



5-Person Marathon Relay

organized by



It is the responsibility of each team member to read and understand these instructions.

DATE, TIME, PLACE

The five-person Relay Event will begin with the Mercedes Marathon and Half-Marathon at 7:03 a.m. on Sunday, February 15th in front of Boutwell Auditorium in Downtown Birmingham.

NUMBER OF RUNNERS AND DISTANCES

Each team will consist of five runners. The relay is held on the same course as the individual marathon and run at the same time. The distance of each leg is approximately:

- Leg #1 - 6.2 miles
- Leg #2 - 3.1 miles
- Leg #3 - 6.2 miles
- Leg #4 - 3.2 miles
- Leg #5 - 7.5 miles

Each Relay time is assigned a single timing chip that is attached to an ankle strap. This device must be worn in turn by each relay member. Details about the chip exchange are explained in **“RELAY EXCHANGE INSTRUCTIONS”** later in this document.

Should the first leg of the relay wish to also continue running in the Mercedes Marathon or Mercedes Half-Marathon that runner must complete, **including payment**, an individual entry form. This person will wear the relay team number and ankle strap as well as their own individual number and chip. Your relay chip will be on an ankle strap and your complete race chip will be attached to one of your shoes.

RELAY EXCHANGE AREAS - Look for tents at each location & check-in upon arrival.

Relay Exchange #1 – Just past Mile 6 - Back side of Glen Iris Elementary School on 11th Avenue. You’ll run through the water station on the front side of the school and continue on the course for another half-mile or so. The relay exchange point will be towards the end of the Glen Iris Elementary School campus on the East side. Glen Iris Elementary School is the location for the BE&K tailgate party as well as Relay Exchange #4 so there should be lots of action going on here!

Relay Exchange #2 – Just past Mile 9 on Clairmont just past Highlands Golf Course – The relay exchange will be about 50 yards before the water station located by V. Richards on Clairmont. This is the “Royal Mile” with Royal Cup Coffee, so expect to have a good time while waiting for your teammate to arrive! It is important for this team member to know that they need to follow signs for the marathon route and not the half-marathon route for this leg as the course

will split during this part of the race and relay teams will need to stay on the MARATHON course.

Relay Exchange #3 – Around Mile 15th at the Civil Rights Institute. The relay exchange point will be located close to the intersection of 16th Street and 6th Avenue close to the historic 16th Street Baptist Church and the Birmingham Civil Rights Institute. The Civil Rights Institute will be open for relay participants and volunteers that would prefer their facilities over the provided portalets. Be sure to head straight to this point once the race starts if you want to catch the Phi-De-I Drum Corps that will be playing during the first loop of the course. This location is only a few blocks from the start and finish.

Relay Exchange #4 – Around 18 Miles at the front side of Glen Iris Elementary. The BE5K tailgate party will be in full swing by now, so bring a chair and have some fun while waiting to run the final leg of the relay!

RACE PACKET PICKUP

Your Relay Team packet will be distributed to one team member at the Mercedes Marathon Race Expo at Boutwell Auditorium downtown on Friday, February 13th from 12:00 p.m. until 7:00 p.m. and on Saturday, February 14th from 9:00 a.m. until 6:00 p.m. There will be NO race day packet pickup. The packet will contain all materials and supplies for each of the five members of the team. Only one member of the team may pick up the team packets. They will not be distributed individually.

Each relay TEAM will be given one timing device with a Velcro ankle strap. Each relay RUNNER will be given a runner bib number to be displayed on the FRONT of the runner's shirt. Please distribute the bibs before race morning. Safety pins will be available at the Expo.

RELAY EXCHANGE INSTRUCTIONS

The Championship timing device is attached to a Velcro ankle strap provided in the race packet. The first runner will attach this strap around the ankle (wearing a sock under this strap may protect against chafing). The first runner will then remove this strap after crossing over the timing mat at the first relay exchange zone. If the first runner plans to continue running as an individual in either the marathon or half-marathon, they will leave a second timing chip attached to their other ankle and continue running. The second runner will then place the relay timing strap around their ankle and begin their leg of the relay. This will continue until the last runner crosses the finish line. At the finish area, the timing chip must be turned in to the volunteers that are designated to collect the timing chips. Each relay must return the chip or pay a \$35 replacement fee.

Relay runners will need to be alert for their upcoming exchange zone. This area will be designated by signs and will be to the side of the marathon course after crossing over the timing mat allowing for room to remove and attach the timing strap and to not be in the way of other runners. Please be considerate of other runners during the transition.

TIME LIMITS

The Marathon, Half-Marathon and Relay are open to runners and walkers of all abilities. However, a six-hour time limit has been set. This means a participant or team must maintain consistent pace of at least 13:44 per mile. Relay teams need to keep this in mind and may need to alternate slower runners with faster runners to keep within the time limits.

TRANSPORTATION

1. The first runner will need to arrive at the start line in plenty of time to park the car, warm-up, check in gear, etc.

2. All other relay runners will need to be at their designated relay exchange areas in plenty of time to allow them to check in their warm-up gear, warm-up, etc. Although transportation is provided to each exchange point, it is the responsibility of each runner to be on time and ready to run the next leg of the relay.

3. While some runners will want to provide their own transportation to their exchange areas, many others will need transportation. For those relays runners, transportation will be provided from the starting area to their respective relay exchange area via passenger vans provided by ENTERPRISE RENT-A-CAR. Each van will be marked #1, #2, #3, #4 to designate which van to ride on to get to your exchange area. Please remember that many roads along the course will be closed, so you are encouraged to use the transportation provided. You will find the Vans parked along 8th Avenue North, just to the west of the Mercedes Marathon starting line.

4. All relay runners using the transportation vans to get to their exchange zones will need to be aware of the van schedule to get to the relay exchange zones. Volunteers will be available at the Relay tent at the starting line to help direct you to your van. Vans will depart for the back of the start line area beginning at 6:30 a.m. until 8:45 a.m. The last van leaving the start for each exchange area is as follows:

#1	7:15 a.m.
#2	7:30 a.m.
#3	8:15 a.m.
#4	8:45 a.m.

5. If you are providing your own transportation to your relay exchange area, remember that the marathon course will be closed off to traffic. However, access to these areas will be available via side streets, etc. You will not be able to drive on the actual course once runners start arriving in that area. Please use common sense and **DO NOT PARK DIRECTLY ON THE COURSE!** Please plan ahead.

6. When runners have completed their leg of the race, there will be transportation available back to the finish line area. Look for the ENTERPRISE van at the exchange area for your ride back. Please don't be impatient with the Enterprise volunteers – they will get you back as soon as possible and will do their best to facilitate everyone.

WARM-UP GEAR (CHECK-IN AND PICK-UP)

Warm-up gear may be checked in the designated RELAY SWEAT CHECK area just near the starting line. Tags will be available to attach to your bag at the sweat check area. If you want to make something available for yourself to put on after your relay leg, then you will need to work that out with your team member running the leg after you. Any gear not claimed will be turned over to Boutwell Auditorium Lost & Found.

RELAY TEAM FINISHER

Your Relay Team Finisher's packet is given to the relay member that crosses the finish line. We have a tent with your packet ready in the finish area. Your team finisher is the ONLY person who can pick up the team packet in the finish line area. All of your team's finisher shirts and medals will be packed together and a volunteer will assist you.

Everyone, please make sure your last runner is aware of this. Once you leave this area, you cannot return to get your team packets.

RELAY AWARDS AND RESULTS

Four members to run, Five Members to be eligible for awards

Enterprise Rent-a-Car Relay Finishers Shirts and Medals will be given as a single package for each team. Each team's finisher package will be given to the final runner on the team in the finish line area. Each team is then responsible for distributing shirts and medals to their team. Please be sure each relay team member is aware of this so no one is looking for an individual medal at the finish line or at a relay exchange point. Awards will be presented to the winning relay team in each category at the awards ceremony at Boutwell Auditorium at 1:00 p.m. One lucky relay team will win 5 matching Verizon phones during the door prize drawing after the Awards Ceremony. At least one team member will need to be present to win. There will be a bib recycling tub in the lobby of Boutwell where someone will need to place at least on the the team's bib numbers to be eligible. All team results will be posted on the Mercedes Marathon web site, <http://mercedesmarathon.com>, after the race.

Unofficial Race Results will be posted in Boutwell as they become available. Report any changes to the Trouble Table that will be in the lobby of Boutwell on race day. If you see any problems with your unofficial results when they are posted, please fill out an "issue form" at the Trouble Table ASAP. "Official results" will be posted after all issues are addressed. Email results problems or issues to timing@mercedesmarathon.com.

Official results will be emailed and posted on web site (<http://mercedesmarathon.com>) as soon as possible. Please be sure to set your email to allow messages from info@mercedesmarathon.com.

NOTICE: Due to insurance regulations, unregistered runners, unauthorized vehicles, bicycles, skateboards, roller blades, strollers, baby joggers and other wheeled devices and animals are prohibited in the race.