

# Around the Bay 30k Road Race

## RELAY INSTRUCTIONS

**Please read and become familiar with all the information!**

**BUSES WILL LEAVE AT 9:15 AM FROM THEIR LOCATIONS.**

**10k - leave from 116 King St. W. in front of the Sheraton Hotel**

**15k- Leave from Bay St. S. just south of King St W.**

**20k – leave from King St. W., west of Bay St**

**upon finishing their relay portion, buses will transport relay runners back to FirstOntario Centre.**

All Relays start at 9:30am with the 30K race.

### **RELAY EXCHANGE POINTS**

10K - Woodward Ave. just north of Burlington St. Overpass

15K - Beach Blvd. just prior to the canal lift bridge

20K\* - Burlington Golf and Country Club – North Shore Blvd. Burlington \*Note: this exchange point is actually at the 19.5 km point along the route!

All runners should take the bus to their exchange points, to guarantee them getting there. If you do not take a bus, **WE ARE NOT RESPONSIBLE** if you should have problems getting to the exchange points.

### **3 PERSON RELAY - YOUR EXCHANGE POINTS ARE AT THE 10K AND 20K MARKS.**

Please have the second member of the relay team board a bus marked, 10k BUS #1, #2, #3, #4, or #5.

The bus will drop you off at the 10k point for the first exchange. The buses will stay until they are full for the return trip back to Copps Coliseum.

Please have the last member of the relay team board a bus marked, 20k BUS #1, #2, #3, #4, or #5.

The bus will drop you off at the \*20k point in Burlington (\*Note: this exchange point is actually at the 19.5 km point along the route!)

The buses will stay until they are full for the return trip back to Copps Coliseum.

### **2 PERSON RELAY - YOUR EXCHANGE POINT IS AT THE 15K MARK.**

Please have the second member of the relay team board a bus marked, 15k BUS #1, #2, #3, #4, or #5. The bus will drop you off at the 15k point for the exchange. The buses will stay until they are full for the return trip to Copps Coliseum.

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## RELAY INSTRUCTIONS

### **BIBS**

3 Person Relay bibs will be numbered along with a letter, A, B, or C. The first runner will wear bib A, the second runner bib B and the last runner bib C. Please affix the bibs to your front. Each runner must affix the bib labeled RELAY to his or her back.

2 Person Relay bibs will be numbered along with a letter A or B. The first runner will wear bib A, and second runner bib B. Please affix the bibs to your front. Each runner must affix the bib labeled RELAY to his or her back.

### **RELAY EXCHANGE**

The first relay runner will wear the Commemorative MYLAPS Timing Chip on their shoe laces and pass it on to the next team member who must wear it on their shoe laces.

All relay runners must wait behind the barricaded waiting area till their relay member arrives for the chip exchange. Please keep off the road, until you must go out to do your exchange. REMAIN ORDERLY AND DO NOT CROWD THE ROAD!

### **BAGGAGE AND CLOTHES**

The Bay Race is NOT RESPONSIBLE for any items left on the buses by relay runners. All relay team members are responsible for their own property. Please make arrangements between your team members on the safe keeping and removal of items from the buses.

### **WATER, FOOD and MEDALS**

Relay members MUST get their food at the points where they finish. ONLY THE LAST MEMBER will get food at FIRST ONTARIO CENTRE and pickup the medals for the team.

## Relay Bus Pickup Locations

