

FREQUENTLY ASKED QUESTIONS



- 1) I only have six people interested in registering for a team. Do I need to find two more people to register as an eight-person relay team?**

Eight-person relay teams can consist of as few as five individuals and up to eight individuals. Similarly, four-person relay teams can consist of between two to four individuals. When registering on UltraSignup, select the relay team most appropriate for your group number and enter the names as requested.

- 2) My friend and I want to run High Noon together. I don't see an option for a two-person relay team. Does this mean we have to sign-up as a four-person relay team?**

Signing up as a four-person relay team would be an option. However, as part of a relay team, only one team member is permitted on the course at a time. As such, if two individuals are part of a relay team, the only time these members would be able to interact would be in the transition area. If looking to enjoy the event together, consider signing up in the solo category. Once again, you can cover as much or as little distance as you wish.

- 3) I'm really excited about this event and want to participate in a relay team but can't commit to the full 24 hours. Can I still participate?**

Absolutely! While only one team member is permitted on the course at a time, there are no requirements that other team members be present at the event. You can coordinate with your relay team when you will be running so you can attend to other commitments you may have during the event.

- 4) I signed up in in the solo category but not sure I'll be able to run the full 24 hours. Am I able to take a prolonged break or leave the event to sleep?**

This is your race and a chance to test your true grit in a welcoming and fun place. Individuals are certainly permitted to take prolonged breaks. Again, the final distance is all up to you!

- 5) Do all members of a relay team have to run the same distance?**

Relay teams can determine amongst themselves how they want to tackle the High Noon event. There is no minimum or maximum distance that one individual relay team member can run. Similarly, there is no order in which members are required to run. You and your team can determine who is running when!

