# 2022 DETROIT FREE PRESS MARATHON RELAY

Detroit

Leg 5 Start Lafayette & Mt Elliot

Leg 3 Start 2nd & Charlotte

Leg 4 Start Russell & Alfred

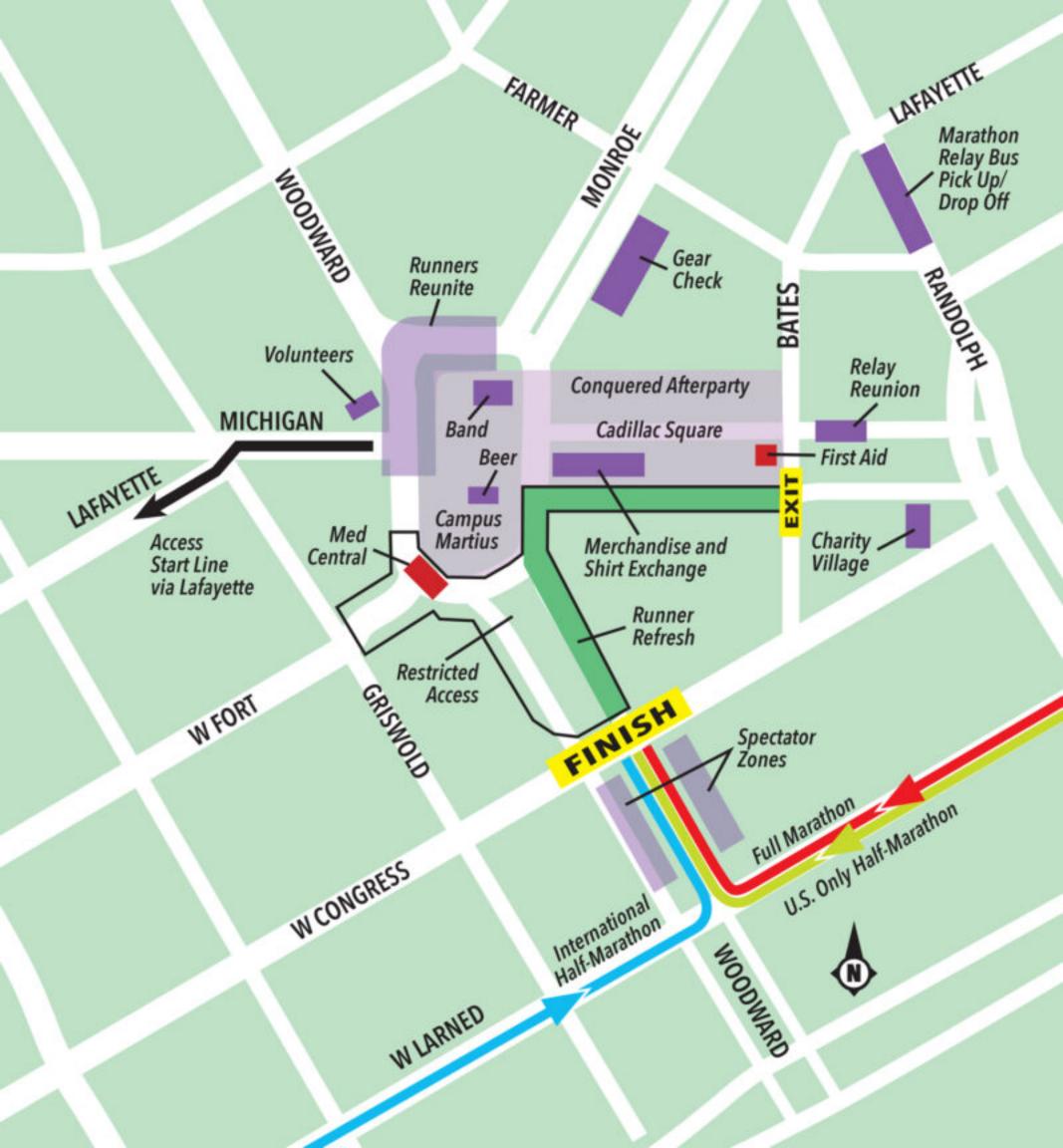
BACK TO INTERNATIONAL!

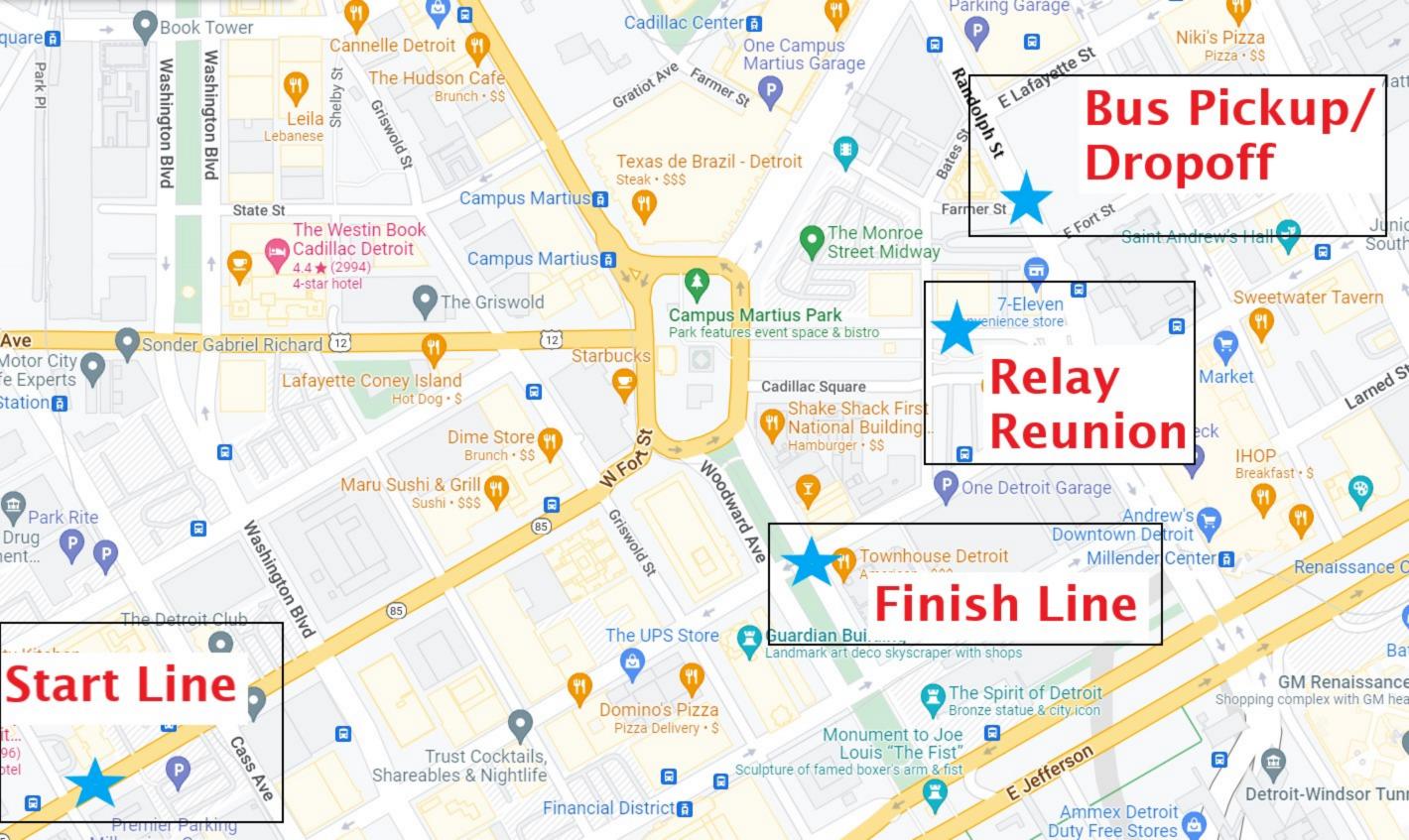
7 Leg 2 Start Riverside & Church

Windsor

**SUNDAY, OCT. 16** 







#### Expo

- Participants doing Leg 1 or Leg 2 must be present at the expo with WHTI complaint documentation to pick up your bib.
- Teammates can pick up Leg 3-5 bibs as long as they have a registration confirmation email from the captain.
- Each team will get an individual bib to wear at all times, and one chip timed team bib and race belt to exchange throughout the relay. When you are running you will have one team bib and one individual bib visible.
- Expo hours are 1pm-7pm Friday Oct 14 and
- 10am-6pm Saturday Oct 15.
- Expo location is at Huntington Place Hall B (formally Cobo Hall)

#### **Bus Schedule**

- All buses will depart from the finish line area on Randolph St between E Lafayette St and Fort St.
- Bus to Leg 2 (Windsor) will depart at 6:15am, no further transportation will be available.
- Bus to Leg 3 (Midtown) will depart at 7:00am, no further transportation will be available.
- Buses to Leg 4 and Leg 5 will start leaving at 7:45am. These buses will act as a shuttle to each leg until the last runners have exchanged.

# Leg #1 (6.4 miles)

- You start at the main start with the full and half marathon at 7 a.m.
- You will need to be wearing your team timing belt and team bib along with your individual bib.
- Since you are running internationally you must carry your passport/enhanced ID.
- Pay attention to the signage on the route and your distance to see the upcoming exchange point.
- Each relay team will have a zone number at each relay exchange. This will be printed on your bib, it will be 1,2, or
  3. This is where your team will handoff at each exchange.
- Hand off your team bib to the next runner at the exchange.
- Water, snacks, and a heat sheet will be provided at the exchange.
- You will board the designated buses to be returned to the main start/finish line area after you finish your leg. Buses will be located at the corner of Church St. and Pitt St W.
- Once retuned to the finish line area, go to Relay Reunion in Conquered, the official post-race area, to collect your finish line food. Relay Reunion is located on Cadillac Square near Randolph St.

# Leg #2 (3.94 miles)

- You will need to board the Leg #2 Windsor exchange bus located on Randolph St between E Lafayette St and E Fort St, your bib is your ticket to enter the bus.
- Since you are running internationally you must carry your passport/enhanced ID (WHTI complaint documentation).
- All buses to Windsor will depart at 6:15am, there is no further transportation to that exchange. Do not be late.
- Be aware of the runner before you and what time you expect them to arrive.
- Each relay team will have a zone number at each relay exchange. Stand at the assigned exchange zone printed on your bib, it will be 1,2, or 3.
- Locate your teammate, take the team bib from your teammate at the exchange, it will be connected to a belt, then start your run.
- Pay attention to the signage on the route and your distance to see the upcoming exchange point.
- You will finish at the start of Leg #3.
- Water, snacks, and a heat sheet will be provided at the exchange.
- You will board the designated buses to be returned to the main start/finish line area after you finish your leg. Buses will be located at the corner of 3rd St and Peterboro Street. Buses will depart once the last participants cross the bridge.
- Once retuned to the finish line area, go to Relay Reunion in Conquered, the official post-race area, to collect your finish line food. Relay Reunion is located on Cadillac Square near Randolph St.

# Leg #3 (6.44 miles)

- You will need to board the Leg #3 bus for the 2nd Ave exchange. Buses will be located on Randolph St between E Lafayette St and E Fort St, your bib is your ticket to enter the bus.
- Buses will depart at 7:00am, there is no further transportation to that exchange. Do not be late.
- Be aware of the runner before you and what time you expect them to arrive.
- Each relay team will have a zone number at each relay exchange. Stand at the assigned exchange zone printed on your bib, it will be 1,2, or 3.
- Locate your teammate, take the team bib from your teammate at the exchange, it will be connected to a belt, then start your run.
- You will finish at the start of Leg #4 and will board the designated buses to be returned to the main start/finish line area. Buses will arrive roughly every 10 minutes.
- Water, snacks, and a heat sheet will be provided at the exchange.
- Once retuned to the finish line area, go to Relay Reunion in Conquered, the official post-race area, to collect your finish line food. Relay Reunion is located on Cadillac Square near Randolph St.

# Leg #4 (2.85 miles)

- You will need to board the Leg #4 bus. Buses will be located on Randolph St between E Lafayette St and E Fort St, your bib is your ticket to enter the bus.
- Buses will start departing at 7:45am, these buses will act as shuttles constantly rotating throughout the remainder of the relay, roughly every 10 minutes. You may board later than 7:45am
- Be aware of the runner before you and what time you expect them to arrive.
- Each relay team will have a zone number at each relay exchange. Stand at the assigned exchange zone printed on your bib, it will be 1,2, or 3.
- Locate your teammate, take the team bib from your teammate at the exchange, it will be connected to a belt, then start your run.
- You will finish at the start of Leg #5 and will board the designated buses to be returned to the main start/finish line area.
- Water, snacks, and a heat sheet will be provided at the exchange.
- Once retuned to the finish line area, go to Relay Reunion in Conquered, the official post-race area, to collect your finish line food. Relay Reunion is located on Cadillac Square near Randolph St.

# Leg #5 (6.57 miles)

- You will need to board the Leg #5 bus. Buses will be located on Randolph St between E Lafayette St and E Fort St, your bib is your ticket to enter the bus.
- The bus will take you to the exchange located at Belle Isle, Sunset Dr. and Casino Way.
- Buses will start departing at 7:45 a.m., these buses will act as shuttles constantly rotating throughout the remainder of the relay. You may board later than 7:45am.
- Be aware of the runner before you and what time you expect them to arrive.
- Each relay team will have a zone number at each relay exchange. Stand at the assigned exchange zone printed on your bib, it will be 1,2, or 3.
- Locate your teammate, take the team bib from your teammate at the exchange, it will be connected to a belt, then start your run.
- You will finish at the finish line and receive all 5 relay medals, along with your finish line food.
- Proceed to Relay Reunion in Conquered, the official postrace area, for your food and meet up with your team.
   Relay Reunion is located on Cadillac Square near Randolph St.

#### Do's and Don'ts

#### - Do's

- Do wear your individual bib at all times, this identifies your race and leg to the event and will grant you access to where you need to go.
- Do communicate with your team prior to the race. A group text is recommended.
- Do know who is running what leg and what pace they run at to know their expected time.
- Do know what your teammates are wearing to identify them easier at the exchanges.
- Do stick around and cheer on the final runner and visit Relay Reunion afterwards with your whole team.
- Do have one person run concurrent legs if a team is short.

#### Don'ts

- Don't bring backpacks onto the bus, they will not be allowed. Do not bring anything you do not plan to run with or discard before running with you before boarding the bus.
- Don't be late if you need a bus. Buses have strict schedules and cannot wait. Always plan your morning commute and allow plenty of time to avoid race day mishaps.
- Don't forget your passport or enhanced ID if you are running internationally.
- Don't forget to have your team up to date in the registration system.

