













Relay Fool's Guide



<p>Start Line </p> <p>The start line is 300m up Park Road. Look for the big inflatable arch. You'll be running away from the rec centre, up the hill.</p>	<p>Start Time </p> <p>The main start time is 9:17am. All relay teams must start at this time.</p>	<p>Bib & Chip </p> <p>Pin your bib to your chest. Make sure it is clearly visible. Last runner wears the bib with timing chip on back. Do not fold or crumple.</p>
<p>Gear Check </p> <p>Label your bag & put in one of the gear check vans parked out front. Use bib tear-off & stapler (in room 209). Retrieve at finish, in Mission Point House.</p>	<p>Toilets </p> <p>Indoor toilets in the community centre; portapotties on course at each aid station, relay exchange 3, and finish; indoor toilets 150m past the park (beach parking area).</p>	<p>Relay Buses </p> <p>Relay/spectator buses leave the Comm. Centre at 9:10am & 9:40am, make 2 round trips to the finish, via the highway, stopping closest to each exchange.</p>
<p>On the Course </p> <p>Aid stations @ 5.5k, 11k, 15k, 18.5k. Water & Gatorade available. No dogs, bikes, or wheels. Baby joggers on legs 1 & 2 only. Earbuds: keep volume low or 1 ear only; or none!</p>	<p>Race Photos </p> <p>Look for our photographers on course and at the finish line, and smile! Make sure your bib is clearly visible. All photos will be available FREE online within a week of the race.</p>	<p>Awards & Prizes </p> <p>Finisher medals at the end. Pick up relay awards and draw prizes at the Awards table beside the stage. Overall awards presented on stage starting at 11:20am.</p>
<p>Buses to Gibsons </p> <p>Free shuttles from beach parking lot to Gibsons & 1:05/3:15 ferries. Last bus from finish line at 1:20. Last bus from Cedars Inn at 2:00 for 3:15 ferry.</p>	<p>Food & Drink </p> <p>Coffee, tea, soup, fruit, yogurt and more under the tents beside the finish line. For runners and volunteers only. Spectators please buy coffee/food in Davis Bay.</p>	<p>Changing/ Showers </p> <p>Changerooms at Davis Bay Beach. Showers at Gibsons Community Centre. Show your bib # to get a free shower.</p>

Relay Teams



Timing Chip/ Bib Numbers:

The **last runner** wears the bib with the chip. Each runner must wear a team bib# visible on your front. **Only the final runner may enter the chute & cross the finish. Teammates do NOT enter chute!**

Exchanges:

Shuttle bus passengers will be dropped off within 800m of exchanges (most are closer). Drivers: look for signs on highway saying "Relay #".

Runner exchange: touch hands in zone marked by yellow barricades.

to Exchange 1:

Leave before 9:10am. Go down Park Rd or Sunnycrest Rd to the highway & turn right. Go ~800m then turn left onto Veterans, then immediately left onto the frontage road to park. Exchange zone is at Veterans & the hwy.

to Exchange 2:

Get back onto the highway (left turn from Veterans). At Lower Road, **stay on the highway**. Proceed to Joe Road (see map) and turn left. At the bottom, turn around and park on Joe. **Do not park on Lower Road**. The exchange zone is 75 metres past Joe Road, on Lower Road.

to Exchange 3:

Go back up to the highway and turn left towards Sechelt. Turn right just past Marlene onto Lockyer Road and park, then **very carefully** cross the highway at Marlene. Exchange zone is a little way down Marlene Rd.

to Finish:

Get back on the highway from Lockyer and continue towards Sechelt. You are now on the race route. At Davis Bay, drive **past the finish area** to the beach parking lot, or turn right on Whitaker to park on side streets.

Medals:

Show your bib number and mention you are on a relay team so you can get the right number of medals for your team! (say 2 or 4 person)

Exchange 2 driving map:

