

AMERICAN CANCER SOCIETY

GO THE DISTANCE TO END CANCER.

C2C RELAY RUN 2024

PARTICIPANT GUIDEBOOK



SEPTEMBER 13-14, 2024

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WELCOME TO THE C2C RELAY RUN

Thanks for joining us on this incredible journey that will quite literally take you over rivers and through woods, along trails and through towns across southern Ohio. This event is much more than a run, and you are so much more than a runner. We are a community, committed to changing the course of cancer.

Each of us has our own personal motivation and inspiration. We run for our mothers and fathers, brothers and sisters, children, and friends. Some of us run for ourselves. And we all run for our survivors. We run for those whose steps have been silenced, but whose footprints lead us through time. Every stride you take and mile you conquer brings us one step closer to a cure!

Most importantly, thank you to our runners. Not only have you embarked on a true test of endurance, but thanks to your fundraising commitment, you help make the American Cancer Society's services and programs possible. Funds raised for the C2C Relay Run help provide things like patient support and transportation to life-saving treatments.

Your safety is our top priority and the key to a successful event. **All participants are required to read this guide and are responsible for knowing the contents.**

I thank you for your participation and look forward to celebrating with you at the finish line!

Enjoy the run!

John Hykes

American Cancer Society C2C Relay Run Event Chair



Patient Support Pillar 2023 Impact Report



With the American Cancer Society, you're never alone.

In collaboration with our partners, donors, and sponsors, the American Cancer Society's Patient Support Pillar works with people facing cancer and their families, caregivers, health care professionals, and communities to ensure that no matter where someone is in their cancer journey – no matter what type of cancer, no matter their circumstances – they are never alone.

We hope you will take a moment to read this report and see first-hand how your support and partnership have helped us create meaningful impact for people facing cancer.



Read the full [Impact Report](#)



Patient Support Pillar By The Numbers



79.8 million
Lives Touched

We supported people with cancer and their families and shared expert information with patients, caregivers, and professionals in 2023.



71%
ZIP Codes Touched

We reached 21,300 communities across the United States and its territories in 2023.



4,700
Partners Engaged

We engaged partners across the United States and the globe in support of our work to end cancer as we know it in 2023.



35
**Low- and Middle-
Income Countries**

We worked with partners in low- and middle-income countries to reduce global health disparities and improve cancer care in 2023.



5,300
Volunteers

We worked with volunteers to support the work of the Patient Support Pillar in 2023.



800
Team Members

The Patient Support Pillar is made up of team members across the United States.

A Peek Inside the Impact Report

Cancer Patients

We're making it easier for people facing cancer to get the support they need as they navigate their cancer journey, including access to transportation, lodging, patient-centered information, and a 24/7 helpline with trained specialists.

Caregivers and Families

By providing crucial support programs and services, we're making sure caregivers and families know they're not alone in creating a support system for their loved ones with cancer. These vital resources include ACS CARES™, a first-of-its-kind patient navigation support program/digital app, and a wide range of specialized caregiver resources available to families and health professionals.

Health Care Professionals and Communities

We're building nationwide coalitions and working with community partners, in the United States and across the globe, to ensure cancer screening and care are accessible to everyone who needs them. These efforts include convening experts to help accelerate impact for patients, leading programs to share specialized knowledge and best practices among health care providers, improving quality of life for children with cancer, increasing access to cancer screening and prevention, and strengthening the oncology workforce.

Health Equity

At the American Cancer Society, diversity, equity, and inclusion are critical to our mission. We're investing in programs that help people with the greatest need, including initiatives that aim to reduce medical mistrust in communities and address structural and social determinants of health.

Advisors and Partners

The American Cancer Society has convened two advisory councils, inviting those who have lived experiences with cancer to participate and help ensure our programs are providing high-quality support to real areas of need.

Where Cancer Is, So Are We

It's because of ongoing donor support that we're able to show up every day for people facing cancer, whether on an individual level or a global scale. We're proud of the impact we made in 2023, and we're energized by the foundation we've laid for an even more impactful 2024. On behalf of people facing cancer, caregivers, volunteers, health care providers and more, we can't thank you enough for your support of the American Cancer Society.



cancer.org | 1.800.227.2345

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#C2CRELAYRUN



TEAM CAPTAIN CHECKLIST

Each team must have a designated team captain. The team captain is the team's point person and will lead your team through recruitment, fundraising, event preparation, and team logistics. The team captain is responsible for overseeing the following items:

1. Fundraising requirements
2. Team communication pre-event, during event, and post-event
3. Team Assignment Form
4. Team song
5. Runner assignments
6. Vehicle assignments
7. Team projections and pace time
8. Vehicle required safety equipment
9. Runner required safety equipment
10. Packet pick-up and team bag(s)
11. Start Line check-in (safety items, vehicle requirements)
12. Finish Line check-out
13. Safety Agreement Forms



RULES OF THE RUN

TEAM SIZE: Teams will consist of eight runners. Teams must run in a fixed order and each runner will complete three legs of the run. Each leg will be approximately four to eight miles long with one challenge leg.

AGE RESTRICTION: We welcome anyone 18 years or older.

MINIMUM PACE: Individuals are required to be at a 13-minute mile pace in order to participate in the event.

TEAM PACE: In order to ensure exchange point and course access, teams that are pacing two hours ahead of their projected pace will be held and teams pacing two hours behind their projected pace will be asked to move forward to bring the team's pacing back into compliance.

RUNNER ROTATION: Team members will run in a fixed order, strategized in advance. For example, Runner #1 will run legs 1, 9, and 17; Runner #2 will run legs 2, 10, and 18; and so on. All teams are to run their runners in the same rotation throughout the event. Participants cannot run back-to-back legs.

SUBSTITUTION AND INJURIES BEFORE EVENT: If your team needs a sub before the event begins, your team is responsible to find a replacement. **Your sub must be registered online by Wednesday, August 9, 2024.** Please email Olivia.Lenhard@cancer.org for instructions on how to get your sub registered.

SUBSTITUTION AND INJURIES DURING EVENT: If a runner can't finish the run due to injury or illness, the team must finish the run with the remaining runners by splitting the injured runner's legs amongst the team. No substitutions can enter the run once it has started. **If your team finds themselves in this situation, please contact the C2C Hotline Number (614-769-7591) ASAP.**

REFUND POLICY: All entry fees are non-refundable. Should you need to substitute a runner prior to the event, the entry fee and runner benefits may be transferred to the substitute runner.



RULES OF THE RIDE

NUMBER OF VEHICLES: Under routine circumstances, one team is allowed up to two vehicles. If you have specific vehicle questions, please reach out to Bob.Duncan@cancer.org.

TYPES OF VEHICLES: Cars, SUVs, and vans are permitted to transport team members. **No buses, RVs, trailers, or limos are allowed on the course.** We highly recommend SUVs/vans.

DRIVER SAFETY: During the run, you will either be running or driving. Driving safety is very important! Driving the course requires just as much planning as running the course. The Event Guidebook will come out in August once the course is finalized and will have the driving instructions for each leg. Please make sure to review this Guidebook prior to the run. There are times when the car follows the runner's course and other times when the car will take a different path. NOTE- the course directions may vary from your GPS. When this occurs, FOLLOW THE GUIDEBOOK INSTRUCTIONS. ***Safety is our first priority!*** Please use your best judgement before getting behind the wheel. If space allows, we suggest all teams recruit a DESIGNATED DRIVER for each vehicle. The role of the driver shouldn't be relegated to whoever isn't running or napping; a designated driver will help you navigate the course safely.

ACTIVE/INACTIVE VEHICLES: Because we *highly recommend each team having two vehicles*, each team will have one "Active" and one "Inactive" vehicle. The vehicle with the active runners is the "Active" vehicle. Active Runners = Active Vehicle. When your vehicle is "Active," there is no resting. It's go time! To get a feel for what happens on the route, we'll break it down for you:

- **Vehicle #1 (Runners 1-4), Vehicle #2 (Runners 5-8)**
- Vehicle #1 starts at the Start Line. Once Runner 1 takes off, Vehicle #1 goes straight to Exchange Point #1 and parks in designated parking area so Runner 2 can warm up. After Runner 1 hands off to Runner 2, Runner 1 cools down and gets in the vehicle so Vehicle #1 can proceed to Exchange Point #2 where Runner 3 warms up while excitedly waiting for Runner 2. This continues until Runner 4 finishes his/her leg and reaches Exchange Point #4.

Now, you're probably wondering what Vehicle #2 has been up to...

- Vehicle #2 is relaxing, sleeping, or eating. Vehicle #2 needs to be in communication with Vehicle #1 so they know when to get to the first Major Exchange Point (Exchange Point #4). For the first time on the course, all teams will meet up with each other at the Major Exchange Point. As Runner 4 passes off to Runner 5 at Major Exchange Point #4, this is where Vehicle #1 BECOME INACTIVE and Vehicle #2 BECOMES ACTIVE. Runner 5 starts his/her leg and Vehicle #2 becomes "Active" and goes to next Exchange Point. Vehicle #1 now becomes "Inactive" and gets their highly deserved time to relax, sleep, and eat.

But just for a couple of hours before you have to get back on the route! HINT: You want to be sure to be at Major Exchange Point #8 when your runner arrives. Your team cannot continue the relay without your vehicle! (This may or may not have happened a couple of times over the years. Don't keep your teammates waiting)!



#C2CRELAYRUN

RULES OF THE RIDE

VEHICLE SIGNAGE: Each team will be provided FOUR SIGNS (TWO YELLOW and TWO WHITE)

Vehicle #1: will tape the WHITE SIGNS in the front passenger windshield and back driver side window.

Vehicle #2: will tape the YELLOW SIGNS in front passenger windshield and back driver side window.

VEHICLE CHECK-IN:

Vehicle #1 Check-In: You will check-in at the Start Line. Someone from the team must go to the CHECK-IN TENT to let the staff and volunteers know you've arrived. You will go over to your vehicle to make sure all the requirements are met before you start.

Vehicle #2 Check-In: If Vehicle #2 is coming to the Start Line, they can check-in their vehicle there. If Vehicle #2 is not coming to the Start Line, THEY MUST CHECK-IN WITH A STAFF MEMBER OR VOLUNTEER AT MAJOR EXCHANGE POINT #4.

FOLLOW THE ROUTE: For the safety of runners and traffic flow, the Event Guidebook directions may differ from the route your GPS will suggest. When this occurs, follow the guidebook and not your GPS!

TRAFFIC LAWS: THIS IS AN "ON OPEN ROAD" COURSE. Vehicular traffic will be present on the course. The C2C Relay Run does not exempt drivers or runners from following existing traffic laws. Please follow all traffic laws applicable to the course. This includes speed limits, stop signs, and stop lights. It would be very unfortunate to be pulled over for a violation while you have a runner on the course who is depending on you for a ride!



SAFETY FIRST

The rules below are created for your safety and for the safety of the volunteers and communities we go through. We ask that you take a moment to read through this guidebook to know what lies ahead. Be safe and have fun!

SAFETY

Safety is the first and foremost priority of the C2C family. It is important that all runners and drivers realize that the race course crosses traffic and follows roadways. Read and understand all race rules and seek clarification as needed. Please be cautious at all times, drive slowly, be alert, read the following safety tips, and have a fantastic run!

C2C HOTLINE AND EMERGENCY NUMBER: In the event of an emergency, please use your judgement and make the appropriate calls. **If it is a medical emergency that needs to be addressed immediately, please call 911 and then call the C2C Emergency Number.** Regardless of status of emergency, please call the C2C Emergency Number to report any complications that may require medical attention and/or runner substitution so that we are aware of the runners and who is on the course at all times.

C2C HOTLINE AND EMERGENCY NUMBER:

(614) 769-7591

****SAVE THIS IN YOUR PHONE PRIOR TO THE RUN!****

C2C TEXT ALERT SERVICE: Everyone will be automatically added into the C2C Text Alert Service via Slicktext. This will allow participants and volunteers to receive text messages during the event. Message alerts will consist of any route changes, weather updates, special announcements, etc.

Please note: THIS LINE IS JUST FOR ANNOUNCEMENTS. YOU CANNOT CALL OR TEXT BACK.

ADDITIONAL SAFETY INFORMATION:

OFFICIAL ID BRACELETS: **ALL RUNNERS ARE REQUIRED TO WEAR THEIR ID BRACELET** at all times while running on the course.

REFLECTIVE GEAR: Because this is an event that occurs on roads and trails during daytime and nighttime hours, **RUNNERS MUST WEAR A LIGHT-UP OR SAFETY VEST FROM DUSK TO DAWN**. It is not required to wear a vest during the day, but we highly recommend it because it provides greater visibility.

HEADLAMPS: Runners completing legs from dusk to dawn are **REQUIRED TO WEAR A HEADLAMP WHILE ON THE COURSE**.

CELL PHONES: We ask that runners carry a cell phone with them while they run. Additionally, you will need your phone to track your course location on our RaceJoy tracking app.

NO HEADPHONES: **Headphones or ear buds are NOT PERMITTED on the course.** Participants who want to listen to music as they run can play it through their phones WITHOUT HEADPHONES. Only OPEN EAR WIRELESS headphones are allowed (see page 12 for example).

SAFETY FIRST

REQUIRED SAFETY GEAR: EACH RUNNER is REQUIRED to have the following items:

- Headlamp
- Reflective vest
- Two (2) blinking LED “front & back” lights
- Event runner ID bracelet

DAYTIME REQUIRED GEAR:

- Event runner ID bracelet
- Two (2) blinking LED “front & back” lights
- Reflective vest

NIGHTTIME REQUIRED GEAR:

- Headlamp
- Event runner ID bracelet
- Two (2) blinking LED “front & back” light
- Reflective vest (mandatory for nighttime running)

Participants will be held at exchange points and not allowed to proceed without proper safety equipment.

SAFETY ITEM EXAMPLES:



SAFETY FIRST

REQUIRED SAFETY GEAR: EACH VEHICLE is REQUIRED to have the following items:

- Emergency hazard beacon roof light (must have a strobe setting) - Participant provided
- **Vehicle #1**—Two WHITE SIGNS displayed (one in front passenger side and one in back driver side) - Event provided
- **Vehicle #2**—Two YELLOW SIGNS displayed (one in front passenger side and one in back driver side) - Event provided

DAYTIME RUNNING- RUNNING AGAINST TRAFFIC: During daylight hours, runners are advised to run against oncoming traffic. This entails running on the opposite side of the road that you are traveling. This is for the safety of the runner. Seasoned runners prefer running against traffic in the daylight because runners can see and are aware of the activity of oncoming traffic. NOTE: If you are running against traffic in a curve, you may want to quickly and temporarily run on the outside of the curve until you are out of it and can once again see oncoming traffic.

NIGHTTIME RUNNING- RUNNING WITH TRAFFIC: During nighttime hours, runners are advised to run with traffic so the team vehicle can follow closely behind the runner with headlights and hazard lights on. An emergency hazard light is required to be used from dusk to dawn.

WEATHER: Ohio weather can be wildly diverse, as you all know. The C2C Relay Run will continue through rain or shine. Be prepared for anything and make sure you have running accessories for inclement weather. In the event of serious, safety-threatening weather, you should seek immediate shelter wherever possible (under an overpass, at a convenience store, etc.) C2C Support and Gear (SAG) vehicles will help all runners that they can, but it may take a while to get everyone to safety, so be prepared to seek shelter. Below, you will find the Emergency Flag System for C2C SAG vehicles. They will have a flag on each vehicle indicating the following conditions:

Alert Level	Event Conditions	Recommended Action
	Good Conditions	Enjoy the event/be alert
	Less than Ideal Conditions	Slow down and be prepared for worsening conditions
	Potentially Dangerous Conditions	Slow down, remain at Exchange Point for further instructions, or seek shelter as needed
	EVENT CLOSED- Extreme and Dangerous Conditions	Seek shelter along the course

SAFETY AGREEMENT FORM: Safety is our #1 priority. In order to keep everyone safe (runners, volunteers, and communities) we have created the “Safety Agreement Form”. **IT IS MANDATORY THAT EVERY PARTICIPANT SIGN ONE (1) COPY OF THE SAFETY AGREEMENT FORM.** This agreement must be turned in at the Start Line Check-In Tent. You will find the Safety Agreement Form at the back of this book.

REMEMBER TO FILL OUT THE CONTACT AND MEDICAL INFO ON YOUR ID BRACELET!

#C2CRELAYRUN

COURSE LOGISTICS

EVENT GUIDEBOOK: Course maps and leg guides are provided in the Event Guidebook. The Event Guidebook and route cards will be provided in your team bin and will be emailed out in August.

ROUTE SIGNAGE: The C2C Relay Run route will be clearly marked as illustrated below.

DAYTIME DIRECTIONS: For the daytime legs, there will be white directional yard signs (see example below). There will also be spray paint markings (where allowed) and trail markings from time to time as well. Keep an eye out for both. Spray paint or arrows will be used more in the cities and towns, when runners go from street to sidewalk or vice versa. Please note: the spray paint will only be on the street NOT ON THE SIDEWALKS.

NIGHTTIME DIRECTIONS: For the nighttime legs, there will be glow-in-the-dark arrows on the ground along with reflective and glow-in-the-dark yard signs with directional arrows on them.



General Spray Paint
Direction Signs



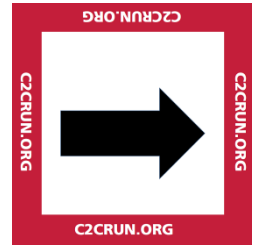
Cross the Street & Get
on Right-Hand Side



Trail & Sidewalk
Arrows



Additional Nighttime
Signage



Daytime Signage

EXCHANGE POINTS: There are 23 Exchange Points— five of which are Major Exchange Points (4, 9, 12, 16, and 20)

SIGNAGE: There will be a yard sign at every Exchange Point. This sign not only indicates your location, but it will also be the area where the actual runner exchange takes place.

VEHICLE CHECK-IN: When your vehicle arrives at the Major Exchange Points (4, 8, 12, 16, and 20), we ask that you CHECK-IN with the volunteers on site. This will help the race officials keep track of where teams are located on the course.

RUNNER EXCHANGE: As stated above, the yard sign at each Exchange Point is where the exchange between runners will take place.

RESTROOMS: Restrooms will be available at each Exchange Point (portable toilets or restrooms), unless otherwise noted.

MAJOR EXCHANGE POINTS: The Major Exchange Points are our HIGH TRAFFIC AREAS as the full team will be there with both vehicles. The C2C Relay Run will provide hydration and nutrition at the Major Exchange Points.

VOLUNTEERS & RACE OFFICIALS: There will be volunteers/race officials at every Major Exchange Point. The volunteers/race officials are there for support in addition to ensuring everyone is following the rules and being safe. Please respect and follow their directions.

TEAM TRACKING: The C2C Relay Run will be utilizing RaceJoy to track teams and participants. RaceJoy is the most advanced form of live tracking and race operations management. RaceJoy uses the power of smartphones to provide real-time GPS tracking of the person's actual location and create real-time information and interaction with race organizers and spectators. The C2C Relay Run will be providing further instructions in the Event Guidebook and pre-event communication. For more information in the meantime, please visit RaceJoy.com



COURSE LOGISTICS

LODGING DURING YOUR RUN: Are you wondering how sleeping is going to work during this run or if you'll get to shower at all? We have that figured out for you! Just west of exchange point 12, we have access to the Xenia YMCA. For other places along the route, please utilize the parking lots at Major Exchange Points.

YMCA XENIA COUNTY: We have a FREE place for you to stay at the Xenia County YMCA: 336 Progress Drive Xenia, OH 45385. C2C will have exclusive access to the YMCA from 0:400-10:00am.

SLEEPING & SHOWERING: We will have access to the YMCA gym for you to camp out in. Make sure you bring your sleeping bag, pillow, blankets, etc. to catch some good sleep! (Sleeping items/cots are not provided). Make sure to pack your shower caddy, too! We have access to the men's & women's locker rooms for you to clean up in.

SLEEPING AT EXCHANGE POINTS: If you are catching up on your sleep at other Exchange Points along the course, please make sure you are either sleeping in your vehicles or off to the side of the parking lot. DO NOT SLEEP NEXT TO YOUR VEHICLE. This is very important for two reasons: 1.) You might not be seen by other vehicles and 2.) We are limited on parking at Exchange Points.

HYDRATION AND NUTRITION: There will be hydration and nutrition at the Major Exchange Points, but you are responsible for most of your own hydration and nutrition throughout the event. You need to prepare your body for this endurance event. Eat and hydrate accordingly to your assigned legs. Exchange points will provide typical on-the-run foods such as granola bars and snacks. Most Exchange Points are stationed near a convenience or grocery store, so you will have access to purchase food and drinks as well. Because you will be running legs of 4-10 miles at a time, some things to consider are:

- **PREPARING FOR YOUR ASSIGNMENTS:** Like normal training runs or races, you should plan to eat 1-2 hours before you run. You want to eat enough to have the right amount of energy, but not stuff yourself so that you feel like you can't move when you hop out of the car and onto the pavement. Be mindful of your snacking. (For example, don't eat four bags of M&Ms right before you run a seven-mile leg)!
- **DURING YOUR RUNS:** Thankfully, C2C legs are between 4-10 miles, so you won't need a large amount of nutrition on the course. After 60-90 minutes of activity, your muscles will start to search for other glycogen resources, so pay attention to the time it will take you to complete the leg. According to our run rules, a 13:00/mile limit should prevent you from being on the course for that long. But just in case, bring your snacks & H2O!
- **RECOVERY:** Between assignments, you'll want to rehydrate and recover with carbs and protein! Gatorade, electrolyte mixes, chocolate milk, and even coconut water contain good nutrients to help your body recover!
- **SUN/HEAT SAFETY:** Make sure you start hydrating before the event. You will want to enter the event fully hydrated. Start drinking extra water days before the event. During the event, the amount of hydration will vary per person, but may be equivalent to two water bottles per leg you do. It is extremely important that you are continuously hydrating during the run in order to avoid dehydration and cramps. Make sure you know the signs of overheating and dehydration. Stop running and seek medical attention immediately. Don't forget to wear sunscreen and breathable clothing!

COOL DOWN TIPS: Keep in mind that at the end of your leg, you must take time to stretch and loosen up your body before getting back into your vehicle. If you get in the car immediately after your run, you will become stiff during the long drive between each of your running assignments! You have plenty of time before you need to take off again. See your fellow runner off and do a couple of stretches before resting again. A foam roller, massage stick, or a yoga mat would be beneficial to keep in the car.

QUIET HOURS: We go through a lot of communities and we want to respect the nighttime hours while we pass through. There are designated QUIET ZONE LEGS (and Exchange Points) to make sure we are mindful of the local residents. LEGS 2-14 ARE QUIET ZONES. Please do not blast your music, honk your horns, use loud voices, or anything else that you wouldn't want to hear during the 'wee hours' of the night/morning.

#C2CRELAYRUN

RULES OF ENGAGEMENT: JUST DON'T DO IT!

CHEATING & MISCONDUCT: This is first and foremost a charity and awareness event. It is timed, but not competitive. In other words, this is a run, not a race. There will be no award for the team that finishes the fastest. However, cheating is still not tolerated and will be highly frowned upon. Please do not skip a leg because of the difficulty or runner substitution complications. Alcohol consumption on the course, destructive behavior (such as littering, etc.), disrupting neighbors in quiet zones, and inappropriate behavior (such as public urination, etc.) are not tolerated during this event.

NO LITTERING: Please be respectful to your environment. This means you are responsible for cleaning up your own trash. Trash receptacles are not provided on the course. If you use GU or other hydration while running, utilize a trash can at an exchange point, or hold onto it until you can put it in the team vehicle. Please keep your team trash contained in your team vehicles. Thank you!

NO PUBLIC URINATION: This is an event in which people are letting us run through their trails, hometowns, and backyards. Please be respectful of your surroundings and use a designated portable toilet or restroom.

NO CONSUMPTION OF ALCOHOL: Consumption of alcohol is not permitted during the race or on the race course. Please wait until after the run for libations! Any team seen or reported consuming alcohol during the run or on the course will be disqualified and can be fined/cited by appropriate law enforcement.

NO BIKES: No bicycles are allowed on the course (or to accompany a runner).

NO PETS: No pets are allowed on the course (or to accompany runners). The American Cancer Society has a strict NO PET POLICY at our events to ensure safety of all participants, volunteers, and spectators.



START LINE

START LINE: Land Grant Brewing 424 W Town St, Columbus, OH 43215

STARTING TIMES: Once your team is fully registered, you will be contacted by the C2C Committee regarding your team's individual starting time. **It will range between 4:30pm and 11:30pm on Friday, September 13th**, based upon your team's total estimated pace. You will receive your OFFICIAL START TIME IN AUGUST. **Due to pacing projections, teams must start at their assigned times. Unfortunately, we cannot honor special requests.**

TEAM CHECK-IN: ALL TEAM CAPTAINS (or their designee) MUST CHECK-IN AT THE CHECK-IN TENT AT THE START LINE AT LEAST 45 MINUTES BEFORE THEIR TEAM'S START TIME. At check-in, you will be required to provide/complete the following:

- Show the runners' required safety items (AT LEAST 4 reflective vests, 4 blinking lights, 4 headlamps per vehicle, and runner event ID bracelets).
- Turn in the Safety Agreement Forms signed by each participant
- Go through a vehicle check: emergency hazard beacon light (1 per vehicle), signage displayed, and hazard light check

TEAM PHOTO: Teams will have the opportunity to take photos before they take off. **Please be by the Start Line 10 minutes before your start time to take a team photo with the race photographer.**

TEAM SONG: Each team can pre-select a team song that they wish to be sent off to when they start the run. The team captain is responsible for getting this information to the C2C race officials prior to the event. Please make sure your song is appropriate (clean version, please) for all ages.

TEAM SEND OFF: One really special aspect of the C2C Relay Run is the intimate setting of the Start Line. Many participants have been deeply affected by cancer, and the C2C Relay Run gives a beautiful opportunity to those people to come together as teams to continue the fight against cancer. Teams will have staggered, individual starting times based upon estimated team finish, which means your team will have a special moment to remember and honor those who have fought this disease.



FINISH LINE

FINISH LINE: 50 West Brewing 605 Wooster Pike, Cincinnati, OH 45227

TEAM FINISH: After dropping Runner #8 off at the final Exchange Point, your team will need to get to the Finish Line area ASAP. You will want to park and get to the “Team Gathering Area” (Soccer Field Lot of Horizon Church 39.134684313334056, -84.35440691229813) in a timely manner. This will allow your final teammate to get there in order to run to the Finish Line together as a team. Your team members will be greeted at the Finish Line with a medal.

TEAM PHOTO: Once team members have received their medals, they will gather together for a team photo.

CELEBRATION: YOU DID IT! We are so excited and proud of you! Now it’s time to CELEBRATE!

- **FOOD:** Lunch for registered participants and one guest will be provided by ACS at the Finish Line. More details to come!
- **BEVERAGES:** Fifty West offers a variety of non-alcoholic as well as alcoholic beverages. Beverages will be on your own.
- **TIME FRAME:** The Finish Line celebration will be held from 4:00 pm-9:00 pm.
- **TEAM CHECK-OUT:** Each team is **REQUIRED** to check-out at the check-out table prior to leaving the celebration. Please turn in your vehicle signage and any borrowed items.

PARKING: We have arranged to have parking available for teams in a parking lot near the Finish Line venue. More detailed information/Finish Line maps will be provided in the Event Guidebook that comes out in August .



TEAM BUILDING

You are part of a team that is running from Columbus to Cincinnati over 24 hours. You may be wondering: “How am I going to survive?” Our suggestion... HAVE FUN! LIVE IT UP!

Here are some helpful tips on how to build team spirit amongst your team:

VEHICLE DECORATIONS: Deck out your vehicles with window paint, lights, and decorations. Be creative! Need inspiration? Google: “running relay car decorations” or search it on Pinterest. There are a lot of great ideas!

TEAM SHIRTS: Build that team spirit with a team shirt you can wear the day of the event!

TEAM SONG: Do you have a favorite song you would like to start your run to? We can make that happen when you start the 2024 C2C Relay Run! Have your team come up with a team song you want to run off to at the Start Line.



PACKING LIST

Keep in mind, for a normal race, you may just take one of each piece of gear. But to prepare for the C2C Relay Run, consider all the gear you will need before and after you tackle 139 miles with your teammates. Will you want to change gear between each of your running assignments? Plan accordingly to your preferences!

REQUIRED ITEMS

- ☐ Reflective vest (1)
- ☐ Headlamp (1)
- ☐ LED blinking clip lights (2)
- ☐ Driver's license
- ☐ Health insurance card(s)
- ☐ ID bracelet

CLOTHES

- ☐ Running socks & backup pairs
- ☐ Running shorts, tights, & backup pairs
- ☐ Short sleeved shirts
- ☐ Long sleeved shirts
- ☐ Running jacket
- ☐ Sports bra (& any extras)
- ☐ Long pants/old shirt/sweatshirt to wear between running assignments
- ☐ Underwear (& any extras)
- ☐ Compression pants
- ☐ Compression shorts
- ☐ Running shoes & a backup pair
- ☐ Flip flops/sandals
- ☐ Extra "civilian" clothes for after the race if you get tired of wearing running gear for 24+ hours!

MISCELLANEOUS ITEMS

- ☐ Extra batteries for your headlamp
- ☐ Running visor
- ☐ Extra shoelaces
- ☐ Sunglasses
- ☐ Safety pins
- ☐ Compression socks or calf sleeves
- ☐ Phone charger
- ☐ Running gloves
- ☐ Disposable poncho w/hood
- ☐ Water belt/GU carrier
- ☐ Cash to stow away in case of emergency
- ☐ Ziploc bags (for waterproofing money, camera, or cell phone)
- ☐ Orthotic inserts (if you use them)
- ☐ Garmin/sports watch/heart rate monitor
- ☐ Camera (Don't forget to hashtag #C2CRelayRun!)
- ☐ Extra batteries for any electronics that require them
- ☐ Flashlight
- ☐ Cooling towel

FOOD & DRINKS

- ☐ Food: go-to items you like and your body can tolerate during the run and recovery/rest phases
- ☐ Power-gels, GU, Bloks, or beans
- ☐ Beverages to fill your water belt (water, Gatorade, etc.)
- ☐ Non-alcoholic beverages (juice, water, Gatorade, etc.)
- ☐ Snacks for between exchange points
- ☐ Salt (if you use it)

PACKING LIST

MEDICAL & BATHROOM ITEMS

- ☐ Medications
- ☐ Towels to dry off with & to sit on in the vehicle
- ☐ Band-aids (1" sport strips are highly recommended)
- ☐ Sunscreen
- ☐ Hair bands/headbands
- ☐ Glide stick or Vaseline
- ☐ Small packets of tissues/TP/wipes (Portable toilets sometimes run out.)
- ☐ Bug spray
- ☐ Extra contacts/glasses
- ☐ Contact solution

- ☐ Personal first aid kit
- ☐ Washcloth, hand towel, & body towel

- ☐ Baby wipes
- ☐ Body & face soap
- ☐ Shampoo & conditioner
- ☐ Toothpaste & toothbrush

SLEEPING ITEMS

- ☐ Blankets
- ☐ Pillow
- ☐ Sleeping bag
- ☐ Foam pad
- ☐ Air mattress
- ☐ Hotel reservations – if you are staying somewhere before, after, or during the run.

CAR PACKING ITEMS

- ☐ Guidebooks
- ☐ C2C-provided car signs
- ☐ Vehicle registration & insurance documents
- ☐ GPS for car
- ☐ Wet wipes
- ☐ Trash bags
- ☐ Car decorations! Have fun with this & decorate your car! (Window paint, signs, etc.)
- ☐ Little hand-held flashlight
- ☐ Magazines/books
- ☐ Newspaper (to put in running shoes to dry them out)
- ☐ Phone car charger
- ☐ Cell phone/iPod/iPad for entertainment for the car
- ☐ Febreze or similar fabric freshener
- ☐ Emergency car kit
- ☐ Golf umbrella(s)
- ☐ Cooler

**This is a suggested packing list based on C2C participant feedback.
If you have other items you need , BRING THEM!**

PRO PACKING TIP! Pack each running outfit in its own labeled Ziploc bag. This makes it easy to find your gear and gives you a place to put your sweaty clothes after running!

RUNNER LEG CHART

Below is the 2024 Runner Leg Chart to show the break down of each leg. These figures are subject to change.

		Runner Name	Runner Pace	Start	Exchange Point	Exchange Point Address	Leg Mileage	Course Mileage
leg 1	Runner 1			Land Grant Brewing	Pathway Church	1187 Brown Rd Columbus, Ohio 43223	5.3	5.3
leg 2	Runner 2			Pathway Church	Murfin Fields	4570 Haugh Rd Grove City, Ohio 43123	6.2	11.5
leg 3	Runner 3			Murfin Fields	Today's Church	5443 Norton rd Grove City, Ohio 43123	6.6	18.1
leg 4	Runner 4			DarbyDale Elementary	Fairfield Township Office	9100 Big Plain Circleville Rd London, Ohio 43140	7.3	25.4
leg 5	Runner 5			Fairfield Township Office	Big Plain Solar Farm Lot	6236 Big Plain Circleville Rd London, Ohio 43140	3	28.4
leg 6	Runner 6			Big Plain Solar Farm Lot	Empty Car Lot	160 S. Main St. London, Ohio 43140	6.8	35.2
leg 7	Runner 7			Empty Car Lot	Day Star Church	2343 U.S. 42 London, Ohio 43140	7.9	43.1
leg 8	Runner 8			Day Star Church	John's Jerky	12499 U.S. 42 South Charleston, Ohio 45368	3.8	46.9
leg 9	Runner 1			John's Jerky	Dollar General	480 W Columbus Rd South Charleston, Ohio 45368	10.4	57.3
leg 10	Runner 2			Dollar General	Cedarville Fire Dept	19 South St. Cedarville, Ohio 45314	4.7	62
leg 11	Runner 3			Cedarville Fire Dept	Wilberforce Post Office	1441 Brush Row Rd Wilberforce, Ohio 45384	3.9	65.9
leg 12	Runner 4			Wilberforce Post Office	Xenia Station	150 S Miami Ave Xenia, Ohio 45385	3.5	69.4
leg 13	Runner 5			Xenia Station	Fellowship Tabernacle FWB	1780 State Route 380 Xenia, Ohio 45385	4.8	74.2
leg 14	Runner 6			Fellowship Tabernacle FWB	Caesar's Creek Wildlife Area Parking	Roxanna New Burlington Road Xenia, Ohio 45385 9 5061* N, 83 9886* W	7.6	81.8
leg 15	Runner 7			Caesar's Creek Wildlife Area Parking	Corvin station	650 N. Clarksville Rd Waynesville, Ohio 45068	5.8	87.6
leg 16	Runner 8			Corvin station	Little River Cafe	5527 Oregonia Rd Oregonia, Ohio 45054	8.7	96.3
leg 17	Runner 1			Little River Cafe	Phegley Park	Center Street between Main Street and Kibbey Avenue, Morrow, OH 45152	4.7	101
leg 18	Runner 2			Phegley Park	South Lebanon trail Head	Zoar Rd, South Lebanon, OH 45152 39.365996, -84.217619	4.4	105.4
leg 19	Runner 3			South Lebanon trail Head	The Monkey Bar and Grille	7837 Old 3c Hwy, Maineville, OH 45039	4.3	109.7
leg 20	Runner 4			The Monkey Bar and Grille	Eads Fence Employee Company lot	205 broadway st Loveland, Ohio 45140	5.6	115.3
leg 21	Runner 5			Eads Fence Employee Company lot	Miamiville Traillyard	368 Center St, Miamiiville, OH 45147	6.5	121.8
leg 22	Runner 6			Miamiville Traillyard	Avoca Shelter	8063 Wooster Pike Cincinnati, Ohio 45227	4.3	126.1
leg 23	Runner 7			Avoca Shelter	Little Miami Trail access	4996 Batavia Pike Anderson, Ohio 45244	6.6	132.7
leg 24	Runner 8			Little Miami Trail access	50 West Brewing	7605 Wooster Pike Cincinnati, Ohio 45227	4	136.7

Mileage overview for each runner:

Runner 1	20.4
Runner 2	15.3
Runner 3	14.8
Runner 4	16.4
Runner 5	14.3
Runner 6	18.7
Runner 7	20.3
Runner 8	16.5

#C2CRELAYRUN



PARTICIPANT SAFETY AGREEMENT

American Cancer Society's Commitment to Road and Traffic Safety



To keep our participants, volunteers, and other motorists safe, the American Cancer Society requires that all volunteer drivers agree to the terms and conditions set forth in this Safety Agreement ("Agreement"). The Agreement must be turned in at the starting line (registration table). Volunteer drivers are responsible for their own safety, as well as the safety of others traveling along the C2C Relay Run route.

SAFETY AGREEMENT TERMS AND CONDITIONS

The C2C Relay Run is conducted on open roads and is open to all traffic (unless specifically stated by race organizers prior to the event). All participants and drivers agree to abide by the following regulations:

- All state and local traffic laws shall be obeyed at all times while operating your support and gear vehicle.
- Violators of any motor vehicle laws are subject to ticketing by law enforcement at all times. (ACS is exempt from any responsibility or liability for illegal acts and will report illegal acts if witnessed).
- Completely pull off to the side of the road when stopping to assist teammates, and do not block the path of runners.
- Do not block the roadway or race course at any time.
- Do not block private residential driveways or roadways, unless they are a designated exchange point partner.
- Respect neighborhoods, residential areas, and others along highways and roads.
- Drive slower than the posted speed limit, as required, but do not impede traffic or follow on roads behind a runner.
- No alcoholic beverages in any motor vehicle.
- No alcohol, drugs, or medication (that impairs driving ability) while driving.
- Obey littering laws at all times.
- Use approved restrooms and portable toilets, exclusively at all times.
- Except in an emergency, all drivers shall obey state and local cell phone law.
- Avoid distractions; no texting.
- Use hands-free devices to talk.
- Thoroughly review the C2C Relay Run and Participant Guidebooks and follow guidelines and regulations at all times on the C2C Relay Run course.

I have read the terms and conditions above and agree to abide by all traffic safety laws and event rules. I acknowledge and agree that failure to adhere to the terms and conditions of the Agreement could result in my disqualification.

SIGNATURE: _____

DATE: _____