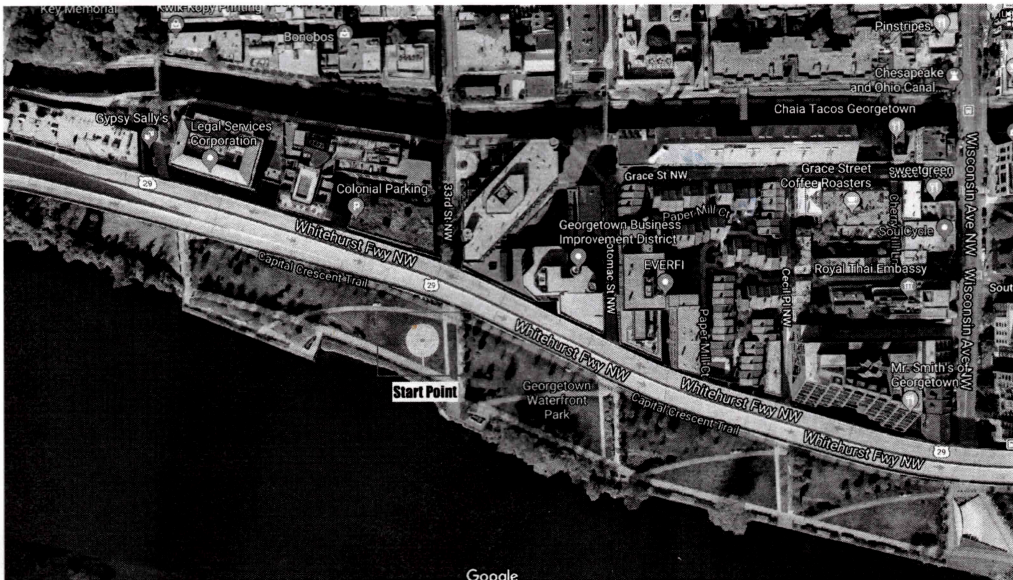


DC Star Course 50 Miler Participant Packet 2019

Hello Ruckers! We hope you are excited for the Washington DC Star Course 50 Miler! Please read this Participant Packet prior to the start of the event as it contains vital information.

Start Point: Georgetown Waterfront Park: 3303 Water St NW, Washington, DC (Meet at labyrinth)

End Point: Thomas Circle Balance Gym: 1111 14th St NW, Washington, DC 20005 (Meet at rooftop)



Schedule of Event:

1. 5/16/19 at 8:00pm - Electronic Check-in via Instagram
2. 5/17/19 at 8:00pm - Pre-Event Meeting (Georgetown Waterfront Park)
3. 5/17/19 at 8:50pm - Teams assemble at Start Point
4. 5/17/19 at 9:00pm - Star Course - 50 Miler promptly starts
5. 5/18/19 at 5:00pm - Cut off time/ end of event (after party continues until 7:00pm)

Important Links/Info:

- **Event Dates:** 5/17/19-5/18/19
- **Team Registration Deadline:** By 8:00pm on 5/16/19
 - Only Team Lead needs to fill this form out. If the form has already been completed, please do not fill it out again.
 - [Team Registration Form](#)
 - Please note that any team registration changes need to be sent to team@goruck.com by 3:00pm on 5/16/19.
 - Any last minute changes can be reported to the Cadre/Admin
- **Event Facebook Page:** <https://www.facebook.com/events/892018294315790/>
- **Instagram Instructions:** PDF can be found attached in email
- **Route Planning App:**
 - All apps have some form of fee associated with them (participants are responsible for the fee)
 - Participants should have familiarity with their route planning app prior to the start of the event
 - Participants should obey all rules regarding trespassing on or through private property as well as obey all traffic laws, regardless of what the app produces for a route. Always keep safety as a priority over speed and distance of the planned route
 - Suggested Apps:
 - Route4Me
 - Road Warrior
 - inRoute Route Planner
 - Footpath (good application for use rural/urban trails show good detail)
 - All Trails (similar to Footpath good for use to confirm rural/urban trails shows good detail)
 - Google maps (free, but limited to the amount of points of interest you can upload/type in)
- **Parking:** Extremely limited. We highly recommend public transportation or rideshare transportation to Start Point and from End Point.
- **Gear List:** Can be found on the event page:<https://www.goruck.com/event-14155/>
- **Drop Bags.** You have a ruck to transport your supplies. Drop bags not permitted
- **Safety Precautions:**
 - All Participants must wear headlamps at night and times/areas of low light
 - Obey all traffic laws (and all the other laws, too) while participating
 - 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
 - Don't walk through or trespass through private property to cut-off miles even if the route planning application has you walking through an area that is private or

has no trespassing signs. As the website states you may find you and your team doing more than 50-miles to by-pass off limit areas

- **Course Hit List:** Star Course - 50 Miler Hit List will be provided at Pre-Event Meeting
- **Waypoint Requirements:** The Hit List will have the 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.
- **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.
- **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

Electronic Check-in

Team Lead is responsible to perform an electronic check-in via instagram by **8pm on 5/16/19**. This is to ensure that communication between each team and the remote scorer has been established prior to the event. To complete the electronic check-in, post a selfie and tag @goruckstarcourse. Use the hashtag #echeck50DC in the caption center. Once @goruckstarcourse has "liked" your photo, your team electronic check-in has been completed. If you are unsure of how to properly post on Instagram, please refer back to the Instagram Instructions attached on the email.

Arrival Process

All teams will meet at Georgetown Waterfront Park 3303 Water St NW, Washington, DC (meet at labyrinth). Please arrive by 7:30pm. All check-ins should be completed electronically via instagram. Team Leads will report any last minute changes to Cadre/Admin.

Teams will report to weigh station to confirm weight requirement. If you are using a GORUCK ruck plate, please have them visible for the volunteer to see. If you are not using a GORUCK ruck plate, the volunteer will place your ruck on the scale. Once every team members rucksack has been weighed, your team is ready to go!

Drop Procedure

Text Event Coordinator via 985-237-8119 the following information:

- (1) "DROP"
- (2) "Team Name"
- (3) "Individual(s) Full Name"
- (4) "Reason for dropping"
- (5) "# of remaining teammates continuing ruck"
- (6) Example: "DROP / Team Weirdos / Bomber Bash / Sore Feet / 3 continuing ruck"

Dropped participants will be responsible to transport themselves back to their lodging.

Medical Plan

- **Life Threatening Emergencies** (loss of consciousness, heat stroke, loss of life, limb, eyesight):
 - Call 911 immediately
 - Notify Event Coordinator 985-237-8119
- **Non-Life-Threatening Emergencies** (sprained/broken bones, etc):
 - Notify Event Coordinator 985-237-8119 for further instructions

Communication Plan

Instance	System	Phone #// Handle	From	To
Event Starts	Cadre Command	N/A	Event Coordinator	Participants
Waypoint #hashtag	Instagram	@goruckstarcourse	Team Captain	Remote Support
Life Threatening Emergency	Mobile Phone	911 (Call)	Team Captain/Participant	911 Operator
Non-Life-Threatening Emergency	Mobile Phone	985-237-8119 (Call or Text)	Team Captain/Participant	Event Coordinator
Team or Individual DROP from event	Mobile Phone	985-237-8119 (Text)	Team Captain/Participant	Event Coordinator

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.**
- **Cut off time:** If you come in under 20 hours, you will earn the patch. If you don't, there's always next year.
- **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. Weight will be verified at the beginning and 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 Photos:** You are required to post a picture with you and ALL your teammates at the Start Point and each way point.
- **Way Point Photos:** You are required to post a picture on Instagram with you and ALL your teammates at all the Way Points on the Hit List. **You must be as close to the way point as legally and safely as possible.**
- **Purchasing Food and Drink:** Purchasing food and/or drink along your route at any time 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.