



DATE: SATURDAY, DECEMBER 18, 2021

TIME: 7:55AM RELAY START

Relay teams will have a 5 minute head start of the full marathon runners.

YOUR FIRST RUNNER MUST START AT 7:55AM! IMPORTANT: You MUST see timer if you are late! Times are based on a 7:55am start and chip finish.

Thank you for choosing to participate in the inaugural Winter Yukon Do It! Marathon Relay. Please review the following information before Saturday, December 18, to ensure a smooth race day experience.

Each team member receives a bib for each team member with the same bib number on each. ***Only the LAST runner will have a chip on their bib. It is imperative that only the last runner wear the bib with the chip as that is how we will determine finish times. Individual legs will not be timed. The team's total time will determine placement and chip time.***

IF YOUR LAST RUNNER FINISHES WITHOUT THE CHIP, YOUR TEAM WILL NOT GET A FINISH TIME.

Please give yourself ample time to get to your exchange. Consider following the driving directions we've given you to get from exchange zone to exchange zone. They may appear to take you far out of your way, but they are designed to take you around areas affected by the race. Not doing so could result in your team getting stuck in traffic and missing the timely exchange with your runner.

FAQ SECTION

What are the approximate distances for the five different relay legs?

Leg 1 = 7.5 miles- Start 7:55am at Port Orchard Waterfront Park. Teams should leave by 7:30am at the latest and make their way to the Exchange Zone A at E. Hilldale.

Leg 2 = 6.45 miles

Leg 3 = 4.7 miles

Leg 4 = 2 miles

Leg 5 = 5.9 miles

What do I do with my bib? Please wear your bib on the front of your person, clearly visible.

IMPORTANT!!! *Runner # 5 should have the bib with the chip located on the back of the bib. If your last runner crosses the line without a chip, your team will not get a finishing time!*

How do we make the “exchange” with our teammates? Please check in with the volunteer located at your exchange point. They will be clearly identifiable. Give the volunteer your team name and who is checking in to run the next leg as well as who is running in to the exchange. You do not have anything to exchange when switching runners. Please make your running exchange within the designated exchange zone.

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 and then communicate that to their teammates. Another helpful hint is to know the color of your teammate’s running attire or to all wear the same running attire.

How do we know we’re at an exchange zone?

Each exchange zone will have a sign, and the exchange area will be flagged.

Who is in charge at the relay exchange stations?

The relay exchange zones are managed by volunteers. Please check in with them at each exchange zone. This is a requirement. Each team MUST check in their runners.

Will there be any water at the relay exchange zones?

E. Hilldale -Exchange Zones A and D and **downtown Manchester-Exchange Zone C-** are both aid station locations and will have water, Gatorade and Gu available. There is also an aid station located at Harper Dock, a very short distance from the **Harper Park/Olympia -Exchange Zone B-** location.

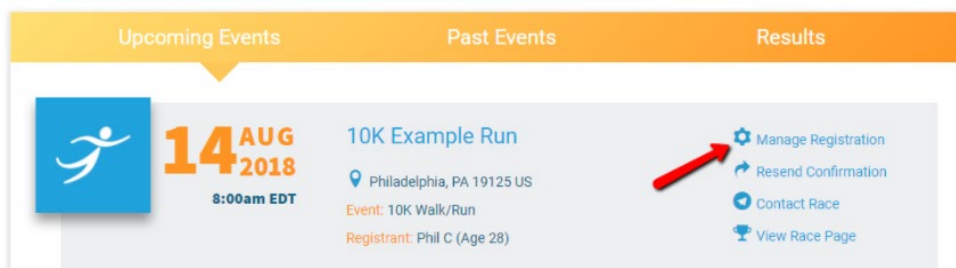
Relay Runner #5 finishes the race at the official finish line at Port Orchard Waterfront Park. All five relay team members may, but do not have to, cross the finish line together. Teammates should meet their fifth runner near the Marlee Apartments as shown in the map below and then run in together. Please be considerate of other finishers and do not block any other runners in your grand finish.



Does the team pick which runner runs which leg? Yes, you determine the order of your runners. You will give your team order under your question responses. Follow the guideline below to update the question *“Please indicate team member names and the corresponding leg below. For example, Leg One: Gina, Leg Two: Dan...you will have the opportunity to add this information at a later date. Write that you will provide before race day if you don't know today.”* Your team may opt to switch the order of runners on race day. Please inform the volunteer at check in who is running the leg from each exchange zone.

Here's how you can update your question responses:

- [Sign In](#) to RunSignup account
- Go to your [Profile](#)
- View your events under **Upcoming Events**
- Click **Manage Registration** next to the registration that you are editing.
- Click on the **Question** menu located on the top OR left side of the Race page.
- Once you have your Question Response selection set, click **“Continue”**.
- You will receive a confirmation message, and your question responses will be updated.
- You can then review them by clicking back to the **“Questions”** section.
- If you receive the message **“Update Question Responses Closed”**, you will need to contact the race directly to see what your options are.



**LEG ONE INFORMATION – 7.5 MILES-PORT ORCHARD WATERFRONT PARK:
START TIME 7:55AM**

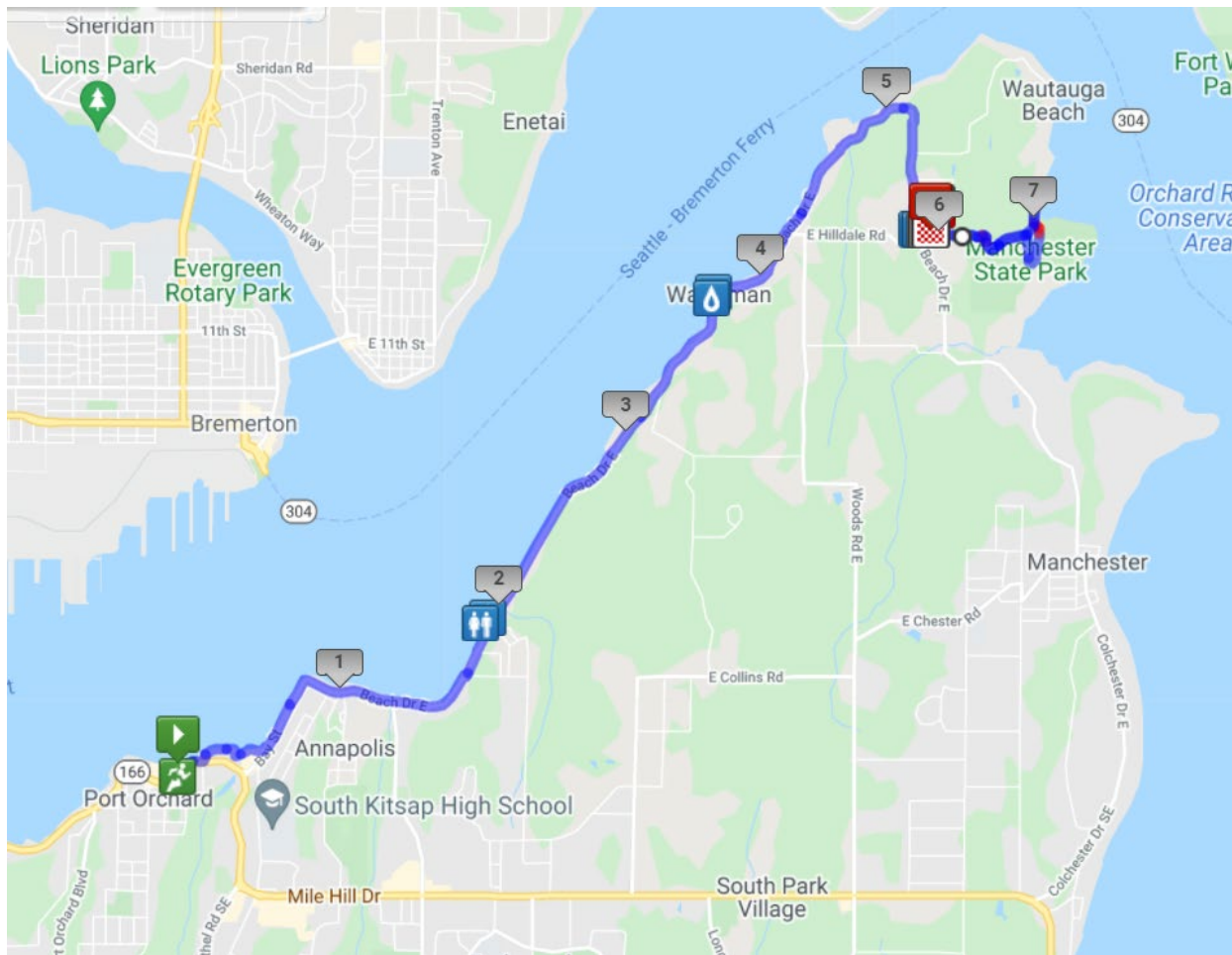
Relay Runner #1 starts the race at the official starting at Port Orchard Waterfront Park

LINK TO LEG ONE MAP: <https://www.mapmyrun.com/routes/edit/4739185318/>

LEG ONE COURSE AND EXCHANGE INFORMATION: Leg 1 runs along Beach Drive to E. Hilldale. **Leg 1 will run through the park** and meet Leg 2 at Exchange Zone A immediately past the SKELL parking entrance on the left going down the hill. The exchange can happen anywhere between this location and the corner of E. Hilldale before turning left onto Beach Drive. Runner #1 must not run on to Beach Drive for the exchange.

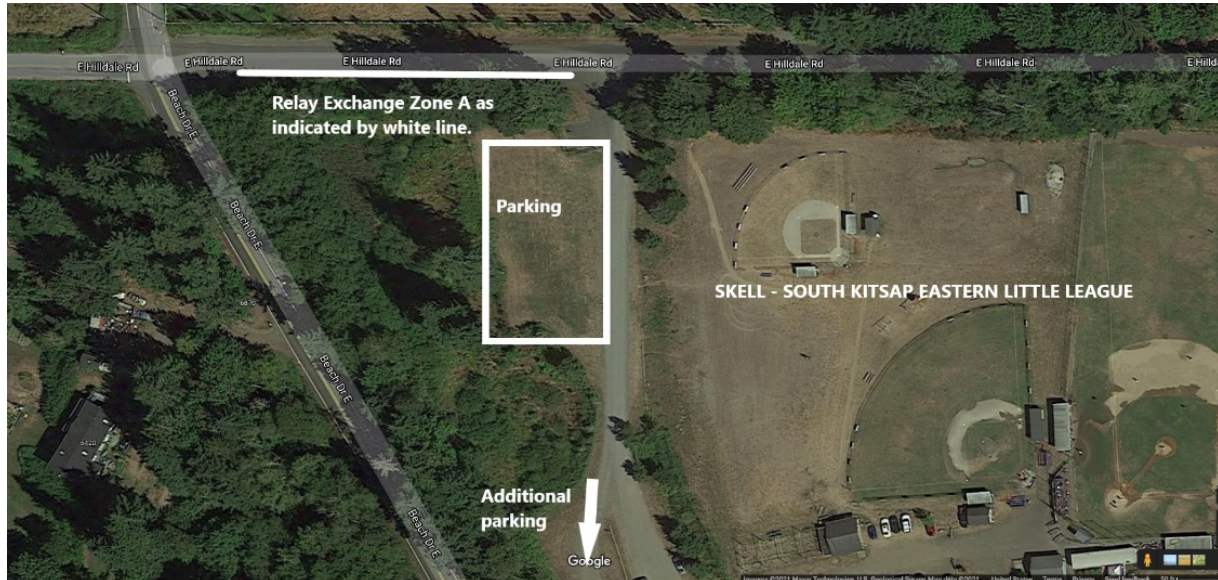
SANICANS/AID STATIONS: This leg will have an aid station at approximately miles 2, 4 and 6. All of these aid stations have sanicans. There is also a public restroom next to the course inside Manchester State Park near the water.

Map Overview of Leg One



LEG ONE INFORMATION CONTINUED

EXCHANGE ZONE A MAP



Driving Directions from the Start to Relay Exchange Zone A:

Driving Directions: There will be a LANE closure from downtown Port Orchard to E. Hilldale. Please note this is NOT A **ROAD** CLOSURE. Please stay in your lane and DO NOT run in the eastbound lane as that is open to traffic.

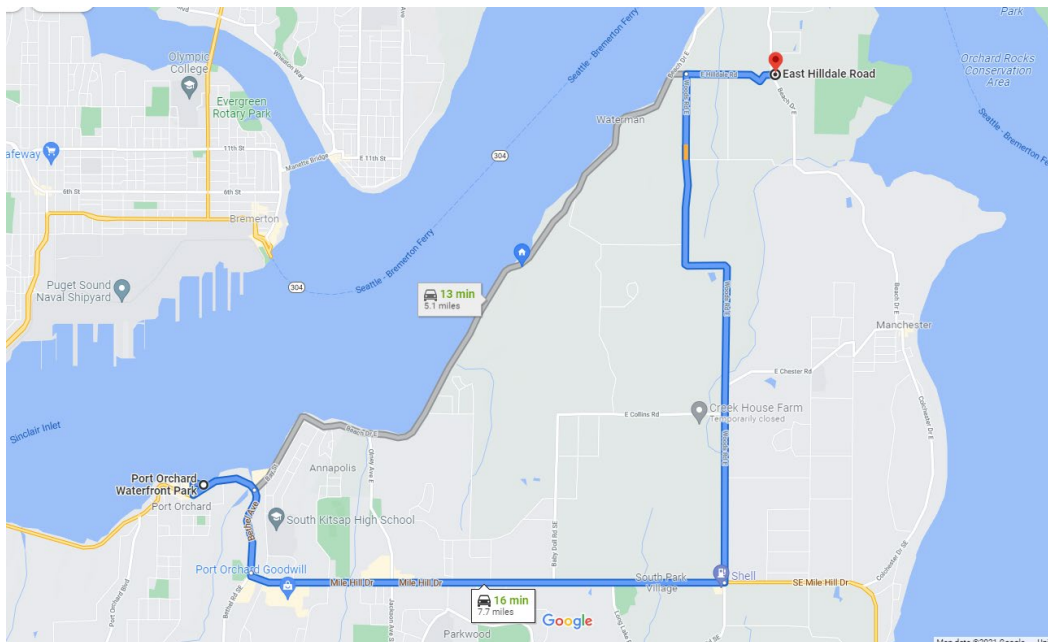
You will want to avoid Beach Drive for this reason. Here are the most common ways to get to E. Hilldale without using Beach Drive. I know some of you are locals and may find some less obvious backroads to arrive at Exchange Zone A. Someone should keep their Map App open in order to see live traffic backups.



RECOMMENDED ROUTE:

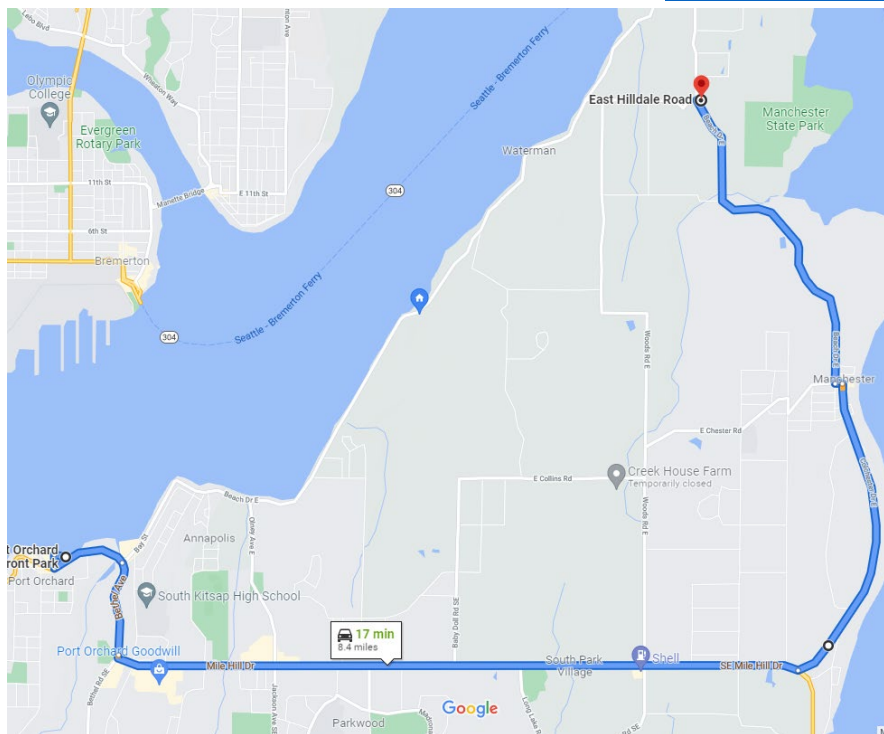
From downtown using Woods Road Driving Directions Link. This may avoid the backup of traffic likely to occur on Beach Drive: <https://goo.gl/maps/EBPT1wEjimpVJ3Ge2A>.

This shows a 16 minute drive. Assuming there is a traffic back up and it takes you 45 minutes to get to Exchange Zone A and you left at 7:30am, you would arrive at 8:15am. If your runner is averaging a 10 minute pace, they would arrive at this location at about 9:10am for the exchange. This should give you enough time to get your runner checked in with the volunteer and give your leg 2 runner time to stretch out and warm up (or stay warm in the van!).



For purposes of consistency, I'll use a 10 minute pace average to help you understand the timing because 10 minutes is easy to follow. I understand some will be faster or slower, so use my time schedule and plan accordingly.

OPTIONAL ROUTE FOLLOWING COLCHESTER: <https://goo.gl/maps/xmi8v4woUovbdDkUA>



From downtown using Colchester Driving Directions Link. Please remember that there is a lane closure along Beach Drive from downtown all the way to E. Hilldale Road. It is likely that there will be a backup of 15+ minutes if you come from this direction. **This route is NOT recommended.** You may (no promises!) have better luck coming down from the other side of Hilldale using the Woods Road directions.

Parking at Exchange Zone A



LEG TWO INFORMATION 6.45 MILES

Relay Runner #2 reports to Exchange Zone A (E. Hilldale at entrance to SK Little League Field) and exchanges with Runner #1.

LINK TO LEG 2 <https://www.mapmyrun.com/routes/view/4739191192>



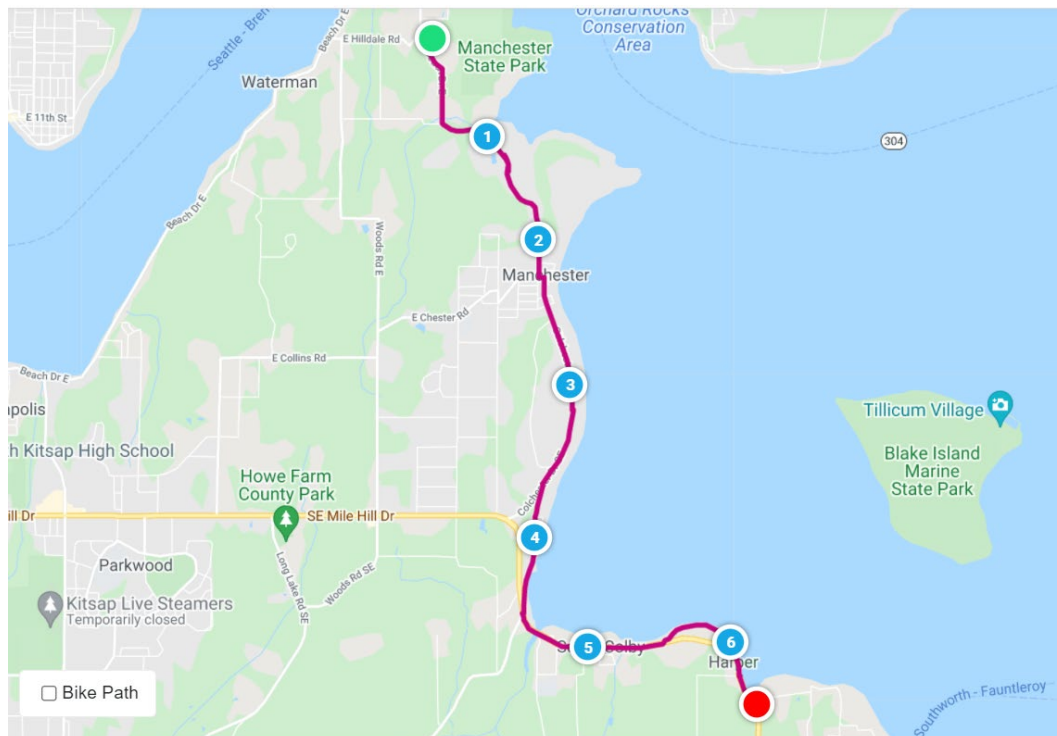
LEG 2 COURSE AND EXCHANGE

INFORMATION: Leg 2 runs from E. Hilldale, turns left to go the opposite direction of the half marathoners and continues towards downtown Manchester. Follow the marathon course to Harper Park for your exchange with leg 3.

Please note that the road is OPEN TO TRAFFIC at this point. There could be a long line of cars at the start of your leg. This location as it is the beginning/end of the lane closure. Please do not run in the road but use the dirt side if there are cars. Follow all rules of the road. Fortunately the side of the road has some room. Here's a picture of what it looks like coming out of Hilldale at the beginning of leg 2.

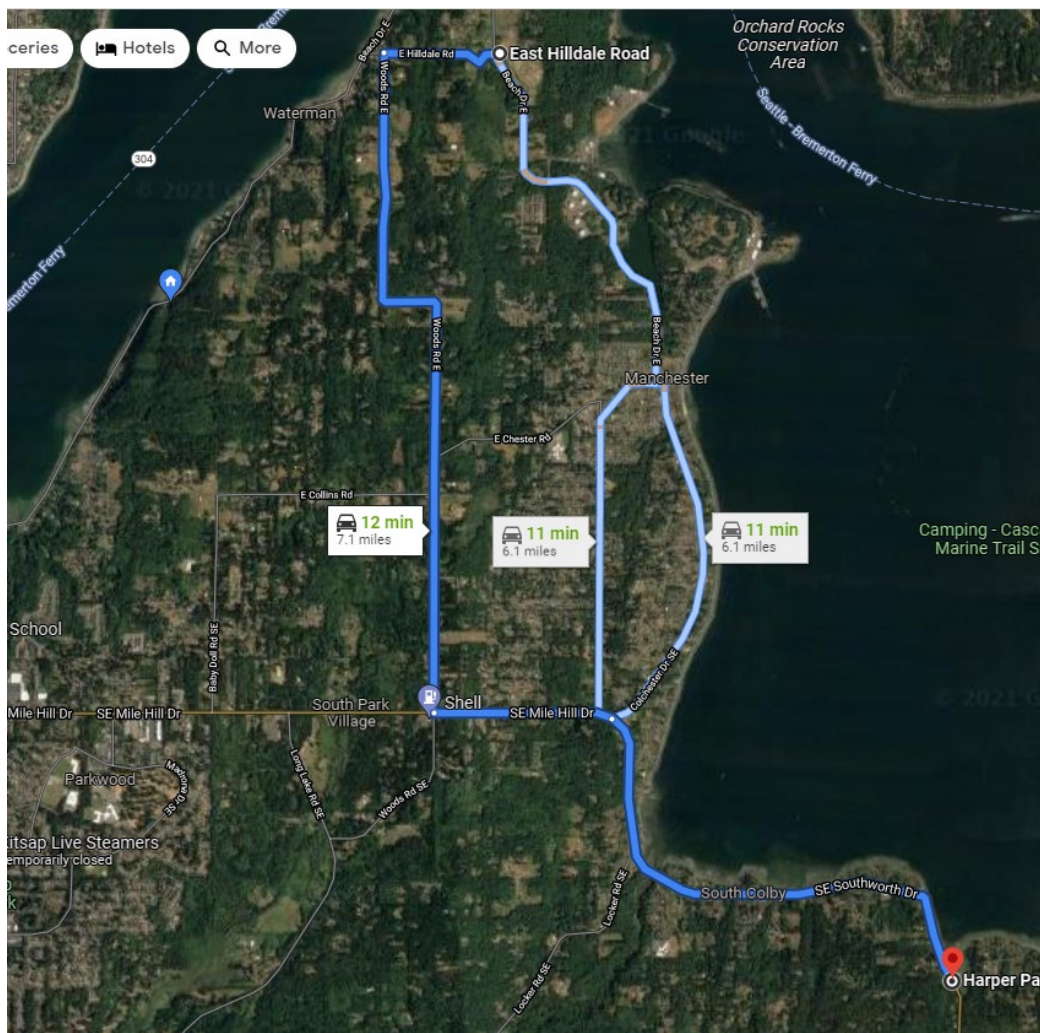
SANICANS/AID STATIONS: Sanicans will be located in approximate miles 2 (downtown Manchester has a public restroom at near the dock), 4 (Yukon Harbor) and 6 (Harper Dock). Please refer to your course maps using the link for leg 2 for the exact locations. All 3 locations also have aid stations.

This leg is about 6.5 miles. With a 10 minute pace, that is 65 minutes. LEG 2 should arrive at Harper Park at 10:15am. If your team vehicle leaves the Exchange Zone A by 9:15am, you will have one hour to drive to Harper Park and check in Leg 3. The drive hopefully will take 30 minutes at the most from E. Hilldale considering any traffic backups.



Map Overview of Leg 2

Downtown Manchester aid station and restroom location

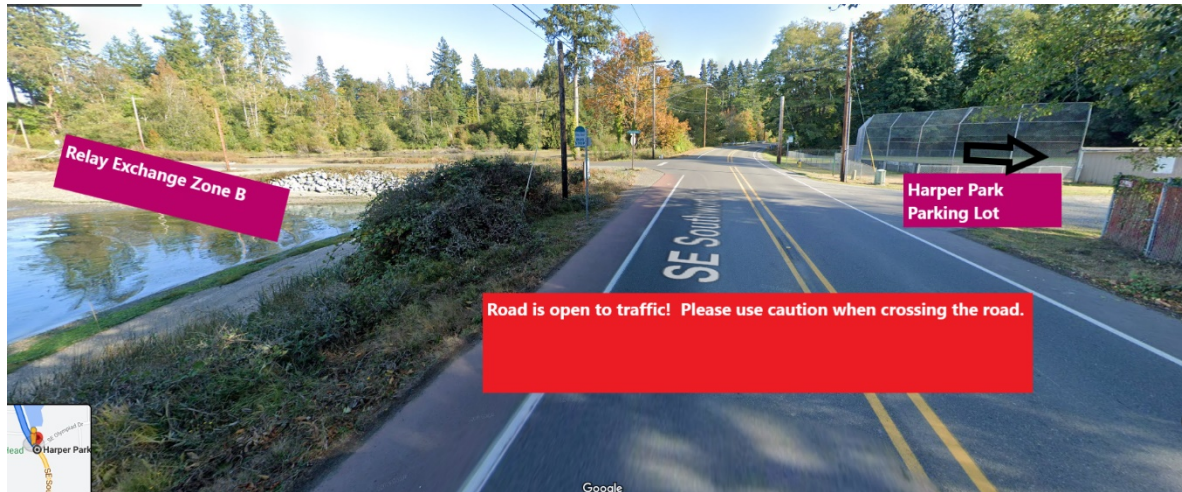


Driving Directions from E. Hilldale to Harper Park:

The map shows a few different routes, each about 11 minutes. You should at least double that time since part of the drive may be affected by the lane closure.

Parking

Park at Harper Park, across the street from the Exchange Zone B on Olympiad. Leg 2 will NOT run up Olympiad. Leg 3 will run up Olympiad to the marathon turnaround and continue and head back towards town.



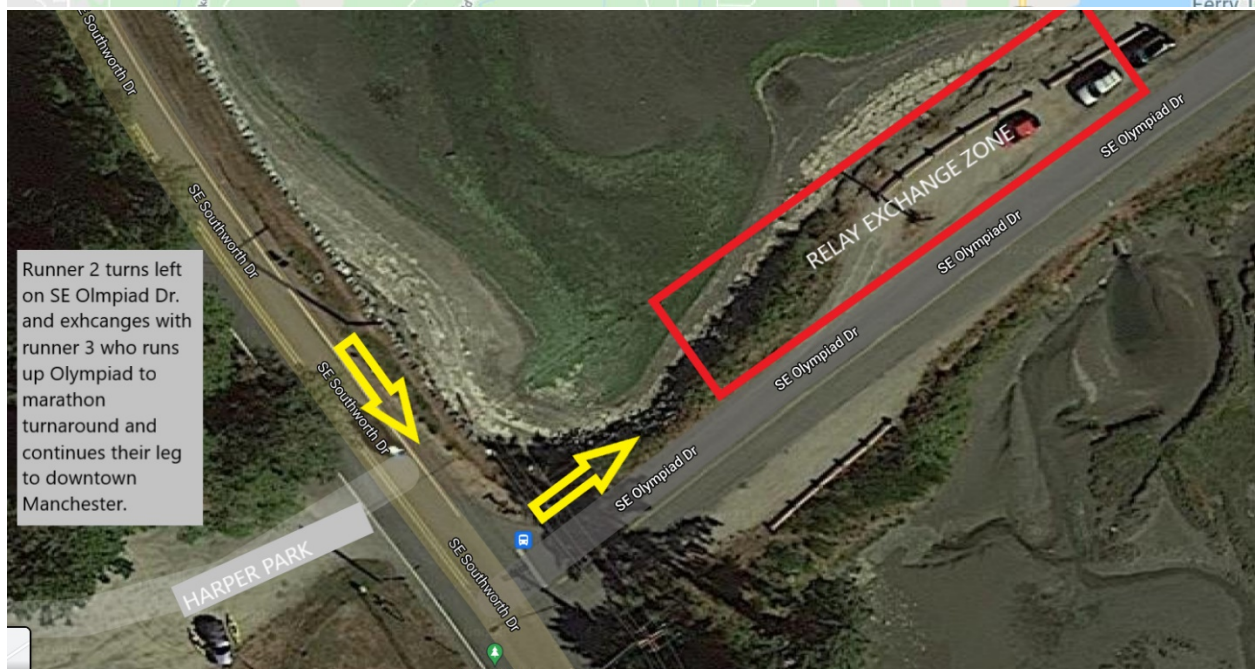
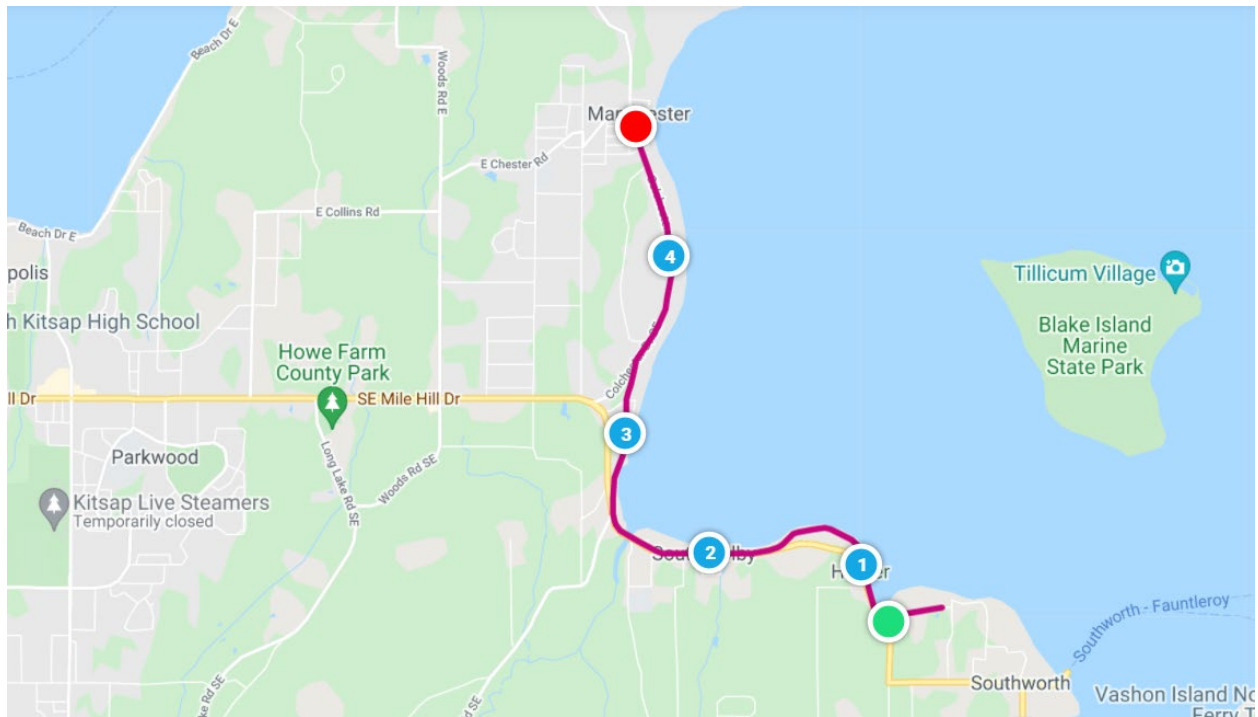
LEG 3 INSTRUCTIONS 4.7 miles – Harper Park to Downtown Manchester

Relay Runner #3 reports to Exchange Zone B (Olympiad/Harper Park) and exchanges with Runner #2.

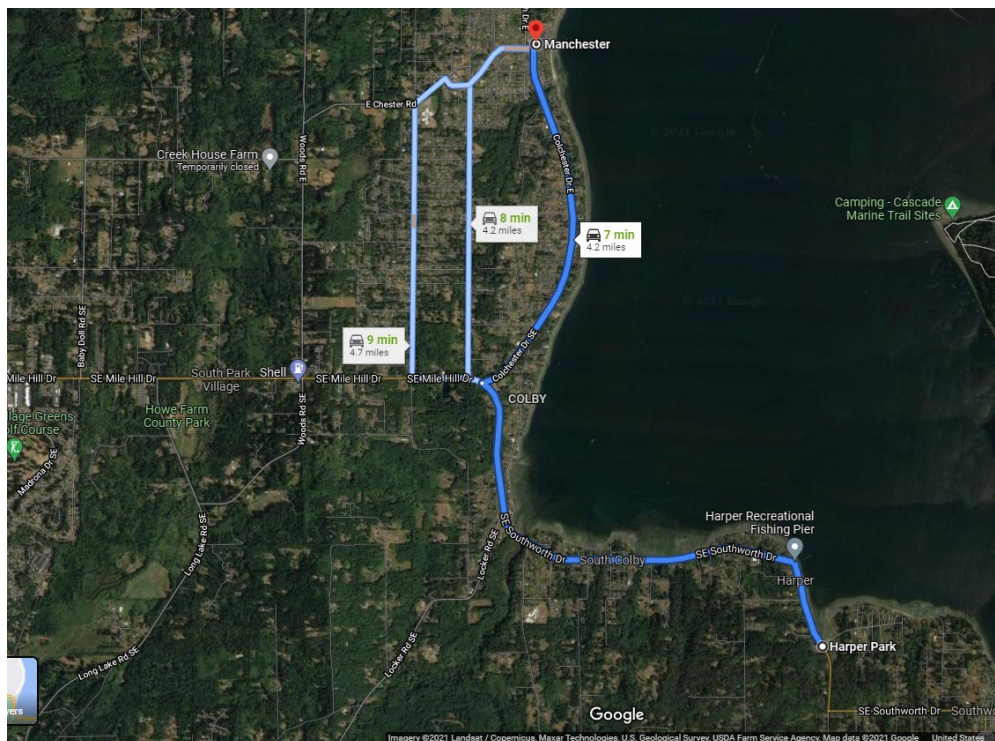
LINK TO LEG 3: <https://www.mapmyrun.com/routes/view/4739194999>

LEG 3 COURSE AND EXCHANGE INFORMATION: Leg 3 runs from SE Olympiad, up to the marathon turnaround and on to downtown Manchester.

SANICANS/AID STATIONS: Aid stations and sanicans are located at Harper Dock (mile 1) and on Yukon Harbor (mile 3).



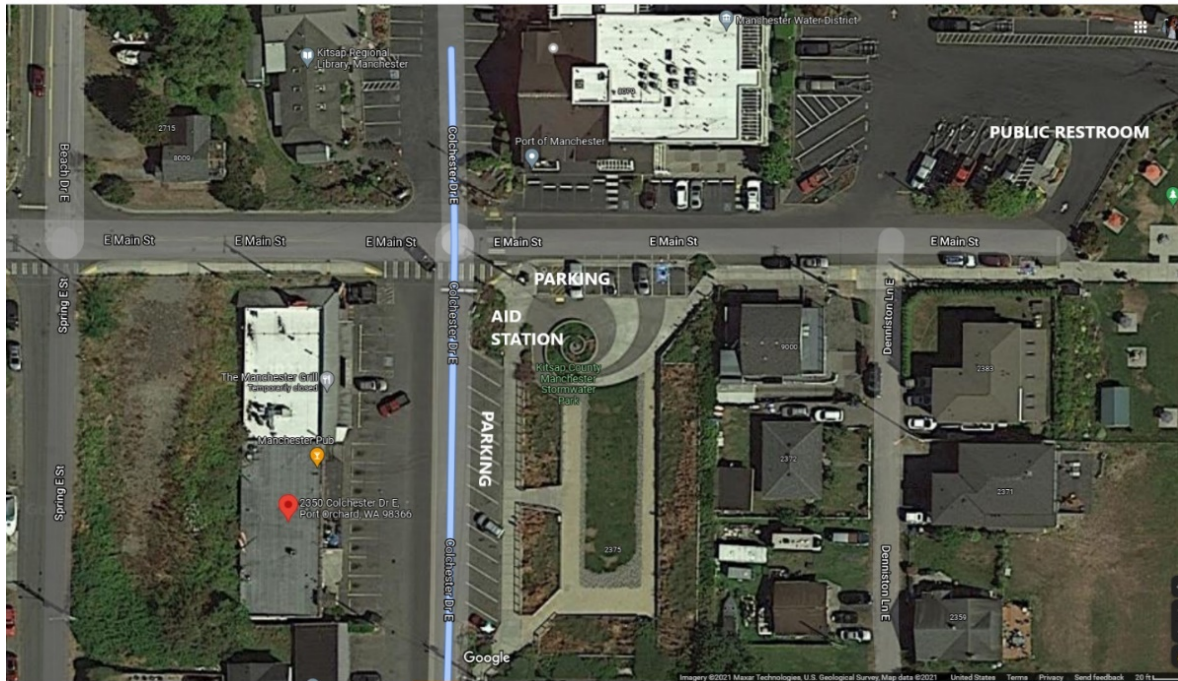
Map showing directions from Harper Park to downtown Manchester



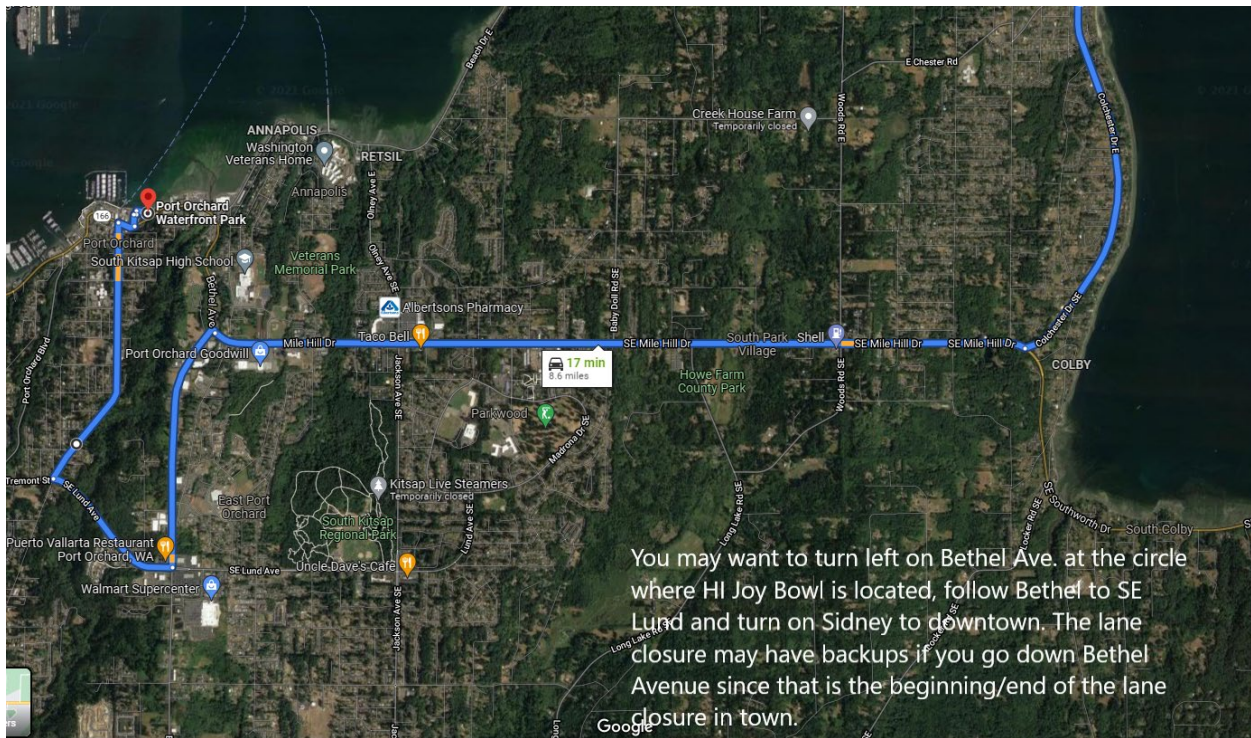
This leg is about 4.7 miles. With a 10 minute pace, that is 47 minutes. LEG 3 should arrive at Downtown Manchester at 11:02am. If your team vehicle leaves the Exchange Zone B by 10:20 am, you will have 42 minutes to drive to downtown Manchester and check in Leg 4. The drive should only take 10 minutes. You should arrive at downtown Manchester at approximately 10:30am.

It is recommended that your team vehicle leave leg 4 at this location and head directly to E. Hilldale for the final exchange. Leg 3 should arrive at Exchange Zone C in downtown Manchester at approximately 11:02am. Since leg 4 is only 2 miles, if you choose to wait and pick up leg 3, you may not get your last runner, leg 5, to Exchange Zone D in time to meet up with leg 4 when they arrive. Leg 3 may opt to run the 2 mile leg and meet up with their team vehicle to save time.

PARKING IN DOWNTOWN MANCHESTER



Map showing an alternate route to downtown Port Orchard and the finish



LEG 4 INSTRUCTIONS 2 Miles – Downtown Manchester to E. Hilldale Road

Relay Runner #4 reports to Exchange Zone C located in downtown Manchester near the US Post Office and exchanges with Runner #5.

LINK TO LEG 4 <https://www.mapmyrun.com/routes/view/4739199187>

LEG 4 COURSE AND EXCHANGE INFORMATION: Leg 4 runs from downtown Manchester to E. Hilldale.

SANICANS/AID STATIONS: There are no aid stations or sanicans in this leg. They are located in downtown Manchester at the start and on E. Hilldale at the finish of your leg.

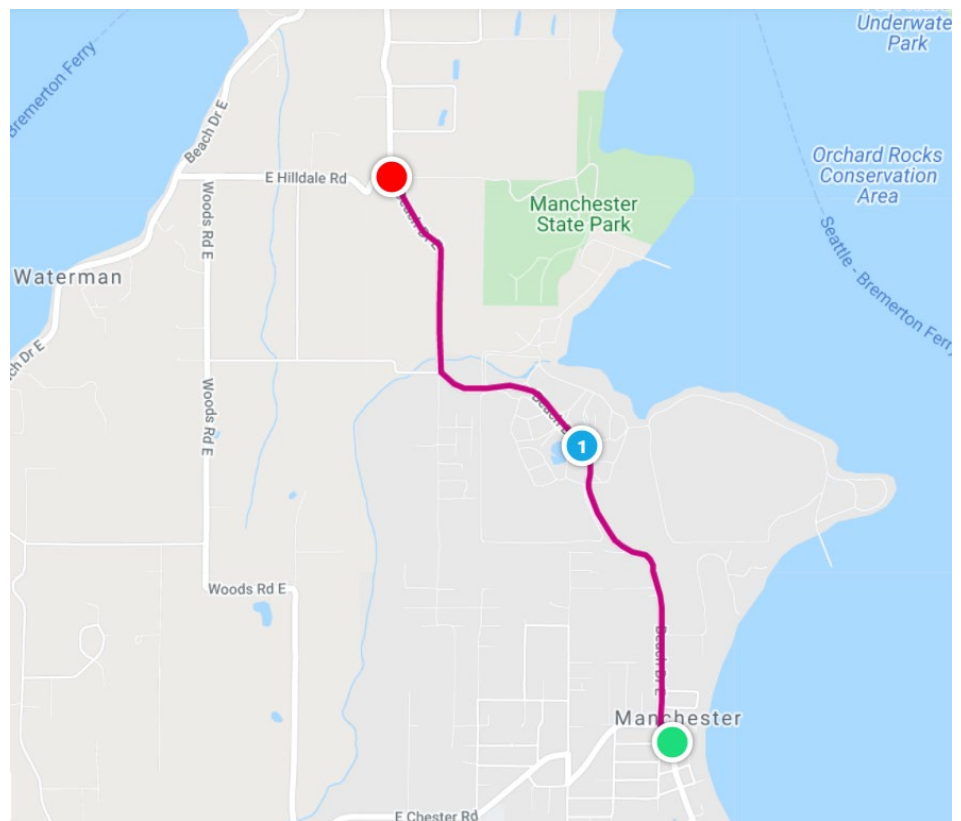
Leg 3 should arrive at Exchange Zone C at approximately 11:02am, with a 10 minute average pace.

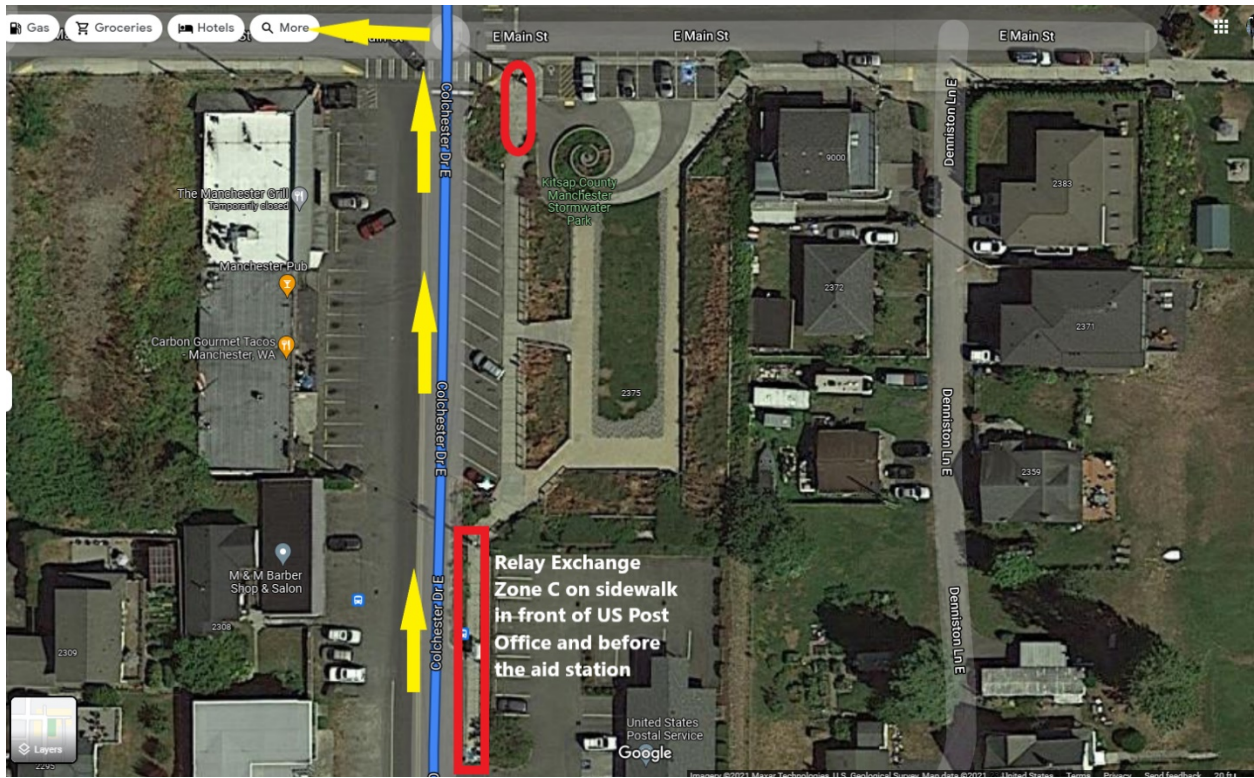
Assuming a 10 minute mile, your leg 4 runner would arrive at E. Hilldale at about 11:22am. You should then head back to downtown Manchester and arrive there by 11:40am-11:45. You should leave warm clothes with your leg 4 runner so leg 3 will have clothing to keep warm while they wait for the team vehicle to pick them up. Leg 3 will have about a 45 minute wait.

Since leg 5 is about 6 miles, assuming a 10 minute mile, your last runner will arrive at the finish about 12:22pm. If you pick up leg 3 at 11:45am, this gives you about 30 minutes to get back to the start, park and either wait at the finish or meet up and run in with your last runner.

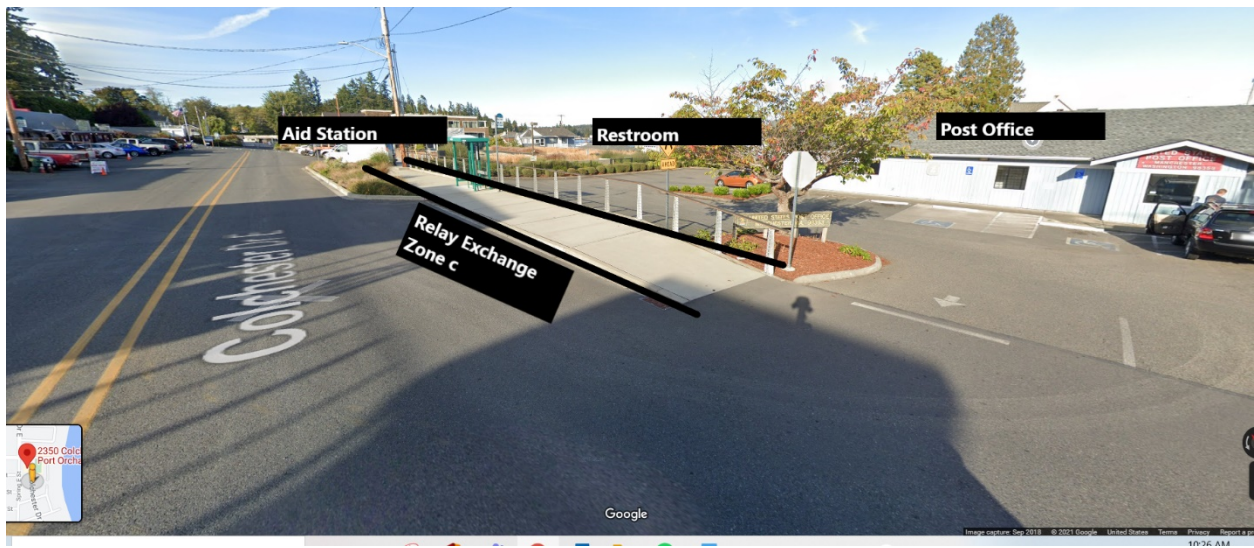
You will need to work out the timing based on your own estimated pace per runner. Consider having a second vehicle to drop runners 3, 4, and/or 5 if you are faster than the estimated drive times. Leg 3 could also run the 2 miles with or behind leg 4, both meeting up with the team vehicle at E. Hilldale. This could save 15 of drive time that you can use to get back to the finish line. Even if leg 3 is exhausted and arrives 5 or 10 minutes after leg 4 finishes, this is still a shorter amount of time than the team vehicle driving back to downtown Manchester to pick them up.

Map Overview of Leg 4





Streetside view of Exchange Zone C



LEG 5 INSTRUCTIONS 5.9 miles –E. Hilldale Road to finish!

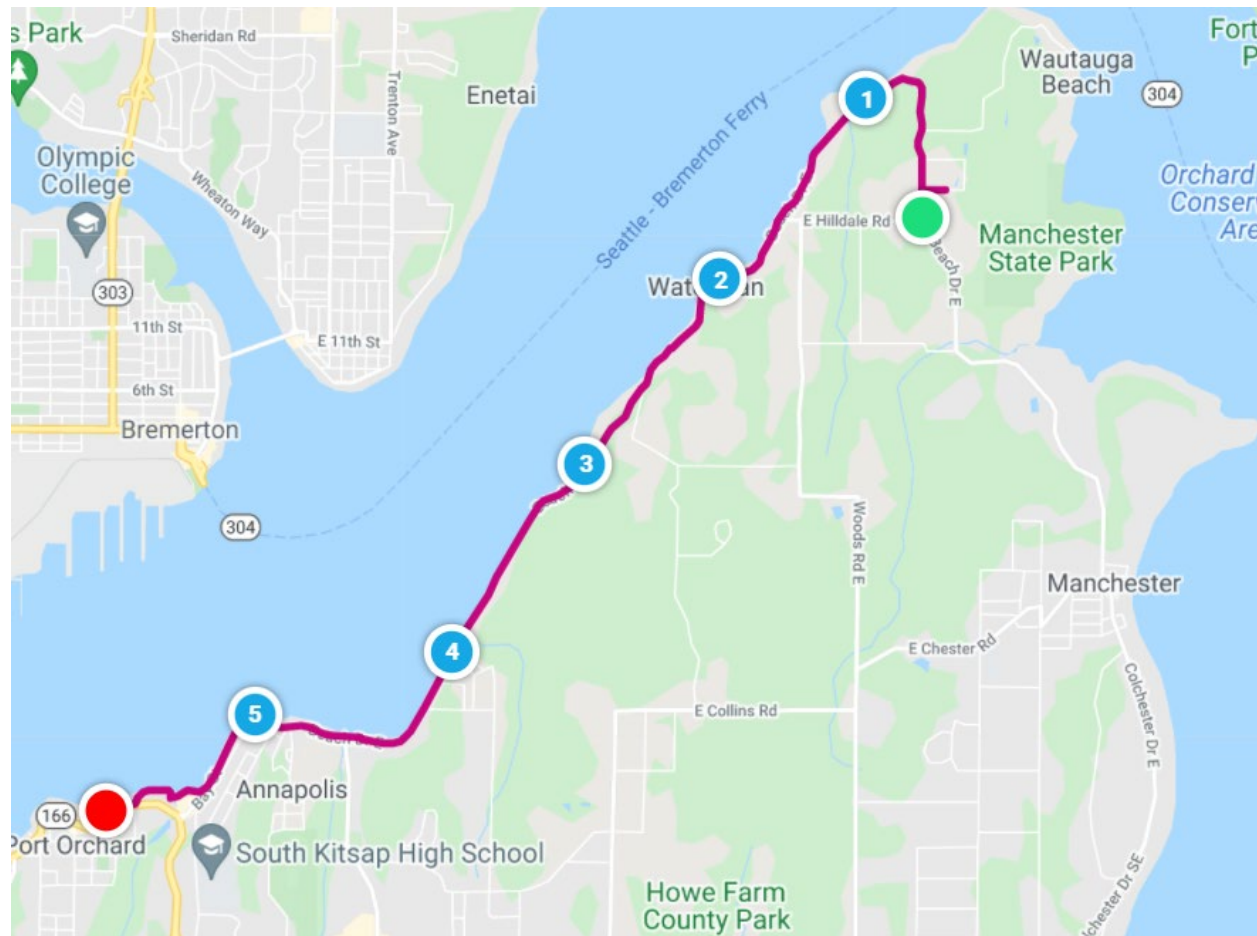
LEG 5 COURSE AND EXCHANGE INFORMATION: Leg 5 runs from E. Hilldale, Exchange Zone D to the finish!

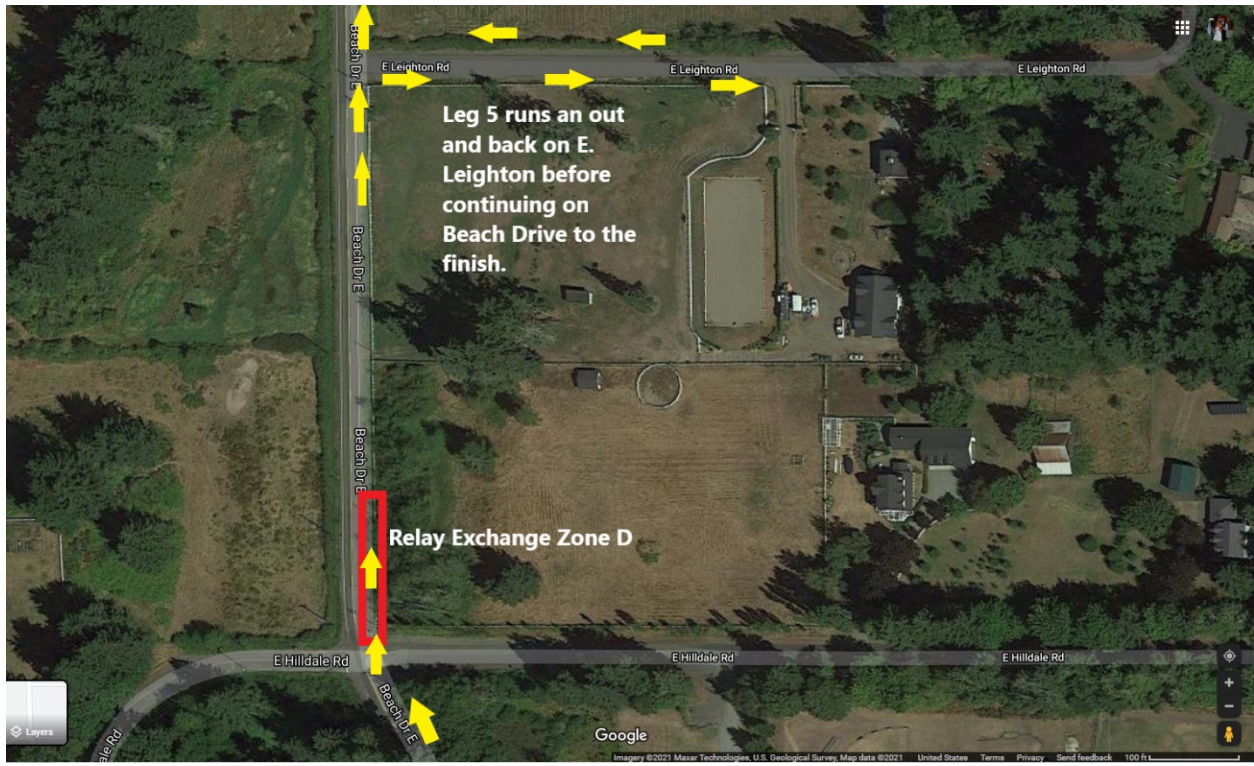
Relay Runner #5 reports to Exchange Zone D (immediately past E. Hilldale inside lane closure) and exchanges with Runner #4. Please note that this exchange zone is on Beach Drive. DO NOT RUN UP E. HILLDALE. You are to follow the same route as the marathon which does not reenter E. Hilldale Dr. The exchange will take place on Beach Drive inside the lane closure just past E. Hilldale. You will do a short out and back on Leighton (the first road after the exchange) before following the course to the finish along Beach Drive.

LINK TO LEG 5 <https://www.mapmyrun.com/routes/view/4739201413>

SANICANS/AID STATIONS: Aid stations and sanicans are located at Waterman Dock (mile 2) and Beach Drive (mile 4).

Map Overview of Leg 5





Congratulations on your team effort!

All team members of winning teams in each division will receive a relay baton!

Your team must have the fastest overall time in your division to be declared the winner. Remember that your last runner MUST have the bib with the chip in order to get a finishing time. Your team will not get a finishing time until the bib with the chip on it crosses the line.

Team Divisions:

Open Female

Open Male

Mixed

Military

Thank you for joining us on the Yukon Do It! inaugural marathon relay.

Ginger Johnson

Run Amok Racing, Inc.

