

Travis 100K Ultra Team Relay (T100UTR)

Official Rules

1. General Rules

- 1.1. All participants must follow the designated race route. Cutting or deviating from the official route will result in disqualification.
- 1.2. Timing begins at the official race start and continues until the team member crosses the finish line on the 20th lap. Cumulative team distance will be considered.
- 1.3. Unsportsmanlike conduct, interference with other participants, or littering is unacceptable and will result in individual disqualification.
- 1.4. All participants must comply with instructions from race officials and volunteers.

2. Team Relay Rules

- 2.1. Team Size: Teams must consist of a minimum of 2 and a maximum of 10 runners. The Team Captain is not required to run as part of the team.
- 2.2. Runner Order: **Team members' names must be turned in to race officials prior to official race start.** Teams determine their running order throughout the race.
 - 2.2.1. Team members may run multiple laps of the race.
 - 2.2.1.1. Multiple laps do not have to be run consecutively, e.g. Team Member 1 may run lap 1, lap 3, and lap 7, if they choose.
- 2.3. Participation:
 - 2.3.1. **Each team member must complete at least one lap of the race (5km).**
 - 2.3.2. Only one member from each team can run at one time.
- 2.4. Exchange Zones:
 - 2.4.1. The **ONLY** exchange zone is collocated with the start and finish line.
 - 2.4.2. All exchanges must take place within the designated exchange zone.
 - 2.4.3. The baton must be handed off to the next runner.
 - 2.4.4. Exchanges outside the zone will result in a 10-minute penalty.
- 2.5. Support & Vehicles:
 - 2.5.1. Teams may support their runners only at designated aid stations (1-mile marker, 2-mile marker, and the Travis Fitness Center Track area).
 - 2.5.2. Team members must carry their own gear, hydration, and nutrition, except when using official aid stations.
- 2.6. **Cutoff Time: Teams must finish the 100 kilometers within 10 hours to qualify.**

3. Individual (Solo 100K) Rules

- 3.1. Solo runners are welcome to participate at their own risk and will not be part of a team.
- 3.2. Self-Sufficiency: Solo runners must carry their own gear, hydration, and nutrition, except when using official aid stations.
- 3.3. Cutoff Time: Solo runners must finish the race within 10 hours.

4. Safety Rules

- 4.1. Medics and officials may remove any runner deemed medically unfit to continue.
- 4.2. Reflective gear AND headlamps or flashlights are mandatory during low-visibility hours (dawn).
- 4.3. All runners must carry a phone or emergency whistle for safety.
- 4.4. **Team Captain and team members are expected to attend the pre-race brief.**

5. Awards and Recognition

- 5.1. Finisher Recognition:
 - All finishers before the cutoff time will qualify for the T100UTR award.