



## Humpy's Marathon Relay Instructions

Bibs must be picked up at the posted bib pick up times and dates.

- Each team member picks up their own bib.
- One bib has a timing chip embedded in it – *This bib must be worn by Runner #4.*
- Each team will be given a passable triathlon timing chip on a Velcro neoprene band to handoff at each marathon relay exchange zone.
- A timing mat will be at each relay split.
- Relay legs #1-4 are 4.4 miles, 7.8 miles, 6.6 miles and 7.4 miles respectively.

### **Procedures for Handing off Velcro Neoprene Band:**

- Runner #1 starts the race wearing Velcro neoprene band with the timing chip.
- Runner #1 hands off the Velcro neoprene band to runner #2 at the first timing mat/relay exchange zone.
- Runner #2 hands off the Velcro neoprene band to Runner #3 at the second timing mat/relay exchange zone.
- Runner #3 hands off Velcro neoprene band to Runner #4 at the third timing mat/relay exchange zone.
- Runner #4 (Final Runner) wears the Velcro neoprene band across the finish line *in addition to wearing his/her chipped bib.* This is a failsafe measure in case the neoprene band with the timing chip is lost along the way.

**NOTE:** The Velcro neoprene band must be worn on the ankle, wrist, or strapped around the hand *with the plastic chip facing out.* If the chip is inside the palm it will not read at the timing mats.

### **Relay Exchange Zones**

- Relay Exchange Zone 1 and 2 are at the same location - the bluff parking lot across from Postmark Drive (close to the airport and Fed-ex). It is the first out and back portion of the marathon.
- Relay Exchange Zone 3 is east of the Goose Lake bridge on the Chester Creek trail.

### **IMPORTANT**

- Relay runners must tag in the exchange zones.
- Once the relay runner is across the timing mat/relay exchange zone, keep to the right to not impede race traffic.



### Directions from Downtown to Relay Exchange Zones:

- To Relay Exchange Zone 1 and 2:  
Travel south on L Street to Northern Lights Blvd. Turn right (heading west) past Earthquake Park to a parking area about ½ mile beyond Earthquake Park. Turn right at the parking lot on your right. There will be an aid station there so you can't miss it.
- To Relay Exchange Zone 3:  
Travel south on C Street. Turn left on 36th heading east. Continue on 36<sup>th</sup>, across the Seward Highway (stop light), across Lake Otis Drive (stoplight) to UAA drive (stoplight) which is opposite the Providence Hospital campus. Make a left hand turn (heading north) on UAA Drive and take the second right (heading east again) into the parking area for Goose Lake Park. After parking, take the Chester Creek Bike Trail (north) to just before the pedestrian bridge over Northern Lights Blvd. Turn right (east) before the bridge and continue for 300 yards to find the marked relay exchange zone.

There is **NO Shuttle** for relay runners to the relay exchange zones. Runners are responsible for their own transportation to and from the relay exchange zones.