

MOUNTAIN GOAT TWO MEMBER RELAY- FAQ

Tell Me About the Relay!

The Mountain Goat features a two person relay race! This exciting event will allow you to tackle half the course while pairing up with a friend or colleague to complete 'The Goat'. Each runner will run a five mile leg, with an exchange to occur on the Creek Walk parking lot. The first runner will simply follow signage to stay to the RIGHT for the relay exchange. This will ease congestion and improve the race experience for all participants.

How does the Exchange work?

Each runner's time is tracked by your bib. The team will have two splits: the five mile time and the total team time. The exchange will feature a touchless handoff at Creek Walk parking lot, shortly after the 5-mile mark. The first relay team member should stay to the right side of the Creek Walk path, performing a touchless exchange with the second relay runner in front of the parking area just after the five mile mark.

There will be bathroom facilities available at the Exchange Zone. Medical personnel will be on the course and quickly available in the event of an emergency. There is a water stop nearby, as well as bottled water on hand.

Note- please avoid the area surrounding the five mile mark to avoid any impact to our timing systems.

I'm the first relay runner on my team. What do I do?

Start with everyone else and have fun! You'll see signs for the exchange zone as you turn from Creek Walk to the Creek Walk parking lot (shortly after the 5-mile mark). Once the timing mats have recorded your touchless exchange with your relay partner, buses will be waiting to take you back to Clinton Square. Please make sure you check in with the relay volunteers when you complete your leg- we want to ensure that you get back to the starting area safely and that no one is left behind. The buses will drop participants off within a few blocks of the finish line.

Note- the buses will depart/return to Creek Walk parking lot at the sole discretion of the Relay Race Director.

I'm the second relay runner on my team. What do I do?

The Mountain Goat will bus you down to the exchange zone prior to the start of the race. Buses will be parked at the corner of Clinton & Water Street, near the Federal Building. **Buses will leave Clinton Square for Creek Walk Exchange Zone at 9AM sharp**- please make sure you are on the bus with time to spare. **Note-** there IS NO PARKING AVAILABLE AT Creek Walk parking lot due to race operations- so

please ensure you are on time for the bus! Once your relay partner arrives at the Exchange Zone, you can run with everyone else and have fun!

Can I leave something on the buses for my relay team member?

The Mountain Goat accepts no liability or responsibility for ANYTHING brought onto the buses by our relay runners. Should any personal items be left on the bus, they will be returned to Lost and Found at the Volunteer/Info Tent in Clinton Square..

What an Accomplishment! Do both of us get medals?

YES! The second relay team member will be given TWO medals after they cross the finish line. In case a mistake is made- please follow up and we'll ensure you receive your medal.

Anything else I should know?

1) Please make sure your bib is facing front and visible. It helps us notify the second relay runner that you are approaching...

What do I do if I miss the bus?

Shortcut 2.1 mile RUN to the exchange:

South on Salina St in direction of race start

Slight RIGHT on Cortland Ave

LEFT on South Ave

LEFT on E. Bissell St

LEFT on Rockland Ave to Hunt Ave

I still have questions! How do I get a hold of someone?

Drop us a line via email on the website. Also, our volunteers will be prepared to handle questions during packet pick-up.