



# Rocky Neck Relay Team Guide

Sunday, April 21  
Rocky Neck State Park, Niantic CT  
Race Start: 8:00 AM  
#RockyNeckRunfest

*All teams are required to be at the starting line at 7:50 AM for a pre-race safety briefing*

## 1 RACE BIB & SWAG PICK UP

**Saturday, April 20: 2:00 – 4:00 PM**, Niantic Bay Bicycles, 8 Methodist Street, Niantic, CT 06357

**Sunday, April 21 (Race Day):** Rocky Neck State Park, 244 West Main Street, Niantic, CT 06357

**7:00 AM – 8:00 AM** (Bib/Timing Chip must be picked up by 8:00 am)

**7:00 AM – 12:00 PM** (Official race shirt pick up)

ONLY the Team Captain or a designee will pick up the team race packet. Swag picked up on race day may be picked up by each individual participant.

To speed up the process, the Team Captain or designated team member picking up the packet should download the Check-In Pass. **Download your Check-in Pass onto your phone within your [participant account](#).**

## 2 INCLUDED IN YOUR PACKET

Race Bib Numbers, Running Format Instructions, Race Belt





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#### Bib Number Instructions:

- Team Bib Number (white) – This bib is your team's timing chip and should be attached to the race belt provided, this bib must be passed from one team member to the other at the exchange zone.
- Team Runner 1 (red) – Team Runner 1 must pin this bib to the front of their shirt or shorts and wear it at all times during the race.
- Team Runner 2 (yellow) – Team Runner 2 must pin this bib to the front of their shirt or shorts and wear it at all times during the race.
- Team Runner 3 (green) – Team Runner 3 must pin this bib to the front of their shirt or shorts and wear it at all times during the race.

### 3 ARRIVAL & PARKING

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All event activities take place in Rocky Neck State Park, 244 West Main Street (Route 156), Niantic (East Lyme), Connecticut 06357. Take the main park road 1.5 miles to the event area for parking.

Participants are required to arrive **prior to 7:45 AM**. The main (and only) roadway in and out of Rocky Neck State Park will be closed to vehicle traffic between **7:45 AM and 9 AM**.

[Click here](#) for directions.

### 4 HOW THE RELAY WORKS

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Race Start is located on the roadway just outside of the exchange zone in Rocky Neck State Park. All teams will start together with a gun start.

Teams will complete the 30K course by exchanging after every leg is run:

- **Runner #1**
  - (Leg 1) Road (~5K) > (Leg 4) Trail (~5K)
- **Runner #2**
  - (Leg 2) Trail (~5K) > (Leg 5) Road (~5K)
- **Runner #3**
  - (Leg 3) Road (~5K) > (Leg 6) Trail (~5K)

One member of the team will always be running, while the other team members are recovering and waiting for their next turn.



### RUNNER ROTATION:

Teams are required to maintain the same sequence and rotation of runners throughout the race. Each team member will be required to wear a bib that indicates their position in the sequence.

## 5 RACE COURSE & SUPPORT

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**Road Course:** The course follows a counterclockwise loop along the paved park roads. Volunteers will be along the road course, however roads are open to park vehicle traffic. Turns will be marked with yellow signs with blue arrows. Mile markers will be at every mile. Water and Nuun station located at mile 1.5.

Road Course: [Details](#)

Road Course Signage Example:



**Trail Course:** **Note that the 2024 trail course has been adjusted from previous years. Expect muddy trail conditions due to wet spring weather!** The course quickly loops past the Pavilion, over the train tracks and across the paved parking area before entering onto the trail system. Once on the trail, the course follows the Blue > Green > Red > White trails. Minimal volunteers will be along the trail course. All turns will be marked with additional signage (example below). Water and Nuun station located at mile 1.5.

Trail Course: [Details](#)

Trail Course Signage Example:

### TRAIL COURSE





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## 6 COURSE LIMITS

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Teams and Individuals are required to maintain an average pace of at least **16:00 minutes per mile** over the 30K course to complete the event within the 5-hour time limit.

### COURSE CUT-OFFS:

To ensure available support services and everyone's safety in this complex event, any team falling behind the following cut-offs or experiencing unforeseen circumstances will be asked to alter their race:

- **Three Legs (~15K): Road > Trail > Road = 10:30 AM (2 hours, 30 minutes)**
- **Four Legs (~20K): Road > Trail > Road > Trail = 11:20 AM (3 hours, 20 minutes)**
- **Five Legs (~25K): Road > Trail > Road > Trail > Road = 12:10 PM (4 hours 10 minutes)**

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## 7 TIMING & EXCHANGE

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This event is timed by Bay State Race Services and uses the B-Tag timing system.

At the conclusion of each leg, the team member running must pass their timing chip bib (white bib) and race belt to their next team member before crossing the timing mats to signal the start of their leg.

DO NOT leave the exchange area before your teammates arrive.

Team splits will be updated live throughout the day. Preliminary results will be posted at the conclusion of the event.

[Results](#)

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## 8 POST RACE & EXTRAS

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Celebrate your amazing team accomplishment together with music, hot bRUNch and grab and go snacks.

Collect your team medals and take a team photo compliments of FinisherPix just outside the finish line with the ocean view as your glorious backdrop. Race photos will also be available for sale 24-48 hours after the event, look for details in your post-race email.

Anticipated award ceremony at 12:00 PM

April birthday swag bonus pick-up will be available after 8:00 am at the Awards tent.

[Schedule of Events](#)

We are looking forward to seeing you at the event! Thanks for running with us!

Please reach out to Andris Briga if you have any unanswered questions: [andris@hartfordmarathon.com](mailto:andris@hartfordmarathon.com)