Final Race Instructions Buckhorn Exchange Relay <u>www.platteriverhalf.com</u> Sunday, April 10th

- <u>Please read the following instructions thoroughly</u>. If you have additional questions please reference the race website, ask a volunteer at packet pick-up or on race day. We will respond to your e-mails as time allows as we are busy with race preparation.
- No transfers or refunds.
- With roughly 2,000 registered participants in the ½ marathon and relay we encourage all participants to pick-up your bib # and t-shirt at packet pick-up rather than waiting until race morning. The packet pick-up will be held on Friday, April 8th from 11:00 a.m. until 6:00 p.m. and on Saturday, April 9th from 9:00 a.m. until 4:00 p.m. at Runners Roost located at 1685 South Colorado Boulevard, Denver, CO 80222. I you pick-up your race packet on Friday or Saturday you can sign up to win a "Head to Toe" running package from ASICS and the Runners Roost, BolderBOULDER entries, entries to the 2016 Platte River Half Marathon and other great giveaways.
- Your ID is not required and only one team member is required for packet pick-up.
- Bib instructions: You must wear your bib in front in order to be timed in the race. Each relay team member will have their own bib number. When you pick up your bib, please make sure that your personal information is correct. If you need to make changes, there will be sheets available where you can give us the new data or check on-line and e-mail us back with any corrections. Race confirmation is on the website on the Race Information Page under Packet Pick-up and Race Confirmation.
- If you don't have your bib on during the race you will not be in the results.
- The City of Littleton has been a grateful and receptive host for the race for 13 of the fourteen years the event has been held. Please be respectful of where you park, dispose of trash in the numerous trash barrels near the starting area and utilize the over 60 port-o-lets near the start.
- Race day packet pick-up will be available from 6:30 a.m. until 7:45 a.m. at the large red tent located in the northwest corner of the Littleton RTD parking lot on the corner of Alamo Ave. and Prince St. in Downtown Littleton. Allow extra time to park and pick up you race packet.
- Course Marshals will be in Lime Green T-Shirts.
- Use the RTD, City of Littleton and Arapahoe County parking lots free of charge in downtown Littleton. There are over 1,000 parking spots in these lots.
- Another parking option is to use Light Rail and train into the Starting Area. The Littleton/Mineral Station located at Mineral Avenue and Santa Fe Drive offers over 1,200 parking spaces and is a short, three minute ride to the Littleton/Downtown Station.
- DO NOT PARK IN ARAPAHOE COMMUNITY COLLEGE (ACC) LOTS. YOUR VEHICLE MIGHT BE TICKETED OR TOWED.
- Regardless of where you park, please do not leave valuables visible.
- Pre-race coffee and snacks can be purchased at Romancing the Bean, located at the entrance of the downtown Littleton Light Rail Station. They will be open from 6:30 a.m. to 8:30 a.m.
- There will be five starting waves. <u>All relay teams will start in the 1st wave</u>. Seed yourself accordingly at the starting line. Line up based on your team's expected overall ½ marathon pace. This will promote a consistent flow of runners as you enter the Little's Creek Trail at approximately 2 miles.
- Baggage Check-in will be near the Start. There will be a large white Ryder truck located in the RTD Bus Circle to the east of the start where you should drop your bag. Attach the baggage tag from the top of your bib to your bag. Bags will be taken to the finish line and sorted by bib number.
- Only the runner running the first leg of the relay should report to the starting line.
- The exchange between relay runners is a hand tag.

- A course map is on the Race Information page of the website under Course Map and Relay Exchange Points.
- The relay starts at the same time as the 1^{st} $\frac{1}{2}$ marathon wave, 8:00 a.m.
- The following are transportation options for relay teams:.
 - Option #1 One Car : Runners #2 and #3 drop off Runner #1 at the Start. Runners #2 and #3 drive to Exchange Point #1 and wait for Runner #1. Runner #1 hands off to Runner #2. Runners #1 and #3 drive to Exchange Point #2 and wait for Runner #2. Runner #2 hands off to Runner #3. Runners #1 and #3 drive to finish and cheer Runner #3 to the finish.
 - Option #2 One Car: A non-running driver transports all three runners to the Exchange Points and picks them up at the Exchange Point upon completion of each runners' relay leg.
 - Option #3 Two Cars: Runner #2 drops off Runner #1 at the Start. Runner #2 drives to Exchange Point #1 and waits for Runner #1. Runner #1 hands off to Runner #2 while Runner #2 gives Runner #1 the keys to their car. Runner #1 then drives to the finish to wait for their teammates. Runner #3 drives to Exchange Point #2 and waits for Runner #2. Runner #2 hands off to Runner #3 while Runner #3 gives Runner #2 the keys to their car. Runner #2 then drives to the finish to wait for the finish to wait for their teammates. Runner #3 drives to the finish to the finish to the finish to wait for their teammates. Runner #2 the keys to their car. Runner #3 to the finish.
- Aid Stations will be approximately every two miles. There will be Vaseline, band-aids and a port-a-let at each aid station. Water will be offered first and then Nuun electrolyte replacement drink.
- If you are unable to finish the race, go forward to the next aid station along the course. If you are seriously injured, 911 will be called. If not, you will be taken to the finish by an aid station volunteer after the last runner comes through that aid station.
- Finish Line instructions
 - Have your number on the front and visible as you approach the finish line.
 - Keep moving once you've crossed the finish line. There will be lots of runners coming behind you.
 - \circ <u>Only Runner #3</u> should cross the finish line.
 - There will be separate medals for half marathon and relay finishers. After crossing the finish line Runner #3 will be given relay medals for your entire team.
- Each team member of every 10th finishing relay team will received an e-gift card for \$10 from Runners Roost.
- All relay teams are expected to complete the race in less than 3 hours and 15 minutes.
- Post-race Party will be outside the Buckhorn Exchange.
 - Your lunch coupon is on your bib. We recommend that you leave it on your bib so you have it at the finish line. Lunch is for race participants and volunteers <u>only</u>.
 - The clothing bag you checked in at the start will be laid out in bib number order. Baggage will be located west of the finish on 10th Ave.
- All alcohol should be consumed in the fenced area where Breckenridge Beer and Mike's Hard Lemonade will be served. Do not leave the fenced area with alcohol and do not take alcohol on the RTD Light Rail. Please drink responsibly.
- Awards will be presented at 10:30 a.m. to the top three Open and Master runners. All relay awards will be mailed the week following the race.
- Light Rail Passes will be distributed at the RTD Plaza on the corner of 10th Ave. and Osage St. The "C" and "D" Line trains return to Downtown Littleton.
- Spectators can watch the race in Downtown Littleton and along the Platte River Trail between Bowles Ave. in Littleton north to 8th Ave. in Denver.
- Finally, it takes lots of volunteers, sponsors and race support staff to make the race a success. If you get a chance, let them know you appreciate their efforts.

Have a great race! Alamo Events