



## Relay Instructions

As a Relay Team, you are treated much like three individuals in the race. Each member has their own specific race packet tailored to what leg of the relay team they will be doing (swim, bike or run, or a combination of 2 of them).

The bridge into the park will CLOSE to cars at 6:00AM, so be sure plan that all relay members are in the park before that time, otherwise they can take the shuttle bus in.

### **CHIP**

The timing chip should be picked up by the swimmer ONLY, as he/she is the first one to use it. During the race, the swimmer will hand over the chip to the cyclist INSIDE the TRANSITION AREA at your assigned bike rack slot. Once the cyclist returns from the bike portion, he/she will then hand over the chip to the runner INSIDE the TRANSITION AREA at your assigned bike rack slot. The chip is then removed from the runner after crossing the finish line.

### **BODY MARKING**

You should all be body marked with your relay team # plus the letter "R".

### **TRANSITION**

Please take the time to meet as a team in the transition area to go over the logistics of the chip transfer. You do not want to get in the way of other athletes entering/exiting the transition area during the race, so plan carefully. Transition closes at 6:30AM and all athletes must exit except relay teams. The runner does NOT have to wait in the transition area during the entire bike course, but must be there at the time the cyclist returns, so know the approx time that will be.

### **BIKE / WRISTBANDS**

Only the cyclist will receive a numbered wristband matching the bike frame number and is therefore the only person that can remove the bike from the transition area. The others receive blank wristbands or a non-race # one.

### **MEDALS/ AWARDS**

Each relay team member will receive a medal. The swimmer and cyclist from each team should identify themselves by race # on their leg, to the volunteers distributing the medals so that they can be awarded a medal when their runner has finished. The top three relay teams will receive 3 plaques each, one for each team member as well as other prizes. Awards are presented to the top male, female and coed teams. Corporate Challenge Team winners will be awarded one plaque and other prizes.

Thanks for participating in the TOUGHMAN Triathlon – have a great race!