



## 2010 UPS 2-person Fargo Marathon Relay Official Information

Thank you for choosing to participate in the UPS 2-person Fargo Marathon Relay. Please review the following information before Saturday, May 22<sup>nd</sup> to ensure a smooth race day experience.

### 1. Where is the relay exchange station and how should I get there on race day?

The exchange is located at United Blood Services in Fargo, ND. The address is 3231 11<sup>th</sup> St. S. The actual exchange will be on the west side of 11<sup>th</sup> St. S. The course goes by United Blood Services twice. On the way out, all runners will be on the east side of 11<sup>th</sup> St. and will pass by the exchange. On the return, all runners will be on the west side of 11<sup>th</sup> St. and this is when/where the relay runners will do the exchanges. There is limited parking available in the United Blood Services parking lots. There is a larger parking lot available at Southeastern ND Community Action. Their address is 3233 University Dr. S. This is on the west side of University Dr. across the street from Hornbacher's.

#### Directions:

<http://www.mapquest.com/maps?city=Fargo&state=ND&address=3231+11th+St+S&zip code=58104-6238&country=US&latitude=46.831831&longitude=-96.798213&geocode=ADDRESS>

Three buses will depart from the FargoDome at 7:30 a.m. The buses will be lined up along 17<sup>th</sup> Avenue N, just south of Lot D. They will arrive at United Blood Services by 8:00 a.m.

### 2. What are the distances or the two different relay legs?

Leg #1 = 14.5 miles

Leg #2 = 11.7 miles

Relay Runner #1 starts the race at the official starting line east of the FargoDome.

Relay Runner #2 reports to exchange station at United Blood Services.

### 3. How do I find my relay teammate at the relay exchange station?

All relay participants should determine an estimated time it will take to run their individual legs and then communicate that to each other. Another helpful hint is to know the color of your teammate's running attire or to all wear the same running attire.

#### 4. Who is in charge at the relay exchange stations?

The relay station is managed by a team of course marshals. The marshals will be wearing bright red jackets and will have megaphones.

#### 5. Will there be any water at the relay exchange stations?

The relay station will provide bottled water for the runners finishing their legs at the exchange station.

#### Miscellaneous Race Day Tips:

- Remember to attach your velcro strap (with computer chip) to your ankle. No chip, no time. DO NOT attach the strap to your wrist or arm.
- There will be Port-A-Potties available at each exchange.
- The buses at each exchange will provide transportation back to the Dome.
- There is no official sweats drop-off system for the relay. Relay teammates will need to communicate with each other on the exchange of sweats.
- **Please do not leave personal belongings on any of the buses.**