

Tom's Run Rules for Remote Teams

Thank you for your interest to participate in Tom's Run as a remote team. A remote team for Tom's Run is a team, or runner, that is not in the Washington DC area on the original Tom's Run course, but chooses to participate in another area. We can do this because of the way Tom's Run is organized. These guidelines are intended to help you plan your team's route and set up your logistics. Please contact the race director at admin@tomrunrelay.org if you have questions or need more information.

SAFETY is the most important consideration for planning a remote team or remote runners. We try to balance safety with keeping the race enjoyable and challenging. Insurance requirements also play a big role in planning for your remote team. You must follow the rules explained below if you want everyone to be covered by insurance.

1. Insurance for remote teams is usually obtained or purchased through the Coast Guard Running Club by virtue of the Club's membership in the Road Runners Clubs of America. This insurance dictates several considerations:
 - a. The biker escort for Tom's Run runners is considered a race support person. Bikers without runners, as in two bikers completing a relay leg, are NOT covered by our insurance. A biker participating in Tom's Run must always be escorting at least one runner to be covered by insurance.
 - b. Our insurance does not cover runners at night on an open road without traffic control. You must plan your route and schedule to avoid running on roads at night to preserve insurance coverage unless you plan to have the local police or another organization control traffic.
 - c. Everyone on the team, including runners and bikers, must acknowledge the Tom's Run disclaimer. Sorry, this is also an insurance requirement. A team leader can take responsibility for advising everyone on the team of the disclaimer provisions, sign for the entire team, and submit the disclaimer with the team application.
 - d. Very often, a remote course will be in an area that requires a permit, particularly for overnight use, such as parks and trails. You must check with the local authorities or agencies to determine if a permit is required and obtain the permit, usually for a small fee. The permit will often require insurance. Even if no permit is required, you are covered by our insurance if you adhere to the other race rules for insurance.
2. Anyone running or biking outside must have at least one escort. This is an overnight event and it is run at the beginning of summer – which often means heat and bad weather. Two person tandems allow for one person to carry maps, water, lights, extra clothing, and a phone. Two persons together mean one person can go for help in an emergency. SAFETY is our most important consideration. This is one of the few race rules and not abiding by this race rule will void insurance coverage.

3. Tom's Run is about community and teamwork. We feel planning for the challenges and logistics and then carrying them out is part of the fun of Tom's Run. In the spirit of a relay, legs should be run in sequence to total 200 miles. However, this is NOT a requirement. It is YOUR event and you can plan the schedule and distance any way you want. We would rather you get out and be active together for any event than not be together, working as a team, at all. Whatever your plans, we hope you join us at the finish at 11:00 AM on the second race day.
4. The Tom's Run [toolbox](#) on the web site contains a spreadsheet to help plan a remote team's course relay legs. You would use the spreadsheet to determine your start time to finish at 11:00AM on the second day, based on the pace of your runners and bikers. The toolbox also contains a list of recommended equipment.
5. You should write out a detailed description of your course. The description should include the points for swapping runners and bikers, the length of each leg, directions for running and driving between one transition point and the next, and any other important information. Imbedded maps from MapQuest or Google Maps, GPS coordinates, and photographs are very helpful. Remember, at some point, people will be biking, running, and driving in the dark and they might be tired, cold, hot, thirsty, and wet. Be clear in your directions and have a plan for reaching a transition point and not finding your team there.
6. Have fun. There is room in Tom's Run for competition – competition with ourselves and with other runners and bikers. Tom's Run is a Coast Guard race meant to bring people together. Relax and enjoy.

See you on the trails,

Roger