



RELAY TEAMS: INSTRUCTIONS

**Note: You must tag each team member at the RACKED bike.
The timing chip on the Velcro band is your baton!**

First Runner: Wear the timing chip around one ankle (either one). Wear a race number on your front. After you have completed your run, run into transition. At the racked bike **YOU** must place the timing chip around one ankle of the cyclist.

Cyclist: Wear one race number on your front plus one small sticker on the front of your cycle helmet and the other sticker on your bike's top tube. Wear a cycle helmet fastened on your head. Wait for your first runner at the appropriate racking position.

- **DON'T REMOVE YOUR BIKE FROM THE RACK UNTIL YOUR RUNNER HAS TAGGED YOU BY PLACING THE TIMING CHIP AROUND YOUR ANKLE (either one).**
- After the cycle, you must rack your bike in its original position.
- After you have racked the bike, your second runner will remove the timing chip from your ankle and place it around their own ankle.

Second Runner: Wear one race number on your front. Wait for your cyclist at the appropriate racking position. **After the bike has been racked**, take the timing chip from your cyclist's ankle and place it around your ankle (either one) and then proceed on your run. Make sure your race number is visible on your front as you cross the finish line.

All relay team members will be allowed access to the transition area.

Please note that transition crew will monitor you on all changeovers and time penalties will be added if you do not adhere to above rules.