

Ohio Trail 2024 Runner Packet



Race Updates

- **6/12:** There are some updates to the courses based on trail conditions and recent improvements. These course changes have been updated in the Run Go app. Notably, the yellow loop has a small change at mile 1.2 that takes the course past the park's archery range. The red loop has two changes, one near the camp store at mile 2, taking the course along the park road. The other red loop change is at mile 2.6, where the course is approximately a half mile longer than originally posted due to trail changes. The course follows a new mountain bike loop before reconnecting to the original trail. The red loop is now approximately 7 miles total.
- **6/7: All courses have been uploaded to the [Run Go app](#)!** Download this free app to your phone for turn by turn directions as you run the trails. Search for the **Ragnar Trail Ohio 2024 Group** to find the green, yellow and red courses. Note that the courses are subject to change pending trail conditions and you should default to the Ragnar directional arrows posted on the trails.
- **6/7:** Details on Glamping have been added below. The [Glamping Packet](#) is also now available to view.
- **6/3: Volunteer Shifts Sign Up:** Volunteer shifts are still available to sign up. **Volunteer registration closes June 10th.** There are limited shifts available so get signed up today! See Volunteer info below Volunteers
- **5/30: See updates below under Course Notes.** I've added notes for what to expect on the trails, including trail hazards.
- **5/27:** Be prepared for hot and muggy conditions. Fortunately, most of the trails (90% or so) are fully covered by trees, so you will avoid the sun for most of your running. However, the trails are very narrow and have quite a bit of vegetation. I'd suggest coming prepared with sunscreen, bug spray, and a great hydration vest.
- **5/10**

- **Start Times Assigned:** Start times have been assigned to all teams with at least 3/4 of runners registered with paces (6 for standard teams, 3 for ultra teams).
 - If you have enough runners, please verify that each runner has entered a pace in their profile. If they are unsure how to add a pace to their profile, you can send them this link: <https://ragnarrelay.zendesk.com/hc/en-us/articles/13171896012813-Edit-Account-Information>
 - Additional start times will be assigned the week of May 21.
- **Upcoming deadline reminders:**
 - **Team Name Change Deadline: Sunday, May 12** - looking to update your team name? Captains can only edit team names in Team Center until the deadline and then team names will be locked in and sent to the printer to create your team bib for the race. Not sure how to edit your team name? Find instructions [here](#).
 - **Volunteer Shifts: Friday, May 17** - Volunteer shifts will be available to sign up starting Friday, May 17. Captains must send invitations to volunteers to sign up for a shift. If you are unsure of who will fulfill your shift, you can sign yourself up for the shift and have anyone on your team cover the shift for you. To sign yourself up, you will need to follow the same process of sending yourself an email invitation.
- Camping will be in designated spots only - you must camp within the numbered campsites at the venue and you may only have 4 tents per numbered campsite - this is a requirement of our permit with the park and teams found camping outside of designated areas will be required to move. Campsites will be outlined with pin flags and will be numbered.
- For teams who purchased our Glamping package, the Glamping area will be located on the north side of the parking lot at the Dillon State Park Beach.

Hello fellow Ragnarians and soon to be Ragnarians! I'm so happy that you've all signed up for our third-year event outside of Zanesville, OH. It's truly going to be a blast.

I realize that many of you have a lot of questions regarding the how-to's of this specific event. Below, you'll find answers to the most pressing issues, and the toughest moving parts at the race. **This document will be continually updated as more information is solidified.**

Important links / Info

- **Race Location:** Dillon State Park, 5265 Dillon Hills Dr, Nashport, OH 43830
- **RD Contact Info:** Cody Crowther, ccrowther@runragnar.com

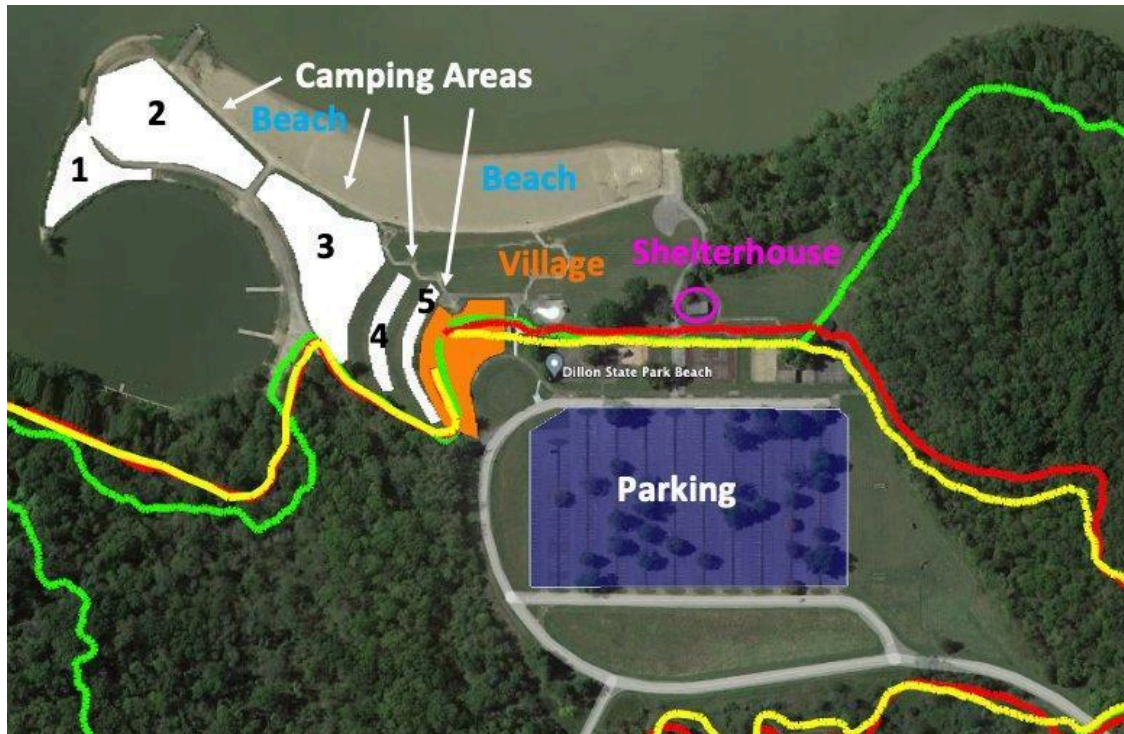
- **Race Dates:** June 14-15, 2024 (with Thursday night camping and Gear Drop beginning at 4pm on 6/13)
- **Additional Dates/Deadlines:** Go to the [Dates/Updates section](#) of the race website and you will find the dates and deadlines on the right side of the screen.
- **Parking Fees:** Parking will be FREE! Use that cash you may have spent on parking on a nice gift from the gear tent!
- **Captain's Tools:** Go to the [Get Ready section](#) of the race website and you will find a captain's checklist, captain's spreadsheet, and packing list to share with your team.
- **Trail Guide:** If you are new to Ragnar Trail, this is a guide on the basics of the race. It is available on the [Get Ready section](#) of the race website.
- [Ohio Trail 2024 Race Schedule](#)

Pre-race items

- Team captains need to make sure that ALL runners are added to the team prior to the Online Runner Invite Deadline. Any runners added to a team after this date, must register their runner at check-in on race-day and will not be able to complete online team check in.
- **Know your team number** - Knowing your team number helps greatly in the arrival process and keeps lines moving.
- **Team Check-In**
 - You will be required to check in online prior to the event. **EVERYONE on the team must do this prior to being onsite.** You will be filling out our waiver and getting those pesky race day items out of the way from the comfort of your home.
 - Instructions will be sent to your email race week. (Pro Tip: Put a reminder in your calendars to remember this come race week)
 - FIRST - Every member of the team checks in individually. (If you do not receive the check in email, you can access it by logging into your Ragnar Profile and going to your Team Center.)
 - SECOND - Team Captains complete team check in after all runners have checked in.
 - That's it! You will get a confirmation code once you've done both of these steps. When you arrive at the venue, one person from the team will go to the orange HQ tents to check the team in. ALL runners must complete the online check in prior to the team receiving their bib and goodie bags on site. If you have questions, please stop by the HQ tent at the event.

Venue Description

The venue site for Ragnar Trail Ohio is beautiful Dillon State Park. The Village and camping are around the beach area of Dillon State Park on the shore of Dillon Lake. The main event area is settled on a hillside with various tiers, which means there are flat spots for camping (numbered and highlighted in white below), but they are interspersed with hills separating them.



Cell Service - Good

Packing

Here is our [suggested packing list](#), to help you decide what to bring. Remember to check the weather forecast so you are prepared for extreme temps. And we recommend bringing a roll of TP, just in case ;) There are some train tracks near the venue - if you are a light sleeper (or just prefer not to have the sounds of trains disturb your sleep), be sure to pack some ear plugs!

Parking Fee

Thursday arrivals will be \$20, Friday & Saturday arrivals will be \$10 - credit card only!

Carpooling is HIGHLY ENCOURAGED. We absolutely cannot allow more than 3 cars per team at this venue, and encourage the use of 2 cars whenever possible for teams. First and foremost, get more time with your teammates while driving together. Life is short, make the most of it. Savor both the laughs you'll have along the way, and the arguments over which restaurant you'll stop at post-race. Save your money and save our environment by limiting your team to 2 cars!

Arrival Process

Gear Drop

Please Note: There is NO ENTRY to the Ragnar areas of Dillon State Park (camping, Village, etc) for any participants* before 4 p.m. on Thursday. However, the park is open to the public 24/7, so feel free to start exploring if you arrive before we open at 4 p.m.



Everyone entering the park will follow the path of the white arrows upon entry to the beach area. Volunteers will direct all participants down the hill on a one-way path to the Yellow Gear Drop areas. These Gear Drop areas are ideal for teams camping in areas 1, 2, or 3 (see overall map above). Teams that choose to camp in areas 4 or 5 may choose to use the Gear Drop highlighted in the yellow areas above, or proceed directly to the pay station and then onto the parking lot and transfer their gear from the parking lot to camping areas 4 and 5. Because of the hilly nature of the park, those in camping areas 4 and 5 will either need to bring their gear down the hill from the parking area or up the hill from the Gear Drop area (but the camping areas themselves are flat!). After unloading your gear, all vehicles will continue to follow the white arrows to the Ragnar pay station, pay the parking fee, and then be directed to the parking lot.

Things to remember

- **Gear Drop is for active unloading ONLY like at the airport.** Gear and passengers will be unloaded next to the vehicle in the Gear Drop area and the vehicle will be moved immediately to parking. You will be responsible for carrying your gear to the camping area. We suggest you bring your own cart or wagon if you have a lot of stuff. **Fires/firewood/charcoal, generators, and dogs are not allowed.**
- The only official parking area is in the lot near the Dillon State Park Beach. You are on your own if you park anywhere else at the park.
- **NO parking is allowed in the Village, camping, along any road, or in the Gear Drop area because we are obligated to keep lanes open for emergencies. Any vehicle found unattended in these areas will be towed and your team may incur penalties.**

- We have plenty of space for everyone to camp and park. We know that the arrival part of the event is never anyone's favorite and we appreciate everyone's patience as we move 750+ people into the area for the event.
- RAGNAR RULES
 - NO DOGS
 - NO GENERATORS
 - NO DRONES
 - NO CAMPFIRES
- Quiet Hours - 12am-6am - please be respectful of your fellow Ragnarians during these times

Parking

Parking is in a lined parking lot within walking distance to all of camping. From the farthest edge of the parking lot to camping area 1 is less than half a mile (see venue map above). Please be aware that there will be parking areas reserved for the public and staff - these will be well-marked and no teams should be parked in these areas. There are also marked handicap parking spaces that should only be used by those with valid handicap placards.

Camping

- **NO ALCOHOL IS PERMITTED AT DILLON STATE PARK - Park rules.**
- Camping spaces will be 20' x 20'. Campsites are first-come, first-served. If you have 2 or 3 registered teams in your group, feel free to claim those sites as well. **See map above for the camping areas.**
- Camping will be in designated spots only - **you must camp within the numbered campsites at the venue and you may only have 4 tents per numbered campsite** - this is a requirement of our permit with the park and teams found camping outside of designated areas will be required to move. Campsites will be outlined with pin flags and will be numbered.
- When choosing your spot, be aware of walkways and runner paths, making sure not to extend your camp site (poles, lead lines, decorations, etc.) across those lines. We keep our paths as narrow as we can to ensure the most space for campsites, so we really need to make sure that all walkways are completely clear of any obstacles.
- The venue has a lot of areas that are very sloped, so the camping areas are fairly spread out. Plan ahead with your team on the area(s) that you would like to camp in so that you have a plan for meeting up with your teammates.
- Virtually all camping is in an open field which means there is extremely limited shade available in the camping area.
- **No commercial tents will be allowed in the camping area.** If it requires stakes that are larger than your standard 6-10" tent stakes, it is not allowed!
- **Best Decorated Team Campsite** - An award will be given for the best decorated team campsite and almost anything goes: tents, canopies, camping chairs, kiddie pools full of Kool-Aid, whatever. Just remember to be as sustainable as possible.

Friday Arrival

Gear Drop and Parking open at 7:00am on Friday. Check-in will open at 7am along with the rest of the Village.

GLAMPING

Glamping will also open for check-in at 4 pm on Thursday. Glamping will take place near the northern-most side of the parking lot. Glampers will have reserved parking adjacent to the glamping area. View the [Glamping Packet](#) for more details.

Course Notes

Dillon State Park has a variety of trails for various activities, including horse riding and mountain biking. **Please be aware that the park is open to the public and you may encounter mountain bikers on our courses.** While we can't close the trails to the public, the Ragnar courses have been designed to see a variety of trails and terrain types, thus mitigating long stretches where you may encounter people not part of the event. Most of the mileage is not very friendly to bikes, but it is very possible you'll see bikes in the sections our courses follow the bike trails.

The trails are almost fully covered by the forest. I would estimate that almost 90% of the course is shaded during the day (and 100% at night HAHA). That said, it will be HOT AND MUGGY. Please be prepared with a good headlamp, sunscreen, bug spray, high socks, and trail running shoes. **Did I say bug spray? You'll want bug spray, trust me.** Due to the tall vegetation in some areas, I'd also highly encourage wearing high socks.

CAUTION FOR HAZARDS: Even if the moon is visible overnight, it is unlikely you will see much moonlight on the trails. Please be cautious and TAKE IT SLOW at night. There are several hazards on the trails that will be marked, but it is your responsibility to stay focused and watch the trail. **Hazards will include: a few muddy sections, rocky sections, uneven horse trails, mountain bike hills and curves, mountain bike platforms, and a few short, but narrow wood bridges with 2-3 foot drop offs on either side.** Again, we will have these hazards clearly marked, especially the mountain bike elements, but it is important that you pay close attention and don't aim for a speed record at night.

There are A LOT of trails at Dillon State Park and many of them are not clearly marked. However, our Ragnar Green, Yellow, and Red loops will be clearly marked by Thursday of race week. You can easily get off course if you are not paying attention. We will have intersections clearly marked and also have Wrong Way signs on the trails not to go on.

PLEASE STAY SAFE and have fun on these trails that have something for everybody. They are very technical and narrow in areas, but can absolutely be completed safely with good awareness of your surroundings and respect for the people around you.

Water Stations: We will have a water station about 2.5 miles into the Red loop. Other water stations will be added pending the weather. Be sure to fill up your hydration vests or water bottles at the village before leaving!

Run Go App: All courses have been uploaded to the Run Go app! Download this free app to your phone for turn by turn directions as you run the trails. Search for the **Ragnar Trail Ohio 2024 Group** to find the green, yellow and red courses. Note that the courses are subject to change pending trail conditions and you should default to the Ragnar directional arrows posted on the trails.

Departure Process

After a weekend of adventure it will sadly be time to go home. We ask that you please follow our procedures to ensure a smooth exit.

ONLY when your team has packed up their campsite and has transported your gear to the gear drop area can your driver get their vehicle. They will then drive back to the Gear Drop area in their own vehicles and pick up their team (**who will be ready and waiting**) and gear at the designated pick up locations, QUICKLY, and head on home!

Volunteers

- Check out our [Ohio Trail 2024 Volunteer Packet](#)
- We encourage a member of your team to fulfill your 3 hour volunteer shift. It is easy to do in between running loops.
 - While we do have a distance exemption that is available for our road races, this does not apply for trail races. For road races, there are a very limited number of shifts available for runners to fulfill, but because all of the volunteer shifts for trail races happen at the venue where the team is camping, there is ample opportunity for a team member to fill a volunteer shift.
- Captains must [send invitations](#) to volunteers to sign up for a shift. *You cannot invite your volunteer prior to the volunteer registration open date.* If you are unsure of who will fulfill your shift, you can sign yourself up for the shift and have anyone on your team cover the shift for you. To sign yourself up, you will need to follow the same process of sending yourself an email invitation. Check out our [Ohio Trail Volunteer Packet](#) for more information.

Sustainability, Trash and Recycling

Pack it in, pack it out. Treat this adventure just like a backcountry camping trip. If you bring it, you need to take it home or dispose of it in the proper containers. When you leave, your campsite should look exactly like it did before you arrived. This really helps our staff out when we do a trash sweep after the race. This includes removing any rocks or other items used to stake down your tent during the race. Please use the trash and recycling bags given to you at check in and dispose of them in the proper bins located in the gear drop areas.

Sustainability initiatives for all Ragnar Trail races:

- **Donate your old shoes:** Ragnar will be collecting shoes to be sent to [Soles4Souls](#). If you have any old running shoes that need to be recycled, bring them to our event, you'll find our shoe recycling bins at the HQ Tent. Soles4Souls is a nonprofit organization dedicated to providing relief, fighting poverty, and creating opportunity through shoes and clothing donations.
- **Cupless races:** We do not provide single-use containers at any of our water stations on course or for hot chocolate / coffee in the Village area. Bring your reusable hot and cold containers to use throughout the event.
- **Bulk water:** We provide free water in the Village for runners to refill their reusable water containers throughout the event.
- **Reuse materials:** We reuse all of our course and venue signage, as well as our bib belts and slap bracelets.
- **Leave No Trace:** We practice the principles of Leave No Trace by sweeping the loops and venue for micro trash and trying to leave each venue better than we found it.
- **Solar power:** We power some of our Ragnar Village from solar panels on our trailer.
- **Recycling and compost:** We will have recycle and compost bins available throughout the event and near each food vendor area. Please sort your items instead of throwing everything in the trash

Amenities

At the Venue

- A 1,360-foot swimming beach is located just down from the Ragnar Village and just steps away from camping. Swimming is permitted in designated areas during daylight hours only. Please exercise caution while swimming at the beach.
 - [BeachGuard](#) — Provides water quality advisories, Memorial Day to Labor Day, from Ohio Dept. of Health
- **Shelterhouse:** The Dillon Beach Shelter is also reserved for Ragnar use during our event. The shelterhouse features lights, electric outlets, picnic tables and a grill.
- **Grills:** There are several grills available throughout the venue which are open for participant use. These are charcoal-only grills and must be attended when in use (safety first!). All grills are first-come, first-serve and there are no grills within the camping areas at the event.
- **Camp store:** There is a brand new camp store at Dillon State Park that carries basic camping supplies, snacks and essentials. It is open from 9 a.m. to 6 p.m. and a short drive into the park.
- **Cots for rent:** Forgot your sleeping pad or cot? We have plenty of camping cots for rent at the HQ tent for \$20. Ask the HQ staff for one when you check in before your race!
- **Food Trucks:** Yes, we will have food trucks! See the schedule below. You are also welcome to bring your own food. There are several grocery stores in Zanesville, about a 15 minute drive away.

	Thursday dinner (5-10pm): 82	Friday breakfast (7-10:30am): 39	Friday lunch (11am - 3pm): 78	Friday dinner (5-10pm): 174	Saturday breakfast (7-10:30am): 79	Saturday lunch (11am - 4pm): 65	Other
1	CalibowlInia	Bagel Buggy	Pizza Cottage	Pizza Cottage	Bagel Buggy	CalibowlInia	
2			CalibowlInia	CalibowlInia			
3							

Menus:

- Pizza Cottage: <https://www.pizzacottagefoodtruck.com/foodtruckmenu>
- CalibowlInia: <https://www.facebook.com/people/CalibowlInia-Food-Truck/100086076767103/>
- Bagel Buggy: <https://www.facebook.com/thebagelbuggy/>

In the Village

- Recovery Zone featuring pneumatic leg compression
- **Green Loop preview run:** This is how you kick-off a Ragnar! Before your official start time, join us for an energizing shakeout run led by the Ragnar Experiential team. Mark your calendars for **Thursday at 7:00 pm**, and meet us at the transition tent for an experience that's bound to be unforgettable. But that's not all – before we head out on the trails, we'll make a pit stop at the 'Ragnar Demo Experience' to gear up for the run! As a team, we'll conquer the green loop, shake out those pre-race jitters, put our partner's products to the test, and most importantly, forge new connections, engage in stimulating conversations, and make lifelong friends. It's more than a shake-out; it's a start to the incredible adventure at Ragnar!
- **KT Tape group wrapping session:** Embark on a journey of peak performance with our KT tape group wrapping session, scheduled **just after the first start wave!** Remember to bring along your complimentary KT sample pack from your goodie bag to tailor your application. Meet us at the "Recovery Zone" tent, where our trained Staff will guide you through the process. KT Tape's advanced technology aids muscle movement, enhances athletic prowess, and provides essential support to joints and muscles. Start your weekend off strong by utilizing KT Tape early – its effects will endure throughout the entire event. With KT Tape by your side, unleash your training potential and leave worries about injuries behind.
- **Group rolling & stretching sessions:** Meet us at the Recovery Zone for a rejuvenating stretch session on **Friday at Noon and at 3:00 PM**, whether you've already logged miles or you're staying loose for your upcoming run! Our group stretch/roll-out sessions are tailored to meet your needs, whether you're looking to recover or prepare. Utilize our partner products to enhance your stretching experience and ensure you're in top form for the journey. Don't let tight muscles slow you down – take advantage of this opportunity to optimize your performance and keep yourself running strong from start to finish!

Other sleeping accommodations

- **Commercial/Large Tents:** If it requires stakes that are larger than your standard 6-10" tent stakes, it is not allowed!
- RVs / campers are **not allowed** at the Ragnar Village or Ragnar Camping area. However, Dillon State Park does have RV campsites available for rent. These are quick drive into the park and about a 15 minute walk away from the village. Learn more and book here: <https://reserveohio.com/OhioCampWeb/#!park/347>

Thank you!

Thanks for taking the time out of your busy lives to attend our event. It is our hope that you have a wonderful time, and truly connect with the beauty of the Dillon State Park, as well as meet some great people along the way. There are sure to be a couple of bumps in the Gear Drop area, as getting 750+ runners in and out of an intimate setting can be difficult, so please be thoughtful of other teams so everyone has a chance to use Gear Drop in a timely manner. You may find that good karma will help you on the trail! With your help in following the guidelines outlined above, we're all going to have a great time!