



## **ADDITIONAL TIPS FOR MARATHON RELAY RUNNERS**

- ❖ Be sure you know who your teammates are and how to recognize them. Consider wearing matching T-shirts or plan to call out a pre-determined word to help you find your teammate once you enter the exchange zone area.
- ❖ Train for your specific distance and practice running at the approximate time your leg will start. Your leg may begin 1.5 hours after the start and if you are not used to running at 9 a.m., it's important that you experiment with your pre-race nutrition prior to race day.
- ❖ Please take extra precaution when boarding the relay busses to make sure you're on the right one.
- ❖ Relay runners 3, 4 and 5 are required to use the marathon's bus transportation. This helps ensure safety for all runners by keeping unnecessary traffic off the race course.
- ❖ Relay runners who are running the 2<sup>nd</sup> leg will walk to their exchange zone. Meet in the marshalling area at 7:10 to follow your group to the first exchange zone.
- ❖ In a marathon relay the last leg is not always the most difficult, plan accordingly.
- ❖ Know how fast your teammates will run and be ready for the hand-off.
- ❖ Be aware of and be considerate of other runners and relay teams on the race course.
- ❖ Be prepared for the weather. If it's cold in the morning, wear layers and remove as necessary. If it's raining, plan to bring a disposable rain coat or a plastic garbage bag. If it's warm, wear light weight, light colored clothing.
- ❖ Apply sunscreen to prevent sunburn and Vaseline or Body Glide to prevent chafing.
- ❖ Adequately hydrate, replenish nutrients, cool down and stretch after you run.
- ❖ Cheer on your teammates and competitors, congratulate yourself and ENJOY THE DAY!