



## 3-Person Relay Race Day Information

### What time does the 3-Person Relay start?

The Aurora Health Care Two Rivers 10-Mile Run, 3-Person Relay, and 2-Mile Run/Walk all start simultaneously at 8:00 A.M.

### What are the distances for each relay leg?

Leg #1 = 3.96 miles (Starting Line to Neshotah Park exchange zone)

Leg #2 = 2.31 miles (Neshotah Park exchange zone to Port Sandy Bay exchange zone)

Leg #3 = 3.73 miles (Port Sandy Bay exchange zone to Finish Line)

### Does the team pick which runner runs each leg?

Yes, each team determines the order of their runners.

### Do you have a course map that includes the relay exchange zone locations?

Yes, a course map will be available at packet pick-up and can be found on our race website at [tworivers10mile.com](http://tworivers10mile.com).

### Will transportation be provided for relay runners?

Yes, to alleviate excess vehicle traffic on the course, Relay Runners #2 and #3 will be shuttled to and from their exchange zones. Buses will remain at each exchange zone to serve as shelter in case of inclement weather. Port Sandy Bay Restaurant will also be open for relay runners from 7:45 A.M. to 9:30 A.M. **Shuttle buses "A" and "B" will begin loading at 7:30 A.M. in back of Two Rivers High School and depart at 7:45 A.M. SHARP!** Relay #2 runners will report to bus "A" and relay #3 runners will report to bus "B." After completing their relay legs, Relay #1 runners should report to bus "A" at Neshotah Park and Relay #2 runners should report to bus "B" at Port Sandy Bay. Both buses will return relay runners to Two Rivers High School.

### How do I know the exact location of each exchange zone?

Shuttle Buses will take you directly to the exchange zone. Each exchange zone will have a cone, sign, pennant flag, and be managed by a race official.

### How do we make the "exchange" with our teammates?

At Packet-Pickup, relay teams will receive ONE race belt and ONE bib chip number. The bib number needs to be attached to the race belt and is worn by the runner currently running for the team. Relay Runner #1 will start with the race belt/bib. At both exchange zones, the arriving runner gives the belt/bib to their teammate. That runner then puts on the race belt/bib and begins their running leg to the next exchange zone or finish line depending on the leg being run. Runner #1 starts with the race belt/bib and hands it to Runner #2 upon entering Neshotah Park exchange zone. Runner #2 will hand it to Runner #3 upon entering Port Sandy Bay exchange zone. Runner #3 runs to finish line where a race volunteer will collect the race number belt.

### How do I find my relay teammate at the relay exchange stations?

All relay participants should determine an estimated time it will take to run their individual legs and then communicate that to their teammates. Another helpful hint is to know the color of your teammates running attire and/or wear the same running attire.

### Will there be any fluids at the relay exchange zones?

Yes, water and Gatorade will be provided at each exchange zone and at the finish line.

### Will there be bathroom facilities available at the exchange zones?

Yes, porta potties will be provided at each exchange zone. Bathrooms inside Port Sandy Bay Restaurant will also be available at Exchange Zone #2.

### What do we do with our race belt at the finish?

A race volunteer will collect race belts at the finish line or you can bring them to cafeteria registration volunteers.

### Are there awards for the 3-Person Relay?

Yes, medals for each team member will be awarded to top 3 male, female, and coed relay teams. Team trophy will be awarded to the first place relay team in each category. Awards ceremony is scheduled for 10:15 A.M. in the Two Rivers High School cafeteria. Results will be posted in the cafeteria and can be found online at [tworivers10mile.com](http://tworivers10mile.com) following the race.