

# Tallahassee Marathon Relay Instructions

## **Packing list:**

- Adjustable race belt to hold team bib number (available for about \$10 online)
- Driving directions, maps, or cell phones that can access maps
- Driver's license for each person who will drive the team vehicle
- Copy of vehicle registration and insurance, kept in a spot all drivers are aware of
- Water, snacks
- Dry clothes, towels

## **What NOT to pack:**

- Do not bring any alcohol in the team vehicle. Team members observed with alcohol will be disqualified from the race and reported to the police if appropriate.

## **General Instructions:**

Teams must consist of 4 individuals – all male, all female, or coed including at least 1 male and 1 female. Each team member will run one full leg of the course. Teams decide on their own which runner will run which leg.

Pick up the team race bib and shirts at the race expo. See race website for expo location and time details.

If a teammate who registered cannot attend the race, an alternate may be substituted at no cost. Email [marathon@gulfwinds.org](mailto:marathon@gulfwinds.org) to let the race organizers know. The alternate runner will need to sign a waiver either online, or if last minute, at the race expo.

If a teammate cannot attend the race and an alternate is not available, the remaining teammates may still complete the race with fewer than 4 runners, but the order of the runners should be preserved. In other words, if one team member cannot attend, the team may complete the race with 3 runners. The remaining runners would run legs 1, 2, and 3. Then the runner who completed leg 1 will have to run leg 4.

If a teammate is injured during the race or fails to complete his/her leg for any reason, another teammate may not complete that section of the course. The remaining teammates may continue the race at the next exchange zone, but the team will not receive an official score.

## **Team Vehicle:**

Each team should have a team vehicle used to drive to exchange zones. Each team may only use 1 vehicle in order to minimize traffic near the race course. You may bring a driver who is not a member of the team, or the teammates may swap out as the driver.

Feel free to decorate your team vehicle if desired. In similar races, we've seen plenty of trash talk written on car windows, car magnets, etc. Have fun with it!

However, **DO NOT** bring any alcohol in the team vehicle. Any teams observed with or smelling of alcohol or illegal substances will be disqualified from the race and reported to police if appropriate.

Any teams observed otherwise acting inappropriately with a team vehicle will also be disqualified at the discretion of race organizers.

### **What to Wear:**

Each team will receive only 1 bib number. The bib will contain a chip that the race organizers use to score the event. **The bib must be passed from one teammate to another at each exchange zone.** Each runner should wear the bib on the *front* of his/her body or else the timing equipment might not be able to read the chip inside the bib.

We recommend each team obtain an adjustable race belt and affix the bib to that belt so that runners can easily pass off the bib to a teammate at each exchange zone. Race belts cost about \$10 online.

### **What to Do on Race Day:**

The runner who will complete Leg 1 should wear the team bib number on his/her front (race belt recommended). He/she should line up at the starting line with the rest of the marathon and half marathon runners. The other relay teammates should cheer their runner on as he/she begins the race.

After the runner begins Leg 1, the other teammates should get into the team vehicle together. The resting teammates should then drive to Exchange Zone 1 and wait for the active runner. For the safety of all runners and volunteers, please avoid driving on the race course as much as possible. Plus, like your mama said, observe all traffic laws, watch for runners and other pedestrians, do not litter, and be cognizant of your noise level while in neighborhood areas.

When the Leg 1 runner enters Exchange Zone 1, he/she should ensure the team bib number is visible on his/her front. An exchange zone volunteer will monitor the bib numbers being exchanged. Then the Leg 1 runner should hand off the bib to the Leg 2 runner. After the Leg 2 runner leaves, the Leg 1 runner should then get into the team vehicle, and the team should proceed together to the next exchange zone. And so on.

After the final teammate begins Leg 4, the other team members should park near the finish line. (See directions below.) Wait about 0.1 miles before the finish line for your final runner to come down the home stretch. At that point, the resting teammates may join the final runner and cross the finish line together. Just be careful not to block other runners trying to finish.

# The Race Course:

## Overview

Leg 1 – About 6 miles

*Then Exchange Zone 1*

Leg 2 – About 5.7 miles

*Then Exchange Zone 2*

Leg 3 – About 9.5 miles

*Then Exchange Zone 3*

Leg 4 – About 5 miles

*Then Finish!*

### **Leg 1:**

Begin at the starting line of the Tallahassee Marathon in front of the Leon County Courthouse, 301 South Monroe Street, Tallahassee, Florida, just north of the Florida Capitol. Travel north through downtown, the Glenview Drive residential area, the trendy Midtown district, tree-lined Calhoun Street and Franklin Boulevard, and finish in historic Cascades Park. This leg includes a mix of rolling hills and flat sections. The distance is approximately 6 miles.

### **Driving Directions to Exchange Zone 1:**

Exchange Zone 1 is only a half mile away from the starting line. After the first runner begins leg 1, the resting teammates can walk to Exchange Zone 1. From the starting line on Monroe Street, if you are looking north in the direction the runners began at the starting line, turn right on Pensacola Street for 0.3 miles.

Turn right on Franklin Blvd for less than 0.1 miles. Cascades Park will be ahead of you past the overpass, and the Florida Department of Transportation will be on your left.

### **EXCHANGE ZONE 1 – In front of the Florida Department of Transportation offices, 605 Suwannee St., Tallahassee, FL**

### **Leg 2:**

Start at the edge of Cascades Park beside ponds and open green spaces. Climb the Lafayette Street hill to the beautiful Myers Park neighborhood under old Southern oak trees. Cross the Capital Cascades Crossing pedestrian bridge. Run down FAMU Way and get into the Rattler spirit with Florida A&M University to your left and the funky Railroad Square Art Park to your right. Enter the St. Marks Trail, a paved footpath in a former railroad bed with sections of tree canopy to enjoy. Finish at Springsax Park. This leg begins with an uphill followed by a long downhill, then ends with a few flat miles. The distance is approximately 5.7 miles.

### **Driving Directions to Exchange Zone 2:**

From the starting line area on Monroe Street, head south (the opposite direction that the runners started Leg 1) for 1.8 miles.

Turn right onto Orange Avenue for 1.3 miles.

Turn left onto Springhill Road for 0.4 miles.

Turn left onto Springsax Road for 0.3 miles. The park will be on both sides of Springsax Road.

## **EXCHANGE ZONE 2 – Springsax Park, 1000 Springsax Road, Tallahassee, FL**

### **Leg 3:**

Start at Springsax Park, then take in the lake view at Lake Henrietta Park. Traverse neighborhood streets and pass the Jake Gaither Community Center. Enter the St. Marks Trail and head to the turnaround. Then come back north to meet your teammates at EZ 3. This leg is flat as a pancake, ideal for the biggest hill-hater among you. The distance is approximately 9.5 miles.

### **Driving Directions to Exchange Zone 3:**

EZ 3 is in walking distance from Springsax Park and EZ 2. From Springsax Park/EZ2, the resting runners should head east on Springsax Road for 0.3 miles.

At the dead end, turn left onto Pasco Street for less than 0.1 miles until it intersects with the St. Marks Trail.

## **EXCHANGE ZONE 3 – Pasco Street & the St. Marks Trail (adjacent to 2977 Pasco Street, Tallahassee, FL)**

### **Leg 4:**

Start on the St. Marks Trail. Continue north toward Florida State University campus, passing by Dick Howser Stadium, Doak Campbell Stadium, and the Unconquered statute. Traverse the heart of the College Town district to the finish line. This leg is flat. The distance of Leg 4 is approximately 5 miles.

### **DIRECTIONS TO FINISH:**

Resting teammates should walk back to Springsax Park/EZ2, then drive to the finish line, which is outside of 815 W. Madison Street, Tallahassee, FL 32304.

From Springsax Park, head west on Springsax Road (in the opposite way you drove in) to Springhill Road for 0.3 miles.

Turn right onto Springhill Road for 0.8 miles.

Continue onto N. Lake Bradford Rd. for 1.1 miles.

Turn right onto Gaines Street for approx. 0.3 miles.

Street parking is available on Gaines Street. Otherwise, turn left onto Lorene Street, and enter the parking garage on Lorene.

Walk one block north of Gaines Street to Madison Street. You will see and hear the finish line.

Wait about 0.1 miles before the finish line for your final runner to come down the home stretch.

**At that point, the resting teammates may join the final runner and cross the finish line together.** Just be careful not to block other runners trying to finish.