

## M&T Bank Vermont City Marathon Relay/Marathoner Scenario Info Sheet

Information for runners who want to run on more than one relay team or who want to run on a relay team (or 2) and run the marathon. For course leg lengths and relay exchange zone locations, please refer to the Relay Info Page on our website, <https://www.runvermont.org/vermont-city-marathon-relay/relay-details/>.

### Scenario 1: Runner wants to run in the Marathon and on a 3-5 Person Relay Team

- Runner wears 3 bibs, the Marathon bib and the two 3-5 Person Relay Team bibs.
- The two Relay Team bibs consist of 1 tagged bib (i.e., bib with timing chip) attached to a race belt which is passed from team member to team member during the race. The second (tiny) bib remains attached to the runner to make sure runner receives appropriate post-race medals.
- The runner must run the first leg(s) for their team.
- If running just the first leg, for example, at the Main Street Exchange Zone at mile 6.3, the runner will move left into the Exchange Zone, find their teammate, and hand off the race belt to which the tagged relay bib is attached. If there are fewer than 5 runners on the team, the runner will run the first “x” legs until reaching an exchange zone where a team member waits to receive the race belt with attached bib. For example, if running the first two legs, the runner will hand off the race belt at the Lake Street Exchange Zone (mile 13.1) located in the Foam Brewers Parking Lot.
- After the race belt (with attached relay team bib) is handed off, the runner will merge back onto the race course to continue in the marathon wearing the marathon bib and tiny relay bib.

### Scenario 2: Runner wants to run in the Marathon and on a 2-Person Relay Team

- Runner wears 3 bibs, the marathon bib and the 2-Person Relay Team bibs.
- The two Relay Team bibs consist of 1 tagged bib attached to a race belt which is passed from team member to team member during the race. The second (tiny) bib remains attached to make sure runner receives appropriate post-race medals.
- The runner must run the first half of the race for their team.
- At the 2-Person Relay Exchange Zone at mile 13.1 on Lake Street, the runner will move left into the exchange zone in the Foam Brewers Parking Lot, find and hand their teammate the race belt with attached relay team bib.
- After the hand-off is made, the runner will merge back onto the race to continue in the marathon wearing the marathon bib and tiny relay bib.

### Scenario 3: Runner wants to run on a 2-Person Relay Team and a 3-5 Person Relay Team

- Runner wears 2 sets of bibs (1 tagged and 1 tiny), one for each relay team.
- If starting the race for either/both teams, runner wears two race belts with attached tagged bibs, and two tiny bibs (one for each relay team).
- Hand-offs from one team member to another are made in the usual manner as detailed on our Relay Info page.
- Teams competing in the 3-5 Person Relay may use the Main St, Lake St, and Leddy Park Exchange Zones; those in the 2-Person Relay may only use the Lake St Exchange Zone.

### Scenario 4: Runner wants to run on multiple 2-Person Relay and/or 3-5 Person Relay Teams

- Runner wears a race belt with tagged bib as well as a tiny bib for each relay team.
- Hand-offs between team members are made in the usual manner as detailed on our Relay Info page.
- Teams competing in the 3-5 Person Relay may use the Main St, Lake St, and Leddy Park Exchange Zones; those in the 2-Person Relay may only use the Lake St Exchange Zone.
- Note: a runner may not run the same leg for multiple teams. For example, a runner may run the 1<sup>st</sup> leg for “Relay Team A” and the 3<sup>rd</sup> leg for “Relay Team B”, but that runner may not run the first leg for both teams and tag in 2 different teams at an exchange zone.