

## **Vermont City Marathon**

Information sheet for:

Runners who want to run on more than 1 relay team

-OR-

Runners who want to run on a relay team (or 2) and run the whole marathon, too

### **Scenario A: Runner wants to run in the marathon and on a 3-5 Person team**

- Runner wears 2 bibs, the marathon bib and the relay team bib
- Runner wears the relay coil wristband
- The runner must run the first leg(s) for his team
- At the Park Street Relay Exchange Zone at mile 3.3, the runner will move right into the exchange zone, find his teammate, and exchange the coil wristband
  - If there are less than 5 on the team, the runner will run the first “x” legs until reaching an REZ where a teammate waits to be tagged in
- After the exchange is made, the runner will merge back onto the race course to continue on in the marathon

### **Scenario B: Runner wants to run in the marathon and on a 2-Person team**

- Runner wears 2 bibs, the marathon bib and the relay team bib
- Runner wears the relay coil wristband
- The runner must run the first half of the race for his team
- At the 2-Person Relay Exchange Zone at mile 13.1 in Oakledge Park, the runner will move right into the exchange zone, find his teammate, and exchange the coil wristband
- After the exchange is made, the runner will run through the exchange chute along with other 2-Person Relay 2<sup>nd</sup> leg runners, then merge back onto the race to continue on in the marathon
- Prior to exiting Oakledge Park the runner must remove and dispose of his 2-Person relay team bib. This is necessary due to chip timing.

### **Scenario C: Runner wants to run on a 2-Person team and a 3-5 Person team**

- Runner wears 2 bibs, one for each relay team
- If starting the race for either/both teams, runner wears the relay coil wristband(s)
- Exchanges between teammates are made in the usual manner as detailed on our Relay Info sheets
- Note that teams competing in the 3-5 Person division *may not* use the 2-Person Exchange Zone

### **Scenario D: Runner wants to run on multiple 2-Person teams and/or 3-5 Person teams**

- Runner wears a bib for each relay team
- If starting the race for any team(s), runner wears the relay coil wristband for that team(s)
- Exchanges between teammates are made in the usual manner as detailed on our Relay Info sheets
- Note that teams competing in the 3-5 Person division *may not* use the 2-Person Exchange Zone
- Note that a runner *may not* run the same leg for multiple teams. For example, a runner may run the 1<sup>st</sup> leg for “Relay Team A” and the 3<sup>rd</sup> leg for “Relay Team B”, but that runner may not run the first leg for both teams and tag in 2 different teams at the Park Street Relay Exchange Zone.