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 (other than bike).
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 Trailblazer 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 two and 1/4 times around the Trailblazer Stadium track and then makes the baton exchange at the edge of the stadium turf. (approx. ½ mile run)

2. **BASE RUN.** The hand off will take place behind the south goal post of Trailblazer Stadium. Participants enters the stadium turf and 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 and Home plate) with their shoe. After the runner touches home, they run out the double gates on the East side of the stadium and hands-off the baton to the Biker.

3. **BIKING.** Bikers will lineup on the shoulder of the road and will then go north behind the East grandstands on palm street, past 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 then turn South toward Lot F, follow the road to the Campus view tear drop/fire lane and make the baton exchange in front of Brooks Stop (Note, bikers should drop the baton at the exchange point and then have the Basketball participant pick up the baton. Bikers should then gradually come to a stop, avoiding runners of the Basketball leg). (approximately 1 mile)

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

4. Basketball Shoot. This person will run from the handoff area on the sidewalk in front of Brooks stop and run into the Campus View basketball courts, following the sidewalk/chalk line. Shooters do twenty (20) push-ups at center court before shooting a shot into a basket from 15 feet away. Participant can’t proceed until the shot is made. After making a shot, participants exit the East side of the
court and make the handoff to the scooter at the end of the fire lane.

5. **Scooter.** Participants will receive the handoff and head South on the sidewalk and then turn West following the sidewalk past Campus View 2 and pass in front of the Browning building. Participants will then turn south just past the outdoor amphitheater in front of the SET (following the chalk line), make half a loop around the fountain and then follow the designated sidewalk down toward the Human Performance Center and make the handoff to the Swimmer.

*** 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 swim a portion of the HPC pool, while sitting or laying on a tube, or with the tube around their waist. 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. (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 run across paddle boards on the East end of the pool and then jump feet first into the pool and climb on the bulk head. Swimmers CANNOT dive into the pool and must jump feet first. Once they exit the water, the swimmers drop their inter-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 side walk beside the SAC, between the Holland and Gardner and run to the clock tower. Participants must enter the line area and wait at the designated spot till the first available questioner is available. Here, they 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 they get a question correct, then the questioner will mark their hand with one mark and then will promptly ask the next question. If they answer the question incorrectly, then the questioner will mark his or her hand with one mark and then they must return to the back of the line in the line area to wait for the next opportunity to answer questions. Once participants collect 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
participant do not have the three required markings, then they won’t be allowed to move to the next stage. All questions/answers will be given at the captains meeting 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 they finish the Slide pull, participants 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 parking lot T and enter Trailblazer Stadium through the North gate on the visitors side. Participants 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!