



IMT Des Moines Marathon 5-Person Marathon Relay Challenge Vehicle Assignments

Team Responsibility

IMT Des Moines Marathon 5-Person Marathon Relay Challenge teams are responsible for providing a vehicle and driving their team to all Relay Transition Areas on race day. Each team will receive an additional race number/bib at the Team Captain meeting. The race number/bib should be placed on the vehicle dashboard at all times during the race.

It is very important that each team member understands that the transportation of the team to each of the Relay Transition Areas is NOT timed and is NOT a part of the race.

The Relay Transition Areas are laid out to give each team plenty of time to depart from one Relay Transition Area and arrive at another in a timely fashion. It should take no more than twenty to twenty-five minutes to arrive at each Relay Transition Area.

Each member of the team who will be driving the team vehicle during the race must have a valid driver's license and proof of insurance in the vehicle. A release of liability waiver must also be signed by each driver. Safety should not be compromised traveling between Relay Transition Areas.

Team Captain Meeting

A map of the Marathon Relay Challenge course, Relay Transition Areas and suggested driving routes will be provided to the each Team Captain at the Marathon Relay Challenge meeting at 11 a.m. on Saturday, October 17, 2009. It will be held in the meeting room outside Assembly Hall B at the Wellmark Blue Cross and Blue Shield Sports & Fitness Expo located at Hy-Vee Hall in downtown Des Moines.

Start

Teams should park their team vehicle before the race in the parking lot behind Work Systems Rehab, located at 516 3rd Street (one block north of Nollen Plaza). They will open their doors at 7:00 a.m. Restrooms and a stretching area will be available, as well as a place for teams to gather. Release of liability waivers will be signed at this time.

Finish

Team Member #5 will run the last 6.2 miles of the Marathon Relay Challenge course. If the team would like to cross the finish line together, the best option will be to exit Relay Transition Area #4 and take Valley Drive to SW 30th Street, turn right to Bell Avenue and turn left. Follow it to SW 3rd Street and turn left to get to Principal Park. Team members can join Team Member #5 at MLK JR Parkway and 3rd Street to run the final .2 miles.

Visit www.desmoinesmarathon.com and click on RACES and Marathon Relay Challenge for Marathon Relay Challenge course maps, mile by mile descriptions, Relay Transition Areas, 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.