

Thank you for choosing to #runAkron! Final instructions and a detailed Team Relay Guide will be available closer to race day.

#### Health and Fitness Expo

All runners MUST pick up their packets on Friday, September 29, 2023. Each runner should pick up his or her own packet. There is NO packet pick up the day of the race. If you are unable to attend, race packets may be picked up by a friend or family member who must verify the runner's registration information.

#### **Series Participants**

Every series participant will be awarded a series medal. Relay leg 5 runners, who are series participants, will get their series medal on Main St. just after you receive your race medal. Relay members running legs 1-4 can pick up their series medal at the Information Booth at the Finish Line.

#### Course

The 5-Person Team Relay will follow the Full Marathon route. Be sure to follow signage at mile 11.5 where the Half Marathon splits off from the full/relay course.

#### **Course Closure**

The course will remain open for 6.5 hours and will close on a continuous pace of 14:53 min/mile. Relay teams need to be at the split at mile 11.5 by 10:05 a.m. to continue on to the full course. Anyone who cannot maintain the pace requirements must move to the sidewalk or catch the SAG bus as the course will re-open and allow vehicular traffic through. Runner services cannot be guaranteed for participants beyond the stated pace requirements.

#### **Finish Line**

Relay runners are encouraged to meet up at the Finisher Festival after your leg of the relay. Enjoy the live band, food, and postrace celebration!

#### Arriving at the Exchange Zone

Once you arrive at your Relay Exchange Zone take time to familiarize yourself with the corrals, visit the restrooms, and prepare for your leg of the relay. When your team member is approximately 10 minutes from the Exchange Zone please proceed to the numerical staging area, based on your bib number. Spotters will be calling out the last three numbers on your bib as your teammate approaches the exchange zone. PLEASE KNOW YOUR BIB NUMBER. Once your bib number is called please move to the front row of your corral to meet your teammate and start your leg of the relay. There will be bottled water available for participants both starting and finishing at each exchange zone.

#### **Exchange Zone Procedures**

As you finish your leg of the relay, you will be directed to run over a timing mat. Continue for a short distance beyond the timing mat where race volunteers will assist you in finding your teammate. Finishing participants will receive their medal at the Relay Exchange Zone and can head to the Finisher Festival. Relay leg 5 will finish on Main St and receive their medal.

#### Security

Backpacks are highly discouraged and all bags are subject to be searched in all race areas along the course. The Start Line and Finish Line will have athlete only areas. Nonparticipants will not be permitted in these areas which include the Start Line corrals and the Finisher's chute at the Finish Line. NO FAMILY RUN-IN AT FINISH LINE – Only athletes are permitted on the racecourse, including crossing the finish line. This is for the safety of all athletes, spectators, and race officials.

#### **Transportation**

Relay shuttles are available to the start of relay leg 4 and 5 with return service for finishing leg 3 and 4 runners.

# RELAY FAQS

## **Registration Questions**

#### **Relay Changes**

Relay changes can be completed from the <u>Akron Marathon registration page</u>. Click on the "Transfer" button and log into your Race Roster account, click "Transfer to a New Participant". Please note the NEW participant will pay a \$10 transfer fee. The original participant will NOT receive a refund. The exchange of monies is between the original participant and the new participant.

#### **Incomplete Teams**

The relay team must be complete & have 5 registered runners on the team to participate. Only complete teams will be able to pick up their packets.

### **Assigning Legs**

Each member of the team should know which leg they are running. However, you do NOT need to register for a specific relay leg. You can make switches at any time without notifying race officials. The team timing chip will keep track of each relay leg time and the team total.

## Ways to track your teammates:

- Find my Friends
- GPS tracking apps
- Pace Chart (below)

## Race Day Questions

#### Running multiple legs or events?

A member of a Relay Team can run 2consecutive relay legs; the team must be paid in full. The runner running two legs must register & pay for both legs.

The 1st leg runner can also run the full or half marathon; that team member must register & pay for both events. As a reminder, this can only happen if that runner runs the 1st leg. On race day, wear both bibs. When you approach the Exchange Zone follow the relay signs, cross over the timing mat and find your team member. At the Expo pick up both packets.

Relay medals are available at the Information Booth at the finish line for those running multiple legs or events.

#### Can I run with my friend after my leg?

Due to liability considerations, and out of respect for the registered participants, only one member can be on the course at a time.

#### Can the team watch the start?

ARRIVAL TIMES TO RELAY LEG

Yes, relay legs 2-5 can watch the start of the race before heading to the start of their relay leg.

#### Can I take a shuttle from leg 4 to leg 5?

Shuttles only transport from downtown to their respective relay legs and back. There is no shuttle transport from relay leg 4 to relay leg 5.

#### (30 MINUTES BEFORE ANTICIPATED ARRIVAL) LEG DISTANCE START LOCATION 7 MIN PACE 9 MIN PACE 11 MIN PACE 13 MIN PACE 15 MIN PACE #1 #2 250 E. Mill St #3 245 Wolf Ledges Pkwy 1300 Sand Run Pkwy #4 #5 1565 Fairfax Rd

\*RECOMMENDED TO BOARD RELAY BUS 30 MINUTES PRIOR TO ARRIVAL TIME FOR RELAY LEGS 4 & 5

First Leg Details: Relay leg distance: 4.2 miles Start of relay leg #1: Start Line - 1 S. High St Finish of relay leg #1: Union Park - 250 E. Mill St Parking - Recommended parking location for first leg relay runners is the Cascade Parking Garage at 10 W. Mill St.

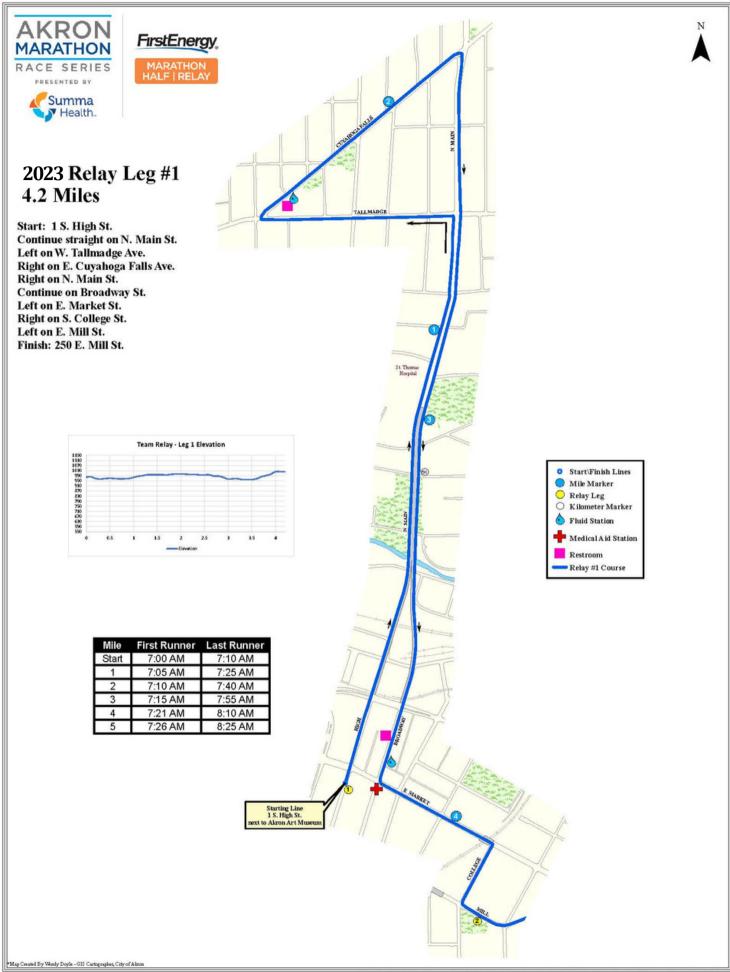
## START LINE

There will be six waves at the Start Line. Wave 1 will start at 7:00 AM. Wave 2 will be walked up to the start line and will be held for 30 seconds and then released. Followed by a walk-up and individual release of waves 3-6. All teams will have a wave assignment on their relay bib. Wave assignments are based on anticipated team finish time collected during registration. Participants must enter at the back of their assigned corral. Waves 1 & 2 will enter at the back of the blue corral. Waves 3 & 4 will enter the back of the red corral. Waves 5 & 6 will enter the back of the orange corral. You can move around inside your corral, and you can move back to a different corral, but you cannot move forward into another corral.

## **FINISH LINE**

At the finish of your relay leg, you will cross over a timing mat and proceed to the numerical staging area which corresponds with your bib number. Once you arrive at the staging area, find your relay team member, then exit the course to get your medal and water.

Walking directions back to the Finisher Festival - Get your finisher fluids and medal on the corner of E. Mill St and College St. Walk west on E. Mill St and make a left onto Broadway St. Walk 3 blocks and make a right on State St. Signage will direct you to the finisher festival to receive your post-race food, pizza, and beverages.



Second Leg Details: Relay leg distance: 6.9 miles Start of relay leg #2: Union Park - 250 E. Mill St Finish of relay leg #2: 245 Wolf Ledges Parkway Parking- Recommended parking location for second leg relay runners is the Morley Deck at 177 S. Broadway St or the Polsky Deck at 275 S. High St.

## DIRECTIONS TO EXCHANGE ZONE

Walking Directions to Relay Leg 2: \*From the Start Line: Walk south on S. High St to E. Mill St. Turn left (east) onto E. Mill St. Walk straight until you reach Union Park and the Relay Exchange Zone on your right. \*From Parking Decks: Walk north on Broadway. Turn right (east) onto E. Mill St. Walk straight until you reach Union Park and the Relay Exchange Zone on your right.

## **FINISH LINE**

At the finish of your relay leg, you will cross over a timing mat and proceed to the numerical staging area which corresponds with your bib number. Once you arrive at the staging area, find your relay team member, and exit the course to get your medal and water.

## ARRIVING AT EXCHANGE ZONE

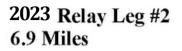
Upon arriving at your Relay Exchange zone, proceed to the numerical staging area as instructed by a race volunteer. Spotters will be calling out the last three numbers on your bib as your teammate approaches the exchange zone. PLEASE KNOW YOUR BIB NUMBER.

## FINISHER FESTIVAL

Walking directions to the Finisher Festival - Get your finisher fluids and medal in the parking lot behind the Exchange Zone. Travel south on Buckeye St. Turn right on Exchange St. Turn right on S. Main St. Signage will direct you to the finisher festival to receive your postrace food, pizza, and beverages.



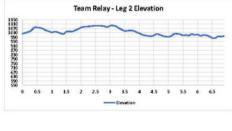


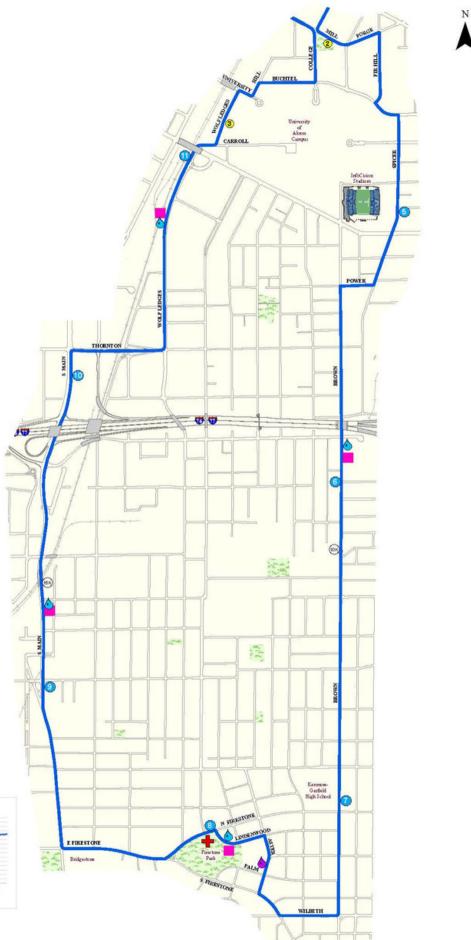


Start: 250 E. Mill St. **Right on Fir Hill** Left on E. Buchtel Ave. **Right on Spicer St Right on Power St.** Left on Brown St. Right on E. Wilbeth Rd. **Right on S. Firestone Blvd** Right on Aster Ave. Left on Lindenwood Ave. Left on N. Firestone Blvd **Continue onto E. Firestone Pkwy** Right on S. Main St. **Right on E. Thornton St.** Left on Wolf Ledges Pkwy Finish: 245 Wolf Ledges Pkwy



Mile	First Runner	Last Runner
5	7:26 AM	8:25 AM
6	7:31 AM	8:40 AM
7	7:36 AM	8:55 AM
8	7:42 AM	9:10 AM
9	7:47 AM	9:25 AM
10	7:52 AM	9:40 AM
11	7:57 AM	9:55 AM





\*Map Created By Wandy Doyle - GIS Cartographer, City of Akron

Third Leg Details: Relay leg distance: 5.8 miles Start of relay leg #3: 245 Wolf Ledges Parkway Finish of relay leg #3: 1300 Sand Run Parkway Parking- Recommended parking location for third leg relay runners is the University of Akron's Exchange St Deck at 261 E. Exchange St.

## DIRECTIONS TO EXCHANGE ZONE

Walking Instructions to Relay Leg #3: \*From the Start Line: Walk south on High St to University Ave. Turn left (east) onto University Ave. and go one block to Wolf Ledges. Turn right (south) onto Wolf Ledges. The Relay Exchange Zone is in the parking lot on your left. \*From Parking Deck on Exchange St: Walk west on Exchange St. Turn right (north) onto Buckeye St and go 1 block. The Relay Exchange zone will be straight ahead in the parking lot.

## **COURSE / FINISH LINE**

The 5-Person Team Relay will follow the Full Marathon route. Be sure to follow signage at mile 11.5 where the Half Marathon splits off from the full/relay course.

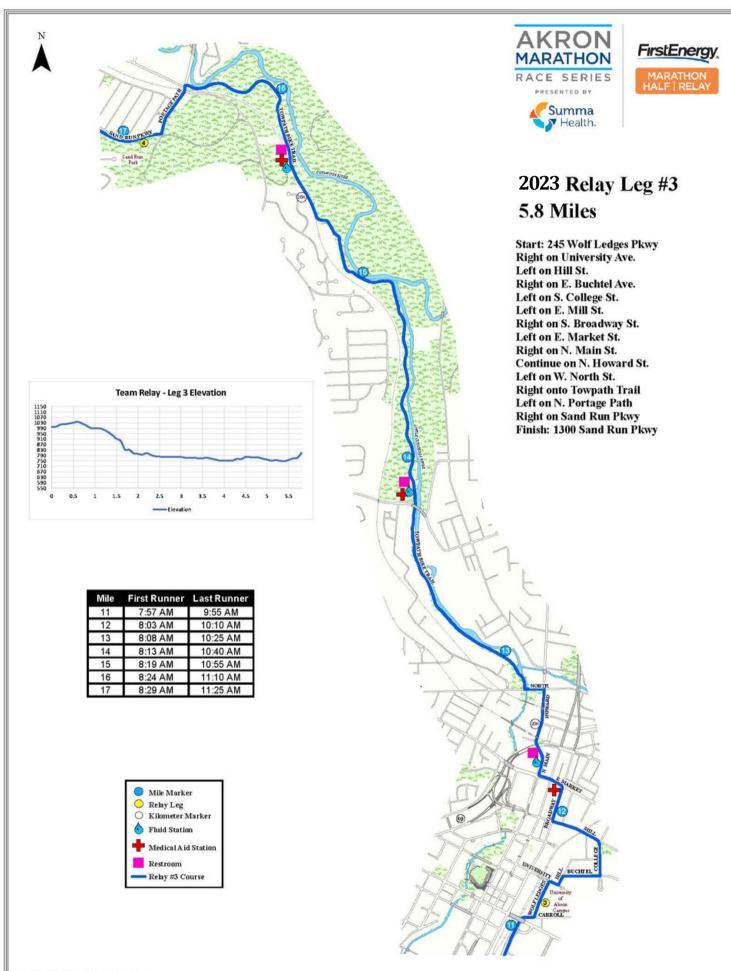
At the finish of your relay leg you will cross over a timing mat and proceed to the numerical staging area which corresponds with your bib number. Once you arrive at the staging area, find your relay team member and exit the course to get your medal and water.

## ARRIVING AT EXCHANGE ZONE

Upon arriving at your Relay Exchange Zone, proceed to the numerical staging area as instructed by a race volunteer. Spotters will be calling out the last three numbers on your bib as your teammate approaches the exchange zone. PLEASE KNOW YOUR BIB NUMBER.

### **FINISHER FESTIVAL**

Getting back to the Finisher Festival -Get your finisher fluids and medal located in the parking lot at Sand Run Parkway. Make your way to the school buses staged on Portage Path. The busses will drop runners off at the corner of S. Main St and Buchtel. Signage will direct you to the Finisher Festival.



Fourth Leg Details: Relay leg distance: 4.5 miles Start of relay leg #4: 1300 Sand Run Parkway Finish of relay leg #4: Firestone CLC – 1545 Fairfax Rd Parking- Recommended parking location for fourth leg relay runners is the State St Deck at 55 W. State St.

### TRANSPORTATION TO EXCHANGE ZONE

It is advised to use the shuttle service provided to the fourth leg Relay Exchange Zone due to limited parking and road closures. Runners can find the shuttle busses located on S. Main St at Exchange St. Shuttle departure times begin at 7:15 AM and end at 10:15 AM for this leg.

## **FINISH LINE**

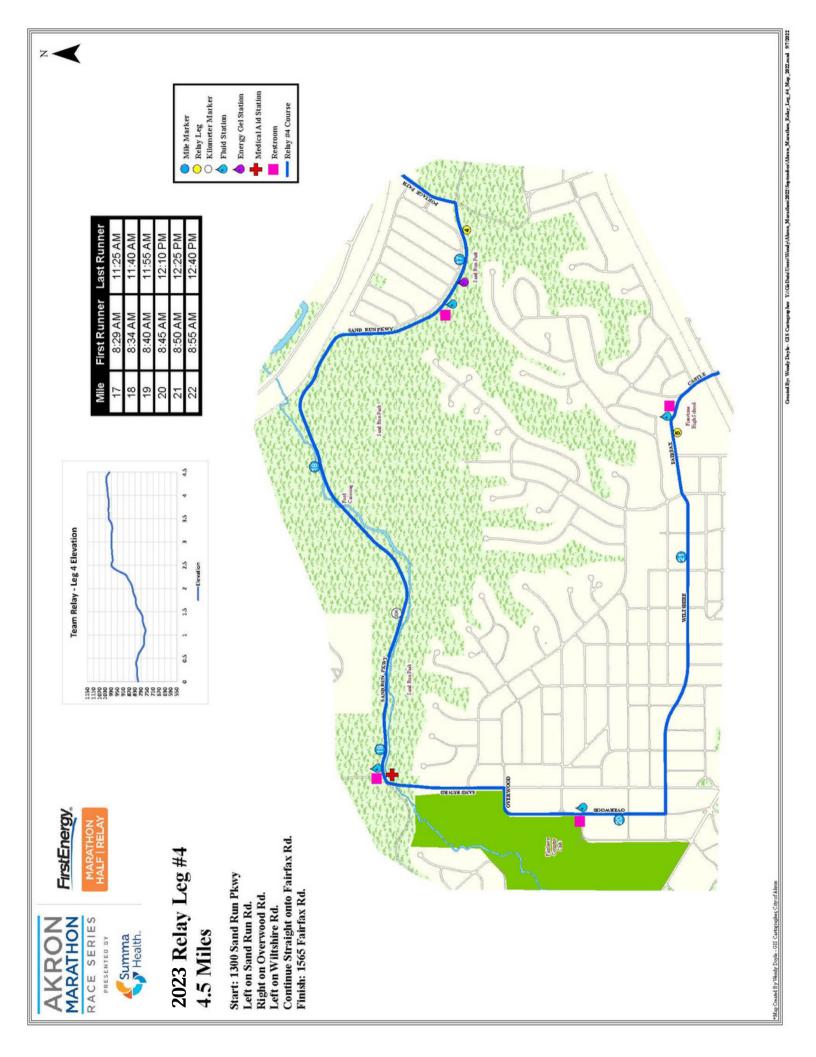
At the finish of your relay leg you will cross over a timing mat and proceed to the numerical staging area which corresponds with your bib number. Once you arrive at the staging area, find your relay team member and exit the course to get your medal and water.

### ARRIVING AT EXCHANGE ZONE

Upon arriving at your Relay Exchange Zone, proceed to the numerical staging area as instructed by a race volunteer. Spotters will be calling out the last three numbers on your bib as your teammate approaches the exchange zone. PLEASE KNOW YOUR BIB NUMBER.

### FINISHER FESTIVAL

Getting back to the Finisher Festival -Get your finisher fluids and medal located in the parking lot at Firestone CLC. Make your way to the school buses staged on Rampart. The busses will drop runners off at the corner of S. Main St and Buchtel. Signage will direct you to the Finisher Festival.



Fifth Leg Details: Relay leg distance: 4.8 miles Start of relay leg #5: Firestone CLC - 1565 Fairfax Rd Finish of relay leg #5: Finish Line - 182 S. Main St Parking- Recommended parking location for fifth leg relay runners is the Bowery Deck at 199 Bowery St

### TRANSPORTATION TO EXCHANGE ZONE

It is advised to use the shuttle service provided to the fifth leg Relay Exchange Zone due to limited parking and road closures. Runners can find the shuttle busses located on S. Main St at Exchange St. The shuttle departure times begin at 7:30 AM and end at 11:15 AM for this leg.

## ARRIVING AT EXCHANGE ZONE

Upon arriving at your Relay Exchange Zone, proceed to the numerical staging area as instructed by a race volunteer. Spotters will be calling out the last three numbers on your bib as your teammate approaches the exchange zone. PLEASE KNOW YOUR BIB NUMBER.

## **FINISH LINE**

After you cross the Finish Line on Main St., stay to enjoy the Finisher Festival, receive your post-race food and beverages, and rejoin with your team members.

