



Race Day Team Relay Instructions

Pre-Race

1. Relay partner 1 will report to the start line for the **9:00am Start**. Partner 1 must wear the neoprene band and timing chip around their ankle (see photo). This will serve as your relay exchange item. Partner 1 will run the first leg of the course which is 3.7 miles.
2. Relay partner 2 will run the second leg of the course which is 4.9 miles. Partner 2 will ride to the relay exchange site at Cupid's Corner in Orange Peel Transportation shuttles. Shuttles will run from **8:00am to 8:45am** and will be located at the J&A Racing tent (see photo) in front of the **START LINE**. There is no easy way over to Cupid's Corner. **You must take the bus so please do not miss it. The last bus departs at 8:45am.**



During the Race

3. At Cupid's Corner, relay partner 1 will cross the timing mats and continue on to the relay exchange area to meet your partner. You must hand off the neoprene band and timing chip to relay partner 2. Partner 2 will attach the neoprene band and timing chip to their ankle before running the second leg of the course which is 4.9 miles.
4. Relay partner 1 will receive their finisher medal and finisher item at Cupid's Corner.
5. Vans will transport relay partner 1 back to the finish line party (please be patient as we will try to fill the vans before sending them back to the Field House).

Post-Race

6. Relay teams will be scored based on overall run time including your relay exchange time.
7. Both relay partners will receive an individual time. Partner 1 will be timed for leg 1 (3.7mi). Partner 2 will be timed for leg 2 (4.9mi) plus your relay exchange time. The neoprene band and timing chip must be on your ankle when you cross the timing mats in order to receive your individual and team finish times.

Important reminders

1. Be sure to pack warm clothing! Relay partner 1 should give their partner dry, warm clothes to bring to Cupid's Corner for them. This way, when the first person finishes, they will have dry clothing. Then, relay partner 1 can bring back the second person's warm up clothes to the finish line. Make sure you know what your relay partner's bag looks like before the race.
2. There will be water and bananas at the exchange. If partner 1 wants more nutrition, please pack it in your bag.
3. There will be port-a-potties, water and bananas at Cupid's Corner.

Most of all – HAVE FUN!!!