

# Suggestions As To Running The Relay

Here is our suggestion as to how to handle the relay part of the Reno 10 Miler & Relay. Please see the map of the course posted on the website for the locations of the 1st and 2nd Exchanges and the length of each leg.

## 3 person teams

If the relay team is traveling in one vehicle, they should park it just north of the start line area, in the vicinity of Arlington and W. 2nd. Parking there will be easier for the Leg 2 Runner to jump in the car and drive to UNR to the 1st Exchange.

The Leg 1 Runner should head over to the start line area at 6:45 to get ready for the 7 a.m. start.

The Leg 3 Runner also should go to the start line area to cheer the Leg 1 Runner at the beginning. The Leg 3 Runner will start at the 2nd exchange on Arlington Avenue in the center of Wingfield Park, a short walk from the start line of the race. The Leg 3 Runner will have plenty of time to get to the 2nd Exchange before his or her time to run.

The Leg 2 Runner should NOT be hanging out with the other 2 runners to watch the start at 7 a.m. Why? Because the Leg 2 Runner will be hard pressed to get to the 1st Exchange at the end of Leg 1 in time to meet the Leg 1 Runner. We recommend that the Leg 2 Runner should drive to and arrive at the 1st Exchange on the UNR campus by 7 a.m. leaving plenty of time to get ready to run Leg 2 before the Leg 2 Runner arrives.

There will be lots of parking by the 1st Exchange in the big parking lot in the northwest corner of the UNR campus. The 1st Exchange is just behind and to the north of the U.S. Post Office Building there, across Virginia Street from the 7-11 and just up from the Little Waldorf. If the Leg 2 Runner needs an address for using a GPS, the address for the post office is 1674 N. Virginia Street. Turn onto 17th between the post office and the KNPB Channel 5 Building, then turn left and the 1st Exchange will be right in front of you. Look for the 1st Exchange signage and volunteers to help you find your way.

When the Leg 1 Runner finishes Leg 1, the Leg 2 Runner should quickly let the Leg 1 Runner know where he or she parked and hand off the car key along with the relay baton. The Leg 1 Runner then should drive to Wingfield Park. At that time park north of the Truckee River somewhere or in the Courthouse Parking Lot just south of the river. The Leg 1 Runner probably won't get there in time to see the Leg 2 Runner finish Leg 2, but there should be plenty of time to get there before the Leg 3 Runner completes the relay race.

When the Leg 2 Runner reaches the 2nd exchange and finishes Leg 2, that runner will be right by the nearby finish line for the relay race. The Leg 1 Runner and Leg 2 Runner should coordinate meeting so the two of them will be ready to watch the Leg 3 Runner complete the relay race.

## 2 person teams

We strongly recommend one of two plans. Plan A is that one runner runs Leg 1, and the other runner runs Legs 2 and 3. Plan B is that one runner runs Legs 1 and 2, and the other runner runs Leg 3.

We highly discourage the plan where one runner runs Leg 1, the other runner runs Leg 2, and the first runner runs Leg 3. Why? Because the first runner almost certainly will not have enough time to get from the end of Leg 1 to the start of Leg 3 in time before the other runner completes Leg 2.

Good luck!