

Safety Information

Important Numbers:

Program these Emergency Numbers into your phone.

Jay Hilscher, Relay Producer	512-716-5041
Coy Turner, Security Coordinator	512-576-9117
First Medical Response Dispatch	512-233-4929
Mary Beth Kiser, BBDF CEO	512-970-6110

In an emergency, call 911 and then notify event personnel.

Running through the Hill Country at night may sound intimidating, but you are not alone. We have secured plenty of police officers to make the journey with you to ensure that all road traffic is aware of the race and to keep our runner's safe.

Be Prepared for Weather

The first teams will be heading off around 4:30 p.m. with the last teams departing close to 6:30 p.m. on Saturday, April 26th. It could be very warm, especially for the runners for the first several legs. However, as night falls the temperatures may drop. Be prepared for the changing weather by bringing plenty of layers that you can add and remove as needed.

Bring Food and Water

We have 14 amazing groups of volunteers ready to energize and encourage you at each exchange station. While snacks and drinks will be provided at most stations, be sure to bring whatever kind of fuel you'll need to keep you going.

Which Side Are You On?!

The side in fighting Batten disease! Runners will run on the **RIGHT** side (with traffic) for the entire race. The **ONLY** exception occurs when running alongside Bee Cave Rd (FM 2244) between Bee Cave Parkway and St. Stephens School Road. Leg 13 runners are on Bee Cave Rd. (FM 2244) for the last 4.5 miles of their leg, and leg 14 runners are on Bee Cave Rd. for the first 2.43 miles of Leg 14. When on Bee Cave Rd. (FM 2244), runners will run on the shoulder facing traffic. It is important to run on the correct side so that we're uniform on which side we're on and to increase the likelihood directional arrows and cones are not missed.

Take Responsibility for your Safety

The course is not closed to traffic. There will be signs indicating that there are runners on the road, as well as a strong police presence throughout. But runners must **ALWAYS** be aware and looking out for their own safety. **Headphones are prohibited**, a precaution to make sure that runners are aware of their surrounding at all times. If you feel concerned at any time, do not hesitate to step completely off of the road or shoulder to assess the situation or let vehicles pass.

Be Visible!

Of course, you need to be visible! From late afternoon onward, run with a light, a blinky or two, and a reflective vest – all provided for you in your team bags. In fact, anyone outside a van at night (not just the runners) needs to take such precautions. This year, we have provided two reflective vests for each team in the captain's runner bag. Please utilize them to increase visibility and ensure your safety. These vests are also an investment in the safety of future Run to the Sun participants, so **please return the vests at the finish line.**

Keep your Hazard Lights/Flashers ON

Team cars should drive with hazard lights on so that runners and volunteers know you're with the relay. To outsiders, it will just look like flashers, but to those in the know, it will be code for "I'm a Run to the Sun relay, too!"

Keep a Couple of Tires on the Pavement

The forecast calls for great weather during the race, but a few showers on the Friday before. So, when parking at exchanges, make sure to park so as to not get stuck in the mud.

Don't Get Lost

At each turn on the course, there will be blue and yellow arrows on the road, along with a cone that has an arrow on it. However, these can be missed. So, know your leg routes, and perhaps even carry written directions (found on the course maps) with you so that you don't get lost. Also, downloading the course map to your cell phone's GPS is a good way to make sure you stay the course.

Cattle Guards

While these are easily driven over, you will see that crossing over them on foot could be downright hazardous if good judgment is not used. (Also, be forewarned that they can be especially slippery when they are wet.) So, be careful! It is our suggestion that you stop at each of these to make sure that you cross over them carefully and successfully. There will be a cone placed in front of the right side of the guards and yellow caution tape tied to the right side to help you recognize when you are approaching one.

Relay Rules

- 1) From dusk onward, all runners must wear reflective gear and carry a flashlight, wear the blinking LED lights provided in the runner bags. We will have reflective vests available for your team in the Team Captain's runner bag...Be Seen!
- 2) No headphones.
- 3) Follow police security instruction.
- 4) Remember...Be Safe!**