

## K-100 race day sample plan

Remember: you only receive two vehicle passes and are meant to manage your race day with no more than two vehicles. Only vehicles with a K-100 vehicle pass are permitted to stop on the side of the highway. All vehicles must follow the rules of the Alberta Traffic Safety Act. Please refer to the rules section on our website to see a list of commonly broken traffic rules.

Plan A example: the whole team travels together all day in two vehicles.

- Use one vehicle for dropping off runners (car 1) and one for support (car 2)
- Put your leg 1 – 5 runners in the drop off vehicle and leg 6 – 10 in the support vehicle to start the day.
- Car 1 drops your leg 1 runner then goes forward to station 2 to drop the leg 2 runner (you can stop along the way with your vehicle permit).
- Car 2 supports runner 1 along the way then proceeds to station 2.
- At station 2, leg 6 runner moves to car 1 and leg 1 runner gets into car 2.
- Car 1 goes ahead to drop leg 3 runner at station 3. Car 2 supports runner 2
- At station 3, leg 7 runner gets into car 1 and leg 2 runner gets into car 2
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Continue with this leap frog situation throughout the day.

Plan B example: The team splits into two with leg 1 – 5 runners in one car starting the day and leg 6 – 10 runners joining in a separate car later in the day.

- This splits the team into morning and afternoon runners. Car 1 starts the day with leg 1 – 5 runners doing both drop off and support.
- Drop leg 1 runner in Longview then support that runner as needed during leg 1. Be sure the leg 1 runner is fine without support for the last 5km of his/her leg.
- Go ahead to station 2 to drop leg two runner.
- Pick up leg one runner then support leg two runner as needed.
- Car 2 joins the team at station 6 first dropping off the leg 6 runner.

Now you have two options:

- Both vehicles continue for the rest of the day with car 2 doing drop offs and car 1 doing support.
- OR car 1 is done and can go to the finish while car 2 follows the same pattern as the morning doing both drop off and support.