



Relay Exchange Instructions

PACKET PICK-UP

When one person comes to packet pick-up for relay teams, they will pick up all the bibs, race bags, and shirts for their whole team. Each relay team will have one clear bag that contains the following information:

- Ankle strap timing chip (each runner will wear their one their leg while running their part of the course)
- Race bibs (this bib will have each person's name and shirt size)

Please coordinate ahead of time which team member will pick up the race bags at packet pickup so both team members know when the race bags will be picked up. If there is not proper communication, one team member may pick up the race bibs/timing strap and the other team member might show up later looking to do the same, which can result in the race staff having to write a new set of bibs and race numbers if we are not able to locate these supplies.

This is a picture of what the ankle strap timing chip looks like



START

The start time of the relay is 8am and will be the same as the half marathon and 5k participants on the Market St Bridge. Please be ready to start at this time with your ankle timing chip on.

TIMING CHIPS

Each relay team will be assigned one ankle strap timing chip. This timing strap will be passed from teammate to teammate at the relay exchange point. **It must be picked up before 7:30am. If your team does not pick this timing chip up before the start of the race, you will not be timed as a team.**

RELAY TIMING

There will be volunteers at the relay exchange point who will mark down when you exchange the timing straps. There will not be timing mats at this location. Make sure the runner completing the first leg of the relay crosses the starting line mat and make sure the runner completing the second leg crosses the finish line mat.

MEDALS

A finisher medal will be given out at the finish line of the race for the runner completing the second leg of the relay. Just let the volunteers at the finish line know that you are picking up a medal for the other person on your relay team and they will give you a second medal. If you have any trouble getting a second medal, please email Tom at tom.gifford@ymcaharrisburg.org

AWARDS

The top team in each category will receive an award during the award ceremony at approximately 10:30am. If your team is not present to pick up an award, you may pick them up at the East Shore Y the week following the race. Please contact Tom at tom.gifford@ymcaharrisburg.org to arrange a time to pick up the award medals.

FINISH TIME

The course will have a hard close time at 12pm. After 12pm, police and volunteers will no longer be on the course.



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Relay Exchange Location – Close-up Diagram

- The relay exchange is going to be located on a grass “island” on the lower level Greenbelt Path. The closest landmark is the restaurant Passage to India, which is located at 520 Race St, Harrisburg, PA 17104



Please see the next page for instructions for how to get from City Island to the Relay Exchange Location

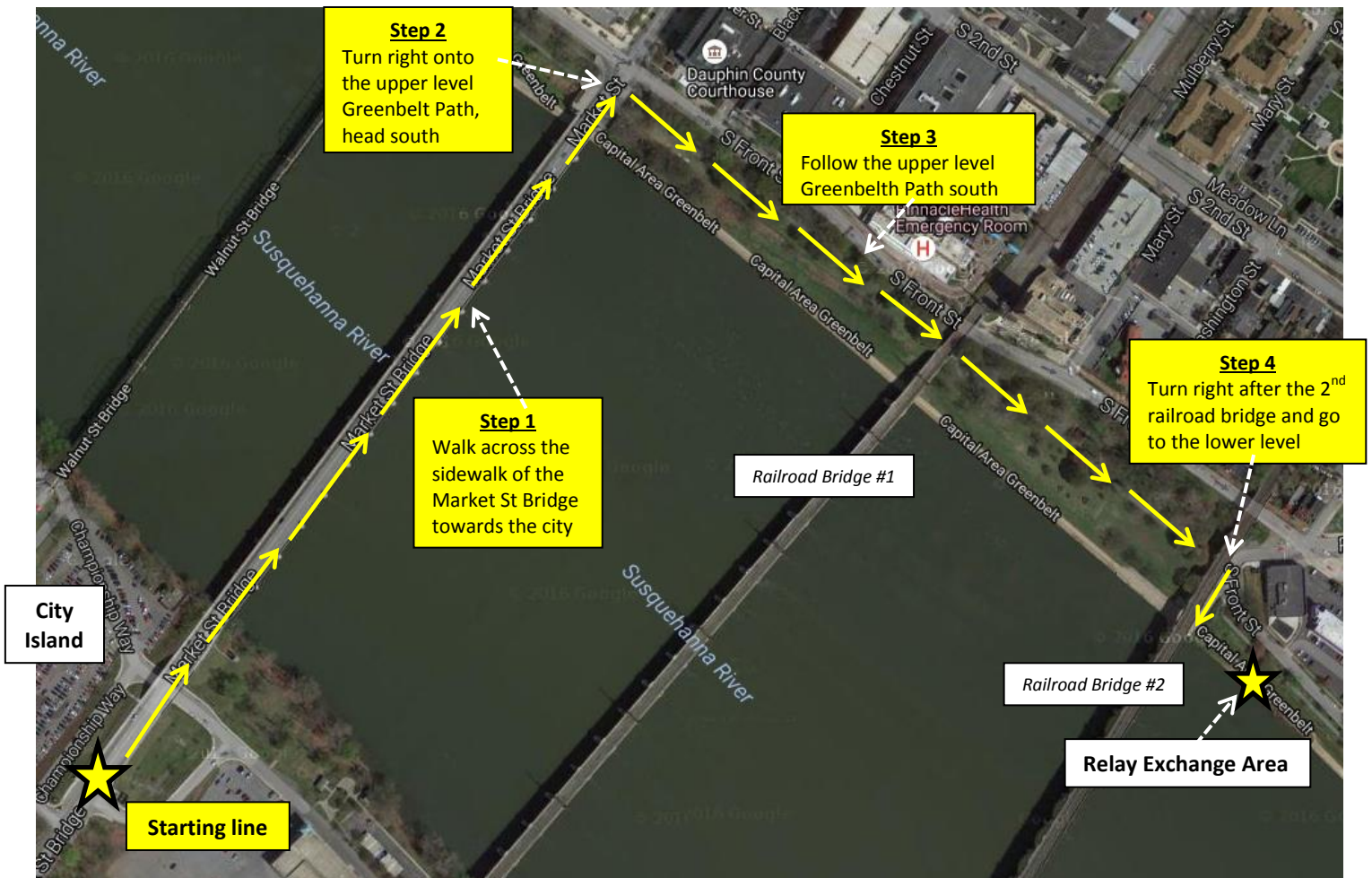
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Getting from City Island to the Relay Exchange Location

- It is highly recommended that all participants walk from City Island to the relay exchange location. It is approximately .75 miles from the starting line on the Market St Bridge.
- There will be roads temporarily closed in the area of the relay exchange, so to avoid any possible issues with these road closures, walking or jogging to the relay exchange is the best way to get there.

Directions to the Relay Exchange from City Island *(it is very simple)*

1. The race will start on the Market St Bridge just off City Island. You can start here. After the race has started, walk on the sidewalk of the Market St Bridge towards the city of Harrisburg
2. Make a right onto the Greenbelt Path when you reach the intersection of Front St and the Market St Bridge
3. Following the Greenbelt Path south
4. You will go under two railroad bridges. As soon as you go under the second railroad bridge, turn right and go down the ramp to the lower level. You will see the grassy relay exchange area at the bottom of the ramp to your left.



NOTES: To get back to City Island after completing the first leg, just reverse these directions or ask the volunteers at the relay exchange, who can show you where to go.

This route keeps you out of the path of the runners and ensures you will reach the relay exchange without having any issues with parking or roads being closed.