

# MARATHON RELAY RUNNER INSTRUCTIONS

presented by



## Included in your Marathon Relay Packet:

- 5 race bibs (1 timed bib and 4 runner bibs)
- 1 timing belt (you'll exchange this at the finish to get your medals)
- Safety pins
- 4 MetroLink Tickets
- 4 race shirts

## RUNNER 1: 6.5 MILES

**Park your car:** Use the QR code below for parking suggestions and park near the start/finish line of the race. We highly suggest carpooling!

**Complete your leg:** Begin the race at the Start Line (Market and 15th St) and run to Exchange #1 at on Chouteau Ave just east of Tucker Blvd.

**After you finish:** Use Metrolink at 14th St (remember your ticket included with your race entry!) to ride back to the start / finish line (Union Station) to meet your team for the finish of the race OR walk back (via Tucker or 14th St) to the start / finish line (a ten min walk)!

## RUNNER 2: 5.6 MILES

**Park your car:** Use the QR code below for parking suggestions and park near the start/finish line of the race. Walk to Tucker Blvd and Chouteau Ave (a ten min walk) to Relay Exchange #1 - on the east side of Tucker. (Runners 2 and 3 can walk together!)

**Complete your leg:** Begin the race on the east side of Tucker at Chouteau and run to Exchange #2 on the west side of Tucker Street at Chouteau.

**After you finish:** Use Metrolink at 14th St (remember your ticket included with your race entry!) to ride back to the start / finish line (Union Station) to meet your team for the finish of the race OR walk back to the start / finish line (a ten min walk)!

PARKING INFO



COURSE MAP



# MARATHON RELAY RUNNER INSTRUCTIONS

presented by



## RUNNER 3: 5.9 MILES

**Park your car:** Use the QR code below for parking suggestions and park near the start/finish line of the race. Walk to Tucker Blvd and Chouteau Ave (a ten min walk) to Relay Exchange #2 - on the west side of Tucker. (Runners 2 and 3 can walk together!)

**Complete your leg:** Begin at Exchange #2 - west side of Tucker at Chouteau and run to Exchange #3 on the northside of Forest Park Ave between Boyle and Sarah (near IKEA).

**After you finish:** Use MetroLink (ticket included in your packet) Cortex Station to ride back to the finish line at Union Station. Hang out at the finish line and wait!

## RUNNER 4: 8.2 MILES

**Park your car:** Park your car near the finish line (use the parking suggestions QR code). Use the Metrolink pass in your packet to go from Union Station to the Cortex Metrolink station. Your exchange is on the north side of Forest Park Ave between Boyle and Sarah.

**Complete your leg:** Begin at Exchange #3 - Forest Park Ave near IKEA and run to the finish line. Be sure to look for your team near the finish line so you can finish together!

**After you finish:** Congratulations! Enjoy your accomplishment and enjoy celebrating with your teammates!

## FINISH TOGETHER!

Runners 1, 2 and 3 should all meet at 14th and Chestnut and wait for runner 4 to return so the team can finish together.

Look for the Marathon Relay tent in our finish line area (after the food) and exchange your timing belt for your medals.

Celebrate your team's accomplishment and enjoy the sounds of local artists at the MOtion Afterparty!

**PARKING INFO**



**COURSE MAP**

