

Kroll's Diner Bismarck Marathon Relay Information

Bus transportation

For safety reasons all relay team members are required to use the bus transportation provided by the marathon. However, exchange zone 1 is only 500 yards from the starting area so this group will be lead on foot to the exchange zone, departing shelter #9 at 7:15 a.m.

For relay exchange zones 2, 3 and 4, the buses will take you to your exchange zone. The buses will be transporting relay members between shelter #9 and the exchange zones and vice versa. Please do not use alternate transportation.

Gear bags/extra clothing

Team members will be able to leave their marathon bags with warm-up clothes on the bus and our bus hosts will take the bags to the marathon's Gear Check-In area at Sertoma Park for you to pick up upon your return. Please do not leave valuables in the bag.

Water, Gatorade and Spiffy Biffs

Each relay exchange zone will provide water, Gatorade and portable bathrooms for your use. Please note: Exchange zones 2, 3 and 4 are near water stops for the individual racers. Please try to stay clear of these areas as we want to minimize congestion for the marathon and half marathon runners. Everything you need for hydration and restroom facilities will be near your gathering area.

Chip timing

The first leg and the last leg of each relay team must have the ankle bracelet with your team's timing chip around their ankle; the other three legs can carry it. If the first or last leg carries the chip and it doesn't register as you cross the timing mat, we will not have a time for you and you will be disqualified.

If you are going to run the first leg of the relay and continue on to run the half or full marathon, you will have the chip on your shoe for the other event and the ankle bracelet for the relay. Wear your bib number for the half or full event and not the relay bib in this case.

Bus marshalling and boarding schedule

Exchange 1 (runner #2)	Marshall—7:10 a.m.	Walk to site at 7:15 a.m.
Exchange 2 (runner #3)	7:45 a.m.—boarding begins	7:50 a.m.—bus leaves
Exchange 3 (runner #4)	8:10 a.m.—boarding begins	8:15 a.m.—bus leaves
Exchange 4 (runner #5)	8:30 a.m.—boarding begins	8:35 a.m.—bus leaves

Final instructions will be given once you board the bus. Exchange zone 1 runners will receive instructions prior to their departure. Please do not miss the relay exchange bus.

Relay exchanges

Be sure you know approximately how fast the runner before you will be moving so you know about when to start watching for them. Also, be sure to know what they look like and what they are wearing. Consider wearing matching T-shirts to help teammates find each other.

Be a cheerleader!

We ask that while waiting for your turn to run, you be an active spectator and cheer others on throughout the race. Use this time to stretch and get ready.

Have a great time and enjoy the marathon experience!