

2010 SHIPROCK MARATHON RELAY TEAM RULES

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- ✓ Relay teams must have 5 runners and be coed to be eligible for awards
(ANY COMBIATION OF MALE AND FEMALE IS COED)
- ✓ Must be at least 12 years old to participate in this event
- ✓ Participants **MUST** use bus transportation to relay starting points
No one will be allowed to drive their own vehicles to starting points
- ✓ Each team will be issued a race number and relay exchange ankle band with chip for timing – (it must be worn on ankle for timing purposes)
- ✓ The first four relay legs are 5 miles each, the final leg is 6.2 miles
- ✓ Relay Team Captain **MUST** be one of the runners
- ✓ Each runner can run on only one team and for one leg of the relay event
- ✓ Each team member must read the Mandatory Release Form and provide their signature below – if under 18 years old, parent/guardian must also sign
- ✓ Relay teams will compete in four age categories based upon the total age of the team on race day – 125 & Below; 126-175; 176-225; 226 & Above
Awards will be given to the first 3 teams in each age category

- ✓ **TEAM MEMBER CHANGES** can only be made through an Addendum Relay Team Registration via Active.com
- ✓ New team member must complete Addendum Registration online and pay additional fee of \$35 (early registration deadline); \$40 (late registration)
- ✓ Addendum registration must clearly indicate who is being replaced and the name of the Relay Team affected

- ✓ **No changes to Relay Teams will be accepted after April 23rd, 2010**