

Diamond City Mountain Relay Reminders 2023

Race Related

1) Our permit allows each team to have **just two** vehicles. *One of those must be 4-wheel drive and the other must be at least all-wheel drive and high clearance.* The roads have potholes, ruts, mud, rocks, etc – it is definitely mountain driving at times.

- You should have good tires AND a spare tire for each vehicle. It is not a bad idea to have a tire patch kit and compressor/pump as well as some basic tools.

2) Part of the fun is following the leg descriptions sheets carefully for exchange zones and directions. **RESETTING YOUR ODOMETER** each leg really helps.

3) Each runner must run at least one leg on each day (talk to us if you have someone this is an issue for – you **CAN** and **SHOULD** still race – team just won't be eligible for post race awards)

4) You are responsible for your own food, water, gas, basic first aid, extra toilet paper, hand sanitizer, and any other supplies your team might need. Bug spray, sunscreen, and extra water are good ideas!

5) Start times for Day 2 & 3 will be determined based on total times for Day 1. This is to make the relay the most fun, safe, & functional it can be. Staggered start times keep teams around other teams (which creates a better energy, great running community, and also allows for teams to help each other if needed). Earlier start times for some teams allow race directors to make sure all teams make it through the day, to check on teams more easily throughout the day, and to provide the best experience for each team.

- With this in mind, you may want to bring head lamps. Many teams have also driven near their runners using their headlights on the first leg or two.

General

1) Make sure to pay campground fees.

2) Remember to fill waters and fill up with gas each evening.

3) Demonstrate sportsmanship and respect for private property at all times. The relay goes on several public access roads through private land, so please be particularly attentive to staying on the road during those portions when you see a sign.

4) Keep noise (ex. loud music) to a minimum in populated areas, especially during early morning starts in town.

5) Vehicles must be labeled as relay vehicles using the provided signage.

Safety

1) When camping, please follow all food storage provisions.

2) Utilize the following emergency contact numbers as needed:

- Emergency – 911
- Forest Service Contact – 406-449-5201
- Broadwater Health Center (Townsend) – 406-266-3186
- Mountainview Medical Center (White Sulphur) – 406-547-3321
- Great Falls Clinic Hospital – 406-216-8000
- St. Peter's Health (Helena) – 406-442-2480
- Broadwater County Sheriff – 406-266-3441
- Meagher County Sheriff – 406-547-3397
- Cascade County Sheriff – 406-454-6820
- Broadwater Search & Rescue – 406-266-3441
- Meagher Search & Rescue – 406-547-3397
- Cascade Search & Rescue – 406-454-6820

3) Race directors will be on the course with extra water, first aid supplies, help, and support. We will assist as best we can in emergencies and are trained in first aid/CPR. However, this is a self-supported race so you are ultimately responsible for caring for your runners.

- Shannon 406-461-9463 - Lynn 406-925-2344

4) Exercise caution when pulling in or out of exchange zones. Be alert for runners on the road when driving and move to give them space if possible.

5) Respect wildlife by giving them space, not taunting them, etc.

6) Many portions of the relay have cows grazing – just be attentive, go slow with your vehicle, and they'll move out of the way

Resource Preservation

1) Please contain all garbage and dispose at an appropriate site. If you see something, please pick it up!

2) Please use bathrooms and porta potties provided. Dispose of toilet paper with other garbage. In emergency situations, please use "Leave no Trace" protocols.

3) Please alert race directors if resource damage caused by relay participants is noticed.

4) Remain on designated roads and trails.

5) Please avoid parking in and/or spreading weeds as much as possible.