

STAR COURSE - 50 MILER (Philadelphia) PARTICIPANT EVENT INSTRUCTIONS

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1. Schedule of Events:

17-18 October 2018 / 5:00pm	Electronic Check-In via Instagram
19 October 2018 / 7:30-8:30pm	Registration (last minute for adds or drops team members)
19 October 2018 / 8:30pm	Pre-Event Meeting (Paine's Park meet at River Field)
19 October 2018 / 8:50pm	Teams assemble at Start Point
19 October 2018 / 9:00 pm	Star Course - 50 Miler promptly starts
20 October 2018 / 5:00pm	Cut-off time: After-party continues until 7:00pm

2. Start Point / End Point:

a. Start Point: Paine's Park (meet at River Field 400-442 N 24th St Philadelphia, PA 19130)

b. End Point: Paine's Park (meet at River Field 400-442 N 24th St Philadelphia, PA 19130)

3. Cut-Off Time: If you come in under 20 hours, you will earn the patch. If you don't, there's always next year.

4. Course Hit List. Star Course - 50 Miler Hit List will be provided at Pre-Event Meeting.

5. Drop Bags. You have a ruck to transport your supplies, no drop bags required.

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6. Parking. Extremely limited. Recommend public transportation or rideshare transportation to Start Point and from End Point.

7. Race Identification. All Participants must wear headlamps at night and times/areas of low light.

8. Medical Plan.

a. Life threatening emergencies (loss of consciousness, heat stroke, loss of life, limb, eyesight)

(1) Call 911 immediately

(2) Notify Event Coordinator via (443-465-4743)

b. Non-Life-threatening emergencies (sprained/broken bones, etc). Notify Event Coordinator via (443-465-4743) for further instructions.

9. Communications Plan

Instance	System	Phone #// Handle	From	To
Event Starts	Cadre Command	N/A	Event Coordinator	Participants
Waypoint #hashtag	INSTRAGRAM	@goruckstarcourse	Team Captain	Remote Support
Life Threatening Emergency	Mobile Phone	911 (Call)	Team Captain/Participant	911 Operator
Non-Life-Threatening Emergency	Mobile Phone	443-465-4743 (Call or Text)	Team Captain/Participant	Event Coordinator
Team or Individual DROP from event	Mobile Phone	443-465-4743 (Call or Text)	Team Captain/Participant	Event Coordinator

10. Team / Individual Drop Procedures.

a. Text Event Coordinator via 443-465-4743 the following information:

(1) "DROP"

(2) "Team Name"

(3) "Individual(s) Full Name"

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(4) "Reason for dropping"

(5) "# of remaining teammates continuing ruck"

(6) Example: "DROP / Team Weirdos / Bomber Bash / Sore Feet / 3 continuing ruck"

b. \$20 cab fare. This is a requirement so participants who can no longer continue have money for transportation to their lodging.

11. Waypoint Requirements: You will receive a Hit List at the onset of the event with required waypoints. At each waypoint, you will be responsible for posting a picture of your team to Instagram with the designated tags. This will serve as verification of your mileage, and by the end you will have a great album of photos to document the experience. The Instagram instructions will be sent via a separate email.

12. Cadre Stations: Cadre will be positioned at different stations along the route to provide basic assistance and subsistence. These are not full-service stations, please plan accordingly.

13. Awards: It's about the journey, and finishing is a noble and worthy goal. But for those kindred spirits who want a little healthy competition, we're offering some GORUCK Cash Prizes for the winners. GORUCK Cash Prizes (redeemable at goruck.com), per team:

- 1st Place team: \$300.00 GORUCK Cash
- 2nd Place team: \$200.00 GORUCK Cash
- 3rd Place team: \$100.00 GORUCK Cash

14. Rules

● **The course will be at least 50 miles. You and your team can hit the waypoints in whatever order you want (good strategy helps), but YOU MUST HIT ALL WAYPOINTS WITHIN THE TIME HACK TO EARN THE PATCH.**

● **Finishing Solo:** If, and only if, the rest of your team drops for whatever reason, you can continue solo. If you hit all the waypoints within the allotted time, you'll earn the patch. You are not eligible for any prize money. If this happens, we recommend you link up with another team if possible (you'll still have to post your own pics) to make it more fun as a shared experience. To be clear, **YOU MUST HIT ALL WAYPOINTS WITHIN THE TIME HACK TO EARN THE PATCH.**

● **Weight Standard:** Each participant will have a 10 or 20 lb Ruck Plate (or equivalent in non-consumable weight) in their rucksack at the Start Point. If you are under 150 lbs, you are required to carry a 10 lb Ruck Plate and if you are over 150 lbs, you are required to carry a 20 lb Ruck Plate. GORUCK Cadre will verify weight at the end of the event.

● **Distributing Weight:** Keep your Ruck Plate (or equivalent) per participant with you at all times. You may cross load with your buddy/team members as desired, i.e. one of you may carry 40 lbs and the other 0 if you want.

● **Start and Endpoint Photos:** You are required to post a picture with you and your teammates at the Start Point and End Point. These are required waypoints on the Hit List.

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- **Purchasing Food and Drink:** Purchasing food and/or drink along your route at anytime is authorized.
- **Support Teams:** Meeting outside individuals for re-supply is allowed. They may not physically aid or assist your movement in any way; honor code in effect.
- **Rucking Only:** No method of transportation is authorized except rucking.
- **Local Traffic Laws:** Obey all traffic laws (and all the other laws, too) while participating.
- **Take out what you take in.** Use trash receptacles where available. GORUCK will provide trash receptacles at the aid/water stations, at the initial start point and end point.
- **Share the Road:** Remember to share the sidewalks, paths and or trails. Teams should be considerate of others while moving throughout the area, especially around historical landmarks and memorials.

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