



EQT PITTSBURGH 10 MILER 2-PERSON RELAY HANDBOOK

The EQT Pittsburgh 10 Miler 2-Person relay course splits the course into 2 relay legs - 4.4 mile and 5.6 mile distances.

GENERAL 10 MILER 2-PERSON RELAY INFORMATION

Packet Pickup

Race numbers, timing chips and runner goody bags can be picked up at the locations and times listed below. One relay team member can pick up packets for their entire team, or runners can pick them up individually.

Fleet Feet Sports Pittsburgh*

1751 N. Highland Rd., Pittsburgh, PA 15241

Thursday, Oct. 22, 11:00 AM - 8:00 PM

Friday, Oct. 23, 11:00 AM - 7:00 PM**

*Each day, the first 600 people arriving at Fleet Feet for packet pickup will receive a free pair of Feetures socks. Limit 1 per person. (If you are picking up multiple packets for multiple people, you will only receive 1 pair.)

**Stop by Fleet Feet for packet pickup on Friday from 5:00 PM – 7:00 PM and have a meet and greet with a few of the pros competing in Sunday's race: Clara Santucci - 2x Dick's Sporting Goods Pittsburgh Marathon champion, Jeffrey Eggleston - 2011 Dick's Sporting Goods Pittsburgh Marathon champion, and Leonard Korir 2014 EQT Pittsburgh 10 Miler champ - AND 2016 Olympian!

Station Square

125 W. Station Square Dr., Pittsburgh, PA 15219

Inside the Freight House Shops at Station Square, behind Guest Services desk Saturday, 10:00 AM - 3:00 PM

(See Parking section below for special parking rate information)

Runner Numbers

All Relay participants will receive a Relay race number that must be worn on the front of the runner's shirt.

Timing/Scoring/Awards

Each team member will wear an individual disposable timing chip (D-tag), which will be fastened to the runner's shoe. Once a relay member has crossed the timing mat and finished their leg of the race, the runner should remove the D-tag from their 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 first place overall Male, Female and Mixed teams.

All results released on race day are unofficial until verified. It takes several weeks for the timing company to certify the official results.

Any protests of irregularity or fouls taking place during the competition must be made in writing and received by 5:00 PM Monday, November 7, 2017. We recommend that you fax any protest to the P3R office at 412-202-3494 or email our office at info@p3r.org. Decisions of the race director are final.

Runners Continuing on the 10 Miler Course

Runners participating in the first leg of the relay who are also registered to run the entire 10 Miler course will receive a second race number for the 10 Miler (the timing chip will be attached to this race number). Pin your relay race number over the 10 Miler race number. When you complete the first leg of the relay, remove your relay race number from the front of your shirt and your relay D-tag from your shoe so you can continue on as a 10 Miler runner. **Do not continue running until your relay D-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 the 10 Miler participants in Corral C; the start line is located on West Carson Street near Station Square. **No relay team check-in is necessary at the start line. Please note, your time will not begin until you cross the start line mat.**

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 West Commons just after the turn from Ridge Avenue on the North Side. The waiting runner will give a finishers medal to the incoming runner to complete the relay exchange.

RELAY EXCHANGE AREA

The relay exchange area will provide an area for Leg 2 runners to gather. As a runner on the course approaches the relay exchange zone, announcers will alert waiting Leg 2 runners by calling out the last three digits of the incoming race numbers. When their number is called, the Leg 2 runner will move from the waiting area to the relay corral. The approaching runner will cross the timing mat and the waiting relay team member will give the Leg 1 runner a finisher medal. 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.

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 shoe's timing chip (the D-tag) recorded prematurely.

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

The relay exchange will be equipped with lemon-lime flavored Gatorade, water, heat sheets and portable restrooms. Aid stations will also be positioned near the 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	West Commons	4.4 miles
2	Exchange 1	Finish line	Liberty Avenue and 7 th Street	5.6 miles

RELAY TRAVEL

Getting to your relay exchange

There will be just one set of buses making only one trip to the relay exchange area. They will begin loading at 7:15 AM in front of the Hard Rock Cafe and will depart at 7:30 AM, dropping off at the corner of Federal Street and E. Lacock Street, a 1/4 mile walk from the exchange zone. (If you miss the shuttle, you will be responsible for getting to the exchange point on your own. We suggest using the T, directions follow.)

There will not be a shuttle from the exchange point to the finish line area. However, there will be directional signage to the Finish Line area (approximately 1 mile) or to the closest T Station, which will also take you to the Finish Line area.

Post-Event Shuttle to Station Square

A free shuttle service will be provided for all runners, spectators and volunteers back to Station Square following the race. Shuttles will pick up on Stanwix Street and Liberty Avenue and will drop off at Station Square. Shuttles will run from 9:00–11:00AM.

EXCHANGE ZONE – DIRECTIONS FROM THE T

The exchange zone is located on West Commons just after the intersection of Ridge Avenue in the North Side.

From the T-North Side Station:

- After exiting the T Station, turn left onto West General Robinson Street
- Turn left onto Federal Street
- Turn left onto South Commons
- Slight right onto West Commons
- Relay Exchange Zone 1 will be about 150 yards away on the left.

RACE WEEKEND PARKING

The lots at Station Square has ample space for participants and spectators to park. Special rates for runners at Station Square lots on race weekend are as follows:

- Saturday/Package Pickup - \$1.00* parking for all packet pickup participants. *Runners MUST bring your parking ticket to the Customer Service booth next to packet pickup where they will validate if for the \$1 parking rate.
- Sunday/Race Day - \$3.00** for unlimited parking. **All Station Square lots will have a flat \$3.00 Race Day Parking rate, no additional steps required.

Please note, large amounts of runners will be exiting Station Square at the same time, please be patient and anticipate delays exiting the garage post-race. As an alternative, you may also consider parking downtown and taking the T to Station Square, or walking across the Smithfield Bridge.

You can find your T Schedule at portauthority.org and the Downtown Pittsburgh real-time parking map at parkpgh.org.

REMINDER: COURSE ROAD CLOSURES begin as early as 7:00 AM on Sunday, November 6, 2016, with Finish Line closures on Liberty Avenue between 7th Street and Stanwix Street beginning earlier. Participants and volunteers parking around the start line, including Station Square, and the finish line must be parked before 7:00 AM.

GEAR CHECK

Gear Check will NOT be available at relay exchange zones.

Gear Check drop off is only available for participants to store small items and articles of clothing during the race. Look for the FedEx Ground Gear Check trucks at the start and finish lines. The drop-off and pick-up locations are as follows:

- Start Line Gear Check Drop-Off: Station Square Drive near Volunteer Check-In from 6:30 AM - 8:00 AM
- Finish Line Gear Check Pick-Up: Finish Line Volunteer Check-In (Liberty & 5th) from 9:00 AM - 11:00 AM

Race-issued gear check bags will be available at the drop-off location. Do not check valuable items such as medication, jewelry, cell phones, cameras, music, electronic devices, etc.

The event organizers are not responsible for lost, stolen or damaged items. Bags not picked up by noon will be moved to the race office at 810 River Avenue, Suite 120, Pittsburgh, PA 15212 for pickup Monday through Friday until Friday, November 18, 2016. Any unclaimed items at that time will be donated to charity.

FINISH LINE/REUNION AREA

All competitors will be directed through the finish line chutes. After crossing the finish line timing mat, continue through the chute to ensure a safe finish for other runners. Then remove the D-tag from your shoe to avoid being read near another timing mat.

Please note: team members waiting at the finish line Downtown for a team member will not be allowed to enter the finish line chute. Space will be available to regroup at the Finish Line Festival on Liberty Avenue between Fifth Avenue and Stanwix Street.