



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 both team participants.

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.



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 the runner of the first leg finishes and the runner of the second leg begins. 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.



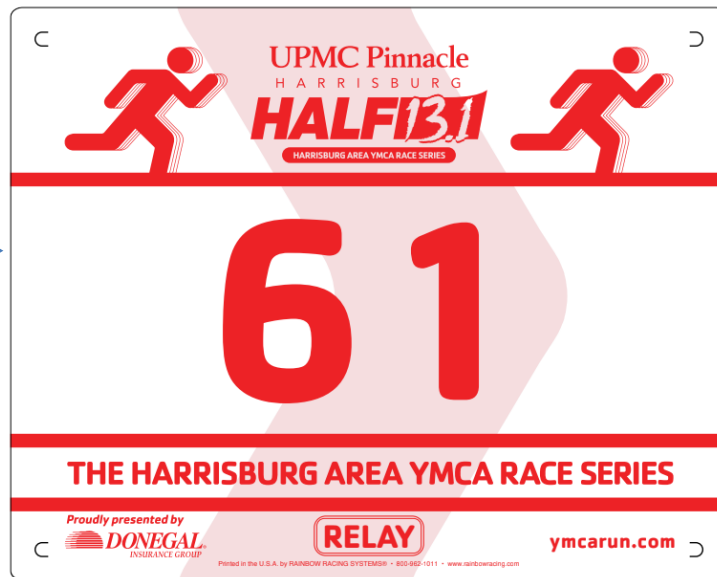
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Relay Bibs

Each relay participant will wear two bibs.

1. Relay number bib with team number
 - a. Both team members will have a bib that is the same number
 - i. This number will also match the number on the timing chip
 - b. Wear this bib on the front
2. Relay bib
 - a. Wear this on the back

Relay Number Bib
Wear this on the front



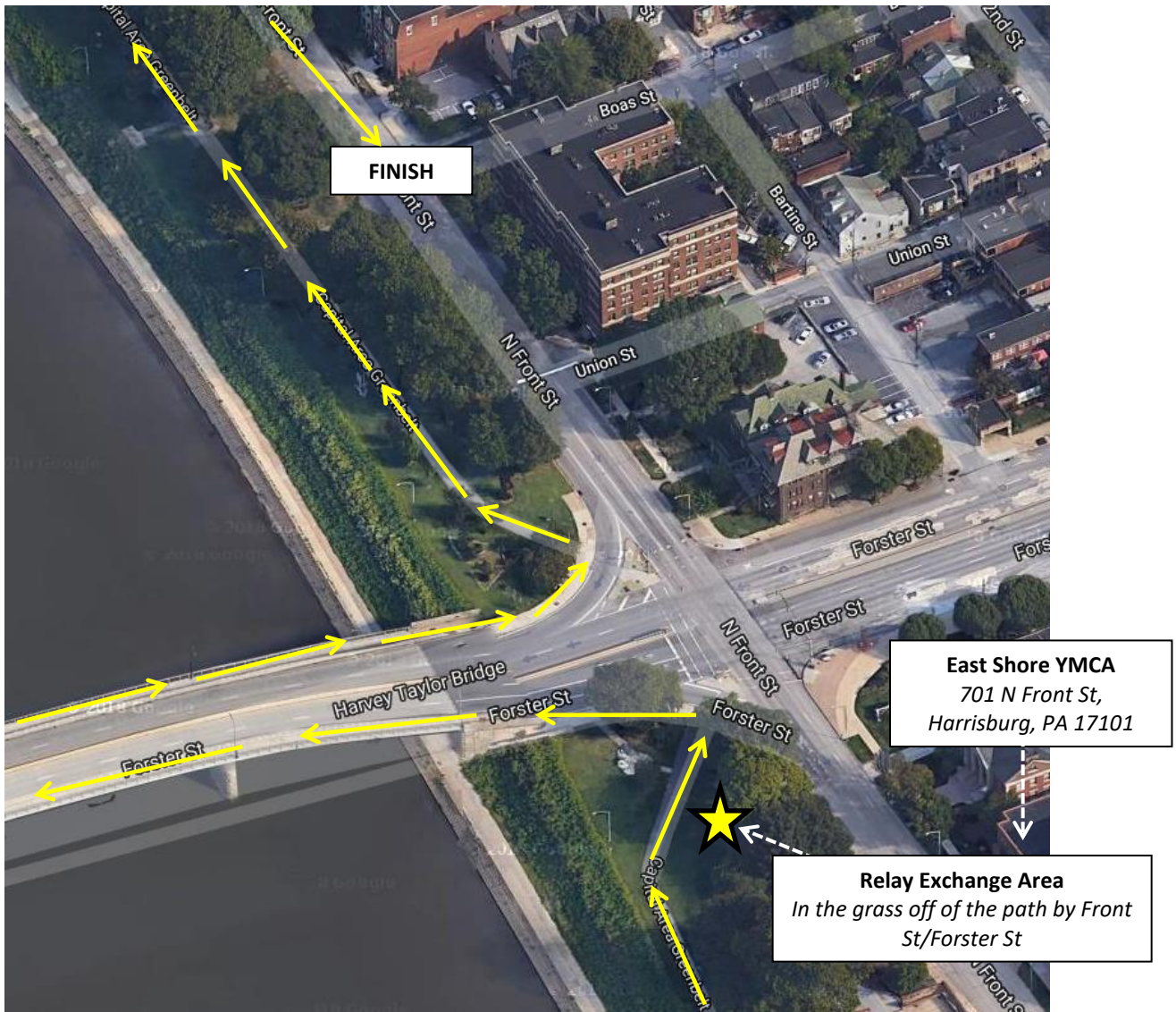
Relay Bib
Wear this on the back



Relay Exchange Instructions

Relay Exchange Location – Close-up Diagram

- The relay exchange is going to be located on the Greenbelt Path right by Front St and Forster St/Harvey Taylor Bridge.



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

Relay Leg Distance

Leg 1 = 6.58 miles

Leg 2 = 6.52 miles



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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 .79 miles from the starting line on City Island

Finish Line

- The finish line is just across Forster St from the relay exchange, so it is very close and convenient

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

1. The race will start outside the Carousel Pavilion on City Island. You can start here. After the race has started, walk to the Walnut St Walking Bridge and walk across it towards the city
2. Make a left onto the Greenbelt Path when you reach the end of the Walnut St Walking Bridge – please use the path closest to Front St
3. Following the Greenbelt Path north towards the Harvey Taylor Bridge and you will see the relay exchange just before the runners make a left turn onto the pedestrian lane of the Harvey Taylor Bridge

See next page for a map

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HARRISBURG AREA YMCA RACE SERIES

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