



FEDEX GROUND PITTSBURGH MARATHON RELAY HANDBOOK

The FedEx Ground Pittsburgh Marathon Relay course is the same as the DICK'S Sporting Goods Pittsburgh Marathon course. The 2-5 person relay offers a distance for everyone, regardless of your fitness level.

GENERAL MARATHON RELAY INFORMATION

Packet Pickup

Race numbers, timing-tags, shirts and runner goody bags can be picked up at the GNC Live Well Pittsburgh Health and Fitness Expo at the David L. Lawrence Convention Center. The Expo is open Friday, May 4 from 11:00 AM - 8:00 PM and Saturday, May 5 from 9:00 AM - 6:00 PM. There is no packet pickup on race day. ***One relay team member can pick up packets for their entire team, individuals can pick up themselves, or any combination of the above.***

Runner Numbers

All FedEx Ground Pittsburgh Marathon Relay participants will receive a FedEx Ground Pittsburgh Marathon Relay race number that must be worn on the front of the runner's shirt, and a FedEx Ground Pittsburgh Marathon Relay designation that must be worn on the runner's back. Please note, each bib is designated with a number 1-5 after the team number. These numbers are assigned at random and do not represent what leg of the race you are running, that is up to the Team Captain to decide. You do **not** need to notify us of who is running which leg.

Timing/Scoring/Awards

Each team member will wear an individual timing-tag, which will be fastened to his/her shoe. Once a relay member has crossed the timing mat and finished his/her leg of the race, he/she should remove the timing-tag from his/her shoe to avoid any potential timing issues while passing near a timing mat at the relay exchange or near the finish line.

Each team's total elapsed time will be used to determine the winners. In the event of a tie for first place, the time of the runner of the first leg of the relay will determine the winner. Awards will be given to the top three overall Male, Female and Mixed teams.

All results released on race day are unofficial until verified. Upon completion of competition, each Relay Exchange Coordinator will return the results to the overall timing/scoring service. All results will be compiled and reviewed. Official results will be posted online.

Any protests of irregularity or fouls taking place during the competition must be made in writing and received by **5:00 PM Monday, May 7, 2018**. We recommend that you fax any protest to the Marathon Office at 412-202-3494 or email our office at info@p3r.org. Decisions of the race director are final.

Runners Continuing on the Marathon or Half Marathon

Runners participating in the first leg of the relay who will continue on to run the Marathon or Half Marathon will also receive a second runner race number for the Marathon or Half Marathon. Pin your Relay race number over the Marathon/Half Marathon race number. When you complete the first leg of the Relay, volunteers will assist you in removing your Relay race numbers from the front and back of your shirt. You will also need to remove your Relay timing-tag from your shoe so you can continue on

as a Marathon or Half Marathon runner. ***Do not continue running until your shoe timing-tag and Relay race numbers are removed.***

RELAY EXCHANGE PROCESS

Leg 1 - Start Line

Relay team members who are running the first leg of the Relay will line up at the start line with Marathon and Half Marathon participants; the start line is located in Downtown Pittsburgh on Liberty Avenue near 10th Street. ***No relay team check-in is necessary at the start line. There are no shuttles to or from the start line.***

Leg 2 – Relay Exchange 1

Relay team members who are running the second leg of the Relay will line up at Relay Exchange 1; the exchange zone will be on North Shore Drive & Tony Dorsett Dr. The waiting runner will give a finisher medal to the incoming runner to complete the relay exchange. ***There are no shuttles to or from Relay Exchange 1. For more information on travel to and from each Relay leg, see “Relay Travel” section below.***

Leg 3 – Relay Exchange 2

Relay team members who are running the third leg of the Relay will line up at Relay Exchange 2; the exchange zone will be at the intersection of Carson Street and the Smithfield Street Bridge near Station Square in the South Side. The waiting runner will give a finisher medal to the incoming runner to complete the relay exchange. ***There are no shuttles to or from Relay Exchange 2. For more information on travel to and from each Relay leg, see “Relay Travel” section below.***

Leg 4 – Relay Exchange 3

Relay team members who are running the fourth leg of the Relay will line up at Relay Exchange 3; the exchange zone will be at the intersection of Fifth Ave and Beechwood Blvd in Point Breeze. The waiting runner will give a finisher medal to the incoming runner to complete the relay exchange.

Shuttle service will be available for Relay Exchange 3: Shuttles will depart from Downtown on Centre Ave, between Sixth Ave and Chatham Street starting at 6:00. The shuttle pick-up and drop-off point for Relay Exchange 3 is along Penn Ave across from Bakery Square, close to Mellon Park. Plan to arrive at your Relay Exchange at least 30 minutes before your teammate’s expected arrival. If you are taking shuttles, plan on a 30-minute bus ride. Shuttles will operate until Relay Exchange 3 closes.

Leg 5 – Relay Exchange 4

Relay team members who are running the fifth leg of the Relay will line up at Relay Exchange 4; the exchange zone will be at the intersection of Baum Blvd and S. Aiken Ave in Bloomfield. The waiting runner will give a finisher medal to the incoming runner to complete the relay exchange.

Shuttle service will be available for Relay Exchange 4: Shuttles will depart from Downtown on Centre Ave, between Sixth Ave and Chatham Street starting at 6:00 AM. The shuttle pick-up and drop-off point for

Relay Exchange is at the intersection of S. Aiken Ave and Centre Ave. Plan to arrive at your Relay Exchange at least 30 minutes before your teammate’s expected arrival. If you are taking shuttles, plan on a 30-minute bus ride. Shuttles will operate until Relay Exchange 4 closes.

RELAY EXCHANGE AREAS

Each relay exchange area will have corrals for runners to gather based on race numbers. Volunteers will hold signs with race numbers so runners will know which corral to wait in for their approaching team member. As a runner approaches the relay exchange zone, announcers will alert waiting runners by calling out the last three digits of the incoming race numbers. The approaching runner will cross the timing mat and his/her waiting relay team member will give them a finisher medal to complete the exchange. This will complete the exchange and minimize congestion in the relay exchange area. Team members should listen closely to the relay coordinators and follow their instructions.

Because of the limited space within the corral area, please make note of your relay teammate's pace so you will know the approximate time to expect them and enter the corral approximately 30 minutes prior to their expected arrival.

Signage will be placed on the course indicating a ½ mile to the relay exchange. As the relay runners approach the relay exchanges, cones and caution tape will line the street directing the runner to move into the relay chute. Volunteers will be positioned approximately 100 yards before the exchange with a microphone and sound system announcing the last three numbers of the approaching runner's race number so the runners in the corral area will know when their runner is approaching.

Team members waiting at the relay exchange should listen and look for their teammate and proceed to the end of their relay corral to await the exchange. Stay away from the chute area and timing mats when waiting for incoming runners to avoid having your timing-tag recorded prematurely.

All relay participants should have their timing-tags removed after completing their leg of the race to avoid having the device re-read near the mat or at the finish line area.

All relay exchanges will be equipped with lemon-lime flavored Gatorade, water, bananas, heat sheets and portable restrooms. Aid stations will also be positioned near each relay exchange zone.

<u>Leg</u>	<u>From</u>	<u>To</u>	<u>Relay Exchange Location</u>	<u>Distance</u>
1	Start line	Exchange 1	North Shore Dr. and Tony Dorsett Dr.	5.3 miles
2	Exchange 1	Exchange 2	Carson at Smithfield St. Bridge (Near Station Sq)	3.8 miles
3	Exchange 2	Exchange 3	Fifth Ave and Beechwood Blvd	6.4 miles
4	Exchange 3	Exchange 4	Baum Blvd and S. Aiken	6.5 miles
5	Exchange 4	Finish line	Boulevard of the Allies (near Wood St)	4.2 miles

RELAY TRAVEL

GETTING TO YOUR RELAY EXCHANGE

Because of race day traffic and road closures, it is recommended that most FedEx Ground Pittsburgh Marathon Relay participants walk to their exchange zone from the Downtown area. Shuttle buses will

be available on race day **for legs four and five ONLY**. Because of road closures and limited parking at exchange zones, it is highly recommended leg four and five participants utilize the shuttle service.

Please note, gear Check will NOT be available at relay exchange zones. Gear Check drop-off is only available at the 3 downtown locations; the Benedum Lot at 7th St. & Penn Ave., Market Square, and the

Gateway Center T-Station. After the race all gear check bags will be located at the Gateway Center T-Station. At the finish of each relay exchange, participants will receive their food, drinks and finisher medal. Please note, only the leg 5 participant will enter the finish line chute near Point State Park; relay

participants that have already completed their leg should NOT enter the finish line chute near the Finish Line Festival. Marathon Relay participants will be able to join their team members in the Finish Line Festival in Point State Park.

Participants should follow the walking or shuttle information below to travel to/from each relay exchange zone.

LEG 1

Start	Finish	Distance
Start Line: <i>Liberty Avenue</i>	Relay Exchange Zone 1 <i>North Shore Drive & Tony Dorsett Dr</i>	5.3 miles

The first leg of the race begins at the DICK'S Sporting Goods Pittsburgh Marathon start line. Leg 1 participants should enter corral D on race morning at least one hour before the start of the race. Please check back for race day parking information for Downtown and the North Shore.

**Leg 1 participants should follow the instructions below to walk back to the start/finish line areas.*

LEG 2

Start	Finish	Distance
Relay Exchange Zone 1 <i>North Shore Drive and Tony Dorsett Dr.</i>	Relay Exchange Zone 2 <i>Carson Street at Smithfield Street Bridge (Near Station Square)</i>	3.8 miles

The first exchange zone is located on North Shore Drive and Tony Dorsett Drive.

Walking from Point State Park:

- Start on the fountain side of the Portal Bridge
- Cross Fort Duquesne pedestrian bridge
- Exit onto North Shore Drive and proceed to the exchange zone
- Relay Exchange Zone 1 will be on North Shore Drive at Tony Dorsett Drive

Walking from the Gateway Center T-Station:

- Turn right on Liberty Avenue toward Point State Park
- Proceed about .2 miles to 8th Street
- Relay Exchange Zone 1 will be on North Shore Dr. & Tony Dorsett Dr.

**Leg 2 participants should follow the instructions below to walk back to the start/finish line areas.*

LEG 3

Start	Finish	Distance
Relay Exchange Zone 2 <i>Carson Street at Smithfield Street Bridge (Near Station Sq)</i>	Relay Exchange Zone 3 <i>5th Avenue and Beechwood Boulevard</i>	6.4 miles

The second exchange zone is located at the intersection of Carson Street and Smithfield Street in the South Side, near Station Square.

Walking from Point State Park:

- Walk from Point State Park towards the Start Line/Liberty Avenue
- Turn right onto Stanwix Street
- Turn left onto Fourth Ave
- Turn right on to Grant Street
- Cross the Boulevard of the Allies at Grant Street
- Turn right onto Fort Pitt Blvd
- Turn left onto Smithfield Street Bridge; cross the bridge
- After the bridge, Relay Exchange Zone 2 will be on your left along Carson Street

Walking from the Gateway Center T-Station:

- Take the T to Station Square Station (fare will apply)
- Relay Exchange Zone 2 will be across the street from Station Square T-Station

OR

- After exiting at the First Avenue T-Station (free fare zone), turn left onto First Avenue
- Turn left onto Grant Street
- Turn right onto Fort Pitt Blvd
- Turn left onto Smithfield Street Bridge; cross the bridge
- After the bridge, Relay Exchange Zone 2 will be on your left along Carson Street

**Leg 3 participants will be able to take the shuttle from Relay Exchange Zone 3 to the DoubleTree Hotel. Shuttles will run continuously until the exchange zone closes.*

LEG 4

Start	Finish	Distance
Relay Exchange Zone 3 <i>5th Avenue and Beechwood Boulevard</i>	Relay Exchange Zone 4 <i>Baum Boulevard between S. Aiken & Liberty Avenue</i>	6.5 miles

Shuttles will start running at 6:00 AM race morning. Leg four and five participants can load buses on Centre Ave in front of the Doubletree Hotel, Downtown. Participants should plan on at least a 30-minute bus ride each direction. It's highly recommended participants plan to arrive at their designated relay exchange zone at least 30 minutes prior to their teammate's expected arrival. Please note, shuttles will run from the DoubleTree Hotel, to Relay Exchange 4, to Relay Exchange 3, then it will reverse the route and travel from Relay Exchange 3, to Relay Exchange 4, to the DoubleTree Hotel Downtown.

Shuttles will drop-off leg 4 participants along Penn Ave across from Bakery Square, near Mellon Park. Participants will walk down Penn Ave and turn right onto Fifth Ave. The relay exchange zone corrals will be near the intersection of Fifth Ave and Beechwood Blvd.

**Leg 4 participants will be able to take the shuttle from Relay Exchange Zone 4 to the DoubleTree Hotel. Shuttles will run continuously until the exchange zone closes.*

LEG 5

Start	Finish	Distance
Relay Exchange Zone 4 <i>Baum Boulevard between S. Aiken & Liberty Avenue</i>	Finish Line <i>Blvd of the Allies, near Wood St.</i>	4.2 miles

Shuttles will start running at 6:00 AM race morning. Leg four and five participants can load buses on Centre Ave in front of the Doubletree Hotel. Participants should plan on at least a 30-minute bus ride each direction. It's highly recommended participants plan to arrive at their designated relay exchange zone at least 30 minutes prior to their teammate's expected arrival. Please note, shuttles will run from the DoubleTree Hotel, to Relay Exchange 4, to Relay Exchange 3, then it will reverse the route and travel from Relay Exchange 3, to Relay Exchange 4, to the DoubleTree Hotel Downtown.

Shuttles will drop-off leg 5 participants at the intersection of South Aiken Ave and Centre Ave. Participants will walk down S. Aiken Ave to Baum Blvd. The relay exchange zone corrals will be on Baum Blvd, between South Aiken Ave and Liberty Ave.

**Leg 5 participants will finish at the DICK'S Sporting Goods Pittsburgh Marathon finish line Downtown.*

FINISH LINE

All Leg 5 competitors will be directed through the finish line chutes. All other team members should remove the timing-tag from their shoe immediately after their relay leg, to avoid being read near another timing mat. Team members waiting at the finish line Downtown for a Leg 5 team member will not be allowed to enter the finish line chute. Space will be available to regroup at the Finish Line Festival in Point State Park.

Thank you for registering and participating in the FedEx Ground Pittsburgh Marathon Relay. If you have any questions regarding the race, visit the information booth at the GNC Live Well Pittsburgh Health and Fitness Expo May 4-5, 2018.