

PRRR 2009

4th Annual Intercollegiate Mountain Relay Race



Friday, October 2 – Sunday, October 4

Welcome to PRRR 2009! We are very excited about the fourth year of this unique race. PRRR has always been a great challenge and fun time, but we are working to make it even better this year. The biggest change is the location. After several years of struggling with weather conditions and abrupt course changes, PRRR has now moved to Franconia Ridge. We think this will help to ensure every participant's safety and will still provide the intense challenge that PRRR is known for. Please read this entire document carefully so that you are aware of all changes. We can't wait to see all of you!

PRRR 2009 Coordinators,

August, Duke, and Laura

PRRR Overview

Friday, October 2nd

10 p.m. Teams arrive at the Tufts Loj for check-in, registration payment, and t-shirt distribution.
Please bring tents to sleep in.

Saturday, October 3rd

5:30-6:00 a.m. Final check-in at the Loj

6:00-6:30 a.m. Transfer to trailhead for start – Lincoln Woods Visitor Center Trailhead

6:46 a.m. Sunrise Start

Afternoon: Finish line BBQ as teams finish.

8 p.m. Celebration dinner and ceremonies

Night: PRRR Party (BYOB – NO hard alcohol at the Loj; Bring your own tents!)

Sunday, October 4th

8 a.m. Breakfast

9 a.m. PRRR 2009 officially ends

How the Race Works

The race is split into three legs, each run by a group of three from each team. At the end of each leg, there will be a checkpoint. Tufts representatives will be stationed at each checkpoint and it is each team's responsibility to check-in. This must happen before the next leg is allowed

to start. At the checkpoint, there will be a list of all team members as well as first aid and food. Once the incoming group checks in and passes the baton, the next group can leave.

Important Note – In the interest of safety, there will be a cut-off time at the second checkpoint before the third leg. If the second leg group does not arrive at the checkpoint by 1:30 p.m., then the third leg group must depart at 1:30 p.m. without the baton. The team will be disqualified. There are no exceptions.

After each group finishes, every member of the team must go to the finish line as a final check-in. This is mandatory. This is also where you can congratulate your teammates and enjoy the finish line BBQ. After the race, everyone is invited back to the Tufts Loj for a large dinner, party, and award ceremonies. There will be prizes for the winning team, best dressed, etc.!

The Route

Start: Lincoln Woods Visitor Center Trailhead

1st Leg: Lincoln Woods Trail to Osseo Trail to 0.3 mi past the summit of Mt. Liberty at intersection of Franconia Ridge Trail and Liberty Spring Trail, *7 mi*

Checkpoint 1: intersection of Franconia Ridge Trail and Liberty Spring Trail (access trail: Liberty Spring Trail)

2nd Leg: Franconia Ridge Trail over Little Haystack, Lincoln, and 0.8 past the summit of Lafayette to the intersection of Skookumchuck Trail and Garfield Ridge Trail, *4.3 mi*

Checkpoint 2: intersection of Skookumchuck Trail and Garfield Ridge Trail (access trail: Skookumchuck Trail)

3rd Leg: Garfield Ridge Trail to summit of Mt. Garfield and descend via Garfield Trail to parking lot on Gale River Loop Road, *7.7 mi*

Finish: Gale River Loop Road parking lot, Garfield Trail trailhead

Important Note – While the racing mileage may seem short for some legs, please keep in mind that the total distance traveled by racers includes ascent to the starting points and descent to the end. This is several miles in addition to the racing length. Every racer will be traveling over 10 miles total.

Rules and Safety

- If anyone is injured on the trail, their group members can find first aid personnel at the checkpoints. One person must stay with the injured hiker. Each hiking group must carry a first aid kit of their own.
- No one can hike alone. Participants should always be in groups of three or more. Three is a minimum. No group members can leave a checkpoint until all of the members of the arriving leg team have been checked off.
- Each team is responsible for providing their own transportation to the Loj and to the trailheads. It can be very helpful to have non-racing members as a support crew to help with transportation logistics.
- Each team is responsible for providing its own gear.
- You absolutely must follow the route as described. Any deviations from the course will result in a disqualification.
- Practice Leave No Trace – minimize impact and clean up after yourselves.
- Please be courteous to other hikers. We are not the only people on the trail.

- Each team member is required to check in at the checkpoint and also at the finish line.
- PRRR is a serious challenge. When choosing groups, please make sure that each leg group has at least one person with significant outdoor experience. Please also make sure that each participant is familiar with the course, race procedure, and is well-equipped. You will be on exposed ridges with the possibility of snow, ice, and high winds. Be prepared for harsh weather.

Required Gear

- Maps (waterproof maps of the White Mountains are recommended)
- 2 liters of water per person minimum
- At least one first aid kit per hiking group
- Sturdy trail boots or shoes
- Synthetic or wool socks
- Synthetic hiking pants
- Synthetic hiking shirt
- Fleece
- Rain pants and jacket
- Gloves
- Synthetic or wool hat
- Cold weather synthetic or down jacket
- Snacks
- Tents (to stay at Loj)

Recommended Team Gear (one per group)

- Foam pad
- Bivy sac/space blanket/tarp
- Synthetic sleeping bag

Important Note – Racers on the second and third legs of the race will have to wait in possibly freezing conditions for a couple hours before their team arrives. Please bring enough warm clothing, gear, food, and drinks for this situation. For example, second and third leg hikers may want to bring synthetic long underwear for the wait.

Registration

PRRR 2009 begins at 10 p.m. on Friday, October 2nd. This is when teams register and we have a pre-race briefing. This is very important and will greatly facilitate an early morning start on Saturday.

The participation fee is \$20 per person (racers and non-racers). This includes two nights at the Loj, four meals (breakfast Saturday through breakfast Sunday), and a PRRR 2009 t-shirt! We will provide a pre-race breakfast, finish line BBQ, and a large post-race dinner, followed by a party at the Loj. We will not provide tents so each team is responsible for bringing up enough tents for their own group. If this is an issue, please let us know.

Each main contact person will receive an email containing a link to a group information form that should be completed and submitted as soon as possible. During Friday night registration, each participant will sign a waiver, pay the fee, and receive a t-shirt. We will also be distributing information packets.

Directions to the Tufts Loj

Take Rt. 93 North (or South) to New Hampshire. Get off at Exit 30 (Rt. 3 Woodstock/Lincoln). Take a left at the bottom of the ramp (at Jack-O-Lantern condos) and drive for about 5 minutes. The Loj is on your left, directly across from the General Store on Potato Hill Road. If you get to the Cemetery on your left, you've gone too far.

How to Contact Us

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