

2019 Instructions for Relay Participants

AT THE EXPO: Each relay team will receive a team number (example: 4201). All members of the relay team will have the same bib number and your team can set the order in which you run; we don't need to be informed if you decide to change it up. 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 6.7 miles, the second is 6.1 (so for the 2-person relay the first leg is 12.8). The third leg is approximately 8.2 miles, and final leg is 5.2 miles (the 2-person relay 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.**

Exchange Zone 1 – Intersection of Cherokee Boulevard and Lakeland Drive – 2141 Cherokee Boulevard

The first relay exchange zone will be located at the western end of Cherokee Boulevard near its intersection with Lakeland Drive. If a car is leaving the start line to go to the first exchange zone, follow these directions to exchange zone 1:

From the Clinch Avenue Bridge (site of the race start), head west and turn left on 11th Street
Right on Cumberland Avenue, which turns into Kingston Pike.

Left onto Cherokee Boulevard and go approximately 2.5 miles to the intersection with Lakeland Drive

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). Here is a link to the route indicated above:

<http://www.gmap-pedometer.com/?r=7343060>

Exchange Zone 2 – Blackstock Parking Lot – 640 Blackstock Avenue

The second relay exchange zone (second for the 4-person relay, only exchange zone for the 2-person relay) will be located in front of Blackstock Parking Lot. Relay teams can **ONLY** enter this parking lot from Blackstock Avenue, **NOT** from Grand Avenue. If a car is leaving the first exchange zone, follow these directions to exchange zone 2:

North on Lakeland Drive to Sequoyah Avenue

Right on Sequoyah Avenue

Left on Southgate (which becomes Scenic Drive) to Kingston Pike

Right on Kingston Pike

Left on Alcoa Hwy (129 N) to 17th St Exit

After exiting, straight on Dale Avenue

Dale Ave becomes Blackstock Avenue

Turn right into the Blackstock Parking Lot

Here is a link to the route indicated above:

<https://www.gmap-pedometer.com/?r=7341333>

There will be signs on Blackstock Avenue directing you to the relay exchange zone parking lot. The exchange zone will be located on Grand Avenue in front of the entryway to the Blackstock parking lot.

NOTE: Exchange Zone 2 is located less than a quarter of a mile from both the start and finish areas and can easily be accessed by foot.

Exchange Zone 3 – Intersection of Sevier Avenue and Ford Place – 1033 Ford Place

The third relay exchange zone (for the 4-person relay) will be on Sevier Avenue near the intersection with Ford Place.

If a car is leaving the second exchange zone, follow these directions to exchange zone 3:

Exit Blackstock Lot on Blackstock Avenue heading west toward Dale Avenue

Turn right on Dale Avenue toward I-40 ramp

Get on I-40 East

Exit to James White Parkway (Hwy 158)

Follow James White Parkway to Sevier Avenue

Exit on Sevier Avenue Exit

Turn right on Sevier Avenue

Turn right on Ford Place. Here is a link to the route indicated above:

<https://www.gmap-pedometer.com/?r=7341340>

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 World's Fair Park. All relay team members will be allowed to enter the finish chute together. The waiting team member(s) should wait under the Clinch Avenue Viaduct, out of the way of other race participants, until the last team member arrives. As your team enters the finish chute, please be alert and obey the instructions of all course monitors and relay officials.

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