themselves to the success of the race and to Nebraska Public Power District for providing and allowing us to run such a scenic and amazing route, perfectly matched to existing driving routes that make this race style possible. We are deeply grateful to our signature sponsor, First Interstate Bank for their continued support of this unique event. Thank you to all our race partners and sponsors, who are generously supporting our efforts to improve health and wellness in our region.

We ask that each team member familiarize themselves with the information in this packet before race day. It is mandatory that each team makes a copy of these instructions available before and during the race. Safety is our number one priority, and since the dynamics of this event are different than most, we ask for your cooperation and adherence to the rules. On behalf of Leland, Cathy and Trudy, we welcome you to enjoy family, friendship, fitness and fun along the road.

OUR HEART ... VOLUNTEERS!

OUR VOLUNTEERS HAVE A CONDITION CALLED “VOLUNESIA”

This is “the moment when you forget you’re volunteering to help change lives because it’s changing yours.” Volunesia makes them forget their own comfort and sacrifice for the benefit of others! The Lake to Lake Relay is a challenging production that requires a real commitment from volunteers. They are positioned in remote places and it can be a long while before they have a chance to support and guide a runner. They stand still in all kinds of weather to support community health and wellness.

A BIG thank you to every volunteer for the role you play in making the Lake to Lake Relay so much fun! Your generous gift of time is appreciated by every organizer and every athlete!

THE BASICS

REGISTRATION AND GENERAL INFORMATION

GENERAL INFORMATION: Teams may register as four-, three-, or two-person teams. We ask that each team use one registration form if registering by paper with all team member names and signatures on it. If registering online, the team captain should complete the registration for their entire team and pay the non-refundable fee. The team captain will sign the online waiver and other team members will have a paper waiver to sign attached to their race packet on race day. No one will be allowed to compete without a record of a signed waiver. Entry fees must accompany any paper entries. If a participant is a 2021 Finisher, their entry fee is waived, and any team member who is not a finisher will pay their fee. These teams must register using a paper form.

AGE RESTRICTIONS: All runners under the age of 19 must have a parent or legal guardian sign a waiver. Minors 14 and under will be allowed to run any leg, but only if they have an adult escort on foot or bicycle. The course is remote, so for the safety of your child, we cannot permit young runners on the course unattended.

REFUNDS: Team entry fees are non-refundable and there are no exceptions including race cancellation.

SUBSTITUTIONS: Teams may substitute one runner for another as long as the race director is notified prior to the start of the race. Please be aware a substitution may change your team division.

WEATHER, DANGEROUS CONTITIONS, OR HEALTH EMERGENCY CANCELLATIONS: Due to adverse weather conditions or road conditions, the event may be cancelled.

TEAM DIVISIONS

Teams may enter into one of the following divisions; choose the one most appropriate to your team. Awards will be given to the top three finishers in each division and a special award to the overall winning team.

- All Male
- All Female
- Co-ed

RACE DAY FUN AND END OF RACE

Teams are encouraged to choose a clever team name and to dress in costume (please, oh please, oh please!). An award will be given to the team with the best costume and to the team with the most creative team name. You can post your pictures on the Platte River Fitness Series Facebook page. There will be a post-race tailgate party after the race. We kind of liked last year's festivities right at the finish line!

THE ROUTE

There are two routes; a running route and a driving route. Each team member should familiarize themselves with both maps, including the exchange points and parking information included in this packet. It is each team's responsibility to know both the running route and driving route and the location of each of the exchange points.

VEHICLES

Teams are allowed one vehicle per team. Your vehicle must accommodate your team, clothing, beverages, and snacks, so plan vehicle size accordingly. Please be aware that much of your driving route is on gravel and/or dirt roads. Be prepared for muddy roads depending upon the weather, so choose your vehicle type accordingly. Organizers are not responsible for vehicles that get stuck in the mud or that otherwise have trouble on the route. Teams are allowed to have a driver who is not a member of their team, and all drivers MUST have a valid driver's license.

RUNNING ORDER

Teams should establish the running order of their team members. The order will rotate accordingly through each leg until the race is complete. No participant should run back to back legs unless something unforeseen arises that would prevent them from alternating team members. Team members will exchange something fun and/or meaningful that will serve as their relay "baton." Be creative but be sure it's easy to carry!

RACE RULES

FOR PARTICIPANTS AND VOLUNTEERS

PLEASE BE NEIGHBORLY! It is our privilege to use this amazing and scenic canal route. You will be running or driving near private property and homes. Please be respectful of the homeowners along the routes. We ask that you refrain from driving, trespassing or parking on private property, or creating noise pollution by playing loud music or honking.

- 1. NO LITTERING:** Participants will be expected to leave the course litter-free, including both the driving route and running route. Teams are encouraged to use the trash bag given in the race packets to leave the course better than you found it. You will be able to deposit your trash bag in the dumpster at the Lake Maloney Golf Course. Thank you in advance for protecting the beauty of our route.
- 2. "NATURE CALLS" ON COURSE:** There will be port-a-potty facilities along the course. Please don't "answer the call of nature" in public and please respect private property.
- 3. NO CONSUMPTION OF ALCOHOL:** No alcohol is allowed at any time during the race. Even if you have completed your last stage, you are still participating in the race until your team has crossed the finish line. Alcohol may be purchased from the Lake Maloney Golf Course by those 21 and over after your entire team has finished the race.

FOR VEHICLES

There is nothing more important than safety. Watch out for other cars, runners, pedestrians and volunteers like their lives depended on it! Focus on driving! Drivers should refrain from cell phone use and texting while driving. Avoid distractions!

- 1. VEHICLES AND RUNNERS:** Vehicles may not be on the running route. Course marshals will be on the running route to provide help to injured runners. Please remember, runners are in charge of their own hydration and nutrition while running between exchange points and may not be supported.
- 2. NUMBER AND TYPES OF VEHICLES:** Only one vehicle per team is permitted. Vehicles must be large enough to provide a seat belt for all occupants.
- 3. TRAFFIC LAWS:** Drivers must obey all traffic laws and speed limits. We anticipate a high number of participants and thus many transporting runners. Please use extreme caution when parking, turning around and driving. Under no circumstances should you park on private driveways or property! Respect the exchange point signage and parking instructions. Oftentimes a runner may have to walk a short distance to access the canal road to relieve his or her teammate.
- 4. DRIVING DIRECTIONS:** Team vehicles **MUST** follow the driving directions provided with the driving route map. Directions have been designed to eliminate vehicle contact with runners and to lower congestion at the exchange points. If a vehicle gets lost or takes a wrong turn and does not reach the next exchange point in time, the time is lost and will not be awarded back.
- 5. DRIVING TO EXCHANGE POINTS:** Most of the time, you will have ample time to get from exchange point to exchange point. Please drive responsibly, taking careful consideration of your surroundings. We ask that once you reach an exchange point, all team members walk to the exchange point to encourage your teammate and other participants.
- 6. PARKING:** At the exchange points, team vehicles must park in the designated areas only. We recommend that other vehicles besides the team vehicle be parked at the Lake Maloney Golf Course to reduce the number of vehicles on the driving route. Carpooling to the race is appreciated!
- 7. SUPPLIES:** Each team will be provided with a trash sack. No other on course water or nutrition is provided until the finish. Teams should prepare their vehicle with enough water and snacks for the entire team and a **FIRST AID** kit with items like Band-Aids and Vaseline.

FOR RUNNERS/WALKERS

- 1. RUNNING ORDER:** Team members can choose their run order as long as no runner or walker completes two legs in a row, without prior arrangements with organizers. Any team member 14 & under must have a chaperone age 19 and over with them on course. This is the **ONLY** time 2 people from the same team are allowed to be together and no one else except those on a registered team will be allowed on the course. Unregistered people will be asked to leave the course and the team they are with will be disqualified.

FOR RUNNERS/WALKERS (CONTINUED)

2. RACE BIBS: Runners should wear their race bib on the front of whatever they plan to participate in the most. We recommend zip front jackets so that participants can easily unzip to reveal their bib number at exchange points or the finish line.
3. BATON EXCHANGE: Teams may choose to pass any item (just remember it has to be carried!) as a “baton” or you may “foot bump” to exchange.
4. DIRECTIONS AND TRAFFIC LAWS: It would be very difficult for runners to get lost. Simply follow the canal road. If you take a wrong turn (please don't do that!), you must return to the course where you left it and continue on the correct route.
5. CELL PHONES AND HEAD PHONES: Participants may wear headphones, but you are strongly advised to wear only one and keep the volume low. All participants are asked to carry a cell phone.
6. CANAL ROAD ETIQUETTE: Please remember you are on an open course. It is very possible for you to encounter local traffic on the canal road. Follow all L2L Relay signage and read the stage directions carefully prior to race day. It is the team's responsibility to know both the running route and the driving route. The signs are only there to assist you. Obey all traffic and pedestrian laws. Print and use your maps.
7. RUN AGAINST TRAFFIC ON THE CANAL ROAD: Because the canal road is NOT closed to traffic and a vehicle may appear unexpectedly, runners must run against traffic and as far left as possible. Please stay away from the canal.
8. INTERSECTIONS: County roads, some heavily traveled, make up the driving route and the access to the exchange points. Slow down and look both ways TWICE before proceeding across any intersection.
9. TRAIL ETIQUETTE: Once you reach the Lake Maloney Trail, please remember to respect other trail users, yield to cyclists, keep to the right, announce you are passing and pass on the left.

ADDITIONAL RUNNER SAFETY CONSIDERATIONS

COURSE SIGNAGE AND COURSE SAFETY: Follow all Lake to Lake Relay signs and read the leg instructions thoroughly and keep a copy in your team vehicle. Beware of vehicles, THE COURSE IS OPEN TO VEHICLE TRAFFIC! Portions of the running route cross “live” roads. Obey all traffic and pedestrian laws.

TIPS FOR SUCCESSFUL AND SAFE DRIVING: Focus on driving! Have a “co-pilot” help you by reading the driving instructions and giving you directions. Know where you are going and look at the map before you start driving. Be aware that exchange points can get congested, so drive and park accordingly. The driving route is made to avoid crossing the runner route, so please follow the driving instructions printed in this booklet.

TEAM SUPPORT: It is your team's responsibility to carry adequate supplies. It is also your team's responsibility to be aware of weather predictions on race day. You must have enough water for your entire team for 23 miles, so planning more than usual in hot weather is essential. Your team should also have adequate food for the duration and enough clothing to match the weather conditions. Each team vehicle should have a first aid kit, blankets, clothing layers and rain gear, cell phones and car chargers, Kleenex and we recommend a little extra toilet paper just in case!

EMERGENCY INFORMATION

IN CASE OF EMERGENCY, DIAL 911!

ON COURSE SUPPORT: The only first aid supplies available will be what you bring with you. There will be a Course Safety Marshal driving the route during the event. Notify the Course Safety Marshal or any volunteer with any concerns or emergencies.

EMERGENCY: 911

COURSE MARSHAL/RACE DIRECTORS: 308-520-7371; 308-520-2367

RACE DIRECTOR/FINISH LINE: 308-530-8679

LIGHTNING RULE

Lightning at the start of the race may result in a delayed start until the lightening clears. According to National Lightning Foundation guidelines, there must be a 30 minute period during which time no further lightening is witnessed before the race can begin or resume. If you see lightening on the course after the race has started, get your runner off the running route and into your team vehicle. Use the exchange point closest to your location to pick-up your runner and remain there until given the all clear to proceed. The delay will be deducted from your total time IF you record the time your runner stopped and then resumed running and provide it at the finish line. If it appears clear that a major storm is coming, the race will be stopped.

AWARDS AND CONTESTS

DIVISIONS & AWARDS: There will be a post-race award ceremony!

Because of the extended nature of this race, we understand when a team is unable to stay for our award ceremony. The truth is, the final team could be an award winner, so we try to wait. If we are able to determine, based on the remaining teams, that your division can be awarded before the end of the race and your team needs to leave, we would be happy to give you your awards early.

ALL MALE DIVISION: Teams of 2 people, 3 people or 4 people

ALL FEMALE DIVISION: Teams of 2 people, 3 people or 4 people

CO-ED DIVISION: Teams of 2 people, 3 people or 5 people

Awards will be given out to the top three teams in each division and size category with a special award to the overall winning team regardless of division or size.

TEAM CONTESTS

BEST TEAM COSTUME: The winning team will be given a special award. The costume contest makes the race more fun for everyone! There have been incredible costumes over the years, highlighting your creativity as well as your fitness! Race organizers and volunteers will serve as the judges.

BEST TEAM NAME: The team name also adds to the fun, so be creative! We do ask you avoid using overtly explicit language. Make sure your Grandma would approve of your word choice! Race organizers and volunteers will serve as judges.

RELAY LEG/MILEAGE

LEG	MILEAGE	START	FINISH
Leg 1	2.9	Oregon Trail Golf Course	Bubble Road
Leg 2	2.3	Bubble Road	South Lamont Road
Leg 3	3.4	South Lamont Road	Hershey Dickens Road
Leg 4	2.6	Hershey Dickens Road	Trinity Road
Leg 5	2.5	Trinity Road	Range Road
Leg 6	3.7	Range Road	Wagon Trail Road
Leg 7	2.3	Wagon Trail Road	Homestead Road
Leg 8	3.7	Homestead Road	Lake Maloney Golf Course

The next few pages include information on driving, parking and running each leg of the race. We advise you keep this information in your transport vehicle on race day.

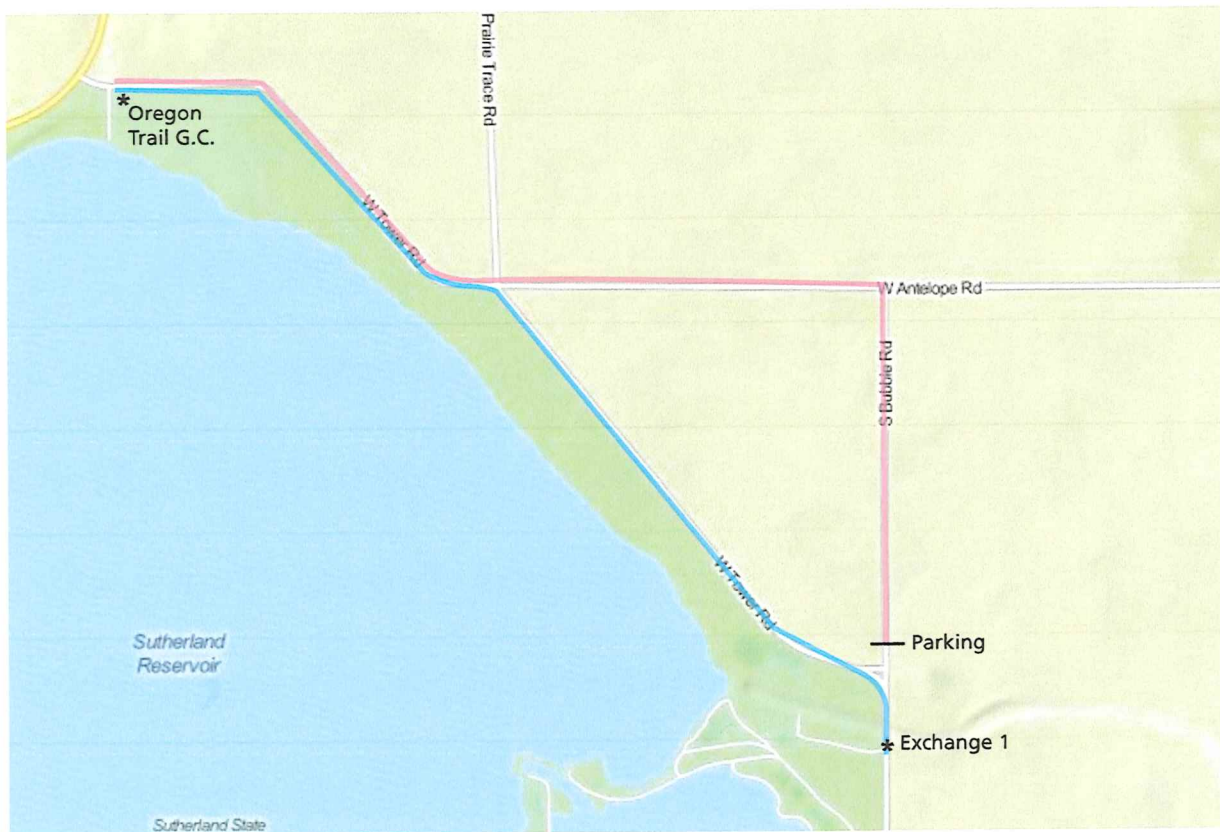
The relay race showcases much of our region's natural beauty of wild prairie grass, sandhills and canyons. Watch for wildlife along the route and waterfowl in the canal. The route itself is dirt trails and gravel roads. In case of inclement weather, be prepared for anything other than ideal conditions, including slick and slippery mud.

All exchanges will take place on the west side of exchange points, prior to crossing any roads. We ask that all relief runners wait for their teammate and make an exchange between runners. What you exchange is up to you...a baton, a bracelet...be creative; just make sure it's something you want to carry along the way.

Running route

Leg 1 - Oregon Trail Golf Course to Bubble Road - 2.9 miles

The run will start on West Tower Road, just outside the Oregon Trail Golf Course. Run east on Tower Road and take your first right just past the golf course. Follow Tower Road along the lake and enjoy the beautiful water views. The road will lead you up a short incline and break in the dam wall. Please keep to the right after passing the wall and look for race signage to direct you. Once you hit Bubble Road, turn right and look for the entrance of the canal. Watch for the exchange point sign.



Driving route

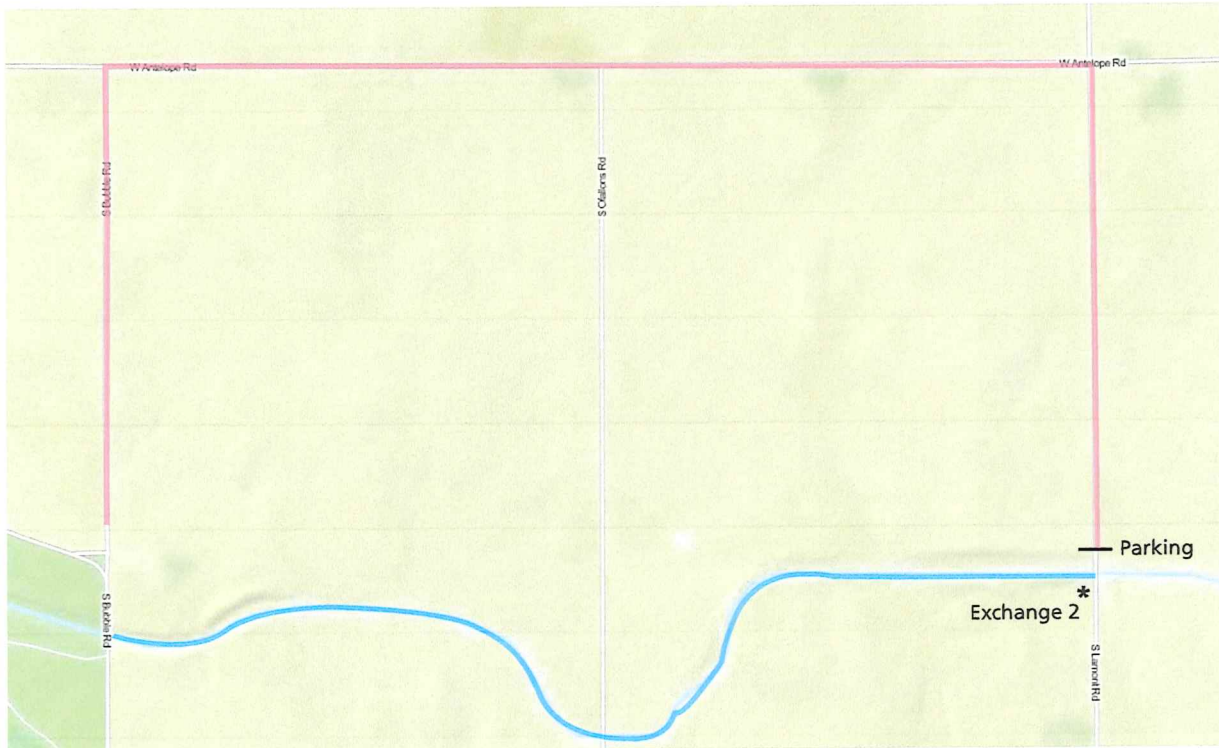
Leg 1

All runners must register at Oregon Trail Golf Course. Leave your first runner here and transport the rest of your team in your team vehicle down Tower Road to Antelope. Turn right on Bubble Road **and park north of the exchange point signs on either side of the road**. Runners will be running along S. Bubble Road, so please watch for pedestrian traffic.

Running route

Leg 2 - Bubble Road to South Lamont Road - 2.3 miles

Run along the canal from Bubble Road to South Lamont Road. You will have one crossroad. Please watch for traffic.



Driving route

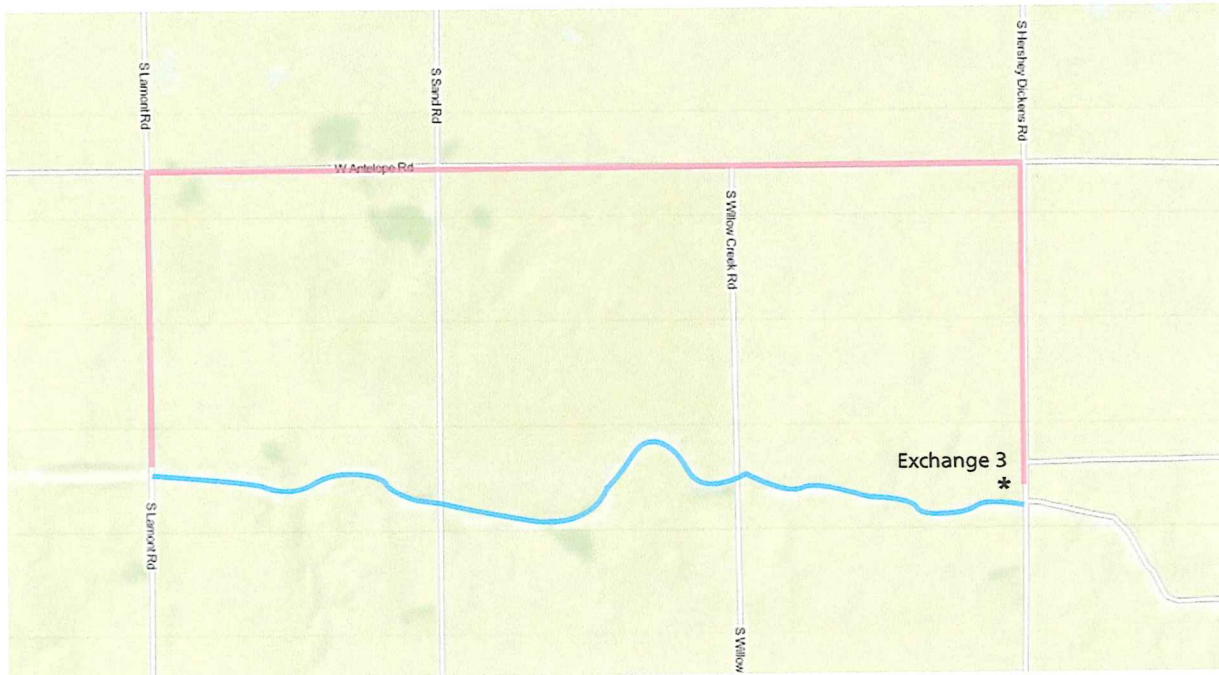
Leg 2

Take South Bubble Road north and turn right on West Antelope Road. Turn right on South Lamont Road. **Park on the east shoulder only on the left side of the road** (crops are planted directly next to the road to the west – PLEASE DO NOT DRIVE IN THE FIELD). Walk to the exchange point to cheer on the runners while you wait.

Running route

Leg 3 - South Lamont Road to Hershey Dickens Road - 3.4 miles

Run from South Lamont Road to Hershey Dickens Road. You will have two crossroads – be aware of traffic and please cross safely.



Driving route

Leg 3

Take South Lamont Road north to West Antelope Road. Turn right on West Antelope Road. Turn right on South Hershey Dickens Road. **Park on either shoulder of the road.** Hershey Dickens Road has high traffic, so please pull entirely off the road and walk to the canal with caution.

Running route

Leg 4 - Hershey Dickens Road to Trinity Road - 2.6 miles

Your run will be uninterrupted and beautiful. Enjoy the views of the river valley and sandhills.



Driving route

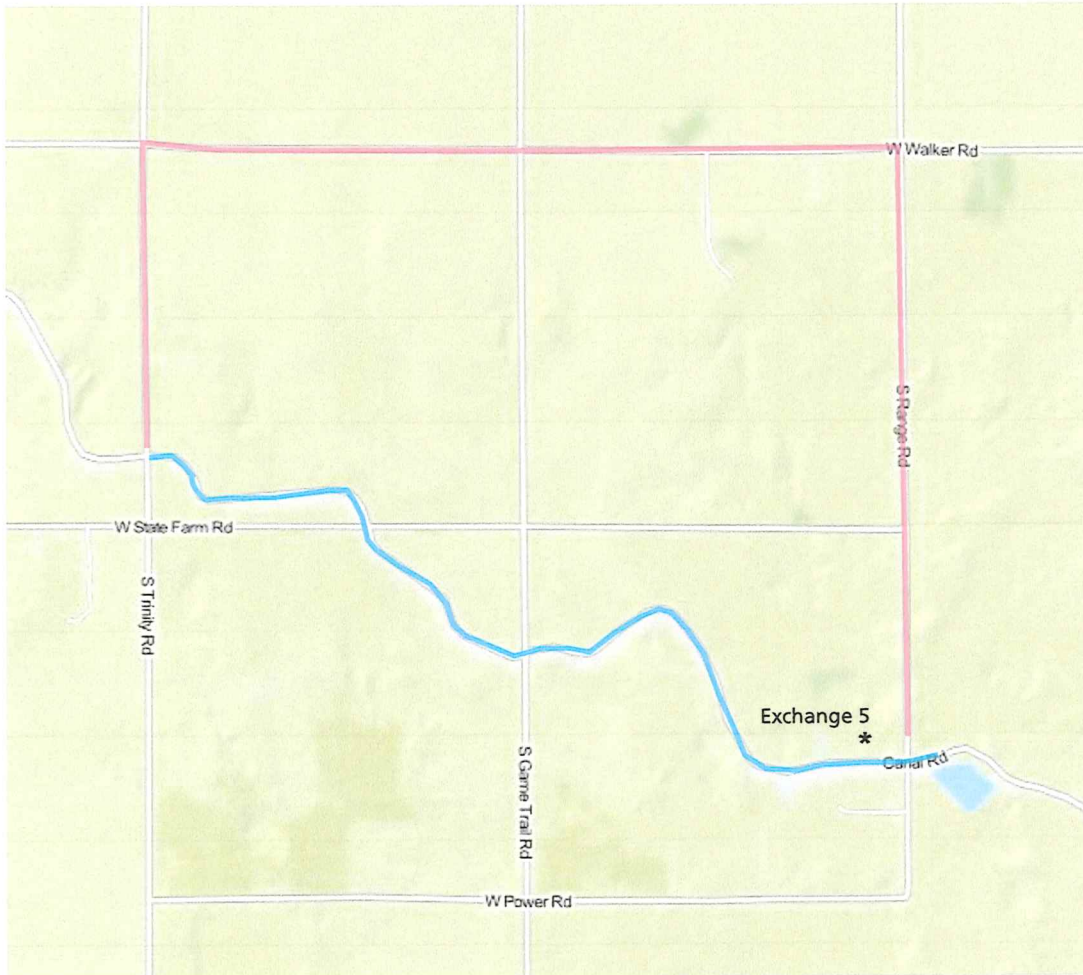
Leg 4

Take S. Hershey Dickens Road north to Walker Road. Turn right on Walker Road. At South Trinity Road, take a right. **Park on the shoulders of South Trinity Road.**

Running route

Leg 5 - Trinity Road to Range Road - 2.5 miles

This leg promises to be enjoyable as you run a beautiful winding path. You will have one crossroad – South Game Trail Road. Please be aware of traffic.



Driving route

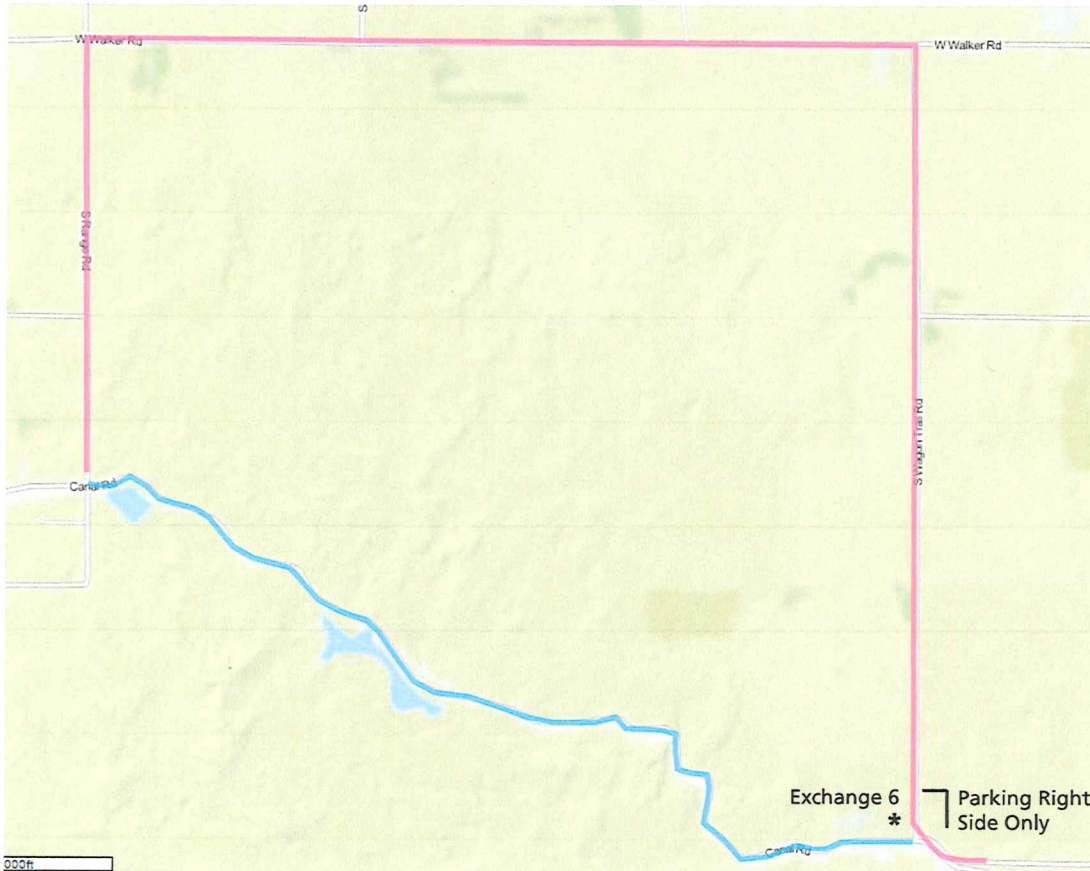
Leg 5

Take Trinity Road north to Walker Road and turn right. Take a right on Range Road. Parking will be very difficult at this exchange point due to the number of homes. **We ask that you park behind the designated parking signs along the shoulder and walk up to the canal.**

Running route

Leg 6 - Range Road to Wagon Trail Road - 3.7 miles

Run from Range Road to Wagon Trail Road. This is one of the longest legs in the race. Good luck!



Driving route

Leg 6

Drive north on Range Road to Walker Road and turn right. Turn right on Wagon Trail Road. Wagon Trail Road will be a very tight transition for cars. **Pull as far right as you can. There will be no parking on the left, to allow ample room for cars to turn around and for through traffic.** You may also pull up and turn left on West Wagon Trail Road. Again, park only on the right-hand side of the road.

Running route

Leg 7 - Wagon Trail Road to Homestead Road - 2.3 miles

You are almost there! You will have one crossroad along your run, Miller School Road. This is a great place to make up some time on your team race time; place one of your faster runners on this leg.



Driving route

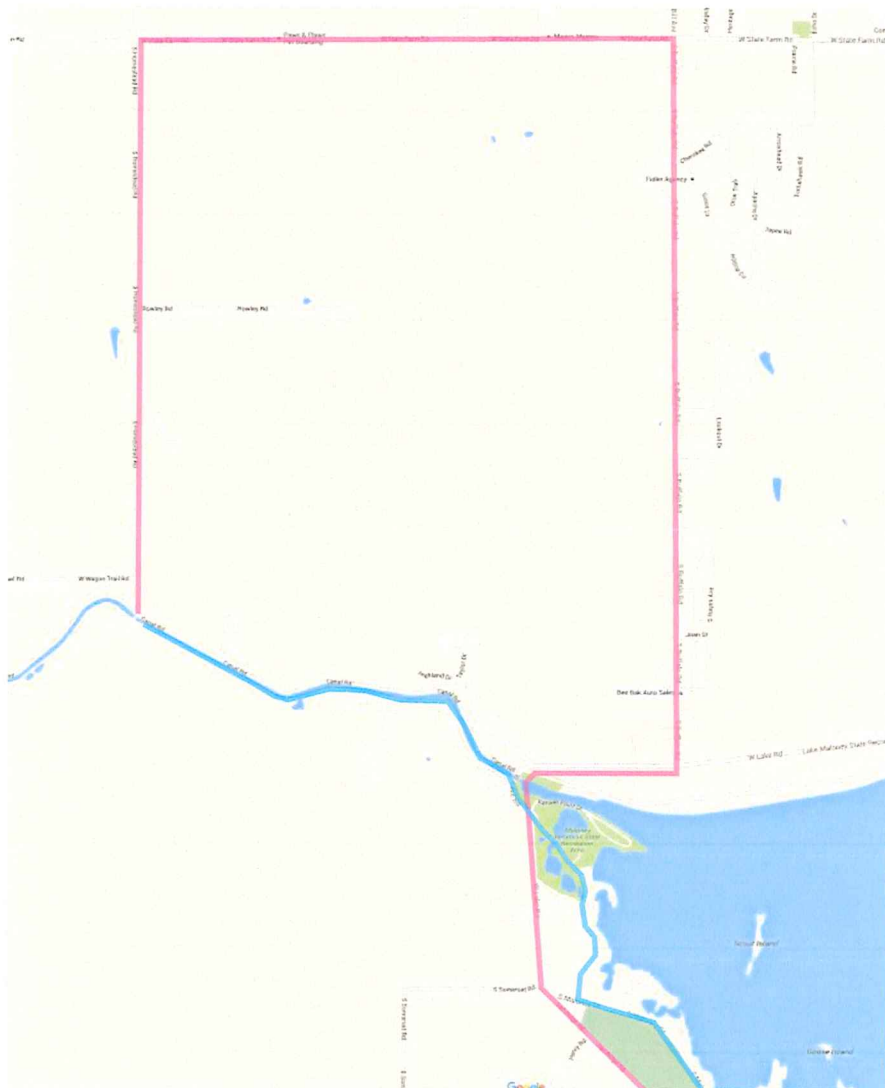
Leg 7

Race vehicles will follow W. Wagon Trail Road to Homestead Road.

Running route

Leg 8 - Homestead Road to Lake Maloney Golf Course - 3.7 miles

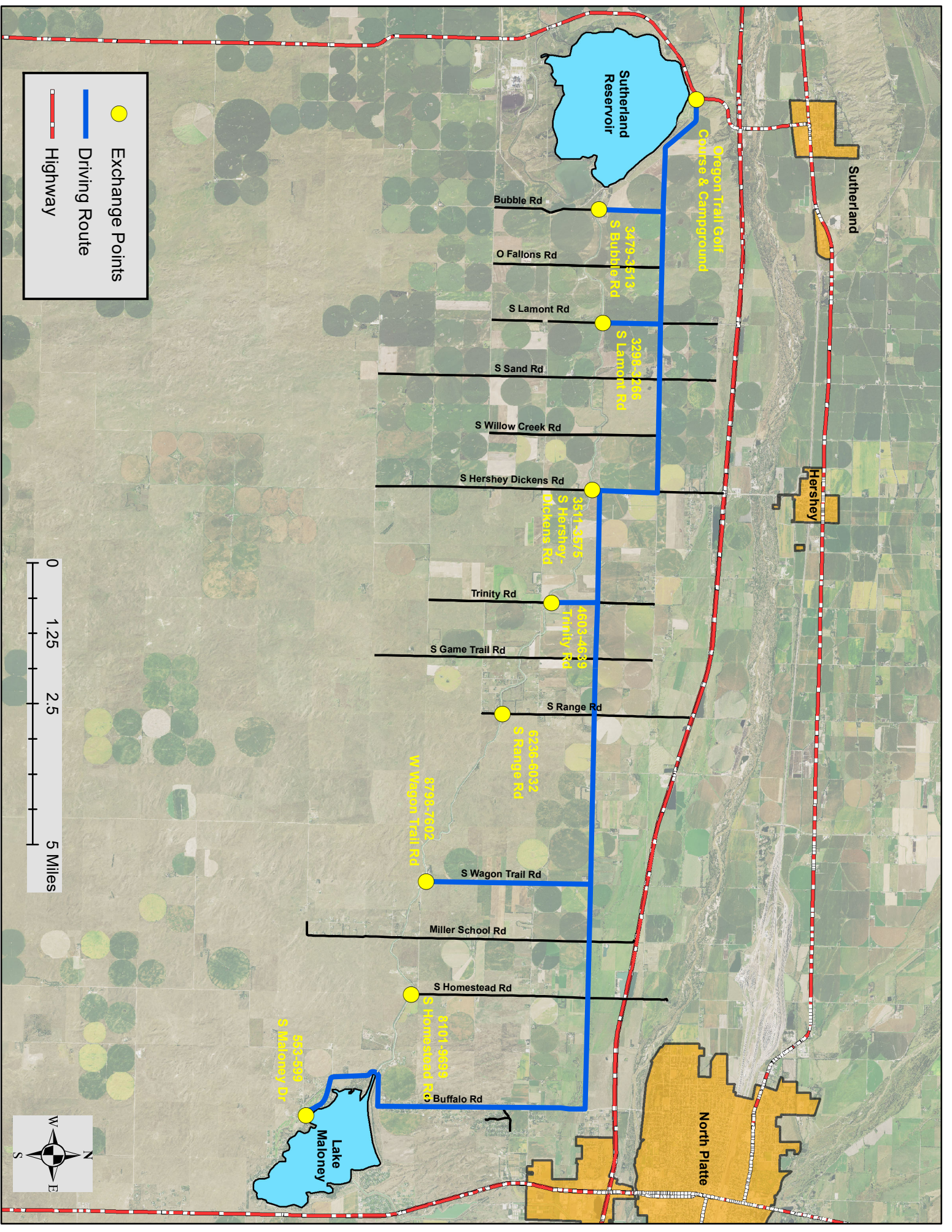
Time to celebrate the finish! Enjoy the views as you run on the Lake Maloney Trail next to Lake Maloney to the golf course. Please watch for traffic if you cross any roads. Team members may join you for the last quarter mile of the race.



Driving route

Leg 8

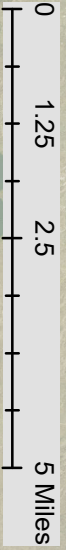
Please be aware of foot traffic! Participants on this last leg will move to Lake Maloney Trail. Vehicle traffic can continue on the road to Lake Maloney Golf Course. Please be aware that runners may be crossing over Maloney Drive at points. Your team, if you choose, may wait for your runner on the trail approaching the golf course and cross the finish as a team.



Exchange Points

Driving Route

Highway



Sutherland Reservoir

Sutherland

Hershey

Oregon Trail Golf Course & Campground

Bubble Rd

O Fallons Rd

S Lamont Rd

S Sand Rd

S Willow Creek Rd

S Hershey Dickens Rd

Trinity Rd

S Game Trail Rd

S Range Rd

S Wagon Trail Rd

Miller School Rd

S Homestead Rd

S Buffalo Rd

Lake Maloney

North Platte

3479-3413
S Bubble Rd

3298-3266
S Lamont Rd

3511-3575
S Hershey Dickens Rd

4503-4639
Trinity Rd

6235-6032
S Range Rd

6794-7002
W Wagon Trail Rd

603-629
S Maloney Dr

8101-8078
S Homestead Rd