MERCEDES MARATHON 5-PERSON RELAY
RACE DAY INSTRUCTIONS

It is the responsibility of each team member to read and understand these instructions. Team Captains – please forward these instructions to your team members.

DATE, TIME, PLACE
The Mercedes Marathon 5-Person Relay will begin with the Mercedes Marathon and Half-Marathon at 7:03 a.m. on Sunday, February 12, 2017 in front of Boutwell Auditorium in Downtown Birmingham.

NUMBER OF RUNNERS AND DISTANCES
Each team will consist of five runners. The relay is held on the same course as the individual marathon and run at the same time. The distances for each leg are approximately (1) 6.05 miles, (2) 2.95 miles, (3) 5.95 miles, (4) 3.1 miles, and (5) 8.15 miles.

RELAY EXCHANGE AREAS - Look for heated Mercedes-Benz tents at each location & check-in upon arrival. MB Birmingham and MB Tuscaloosa will be providing hot beverages at each tent. Also, charging stations will be available. All bags left at the Relay Stations MUST be clear. NO EXCEPTIONS!!

The Relay Exchange Areas are as follows:

- Relay Exchange # 1 - Backside of Glen Iris Elementary School - 14th Avenue S. and 11th Place South - from the start to Relay Exchange #1 is a 6.05 miles - from Relay Exchange #1 to Relay Exchange #2 is a 2.95 miles. (This is the exchange for Runner 1 to Runner 2).

- Relay Exchange # 2 - Highland Ave by golf course just before Clairmont Avenue- from Relay Exchange #2 to Relay Exchange #3 is 5.95 miles. Be sure to follow the MARATHON route so you don’t end up at the half marathon finish line! The 3rd leg team member needs to turn onto 5th Avenue, North at the “COURSE SPLIT”. The split continues the double loop marathon course. FOLLOW THE SIGNS FOR THE MARATHON!!! Your team will be DQ’d if the 3rd leg team member ends up in the half marathon finish line chute. If the Balloon Lady gets to the course split before you, you will be directed to the half-marathon finish line and your team will be DQ’d. (This is the exchange for Runner 2 to Runner 3).
• Relay Exchange #3 - Kelly Ingram Park across from the Civil Rights Institute - 4th Avenue North and 16th Street N - from Relay Exchange #3 to Relay Exchange #4 is a 3.1 miles. (This is the exchange for Runner 3 to Runner 4).

• Relay Exchange # 4 - Epic School parking lot - 1000 10th Ave S - from Relay Exchange #4 to the Finish Line is 8.15 miles. (This is the exchange for Runner 4 to Runner 5).

RACE BIBS AND TIMING BELT.
Included in your envelope, you should have:
• 1 Race belt with a “timed” race bib attached (B-Tag timing belt)
• (5) Race bibs without timing strips. These should be worn on the BACK and are for the purpose of identifying relay team members and gaining access to race amenities.

Everyone on the team will share one B-Tag timing belt, which each participant must wear during their portion of the relay. Do not modify, fold/bend or remove the timed bib from the race belt. The belt should be worn around the waist with the race bib visible on the front of each runner during the race. Each runner must wear the B-Tag timing belt until after they cross the timing mat proceeding into the relay exchange area. This area will be designated by signs and will be to the side of the marathon course after crossing over the timing mat allowing for room to pass off the B-Tag timing belt to the next runner. Please be considerate of other runners during the transition.

The final runner will return the timing belt at the Relay Tent at the finish line and then pick up the finisher packets (see detail below). Failure to return the belt entails a $30 fee and forfeits finisher packets. **NO BELT – NO BLING!**

Relay team members competing as individuals.
Should the runner of first leg of the relay wish to also continue running in the Mercedes Marathon or Mercedes Half-Marathon, that runner must complete an individual entry form with payment. This person will wear the B-Tag timing belt around their waist during the first leg as well as wear their own individual B-Tag number pinned to their chest. All numbers should be worn on the front and visible throughout the race.

TIME LIMITS
The Marathon, Half-Marathon and Relay are open to runners and walkers of all abilities. However, a six-hour time limit has been set. This means a participant or team must maintain consistent pace of at least 13:44 per mile. Relay teams need to keep this in mind and may need to alternate slower runners with faster runners to keep within the time limits and to stay ahead of the Balloon Lady.

RACE PACKET PICKUP
Your Relay Team packet will be distributed to one team member at the Mercedes Marathon Race Expo at Boutwell Auditorium located at 1930 8th Avenue North also known as Abraham Woods Jr. Blvd. in downtown on Friday, February 12th from 12:00 p.m. until 7:00 p.m. and on Saturday, February 13th from 8:00 a.m. until 6:00 p.m. There will be NO race day packet pickup. The packet will contain all materials and supplies for each of the five members of the team.
Only one member of the team may pick up the team packets. They will not be distributed individually. Each relay RUNNER will be given a runner bib number to be displayed on the BACK of the runner’s shirt. Please distribute the bibs before race morning. Safety pins are in your race packet.

TRANSPORTATION

1. The first runner will need to arrive at the start line in plenty of time to park the car, warm-up, check in gear, etc.
2. All other relay runners will need to be at their designated relay exchange areas in plenty of time to allow them to check in, warm-up, etc. Although transportation is provided to each exchange point, it is the responsibility of each runner to be on time and ready to run the next leg of the relay.
3. While some runners will want to provide their own transportation to their exchange areas, many others will need transportation. For those relay runners, transportation will be provided to their respective relay exchange area via yellow school buses. The buses will be located on 19th Street N between park Place and 8th Ave N (The Reverend Abraham Woods Jr. Blvd) near City Hall and the Greyhound Bus Station. Each bus will be marked #1, #2, #3, #4 to designate which bus to ride on to get to your exchange area. Please remember that many roads along the course will be closed, so you are encouraged to use the transportation provided.
4. It will be up to the individual relay team members to coordinate bag pick up between relay exchange locations. (For example, if you are running the first leg of the relay and want to have warm clothing to put on after you finish your leg of the relay you will need to give your bag to the runner that will be running the next leg to leave at the relay exchange tent. If you leave a bag at your relay exchange tent then you will need to arrange for the retrieval of your bag by the runner coming in to your relay exchange location.) **ALL BAGS LEFT AT RELAY STATIONS MUST BE CLEAR!!! NO EXCEPTIONS!!!**

Please make sure your bag is marked clearly with your name and Team Bib Number. Your bib has a Bag Check tag at the top. Please use this tag to attach to your bag and write your name on it as well.

- Runner #2 going to Relay Exchange #1 at Glen Iris Elementary- Bus leaves at 6:15 a.m.
- Runner #3 going to Relay Exchange #2 at Highland Golf Course - Bus leaves at 6:20 a.m.
- Runner #4 going to Relay Exchange #3 at Civil Rights Institute - leaves at 6:25 a.m. (but really, you can walk to this one after the race starts - it's 5-6 blocks away from the start)
- Runner #5 going to Relay Exchange #4 at Epic School - Bus leaves at 6:30 a.m.
- If you are providing your own transportation to your relay exchange area, remember that the marathon course will be closed off to traffic starting at 7:00 a.m. You will not be able to drive on the actual course once runners start arriving in that area. Please use common sense and DO NOT PARK DIRECTLY ON THE COURSE! Please plan ahead.
- When runners have completed their leg of the race, there will be transportation available back to the finish line area. Look for the bus or signs directing you to your bus at the exchange area for your ride back. **(Due to traffic issues, Runner #1 will need to walk a couple of blocks to the exchange area at Epic School to catch the bus back to the finish line).**
BAG CHECK (CHECK-IN AND PICK-UP)

- Bag Check will be located in the designated BAG CHECK area just near the starting line. If you are facing Boutwell Auditorium go to the right side of the building on the sidewalk. There is a Bag Check tag attached to your bib or there will be tags available at Bag Check. If you want to make something available for yourself to put on after your relay leg, then you will need to work that out with your team member running the leg after you. Any gear not claimed will be turned over to Boutwell Auditorium Lost & Found. Due to heightened security you must use your clear race bag or any other type of clear bag for your bag check bag at Boutwell. You will not be allowed to put a non-clear bag inside of the clear bag used for bag check. You will have to empty all contents in to the clear bag.

RELAY TEAM FINISHER

There will be a Relay Tent at the finish line with all the finisher packets. The Mercedes Marathon 5 Person Relay Finisher towels and medals will be given as a single package for each team and your Relay Team Finisher will get this at the finish line. Your team finisher is the ONLY person who can pick up the team packet in the finish line area. Each team is then responsible for distributing towels and medals to their team members. In order to receive your team’s finisher bag you MUST turn in your timing belt. NO BELT – NO BLING!

Everyone, please make sure your last runner is aware of this. Once you leave this area, you cannot return to get your team packets.

FOUR MEMBERS TO RACE, FIVE MEMBERS TO BE ELIGIBLE FOR AWARDS

We allow teams to run with just four members but to be eligible for category awards you must run with 5 members. Awards will be presented to the winning relay team in each category at the awards ceremony at Boutwell Auditorium at 1:00 p.m. If your team wins its division then someone from your team must be present to receive the award. We do not mail out awards. Please plan your travel accordingly. All team results will be posted on the Mercedes Marathon web site, http://mercedesmarathon.com, after the race.

Awards will be presented to the winning relay in each of these categories at the awards ceremony at Boutwell Auditorium.

- Men’s Team
- Women’s Team
- School Team (must include at least 2 females)
- Mixed Open (must include at least 2 females)
- Masters

NOTICE: Due to insurance regulations, unregistered runners, unauthorized vehicles, bicycles, skateboards, roller blades, strollers, baby joggers and other wheeled devices and animals are prohibited in the race.