

RELAY DROP POINTS AND LOGISTICS

Relay members may run any number of legs they wish, so hopscotching is acceptable if 2 runners wish to do so. Rules are simple:

- Team members are responsible for getting themselves to and from drop zones on time
- You only need to tag one another in a drop zone
- Everyone needs a bib

Some key points to remember

- You will want to map out how to get to a drop zone well ahead of time
- Plan ahead for car keys for the person who dropped
- Only one person can cross the finish line
- The person who crosses the finish line needs to ask for a relay medal and get all the team members medals

DROP ZONES

1. Canfield Shelter Parking area directly off the trail. This is in the state park and accessible off the park road – Leg 1 is 3.15 miles
2. Cedar Bend Park in Waterloo – large parking area and a fluid station – Leg 2 is 2.4 miles
3. Parking lot at the bottom of what is known as Lookout Park hill. Find Lookout Park in Cedar Falls, follow Park Drive along the river down the big hill and the parking lot is obvious. There is a water stop there. Leg 3 is 4 miles
4. Last leg to the finish is 3.6 miles