The Great Race
Rules, Policies, and Procedures

1. There will be absolutely no cheating!! If any individual decides to cut through the course, their entire team will be eliminated.
2. There will be no throwing of the baton. The baton must be handed from one person to the other.
3. All participants must abide by the DSU Code of Conduct.
4. All participants must wear safety gear in events requiring such gear, i.e. mountain bike (helmet), and non-motorized Razor-styled scooter (helmet).
5. All participants must wear tennis shoes at all time, except while swimming.
6. No individual can do two events.
7. Mountain Bikes are required for the biking portion of the race.
8. Scooters must be non-motorised, razor styled scooters with two hard-rubber wheels no larger than 98 mm in diameter.
9. Pass only when safe. If sidewalk is narrow, there will be no passing.
10. All participants must be at Greater Zion Stadium by 4:00 pm for check in.
11. Good sportsmanship is required. Those who choose otherwise will be asked to leave.
12. No physical contact of opposing teams is permitted. If any team intentionally injures or attempts to knock down another participant, their team will be disqualified.
13. The hand-off will take place where the transition signs are located.
14. Teams must consists of at least 4 females.
15. It is advised that each team runs the course before the race.
16. There will be a chalk line that runs the entire distance of the race.
17. Remember the race is just for fun, so please be safe and respectful to all participants!
18. Prepare a cheer for your team to yell during the opening ceremony.
Great Race Events
Order and Descriptions

(Make sure to do a test run, and follow the signs and Chalk trail the day of the race)

1. **RUN.** The beginning participant starts the race by running **one and a half times** around the Greater Zion Stadium track, exiting at the Northeast gate beside the visitors grandstand. He/She (H/S) runs out of the gate across 800 East and into the North Softball Field parking lot and then follows the arrows to the North softball complex and makes the baton exchange. (approx. ½ mile run)

2. **BASE RUN.** The hand off will take place outside the North Softball Practice Field. This person enters the softball complex where H/S will bend over and spin around the bat **ten** (10) times at home plate. They next **run around the bases, touching each base (1st, 2nd, & 3rd) with their shoe.** After the runner touches 3rd base, they run down the sidewalk on the third baseline and hands-off the baton to the Biker.

3. **BIKING.** Bikers will lineup on the shoulder of the road on 400 South North of the Softball Outfield. They will then go West on 400 South and turn north on 800 East in front of the Burns Arena. The rider then will continue north through the Fire lane beside the Holland, go around the tear drop and then head West on 500 South. Rider will then turn north at 700 east (remaining on the sidewalk) and then continue straight until turning east into the Eccles parking lot (Lot B). Staying on the upper section of the parking lot, riders will pedal north and then turn east into Lot C, continue through Lot D and drop the baton to the next leg at the parking lot just north of the Snow Math and Science building. (Note, bikers should drop the baton at the exchange point and then have the Cornhole participant pick up the baton. Bikers should then gradually come to a stop, avoiding runners of the Cornhole leg). (approximately **1 mile**)

   A **HELMET MUST BE WORN.** As stated previously...DO A PRACTICE RUN!

4. **Cornhole Toss.** This person will run from the handoff area on the sidewalk behind the Science building and run South down the sidewalk between the Snow Math and Science and Science buildings. Participants will continue running to the grassy area between the Science and Browning building and head to the corn hole toss station. Contestants **MUST** make a bag in the hole of the corn hole board from the designated
Throwing area before they are allowed to proceed. Contestants have three chances to make a corn hole (A throw will only be counted if it is made behind the throwing line and must land past the designated minimum throw distance line). If participants miss all three of their shots they must then do ten pushups before they are allowed to move on. After the corn hole is made or three misses and push ups are completed, runners will run East and then turn South just past the Browning building, down the hill and handoff to the Scooter at the designated hand off area.

5. **Scooter.** Participants will receive the handoff and head East on the sidewalk in front of the Browning building. Participants will then turn south and go down the sidewalk behind the Jennings building, turn West right after the Jennings and then head back North on the Fire lane in front of the Jennings. Rider will continue straight and then turn West down the sidewalk before the diagonal, continue straight until they hit the fountain and do a half loop around the fountain, and then follow the designated sidewalk down toward the Human Performance Center and make the handoff to the Swimmer.

***Scooterists will be on both asphalt and cement. We are trying to get most of this stretch on the sidewalks, but there are streets that must be crossed. A HELMET MUST BE WORN! (Wrist braces and arm pads are strongly encouraged but not mandatory). Scooter riders MUST keep one foot on the scooter at all times, participants cannot pick up the scooter and run with it.***

6. **Swimming.** This person will be required to go from one end of the HPC pool to the other. (Similar to the old Great Race, we kept the tube like they used to do in the Virgin River.) Swimmers will receive the baton from the Scooter Riders on the East side of the HPC. They will then run in the double doors and on to the pool deck area where they will jump into the pool on the East end and then climb on the first set of paddles boards. Swimmers will then run across the paddles boards, jump into the water and then climb up onto the bulk heads in the middle of the pool. Swimmers will then grab an inner-tube and while sitting or laying on a tube, or with the tube around their waist, swim across the second half of the pool. The baton must be on the swimmer during the lap and if the baton is dropped to the bottom of the pool, then the swimmer must retrieve the baton before they can continue. Swimmers CANNOT dive into the pool and must jump feet first. Once they exit the water, the swimmers drop their inner-tube and will run out of the pool area through the doors to the South turn Left down the pool exit and hand off the the Questions leg of the race.
7. **QUESTION.** This person will run East down the sidewalk beside the SAC, between the Holland and Gardner and run to the clock tower. H/S must enter the line area and wait at the designated spot till the first available questioner is available. Here, H/S will be asked three (3) questions related to Dixie State University. The questioner will mark a contestant’s hand with a distinct marking after each question attempt. If H/S gets a question correct, then the questioner will mark their hand with one mark and then will promptly ask the next question. If H/S answers the question incorrectly, then the questioner will mark his or her hand with one mark and then H/S must return to the back of the line in the line area to wait for the next opportunity to answer questions. Once H/S collects three markings, then they will continue East and then turn South on the fire lane toward the Hazy building where they will make the handoff to the Mud Pit participant. If H/S does not have the three required markings, then they won’t be allowed to move to the next stage. All questions are attached to the registration packet so that this person can learn/memorize the answers. However, you will not know the questions you will be asked until we ask them at this event. (approximately ½ mile run)

8. **MUD-PIT.** This person will start at the designated area in front of the Hazy building and will run East on the sidewalk in front of the pavilion. Runners will then turn South down the sidewalk beside the Pavilion/D circuit and head toward the Mud pit beside the Sand Volleyball courts. Participants enter the mudpit on the North side of the pit and after going through the mud pit, which will be approximately 30 yards, they will turn West and run straight down the sidewalk and handoff to the Slide Pull.

9. **SLIDE PULL.** This person will run directly North and then cross the fire lane onto the sidewalk just south of the clock tower, following the arrows and assigned path. They will then drop to their stomach (must stay on stomach the whole time. Those who go to their knees will be asked to start over) and slide down the hill toward the south encampment mall to the end of the slide (While staying on your stomach, you may need to use the rope running down the side of the slide to pull you the rest of the way; hence it’s called the “slide pull”. Participants must reach the end of the tarp before they are allowed to stand up). Once H/S finishes the Slide pull, H/S must run West down the sidewalk of the Holland building and hand the bottom off at the top of 800 East.

10. **OBSTACLE COURSE AND RUN TO FINISH.** This person will run South on the sidewalk on the West side of 800 East, past the East Fitness Center parking lot and enter Trailblazer Stadium through the North gate on the
visitors side (same gate that runners from leg one exited the Stadium from). H/S will then run across the track, follow the outlined course and through the inflatable obstacle. Once the runner exits the obstacle, they must follow the outlined course back onto the track and Sprint to the finish line. (Approx. ¼ of a mile)

Whoever crosses the finish line first....WINS!