



Team Captain Info Sheet

Run Date: Sunday, May 21st, 2017 at 8:00 AM

Team Captain Information

- Each team requires a Team Captain. The Captain serves as the point of contact with Blue Nose office.
- Pick a team name. Tip: Name your team something fun, unique and memorable, but keep it short, (under 20 characters), remember it has to go on a bib!
- The registration for each team is \$500, regardless of the number of team members
- Each team member will receive a Blue Nose technical running shirt, a bib with your team name and of course, a cool Blue Nose finisher medal.
- There are 8 legs on the Marathon Relay route. To accommodate different interests and fitness levels and water stations, the leg distances range from 3.8KM to 6.4KM.
- A team can consist of 4 to 8 participants – this allows participants to run 1 or 2 legs
- Team Captain is responsible to register themselves and pay for the team through Race Roster registration system www.blunosemarathon.com, click on Register
- The Team Captain sets up and registers the team, registers his or her own information, pays the team registration fee of \$500 then accepts their own waiver only.
- Participants under the age of 19 will require parental consent on the registration form

Team Captain's Registration Steps:

- ✓ Recruit up to 8 participants to join your team
- ✓ Save time! Ask participants to fill in the Relay Template provided by Blue Nose Marathon. This collects all the information you need to register everyone in one session.
- ✓ Visit www.blunosemarathon.com
- ✓ Click on Races and Events
- ✓ Click on Killam Properties Blue Nose Marathon Team Relay
- ✓ Register yourself as Team Captain

Team Registration Info

- The Team Captain enters the team name.
 - Visit www.blunosemarathon.com
 - Click on Races and Events
 - Click on Killam Properties Blue Nose Marathon Team Relay
- Select your Team
- Fill out your profile information and select the leg(s) you will be completing
- Team registrations and names of participants must be submitted **no later than midnight, April 30th** to allow time for names to be added to bibs.
- To assist you, there will be a Team Captain's meeting two weeks prior to the relay. It's very important for a team representative to attend. We'll review the relay legs, general guidelines and answer any additional questions pertaining to the Killam Properties Marathon Team Relay. Location, date and time to be determined.

Relay Route Information

- The Team Relay route is divided into eight legs of varying distance between 3.8km and 6.4km (leg distances vary because the exchange zones are located close to Blue Nose water stations)
- Instead of a baton, each team will be given a timing belt with a chip attached; this must be passed from team member to team member at an exchange zone or the team will not receive an official finishing time.
- Three timing mats will record relay times. They are located at the start line, finish line, and a third mat will be placed near the trail exit in Point Pleasant Park. (This mat will be used by legs 4 & 8)

- Each team is self-sufficient, ensuring transportation for each member to and from their assigned legs; try to keep your team's vehicles to a minimum Tip: expand your team building – ask a non-runner to help with transportation and make them part of the team. Everybody wins!
- The marathon route is NOT closed to traffic; traffic at intersections is managed by police to allow runners to pass; the majority of the time you will be running with the flow of traffic; stay close to the curb or on the sidewalk
- There will be a minimum of four (4) and a maximum of eight (8) team members per team (teams of 5,6, or 7 will work as long as all 8 legs are covered)
- Our policy of no strollers/pets, etc. applies to the Team Relay (see the FAQ section on the Blue Nose website for more details on our Restricted Items Policy)

The Team Relay Start

- The first relay leg starts with the Full Marathon at 8:00am at our official start location on Sackville Street in Halifax (see map at www.blunosemarathon.com Races and Events, Marathon Team Relay)
- Team Captains to ensure that each team member is at their exchange zone 30 minutes before their team member arrives.
- Relay team members may walk or run.
- The official race closure time is 2:00pm; relay teams must complete the distance in six hours
- Each team member must wear a bib with their team name and leg number

Celebrate at the Finish Line with Your Team!

- Finish as a team and enhance the experience! Teams are allowed to meet their last leg member on Ahern Ave and run in across the finish line together if they choose
- Please remember to use runner etiquette, do not to block any marathon finisher
- This is a great opportunity for group photos. An official photographer will be on hand for the group
- The Scotiabank Centre will also be open after the run. Tip: invite all team members and helpers, family and friends to gather for a post-race celebration and photo.

Relay Leg Descriptions

LEG #1- 6.4km

ARRIVE AT YOUR LEG AT 7:00AM, RACE STARTS AT 8:00AM; EXPECT PARKING TO BE A CHALLENGE, METERS ARE FREE, PAID PARKING ON WATERFRONT

- Start at Sackville St and Queen St
- Right on Bell Rd
- Right on Ahern Ave
- Straight on North Park St
- Straight on Agricola St
- Left on Hillside Ave
- Right on Rosemeade Ave
- Right on Leeds St
- Right on Novalea Dr
- Right on Duffus St
- Left on Isleville St
- Left on Hennessey Pl (south side)
- Left on Novalea Dr
- Right on Kenny St, finish 100m beyond Water Station

LEG #2- 6.1km

ARRIVE AT YOUR LEG 30 MIN. BEFORE YOUR EXCHANGE TIME; PARK ON THE NORTH SIDE OF KENNY AND DEVONSHIRE ON SIDE STREETS, AVOIDING NOVALEA DR.

- Start 100m beyond Kenny St Water Station
- Right on Devonshire Ave
- Right on Barrington St, staying in closed right lane for participants
- Left on Valour Rd, passing under Macdonald Bridge
- Left on Upper Water St
- As you start up the hill, Upper Water St changes to Barrington St; take the second exit to Hollis St
- Proceed straight on Hollis St
- Left on Barrington St, by Atlantic Super Store
- Right on Inglis St
- Left on Young Ave, staying left of the median, and finish 100m beyond Young Ave Water Station

LEG #3- 3.8km

ARRIVE AT YOUR LEG 30 MIN. BEFORE YOUR EXCHANGE TIME; PARK WEST OR EAST OF YOUNG AVE, AVOIDING YOUNG AVE, SOUTHWOOD AND OGILVIE AS THESE STREETS ARE ON THE RACE ROUTE.

- Start 100m beyond Young Ave
- Straight on Young Ave
- Left on Point Pleasant Dr
- Enter trail of PPPark, near theatre
- Straight on Sailor's Memorial Way
- Right at the fork, proceeding straight on Arm Rd
- Right on Cable Rd
- Right on Serpentine Rd
- Straight on Maple Rd
- Left on Cambridge Dr, finish 100m beyond Cambridge Dr Water Station

Leg#4- 6.3km

ARRIVE AT YOUR LEG 30MIN. BEFORE YOUR ESTIMATED EXCHANGE TIME; PARKING IS AVAILABLE AT THE UPPER AND LOWER PARKING LOTS FOR PPPARK; IF USING LOWER PARKING LOT ALLOW AN ADDITIONAL 15 MIN. TO WALK TO YOUR LEG START ON CAMBRIDGE DR.

- Start 100m beyond Water Station on Cambridge Dr(near Cable Rd) in PPPark
- Make sure you run through arch near park exit; it has a timing mat you must run over!
- Left on Point Pleasant Dr
- Left on Francklyn St
- U turn on Francklyn St, proceed straight
- Right on Pine Hill Dr
- Right on Tower Rd
- Left on Ogilvie St
- Left on Young Ave, keeping left of the median
- Straight on South Park
- Left on Bell Rd
- Right on Ahern Ave
- Right on Cogswell St (you are starting your loop around Citadel hill)
- Right on Brunswick St
- Keep right on Brunswick St, following the course marshals instructions and signage, towards the marathon split chute
- Right on Sackville St
- Make sure you cross the timing mat on the right side of Sackville St for your split time
- Right on Bell Rd
- Right on Ahern Ave, finish 100m beyond Ahern Ave Water Station

LEG #5- 5.2km

ARRIVE AT YOUR LEG 30 MIN. BEFORE YOUR EXCHANGE TIME; PARKING WILL BE CHALLENGING SO PLAN TO WALK A FAIR DISTANCE TO YOUR EXCHANGE ZONE; SUGGEST PARKING ON SIDE STREETS WEST OF SOUTH PARK WHICH IS ON THE RACE ROUTE.

- Start 100m past Ahern Ave Water Station
- Straight on North Park St
- Straight on Agricola St
- Left on Hillside Ave
- Right on Rosemeade Ave
- Right on Leeds St
- Right on Novalea Dr
- Right on Duffus St
- Left on Isleville St
- Left on Stairs Pl(north side)
- Left on Novalea Dr
- Right on Kenny St, finish 100m past Kenny St Water Station

LEG #6- 6.1km

SEE LEG #2 FOR ARRIVAL AND PARKING SUGGESTIONS.

- Start 100m past Kenny St Water Station
- Right on Devonshire Ave
- Right on Barrington St, staying in the closed right lane for participants
- Left on Valour Rd, passing under the Macdonald Bridge
- Left on Upper Water St
- As you start up the hill, Upper Water St changes to Barrington St; take the second exit to Hollis St
- Proceed straight on Hollis St
- Left on Barrington St, by Atlantic Super Store
- Right on Inglis St
- Left on Young Ave, staying left of the median, and finish 100m beyond the Young Ave Water Station

LEG #7- 3.8km

SEE LEG #3 FOR ARRIVAL AND PARKING SUGGESTIONS.

- Start 100m beyond Young Ave Water Station
- Left on Point Pleasant Dr

- Enter trail of PPPark, near theatre
- Straight on Sailor's Memorial way
- Right at the fork, proceeding straight on Arm Rd
- Right on Cable Rd
- Right on Serpentine Rd
- Straight on Maple Rd
- Left on Cambridge Dr, finish 100m past Cambridge Dr Water Station

LEG #8- 5.2km

SEE LEG #4 FOR ARRIVAL AND PARKING SUGGESTIONS

- Start 100m past Cambridge Dr Water Station
- Left on Point Pleasant Dr, exiting Park
- Left on Francklyn Dr
- U turn on Francklyn St, proceed straight
- Right on Pine Hill Dr
- Right on Tower Rd
- Left on Ogilvie St
- Left on Young Ave, staying left of the median
- Straight on South Park St
- Left on Bell Rd
- Right on Ahern Ave
- **Note: Your team mates can join you at Ahern Ave Exchange Zone into the finish**
- Right on Cogswell St
- Right on Brunswick St
- Proceed to the finish line!

Listen as the announcer calls out your team's name as you finish!