



## MERCEDES-BENZ MARATHON 5-PERSON RELAY RACE DAY INSTRUCTIONS

**It is the responsibility of each team member to read and understand these instructions.**

The Mercedes-Benz Marathon 5-Person Relay will begin with the Mercedes-Benz Marathon and Half-Marathon at 7:03 a.m. on Sunday, February 10, 2019 on 14<sup>th</sup> Street S between 1<sup>st</sup> and 2<sup>nd</sup> Avenue S.

Each team will consist of five runners. The relay is held on the same course as the individual marathon and runs at the same time. The distances for each leg are approximately (1) 6.5 miles, (2) 2.9 miles, (3) 6.0 miles, (4) 4.2 miles, (5) 6.6 miles.

**RELAY EXCHANGE AREAS-** Look for tents at each location. **All bags left at the Relay Stations MUST be clear. NO EXCEPTIONS!!**

**Relay Exchange Areas will take place in the parking lots of: Look for tents and inflatable arch at each location.**

- **Relay Exchange #1** – Exchange will take place in the parking lot of Avondale Park on 5<sup>th</sup> Avenue S.
- **Relay Exchange #2** – Exchange is in the parking lot of Alabama Ballet on 1<sup>st</sup> Avenue S.
- **Relay Exchange #3** – Glen Iris Elementary School on 11<sup>th</sup> Place S. (second loop)
- **Relay Exchange #4** – Exchange will take place in the parking lot of Avondale Park on 5<sup>th</sup> Avenue S.

**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. Be sure to pass off **the B-Tag timing belt to the next runner in the exchange area.**

**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 participant running the third leg must stay ahead of the Balloon Lady to avoid disqualification.

**RACE PACKET PICKUP-** Your Relay Team packet will be distributed to **one** team member at the UAB Callahan Eye Hospital & Clinics Health & Fitness Expo at Boutwell Auditorium on Friday, February 8<sup>th</sup> from 12:00 p.m. until 7:00 p.m. and on Saturday, February 9<sup>th</sup> from 8:30 a.m. until 6:00 p.m. There will be **NO race day packet pickup.**

**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 item and medals will be given as a single package for each team and your Relay Team Finisher will get this at the finish line. **NO BELT – NO BLING!**

**PARKING-** Reserve your space in advance with Clutch! You can go ahead and pay for your space to take the worry out of parking on Sunday. [CLICK HERE](#) for more details.

[Link to FAQs](#)

[Link to Course Map](#)

[Link to layout of Railroad Park](#)