



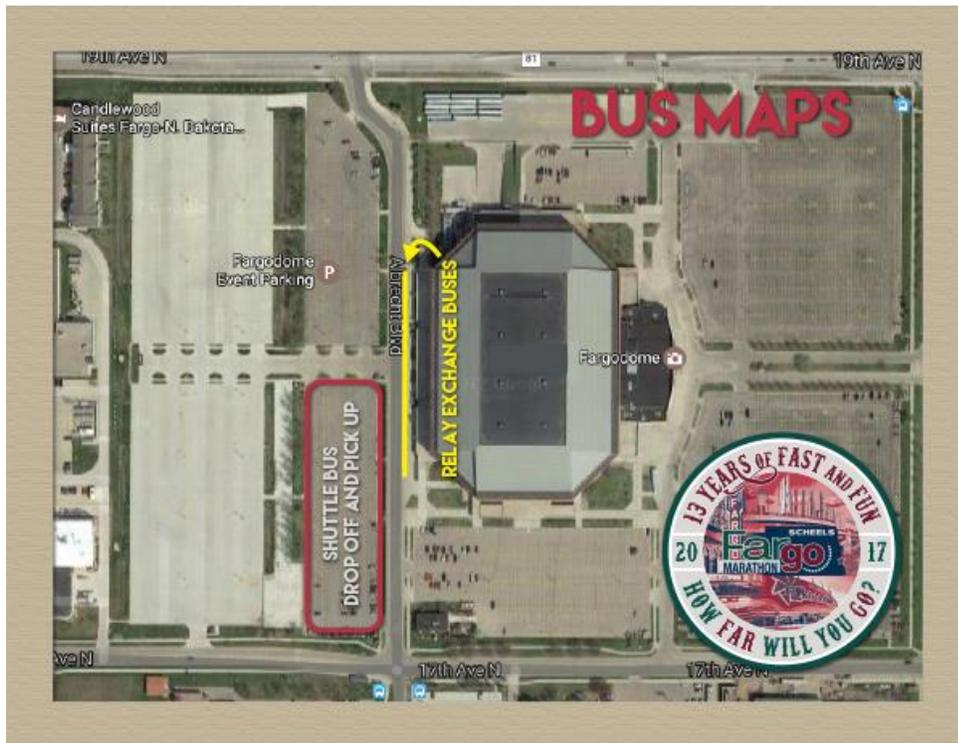
2017 UPS 2 Person Fargo Marathon Relay Official Information

Thank you for choosing to participate in the UPS 2-Person Relay. Please review the following information before Saturday, May 20th to ensure a smooth race day experience.

1. Where are the three relay exchange stations and how should I get there on race day?

PICKUP POINT

The Relay Exchange locations are listed and linked below. You may use your own vehicle to get to the Relay Exchange locations or you may utilize the Exchange Buses that will be waiting for you at the Fargodome on race morning. The busses will be located on the WEST SIDE OF THE FARGODOME. Please see map below:



Exchange Station (approximately mile 12) is located on the campus of Concordia College in Moorhead – next to the Knutson Center. To get to this point, please go to Moorhead via I-94 and exit on Highway 75. Go north on Highway 75 to 12th Avenue South, then go left on 12th Avenue South. Take a right on 5th Street South and then another right on 9th Avenue South. You may park in the parking lot just south of 9th Avenue South. Click on the link below to see the map:

<https://www.google.com/maps/@46.8639235,-96.7711219,127a,35y,45t/data=!3m1!1e3>

PICKUP AND DROPOFF TIMES

The Relay Exchange Buses will pick up relay members on the west side of the Fargodome according to the schedule below. Relay team members who are finishing up their leg of the relay can jump on the bus after they are done running and take it back to the Fargodome

<u>Exchange</u>	<u>Depart Time</u>	<u>Arrive @ Exch</u>	<u>Leave Exchange</u>	<u>Back to Dome</u>
Concordia	7:30AM	8:00AM	10:00AM	10:30AM

2. What are the distances of the two different relay legs?

Leg #1 = 12 miles and Leg #2 = 14.2 miles.

- Relay runner reports to the exchange station at Concordia College and ultimately finishes the race at the official finish line at the Fargodome!

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

All relay participants should determine an estimated time it will take to run their individual legs. Also, you should try to remember the color of your teammate's running attire or all wear the same uniform.

4. Can our team meet up to run into the finish line together?

Yes, this is okay by us! We would recommend that your team meet up with the last team member along the east side of the Fargodome and finish together. We do ask, however, that you be very careful to not interfere with the other individual runners who will be finishing at the same time. To that extent, we prefer that relay teams be aware of anyone trying to pass them as they work to get to the finish line. No "human chains" are allowed.

5. Who is in charge at the relay exchange stations?

The relay stations are managed by a team of **RELAY MARSHALS**. The marshals will be wearing bright safety vests and will have megaphones.

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

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

Miscellaneous Race Day Tips:

- Each relay runner will have a Bib-Tag, which must be worn for an official finish time. There is no bracelet or device to exchange.
- There will be Port-A-Potties available at each exchange.
- The buses at each exchange will provide transportation back to the FargoDome.
- **Please do not leave personal belongings on any of the buses.**