

2025 TEAM RELAY GUIDE

Thank you for choosing to #runAkron!
If you have additional questions after reading this Team Relay Guide check out the Final Instructions or visit the information booth at the Health & Fitness Expo.

Registration Questions

Relay Changes

Starting August 15 all relay changes will need to take place at the Health & Fitness Expo. There is a \$10 transfer fee for each relay change. The original participant will NOT receive a refund. The exchange of monies is between the original participant and the new participant.

The new participant will need to come, in person, to the Health and Fitness Expo to complete the relay change. The old participant does not need to attend.

Incomplete Teams

The relay team must be complete & have 5 registered participants 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 completing. However, you do NOT need to register for a specific relay leg. You can make switches at any time without notifying race officials. The timing chip located on your bib will keep track of each relay leg time and the team total.

Helpful Tips for Assigning Legs

In the next section, the relay legs are ranked in order from easiest to hardest with a brief description of each leg. This is designed to help each participant choose which leg is best for them.

Easiest

Relay Leg 3

- Distance: 4.6 miles
- Total elevation gain: 120 feet.

This relay leg is classified as the easiest leg and best for a team member new to participating in racing events. This leg is relatively flat or downhill. Most of the leg is on the Towpath Trail. There is one uphill section near the finish of this relay leg.

Relay Leg 2

- Distance: 5.7 miles
- Total elevation gain: 135 feet.

Relay leg 2 members will experience the University of Akron Campus, the All-America Bridge, and North Hill.

Relay Leg 5

- Distance: 4.5 miles
- Total elevation gain: 190 feet.

Those completing this relay leg will experience Stan Hywet, Highland Square, and the Finish Line! There is a climb up Garman hill shortly after the start, but after Garman, the course is mostly flat or downhill.

Relay Leg 4

- Distance: 4.4 miles
- Total elevation gain: 280 feet.

Although this leg is shorter, it has the most elevation gain. Participants travel through Sand Run Parkway and partake in the neighborhood block parties along Overwood and Wiltshire.

Relay Leg 1

- Distance: 7 miles
- Total elevation gain: 280 feet.

This leg should go to the most experienced participant on the team. This leg will travel the longest distance accompanied by rolling elevation changes. This leg gets to experience the energy at the Start Line, Firestone Park, and finish near the University of Akron's InfoCision Stadium.

Hardest

RACE INFORMATION

Health and Fitness Expo

All participants MUST pick up their packets on Friday, September 26, 2025. The packet includes a drawstring bag and race bib with timing device. Shirts are located at the end of the Expo Hall. Each participant should pick up their 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 participant's registration information.

Relay Slap Bracelet

The first relay leg will be given a slap bracelet to be worn on the wrist. The participant completing the first leg must pick up a slap bracelet at the Relay Registration Area at the Expo. If you forget or lose your bracelet there will be extra available at the Start Line Information Booth. At each Relay Exchange Zone, the incoming relay leg will pass the slap bracelet to their team member. No relay member can leave for their relay leg without wearing the slap bracelet. The final team member must have the slap bracelet at the Finish Line to qualify for team awards.

Timing

There is a unique timing chip in each relay bib. If your bib comes close to a timing mat a "read" will occur. The following will result in errors and/or delays with your team's results:

1. Two team bibs on the course at same time.
2. Crossing any timing mat, other than at the finish of your relay leg.
3. Multiple team members crossing the finish line. *This is discouraged as it causes timing errors and increases congestion in the finish chute.
4. A participant falls behind the SAG (end of race vehicle)

SpeedCup - New for 2025!

All race participants will receive a reusable HydraPak SpeedCup™. The addition of the SpeedCup™ offers participants multiple hydration options. Participants can choose to use the SpeedCup™, their own hydration pack, or the provided paper cups. There will be an area to refill bottles and your SpeedCup™ at the start of each fluid station.

Course

The 5-Person Team Relay will follow the Full Marathon route. Be sure to follow signage at mile 12.5 where the marathon and relay participants will shift to the right on High Street and make a right onto Market Street. The Half Marathon will shift to the left on High Street and make a left onto Market St.

Course Closure

The course will remain open for 6.5 hours and will close on a continuous pace of 15:00 min/mile. Relay teams need to be at the split at mile 12.5 by 10:15 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. Services along the course cannot be guaranteed for participants beyond the stated pace requirements.

New Finish Line Location!

The newly renovated Lock 3, with its green grass and large band stage, will be the perfect location to celebrate with friends post-race.

Relay participants are encouraged to meet up at the Finisher Festival after your leg of the relay.

As you enter the festival, there will be an Information Booth, merchandise tent, medal engraving, and restrooms. You can redeem your drink and food tickets.

Enjoy the live band, yard games, food trucks, and post-race celebration!

Series Participants

Series participants can pick up their series medal rack located with the shirts at the end of the expo hall.

At the finish line, series participants will be awarded a series medal. Relay leg 5, who are series participants, will get their series medal just after the race medal in the finish line chute. Relay members completing legs 1-4 can pick up their series medal at the Information Booth inside in the Finisher Festival.

RACE MORNING ARRIVAL

Directions and Parking for those arriving after 7:00 a.m.

Decks and lots on the west side of Main St are suggested for relay legs 3-5 arriving after 7:00 a.m. Please note roads along the course will close at 7:00 a.m.

From the north or west Via I-77: (Cleveland/ Fairlawn): I-77/I-76 (they run concurrently). Take exit onto 59 east/Downtown. Route differs from here based on which deck you choose.

From the south taking I-71 to I-76 east: Continue onto 224 east. Take exit for I-77 north and follow directions below.

From the south Via I-77: Take exit for I-76 west/I-77 north and follow directions below.

From the east taking I-77/I-76 west: I-77/I-76 (they run concurrently) to 59/Dart Ave (Exit 21C). Turn right after you exit onto Boulevard St. Stay left to continue on Dart Ave. Route differs from here based on which deck you choose.

Post-race change of clothes

Gear Check will NOT be available in 2025. It is easy to plan ahead and give a clothing item to the next team member or stash a change of clothes in your car.

Transportation

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

Shuttle Times:

Leg 4 - Downtown to Sand Run:
7:15 a.m.-10:15 a.m.

Leg 5 - Downtown to Firestone CLC:
7:30 a.m.-11:15 a.m

*Return shuttles continue until the last participant is finished.

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 (all five team members have the same 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. Make sure you take the team's slap bracelet from your teammate before you leave the exchange zone. 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. Upon finding your teammate, pass the slap bracelet, and clear the racecourse. Finishing participants will receive their medal at the Relay Exchange Zone and can head to Lock 3 for the Finisher Festival. Relay leg 5 will finish on Main St. at Lock 3 and receive their medal before entering the Finisher Festival.

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. Non-participants 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.

RELAY FAQs

Race Day Questions

Running multiple legs or events?

A member of a Relay Team can complete two-consecutive relay legs; the team must be paid in full. The person completing two legs must register & pay for both legs. On race day, you only need to wear one relay bib.

The 1st leg team member can also continue on to complete the full or half marathon; that team member must register & pay for both events. This can only happen for the first leg. On race day, wear both bibs. When approaching the first Exchange Zone, follow the relay signs, cross over the timing mat, find the next team member, transfer the slap bracelet, then continue on. At the Expo, pick up both packets and the relay slap bracelet.

Relay medals are available at the Information Booth Inside the Finisher Festival for those completing multiple legs or events.

Can the team watch the start?

Yes, relay legs 3-5 can watch the start of the race before heading to the start of their relay leg. It is discouraged for relay leg 2 to watch the start, because it is over 1 mile away from their exchange zone.

Can I run with my friend after my leg?

No, only one team member can be on the course at a time to receive accurate results.

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.

Team Relay Awards

Top three teams in the Men's, Women's, Mixed, Masters Men's, Masters Women's, and Mixed Masters categories of the 5-Person Team Relay will receive awards. Awards are mailed 6-8 weeks post-race and once results are finalized.

Ways to track your teammates:

- Akron Marathon App. (please note updates are based on timing mat reads. The first update will happen when Relay Leg #1 crosses the timing mat at mile 7)
- GPS tracking apps
- Find my Friends
- Pace Chart (below)

ARRIVAL TIMES TO RELAY LEG

(30 MINUTES BEFORE ANTICIPATED FINISH OF PRIOR LEG)

LEG	DISTANCE	START LOCATION	7 MIN PACE	9 MIN PACE	11 MIN PACE	13 MIN PACE	15 MIN PACE
#1	7	1 S. High St	6:30 am	6:30 am	6:30 am	6:30 am	6:30 am
#2	5.7	300 Spicer St	7:15 am	7:35 am	7:50 am	8:00 am	8:20 am
#3	4.6	30 N. Main St	8:00 am	8:25 am	8:50 am	9:15 am	9:45 am
#4	4.4	1300 Sand Run Pkwy	8:30 am*	9:00 am*	9:45 am*	10:15 am*	10:45 am*
#5	4.5	1565 Fairfax Rd	9:00 am*	9:45 am*	10:30 am*	11:10 am*	11:45 am*

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

***FINAL SHUTTLE TO START OF RELAY LEG 4 IS 10:15AM.**

***FINAL SHUTTLE TO START OF RELAY LEG 5 IS 11:15AM.**

RELAY LEG 1

First Leg Details

Relay leg distance: 7 miles

Start of relay leg #1: Start Line - 1 S. High St.

Finish of relay leg #1: InfoCision Stadium - 300 Spicer St.

Parking - Recommended parking location for first leg relay participants is the Polsky Parking Garage at 275 S. High St. Alternate parking option is the Exchange St Deck located at 261 E. Exchange St.

PICK UP SLAP BRACELET

The person completing the first leg of the relay should pick up the team's bracelet at the Expo on Friday. Additional bracelets will be available at the information tent at the Start Line on race morning.

START LINE

There will be seven 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 3-7. All teams will have a wave assignment on their bib. Wave assignments are based on anticipated team finish time collected during registration. If you feel you have received the wrong corral assignment, then you can make a corral change at the Expo. Participants must enter at the back of their assigned corral. Waves 1 will enter at the back of the blue corral. Wave 2 will enter at the back of the green corral. Waves 3 & 4 will enter the back of the red corral. Waves 5, 6 & 7 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 and pass off the slap bracelet. Once you have passed the bracelet to your team member, exit the course to get your medal and water.

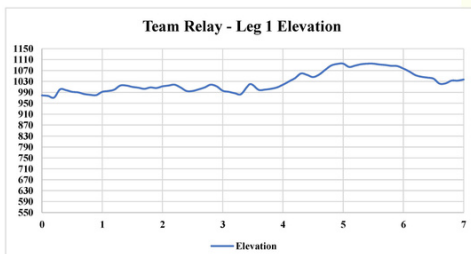
Walking directions to the Finisher Festival - The Finisher Festival is located at 200 S. Main St at Lock 3. Get your finisher fluids and medal located behind the staging area and make a right on Exchange St. Walk 3/4 mile to Main St and turn right. Walk 3 blocks and Lock 3 will be on your left. Signage will direct you to the finisher festival to receive your post-race food and beverages.

2025 Relay Leg #1 7 Miles

Start: 1 S. High St. - Akron Art Museum
Continue straight on S. Main St.
Right on W. Firestone Blvd.
Left on Firestone Pkwy.
Left on W. Wilbeth Rd.
Left on S. Main St.
Right on E. Firestone Blvd.
Continue onto N. Firestone Blvd.
Right on Lindenwood Ave.
Right on Aster Ave.
Left on S. Firestone Blvd
Left on E. Wilbeth Rd.
Left on Brown St.
Right on Power St.
Left on Spicer St.
Finish: 300 Spicer St. - InfoCision Stadium

- Start Line
- Mile Marker
- Relay Leg
- Kilometer Marker
- Finisher Medal
- Fluid Station
- Medical Aid Station
- Restroom
- Relay #1 Course

Mile	First Runner	Last Runner
Start	7:00 AM	7:12 AM
1	7:05 AM	7:27 AM
2	7:10 AM	7:42 AM
3	7:15 AM	7:57 AM
4	7:20 AM	8:12 AM
5	7:25 AM	8:27 AM
6	7:31 AM	8:42 AM
7	7:36 AM	8:57 AM



RELAY LEG 2

Second Leg Details

Relay leg distance: 5.7 miles

Start of relay leg #2: InfoCision Stadium - 300 Spicer St.

Finish of relay leg #2: 30 N. Main St.

Parking- Recommended parking location for relay leg 2 participants is the Exchange Street Deck at 261 E. Exchange St.

DIRECTIONS TO EXCHANGE ZONE

Walking directions to Relay Leg 2:

*It is discouraged for Relay Leg 2 participants to watch the start of the race. The start line is over 1 mile away from the leg 2 exchange zone.

*From Parking Deck: Turn left and walk east on Exchange St until you reach Spicer St. The Relay Exchange Zone will be on your left.

COURSE / FINISH LINE

The 5-Person Team Relay will follow the Full Marathon route. Be sure to follow signage at mile 12.5 where the marathon and relay participants will shift to the right on High Street and make a right onto Market Street. The Half Marathon will shift to the left on High Street and make a left onto Market St.

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 pass off the slap bracelet.

Once you have passed the bracelet to your team member, 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 - The Finisher Festival is located at 200 S. Main St at Lock 3. Get your finisher fluids and medal on the sidewalk next to the staging area. Travel south on Main St for 3 blocks. Signage will direct you to the Finisher Festival to receive your post-race food and beverages.



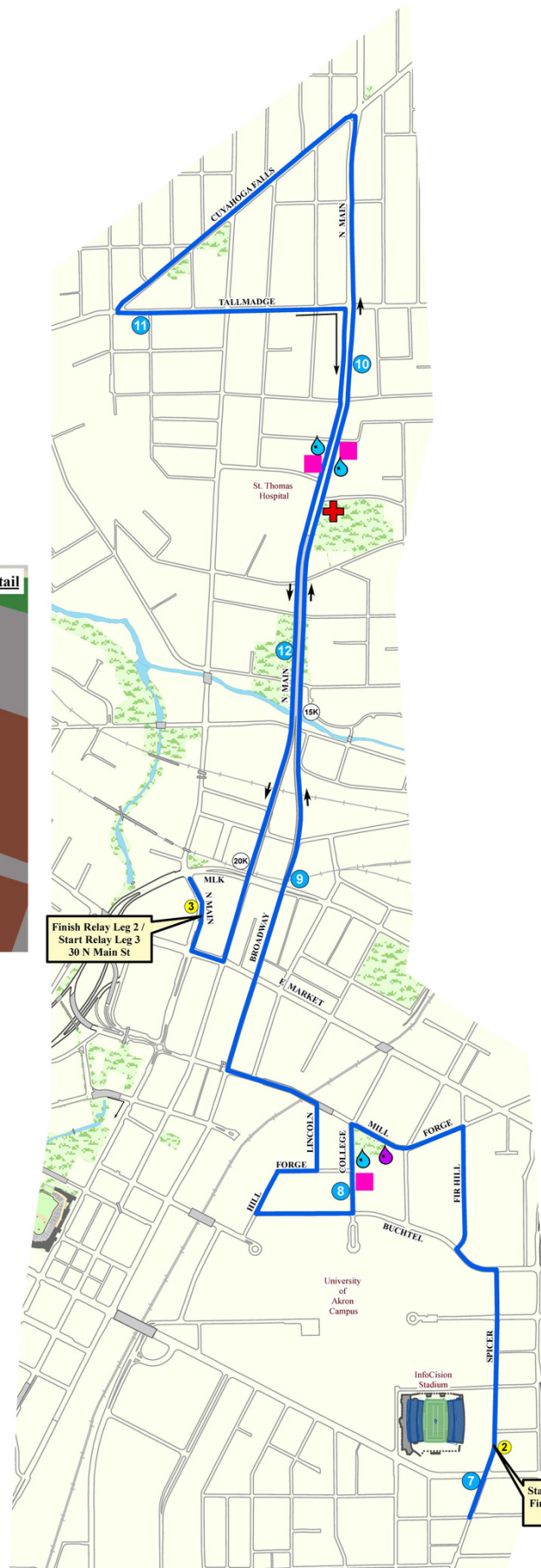
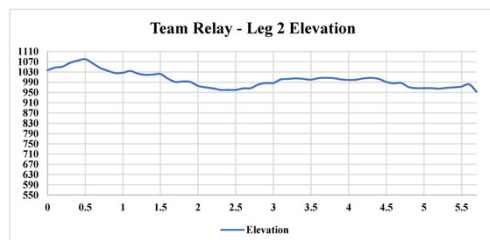
2025 Relay Leg #2 5.7 Miles

Start: 300 Spicer St. - InfoCision Stadium
Left on E. Buchtel Ave.
Right on Fir Hill
Left on S. Forge St. (turns into E. Mill St.)
Left on S. College St.
Right on E. Buchtel Ave.
Right on Hill St.
Right on S. Forge St.
Left on Lincoln St.
Left on E. Mill St.
Right on Broadway St.
Continue straight on N. Main St.
Left on E. Cuyahoga Falls Ave.
Left on Tallmadge Ave.
Right on N. Main St.
Right on E. Market St.
Right on N. Main St.
Finish: 30 N. Main St.



- Mile Marker
- Relay Leg
- Kilometer Marker
- ▼ Finisher Medal
- Fluid Station
- Energy Gel Station
- + Medical Aid Station
- Restroom
- Relay #2 Course

Mile	First Runner	Last Runner
7	7:36 AM	8:57 AM
8	7:41 AM	9:12 AM
9	7:46 AM	9:27 AM
10	7:51 AM	9:42 AM
11	7:56 AM	9:57 AM
12	8:02 AM	10:12 AM
13	8:07 AM	10:27 AM



RELAY LEG 3

Third Leg Details

Relay leg distance: 4.6 miles

Start of relay leg #3: 30 N. Main St.

Finish of relay leg #3: 1300 Sand Run Parkway

Parking- Recommended parking location for relay leg 3 participants is State Street Deck located at 51 W. State St.

DIRECTIONS TO EXCHANGE ZONE

Walking Instructions to Relay Leg #3:

*From the Start Line: Walk west on Market St and turn right (north) on Main St. The Relay Exchange Zone is on your left along Main St.

*From Parking Deck on State St: Turn left out of the deck on State St and walk east to Main St. Turn left (north) onto Main St and go four blocks. The Relay Exchange zone will be on your left after you cross E. Market St.

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 pass off the slap bracelet.

Once you have passed the bracelet to your team member, 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 - The Finisher Festival is located at 200 S. Main St at Lock 3. 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 buses will drop participants off at the corner of S. Main St and State St. From there walk north on Main St one block to enter the Finisher Festival.



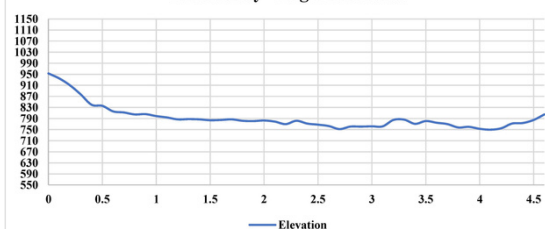
Finish Relay Leg 3 /
Start Relay Leg 4
1300 Sand Run Pkwy

Exchange Zone Detail



Mile	First Runner	Last Runner
12	8:02 AM	10:12 AM
13	8:07 AM	10:27 AM
14	8:12 AM	10:42 AM
15	8:17 AM	10:57 AM
16	8:22 AM	11:12 AM
17	8:27 AM	11:27 AM
18	8:33 AM	11:42 AM

Team Relay - Leg 3 Elevation



2025 Relay Leg #3 4.6 Miles

Start: 30 N. Main St.
Straight onto N. Howard St.
Left on W. North St.
Right onto Towpath Trail
Left on N. Portage Path
Right on Sand Run Pkwy
Finish: 1300 Sand Run Pkwy

RELAY LEG 4

Fourth Leg Details

Relay leg distance: 4.4 miles

Start of relay leg #4: 1300 Sand Run Parkway

Finish of relay leg #4: Firestone Community Learning Center - 1565 Fairfax Rd.

Parking- Recommended parking location for relay leg 4 participants is the Bowery Deck at 199 W. Bowery 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. Participants can find the shuttle buses located on S. Main St at State 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 pass off the slap bracelet. Once you have passed the bracelet to your team member, 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.

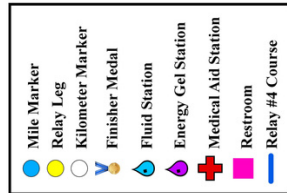
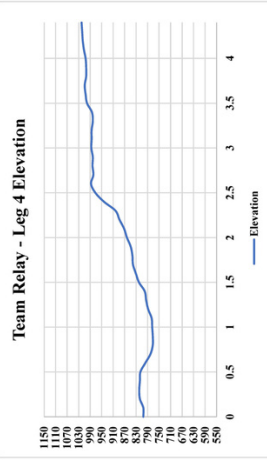
FINISHER FESTIVAL

Getting back to the Finisher Festival - The Finisher Festival is located at 200 S. Main St at Lock 3. 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 buses will drop participants off at the corner of S. Main St and State St. From there walk north one block on Main St to enter the Finisher Festival.

2025 Relay Leg #4 4.4 Miles

Start: 1300 Sand Run Pkwy
Left on Sand Run Rd.
Right on Overwood Rd.
Left on Wiltshire Rd.
Continue straight onto Fairfax Rd.
Finish: 1565 Fairfax Rd. - Firestone CLC

Mile	First Runner	Last Runner
17	8:27 AM	11:27 AM
18	8:33 AM	11:42 AM
19	8:38 AM	11:57 AM
20	8:43 AM	12:12 PM
21	8:48 AM	12:27 PM
22	8:53 AM	12:42 PM



RELAY LEG 5

Fifth Leg Details

Relay leg distance: 4.5 miles

Start of relay leg #5: Firestone Community Learning Center - 1565 Fairfax Rd.

Finish of relay leg #5: Finish Line - 200 S. Main St.

Parking- Recommended parking location for relay leg 5 participants is the Bowery Deck at 199 W. 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. Participants can find the shuttle buses located on S. Main St at State 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 at Lock 3, receive your post-race food and beverages, and rejoin with your team members.



Start Relay Leg 5 /
Finish Relay Leg 4
1565 Fairfax Rd

