

RELAY TEAM INSTRUCTIONS

Each relay team is assigned a number. Both team members will receive a race bib to wear. The race bib will have the same number for each member.

You will need to pick up your chip race morning. **IT IS NOT ATTACHED TO YOUR BIB.** Your chip will have a number on it that should match your bib number. Each team will get one chip. The chip must be worn on your ankle.

The team member running the first leg of the Relay must wear the chip from the starting line to the Relay Transfer Point (6.5 ± miles). You will transfer the chip to the team member running the second leg, who will finish with the chip on their ankle. At the end of the race please turn in your chip.

For example Team “Super Fast” will pick up two race bibs. The bibs will both have the same number 1301. On race day they will pick up one chip to wear on their ankle and it will have race number (1301) on it. The runner running the first leg will start with the chip on their ankle and run to the Relay Transfer Point. The chip will then be passed to the runner that is running the second leg, who will finish with the ankle chip and **turn it in.**