

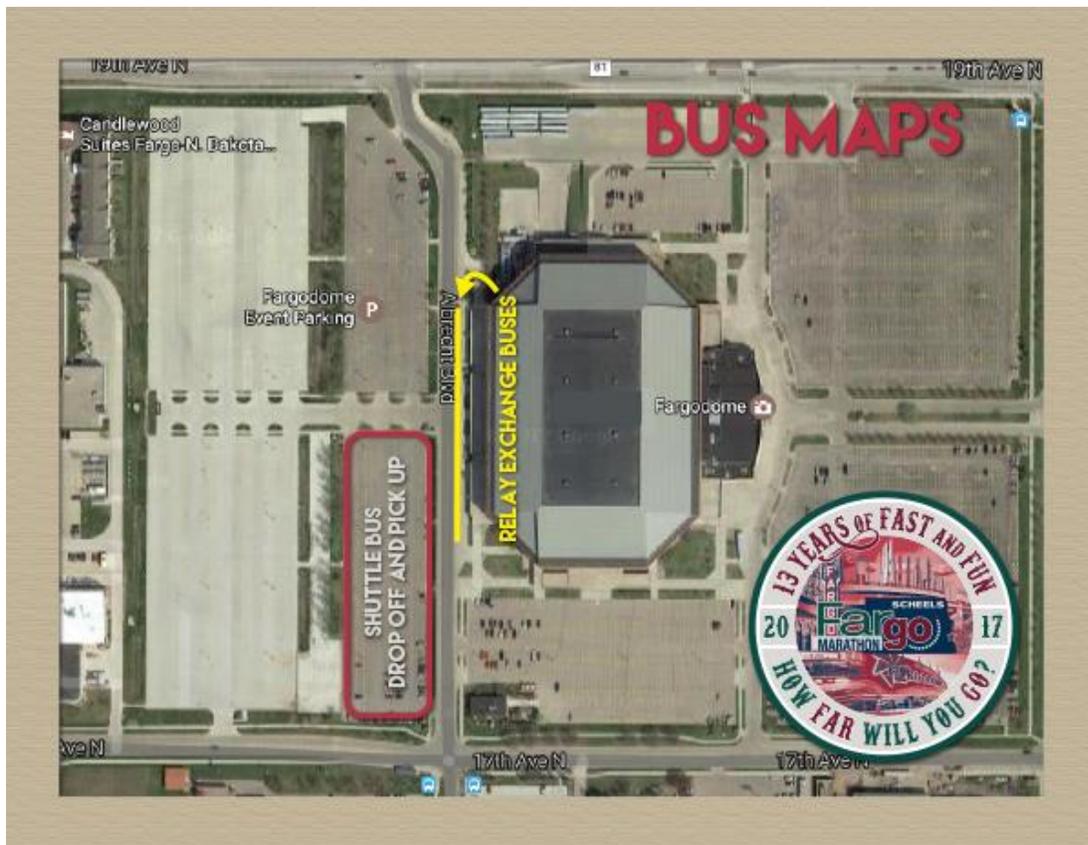
## 2017 Dawson Insurance Group 4 Person Fargo Marathon Relay Official Information

Thank you for choosing to participate in the Dawson Insurance Fargo Marathon 4-Person Relay. Please review the following information before Saturday, May 20<sup>th</sup> 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 #1 (approximately mile 6.9)** is located north of the El Zagal Shrine in north Fargo. The exchange will take place at the intersection of 15<sup>th</sup> Avenue North and 3<sup>rd</sup> Street North. There are two parking lots at the Shrine that may be used for your vehicle, if you choose to drive. From the Shrine, it's a 100 yard walk north to the Exchange. Click on the link below to see the map:

<https://www.google.com/maps/@46.897907,-96.7812507,90m/data=!3m1!1e3>

**Exchange #2 (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 12<sup>th</sup> Avenue South, then go left on 12<sup>th</sup> Avenue South. Take a right on 5<sup>th</sup> Street South and then another right on 9<sup>th</sup> Avenue South. You may park in the parking lot just south of 9<sup>th</sup> 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>

**Exchange #3 (approximately mile 20.5)** is located at Nativity Catholic Church in south Fargo. The address is 1825 11th St. S. The exchange is located on the east side of the church parking lot. There is plenty of available parking in the church's parking lots. Click on the link below to see the map:

<https://www.google.com/maps/@46.8505527,-96.79908,467m/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

<b><u>Exchange</u></b>	<b><u>#1</u></b>	<b><u>Depart Time</u></b>	<b><u>Arrive @ Exch</u></b>	<b><u>Leave Exchange</u></b>	<b><u>Back to Dome</u></b>
El Zagal Shrine		7:00AM	7:20AM	9:00AM	9:30AM
<b><u>Exchange</u></b>	<b><u>#2</u></b>				
Concordia		7:30AM	8:00AM	10:00AM	10:30AM
<b><u>Exchange</u></b>	<b><u>#3</u></b>				
Nativity Church		8:15AM	8:45AM	12:00Noon	12:00Noon

## 2. What are the distances of the four different relay legs?

Leg #1 = 6.90 miles; Leg #2 = 5.1 miles; Leg #3 = 8.50 miles; and Leg #4 = 5.70 miles.

- Relay Runner #1 starts the race at the official starting line inside the Fargodome!
- Relay Runner #2 reports to exchange station at the El Zagal Shrine.
- Relay runner #3 reports to the exchange station at Concordia College.
- Relay Runner #4 reports to the exchange station at Nativity Church 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 three 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.**