



# 2-PERSON TEAM RELAY INFORMATION

Not up for 10 miles? Find a buddy and challenge yourselves to the 2-person relay! The race will follow the same course as the Western Mass 10, with one exchange zone located at the 5 Mile mark.

The 2-Person Team Relay consists of the following two legs:

LEG	DISTANCE	TERRAIN	COURSE DESCRIPTION	STARTING LOCATION
1	5.0 miles	Rolling	From the heart of the University of Massachusetts, through downtown Amherst, into historic Amherst College and onto the scenic Norwottuck Rail Trail.	<b>Start Line – (Mile 0.0)</b> Massachusetts Avenue, Amherst (Haigis Mall, UMass)
2	5.0 miles	Flat	Along the beautiful Norwottuck Rail Trail in Hadley, across the Connecticut River on the iconic Lattice Truss Bridge, and into downtown Northampton.	<b>Exchange Zone – (Mile 5.0)</b> South Maple Street, Hadley (Behind Whole Foods Market)

## Team Relay Information

- Teams must consist of 2 runners.
- Each member must run at least one complete leg.
- The minimum age requirement to compete in the Team Relay is **12**.
- At each exchange point, relay team members must touch their team member to signal the start of their leg.
- **DO NOT** leave the exchange point before your teammate arrives.

## B-TAG Timing \*\*\* IMPORTANT \*\*\*

- Each Relay Team will have one (1) B-TAG BIB which must be worn **ONLY** by the **TEAM MEMBER** who will be **CROSSING THE FINISH LINE (LEG 2)**.
- Both members of a Relay Team will have the same Race Number

## **Divisions**

*Commemorative awards (based on team "gun" time) to top team in each division.*

- **Open Division**
  - Male Team
  - Female Team
  - Mixed Team

## **10 Mile Runners Who Are Part of a Relay Team**

- You must run Leg #1.
- Wear only Bib Number and B-Tag corresponding to their individual 10-Mile entry.
- You do not need to wear your Relay Number Bib.
- Your Team Member may not leave the Exchange Zone until you arrive.
- You must cross the Finish Line with your individual 10 Mile Bib Number and B-Tag.

## **Exchange Zone**

Located on the Norwottuck Rail Trail behind Whole Foods Market, in the Mountain Farms Shopping Plaza

- GPS Address: 327 Russell St, Hadley, MA 01035

- Water/Nuun and Port-O-Lets will be provided near the Exchange Zone

## **Transportation/Parking**

- Shuttle Bus Transportation will be provided from the Finish Line (Northampton) to Race Start (Amherst) prior to the race
- Shuttle Bus Transportation will be provided from the Finish Line (Northampton) to the Exchange Zone (Hadley) and from the Exchange Zone to the Finish Line
- No Shuttle Bus Transportation will be provided from the Exchange Zone (Hadley) back to Race Start (Amherst)
- Car parking is also available at Race Start and the Exchange Zone

## **Baggage**

- There will be **no baggage check** provide at the exchange zone.

## Exchange Zone: Whole Foods Market (Mountain Farms Shopping Plaza)

GPS Address: 327 Russell St, Hadley, MA 01035

### Directions from Finish Line to Exchange Zone

1. Head Northwest on Pleasant Street
2. Turn Right on Main Street
3. Continue onto Bridge Street
4. At the Traffic Circle, take the 1st exit onto Bridge St (MA-9 E)
5. Continue onto Russell Street (MA-9 E)
6. Turn Right into Mountain Farms Shopping Plaza
7. Continue around plaza to back of Whole Foods Market

### Directions from Race Start to Exchange Zone

1. Head West on Massachusetts Avenue
2. Continue onto North Hadley Road
3. Turn Left on Roosevelt Street
4. Continue onto North Maple Street
5. Continue across Russell Street (MA-9E) onto South Maple Street
6. Turn Right into parking lot behind Mountain Farms Shopping Plaza
7. Continue around plaza to back of Whole Foods Market

