



Detroit Free Press/Talmer Bank Marathon

October 16, 2016

Relay 101

Team Instructions

Please visit us at www.freepmarathon.com for complete information.

Please read this booklet completely and carefully. It contains the latest information about the Marathon Relay. Please share this booklet with all your team members.

New this Year:

- If you are running Leg #'s 3, 4 or 5, you may have someone else pick up your packet for you. See "Once you Get to the Expo", paragraph 5, for instructions
- The start-finish line is moved one block southwest on W Fort St, west of Cass Ave (near the Anchor Bar)
- As a result, Leg #1 is slightly shorter, and Leg #5 is slightly longer. Other leg distances remain the same.
- **We are moving the "Start of Relay Leg #3" exchange to the north side of Michigan Ave at W 3rd St, due to construction near the original location. It's a longer walk to the exchange location, and Leg #2 is now slightly shorter, while Leg #3 is slightly longer**

Important International Requirements Reminder:

If you running Marathon Relay Leg #1 or 2 that cross the U.S./Canada border, and 16 years of age or older, you **will need a valid Western Hemisphere Travel Initiative ("WHTI") compliant document** such as a passport, passport card, enhanced driver's license ("EDL"), trusted traveler program card (NEXUS card) or U.S. Lawful Permanent Resident card. You must show up in person at the Health & Fitness Expo with documents in hand to pick up your packet. U.S. and Canadian children under the age of 16 running Leg's #1 or 2 will be able to present the original or a copy of their birth certificate or other proof of U.S. citizenship such as a naturalization or citizenship card. No exceptions.

For further discussion 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>

Friday, October 14th and Saturday, October 15th

Packet Pick-Up: Pick-up your race bib number with timing chip, t-shirt and event bag.

There is plenty of parking in and around Cobo Exhibition/Conference Center for the Health & Fitness Expo, most notably the Cobo Center Rooftop Parking. You are responsible for your own parking fees.

Metro Detroit Chevy Dealers Health & Fitness Expo- Cobo Center, Macomb Exhibition Hall

2 Washington Boulevard, Detroit, MI 48226

Friday, October 14, 2016- 2:00 PM – 8:00 PM

Saturday, October 15, 2016- 10:00 AM – 7:00 PM

Once you get to Expo:

1. Packet pick-up is located in the back of the Expo. Please proceed through the exhibit hall on your way to the pick-up area. There is a dedicated area for the Marathon Relay packet pick-up. Participants running international legs 1 or 2 must show up in person with their international credentials to pick up their packet! There is no packet pick up available on race day.

You need your race (bib) number to get your packet. All team members wear the same bib number, but the bibs are color coded to your leg assignment

Leg	Bib Color
#1 & #2	Purple
#3 & #4	Gray
#5	White

2. Look up your bib number using the following link: [\(To be determined, check our website for link, info\)](#)

You will be able to verify your name, gender, age, city, bib number, event, wave (if running Leg #1), team name and leg assignment

3. Once you have your bib number, look for the table corresponding to your number to pick up your packet, technical shirt and participant bag. If you are running Leg #1 and/or Leg #2, you will need to present your international credentials such as a passport, a passport card or enhanced driver's license at this time. U.S. and Canadian children/citizens under 16 years of age may present their birth certificate or other proof of citizenship such as naturalization, citizenship card or passport. If you are a citizen of a country other than the United States and Canada, you must present yourself to representatives of both governments for an interview.
4. **If you are running Leg #3, Leg #4 or Leg #5, you may pick up your packet by presenting a photo I.D. You may also have someone else pick up your packet, provided that they have a copy of your confirmation email in hand.**
5. 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 or Leg #2 at this time, since we are beyond the deadline to make any changes to these international legs.
6. 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 fine restaurants that Detroit and Windsor has to offer, then get a good night's sleep without worrying about traffic and parking the next day!

Nuclear (Radiation) Medicine Procedure (Leg #2 Only):

If you are running the international Leg #2 re-entering into the United States, and you have had a Nuclear (Radiation) Medicine Procedure recently:

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 compliment 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 16th... Race Day!

Parking: If you don't choose to stay downtown, we strongly suggest that you arrive early on race morning! We also suggest that you car pool 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 5 AM, including the Lodge Fwy south of I-75. We have negotiated with many lots in the area. Consult our website for lot locations, opening times and discounted rates. Do not park on the course! If you do, we will tow your car... costing you time, money and angst after the race is over.

Getting to the Right "Start" Location: Before your team splits up to the four winds, it's important to take note where each team member is going! Here is a summary for each leg- Look for your Leg # in the relay bus front window to make sure you are getting onto the correct bus!:

- **Leg #1-** Participants running Leg #1 are going to the main start-finish line on W Fort St just west of Cass 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.
- **Leg #2-** You are on a mission to board your bus to Windsor, which departs at 6:15 AM sharp! Your bus is located on Washington Blvd between W. Fort St and W Larned St, one and a half blocks east of the start-finish line. If you miss this bus, it is unlikely that your team will get an official time, unless somehow you can convince the runner on Leg #1 to run a double leg! More on buses a little later...
- **Leg #3-** Relax... you have the least stress of all! You can casually watch the start of the race, then walk to your exchange point at Michigan Ave and W 3rd St., a few blocks northwest of the start-finish area or the Relay buses.
- **Leg #'s 4 & 5-** Participants on these two legs are also boarding buses to relay exchanges located on the east end of the course. These buses will depart at 7:00 AM sharp! Your bus is located on Washington Blvd between W. Fort St and W Larned St, one and a half blocks east of the start-finish line. Don't be late, or you'll have to find a way to get to the exchanges, which won't be easy since the course is closed to traffic and it will be difficult to cross, in most cases.

Relay Leg Distances:

Leg # 1- 6.26 miles

Leg # 2- 6.11 miles

Leg # 3- 6.64 miles

Leg # 4- 2.90 miles

Leg # 5- 4.31 miles

Gear Check:

Beginning at **5:30 AM**

Northeast corner of W. Lafayette Blvd and Cass Ave (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 we gave you at the expo to check your stuff. 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 left over will be donated to charity if not claimed within one week at the marathon office. You may check on lost items by calling our marathon hotline at 586-977-7525 after the race.

Wearing Your Bib:

You picked up your bib number when you picked up your packet at the expo. Included in your packet was another "Relay" bib, as well as eight safety pins. (We will have extra safety pins in the packet pick up area and the race day info booth, just in case).

It is important that you pin your bib on the outside of all clothing 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 doubly important on the international legs. 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.

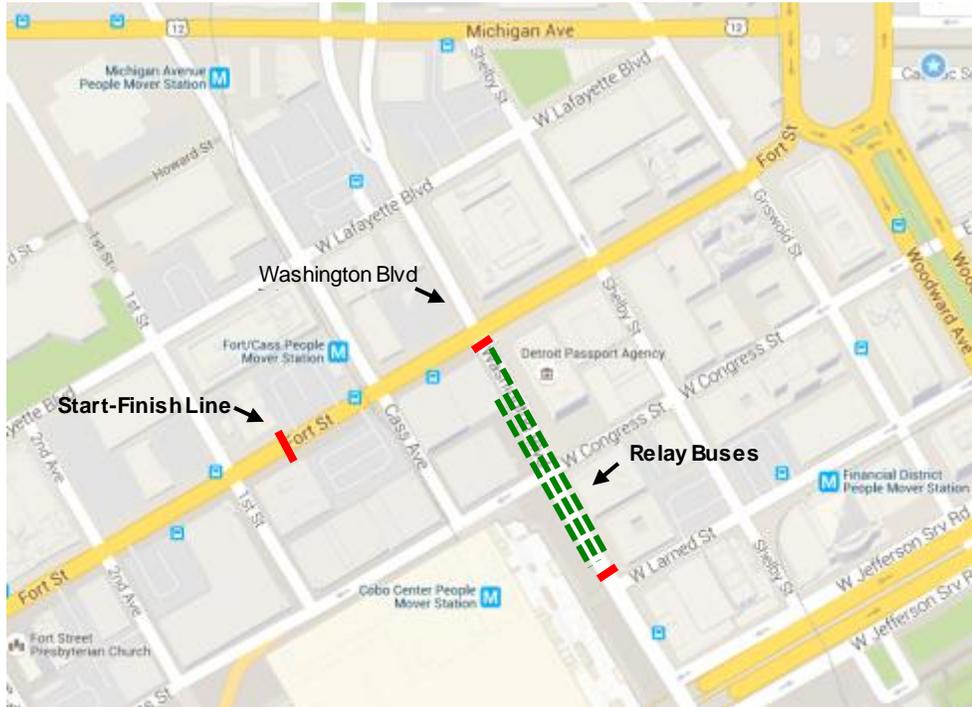
Timing You and Your Team:

Again this year, Gault Race Management utilizes the ChronoTrack Timing System, an innovation that allows us to use disposable computer chips called D-Tags. You will secure your D-Tag to your shoe... we'll have instructions on how to put it on at the expo! Your team time starts when your Leg #1 runner crosses the timing mat at the start-finish line. When he/she gets 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. The total elapsed time represents the team time.

Note that the timing devices are not located right at the exchange. We will place them well ahead of the actual exchange. The devices are very sensitive and will record a timing chip that comes within 15 feet. Therefore, we ask that you remain near the exchange point without wandering off in the immediate vicinity of mats. If you have finished your leg, please remove the timing chip from your shoe. We'll have exchange officials to politely remind you...

If you would like to "unofficially" run a second leg, you may do so as long as you remove your timing chip and throw it away. That way, you will not confuse the computer if you inadvertently cross the timing device location later on. Note that the "Glory Leg" is reserved for the runner running Leg #5 only.

Relay Buses Staging Area: The relay buses will be located on Washington Blvd. a block and a half east of the start line, between W. Fort St and W Larned St. We will put a sign in the front window to indicate where each bus is going:



It is very important that you know what leg you are running, and where you are going, before boarding the bus. We will be checking to see that you have your proper color bib number on and that it is properly displayed. **If you don't have your bib number on, you can't get on the bus... simple as that.** This is a Customs and Border Protection and Canada Border Services Agency requirement, and there are no exceptions. The relay buses will remain at the relay exchange points to act as shelter for the relay runners. You may remain on the bus until it is time for you to run your leg.

We will start staging the buses at 4:30 AM, and you may board as early as 5:30 AM.

- Buses depart for the Start of Leg #2, Windsor at 6:15 AM sharp!
- Buses depart for the Start of Leg #'s 4 & 5 on the east side of the course at 7:00 AM sharp!

Note: If you live in Windsor or the surrounding area, you are not required to come to Detroit just to ride the relay bus back to the exchange. You may report directly to the Start of Leg #2, which is on Riverside Dr between Bruce and Church Streets near the 10k marker. You are responsible for your own parking and your team coordination of getting you back home! (You may consider Transit Windsor for your ride back home. Buses depart from Cobo Center to the Windsor Bus Terminal at 11:00 AM and 2:00 PM. You must have your international credentials with you (not your bib number!) to cross the border.)

Relay Bus Security Requirements:

You may bring on only a fanny pack and/or a clear plastic bag containing personal items. Use the drawstring bag we gave you for your event bag, if you haven't already used it for gear check. You may not place duffle 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.

Alternate Methods to Get to Exchanges:

Do not miss your bus! Read these instructions carefully, and get to the bus staging area in plenty of time for the security checks and boarding process. If you miss the bus to Windsor, there is no way to get there on time using alternate transportation.

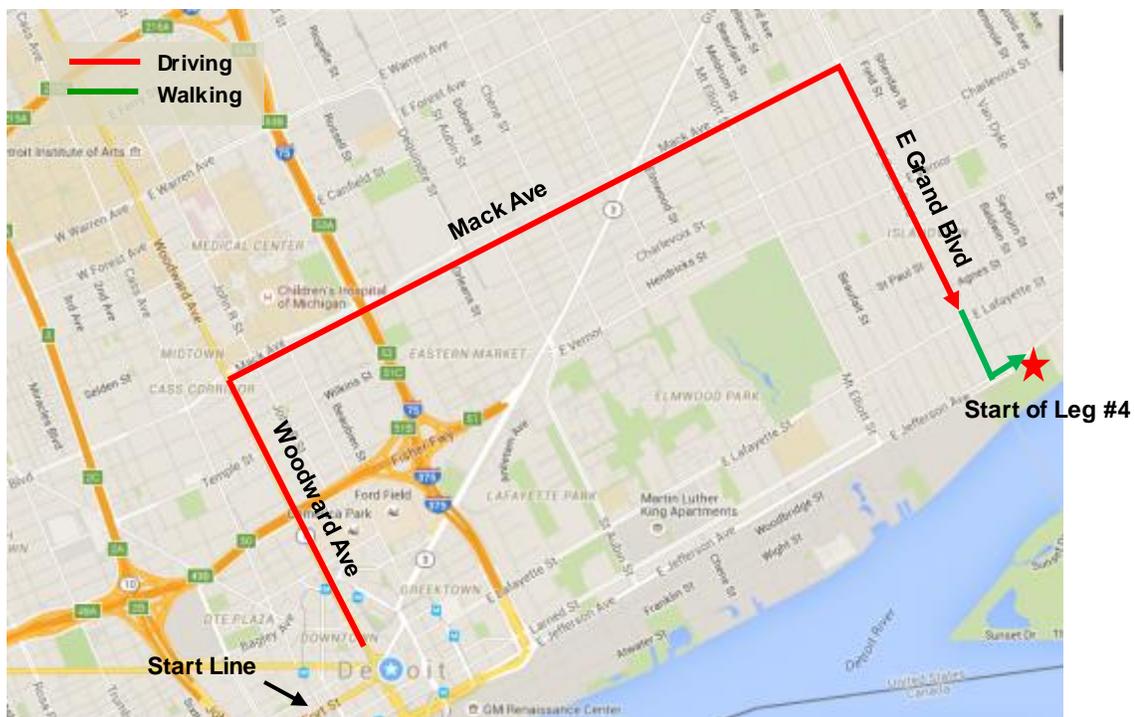
If you miss the bus and need to get to the start of Leg #s 4 or 5, here are some maps that might help. Remember that parking will be limited and will be your responsibility. Do not park on the course, or we will tow your car...

Start of Relay Leg # 4: E Jefferson Ave & Baldwin St (Gabriel Richard Park, south side):

4.8 miles drive to parking, then a 0.5 mile walk to the exchange

- Woodward Ave or I-375 / I-75 north to Mack Ave
- Turn right (east) on Mack Ave to E Grand Blvd
- Turn right (south) on E Grand Blvd to E Lafayette Blvd

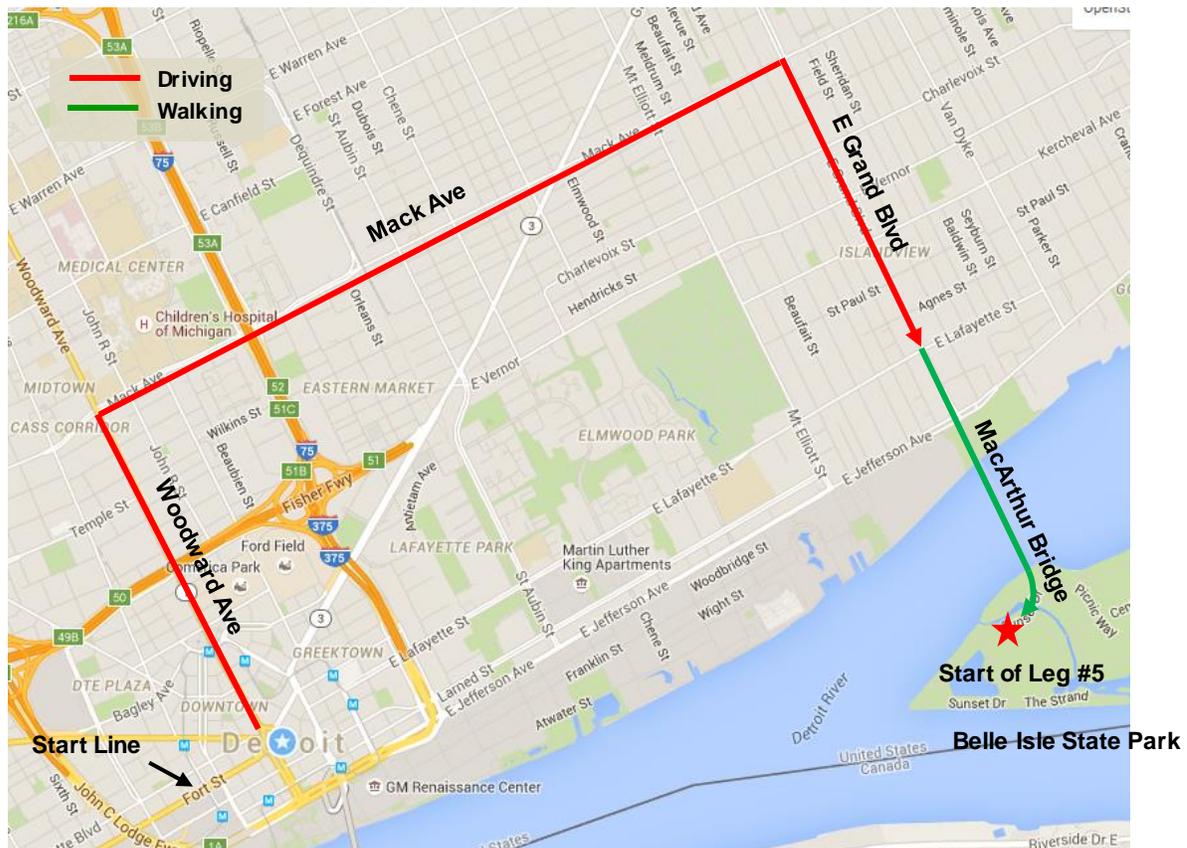
Note: E Lafayette Blvd is part of the marathon course. This intersection will be barricaded and most likely, difficult to cross by vehicle. Best to park north of E Lafayette Blvd and walk to the exchange on E Jefferson Ave east of E Grand Blvd, in Gabriel Richard Park.



Start of Relay Leg # 5: Belle Isle on Sunset Dr, between Casino Way & Fountain Drive
(Detroit Grand Prix Start-Finish Line)- 4.8 miles drive to parking, then a 1.0 mile walk to the exchange

- Woodward Ave or I-375 / I-75 north to Mack Ave
- Turn right (east) on Mack Ave to E Grand Blvd
- Turn right (south) on E Grand Blvd to E Lafayette Blvd

Note: E Lafayette Blvd is part of the marathon course. This intersection will be barricaded and most likely, difficult to cross by vehicle. If you choose to park north of E Lafayette Blvd, it is a 1 mile warm up run/walk to the exchange. If the police will let you cross E Lafayette Blvd, you may proceed across the MacArthur Bridge onto Belle Isle, and may find parking near the exchange.



Relay buses returning from Start of Leg #'s 2, 4 and 5 will drop off runners at W. Lafayette Blvd and W 3rd Ave, 2 blocks west of the Relay Reunion area. Buses will return from the exchanges once they are full. Runners finishing Leg #2 may walk to the Relay Reunion area. The walk from either the Relay Bus Drop Off or the Start of Leg #3 to the Relay Reunion area is 0.2 Mile (See map on Page 8 for details)

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: Leg #5 runner crossing the finish line (alone!) will receive their medal when they cross the finish line. They will also proceed through the runner food station with the other marathon and international half-marathon runners. All other relay participants will pick up their medals and food at the Relay Reunion area.

Remember...you may not run in as a team. Only Leg #5 runners wearing the **white** bib may cross the finish line. If you get busted, we may disqualify your team!

Finally... make a plan now to meet up with your teammates, friends and family after the race. The Start-Finish Area will be jamming most of the day, and it will be difficult to hook up if you have not specified a place and a time to meet.

Thank You! We thank you for participating in this year's 39th annual event. We are always looking to make improvements, so we look forward to your comments and suggestions after the race is over. We ask that you contact us at our email address of marathon@freepress.com, or post on our Facebook page. We read everything, even if we can't respond right way. Have fun out there, and we look forward to seeing you at the finish line!

Mary Dorazio/ Bill Ewing Freep Marathon Staff 01Sep16
