



## Suffolk County Four-Member Marathon Relay Race

**Question.** What are the approximate distances for the four different relay legs?

**Answer:** Leg 1 = 7; Leg 2 = 6.1; Leg 3= 5.4; Leg 4=7.7

**Q. Does the team pick which runner runs which leg?**

**A.** Yes, you determine the order of your runners.

**Q. Will I receive a shirt and a medal?**

**A.** All relay runners will receive a shirt and a medal. The last runner will receive 4 medals at the finish to distribute to his teammates.

**Q. Where are the 3 relay exchange zones?**

**A.** Exchange Zones A & C are at Oakdale RR Station and Exchange Zone C is at the 13.1 mile point in Heckscher State Park.

**Q. How do we make the exchange with our teammates?**

**A.** At Number Pickup, your team will receive three numbers without a timing chip and a race belt with a number attached that has timing strips on it. The belt needs to be worn by the runner currently running for the team. At the Exchange Zone, the arriving runner finds his/her teammate, then takes off the number belt and gives it to the waiting runner. That runner then puts on the race number belt and begins his/her running leg to the next exchange station.

**Q. How do I find my relay teammate at the relay exchange station?**

**A.** 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 to know the color of your teammate's running attire or to all wear the same running attire. If

you are running with a phone we have the complementary RaceJoy App which will show you where the runner is on the course. We highly recommend it for relay participants.

**Q. How do I get to the Relay Exchange Zone?**

**A.** There is no marathon-sponsored transportation to relay exchange zones. As such, you and your teammates need to determine your time requirements for getting to the exchange zones.

OUR suggested transportation process would be to take one vehicle per team:

\* Team drops runner #1 at the start, and runners #2,3 & 4 drive to Exchange Zone A.

\* After the first exchange, runners #1,3 & 4 drive to Exchange Zone B

\* Runner #2 exchanges with runner #3 at Exchange Zone B. Runners #1, 2 & 4 drive to Exchange Zone C.

\* Runner #3 exchanges with runner #4 at Exchange Zone C.

\* After Runner #4 has received the race number belt and has started his/her portion of the relay, runners #1,2, & 3 depart for the finish.

There will also be opportunities to cheer on your runners at designated crossing points. (Dale Drive, Oakdale; Tyler Ave, Sayville; Railroad Ave, Sayville; Amy Drive, Sayville; Snedecor Ave, Bayport, Bayport Ave, Bayport; Gillette Ave , Montauk).