

# 5-PERSON MARATHON RELAY

## 2023 INSTRUCTIONS

A team of five (5) runners will complete the entire marathon distance/course.

Each runner will run one leg of varying distances, handing off a runner's belt containing your race belt with your scoring BIB/ chip to the next team member at each relay exchange zone. All five (5) spots on your team must be registered in order to receive any team BIBs.

The course follows the same route as the marathon course, with the exception of Exchange Zones 2 and 4 where runners will break off to make the exchange. Exchange zones will be marked with flags, vertical signs and cones. We strongly encourage each runner to know where the zones are expected and to remove headphones to hear announcements

The North Star BlueScope 5-Person Marathon Relay will begin on Bancroft Street in front of the University Bell Tower, running a clockwise route before returning to the start line before heading west into Ottawa Hills. The course then leads you to the area's finest Metroparks system utilizing the University Parks bike trail. A tour through Sylvania leads you past Olander Park, home of the Sy Mah statue, then back to Wildwood Metropark, down the University Parks Trail to a short tour of the UT campus, finishing inside the Glass Bowl Stadium.

## START TIME: 6:30 AM

## AWARDS

There are awards for the top three (3) teams in each of the six (6) relay divisions. Please note that the relay team members are not eligible for individual age group awards unless also registered for an individual event. **All awards will be mailed post-race.**

## TIMING CHIPS & BIBS

All team members are required to wear their team's race number visible on the front of their torso. Your chip timing device will be attached to an additional BIB worn on a provided runner belt. Only one (1) runner belt will be provided to each team. The runner belt/BIB is to be handed off to your teammate at exchange points. Each runner belt must be turned in at the finish line.

## PACKET PICKUP

Your entire relay team's packet must be picked up at the expo. You can pick up for others. Packets will include: a team bib with timing chip and relay belt, and individual bib numbers.

# TRANSPORTATION

There are several additional road construction projects in place this year that will make driving on your own more difficult around the course. For safety and convenience, we offer a shuttle service for all relay teams. We recommend utilizing the shuttles to avoid potential traffic delays.

## SHUTTLE BUS TRANSPORTATION

Shuttles will transport teams to each exchange point, from the starting line to the finish line. Shuttles will leave each point in groups of two. If you expect your runner to be quick, please board buses near the front of the line. If you're expecting a slower runner to complete their leg, please board a bus near the back.

Teams are responsible for knowing the time-frame each runner is expected to show up at exchange points. **Shuttles are for relay teams wearing BIBs only. Spectators are not allowed on the buses.** All teams must show their race BIBs to gain entry on each bus.

**Relay teams must take all of their belongings off the bus** when reaching each exchange point, as you'll most likely not be boarding the same bus again. **Alcohol is not allowed on shuttles.**

Lastly, race day traffic will be heavy. Please be aware of possible delays. Please be courteous of the people around you. Any disrespect towards a shuttle bus driver, volunteer, race official, fellow runner, or other spectator will not be tolerated. Your team will be disqualified immediately, and you will be responsible for finding your own mode of transportation from that spot.

## SHUTTLE BUS TIMELINE

### Estimated Bus Schedule

Shuttles will line up on Douglas Rd, at University Hills beginning at 6:30AM to head to EP2.

- 6:30AM — Race starts.

### Exchange Point 1 – University Hills Blvd

6:45AM — Begin loading shuttles in a stagger fashion. Buses will begin departing for EP2 at 6:50AM.

7:45AM — The last shuttles depart EP1 for EP2.

### Exchange Point 2 – Minor Rd

First Arrivals by 7:00AM — Last Arrivals by 8:05AM

First Departure by 7:20AM — Last Departure by 8:40AM

### Exchange Point 3 – Cougar Lane

First Arrivals by 7:35AM — Last Arrivals by 8:50AM

First Departure by 7:55AM — Last Departure by 10:15AM

### Exchange Point 4 – Wildwood Visitor Center

First arrivals at 8:10AM — Last arrivals at 10:30AM

First Departure to finish line at 8:25AM — Last Departure to finish line at 11:45AM

Final drop-off will be at the bus loop on University of Toledo Campus.

To help ensure all relay participants have access to shuttles, the first buses returning to campus will head back on the course to transition exchange locations.

## RELAY EXCHANGE

**Exchange Corrals are set up at each relay exchange point.** All team members must remain in or behind the corrals until their team member arrives at the exchange zone. Exchange points #1 and #2 can get very congested. Please be courteous to your fellow runners and make every attempt to keep the exchange zones and marathon course clear.

### RELAY LEGS (*rounded distances in miles*)

Leg 1 = 3.1 // Leg 2 = 5.2 // Leg 3 = 6.8 // Leg 4 = 5.8 // Leg 5 = 5.5

## TIPS

- If driving yourself, drop off your first two runners on campus before 6:15 AM then immediately drive to the second exchange point. Roads begin closing after that, and you don't want to start the race by fighting traffic and barricades.
- Bring food, water, and a change of clothes. Put one team member in charge of doughnuts and snacks.
- Headphones are not recommended. They make it more difficult to communicate with teammates and volunteers. Every year, relay runners have run the wrong route due to wearing headphones.
- Plan to get off the shuttles at each exchange point to cheer for other runners while awaiting your team member's arrival, then back on with the newly arrived teammate to head to the next point.
- Shuttles will follow the complete route before returning to the finish.

## EXCHANGE POINT 1 (3.1 MILE MARK)

**Location:** On University Hills Blvd. Parking is available at the Toledo Early College High School.

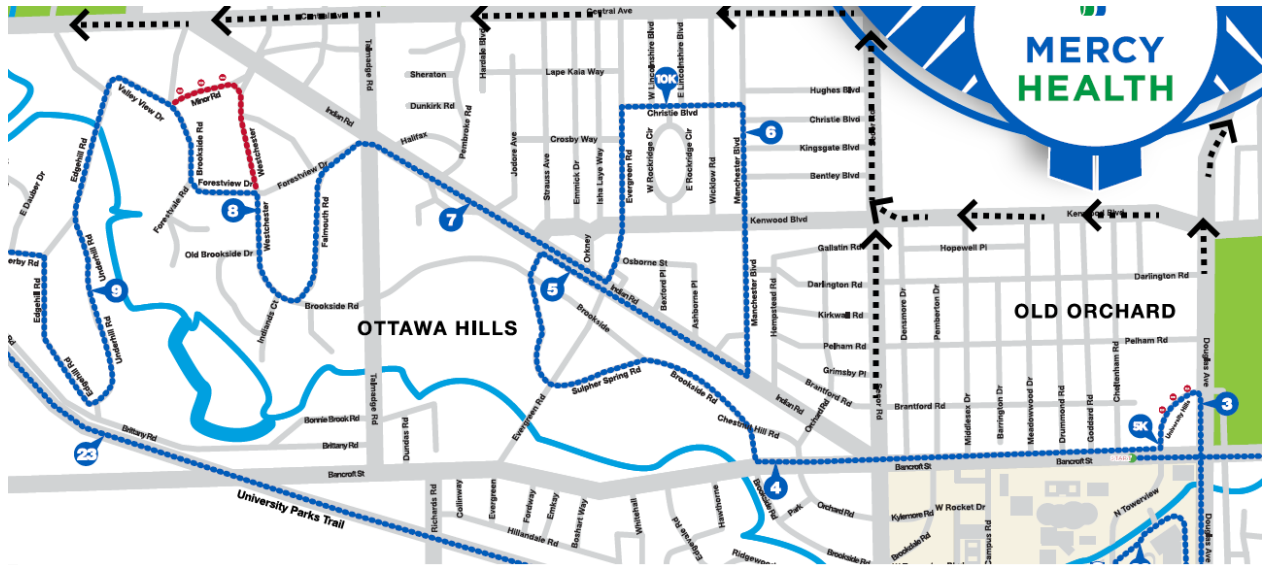
**Directions:** DO NOT PARK ON CAMPUS, you will not be able to get out. Participants may walk from the starting line to EP1.

**Drivers must be parked north of Bancroft St. before roads close at 6:15 AM.**

## EXCHANGE POINT 2 (8.3 MILE MARK)

**Location:** The corner of Edgehill and Valley View Drive in Ottawa Hills. Parking is available in the back lot at Epworth Church, on the south side of the building. Restrooms are available in Epworth parking lot.

\*Epworth graciously opens their church to the runners every year. **If parking at the church, please clear the lot by 8:30 AM so it is open for Sunday services.**



**Directions:** From Exchange Point 1:

1. Go north to Central Avenue, turn left.
2. Continue west on Central Ave. about 2 miles to Epworth United Methodist Church
3. Turn left into the Epworth Church parking lot.

## EXCHANGE POINT 3 (15 MILE MARK)

**Location:** On King Rd. at the entrance to Cougar Lane (Sylvania Southview High School) in Sylvania. Parking is available at Kroger on the corner of Sylvania Ave. and King Rd. Restrooms are available at this exchange point.



**Directions:** From Exchange Point 2:

1. From the Epworth Church lot, turn right onto Central Ave.
2. Turn left on Corey Rd. and continue north to W. Sylvania Ave.
3. Turn left on W. Sylvania Ave. and continue about 3.2 miles to King Rd.
4. Turn left into the Kroger parking lot.

Buses will continue west on Sylvania Ave. to Sylvan Lakes Blvd. and park at the intersection of Sylvan Towne Rd and King Rd in the right turn lane of Sylvan Towne Dr.

## EXCHANGE POINT 4 (21 Mile Mark)

**Location:** Near the 21 mile mark in front of the Visitor Center at Wildwood MetroPark, Toledo. Parking is available

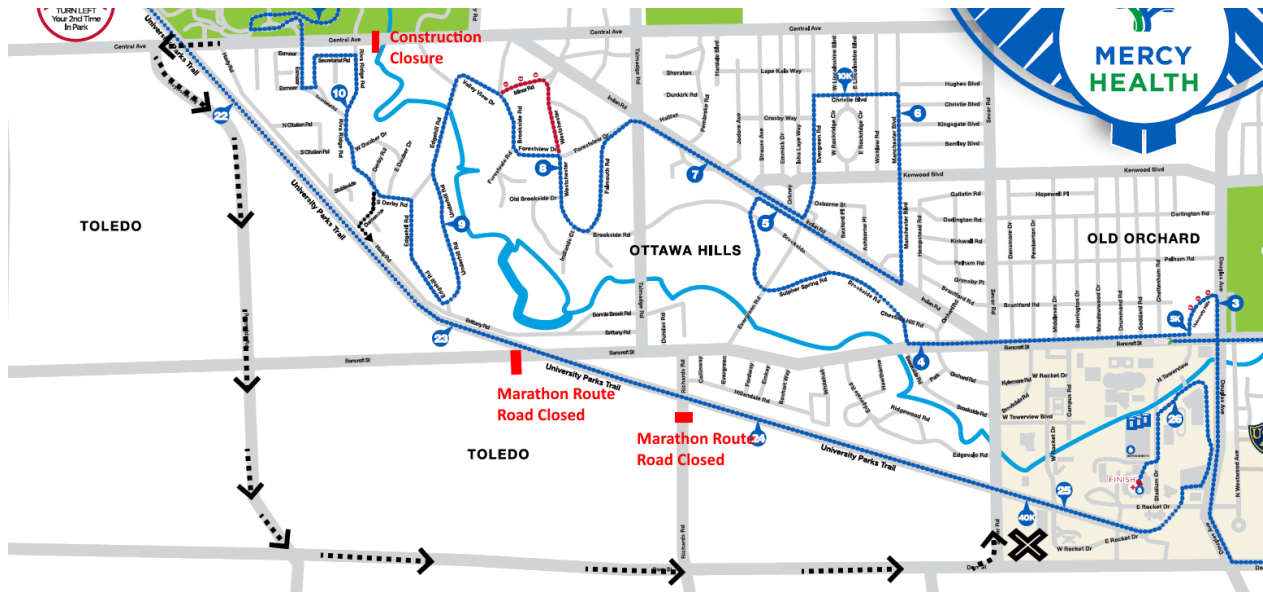
Restrooms are available at the exchange point.



**Directions:** From Exchange Point 3:

Note: the main entrance to Wildwood will be closed until 8:30AM. If arriving prior to then, use the Service Entrance West of the main entrance.

1. From Kroger, travel south on King Rd. about 1 mile to Central Ave.
2. Turn left on Central Avenue
3. Continue east on Central Ave. for about 3 miles, then turn left into the maintenance entrance to Wildwood MetroPark.



**Directions:** To the finish at University of Toledo from Wildwood:

NOTE: Central Avenue is closed just East of Wildwood due to construction. Bancroft is Closed due to runners crossing at the UP Trail. Access to the finish line will be via Dorr Street.

1. Turn Right onto Central Ave.
2. Turn Left onto Reynolds Rd and go south about 1.7 miles to Dorr Street.
3. Turn Left onto Dorr Street and go East about 2 miles to Secor Rd.
4. Turn North, then park in lot 25.

## RELAY REUNION @ RALLY ROW

**Location:** Relay Reunion In Parking Lot 5 on the UT campus, near mile 26 of the marathon course.

**Directions:** Park in available parking around campus, make your way to Lot 5. **STAY OFF THE COURSE & CROSS AT DESIGNATED LOCATIONS.** Lot 5 will have an open gate for entering the course as a team as your final runner arrives. **STAY TO THE LEFT SIDE OF THE CONES AS A TEAM ON STADIUM DR.,** as to not block the course for other runners. Finally, be aware of individual runners and do not impede their progress. They have run 26 miles and will be hurting. Cheer loud and bring your cowbell.



