RELAY INFO!

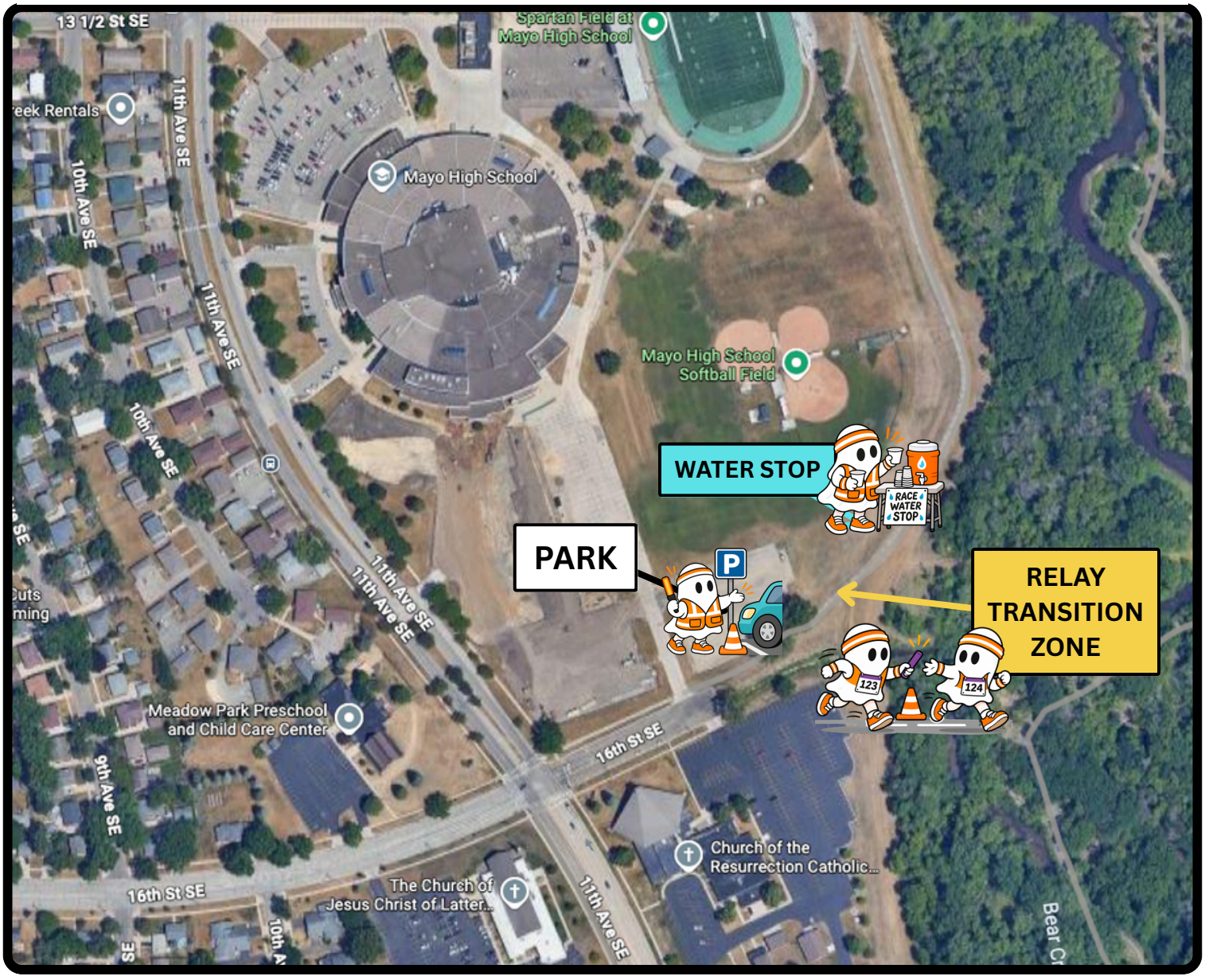
HAUNTED HALFIE 507
ROCHESTER, MINNESOTA

LOCATION: Relay Transition Zone

- **Mile 6.2 (10K split)** of the half marathon course.
- **Where:** South side of Mayo High School, along the trail.
- **Parking:** See the map for designated 2nd leg runner parking. Use the Google Maps pin for easy navigation.
- **Transportation:** 2nd leg runners must drive or arrange to be dropped off at the transition zone.

IMPORTANT: The race does NOT provide transportation to or from the transition zone!

GOOGLE MAPS PIN FOR PARKING: RELAY



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Each relay team has 2 runners, with each completing approximately half of the half marathon course (about a 10K each).

- **1st Leg Runner:** Starts at the race start line and runs to the transition zone at Mile 6.2.
- **2nd Leg Runner:** Starts at the transition zone and completes the race to the finish line.

Decide who will run each leg before race day!

Race Bibs & Timing

- Each team receives **2 identical BLACK race bibs** (black indicates relay runners).
- Each bib has its own **timing chip.**
- Both runners MUST wear their **bib on the front.**
- No relay straps, bib exchanges, or other handoffs are needed.

1st Leg Runner Instructions

- Follow all **regular half marathon starting** instructions.
- Run the course to the transition zone at **Mile 6.2.**
- After completing your leg, **arrange transportation** back to RCTC Sports Complex.

2nd Leg Runner Instructions

You can either watch the race start or head directly to the transition zone to get settled and warm up.

Getting to the Transition Zone:

- Parking: We recommend parking on the **EAST side of RCTC Sports Complex** before heading to the transition zone.
- **Drive Time:** Approximately 6–8 minutes, but **allow up to 15 minutes** for traffic.
- **Walking Distance:** The transition zone is about a 1-minute walk from its parking area.
- **Transportation:** Drive yourself or arrange a drop-off. Your 1st leg partner will need to drive the vehicle back to RCTC or arrange another ride.

Watching the Race Start?

If you choose to watch the start, keep this timeline in mind:

Time	Activity
8:30AM	Race begins
8:35AM	Earliest possible departure after runners clear the parking lot
8:50AM	Estimated arrival at transition zone parking, allowing 15 minutes to drive

IMPORTANT: We cannot guarantee you'll reach the transition zone in time if you watch the race start. Traffic and road access may affect travel times.

Each 2nd leg runner is responsible for deciding when to leave and ensuring they arrive at the transition zone on time.

Our Recommendation: Head to the transition zone early to avoid rushing and give yourself plenty of time to warm up!

RELAY INFO!

RELAY TRANSITION ZONE PROCESS





Finding the Transition Zone:

- Watch for **RELAY ZONE AHEAD** A-frame signs.
- The transition area is marked with **BLUE Med City Marathon cones,** near the parking area.
- A **timing mat** will record the 1st leg runner's finish and the 2nd leg runner's start.

Making the Handoff:

- Both runners meet in the **blue-coned transition area.**
- A physical handoff is **REQUIRED** (high five, bag exchange, etc.).
- The 2nd leg runner may begin running **ONLY after the physical handoff.**

IMPORTANT: Starting before making physical contact with your partner will result in immediate disqualification. Volunteers will be nearby, but completing the handoff correctly is YOUR responsibility.

OUR RECOMMENDATION: THE BAG HANDOFF

Bring **ONE bag with the 2nd leg runner** containing everything the 1st leg runner will need (sweatshirt, keys, etc.).

When your partner arrives:

- Hand the bag to the 1st leg runner, just like a baton!
- The 2nd leg runner takes off to finish the race.
- The 1st leg runner drives or gets a ride back to the finish line.

Don't forget the CAR KEYS if you're sharing a vehicle! 🎃

FINISH LINE & AMENITIES

Finish Together! The 1st leg runner can meet their partner on the street at the start of the finish line chute and cross the finish line together. **BOTH runners** receive finisher medals!

At the Transition Zone:

- **Water, Gatorade, and bananas at a nearby water stop**
- **Porta-potties available**