

Peak Performance Maine Marathon Relay Instructions

Dear Relay Team Captain:

Thank you for participating in the 2009 Peak Performance Maine Marathon Relay. This package contains information regarding your "D" Tag Disposable Chip, race route, transition area locations, and parking locations for the transition areas.

Marathon Relay "D"tags

Included in your team race packets will be 2 "D"tags. One "D" tag must be worn on the shoe of the first leg runner, the other on the shoe of the last leg runner. The middle leg runner(s) will not wear a "D"tag, and must simply tag their waiting team member when they finish their leg, at the designated transition areas. THE ENTIRE TEAM MAY CROSS THE FINISH LINE TOGETHER IF DESIRED, AS LONG AS THE LAST LEG RUNNER HAS THE "D"TAG ON HIS/HER SHOE. FIRST LEG RUNNERS SHOULD REMOVE THE "D"TAG AFTER COMPLETING YOUR LEG IF YOU PLAN TO CROSS THE FINISH LINE WITH YOUR TEAM. A VOLUNTEER WILL BE COLLECTING THE TAGS AT THAT EXCHANGE POINT. Finishers medal to all relayers. Final leg relayer can pick up the finishers medals at the finish line.

Marathon Relay Race Route

The marathon relay race route will follow the same course as the individual marathon course. Keep in mind that a half marathon will start from the same location and at the same time as the marathon. The half marathon runners will split from the marathon (cone turnaround) on Route 88 in Falmouth. Remember to stay on the marathon course, DO NOT FOLLOW THE HALF MARATHON RUNNERS. A map of the race course is enclosed, locating the start/finish area and transition areas 1, 2 & 3.

Transition Areas and Transition Area Parking

It is the responsibility of the team captain and members to find transportation to and from each relay transition point. There will be no transportation provided for runners, so please prearrange this with your team or a spectator prior to the race. Most roadways will remain open during the race, so travel to the transition areas should be relatively easy. However, runners will be sharing the roads as well. Therefore, we ask that you use EXTREME CAUTION while transporting runners to and from relay transition points. Baxter Boulevard (the road circling the Back Cove covering the first two and last two miles of the race) will be closed to all traffic during the race, so you will not be able to use this road for shuttling relay team members. "Relay Exchange Point" signs will be posted on phone poles and at the roadside as you approach each transition area. Cones at the center of the road will mark the actual transition area, and volunteers will be at each location to assist relay runners and record times.

Relay Transition Area 1

Transition Location: At the Skillins Greenhouses, on Route 88 near Depot Road.

Mile Number: Approx. 6

Access: This transition point is best accessed from either Route 88 or from Rte1/Depot Road. (see street closures)

Parking: Parking is provided at Pratt-Abbott Cleaners, corner of Route 1 & Depot Road. RT 88 & DEPOT ROAD WILL BE CLOSED TO TRAFFIC FROM 8AM TO 9:30 AM. ALSO, NO ACCESS TO ROUTE 88 IS ALLOWED OFF JOHNSON ROAD IN FALMOUTH. ALSO CLOSED EXIT 9 TO FALMOUTH & ROUTE 1 OFF I295 UNTIL APPROX. 9:30AM

Relay Transition Area 2

Transition Location: At Gilman Road just before crossing onto Route 88 in Yarmouth. This area is on your return on Gilman, not on the way out.

Mile Number: Approx. 14.8

Access: This transition point is best accessed from Route 88. This section of Gilman Road from Rt 88 to Princes Point (4-way stop) will be closed to traffic from 9am to 11am.

Parking: Parking is provided at the Cunningham Security office lot (formerly Westcustogo Inn) 10 Princes Pt Rd in Yarmouth.

Relay Transition Area 3

Transition Location: Pine Grove School, Rte 88 in Falmouth, actually just before the school in the park area across from the cemetery

Mile Number: Approx. 21

Access: This transition point is best accessed from Route 1 to Route 88.

Parking: Pine Grove School Parking Lot, Rte 88, 32 Foreside Road

WE HAVE SPECIAL PERMISSION FROM PINE GROVE SCHOOL, CUNNINGHAM SECURITY, PRATT-ABBOTT CLEANERS, HALEY'S TIRE, & SKILLINS GREENHOUSES TO USE THEIR PARKING LOTS. PLEASE MAKE SURE CLOTHING, CUPS, BOTTLES, ETC., ARE NOT LEFT BEHIND.

(One final reminder, the relay bibs MUST be worn and clearly visible on both front & back of the runner)