

## Road Running Event Route Marking:

The RouteArrows Method - Quick Checklist
RouteArrows
"Runners don't make wrong turns, they miss the right one!"
Follow this easy checklist to confidently mark your event routes, helping you provide a safe and fun experience, so your runners come back again $\mathbb{\&}$ again!

Road Running Route Marking Checklist: For Both Seasoned RD's \& New Volunteers!
$\square$ Mark Route(s) During Low-Traffic, Daylight Hours
$\square$ Pro Tip: Place RouteArrows w/in 24 hrs of event for max visibility!
$\square$ Wear HI-VIZ Gear, Be Courteous \& Cautious of Traffic
$\square$ Pro Tip: Navigator has cue sheet to check off completed turns!
$\square$ Pro Tip: Bring trash /grocery bags to collect backing paper!
$\square$ Groups of 2-3 are Best for Longer Routes (10k+) $\rightarrow$ Driver + Route Marking Team
$\square$ Teams of 1-2 for Shorter Routes (5k/fun runs) $\rightarrow$ Route Marking Team: Walk/Bike
$\square$ Place RouteArrows on Clean, Dry Pavement in Consistent Location (Center, R, L)
$\square$ Pro Tip: Bring Broom to sweep dust away before placing RouteArrows
$\square$ The RouteArrows Method = 4 Arrows Per Turn: 2 PRE (Before), 1 AT, 1 AFTER
$\square$ Place PRE-Turn and AT-Turn RouteArrows at 45 Degrees* *WHY? Runners easily see intended turn direction sooner!
$\square$ Place After-Turn RouteArrow(s) within a few feet!
$\square$ When Routes Diverge: (ex: 1 route turns, 2 continue) $\rightarrow$ Place All RouteArrow Colors at Route Splits
$\square$ "Turn Only" Route Marking Option:
$\square$ Only mark the turns + confusing locations
$\square$ "Turns + Breadcrumb" Route Marking Option:
$\square$ Mark the turns + place RouteArrows at consistent intervals
$\square$ Use Measuring Wheel or GPS to measure every: $0.1,0.25,0.5$ mile or km REMOVAL: "Please Remove RouteArrows from Trails \& Paths After Your Event!" $\square$ When Route Marking: Fold under $1 / 4$ inch of Arrow tip creating a "Tab to grab"

Thanks for choosing RouteArrows, a Family-Owned Business!
Feel free to give us a call with any questions, we're here to help!

# Road Running Event Route Marking: 

## The RouteArrows Method - Detailed Instructions

"Runners don't make wrong turns, they miss the right one!"
Share these Detailed Instructions with your Route Marking Team so they can create incredibly well marked routes, and you receive rave reviews!

Road Running Route Marking Instructions: RouteArrows, the..."S.A.F.E.R."...way to go!

## Safety First

- Mark your routes during low-traffic, daylight hours. Be aware and courteous of traffic, and wear Hi-Viz gear!
- Working in teams is usually faster. One person dispenses RouteArrows (using a RouteCan!) to the other, who places and presses them down with foot stomps.
- For Longer Routes ( $10 \mathrm{k}+$ ) Groups of 2-3 are Best $\rightarrow$ Driver + Route Marking Team
- For Shorter Routes ( $5 \mathrm{k} /$ fun runs), or Routes with Bike/Ped paths, Teams of 1-2 can Route Mark via Walking and/or Bicycling

KEY: Place RouteArrows within 24 hrs of your event for maximum arrow visibility!
Pro Tip: Have each team bring a cue sheet to check off the turns as they go!

## Always Use Consistent RouteArrow Pattern \& Location

Pattern Options: Only Mark the Turns, OR, Add "Bread Crumb" Interval Method

- ex: every $1 / 10$ or $1 / 4$ Mile - Great for kids \& new runners to help build confidence!

Location Options: Down the middle of the runners path / road, or to their Right* (within their "Zone of Awareness")

- When you have an "out-n-back" on the same road or path, place RouteArrows to the right of the runners lane so that each direction's arrows are far apart, to reduce confusion.

Pro Tip: Do NOT Place RouteArrows $\underline{O N}$ the $\underline{\text { White Lines. The White background }}$ reduces contrast / visibility for most colors, and they're also harder to remove.

KEY: Only Place RouteArrows Out of Traffic IF rain is forecast to increase arrow "lifespan". Wet arrows are worn away very quickly!

IMPORTANT: RouteArrows must be placed on clean and dry pavement. RouteArrows will not stick to damp, dirty surfaces, gravel or grass. When placing RouteArrows on rough "chip seal" pavement, use additional foot stepping / pressure to increase the surface bond.

## Four+ RouteArrows Per Turn (of Each Route Color*)!

## The RouteArrow Method: The Goal is to be Generous \& Consistent!

- NOTIFY (PRE): 2+ RouteArrows evenly spaced out, before the upcoming turn.
- SHOW (AT): 1 RouteArrow at the turn (just before the STOP line if present).
- CONFIRM (AFTER): 1 RouteArrow immediately after the turn!
- This arrow might catch the eye of an errant runner who missed the turn

KEY: *Use this 5+ Arrow Method for both single-route (one color) and multi-route events (all route colors in clusters).

## Every PRE-turn \& AT-turn RouteArrow Placed at a $45^{\circ}$ Angle!

WHY? RouteArrows placed at $45^{\circ}$ make the intended turn direction more obvious, and understood sooner! (Compared to arrows placed at $90^{\circ}$ angle*)

Pro Tip: Place RouteArrows in a consistent pattern, $L \rightarrow R=$ Long $\rightarrow$ Short Route, and side by side. RouteArrows placed "Nose to Tail" will blend together at low angles!


## Removal Instructions:

Like the Label on Every Roll of RouteArrows Says, "Please Remove RouteArrows from Trails, Paths and Pedestrian Areas After Your Event, Thank You!"

Removing RouteArrows in those areas is seen as being considerate of the local community, which will have a positive impact. Use these easy removal methods to simplify and speed up the process, and have your event welcomed back!

- INTACT RouteArrows: are undamaged, only exposed to little, if any, traffic.
- WORN RouteArrows: are well pressed into pavement, damaged by traffic, etc.


## Pro Tip: Do This While Route Marking / Removing RouteArrows Right After Event!*

- Fold under $1 / 4$ inch of the RouteArrow tip creating a "Tab to Grab" $\longrightarrow$ to make it easier to peel them off the pavement after your event.
- *Do this when removing INTACT RouteArrows immediately after your event. This method won't work well with WORN / OLD (2+ days) RouteArrows.

RouteArrows Removal Methods: The Removal Team should prepare for removing both INTACT and WORN RouteArrows.

- Method 1: Best when removing INTACT RouteArrows immediately after your event, and when you only have a FEW (<15?) RouteArrows to remove.
- Use fingers and/or a metal tool to peel/lift them off, from tip to tail.
- Easier when RouteArrows have "Tab to Grab"! (See Pro Tip Above)
- Method 2: Best when removing MANY (15+) RouteArrows - especially WORN, OLD (2+ days), well-stuck, damaged RouteArrows. (See our YouTube video)
- Use water and a wire brush to easily dissolve and destroy them. Get the arrow wet, then brush it into mush, and rinse away residue.
- Bring refillable 1-5 gal jugs (Est. 25+ Arrows/gal) \& squeezable bike water bottles are great for wetting the arrows!
- Method 3: Best when you only need to remove a FEW (<15?) RouteArrows - Use 3in wide Gorilla brand tape / strong adhesive tape to lift arrows off.

Method 1


Method 2


Method 3


