

General Relay Marathon Information

Taken directly off the www.njmarathon.org website. Please visit their web site for more detailed information about all of the events on

The New Jersey Marathon Relay combines the flavor and excitement of the 26.2 mile "world-class" New Jersey Marathon with the camaraderie of a team relay event. It will be run on the same course, and at the same time, as the full marathon and the half marathon.

The Marathon Relay enables:

- both the youngest and oldest to get the marathon experience,
- business to sponsor their employees,
- whole families to work together,
- 26.2 miles to be fun and achievable for the casual runner / walker.

Each participant (in a team of 4) will run between 3.5 and 9.6 miles.

There are two transition points where the hand-offs occur. Both transition points are within walking distance of the start /finish line on the Ocean Promenade

Relay Packet Pickup:

Registration:

The Team Captain (or a team member) may go directly to Bib / Timing Chip pick-up (located in the back of the Expo tent) on either Friday or Saturday. Give your Team Name to receive the complete packet for your entire team.

On Race Day (Sunday):

- Please wear your Team Name on the front of your shirt or singlet and a second bib with "Relay" on the back of your shirt or singlet.
- All team members may go to the Start Area to watch the start of the races and their first team member begin the marathon.
- There are two Transition Areas: one at the eastern end of Broadway, just southeast of the start /finish area and a second one at the Gazebo in Pier Village, just south of the Start /Finish Area. If you need directions please ask a staff member.
- After the start of the race, the second team member to run must then proceed to Transition Area # 1 which is on the eastern end of Broadway (at mile 9.4 mile).
- After the first transition has taken place the third team member to run must then proceed to Transition Area # 2 which is at the Gazebo in Pier Village, near mile 12.9. After the second transition, team members must then go to Transition Area # 1 near mile 22.5, and finally to the Finish Line at mile 26.2.

- All Finisher's medals and hats will be given to the last runner / walker after they turn in the timing chip.

Approximate distances of each leg of the certified 26.2 mile course are as follows:
Leg # 1: 9.4 miles; Leg # 2: 3.5 miles; Leg # 3: 9.6 miles; Leg # 4: 3.7 miles

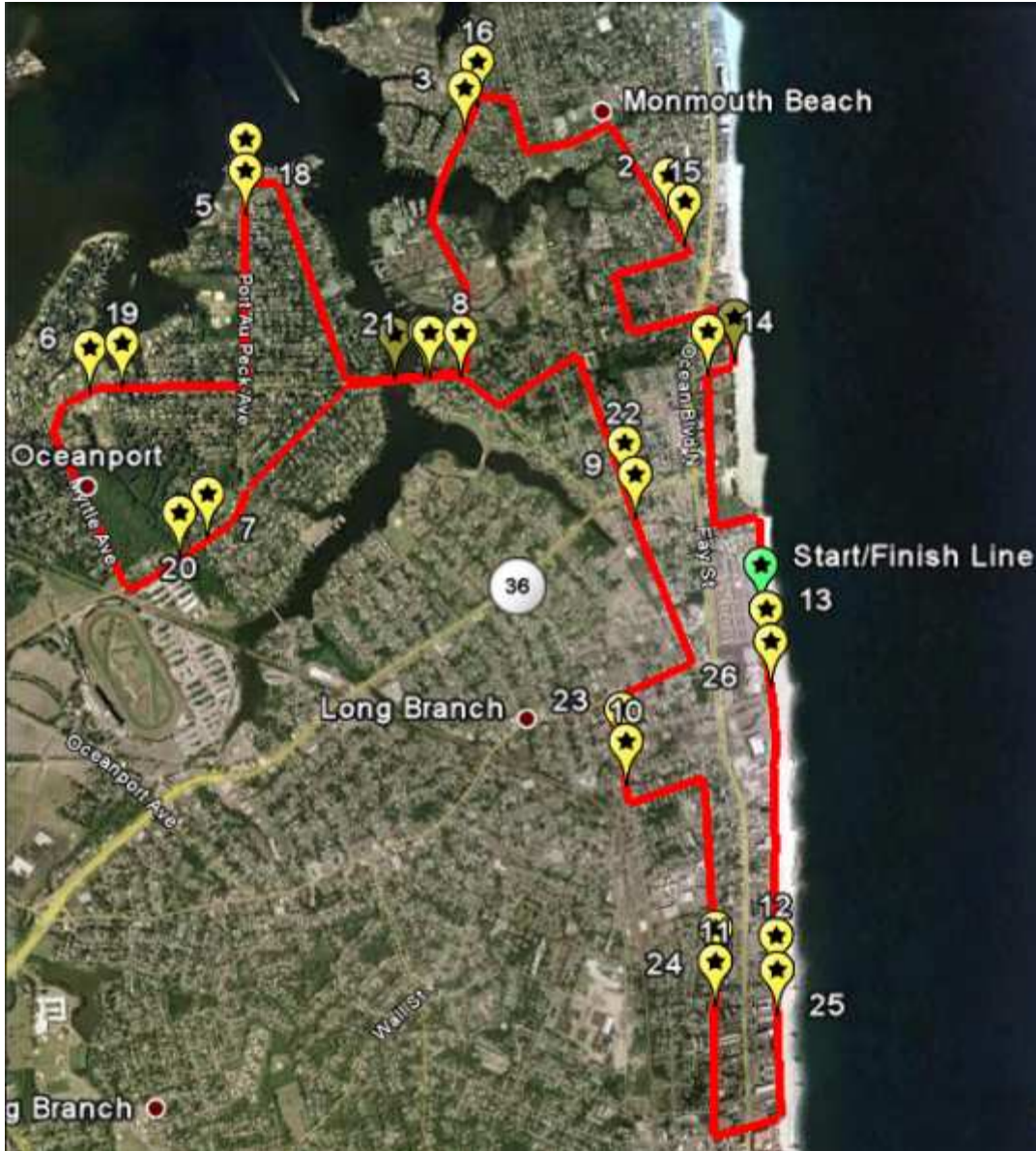
At the Transition Areas:

The runner / walker that is next to run will need to transfer the Velcro strapped timing chip to his / her ankle before running the next Leg.

The Relay Staff will be on-site at each Transition Area to help with any questions that may arise, help in making the event pleasant for all participants, and to ensure that each team completes the hand-offs properly. Please adhere to all directions from the Relay Staff.

Teams with walkers and / or slow runners are welcome to participate in these events. Your team must be able to complete the entire race in 6 1/2 hours (by 3:30pm).

Course Map - Small (temporary) See next page



Typical Race Day Weather:

The Long Branch area normally sees cool to moderate temperatures on the day of the race. Early May temperatures average between 38F and 60F (temperature is generally in the mid-50s to high 60s F). Be prepared for: rain, fog and bright sunshine as the weather at the Jersey Shore can be quite variable at this time of year.