The Great Race 2016

Friday April 15th
Hansen Stadium
Sign in: 4 pm
Race Starts: 5 pm
Awards Ceremony: approx. 5:45 pm
Carnival: 6 pm

Packet Includes:
- Registration Form (p. 2)
- Rules & Regulations (p. 3)
- Descriptions of Events (p. 4 - 7)
- Course Map (p. 7 - 10)
- 10 DSU Participation Agreements (p. 11 - 20)

Mandatory Meeting for All Team Captains

Monday, April 11th @ 7:00 pm
Conference Room B
Gardner Center

The Great Race is a Dixie State tradition that began in the 1960’s with a bike race that traveled through St. George and its surrounding farm roads. In the early 1970’s it became a 10-man relay team that included activities such as running, motor crossing, horseback riding across Foremaster Ridge, bicycling, and tubing down the Virgin River. In 2002, it was brought back to the Dixie State campus in a modified version that included many of the original events. Dixie alumni, students, and our local high schools battle annually for the coveted Great Race “Gold Medal” and bragging rights for another year.
The Great Race
2016
Registration Form

*At least 4 team members must be female

TEAM NAME: _______________________________________

CLUB/ORGANIZATION: ________________________________

CAPTAIN: ___________________________________________

PHONE: ____________________________________________

EMAIL: _____________________________________________

ADDRESS: ___________________________________________

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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-motorized, 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 Hansen Stadium at 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 consist 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 flour trail the day of the race)

1. **RUN.** The beginning participant starts the race by running **one and a half times** around the Hansen Stadium track, exiting at the east entrance. Turning left he/she (H/S) runs north up the 800 East sidewalk, turning right into the softball complex parking lot 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 with their shoe**. The runner then exits the complex, running west across 800 East and hands-off the baton to the scooterist.

3. **Scooter.** This person will be going uphill most of the way on the course that goes through the heart of the campus. Starting on the west sidewalk of 800 East, the scooterist heads north on the 800 East sidewalk to the roundabout west of the Holland building and follows and stays on the sidewalk heading north-east and then curves north-west till the sidewalk heads west passed the ORAC. H/S turns north into the SAC parking lot. Upon passing through the parking lot, H/S will reach the sidewalk and follow the arrows, which goes up and around the north side of the fountain. From this point, the scooterist will head east going past the Gardner Center, and heading straight for the entrance of the McDonald building. Take a left at the McDonald building entrance, then your first right, and follow the arrows as they take you up towards Nisson Towers. The hand off will take place at the bottom of the hill west of Shiloh.

***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***

4. **BASKETBALL SHOOT.** This person will run from the handoff area between the hedge and Shiloh dorms then turn left to the sand pit, drop and do
twenty (20) push-ups (in the sand pit) before shooting a shot into a basket from 10 feet away. H/S can’t proceed until the shot is made. You hand off the baton to the biker on the sidewalk south of the Heating Plant on the east side of the Browning building.

5. **BIKING.** Bikers will lineup south of the Heating Plant on the sidewalk east of the Browning building. The biker pedals west onto the sidewalk north of the Browning building with President’s Grove on the right. Bikers head west past the Snow Building and the grassy area, through the Fine Arts building patio breeze-way, and exiting into the south-west parking lot of the Eccles Building. Getting out of this lot is tricky. 1. Turn right onto a new sidewalk and travel approximately 10 yards 2. Turn left and weave your way out of the parking lot 3. Turn left again onto the 700 East sidewalk. (DO A PRACTICE RUN)

Follow the sidewalk south down the street, turn east toward the fountain on the north SAC parking lot sidewalk (do not cut corners on the grass). Turn north at the sidewalk on the east side of the Administration buildings. Follow the sidewalk until you reach the big sidewalk under the Graff Fine Arts mural. Turn right heading east and bike the large sidewalk/road past the Browning building, continuing on the sidewalk past Shiloh Dorms to 1000 East.

You will turn right, where the course heads south on 1000 East sidewalk until you reach the north entrance of the Hazy/Institute parking lot. Turn right onto the road heading west towards the Hazy Building, traveling along the top part of the road. Enter the sidewalk area on the north-east corner of the Hazy and turn left onto the sidewalk and head south. This sidewalk turns into asphalt (West Parking Lot of LDS Institute). Bike south in the parking lot and then turn right on to 400 South (on road, not sidewalk), heading west toward the Burns Arena. Here, bikers turn left into 800 east and continue south pedaling parallel to Hansen Stadium. The baton hand off will take place at the visitor’s entrance on the east side of the Stadium. (approximately 1 mile)

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

6. **QUESTION.** This person will enter the Hansen Stadium and run the north part of the track, and enters the line area to the question portion. 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 move west toward the south side of the Habibian Athletic Center building to be checked. **If H/S does not have the three required markings, then they won’t be allowed to move to the next stage.** All questions will be given to teams at the Captain’s Meeting on April 11th at 7:00 pm in Conference room B, 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. After you’ve answered all three questions, you’ll exit the west side of the stadium run west across the parking lot to the 700 East sidewalk, turn right, and then run north up the sidewalk and turn towards the pool. The exchange will take place through the bar gate at the pool. (approximately ½ mile run)

7. **SWIMMING.** This person will be required to swim one lap (up and back) while sitting or laying on a tube. 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 **restart the lap.** (Similar to the old Great Race, we kept the tube like they used to do in the Virgin River.) After the lap, the swimmers will run out of the pool area through the gate, turn right, and head north. Swimmers will turn right and head east on the sidewalk area between the south side of the Burns Arena and the north side of the Fitness Center. The hand off is at the sidewalk on the east side of 800 East.

8. **MUD-PIT.** This person starts on the east sidewalk of 800 East, just north-east of the ROTC building, and heads north-east to the north sidewalk of 400 South and then continues east along the south side of the Encampment Mall and the volleyball courts. There will be a mud pit on the south-east side of the sand volleyball courts. After going through the mud pit, which will be approximately 30 yards, they will run to the west side of the volleyball courts where they’ll hand off at the sidewalk on the west side of the volleyball courts.

9. **SLIDE PULL.** This person will run west on 400 south, then will turning left on 800 East crossing through the South Burns Arena parking lot and enter the Hansen Stadium at the gate above the flag pole. 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—ending up
on the edge of the track where the baton exchange will take place. (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”).

10. **OBSTACLE COURSE AND RUN TO FINISH.** This person will enter the obstacle course at the north-east side of Hansen football field and then will return to the track once H/S has finished the obstacle. Then it’s a mad dash to the finish! This person will run clockwise around the track, completing ¾ of a lap. (Approx. ¼ of a mile)

He/ She who crosses the finish line first....WINS!
Great Race Course Map

1. Run
2. Base Run
3. Scooter
4. Basketball Shoot
5. Bike

Start

1.5x
DIXIE STATE UNIVERSITY
PARTICIPANT AGREEMENT

I, ________________________, understand and represent that my participation in the Dixie State University ______________________________ is wholly voluntary.

I personally certify that I am physically able to participate in strenuous activities such as:
________________________________________ and related activities, and that I have no physical impairment or disability of any kind which would keep me from participation.

I agree to abide by all posted club rules or the specific direction, training or recommendation of club advisors and staff, and I assume all liability for any accident, injury, sickness or death as a direct or indirect result of any club activity which occurs as a result of my participation – except to the extent the injury or death arises as a result of gross negligence or intentional misconduct of Dixie State University or any of its employees or volunteers.

I agree and understand that I will not hold Dixie State University or the State of Utah liable for any accident, injury, sickness, death or any associated cost which may result from my involvement in club activity, and that I will hold Dixie State University and the State of Utah free and harmless from any or all liability and responsibility for my actions.

I understand that Dixie State University does not have any insurance or fund of any kind which can or will insure me personally against injury, harm, or death – which may result from my participation in club activities. I must personally pay any cost for these consequences, or, I must personally arrange and pay from my personal coverage through commercial insurance sources.

I certify that I have signed this Participation Agreement voluntarily, without any coercion or duress and with a full and accurate understanding of its meaning and effect.

I agree that if emergency conditions arise and I am unable to give my consent for emergency treatment or care, that the staff or personnel of Dixie State University, the club, any ambulance, or hospital emergency room doctors, nurses and technicians may render appropriate treatment until I or a responsible member of my family, namely ______________________________, whose phone number is __________________________, can give consent for further treatment.

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