



IMT Des Moines Marathon 5-Person Marathon Relay Challenge

Registration

The IMT Des Moines Marathon 5-Person Marathon Relay Challenge will take place on Sunday, October 18, 2009. The race will start with the Marathon and Half Marathon at 8:00 a.m. in downtown Des Moines at Nollen Plaza. Registration for this race is capped at sixty teams and has sold out every year.

Each relay team needs to assign a team captain. The team captain should be responsible for reserving the team a spot in the race; organizing the team roster and making sure all members of the team register themselves to the team. An alternate team member is encouraged in case one of the other members of the team cannot compete on race day.

Individual team members will pick up their race number/bib that has been assigned to the team. Each team member will need their race number/bib to receive their event shirt. It is the responsibility of the team captain to pick up the race number/bib for any of the team members that cannot attend packet pick up at the Wellmark Blue Cross and Blue Shield Sports & Fitness Expo at Hy-Vee Hall on Friday, October 16 from 3 to 8 p.m. or Saturday, October 17 from 10 a.m. to 8 p.m.

The team captain for each team is also required to attend a team captain meeting on Saturday, October 17 at 11:00 a.m. This meeting will be held across from the main exit of Assembly Hall B at Hy-Vee Hall. At this meeting, each team will receive a Sportag™ timing device, which will be attached to the shoe of team member #5 on race day.

Official Time

Team member #1 will start the relay and will self-select their place at the starting line base on the predicted finish time for the team. The start of the 5-Person Marathon Relay Challenge is based on gun time. Team member #5 will be given a net time when they cross the finish line. This will serve as the official course time for the team. Each team member that completes a leg of the race will receive a finisher medal.

Prize Money

All Male Team	1st Place \$175	2nd \$100
All Female Team	1st Place \$175	2nd \$100
Co-Ed Team (minimum of 2 females)	1st Place \$100	
Corporate Team	1 st Place \$100	

Visit www.desmoinesmarathon.com and click on RACES and Marathon Relay Challenge for course maps, mile by mile descriptions, transition area locations, course driving instructions, frequently asked questions and more!

For more information regarding the 5-Person Marathon Relay Challenge, email your questions or comments to info@desmoinesmarathon.com or phone 515.288.2692.