



2024

FedEx®

PITTSBURGH MARATHON RELAY HANDBOOK





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GENERAL RELAY INFORMATION

The FedEx Pittsburgh Marathon Relay course is the same as the DICK'S Sporting Goods Pittsburgh Marathon course. The 2-5 person relay offers a distance for everyone, regardless of your fitness level.

Packet Pickup

Bib numbers, shirts, and other race gear can be picked up at the [Health and Fitness Expo](#) at the David L. Lawrence Convention Center. The Expo is open Friday, May 3 from 11:00 AM - 8:00 PM and Saturday, May 4 from 9:00 AM - 5:00 PM. There is no packet pickup on race day. One relay team member can pick up packets for their entire team, individuals can pick up themselves, or any combination of the above.

Bib Numbers

Returning for 2024: Each team will receive a team timing device which will be inside a relay baton that the active runner will need to carry with them throughout their relay leg. Once a relay member has crossed the timing mat and finished their leg of the race, they should pass the baton to the next runner who will then carry it for their leg.

In addition to the team baton, each individual FedEx Pittsburgh Marathon Relay participant will receive their own Marathon Relay bib number that must be worn on the front of the runner's shirt, as well as a Marathon Relay designation that must be worn on the runner's back. Please note, each bib is designated with a number 1-5 after the team number. These numbers are assigned at random and do not represent which leg of the race you are running, that is up to the Team Captain to decide. You do not need to notify us of who is running which leg.



GENERAL INFORMATION (CONTINUED)

Bib Numbers (continued)





GENERAL INFORMATION (CONTINUED)

Timing/Scoring/Awards

The DICK'S Sporting Goods Pittsburgh Marathon timed events - including the Marathon Relay - use Chronotrack B-tag timing. It is an all-weather disposable tag that is inside your team's relay baton and transmits a unique signal to enable a computer to record the official time.

As explained in the Bib Number section of this handbook, teams running the Marathon Relay will pass the team timing device from runner to runner using the provided baton.

Each team's total elapsed time will be used to determine the winners. In the event of a tie for first place, the time of the runner of the first leg of the relay will determine the winner. Awards will be given to the top three overall Male, Female and Non-Binary Division teams.

All results released on race day are unofficial until verified. Official results will be posted online.

Any protests of irregularity or fouls taking place during the competition must be made in writing and received by 5:00 PM Monday, May 6, 2023. We recommend that you email any protest to the P3R office at info@p3r.org. Decisions of the P3R team are final.

Runners Continuing on the Marathon or Half Marathon

Runners participating in the first leg of the relay who will continue on to run the Marathon or Half Marathon will receive a second runner bib number for the Marathon or Half Marathon. Pin your Relay bib number over the Marathon/Half Marathon bib number. When you complete the first leg of the Relay, volunteers will assist you in removing your Relay bib numbers from the front and back of your shirt. You will also need to pass the team baton to the next runner on your team so you can continue on as a Marathon or Half Marathon runner. Do not continue running until you have passed the baton to your teammate and your Relay bibs (front and back) are removed.



RELAY EXCHANGES

Relay Exchange Areas

While those running the first leg of the relay will begin at the official start line, all other team members will start at specific exchange zones. Each relay exchange area will have corrals for runners to gather based on bib numbers. Volunteers will hold signs with bib numbers so runners will know in which corral to wait for their approaching team member. As a runner approaches the relay exchange zone, announcers will alert waiting runners by calling out the last three digits of the incoming bib numbers. The approaching runner will cross the timing mat, the waiting relay team member will give them a finisher medal, and the finishing runner will give the baton to the waiting runner. This will complete the exchange and minimize congestion in the relay exchange area. Team members should listen closely to the relay coordinators and follow their instructions.

Because of the limited space within the corral area, please make note of your relay teammate's pace so you will know the approximate time to expect them and enter the corral approximately 30 minutes prior to their expected arrival.

Signage will be placed on the course indicating a $\frac{1}{2}$ mile to the relay exchange. As relay runners approach the relay exchanges, cones and caution tape will line the street directing the runner to move into the relay chute. Volunteers will be positioned approximately 100 yards before the exchange with a microphone and sound system announcing the last three numbers of the approaching runner's bib number so the runners in the corral area will know when their teammate is approaching.

Team members waiting at the relay exchange should listen and look for their teammate and proceed to the end of their relay corral to await the exchange.

All relay exchanges will be equipped with Nuun, water, bananas, heat sheets and portable restrooms for runners finishing their relay leg. Aid stations will also be positioned near each relay exchange zone.



RELAY EXCHANGES (CONTINUED)

Getting To and From Exchange Zones

Because of race day traffic and road closures, it is recommended that Marathon Relay participants who are running the second and third legs (exchange zones one and two) walk to their exchange zone from the Downtown area. Shuttle buses will be available on race day for legs four and five ONLY (exchange zones three and four). Because of road closures and limited parking at exchange zones, it is highly recommended that leg four and five participants utilize the shuttle service.

Please note, gear check will NOT be available at relay exchange zones. Gear Check drop-off is only available at the Gateway Center T-Station.

At the finish of each relay exchange, participants will receive their food, drinks, and finisher medal. Please note, only the leg 5 participant will enter the finish line chute near Point State Park; relay participants who have already completed their leg should NOT enter the finish line chute near the Finish Line Festival. Marathon Relay participants will be able to join their team members in the Finish Line Festival in Point State Park.

Participants should follow the walking or shuttle information below to travel to/from each relay exchange zone.



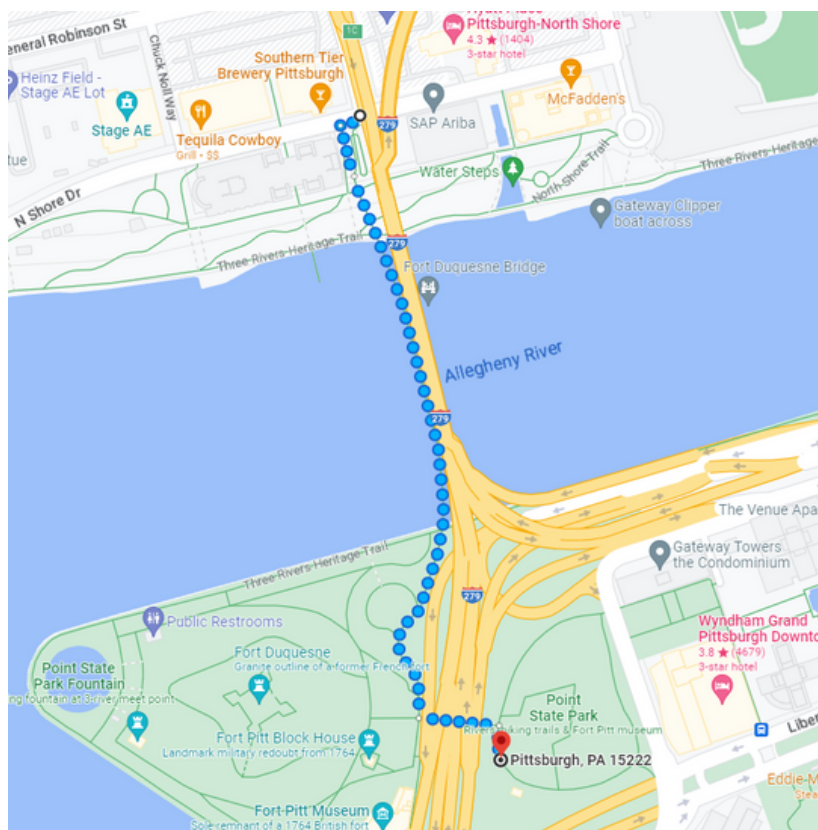
LEG 1 - 5.3 MILES

At the Start Line

Relay team members who are running the first leg of the Relay will line up at the start line with Marathon and Half Marathon participants; the start line is located in Downtown Pittsburgh on Liberty Avenue near 10th Street. No relay team check-in is necessary at the start line. There are no shuttles to or from the start line. All relay runners completing the first leg will start in corral C.

After You Finish

Leg 1 finishes at Exchange Zone 1 at North Shore Drive & Tony Dorsett Drive. After completing your leg, you can walk back to Point State Park by using the Ft. Duquesne pedestrian bridge.





LEG 2 - 3.8 MILES

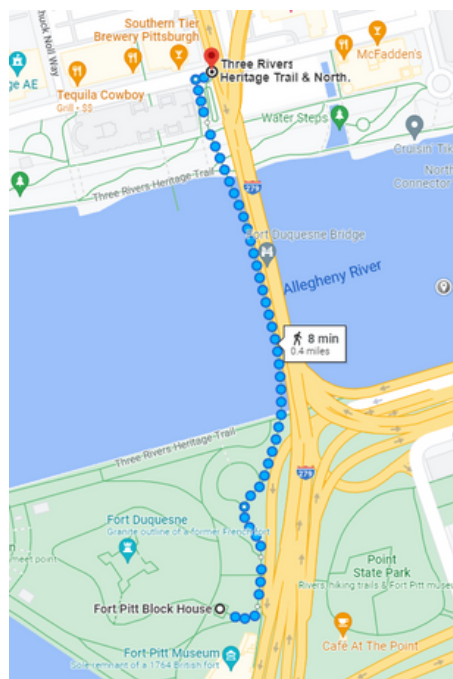
Start at Exchange Zone 1

Relay team members who are running the second leg of the Relay will line up at Relay Exchange 1; the exchange zone will be at the corner of North Shore Drive and Tony Dorsett Drive. The waiting runner will give a finisher medal to the incoming runner, and the finishing runner will give the baton to the waiting runner to complete the relay exchange.

Getting to Exchange Zone 1

Walking from Point State Park
(approximately .5 miles):

- Start on the fountain side of the Portal Bridge
- Cross Ft. Duquesne pedestrian bridge
- Exit onto North Shore Drive and proceed to the exchange zone



After You Finish

After you finish running Leg 2, you can return to the start/finish areas downtown by reversing the directions to Exchange 3 (on the next page of this handbook).



LEG 3 - 6.4 MILES

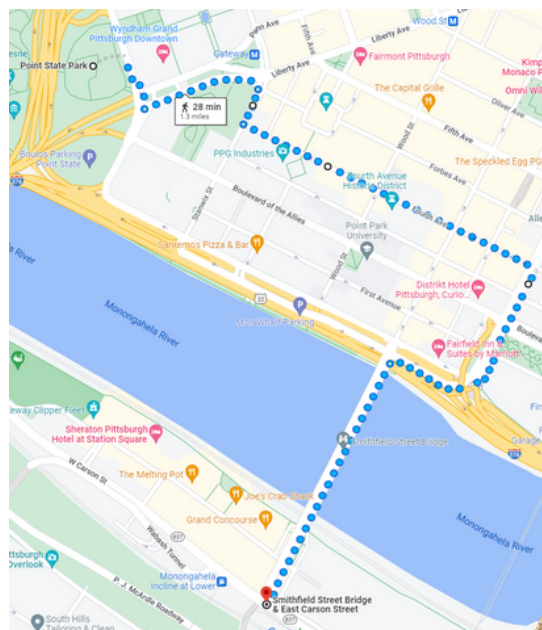
Start at Exchange Zone 2

Relay team members who are running the third leg of the Relay will line up at Relay Exchange 2; the exchange zone will be at the intersection of East Carson Street and the Smithfield Street Bridge near Station Square in the South Side. The waiting runner will give a finisher medal to the incoming runner, and the finishing runner will give the baton to the waiting runner to complete the relay exchange.

Getting to Exchange Zone 2

Option 1: Walking from Point State Park (approximately 1.4 miles):

- Walk toward the start line on Liberty Avenue
- Turn right onto Stanwix Street
- Turn left onto Fourth Avenue
- Turn right onto Grant Street
- Cross the Boulevard of the Allies at Grant Street
- Turn right onto Fort Pitt Blvd.
- Turn left onto the Smithfield Street Bridge; cross the bridge
- After you cross the bridge, Exchange Zone 2 will be on your left on East Carson Street





LEG 3 - 6.4 MILES (CONTINUED)

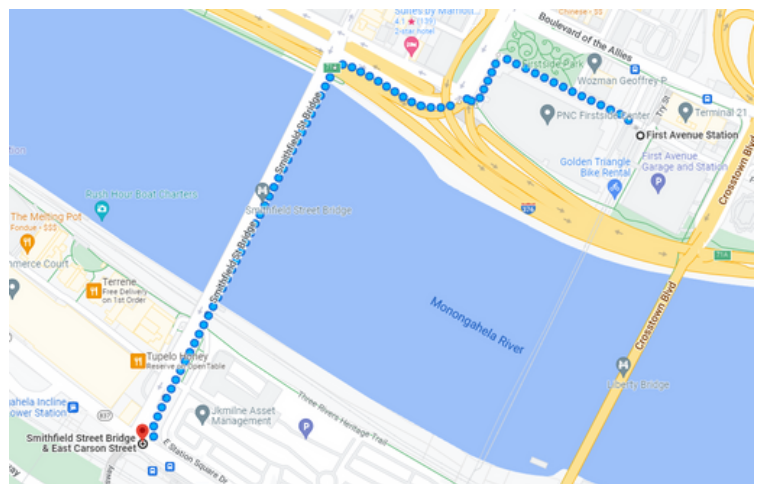
Getting to Exchange Zone 2 (continued)

Option 2: From the Gateway Center T Station:

- Take the T to Station Square Station (fare will apply)
- Exchange Zone 3 will be across the street from the Station Square T Station

Option 3: From the Gateway Center T Station (free option) (approximately .7 miles):

- Take the T to the First Avenue T Station (fare-free zone)
- After exiting the First Avenue T Station, turn left onto First Avenue
- Turn left onto Grant Street
- Turn right onto Ft. Pitt Blvd.
- Turn left onto the Smithfield Street Bridge and cross the bridge
- After you cross the bridge, Exchange Zone 2 will be on your left along East Carson Street



After You Finish

After you finish running Leg 3, you can take the shuttle from Exchange Zone 3 to the DoubleTree Hotel in Downtown Pittsburgh. Shuttles will run continuously until the Exchange Zone closes.



LEG 4 - 6.5 MILES

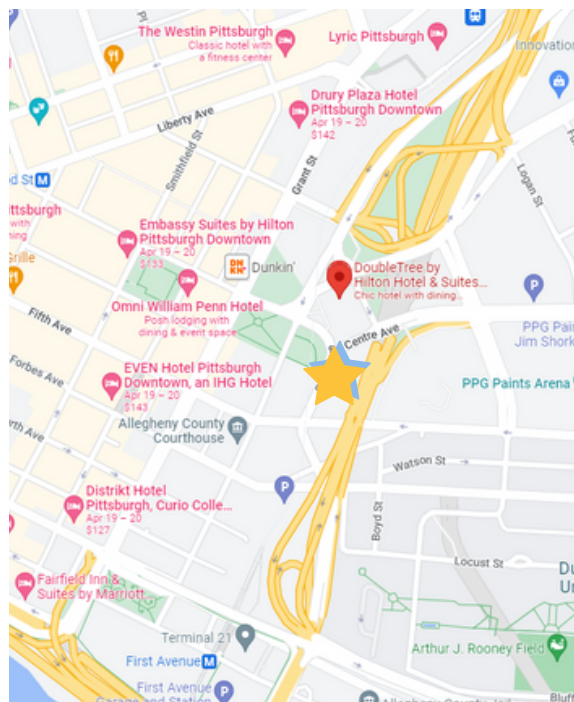
Start at Exchange Zone 3

Relay team members who are running the fourth leg of the Relay will line up at Relay Exchange 3; the exchange zone will be at the intersection of Fifth Ave and Beechwood Blvd in Point Breeze. The waiting runner will give a finisher medal to the incoming runner, and the finishing runner will give the baton to the waiting runner to complete the relay exchange.

Getting to Exchange Zone 3

Shuttle service will be available for Relay Exchange 3:

Shuttles will start running at 6:00 AM race morning. Leg four and five participants can load buses on Centre Ave in front of the DoubleTree Hotel, Downtown. Participants should plan on at least a 30-minute bus ride each direction. It is highly recommended that participants plan to arrive at their designated relay exchange zone at least 30 minutes prior to their teammate's expected arrival. Please note, shuttles will run from the DoubleTree Hotel, to Relay Exchange 4, to Relay Exchange 3, then they will reverse their route and travel from Relay Exchange 3, to Relay Exchange 4, to the DoubleTree Hotel Downtown.



Shuttles will drop off Leg 4 participants along Penn Ave across from Bakery Square, near Mellon Park. Participants will walk down Penn Ave and turn right onto Fifth Ave. The relay exchange zone corrals will be near the intersection of Fifth Ave and Beechwood Blvd.



LEG 4 - 6.5 MILES (CONTINUED)

After You Finish

After you finish running Leg 4, you can take the shuttle from Exchange Zone 4 to the DoubleTree Hotel in Downtown Pittsburgh. Shuttles will run continuously until the Exchange Zone closes.



LEG 5 - 4.2 MILES

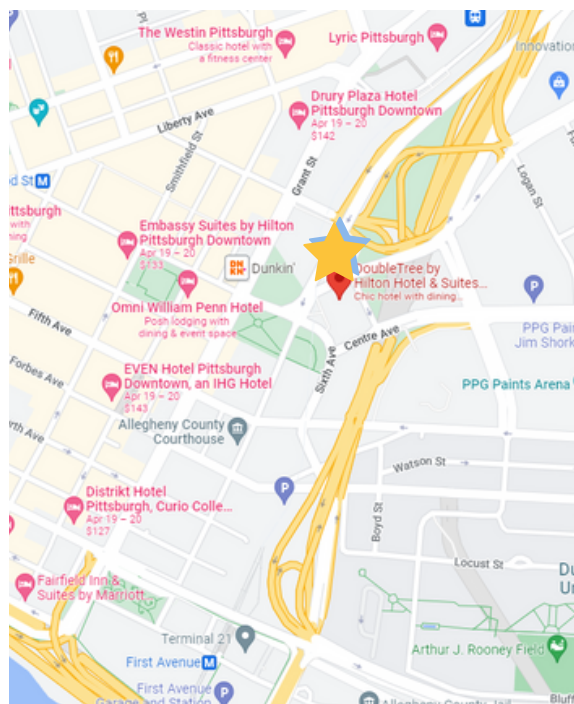
Start at Exchange Zone 4

Relay team members who are running the fifth leg of the Relay will line up at Relay Exchange 4; the exchange zone will be at the intersection of Baum Blvd and S. Aiken Ave in Bloomfield. The waiting runner will give a finisher medal to the incoming runner, and the finishing runner will give the baton to the waiting runner to complete the relay exchange.

Getting to Exchange Zone 4

Shuttle service will be available for Relay Exchange 4:

Shuttles will start running at 6:00 AM race morning. Leg four and five participants can load buses on Centre Ave in front of the DoubleTree Hotel, Downtown. Participants should plan on at least a 30-minute bus ride each direction. It is highly recommended that participants plan to arrive at their designated relay exchange zone at least 30 minutes prior to their teammate's expected arrival. Please note, shuttles will run from the DoubleTree Hotel, to Relay Exchange 4, to Relay Exchange 3, then they will reverse their route and travel from Relay Exchange 3, to Relay Exchange 4, to the DoubleTree Hotel Downtown.



Shuttles will drop off leg 5 participants at the intersection of South Aiken Ave and Centre Ave. Participants will walk down S. Aiken Ave to Baum Blvd. The relay exchange zone corrals will be on Baum Blvd, between South Aiken Ave and Liberty Ave.



LEG 5 - 4.2 MILES (CONTINUED)

After You Finish

Leg 5 participants will finish at the DICK'S Sporting Goods Pittsburgh Marathon finish line in Downtown Pittsburgh. You can proceed through the finish line chute to collect your medal and other post-race goodies before entering the Finish Line Festival in Point State Park where you can reunite with your team!



ADDITIONAL INFORMATION

At the Finish Line

All Leg 5 competitors will be directed through the finish line chute. Team members waiting at the finish line Downtown for a Leg 5 team member will not be allowed to enter the finish line chute. Space will be available to regroup at the Finish Line Festival in Point State Park.

Team Member Changes

If any of your team members can no longer participate in the event, that individual can transfer their registration to a new runner via Race Roster (please come to Participant Services at the Expo if you have any difficulties). Please note that transfer fees apply when transferring your registration to another participant. If you can't replace a teammate, team members can run multiple legs of the event.

Additionally, please note that there is a \$50 fee to add a team member at the Health & Fitness Expo. We highly encourage you to have your team finalized well before race weekend to avoid this fee!

Thank you for registering and participating in the FedEx Pittsburgh Marathon Relay. If you have any questions regarding the race, visit the Participant Services booth at the Health and Fitness Expo May 3-4 or email us at info@p3r.org.