



2017 Relay Team Handbook

Race Date: April 23, 2017

(Updated 4/05/17)

PRESENTED BY



Welcome to the Mt. Si Relay 2017

This booklet contains important information for the 34th Annual Mt. Si Relay, April 23, 2017 presented by Eastside Runners. Team captains need to be familiar with everything contained in this handbook and to share it with team members. We strongly encourage all runners read this material.

REGISTRATION

Packet pickup will be Saturday, April 22, 2017, from 12 p.m. to 4 p.m. at our sponsor:

Everyday Athlete
11828 98th Avenue NE
Kirkland, WA 98034

Packets will include shirts, race numbers and pins. Packets will NOT include this booklet or driving directions, printed course descriptions, maps etc. We encourage teams to print this booklet from the event website, www.mtsirelay.com

Packets must be signed for by a member of that team. Race committee members will be on hand to answer questions. Packets will also be available on race day morning at the start. Please plan to arrive extra early if you choose this option.

NOTE: Teams or Ultras not showing up will forfeit their entry fees and shirts.

Waivers

All relay team runners must sign the release waiver. Runners can sign the waiver at packet pickup the day before the event, or at the school on race morning if they have not signed the waiver when registering. All team members would have signed the waiver when registering unless it was a last minute change.

Substitutions

Substitutions of team members can be made as late as race day morning, but the new runner must arrive early to the start to sign the waiver. If the substitution causes your team to change divisions (based on total age or gender mix), be sure to inform the race director or starting line officials.

- Teams may choose to run the race with fewer or more than five members, but these teams will not be eligible for awards. Teams starting with 5 runners, and due to injury finish with fewer than 5, remain eligible for awards.

TEAMS

Regular teams are made up of five runners. Each member of the team will complete two legs of the relay. The total race is approximately 53 miles, with legs varying in length from 3.8 to 6.8 miles.

Team Categories

There are two competitive categories in the relay (Open and Masters) and three divisions within each category (Male, Female and Mixed). To qualify for the mixed division, teams must be of mixed gender with no more than three males. The Recreation category is for teams with other than five runners, or those just wanting to have fun and not compete for awards.

Fluids and fuel

Each team must provide their own aid (fluid replacement, gels, etc.) throughout the race. There is limited access to water on the course. Carry plenty of liquids in your support vehicle. Most legs are not accessible for the support vehicle to provide water, so each runner might want to carry their own supply. The only team aid station provided will be at the finish line. Aid stations along the course are for ultra runners only.

Shoes and clothing

Depending on weather conditions, a change of clothes or shoes may be advisable and dry clothes for afterward.

COURSE AND VEHICLES

Be courteous and do not interfere with the local traffic.

We have permission to hold the race, but not sole use of the highways and trails. Your compliance is imperative if we are to continue running the Mt. Si Relay & Ultra Runs.

Driving

All drivers should be alert and drive at or below posted speed limits. Leave plenty of time to arrive at exchanges. Please be courteous of runners on the road.

- Do not drive along the road with your team's runner. Find a place to pull over safely ahead and wait to provide support (encouragement and fluids).
- Do not block any driveway.
- Do not take more than one car to any exchange point. Parking is limited at most exchanges.

Park Only in Designated Areas

See parking descriptions for each exchange. Race officials will direct parking in congested areas.

Special Note: Rattlesnake Lake You will need a Discover Pass to park at exchange 2 and 6, Rattlesnake Lake (see the exchange 2 and 6 map). Parking for this exchange can become overcrowded, especially on nice weather days, and team vehicles compete for space here with the public using the lake and trails. Obey signs and parking attendants! Runners can get out and walk to the exchange while the driver waits to park. Be patient and courteous.

Respect Local Residents & Communities

While traveling through the local communities of the Snoqualmie Valley, please remember we are guests and you should treat all residents with courtesy and respect. Our good behavior and thanks to locals will go a long way toward our ability to return next year. Don't honk in residential areas, and consider the time of day when you're cheering loudly for your teammate. Use supplied portable toilets along the course, and do not litter.

Course Markings

Signs, course monitors, cones, flags or street chalk will assist you at turns and potentially confusing points on the course. However, since signs sometimes are moved or stolen, it's each runner's responsibility to understand and follow the turns and descriptions of their individual legs.

Exchange Points

Exchanges will be marked with a banner. Volunteer exchange captains will be in charge at each exchange.

The method of exchange between runners is a simple hand touch within the indicated exchange areas.

Special Note: Exchanges 2 and 6 Upon approaching exchange #2 and #6 near Rattlesnake Lake, you may notice what looks like an exchange point along the trail on your right. This is actually an aid station for the Ultra runners. Proceed a little farther up the road where a parking attendant will guide you to the designated Relay parking area.

Starting Times:

| Time | Group | Bib numbers |
|-----------|----------------------------|-------------|
| 6:00 a.m. | 50 Mile Ultras | 1-99 |
| 6:30 a.m. | 1 st Relay Wave | 101-175 |
| 8:00 a.m. | 2 nd Relay Wave | 201-275 |
| 8:30 a.m. | 50K Ultras | 301-375 |
| 9:30 a.m. | 25K | 401-475 |

Note: Bib sequence numbers for relay waves may vary

RUNNERS

Running Order

Teams choose their initial running order, but runners must run in the same sequence for the second half of the race. For example, if a runner runs leg 2, he or she must also run leg 7. Bib numbers indicate leg numbers 1-5, and runners must wear the appropriate bib, run in sequence, and have bib visible, facing forward, throughout. See running matrix below.

Do not impede traffic

Generally you will run on the left side of roads and the right side of trails. Runners do not have exclusive use of the roadway. While most of the relay is on the Snoqualmie Valley Trail, there are many road crossings and a few segments that are run on pavement. Treat traffic as you would on a training run and be safe!

Headphones

Headphones are not prohibited. However, 1) remember there will be traffic on the roads, and 2) volunteers might need to give you instructions. (Runners with headphones have gone right past volunteers trying to tell them how to keep on course!) If you wear headphones consider running with one ear free.

Pacers not allowed for relay: Pacing a team member or use of bicycles is not permitted. (Pacers are OK for Ultras)

Runners Injured During Race

In the event of an injury, any of the remaining runners can replace the injured runner to finish their leg. The replacement runner will tag off to the next runner at the next exchange point. If this establishes a new running order, it must be maintained in the new sequence for the remainder of the race. Once a runner drops out of the race, he or she cannot enter back into the race.

Emergencies

We will have no medical staff present at the start/finish area.

In the event of an emergency, notify a race official, as they will be able to communicate with nearest medical personnel. If the emergency is severe, call 911, then the Race Director at 206-999-3060.

Littering & Property Damage

Any runners who are reported to have damaged or littered on private or public property may be disqualified. Toilets and trash cans will be provided at exchange points.

Follow Race Officials' Instructions

Course volunteers at exchanges are considered race officials and have the authority to disqualify a team for rule violations, abusive behavior, or a team's failure to follow instructions given by volunteers.

Visible Race Numbers

Team bib numbers must be worn and visible on the front of each runner at all times while running or on the road. Bib numbers must be pinned to the outer most layer of clothing.

Finish Line

The runner of Leg 10 must cross the finish line **with bib number clearly visible**. All other team members may join the last runner, but must veer left when they approach the finish line chute. Also, they may not accompany their runner in any way that causes obstruction of other runners.

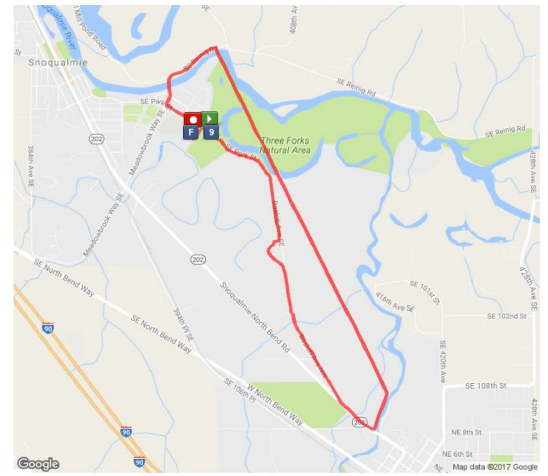
LATE FINISHERS

Earlier start: Our goal is to have all teams finish before 5:00 p.m. To help achieve the 5 p.m. finish, we will grant/assign a 6:30 a.m. start to all teams that may take more than nine hours to complete the course (**average 9:15 pace**). Please contact the race director if your team is scheduled to start at 8 a.m. and you think you may not finish by 5:00 p.m. Send an email message to info@mtsirelay.com or call 206-999-3060.

Mt. Si Relay Course Map

LEG DESCRIPTIONS

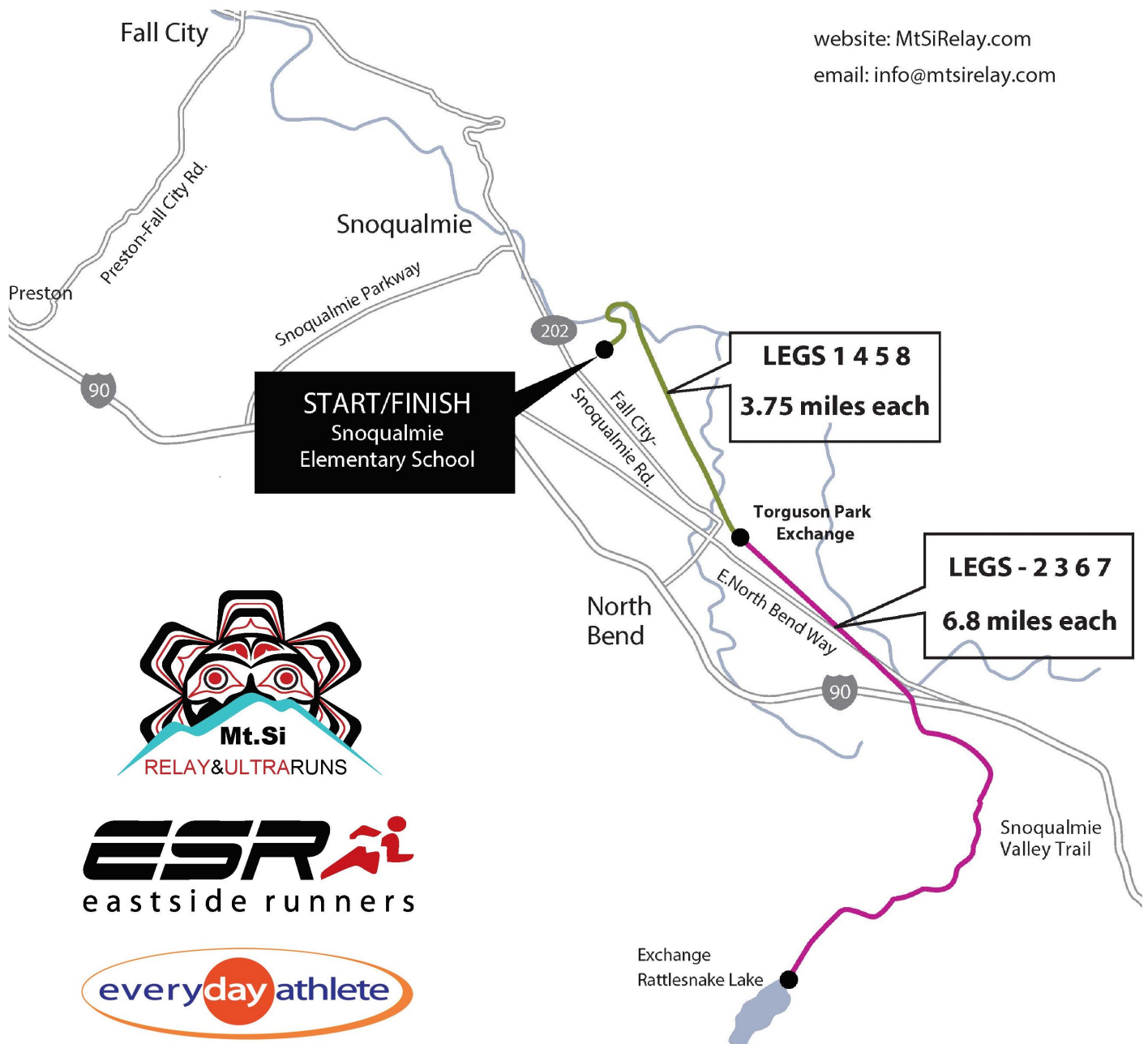
| Leg # | Start Leg | End Leg | Miles | Surface | Elevation (in feet) | |
|---------|-------------------|------------------|-------|------------|---------------------|------|
| | | | | | Gain | Loss |
| Leg #1 | Elementary School | Torguson Park | 3.75 | Trail/Road | <40 | <40 |
| Leg #2 | Torguson Park | Rattlesnake Lake | 6.8 | Trail | 490 | 0 |
| Leg #3 | Rattlesnake Lake | Torguson Park | 6.8 | Trail | 0 | 490 |
| Leg #4 | Torguson Park | Centennial Park | 3.75 | Trail/Road | <40 | <40 |
| Leg #5 | Centennial Park | Torguson Park | 3.75 | Trail/Road | <40 | <40 |
| Leg #6 | Torguson Park | Rattlesnake Lake | 6.8 | Trail | 490 | 0 |
| Leg #7 | Rattlesnake Lake | Torguson Park | 6.8 | Trail | 0 | 490 |
| Leg #8 | Torguson Park | Centennial Park | 3.75 | Trail | <40 | <40 |
| Leg #9 | Centennial Park | Centennial Park | 5.15 | Trail/Road | <40 | <40 |
| Leg #10 | Centennial Park | Finish Line | 5.25 | Trail/Road | <40 | <40 |



Leg #9 / 10 Detail

website: MtSiRelay.com

email: info@mtsirelay.com



All races and waves begin and end at Snoqualmie Elementary School

Directions to Snoqualmie Elementary School

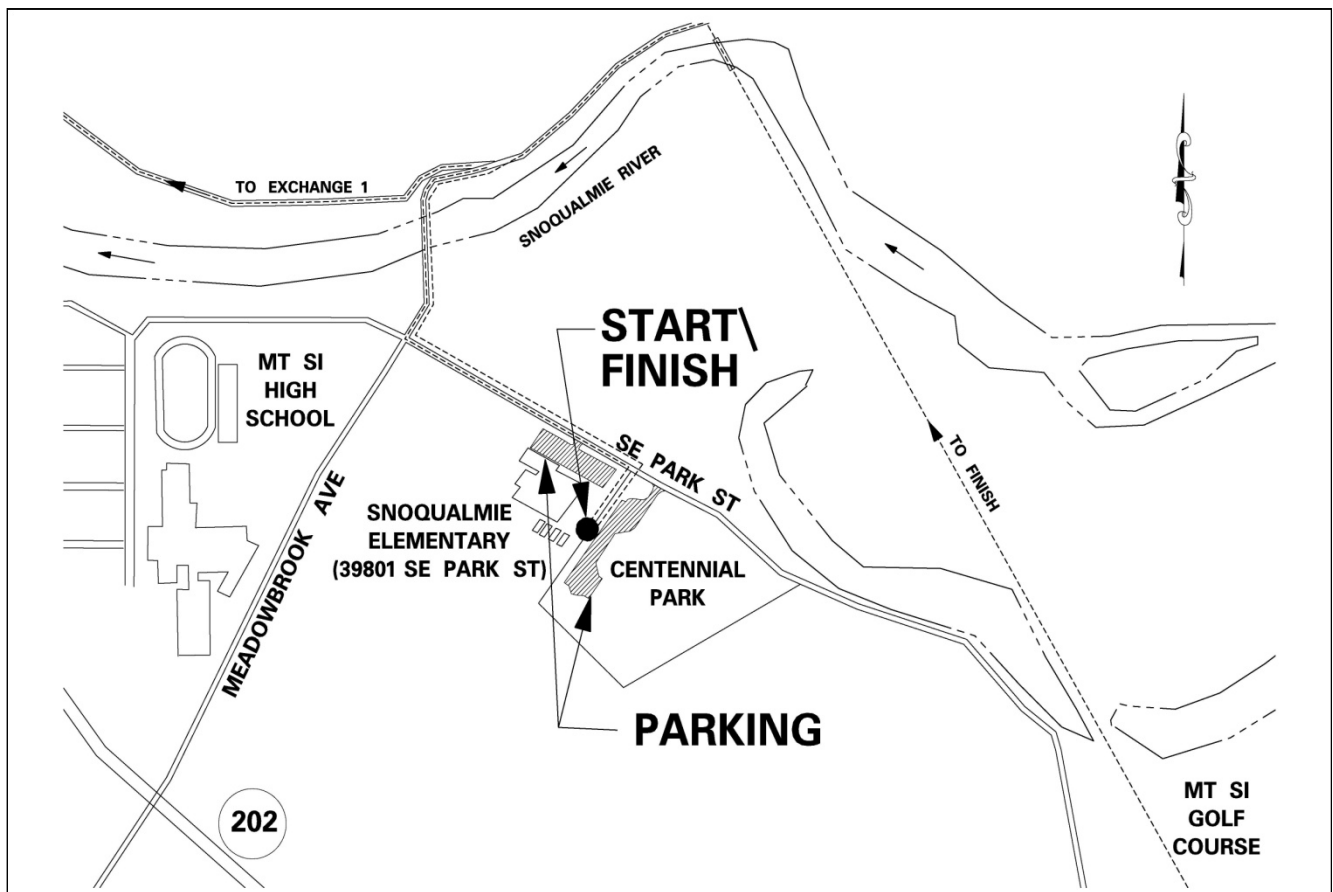
39801 SE Park St., Snoqualmie, WA 98065

From Seattle, I-5, I-405: Follow I-90 East and take Exit 27. At the bottom of the exit turn left on SE North Bend Way. Follow SE North Bend Way 1.1 miles and turn left onto Meadowbrook Way SE. Follow Meadowbrook Way SE through the intersection of Hwy 202. Drive past Mt. Si High School, and take the next right onto Park St. The elementary school is .2 miles on your right.

From Redmond: Take Redmond-Fall City Road (Hwy 202) through Snoqualmie. Turn Left at Meadowbrook Way. Drive past Mt. Si High School, and take the next right onto Park St. The elementary school is .2 miles on your right.

From Auburn Area: take Highway 18 North. It will pass under I-90 and become the Snoqualmie Parkway (speed limit is 35mph and it is enforced). Turn right at the T at end of Parkway, Highway 202, proceed East to Meadowbrook Way SE. Turn Left onto Meadowbrook, drive past Mt. Si High School, and take the next right onto Park St. The elementary school is .2 miles on your right.

Additional parking is available immediately adjacent to the school at Centennial Park, one driveway east of the school.



Running Matrix - Runner Order and Leg Designations

| <u>Runner / Leg</u> | <u>Leg Distances</u> |
|--|----------------------|
| #1 / 1 - Start to Torguson Park | 3.75 |
| #2 / 2 - Torguson Park to Rattlesnake Lake | 6.8 |
| #3 / 3 - Rattlesnake Lake to Torguson Park | 6.8 |
| #4 / 4 - Torguson Park to Centennial Park | 3.75 |
| #5 / 5 - Centennial Park to Torguson Park | 3.75 |
| #1 / 6 - Torguson Park to Rattlesnake Lake | 6.8 |
| #2 / 7 - Rattlesnake Lake to Torguson Park | 6.8 |
| #3 / 8 - Torguson Park to Centennial Park | 3.75 |
| #4 / 9 - Centennial Park to Centennial Park | 5.15 |
| #5 / 10 - Centennial Park to FINISH | 5.25 |

Total Runner Distances - Miles

| | |
|------------------|--------------|
| Runner #1 | 10.55 |
| Runner #2 | 13.6 |
| Runner #3 | 10.55 |
| Runner #4 | 8.9 |
| Runner #5 | 9 |

Leg #'s 1 and 5 – Runner #'s 1 and 5

3.75 Miles

To Exchange at Torguson Park

750 E. North Bend Way
North Bend 98045

Driving Directions

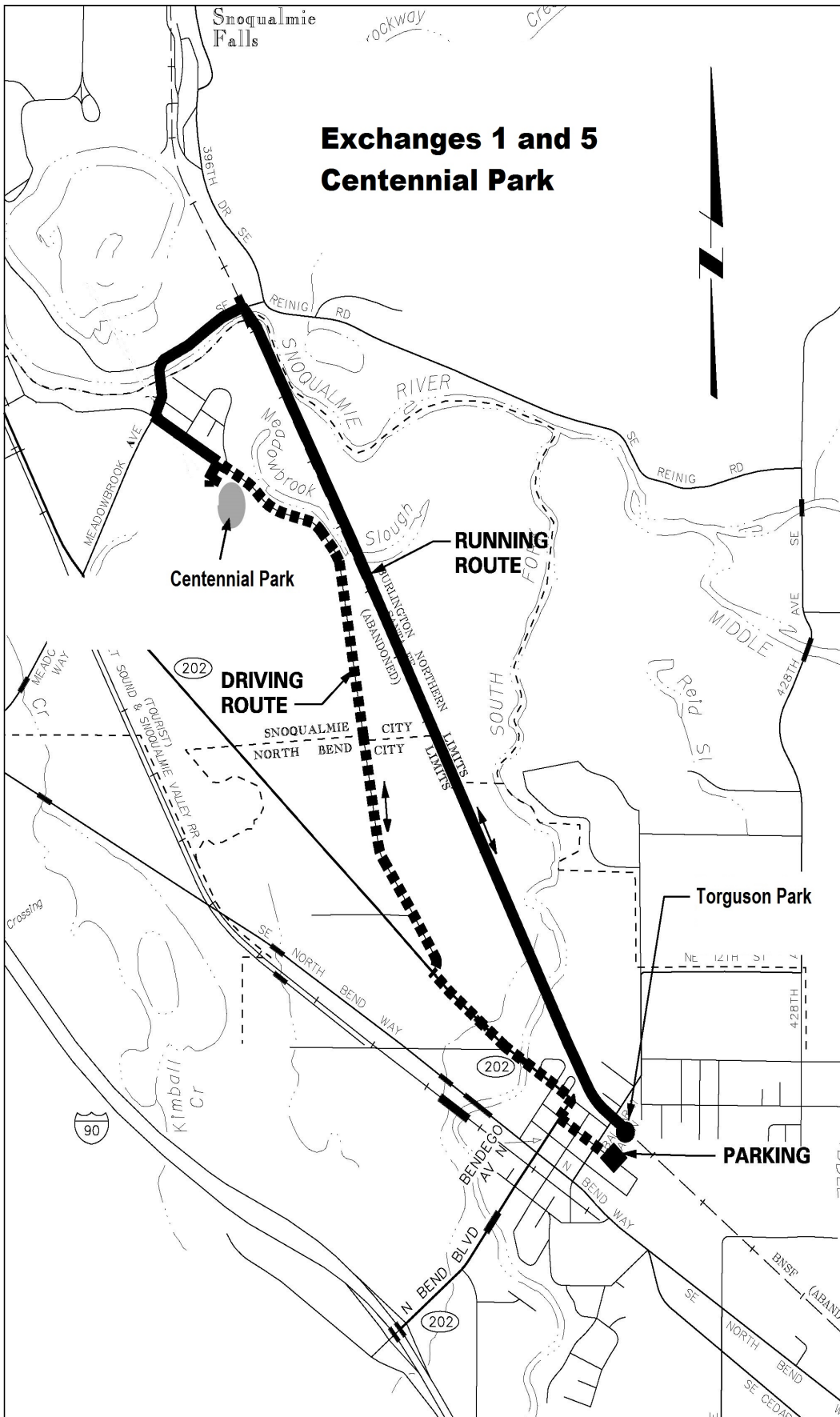
- | Mile | Direction |
|------|--|
| 1.4 | Exit right out of Elementary School onto Park Avenue, Park becomes Boalch Ave. |
| 2.6 | Left onto Highway 202 into downtown North Bend. |
| 2.8 | Turn left onto East North Bend Way. |
| 3.8 | Exchange #1/5 is at Torguson Park, immediately after the round about. |

Running Directions

Head West on Park Street, follow signs and volunteers.
Right on Meadowbrook, continue across bridge on cement sidewalk.
Volunteer will direct you right, onto SE Reinig Road
Right on the large metal bridge, up the stairs and over the bridge.
Continue strait to Torguson Park on your right side
Total Mileage - 3.75



Exchanges 1 and 5 Centennial Park



Leg #'s 2 and 6 - Runner #'s 2 and 1 – 6.9 Miles To Exchange at Rattlesnake Lake

17905 Cedar Falls Rd SE
North Bend, WA 98045

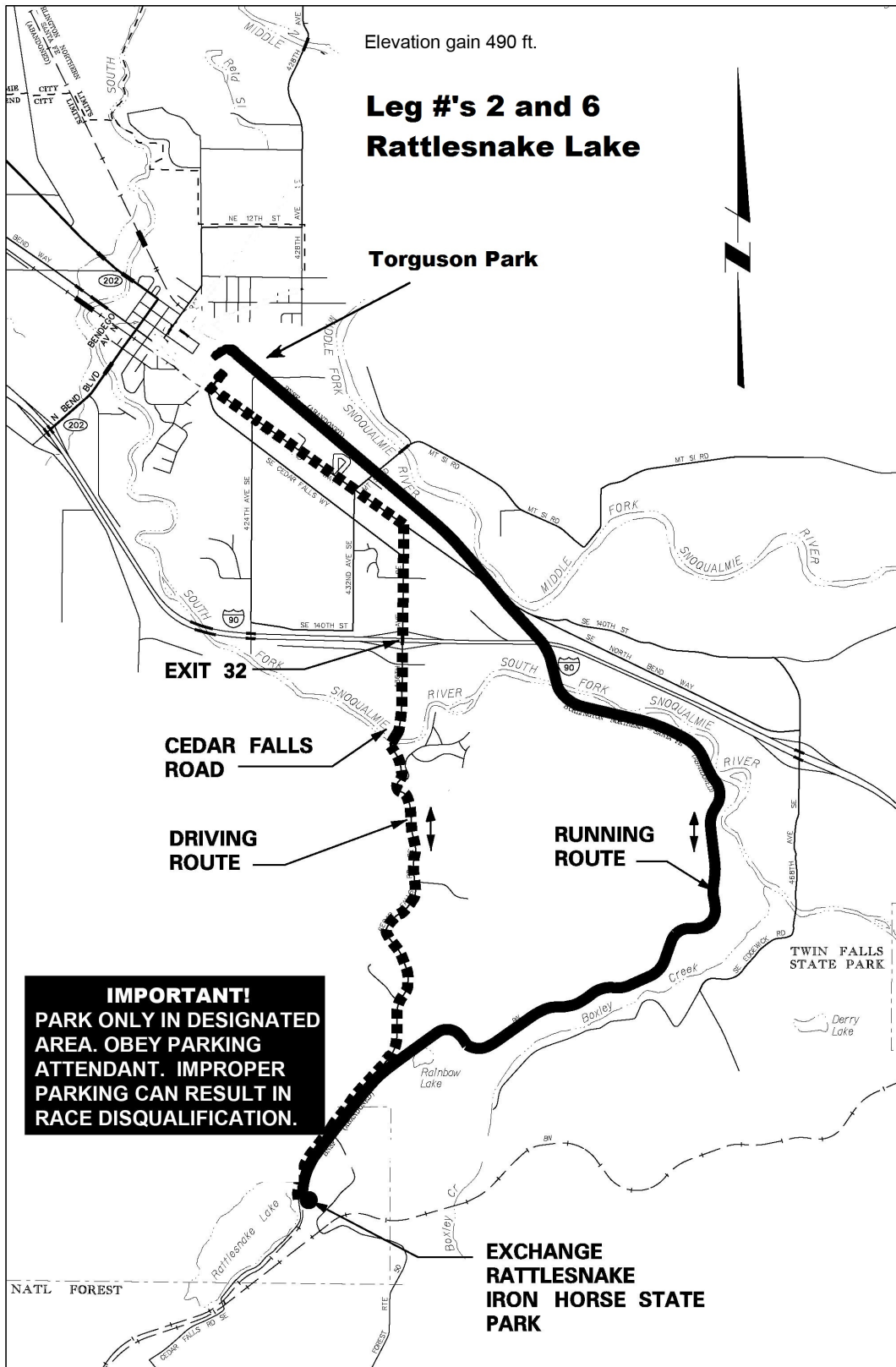
Driving Directions : Make a left onto North Bend Way and go 1.1 miles, turn right onto 436th heading south. Follow 436th (over I-90) which will become the Cedar Falls Rd. Drive 3.7 miles to Rattlesnake Lake. Continue until you see the sign for the Cedar Falls Trail-head. Turn left to park in this lot. A Discover Pass must be displayed. Please leave the lower lot for the general public.

IMPORTANT: Park only in designated area. Obey signs and parking attendants. This may be a congested area and a place where our event meets others enjoying this wonderful natural area. Please be patient and courteous. If you have to wait for parking, your Leg 8 runner can get out and stretch. Use the portable toilets in the parking lot provided by the Mt. Si Relay. Park pit toilets are off limits to this event.

Running Directions

- 0.0 From Exchange # 2/6 stay on the Snoqualmie Valley Trail heading SE. You will stay on the Trail all the way to the Exchange at Rattlesnake Lake. Enjoy the gradual climb!
- 0.9 Cross Mt Si Rd. **Watch for traffic.** Stay on the Trail.
- 1.9 Diagonal left across SE North Bend Way. **Watch for traffic.** Stay on the trail.
- 6.9 Exchange is by upper parking area.





Leg #'s 3 and 7 – Runner #'s 3 and 2 – 6.9 Miles To Exchange at Torguson Park

750 E. North Bend Way
North Bend 98045

Driving Directions : Follow Cedar Falls Road NW back towards North Bend. It will become 436th Ave SE. After 3 miles, cross over I90. Continue 0.6 miles to North Bend Way. Go Left (West) on North Bend Way. In 1.25 miles, make a right into Torguson Park for Exchange #8. Plenty of parking.

Running Directions

Mile

0 - 5.0 Downhill grade, easy and fast.

5.0 Crossing North Bend Way, **be cautious of traffic**

6.0 Cross Mt Si Road. **Watch for traffic.**

6.9 Exchange Torguson Park is on the left.

See Above Map on page 18 to reference running and driving directions

Leg #'s 4 and 8 - Runner #'s 4 and 3 - 3.8 Miles To Centennial Park

39903 SE Park Street
North Bend 98065

Driving Directions

From Torguson Park, exit right on North Bend Way and proceed straight thru the round a bout. Turn right on North Bend Blvd, Hwy(202). Follow Hwy 202 for ¼ mile, turn right onto Boalch Ave NW. Go past Mt Si golf course, watch out for runners. Centennial Park will be on your left, just to the east of the start/finish line SnoQ school.

Running Directions

Mile Direction

- 0.05 Turn left to follow Snoqualmie Valley Trail north
- 2.0 Stay on the trail through Mt. Si Golf Course parking lot Go down
- 3.0 stairs, turn left on Reinig Rd.
- 3.3 Cross car bridge on sidewalk.
- 3.5 Turn left on Park St.
- 3.7 Turn right into Centennial Park to tag off your next runner.

See above map on page 16 for visual driving directions

Leg # 9 – Runner #4 - 5.2 Miles Centennial Park loop

Driving Directions

There are no driving directions for Leg 9 since it's a loop.

Running Directions

| Mile | Direction |
|------|---|
| 0.0 | Exit Centennial Park following signs and chalk markings. Continue on paved trail. |
| 1.25 | Cross to left shoulder of Boalch Avenue by Meadowbrook Farm. |
| 1.8 | Briefly run along the left shoulder of Highway 202, then turn onto a parallel trail. |
| 2.0 | Take a left to run along the South Fork Snoqualmie River |
| 2.3 | Go up the embankment and turn left to merge onto the Snoqualmie Valley Trail. Expect other runners and/or bicyclists. |
| 4.4 | Down the footbridge stairs and turn left onto Reinig road. |
| 4.7 | Cross car bridge on sidewalk. |
| 4.9 | Turn left on Park St. |
| 5.2 | Exchange at Centennial Park |



Leg # 10 – Runner #5 - Final Leg

5.2 Miles

Centennial Park loop back to Finish

Driving Directions

There are no driving directions for Leg 10 since it's a loop from the Centennial Field to the finish line at Snoqualmie Elementary School.

Running Directions

| Mile | Direction |
|------|---|
| 0.0 | Exit Centennial Park following signs and chalk markings. Continue on paved trail. |
| 1.25 | Cross to left shoulder of Boalch Avenue by Meadowbrook Farm. |
| 1.8 | Briefly run along the left shoulder of Highway 202, then turn onto a parallel trail. |
| 2.0 | Take a left to run along the South Fork Snoqualmie River |
| 2.3 | Go up the embankment and turn left to merge onto the Snoqualmie Valley Trail. Expect other runners and/or bicyclists. |
| 4.4 | Down the footbridge stairs and turn left onto Reinig road. |
| 4.7 | Cross car bridge on sidewalk. |
| 4.9 | Turn left on Park St. |
| 5.2 | Exchange at Centennial Park |

Congratulations!
You have finished!

Finishing notes

Finish Line

The runner of Leg 10 must cross the finish line **with bib number clearly visible**. Team members may join the last runner, but must veer left when they approach the finish line chute. Also, they may not accompany their runner in any way that obstructs other runners.

Now regroup and cheer on the other teams. The school restrooms are available for your use, as well as at Centennial Park next door.

Stay awhile at the finish area. Take a team photo. Sign up to join Eastside Runners.

Awards will be announced and presented as soon as they are determined. Results will appear at MtSiRelay.com soon after the events.

Special thanks to our presenting sponsor **Everyday Athlete**. Please visit the store in Kirkland.

Thank you for participating in the Mt. Si Relay and we hope everyone had a great day.
See you next year!

| Leg | Runner | Distance | Leg Time | Pace |
|--------|--------|----------|----------|------|
| 1 | | 3.75 | | |
| 2 | | 6.8 | | |
| 3 | | 6.8 | | |
| 4 | | 3.75 | | |
| 5 | | 3.75 | | |
| 6 | | 6.8 | | |
| 7 | | 6.8 | | |
| 8 | | 3.75 | | |
| 9 | | 5.15 | | |
| 10 | | 5.25 | | |
| Totals | | 52.6 | | |