



MERCEDES-BENZ 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-Benz Marathon 5-Person Relay will begin with the Mercedes-Benz Marathon and Half-Marathon at 7:02 a.m. on Sunday, February 11, 2018 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) 6.2 miles, (2) 3.1 miles, (3) 6.2 miles, (4) 3.8 miles, (5) 6.9 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** - UAB Tennis Courts, 1633 11th Ave. S. - From Relay Exchange #1 to Relay Exchange #2 is 3.1 miles
- **Relay Exchange # 2** - Avondale Park on 40th St. S. - From Relay Exchange #2 to Relay Exchange #3 is 6.2 miles.
- **Relay Exchange #3** - 3rd Ave. N between 16th St. S. and 17th St. S. - From Relay Exchange #3 to Relay Exchange #4 is a 3.8 miles.
- **Relay Exchange # 4** - UAB Tennis Courts, 1633 11th Ave. S. - From Relay Exchange #4 to the Finish Line is 6.9 miles.

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 they hand it off in the relay exchange area.** This area will be designated by signs and will be to the side of the marathon course allowing 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-Benz Marathon or Mercedes-Benz 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. **It is up to Relay Team member #3 (leaving from Avondale Park) to stay in front of the Balloon Lady at the Split.**

RACE PACKET PICKUP

Your Relay Team packet will be distributed to **one** team member at the Mercedes-Benz Marathon Race Expo at the BJCC Legacy Arena in downtown on Friday, February 9th from 12:00 p.m. until 7:00 p.m. and on Saturday, February 10th from 8:30 a.m. until 6:00 p.m.

<https://www.bjcc.org/map-of-bjcc-campus.php>

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 7th Ave. N. between 22nd St. N. and 23rd St. N. 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 the UAB Tennis Courts - Bus leaves at 6:15 a.m.
 - Runner #3 going to Relay Exchange #2 at Avondale Park - Bus leaves at 6:20 a.m.
 - Runner #4 going to Relay Exchange #3 at 3rd Ave., N. - leaves at 6:25 a.m.
 - Runner #5 going to Relay Exchange #4 at the UAB Tennis Courts - 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

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.**

“THE SPLIT”

- It is very important that your relay team member #3 understands how the course has a "split" so the full marathon and relay marathon participants can continue on the double loop course. The "Split" is at the intersection of 2nd Ave. S. and 20th St. S. It will be well marked with turn directions and the team member should already be in the left hand

lane of the street. Beginning at approximately mile 11 at 32nd St, S. and 2nd Ave. S. the street lanes will be coned off separating the half marathon runners from the full and relay marathon runners. Your relay member along with the full marathon runners should be in the left lane for approximately 2 more miles where they will continue running to 19th St. S. then turn right on to 19th St. S. You will continue straight on 19th St. S. until you reach Rev. Abrahams Wood Blvd. (8th Ave. N. where you will turn left to continue your double loop. Please learn and know the course by checking out our interactive course map on. **It is up to Relay Team Member #3 to stay ahead of the Balloon Lady at the split in order to avoid disqualification of your team.**

RELAY TEAM FINISHER

There will be a **Relay Tent at the finish line** with all the finisher packets. The Mercedes-Benz Marathon 5 Person Relay Finisher caps 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 caps 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-Benz 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.