

Relay FAQ

What are the distances of the Saturn Relay legs?

The approximate pre-set distances of the Saturn Relay legs at the 2006 QCM are:

Leg 1. – Approx. 7 km

Leg 2. – Approx. 10 km (Saturn Relay Exchange Zone #1)

Leg 3. – Approx. 10 km (Saturn Relay Exchange Zone #2)

Leg 4. – Approx. 10 km (Saturn Relay Exchange Zone #3)

Leg 5. – Approx. 5 km (Saturn Relay Exchange Zone #4)

We will post more precise relay distances as we get closer to race day, but the distances above will be close to what the final lengths will be.

Do you care who on my team runs which leg of the Saturn Relay?

No, we don't. All that is required is that each member of your Saturn Relay team be wearing their team race number bib on the front of their clothes, where it can always be seen clearly by course officials and photographers. Also, each team member must wear the timing chip on his or her ankle, passing it from one to the other like a baton, in order for your team to receive an official time. No chip on the ankle – no time.

Do we have to run the Saturn relay legs as they are marked out, or can we just switch whenever we like?

We strongly encourage all Saturn Relay participants to use the marked exchange points.

The QCM Saturn Relay exchange zones are positioned on our course for their relative access to portable toilets and ease of parking space. Splitting the course into your own legs will mean that some of your own exchange points could be on parts of the course that are quite awkward for parking or access to services.

We've set up our QCM Saturn Relay exchange points based on our best experience for the convenience and comfort of the Saturn Relay participants, as well as giving some shorter and longer distances to allow people of different running abilities to take part on the same team.

Also, medals for the relay team members are ONLY handed out at the QCM Saturn Relay Exchange Zones. A runner will finish his or her relay leg; then will

pass the timing chip to the next runner; then he or she will receive his or her relay medal from one of our presenters at the relay point. The final runner in the team (the one who crosses the actual finish line) gets his or her medal there.

Can I run the full or half marathon as an individual AND run the first leg (or first couple of legs) of the Saturn Relay as a member of a Saturn Relay team?

Yes, you can. Any person running the full or half marathon individual event may also run the first relay leg (or legs) as a member of a Saturn Relay team. You must register and pay separately for both your individual event and for being part of a Saturn Relay Team. Then you must start the race running the first leg of the relay.

Remember, the total number of members on a relay team (including yourself) must be no less than three and no more than five.

If you wish to run the first leg of the relay, you may do so, provided your Saturn Relay team has only five team members participating (including you).

If you wish to run the first TWO legs of the relay, you may do so, provided your Saturn Relay team has only four team members participating (including you).

If you wish to run the first THREE legs of the relay, you may do so, provided your Saturn Relay team has only three team members participating (including you).

If you are running in the Half Marathon, you cannot run more than the first 2 legs of the relay, as that is how many relay legs can be completed on the half marathon course.

You are required to wear two race number bibs throughout the race: one for your individual event and one for your relay event. Once you have completed your portion of the relay event and passed the Velcro-strap timing chip to your next team member, you may remove the relay race bib, if you wish...unless you want people to see you running with two bibs and go "Wow, she's running in TWO events! How impressive is that?"

You will also be required to wear two ChampionChip timing chips: one for your individual event that stays attached to your shoelaces for the entire race and one on a Velcro strap for the relay event that you must "hand off" to the next member of your team at the appropriate relay exchange zone.

The upside for you, of course, is that you would receive two QCM shirts and two QCM medals: one shirt/medal for your individual event and one shirt/medal for being part of your Saturn Relay team. You don't get to eat twice as much post-

race food, unfortunately, but you can brag three times as much as anyone else, so it all balances out.

How many people can be on my Saturn Relay team? I figure if I get 60 of my closest friends all on one team, this event will be a snap.

You are more than welcome to get 60 of your closest friends to register...they'll just have to be on 12 separate Saturn Relay teams, is all.

The Saturn Relay event is done on the 42.2 km full marathon course, which is divided into 5 separate sections, or legs.

Those legs start and end at 4 Saturn Relay Exchange Zones, 4 points along the course where one team member's section ends and the next team member's section begins. Of course, the very first leg starts at the starting line, and the last leg ends at the finish line.

Saturn Relay Marathon teams must consist of no less than 3 members and no more than 5 members. Depending on whether you have 3, 4 or 5 members on your team, you can assign those course legs as you like. For example if you have 4 members, perhaps the first member runs legs 1 & 2, the second member runs leg 3, the third member runs legs 4 and the fourth member runs leg 5. Heck, if you are really organized and ambitious, the first member could run leg 1, then skip ahead and run leg 5, too.

As long as your Saturn Relay Marathon team consists of no less than 3 members and no more than 5 members, you're okay.

I want to register my Saturn Relay team, but I don't have all my team members confirmed yet. Can I register the team with the members I have now and then add the rest of the team later?

Yes you can register a team without knowing all the team members. Assuming that you will be registering online, all you need is one member's information (your "team captain", if you will) to register a team. When you are done listing that person's information (or however many team members you have at the moment), at the bottom of the registration page you will see a button that says, "Confirm and skip to questions". Click on that and it will skip you forward in the registration form.

At the end of the registration form you will see something asking you to set up a Running Room member's profile or Athlete Profile (sometimes called an Athlete Dashboard). In order to change your team information later, you have to fill this out. This is your personal pass to get back into the Running Room online

registration system and edit/change your team members at a later date.

When you want to add/change your team members, log onto www.runningroom.com and enter your member user name and password. Your QCM Saturn Relay Team registration will pop up on the screen. There will be a little icon that looks like a pencil. That is the "edit" button. Click on that and you can edit/change your team members' information.

If you have already registered your Saturn Relay Team, but still need to add/change your team members, you can still create an athlete profile/dashboard on the Running Room site, which they can link to your team registration. Oh, and only one person on the team needs to have this Running Room athlete profile, not everyone on the team.

What if I have registered my Saturn Team using the paper registration forms? How do I update my team information then?

Changes to the names and information of members of your Saturn Relay Team must be made in writing by mail or emailing info@runqcm.com. Please include your team's name, your name, and all the information that requires changing. On emails, please make the subject line "Saturn Relay Team Changes". It's very important that you tell us your team's name, as that is how we list our Relay database.

Any change in names and information of any team member made after August 31st will be subject to a \$5.00 processing fee for each team member changed.

How are the Saturn Relay Teams timed?

Like the other QCM events, the relay will be timed using the ChampionChip timing chip. Each team will be provided with one (and only one) chip attached to a Velcro ankle band (see photo). You must attach the chip to your ankle and transfer chip and band at the end of each leg of the relay. Think of it as passing the relay "baton". The easiest way to do this is to have the runner beginning the relay leg bend down and remove the chip from the runner completing the leg and then attach it to his/her own ankle before s/he starts to run.



How does the Chip work?

The send and receive antennas for the ChampionChips are embedded in the orange timing mats on the road (see photo).



These antenna mats are placed at the starting line, finish line and other timing locations. The mats are connected to a Yellow Box at the side of the road, containing electronics and batteries. Each time a QCM participant wearing a ChampionChip crosses the mats, the chip gets energized and sends out its own special ID-number. This number and corresponding time are then stored in the Yellow Box and transferred to a timing computer for further processing.

All runners must ensure they run across the orange mats at the beginning of the race.

AT THE END OF THE RUN – NO MATTER HOW TIRED YOU ARE – CONTINUE TO RUN ACROSS ALL THE TIMING MATS.

How do we pass the timing chip from one Saturn Relay team member to the next?

Each team will be provided with one (and only one) ChampionChip timing chip attached to a Velcro ankle band. You must attach the chip to your ankle and transfer chip and band at the end of each leg of the relay. Think of it as passing the relay "baton". The easiest way to do this is to have the runner beginning the relay leg bend down and remove the chip from the runner completing the leg and then attach it to his/her own ankle before s/he starts to run.

Can we just hold the timing chip in our hand or strap it around our wrist?

For Saturn Relay teams, it's important to remember that the timing chip has to be worn on the ankle - particularly for the person doing the first leg and crossing the starting line, and for the person doing the last leg and crossing the finish line. If you hold the timing chip in your hand, the timing mat at the finish line won't read it and your team won't get an official time.

I still chuckle thinking relay runners who crossed the finish line with the chip in their hand, only to have to scramble back on their hands and knees so they could "swipe" the chip across the timing mats and get their team's official finishing time. It was pretty funny to watch. But it's probably not so funny if you're the one

doing the mad scramble back to the timing mats because you forgot to put the timing chip around your ankle like the FAQ told you to.

Where are the Saturn Relay Exchange Zones and how do I get to them?

The Saturn Relay legs and exchange zones are located at:

Leg 1.

- Starts at the starting line next to the T.C. Douglas Building.
- Distance: approx. 7 km

Leg 2. – Saturn Relay Exchange Zone #1

- Starts on Wascana Drive, just to the east of the Science Centre/Kramer IMAX Theatre
- Distance: approx. 10 km



• To get there from the Start/Finish Area:

- Go North on Albert Street to College Avenue
- East (right) on College Avenue to Broad Street
- South (right) on Broad Street to Broadway Avenue
- East (left) on Broadway Avenue to Winnipeg Street
- South (right) on Winnipeg Street
- Winnipeg Street curves to the left (heading east), and turns into 19th Avenue
- Stop and park on 19th Avenue or on nearby streets.
- Walk south across 19th Avenue to the Saturn Relay Exchange Zone on Wascana Drive, just east of the Science Centre/Kramer IMAX Theatre.
- DO NOT DRIVE OR PARK ON WASCANA DRIVE.

Leg 3. – Saturn Relay Exchange Zone #2

- Starts on path just East of Conexus Arts Centre, near the waterfowl display ponds.
- Distance: approx. 10 km



- **To get there from the Start/Finish Area:**

- East on 23rd Avenue
- Cross Hillsdale Street and continue on to Wascana Parkway
- Go straight across Wascana Parkway onto Lakeshore Drive
- Lakeshore Drive curves to the left, taking you to the Conexus Arts Centre parking lot on your left-hand side
- Park in the Conexus Arts Centre parking lot
- Walk across Lakeshore Drive to the Saturn Relay Exchange Zone, which is located on the pathway/sidewalk near the waterfowl display ponds (the fenced in area full of ducks and geese and other waterfowl-type things).

- **To get there from Saturn Relay Exchange Zone #1:**

- South on 19th Avenue as it curves to the right (north) becoming Winnipeg Street.
- North on Winnipeg Street to Broadway Avenue
- West (left) on Broadway Avenue to Broad Street
- South (left) on Broad Street, over the bridge, to Lakeshore Drive.
- East (left) on Lakeshore Drive, which curves to the right, taking you to the Conexus Arts Centre parking lot on your right-hand side
- Park in the Conexus Arts Centre parking lot
- Walk across Lakeshore Drive to the Saturn Relay Exchange Zone, which is located on the pathway/sidewalk near the waterfowl display ponds (the fenced in area full of ducks and geese and other waterfowl-type things).

Leg 4. – Saturn Relay Exchange Zone #3

- Starts on Ritter Avenue just east of Dorothy Street.
- Distance: approx. 10 km



- **To get there from the Start/Finish Area:**

- South on Albert Street to 25th Avenue
- West (right) on 25th Avenue to Pasqua Street (a T intersection)
- North (right) on Pasqua Street to Regina Avenue (4-way stop)
- West (left) on Regina Avenue to Lewvan Drive (first set of lights)
- North (right) on Lewvan Drive to Dewdney Avenue
- West (left) on Dewdney Avenue, past the RCMP Depot to McCarthy Boulevard
- North (right) on McCarthy Boulevard to Mikkelson Drive (at the Shell gas station)
- West (left) on Mikkelson Drive to Toothill Street
- South (left) on Toothill Street to Ritter Avenue
- West (left) on Ritter Avenue. WATCH FOR RUNNERS
- If safe to do so, park in the gravel parking lot on the right hand side of Ritter Avenue.
- If lot is full, park on the right-hand side of Ritter Avenue. WATCH FOR RUNNERS.
- Walk to the Saturn Relay Exchange Zone, which is just to the west of the gravel parking lot.

- **To get there from Saturn Relay Exchange Zone #2:**

- West on Lakeshore Drive to Broad Street.
- North (right) on Broad Street to College Avenue
- West (left) on College Avenue to Albert Street
- North (right) on Albert Street to Dewdney Avenue
- West (left) on Dewdney Avenue, past Lewvan Drive and past the RCMP Depot to McCarthy Boulevard
- North (right) on McCarthy Boulevard to Mikkelson Drive (at the Shell gas station)
- West (left) on Mikkelson Drive to Toothill Street

- o South (left) on Toothill Street to Ritter Avenue
- o West (left) on Ritter Avenue. WATCH FOR RUNNERS
- o If safe to do so, park in the gravel parking lot on the right hand side of Ritter Avenue.
- o If lot is full, park on the right-hand side of Ritter Avenue. WATCH FOR RUNNERS.
- o Walk to the Saturn Relay Exchange Zone, which is just to the west of the gravel parking lot.

Leg 5. – Saturn Relay Exchange Zone #4

- Starts on Kings Road at Grassick Avenue and ends at the finish line, back at the T.C. Douglas Building.
- Distance: approx. 5 km



• To get there from the Start/Finish Area:

- o West on 23rd Avenue to Albert Street
- o South (left) on Albert Street to Lakeview Avenue (just one block)
- o West (right) on Lakeview Avenue to Argyle Road.
- o North (right) on Argyle Road to 21st Avenue or Grassick Avenue.
- o Park on a side street and walk to the Saturn Relay Exchange Zone, located on the west side of Kings Road at Grassick Avenue
- o DO NOT PARK ON THE WEST SIDE OF KINGS ROAD

• To get there from Saturn Relay Exchange Zone #3:

- o East on Ritter Avenue to Straub Straub Street. WATCH FOR RUNNERS.
- o North (left) on Straub Street to Mikkelson Drive. (This is pretty obvious, since you can only turn left on Straub Street from Ritter Avenue – it only goes the one direction.)
- o East (right) on Mikkelson Drive to McCarthy Boulevard (at the Shell gas station)
- o South ((right) on McCarthy Boulevard to Dewdney Avenue
- o East (left) on Dewdney Avenue to Lewvan Drive
- o South (right) on Lewvan Drive to Regina Avenue.

- o East (left) on Regina Avenue to Argyle Street. WATCH FOR RUNNERS.
- o South (right) on Argyle Street to McCallum Avenue or Grassick Avenue.
- o Park on a side street and walk to the Saturn Relay Exchange Zone, located on the west side of Kings Road at Grassick Avenue
- o DO NOT PARK ON THE WEST SIDE OF KINGS ROAD

We will have more precise relay distances as we get closer to race day, but the distances above will be very close to what the final lengths will be.

Is there any transportation provided to and from the Saturn Relay exchange zones and the Start/Finish area?

We currently do not provide transportation to and from the Saturn Relay Exchange zones. Participants and their drivers are asked to leave for their exchange zones WELL IN ADVANCE, to allow lots of time to find a parking spot and to be ready to go.

Remember, many of the obvious routes you would normally take to get to these locations may be blocked to traffic, since our participants are running on these very same routes.

DO NOT DRIVE ALONG THE COURSE TO GET TO YOUR RELAY EXCHANGE ZONE.

Plan your driving route well in advance to avoid the course.

Closer to race day, precise driving directions will be listed, both from the Start/Finish area to each of the Saturn Relay Exchange Zones, and also from one Saturn Relay Exchange Zone to the next.

Can our Saturn Relay team meet up before the finish line and run across the finish line together? If so, where is the best place for us to connect with the last runner on our team?

Some teams like to reconnect near the finish line and run across the finish line together holding hands. That's not a problem, but your team must not interfere with any other runners or walkers as they approach the finish line.

There is a spot on the course about 300 meters from the finish line, just north of the T.C. Douglas Building and before "Heartbreak Hump". There is a wide, flat grass area next to some large metal sculptures. This is a good spot for the team

members who are finished to wait for (and join up with) the last member of the team.

Any closer to the finish line than that and things become far too congested between teams and spectators and other runners. Please be aware of the other participants as they make their way to the finish line. Your team must not block or interfere with any other participants.

Who receives medals? What about the Saturn Relay teams?

Each Saturn Relay Team member receives a medal. Medals are awarded at each of the Saturn Relay Exchange Zones, as each team member completes their leg of the course. The team member running Leg #5 receives his/her medal when he/she crosses the finish line.