

2017 Instructions for Relay Participants

AT THE EXPO: Each relay team will receive a team number (example: 4501). All members of the relay team will have the same bib number. Each bib will have a timing chip attached, DO NOT REMOVE THIS CHIP. The timing chip MUST stay attached to the bib at all times.

If you are running the first leg for your team, you (and only you) should also pick up the team's slap bracelet.

EACH TEAM WILL RECEIVE A CUMULATIVE NET TIME FOR THEIR TEAM, WHICH IS DETERMINED ELECTRONICALLY BY THE TIMING CHIPS ON THE BIBS.

Each team will be given one slap bracelet wrist band to relay. WHEN YOU ENTER THE RELAY ZONE YOU WILL EXCHANGE THE WRIST BAND WITH THE NEXT MEMBER OF YOUR TEAM.

Split times – There will be timing mats at the 10K, half marathon, and 30K marks of the marathon course. When a team member crosses one of those mats during his or her run, it will record a split time for your team. There will not be separate timing mats at each exchange zone. If you would like to record your own personal time for your personal leg of the relay, be sure and bring a watch.

All relay legs are NOT of equal length. The first leg is 6.3 miles, the second is 6.5 (so for the 2 person relay the first leg is 12.8). The third leg is approximately 7.5 miles, and final leg is 5.9 miles (the 2 person second leg is 13.4). Please plan your relay accordingly.

If you are running both the marathon or half marathon and the first leg of a relay, two things to note:

1. You should be wearing both the relay bib number and the bib number from your other race.
2. After completing the first leg of the relay, you **MUST** remove your relay bib and leave it at the exchange zone. Failure to do so can interfere with your team's results and your team is subject to disqualification.

Important: Transportation to and from relay exchange points is **NOT** provided. **A little planning ahead can save a lot of confusion on RACE DAY! PLEASE familiarize yourself with YOUR RELAY ZONES LOCATION BEFORE RACE DAY. ALSO, sharing a vehicle can greatly reduce traffic and parking issues, for instance, Runner number TWO can RELAY keys to runner number ONE when exchanging the relay slap bracelet. This procedure can be done at each RELAY ZONE.**

The first relay exchange zone will be located just past the 10K point of the race at the western end of Cherokee Boulevard near its intersection with Lakeland Drive. From the convention center (site of the expo and race start), go west on Cumberland Avenue, which turns into Kingston Pike. Turn left onto Cherokee Boulevard and go about 2.5 miles. You will notice the relay exchange area marked by orange traffic cones, relay tent, and relay signs. You can park in the parking lot on the left side (river side) of Cherokee Boulevard about a quarter mile past the exchange zone. Be aware that sections of Kingston Pike and Cherokee Boulevard will be closed while the race is in progress. Runners doing the second leg of the relay should leave for the exchange point BEFORE the race starts (7:30 am EST).

The second relay exchange zone (second for the 4 person relay, only exchange zone for the 2 person relay) will be on World's Fair Park Drive next to the Knoxville Convention and Exhibition Center (where the Health and Fitness Expo is held). Please note that this is just below the Clinch Avenue Bridge, where the race started.

The third relay exchange zone (for the 4 person relay) will be just past the 20-mile mark on Sevier Avenue near the intersection with Ford Place. From the convention center, go south on Henley Street and turn left on Main Street. Take a right on Gay Street, and go over the Gay St Bridge. Continue through the first stop light as Gay Street becomes Sevier Avenue. When you get to Island Home Boulevard, bear right to stay on Sevier Avenue. The exchange zone will be on your left. Parking is available on Ford Place. The exchange area will be marked with orange traffic cones and a relay tent on the shoulder of Sevier Avenue.

The relay race will finish at the 50-yard line of Neyland Stadium. All relay team members will be allowed to enter the stadium and cross the finish line together. The waiting team member(s) should wait outside of the stadium, out of the way of other race participants, until the last team member arrives. As your team enters the stadium, please be alert and obey the instructions of all course monitors and relay officials. Please note that we will enter Neyland Stadium via Gate 25 just off of Estabrook Road.

Please contact Relay Captain Bobby Glenn at bgruns@icloud.com with any additional questions.