



Detroit Free Press Marathon Relay 101

Team Instructions

October 20, 2024

www.freepmarathon.com

Friday, October 18 - Saturday, October 19: Health & Fitness Expo

Huntington Place (Hall B) - 1 Washington Blvd, Detroit, MI 48226

Expo Hours: Friday, 1-7 pm; Saturday, 10 am-6 pm

At the Expo:

1. Bring your proof of identity with you to the pick-up area.
 - a. Participants running Leg 1 must show up in person with proper proof of identity (i.e. passport, enhanced driver's license, trusted travel program card (NEXUS)) to receive your bib number. U.S. and Canadian children/citizens under 16 years of age may present their birth certificate or other proof of citizenship such as naturalization or citizenship card. If you are a citizen of a country other than the United States and Canada, you may be asked to present yourself to representatives of both governments for an interview to pick up your packet.
 - b. Participants running Leg 1 may pick up the entire team's packets, but Legs 2-5 cannot pick up for Leg 1.
 - c. Participants running Legs 2-5 may pick up your own packet by presenting a photo I.D. You may also pick up someone's race packet with a printed or electronic copy of the participant's confirmation email.
2. In addition to your bib, you will be given your event bag (safety pins, distance sticker, neck gaiter, and long-sleeved technical shirt). Leg 1 will receive a white team bib that has a timing chip and is attached to a belt. This bib serves as your team timing chip and should be easily removed and passed along to each relay member at the exchange. Please wear this team bib somewhere on your front side.
3. All team members wear the same bib number, but the bibs are color coded to your leg assignment.

<u>Leg</u>	<u>Bib Color</u>
1	Gray
2-4	White
5	Purple

- If there are problems with your packet or with your team, please proceed to the “Solutions” table within the Marathon Relay packet pick up area. Note that we cannot switch leg assignments for Leg 1 at this time, since we are beyond the deadline to make any changes to these international legs.
- We encourage you to visit our many sponsors and vendors who help us put the race on. We also suggest that you stay downtown the night before the race, enjoy a meal in one of the many restaurants that Detroit and Windsor has to offer, then get a good night’s sleep without worrying about traffic and parking the next day! There is no packet pick up available on race day.

Nuclear (Radiation) Medicine Procedure (Leg 1 Only):

If you are running Leg 1 and you recently had a Nuclear (Radiation) Medicine Procedure, please identify yourself to our volunteers when you pick up your packet. If you are unsure, please ask and we will seek the opinion of Customs and Border Protection (CBP) Officers.

CBP employs a wide array of Non-Intrusive Inspection (NII) technology to serve as a force multiplier and to complement the work of CBP officers guarding America. These technologies serve a vital function in day-to-day vehicles, trucks, cargo containers and baggage, at our borders and point of entry. The Radiation Portal Monitor is a detection device that provides CBP with a passive, non-intrusive means to screen conveyances for radiation emanating from various sources, including natural sources and isotopes commonly used in medicine and industry. If any of the participants in the marathon have recently had medical procedures completed, there is a chance that they may trigger the portal alarms.

Sunday, October 20: Race Day

Important International Requirements Reminder:

Per government regulations, Leg 1 is required to carry WHTI-compliant documents when crossing the border. Running across the border counts as “crossing the border.” If you’re not carrying a WHTI document and encounter a Canadian Border Services Agency or Customs and Border Protection officer, you’ll risk extra wait time and questioning.

For additional information on document requirements, see:

United States: <https://www.cbp.gov/travel/us-citizens/western-hemisphere-travel-initiative>

Canada: <http://www.cbsa-asfc.gc.ca/travel-voyage/td-dv-eng.html>

Parking:

If you don’t choose to stay downtown, we strongly suggest that you arrive early on race morning. We also suggest that you carpool as a team, if possible, so that you know that all your team members are present and accounted for. Please park outside the course route for easier access to the start line and easier exit following the race. We will start shutting down the roads around 3:00 am, including the Lodge Fwy south of the Howard St. exit. Do not park on the course or your car will be towed.

Gear Check:

Beginning at 5:30 am on Monroe Street near Campus Martius (in CONQUERED: The Official Afterparty lot). There’s not a great gear check solution for relay participants, since you are not starting and finishing at the same location. We suggest that you check your bag with your post-race clothes, then wear something that you are willing to discard at the start of your leg.

If you check your bag, you must use the clear bag from the expo. All clear marathon bags must be tagged with the removable Gear Check tag located at the bottom right hand side of your runner bib number. We will not accept bags that do not meet these requirements.

You will need your bib as identification to retrieve your gear bag. We will not be responsible for lost or stolen items, so please do not pack anything of value, especially car keys and/or wallets. Any bags leftover will be donated to charity if not claimed within one week at the marathon office. You may check on lost items by emailing us at support@freepmarathon.zendesk.com.

Wearing Your Bib:

The number of bibs you will be wearing will depend on how many legs you are running. Four safety pins will be provided in your event bag and extra safety pins will be available in the packet pick up area and the race day information booth.

It is important that you pin your bib on the outside of all clothing and in front for all to see. This is the only way we can identify you and your team, from the official photographers to the announcer at the finish line. This is extremely important on the international leg. If you do not have your bib properly displayed, you may be stopped by government officials until you can show them your bib. If you do not have your bib, you will be detained until you can prove your citizenship, and your race is likely over.

Timing You and Your Team:

A timing chip is attached to the team bib (and belt). In addition to your individual bib number, you must also wear or carry the team timing belt. The timing belt should be passed along to each team member at the exchange zone. Your team time starts when your Leg 1 runner crosses the timing mat at the start line. When they get to the end of Leg 1, they will cross a second mat short of the exchange. This will record the end of that runner's time, and will start the time for the second runner. The process repeats until the Leg 5 runner crosses the finish line mat. Not to worry if one or more team member's chip does not record the leg elapsed time. The total elapsed time represents your team time.

Getting to the Right "Start" Location:

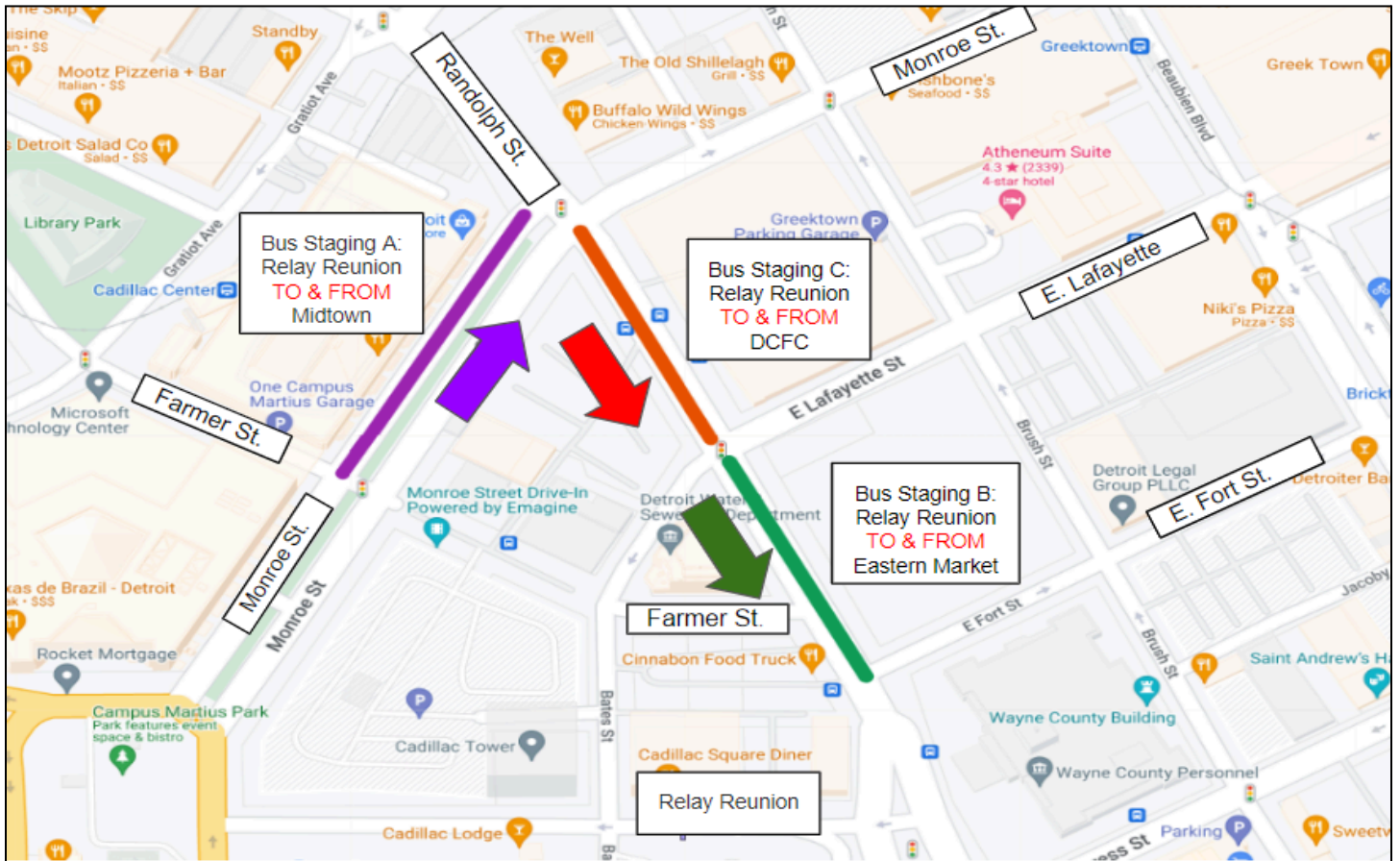
Before your team splits up, it's important to take note where each team member is going. We will start staging the buses at 6:00 AM so you may board at that time. However, please note below the bus departure times for Exchange 3 and Exchange 4.

- **Relay Start/ Start of Leg 1 (8.75 miles)** - The race starts at 7:00 am, so head to the start area on W. Fort St (between 1st & 2nd Ave.) to line up with the rest of the marathon and international half marathon runners. You will line up in the wave corral corresponding to the letter in the lower right corner of your bib. Wave corrals are assigned according to your team projected time when your team captain registered.
- **Exchange 1/Start of Leg 2 (4.51 miles)** - This leg starts at Washington & Lafayette. It's your responsibility to coordinate with your team to determine what time you need to arrive. There will be no buses to this exchange.
- **Exchange 2/ Start of Leg 3 (3.46 miles)** - Your bus to Exchange 2 is located at Monroe St. between Farmer St. & Randolph St. and starts boarding at 6:00 am. A sign will be on the window of each bus to indicate the bus' destination. There will be five (5) buses to this exchange. Once a bus is full, it will leave. The last bus leaves by 7:00 am for Midtown (W. Warren Ave. between Avery and Trumbull). When these 5 buses arrive at Midtown to drop off Leg 3 runners, they wait for Leg 2 finishers to board the bus - once it is full - to take them to Relay Reunion. Once these five (5) buses leave Midtown, they do NOT return to pick up more Leg 2 finishers. Based on prior years' results, the last finisher of Leg 2 who needs a bus will cross the mat ~10:45 am. The Midtown bus drop-off and pick-up is located on Trumbull and W. Hancock. NOTE: Leg 3 runners can wait on the bus until Leg 2 finishers board the bus.
- **Exchange 3/ Start of Leg 4 (2.85 miles)** - Your bus to Exchange 3 is located at Randolph between E. Lafayette & E. Fort St. and will start departing at 7:15 am for Eastern Market (Russell Street between Alfred and Division). At 7:15 am, there will be five (5) buses to Eastern Market, and will depart as soon as they are full. A sign will be on the window of each bus to indicate the bus' destination. The bus drop-off and pick-up location is in the parking lot at the southeast corner of Winder and Russell. After the five (5) buses drop off Leg 4 runners, these buses will run a loop between Relay Reunion and Eastern Market, departing Eastern Market roughly every 10 minutes, until 12:00 pm.
- **Exchange 4/ Start of Leg 5 (6.65 miles)** - Your bus to Exchange 4 is located at Randolph between E. Lafayette St. & Monroe St. and will start departing at 8:00 am for Detroit City Fieldhouse (E. Lafayette St. and W. Mt. Elliott St.). At 8:00 am, there will be five (5) buses to DCFC, and will depart as soon as they are full. A sign will be on the window of each bus to indicate the bus' destination. The bus drop-off and pick-up location is E. Lafayette St. and Mt. Elliott St. After these five (5) buses drop off Leg 5 runners, these buses will run a loop between Relay Reunion and DCFC, departing DCFC roughly every 10 minutes, until 1:00pm.
- **Relay Finish** - The finish line is on Woodward Ave. (between W. Larned St. & W. Congress St.).

Using Your Own Transportation Method:

Taking the bus to the Exchanges is not required. Participants are welcome to get to the Exchanges on their own (i.e. bike, walk, drop-off) but there is no parking so plan accordingly. Do not park your vehicle on the course or it will be towed. Please be mindful of road closures and pedestrian crossings.

Relay Buses Staging Area: Relay buses will be located at Randolph between Monroe St. & E. Fort St. There will be a sign on the window, left of the door of each bus to indicate where each bus is going. It is very important that you know which leg you are running, and where you are going, before boarding the bus. You must have your bib on or you won't be allowed on the bus.



Relay Bus Security Requirements:

You may bring on only a fanny pack and/or a clear plastic bag containing personal items. Use the clear drawstring bag we gave you for your event bag, if you haven't already used it for gear check. You may not place duffel bags and/or backpacks in the clear plastic bag that will conceal the contents. Once on the bus, you may not get off until you get to the exchange.

Once at the relay exchange, you must take all of your personal belongings with you. When getting back on the bus bound for the Relay Reunion area, the same rules apply regarding the clear plastic bag and its contents. When you get off the bus, you must take all personal belongings with you.

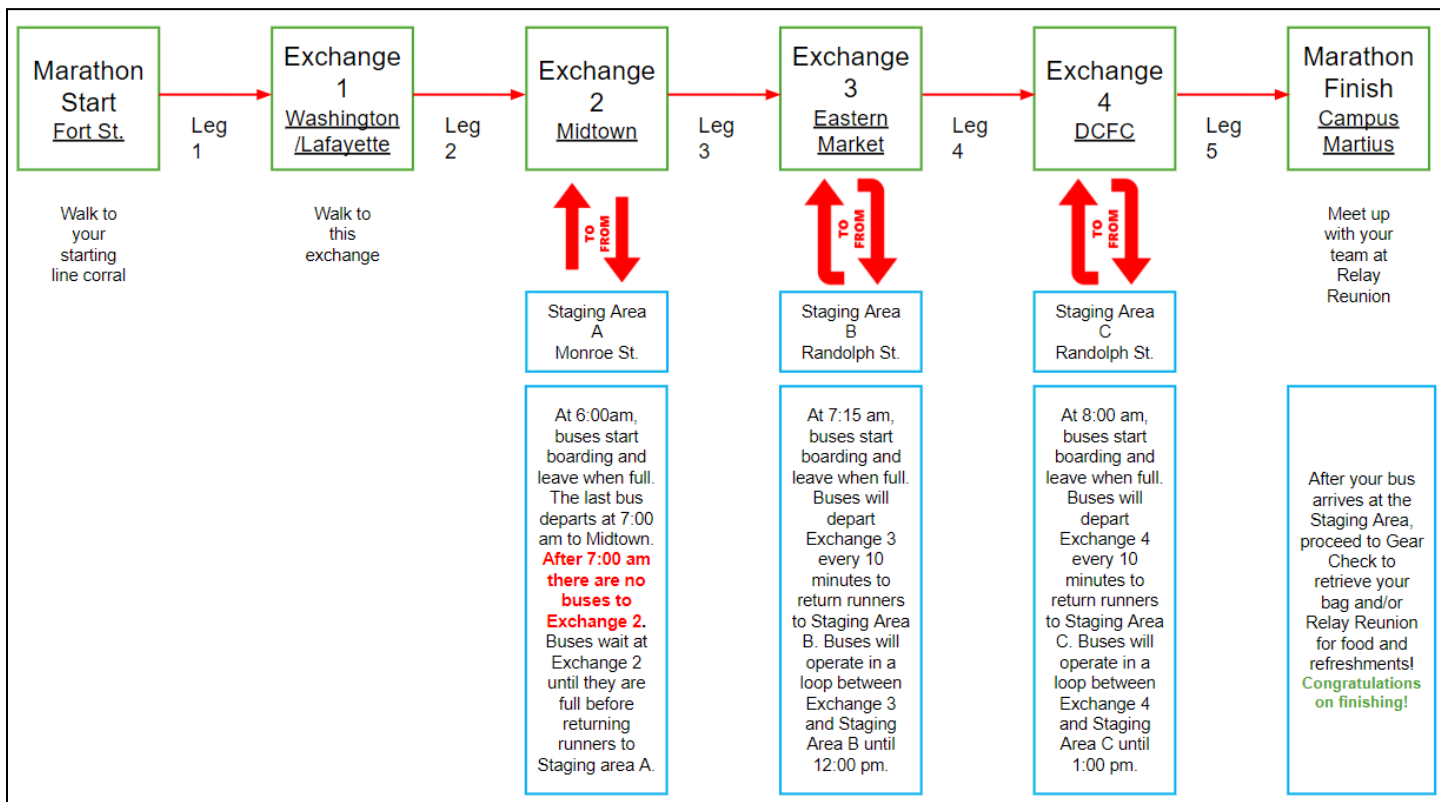
How the Exchanges Work:

Each relay team will have a zone number at each relay exchange. This will be printed on your bib as numbers 1, 2 or 3. This is where your team will handoff at each exchange. Due to the volume of teams, it is impossible for us to call out each number. It is the responsibility of each team to predict the arrival time of the inbound runner using a variety of methods. Knowing their pace (minutes per mile) and the start time of the wave they started in should give you a close approximation. Cell phones are a good way of communicating too, if your team chooses to carry them. If you visit the Detroit Free Press Marathon App, you can track your teammate as they cross select locations. If for some reason your inbound team member fails to show up at the exchange within a reasonable amount of time, you are welcome to run your leg as planned. Your team will not get an official time, however. Hopefully you are staying in touch so you know the status of each member.

Do not leave personal items at the exchanges or on the bus. It is up to each team to figure out how to pass on personal items. We will make every effort to get valuables to "Lost and Found," but will likely donate clothes left behind if you have not contacted the marathon office within one week.

Team Tips:

1. Leg 1 participants please be aware the sidewalks on the northside of Fort St. along the corrals become very crowded as 7:00 am approaches. Be sure to get there early enough to avoid feeling stressed that you won't make it to your corral. Also it is best to enter Fort St. via one of the intersecting roads (First St., Cass, or Washington) near your corral. Please reference the course map for more details: <https://www.freepmarathon.com/course-maps/>
2. Remember that any clothing you want to wear at the starting corrals to keep warm can be donated to charity by leaving them on the fences. You cannot do this at any other location.
3. Be realistic about your Leg 1 runner pace which will set the starting corral assignment. Be sure they know their assigned corral and to be in that corral at the start. The corrals and course will be very crowded this year because of the record attendance. We have seen runners who were in the wrong corral tripping and falling due to faster runners.
4. Make sure your team captain has figured out how long each leg will take to run so Legs 2-5 runners will know approximately when to take buses and be ready at the Exchanges. For your convenience, relay staff developed a spreadsheet to figure this for you. We can email it to you or we can run it for you at the Health & Fitness Expo during packet pickup. We will be located at the Marathon Team Relay Registration table.
5. Make sure you know what your team is wearing to aid you in spotting your next team member at the exchange.
6. Plan ahead with your team to make sure everyone is on the same page about transportation to and from the exchanges, checking gear, and dealing with keeping warm.
7. Enjoy the Relay in your own way. If you want to compete or just finish and have fun, either is great!
8. Quick reference for buses below:



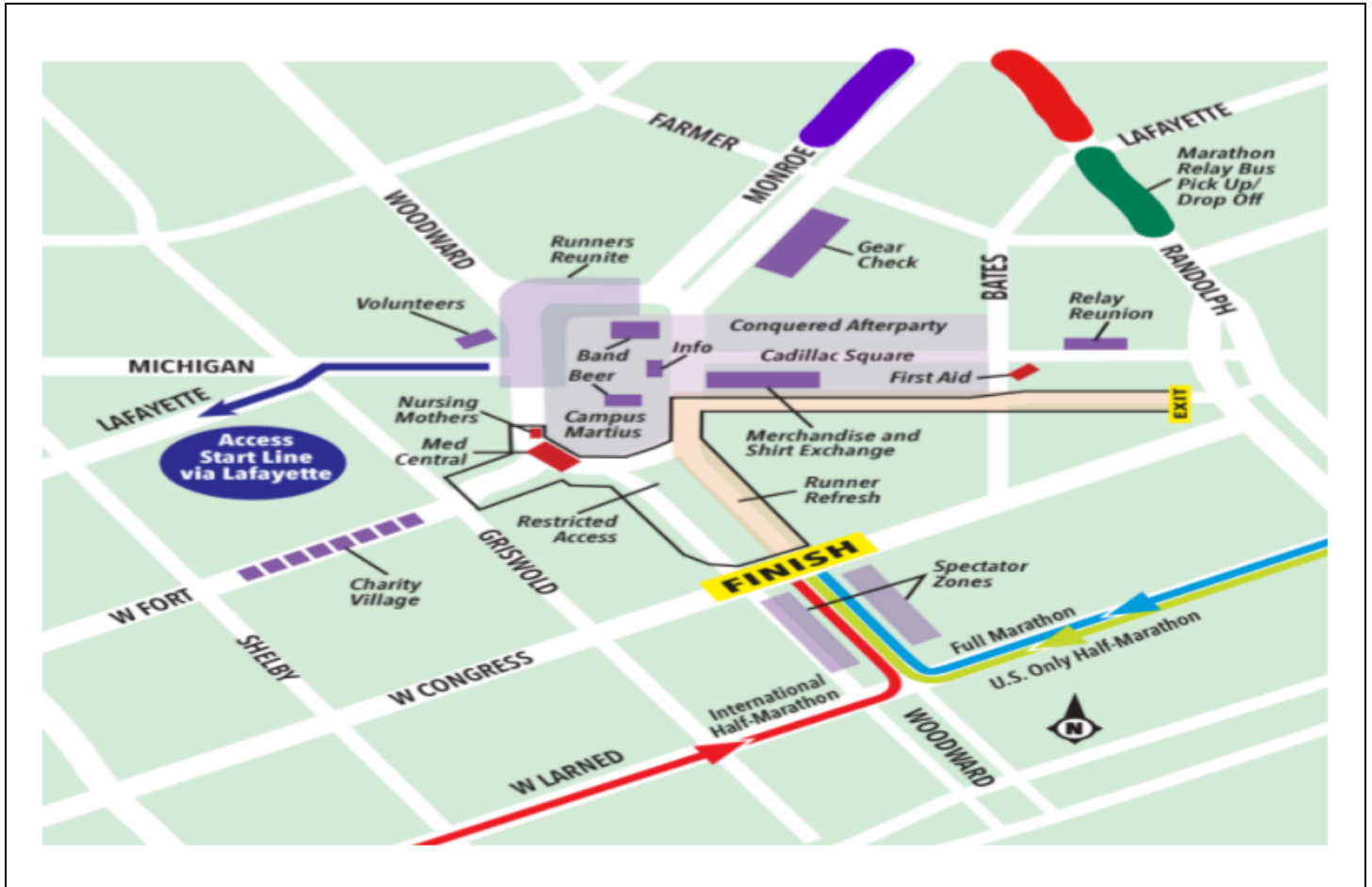
If You Drop Out of the Race:

If you need to drop out of the race for any reason, please go to the nearest fluid station or medical and announce to the radio person there that you are dropping out, and wait for transportation to pick you up. The Weary Wagon, our "designated driver," is following the last participant, so you may have an extended wait. Once you get picked up, your race is over.

Do not leave the area without letting someone know where you are, and that you are alright. Be certain to inform family and friends who might be waiting for you at the finish that you have dropped out, if possible. If you need medical assistance, they are trained to make the assessment and to call for the appropriate level of response.

The Relay Reunion Area:

The Relay Reunion area is located between Bates and Randolph at the Conquered Afterparty. We suggest that you meet your other team members there after your race is over and after we shuttle you back near the Finish Area. Only relay participants wearing their bib numbers will be allowed to enter this area.



Relay buses returning from Leg 2, 3, & 4 will drop off runners at Randolph between Monroe St. & E. Fort St, 2 blocks west of the Relay Reunion area. Runners finishing Leg 1 & 5 may walk to the Relay Reunion area. Buses will return from Exchanges once they are full.

If a relay team member leaves the Relay Reunion area location for any reason, they may re-enter, as long as they are still wearing their bib number.

Medals and Food:

Only Leg 5 runners wearing the purple color bib may cross the finish line; you may not run in as a team or you will get disqualified. Leg 5 runners will receive the medals for their entire team when they cross the finish line. They can meet their team at the Relay Reunion area to distribute the medals and pick up food.

Celebrate:

Make a plan to meet up with your teammates, friends and family after the race. The Finish Area will be busy most of the day, and it will be difficult to locate others if you have not specified a place and a time to meet.

Thank You!

We thank you for participating in this year's 47th Anniversary event. We are always looking to make improvements, so we look forward to your comments and suggestions at the conclusion of the race. We ask that you contact us at our email address of support@freeparathon.zendesk.com, or post on our Facebook page. Have fun out there, and we look forward to seeing you at the finish line!