



Marathon Relay 2010 Fact Sheet

- 1. Relay Teams:**
 - a. Four men
 - b. Four women
 - c. Two Men and Two Women
- 2. Registering**
 - a. \$160/team through May 31st, \$200 through Saturday, July 10
 - b. There is no such thing as race day registration.
 - c. Teams must submit all four registration forms together at one time.
- 3. Relay Exchanges:**
 - a. Located near aid stations so runners have access to water, PowerBar drink, toilets, communication and first aid if necessary.
 - b. 1st Exchange: Aid Station #3 at Harper's Bridge on Mullan
 - c. 2nd Exchange: Aid Station #6 at Big Flat & Paradise
 - d. 3rd Exchange: Aid Station #10 at 3rd & Hiberta (Hawthorne Elementary)
 - e. Exchange Areas: Will be clearly marked.
 - f. Transportation: Each team must arrange transportation to and from each of the exchange points.

4. Leg Lengths:

- a. Start to Harper's Bridge - 6.2 miles
- b. Harper's Bridge to Big Flat & Paradise – 5.2 miles
- c. Big Flat & Paradise to Hawthorne Elementary (3rd & Hiberta) – 7.9 miles (this also includes The Hill).
- d. Hawthorne Elementary to Finish – 6.9 miles

5. Baton, Bibs, Leg Markings

- a. The baton is a chip on an ankle strap. Runners take the ankle strap off and velcro it onto the next runner.
- b. You will have a different color bib than other participants.
- c. Runner legs will be marked at the Expo.

6. Timing

- a. There is a mat at the starting line, halfway point and finish
- b. There are NOT mats at the exchange points
- c. Runners interested in keeping track of his/her split must do it themselves
- d. The only official time will be at the finish.

7. Awards

- a. There will be an award for the top team in each of the three categories.