



2011 Relay Team Handbook

Race Date: April 10, 2011

(Updated 3/26/11 – running order)

PRESENTED BY



Welcome to the Mt. Si Relay 2011

This booklet contains important information for the 28th Annual Mt. Si Relay, April 10, 2011, presented by Eastside Runners. Team captains need to be familiar with everything contained in this packet and to share it with team members. We recommend that all runners read this material.

CHANGES FOR 2011

- A closure of the Snoqualmie Valley Trail at Carnation means changes to the relay course. The old Leg 3 heading north from Remlinger Farms has been eliminated, and replaced by a new leg and a modified leg at Rattlesnake Lake.
- Remlinger Farms will now be a single exchange, with a new exchange #7 added near Exit 38 on I-90.
- **RUNNING ORDER:** Runners must choose a starting order and maintain it for Legs 1-5. Then, legs 6-10 can be run in any runner order, as long as each runner does two legs total. See details under RUNNERS section.
- Due to your feedback from last year, teammates will be allowed to cross Hwy. 203 at Fall City exchange 1 & 3. Please use the crosswalk and stay off the street in the designated waiting area. It is imperative that the streets remain open to traffic. **No relay vehicles allowed on SE 39th PL.** Park in designated areas shown on map.
- For more detail on these changes, see the special notes section below and the individual leg descriptions.

REGISTRATION

Packet pickup will be Saturday, April 9, 2011, from 12 p.m. to 4 p.m. at:

Everyday Athlete
11828 98th Avenue NE
Kirkland, WA 98034

Packets will include shirts, race numbers and pins. Packets will NOT include this booklet or driving directions, printed course descriptions, maps etc. We encourage teams to print this booklet from the event Web site, www.mtsirelay.com

Packets must be signed for by a member of that team. Race committee members will be on hand to answer questions. Packets will also be available on race day morning at the start. Please plan to arrive extra early if you choose this option.

NOTE: Teams or Ultras not showing up will forfeit their entry fees and shirts.

Waivers

All team members must sign the waiver. Signatures may be gathered in advance and mailed by downloading and printing a waiver at <http://www.databarevents.com/waiver.asp> or waivers may be signed at packet pickup. For your convenience, waivers may be also signed on race day morning before the start. Arrive early if you choose this option. Any participant under the age of 18 must have a parent or legal guardian sign the waiver.

Substitutions

Substitutions of team members can be made as late as race day morning, but the new runner must arrive early to the start to sign the waiver. If the substitution causes your team to change divisions (based on total age or gender mix), be sure to inform starting line officials.

- Teams may choose to run the race with fewer than five members, but these teams will not be eligible for awards. Teams starting with five runners, and due to injury finish with fewer than five, will remain eligible for awards.

TEAMS

Regular teams are made up of five runners. Each member of the team will complete two legs of the relay. The total race is approximately 59 miles, with legs varying in length from 3.4 to 8.3 miles.

Team Categories

There are three competitive categories in the relay (Open, Masters and Veterans) and three divisions within each category (Male, Female and Mixed). To qualify for the mixed division, teams must have at least one male and no more than three males. The Recreation category is for teams with other than five runners, or those just wanting to have fun and not compete for awards.

Fluids and fuel

Each team must provide their own aid (fluid replacement, gels, etc.) throughout the race. There is limited access to water on the course. Carry plenty of liquids in your support vehicle. Most legs are not accessible for the support vehicle to provide water, so each runner might want to carry their own supply. The only Team aid station provided will be at the finish line.

Shoes and clothing

Depending on weather conditions, a change of clothes or shoes may be advisable, and dry clothes for afterward.

COURSE AND VEHICLES

Be courteous and do not interfere with the local traffic.

We have permission to hold the race, but not sole use of the highways and trails. Your compliance is imperative if we are to continue running the Mt. Si Relay & Ultra Runs.

Driving

All drivers should be alert and drive at or below posted speed limits. Leave plenty of time to arrive at exchanges. Please be courteous of runners on the road.

- Do not drive along the road with your team's runner. Find a place to pull over safely ahead and wait to provide support (encouragement and fluids).
- Do not block any driveway.
- Do not take more than one car to any exchange point. Parking is limited at most exchanges.

Park Only in Designated Areas

See parking descriptions for each exchange. Race officials will direct parking in congested areas.

SPECIAL NOTES: PLEASE READ CAREFULLY

Special Note: Fall City: Be particularly sensitive to avoid blocking SE 39th PL at exchange 1 & 3. Except for runners actively involved in that exchange, all other teammates may cross Hwy. 203 at the crosswalk, but must stay in the holding area there and not block SE 39th PL. Only active runners should enter the exchange chute. While running, stay to the south side of 39th. See details on maps for legs 1, 2, 3 & 4. **No relay vehicles allowed on SE 39th PL.**

Special Notes: Rattlesnake Lake Parking for Exchanges 6 & 8 at Rattlesnake Lake can become overcrowded, especially on nice weather days, and team vehicles compete for space here with the public using the lake and trails. Obey signs and parking attendants! Runners can get out and walk to the exchange while the driver waits to park. Be patient and courteous.

Also note: Leg 9 runner has the option of waiting at Rattlesnake Lake rather than riding up to Exchange 7 and back. (Leg 8 runner returns to the same exchange area at Rattlesnake Lake). Cars drive up to I-90 Exit 38 to pick up Leg 7 runner and drop off Leg 8 runner, then return to Rattlesnake to pick up Leg 8 runner. Cars should leave Exchange #6 (Rattlesnake Lake) without delay after picking up their runner. This is unlike last year, when vehicles remained at Rattlesnake Lake for the duration of Leg 8.

Special Note: Legs 7 & 8; Exchange 7 This is a new exchange this year, added because of a trail closure at Carnation. These two new legs from Rattlesnake Lake up the John Wayne Pioneer Trail offer some of the best views along the relay course. Leg 7 has a smooth and gradual 400' elevation gain. Leg 8 goes back down, and offers a chance for a fast pace with its gradual downhill.

ALSO NOTE: Exchange 7 is about a quarter mile from the parking area, and could be a longer walk depending on available parking, so allow ample time to get YOUR Leg 8 runner in place up on the trail. Cars should leave Exchanges #6 (Rattlesnake Lake) and #7 (Twin Falls/Iron Horse Trailhead) without delay after picking up your runner, since the drive is farther than the run!

Respect Local Residents & Communities

While traveling through the local communities of the Snoqualmie Valley, please remember we are guests and you should treat all residents with courtesy and respect. Our good behavior and thanks to locals will go a long way toward our ability to return next year. Don't honk in residential areas, and consider the time of day when you're cheering loudly for your teammate. Remember we start early on Sunday morning!

- Use supplied portable toilets along the course, and do not litter.

Course Markings

Signs, course monitors, cones, flags or street chalk will assist you at turns and potentially confusing points on the course. However, since signs sometimes are moved or stolen, it's each runner's responsibility to understand and follow the turns and descriptions of their individual legs.

Exchange Points

Exchanges will be marked with a banner. Volunteer exchange captains will be in charge at each exchange. The method of exchange between runners is a simple hand touch within the indicated exchange areas.

Special Note: Exchange 6 Upon approaching exchange #6 near Rattlesnake Lake, you may notice what looks like an exchange point along the trail on your left. This is actually an aid station for the Ultra runners. Proceed a little farther up the road where a parking attendant will guide you to the designated Relay parking area.

Starting Times:

Time	Group	Bib numbers
6:00 am	50 Mile Ultras	1-99
6:30 am	1 st Relay Wave	101-175
8:00 am	2 nd Relay Wave	201-275
8:30 am	50K Ultras	301-375

Note: Bib sequence numbers for relay waves may vary

RUNNERS

Running Order: NEW RULE FOR 2011

Runners must choose a starting order and maintain it for Legs 1-5. Each runner must wear the bib matching their first leg number. Then, legs 6-10 can be run in any runner order, as long as each runner does two legs total. Bib numbers indicate leg numbers 1-5, and runners must wear the appropriate bib, visible, facing forward, throughout. If Leg 5 runner also runs Leg 6, teams should notify Exchange #5 captain that there will be no handoff.

Do not impede traffic

Generally you will run on the left side of roads and the right side of trails. Runners do not have exclusive use of the roadway. While most of the relay is on the Snoqualmie Valley Trail, there are many road crossings and a few segments that are run on pavement. Treat traffic as you would on a training run and be safe!

Pacers not allowed: Pacing a team member or use of bicycles are not permitted. (OK for Ultras)

Runners Injured During Race

In the event of an injury, any of the remaining runners can replace the injured runner to finish their leg. The replacement runner will tag off to the next runner at the next exchange point. If this establishes a new running order, it must be maintained in the new sequence for the remainder of the race. Once a runner drops out of the race, he or she cannot enter back into the race.

Emergencies

We will not have medical staff at the start/finish area.

In the event of an emergency, notify a race official, as they will be able to communicate with nearest medical personnel. If the emergency is severe, call 911, then the Race Director at 206-276-1635.

Littering & Property Damage

Any runners who are reported to have damaged or littered on private or public property may be disqualified. Toilets and trash cans will be provided at exchange points.

Follow Race Officials' Instructions

Course volunteers at exchanges are considered race officials and have the authority to disqualify a team for rule violations, abusive behavior, or a team's failure to follow instructions given by volunteers.

Visible Race Numbers

Team bib numbers must be worn and visible on the front of each runner at all times while running or on the road. Bib numbers must be pinned to the outermost layer of clothing.

Finish Line

The runner of Leg 10 must cross the finish line **with bib number clearly visible**. All other team members may join the last runner, but must veer left when they approach the finish line chute. Also, they may not accompany their runner in any way that causes obstruction of other runners.

LATE FINISHERS

Earlier start: Our goal is to have all teams finish before 5:00 p.m. To help achieve the 5 p.m. finish, we will grant/assign a 6:30 a.m. start to all teams that may take more than nine hours to complete the course (**average 9:15 pace**). Please contact the race director if your team is scheduled to start at 8 a.m. and you think you may not finish by 5:00 p.m. If a 6:30 start won't get you in by 5:00 p.m. (average 10:40 pace), contact the race director for options.



Mt. Si Relay Course Map

LEG DESCRIPTIONS

Leg #	Start Leg	End Leg	Miles	Surface	Elevation (in feet)	
					Gain	Loss
Leg #1	Elementary School	39th Pl & Hwy 203	8.3	Road/Trail	105	410
Leg #2	39th Pl & Hwy 203	Remlinger Farms	6.2	Road/Trail	200	<40
Leg #3	Remlinger Farms	39th Pl & Hwy 203	6.2	Trail/Road	<40	200
Leg #4	39th Pl & Hwy 203	Millpond (Stearns Rd.)	6.5	Road/Trail/Road	390	65
Leg #5	Millpond (Stearns Rd.)	Two Rivers School	4.4	Road/Trail	<40	<40
Leg #6	Two Rivers School	Rattlesnake Lake	7.1	Trail	490	0
Leg #7	Rattlesnake Lake	Twin Falls Trailhead (Exit 38)	4.9	Trail	400	0
Leg #8	Twin Falls Trailhead	Rattlesnake Lake	4.9	Trail	0	400
Leg #9	Rattlesnake Lake	Two Rivers School	7.1	Trail	0	490
Leg #10	Two Rivers School	Elementary School	3.4	Trail/Road	0	<40

WEB SITE: MtSiRelay.com
 E-MAIL: mtsirelay@frontier.com
 PHONE: 206-276-1635



All races and waves begin and end at Snoqualmie Elementary School

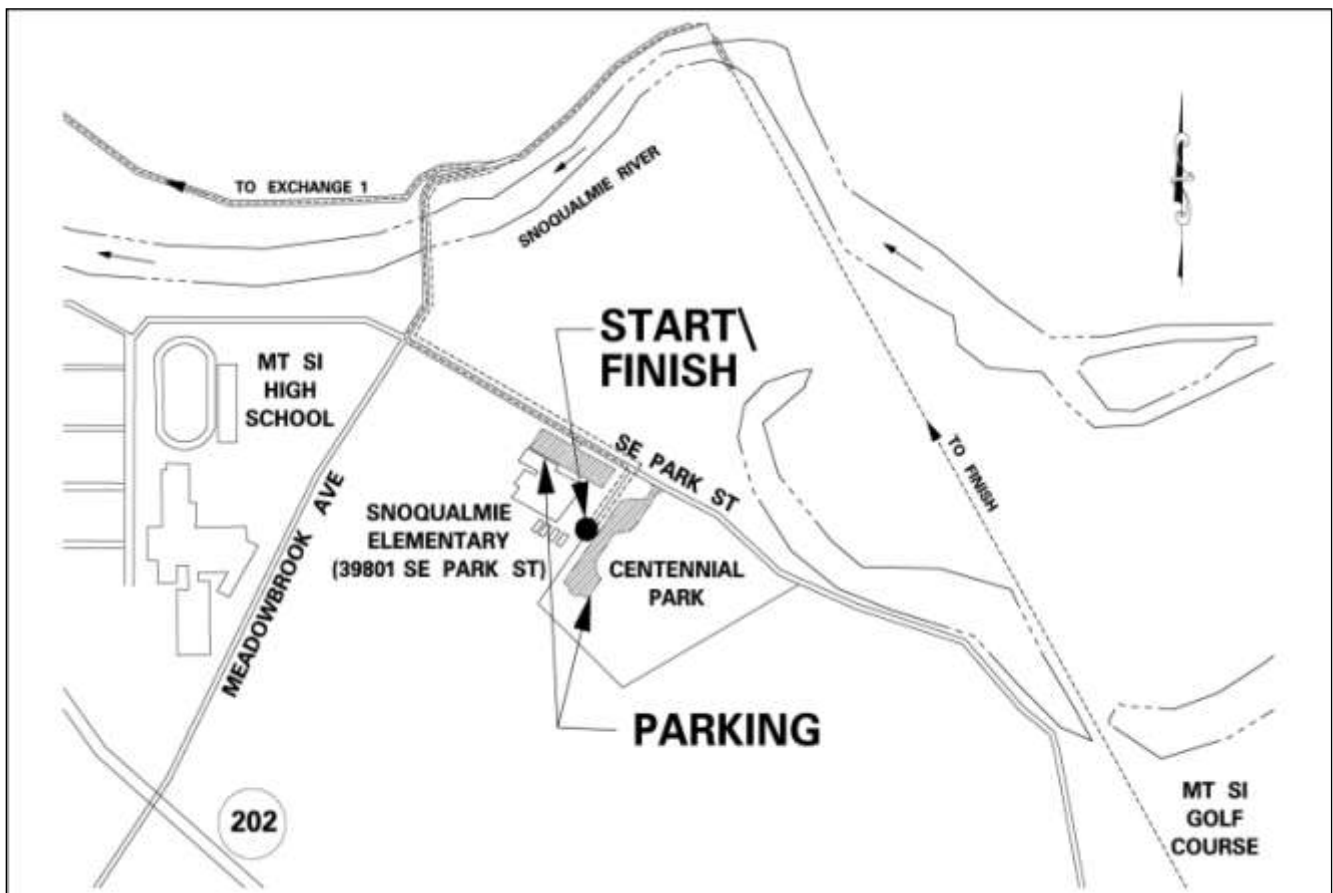
Directions to Snoqualmie Elementary School

From Seattle, I-5, I-405: Follow I-90 East and take Exit 27. At the bottom of the exit turn left on SE North Bend Way. Follow SE North Bend Way 1.1 miles and turn left onto Meadowbrook Way SE. Follow Meadowbrook Way SE through the intersection of Hwy 202. Drive past Mt. Si High School, and take the next right onto Park St. The elementary school is .2 miles on your right.

From Redmond: Take Redmond-Fall City Road (Hwy 202) through Snoqualmie. Turn Left at Meadowbrook Way. Drive past Mt. Si High School, and take the next right onto Park St. The elementary school is .2 miles on your right.

From Auburn Area: take Highway 18 North. It will pass under I-90 and become the Snoqualmie Parkway (speed limit is 35mph and it is enforced). Turn right at the T at end of Parkway, Highway 202, proceed East to Meadowbrook Way SE. Turn Left onto Meadowbrook, drive past Mt. Si High School, and take the next right onto Park St. The elementary school is .2 miles on your right.

Additional parking is available immediately adjacent to the school at Centennial Park, one driveway east of the school.



Leg #1 - Runner #1 - 8.3 Miles

Start

Snoqualmie Elementary School

To Exchange #1

Near intersection of Redmond-Fall City Road (Highway 202) and Highway 203. See maps.

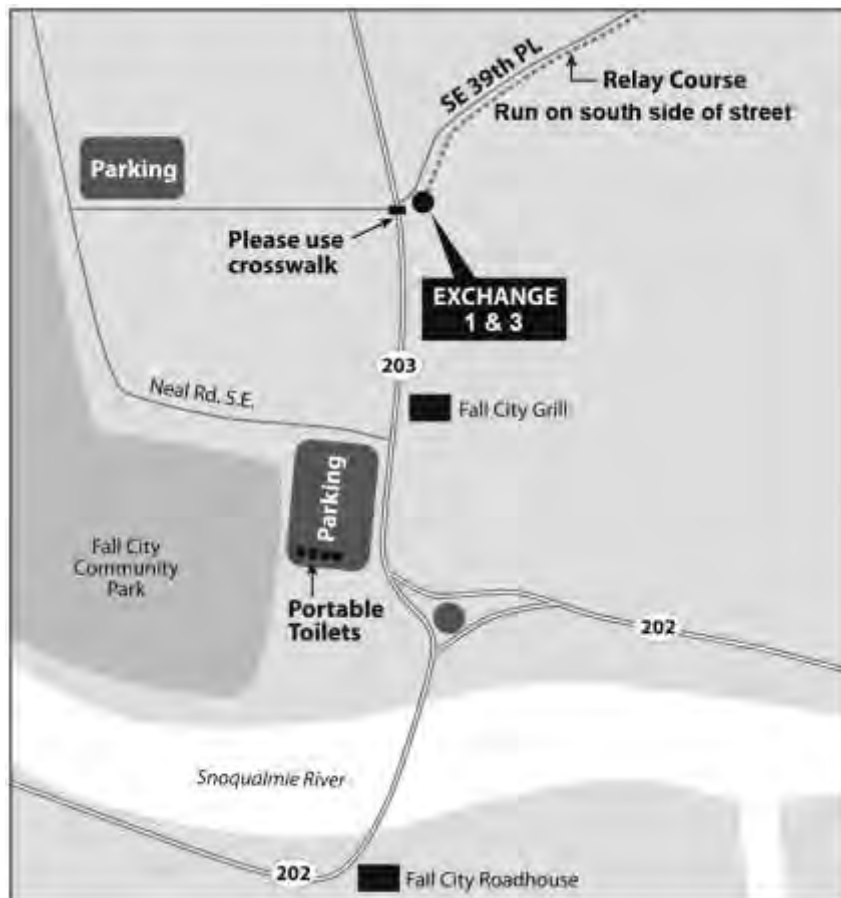
Driving Directions Go west on Park St., turn left on Meadowbrook at stop sign. Turn right at the light, Hwy 202. Take this through Snoqualmie to Fall City. At Fall City, curve right (at the traffic circle) onto Hwy 203. Main parking is immediately on the left, at Fall City Community Park. A little more parking is available on dirt circle west of the exchange (see map below).

Running Directions

- 0.0 West on Park St.
- 0.2 Right onto Meadowbrook, cross bridge.
- 0.4 Left onto Millpond Rd.
- 1.8 Veer right onto 66th St (Stearns Rd)
- 2.0 Hard right onto Tokul Rd
- 2.6 Leave the road off to right, go down stairs and left through tunnel, onto the trail.
- 5.7 Cross 356th Dr, stay on trail
- 7.1 Left onto 39th Pl (gravel road), downhill past gate.
- 8.3 **Exchange #1** on paved 39th just before Hwy. 203.

IMPORTANT NOTE:

Only runner #2 will be allowed to wait in the Exchange 1 chute on SE 39th Place. Teammates may cross Hwy 203 but must remain off the street in designated area. Only active runners are allowed in the chute on SE 39th. Use the crosswalk by the exchange.



Leg #2 - Runner #2 - 6.2 Miles

To Exchange #2

Remlinger Farms - Carnation

Big parking lot is 1/4 mile on your left after crossing under the Snoqualmie Valley Trail on trestle.

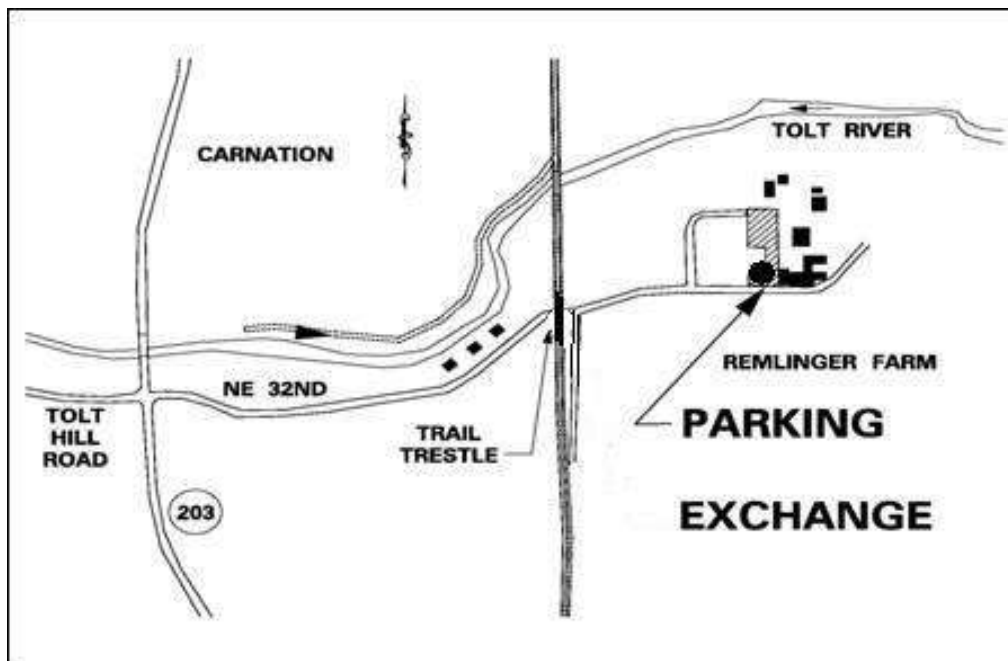
PLEASE DO NOT PARK IN DRIVEWAY!

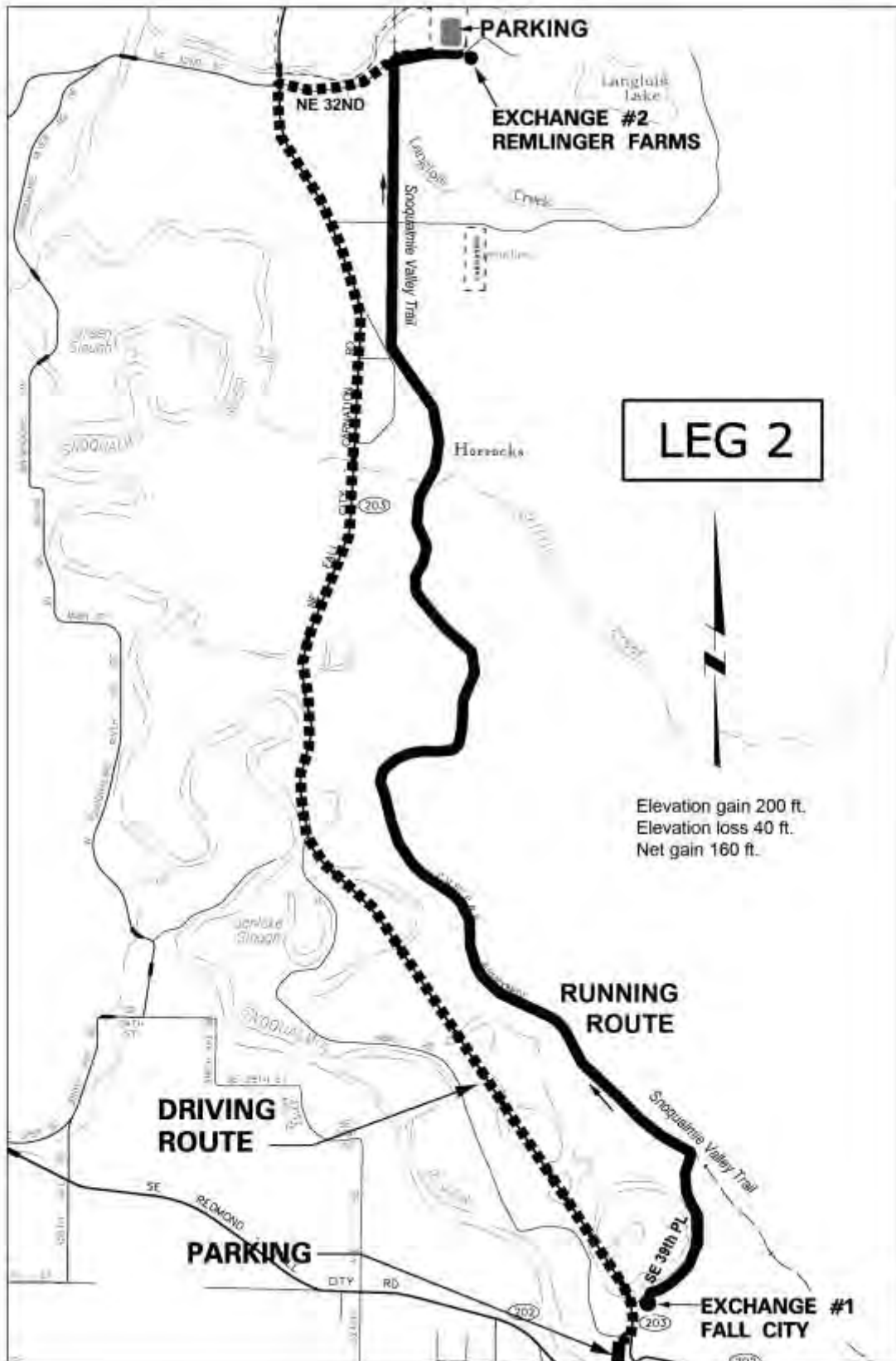
Driving Directions

Proceed North on Hwy 203 from Exchange 1. Just before the large bridge south of Carnation, turn right on NE 32nd St. Look for the Remlinger Farms sign. Parking is in the large lot **ON THE LEFT** at Remlinger Farms, just before the exchange on the right. Drivers: watch for runners!

Running Directions: The exchange is just past the parking area on the right (south side). Also, you may encounter horses and riders on this section of trail – please walk or slow down and say hi, so as to not startle them.

- 0.0 Run up the paved street, **keep right!** Pass the gate and up the gravel road to the main trail.
- 1.2 Turn **LEFT (north)** onto SVT, heading north. You may see a Leg 4 Runner turn right. You turn **LEFT**. Stay on trail all the way to NE 32nd St.
- 6.0 Right down stairs onto NE 32nd St. Stay on right side of road.
- 6.2 **Exchange #2** is on the right just past the Remlinger Farms parking lot.





Leg #4 - Runner #4 - 6.5 Miles To Exchange #4

Intersection of Mill Pond Rd & Stearns (66th St)

Driving Directions

Go East (left) on Hwy 202 at the roundabout back toward Snoqualmie. After going up the big winding hill, you will pass Salish Lodge on your right. Continue 1/4 mile, turn left on Mill Pond Rd. before the bridge. Parking for Exchange 4 is right there.

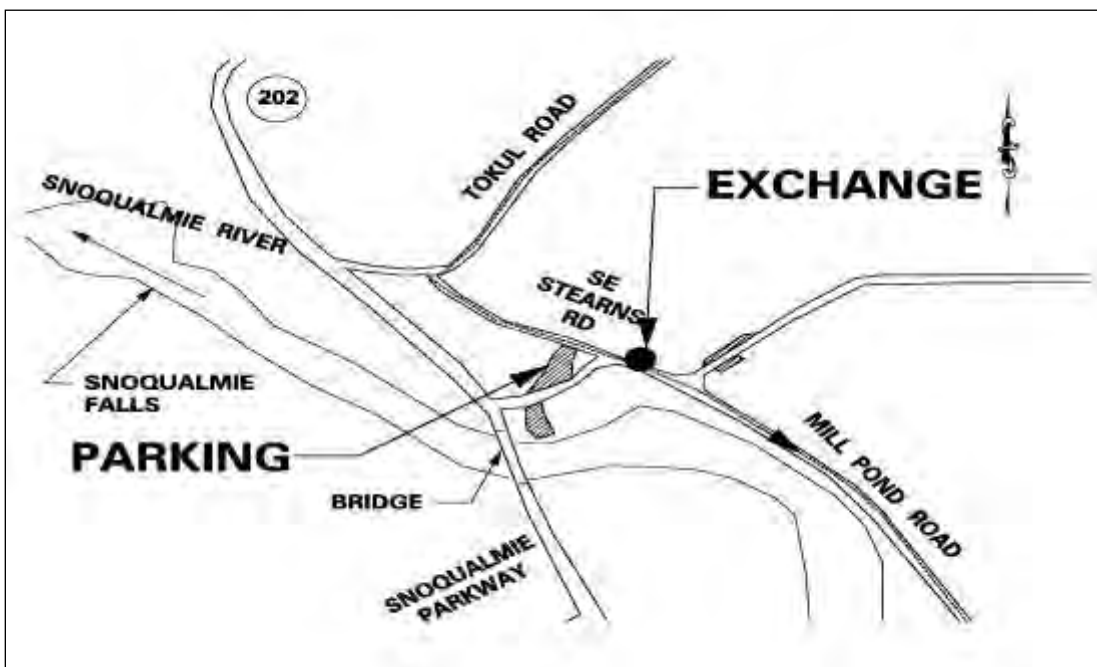
Running Directions

There may be horses and riders here. The horses might get spooked if you surprise them, especially from behind. Go slow and make your presence known with a friendly greeting.

Mile Direction

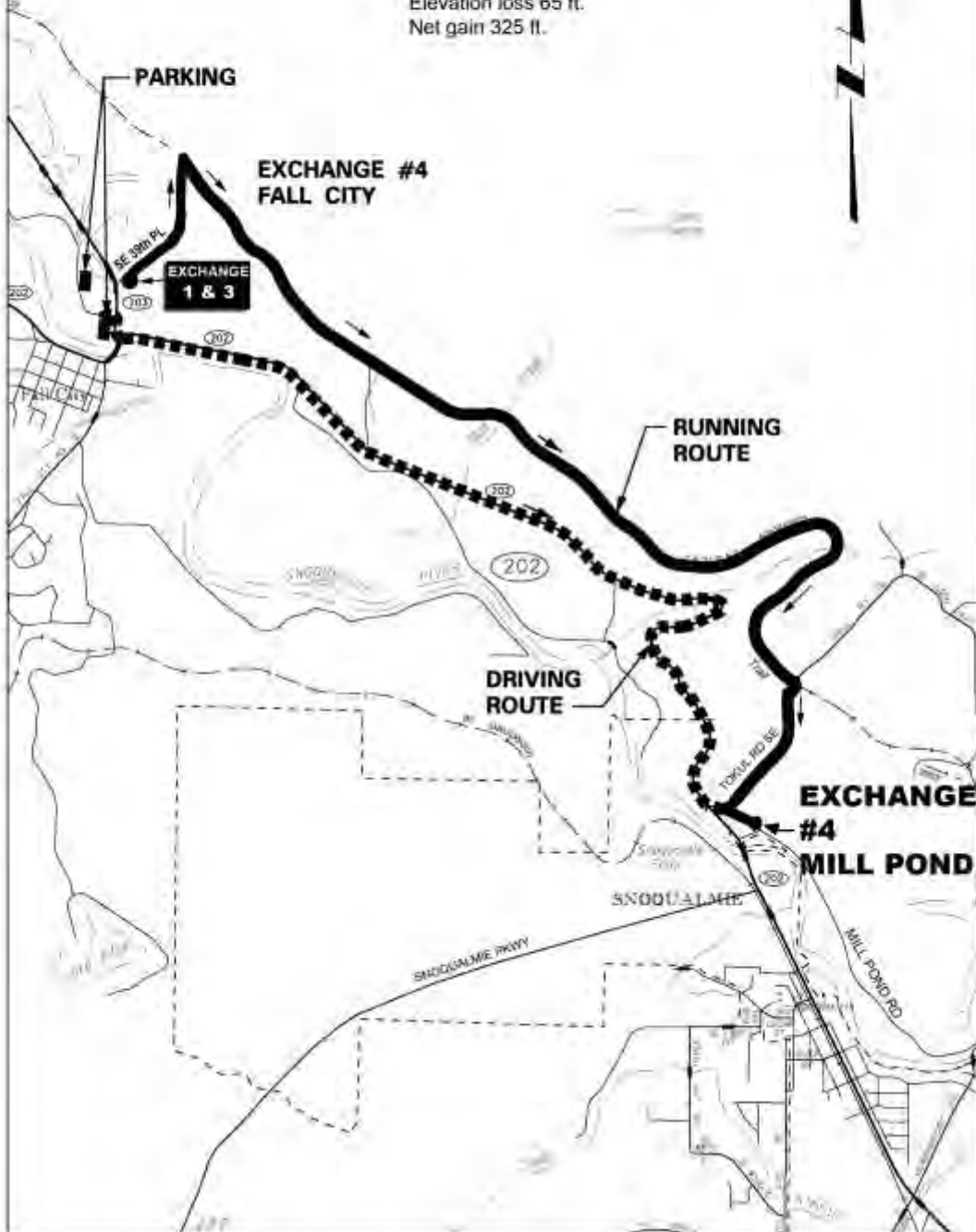
- 0.0 Run along paved portion of 39th and then up steep gravel road to SVT. **Keep right!**
- 1.2 Go **RIGHT** (south) on trail. Remember, **RIGHT**.
- 5.7 Go thru small tunnel and make IMMEDIATE right up path to Tokul Rd. Go left when you hit the road (head SW on Tokul Rd).
- 6.4 Make sharp left onto Stearns Rd (66th).
- 6.5 **Exchange #5** is on your left on Mill Pond Road.

Note : This leg passes by a gun club, so don't be too alarmed if you hear shooting!



LEG 4

Elevation gain 390 ft.
Elevation loss 65 ft.
Net gain 325 ft.



Leg #5 – Runner #5 – 4.4 Miles

To Exchange #5

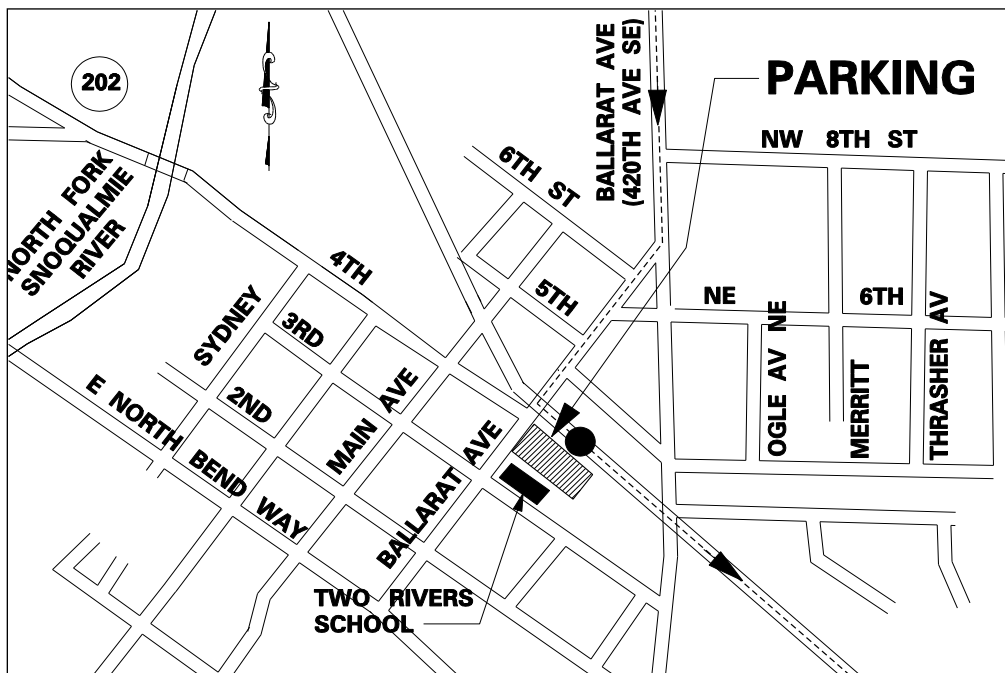
Two Rivers School

Driving Directions

West 0.1 mile on Mill Pond to Hwy 202. Go left (south) on Hwy 202 approx. 4 miles to North Bend. Make a left at the light onto E North Bend Way heading SE. Make a left onto Ballarat Ave just before the gas station on your right. Go three blocks north on Ballarat and Exchange #6 will be on your right.

Running Directions

Mile	Direction
0.0	South on Mill Pond Rd.
1.3	Left on Reinig Rd., cross to right side. Volunteers will assist.
1.6	Go up stairs, onto steel bridge on SVT. Straight on trail, no turns.
4.4	Exchange #5 is on the trail next to Two Rivers School.



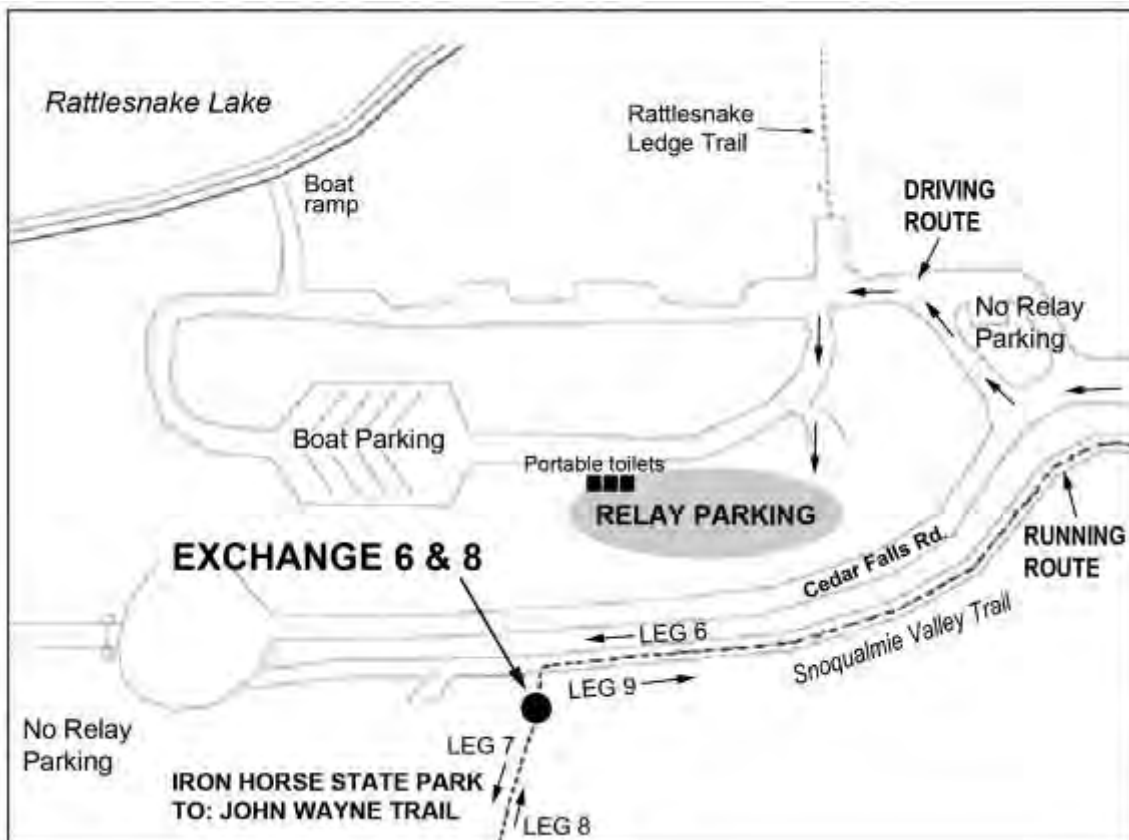


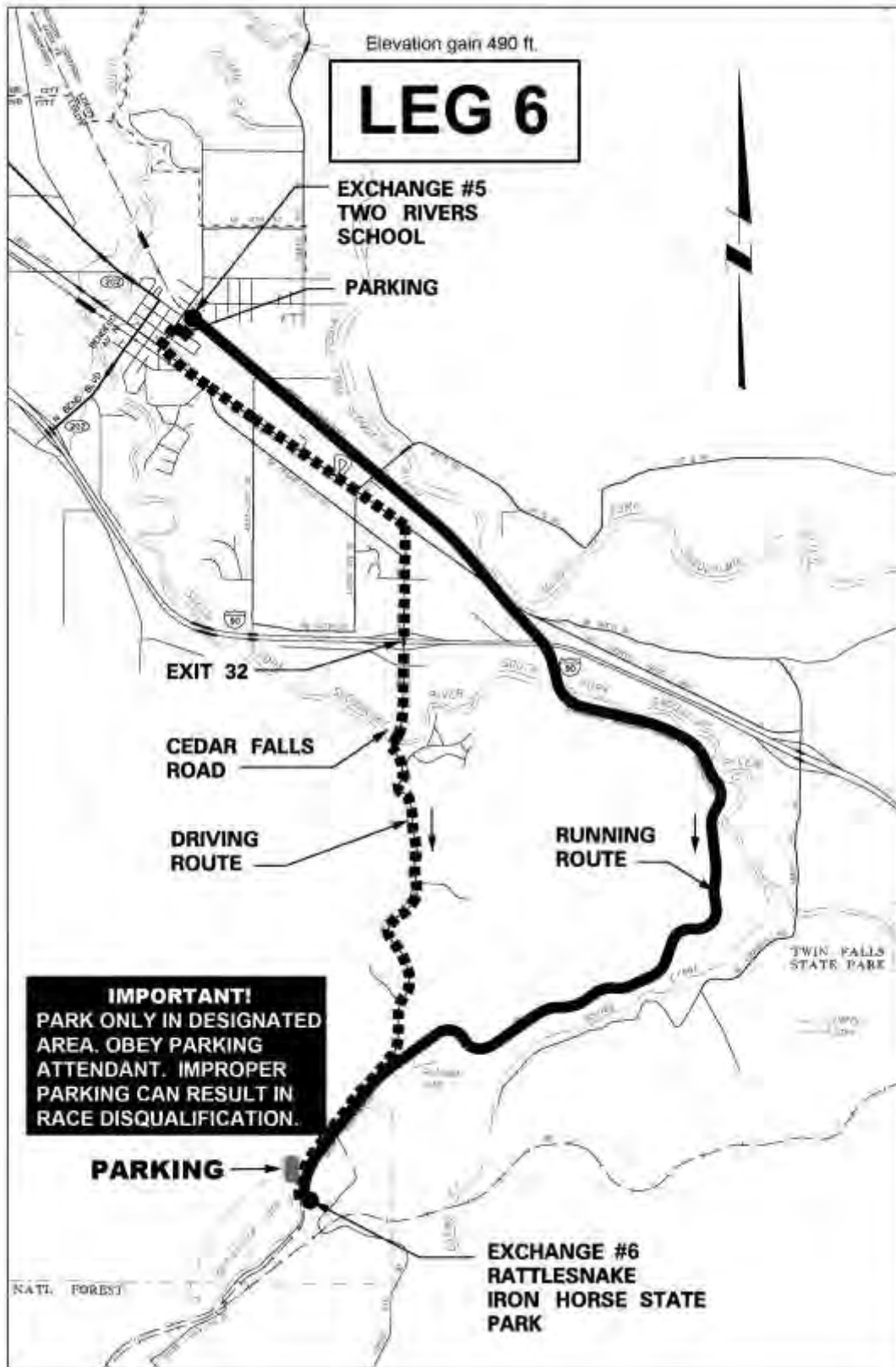
Leg #6 - Runner #1 - 7.1 Miles To Exchange #6 Rattlesnake Lake

Driving Directions : Go South on Ballarat. Make a left onto North Bend Way and go 1.5 miles, turn right onto 436th heading south. Follow 436th (over I-90) which will become the Cedar Falls Rd. Drive 3.7 miles to Rattlesnake Lake. Parking for the Relay on the right, Rattlesnake Lake lot only. Please leave the lower lot for the general public. **IMPORTANT:** Park only in designated area. Obey signs and parking attendants. This may be a congested area and a place where our event meets others enjoying this wonderful natural area. Please be patient and courteous. Use the portable toilets in the parking lot provided by the Mt. Si Relay. Park pit toilets are off limits to special events.

Running Directions

- | Mile | Direction |
|------|---|
| 0.0 | From Exchange #5 stay on the Snoqualmie Valley Trail heading SE. You will stay on the Trail all the way to Exchange #6 at Rattlesnake Lake. Enjoy the gradual climb! Cross Mt. Si Rd. Watch for traffic. Stay on the Trail. |
| 2.1 | Diagonal left across SE North Bend Way. Watch for traffic. Stay on the trail. |
| 7.1 | Exchange #6 is near the upper parking area. |





Leg #7 – Runner #2 – 4.9 Miles To Exchange #7

Rattlesnake Lake to Twin Falls Trailhead (off I-90 Exit 38)

Driving Directions to Exchange 7

Leave Rattlesnake Lake parking lot and head northeast on Cedar Falls Rd SE. -- 2.8 mi

Continue onto 436th Ave SE -- 0.5 mi

Turn right to merge on I-90 E toward Spokane -- 4.9 mi

Take Exit 38 toward SE Homestead Valley Rd.

Turn right and look for relay signs and parking attendant.

Google directions: http://maps.google.com/maps?f=s&utm_campaign=en&utm_source=en-ha-na-us-bk-gm&utm_medium=ha&utm_term=google%20maps

Note: Leg 9 runner has the option of waiting at Rattlesnake Lake rather than riding up to Exit 38 and back. (Leg 8 runner returns to the same exchange area at Rattlesnake Lake). Cars drive up to I-90 Exit 38 to pick up Leg 7 runner and drop off Leg 8 runner, then return to Rattlesnake to pick up Leg 8 runner.

Running Directions: See map detail

After the first half mile, it's a straight shot up the John Wayne Pioneer Trail to the exchange.

Leg #8 – Runner #3 – 4.9 Miles To Exchange #8

Twin Falls Trailhead to Rattlesnake Lake

Driving Directions to Exchange 8 (return to Rattlesnake Lake)

Head north on SE Homestead Valley Rd., turn left to merge onto I-90 West.

Take Exit 32 for 436th Ave SE, Turn Left.

Continue on Cedar Falls Rd SE to Rattlesnake Lake parking area, same as for Leg 7.

Signs and parking lot attendants will assist.

Google directions: http://maps.google.com/maps?f=s&utm_campaign=en&utm_source=en-ha-na-us-bk-gm&utm_medium=ha&utm_term=google%20maps

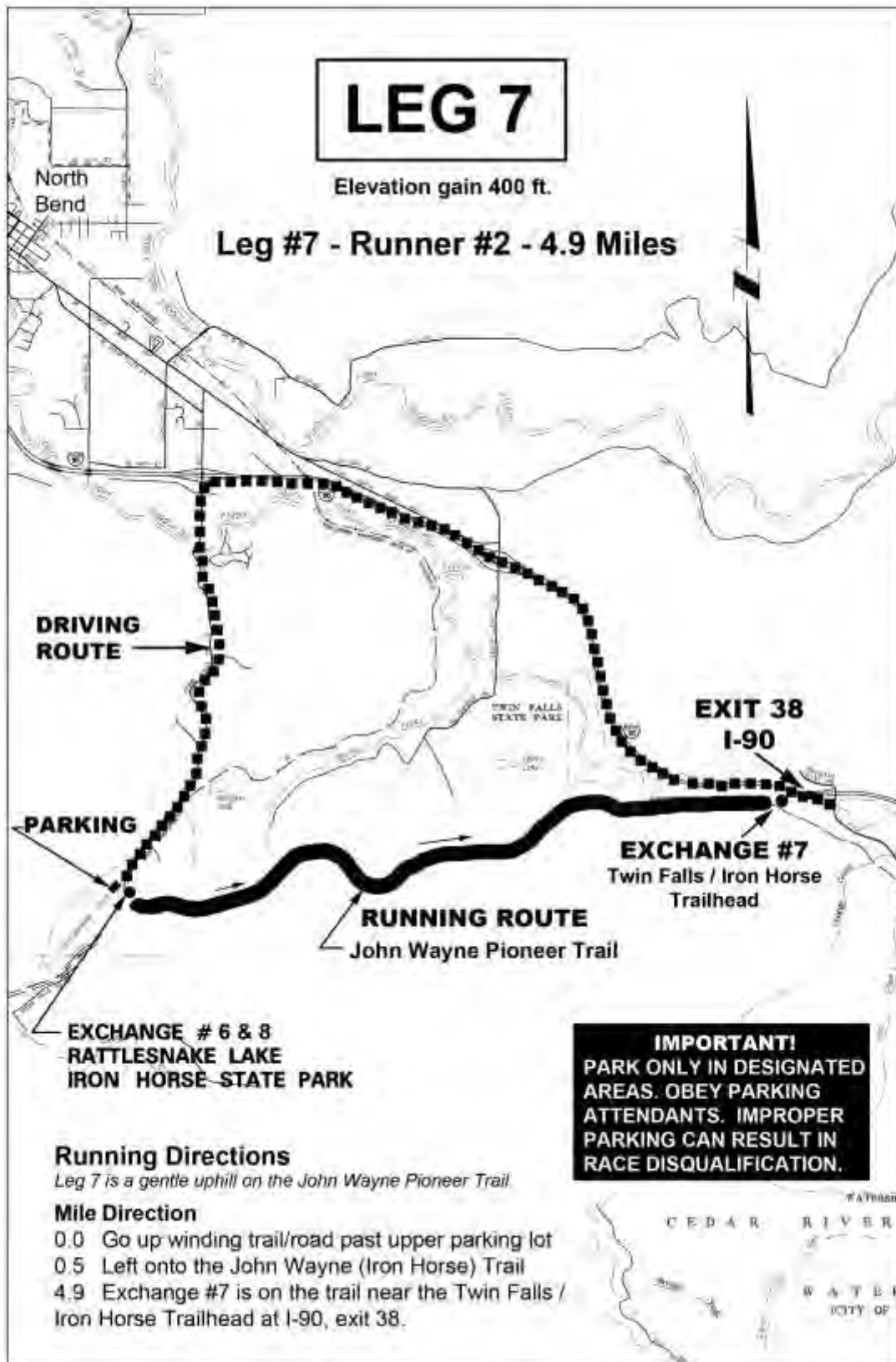
Running Directions: See map detail

Pretty much a straight leg down the John Wayne Pioneer Trail to the exchange at Rattlesnake Lake. There's a turn in the final half mile.

LEG 7

Elevation gain 400 ft.

Leg #7 - Runner #2 - 4.9 Miles



DRIVING ROUTE

PARKING

EXCHANGE # 6 & 8
RATTLESNAKE LAKE
IRON HORSE STATE PARK

EXIT 38
I-90

EXCHANGE #7
Twin Falls / Iron Horse
Trailhead

RUNNING ROUTE

John Wayne Pioneer Trail

IMPORTANT!
PARK ONLY IN DESIGNATED
AREAS. OBEY PARKING
ATTENDANTS. IMPROPER
PARKING CAN RESULT IN
RACE DISQUALIFICATION.

Running Directions

Leg 7 is a gentle uphill on the John Wayne Pioneer Trail.

Mile Direction

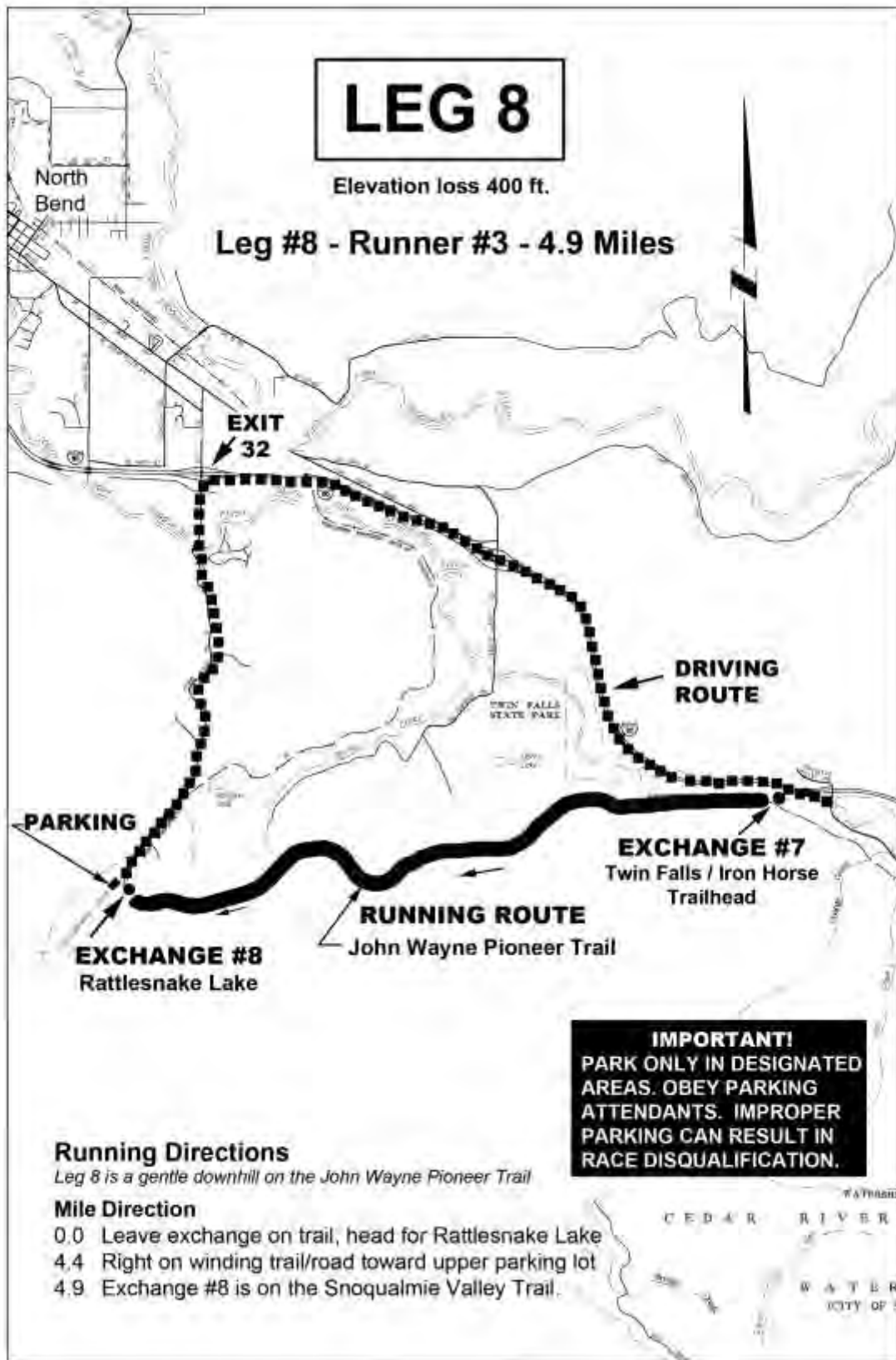
- 0.0 Go up winding trail/road past upper parking lot
- 0.5 Left onto the John Wayne (Iron Horse) Trail
- 4.9 Exchange #7 is on the trail near the Twin Falls / Iron Horse Trailhead at I-90, exit 38.

CEDAR RIVER
WATER
CITY OF

LEG 8

Elevation loss 400 ft.

Leg #8 - Runner #3 - 4.9 Miles



PARKING

EXCHANGE #8
Rattlesnake Lake

EXIT
32

DRIVING
ROUTE

EXCHANGE #7
Twin Falls / Iron Horse
Trailhead

RUNNING ROUTE

John Wayne Pioneer Trail

IMPORTANT!
PARK ONLY IN DESIGNATED
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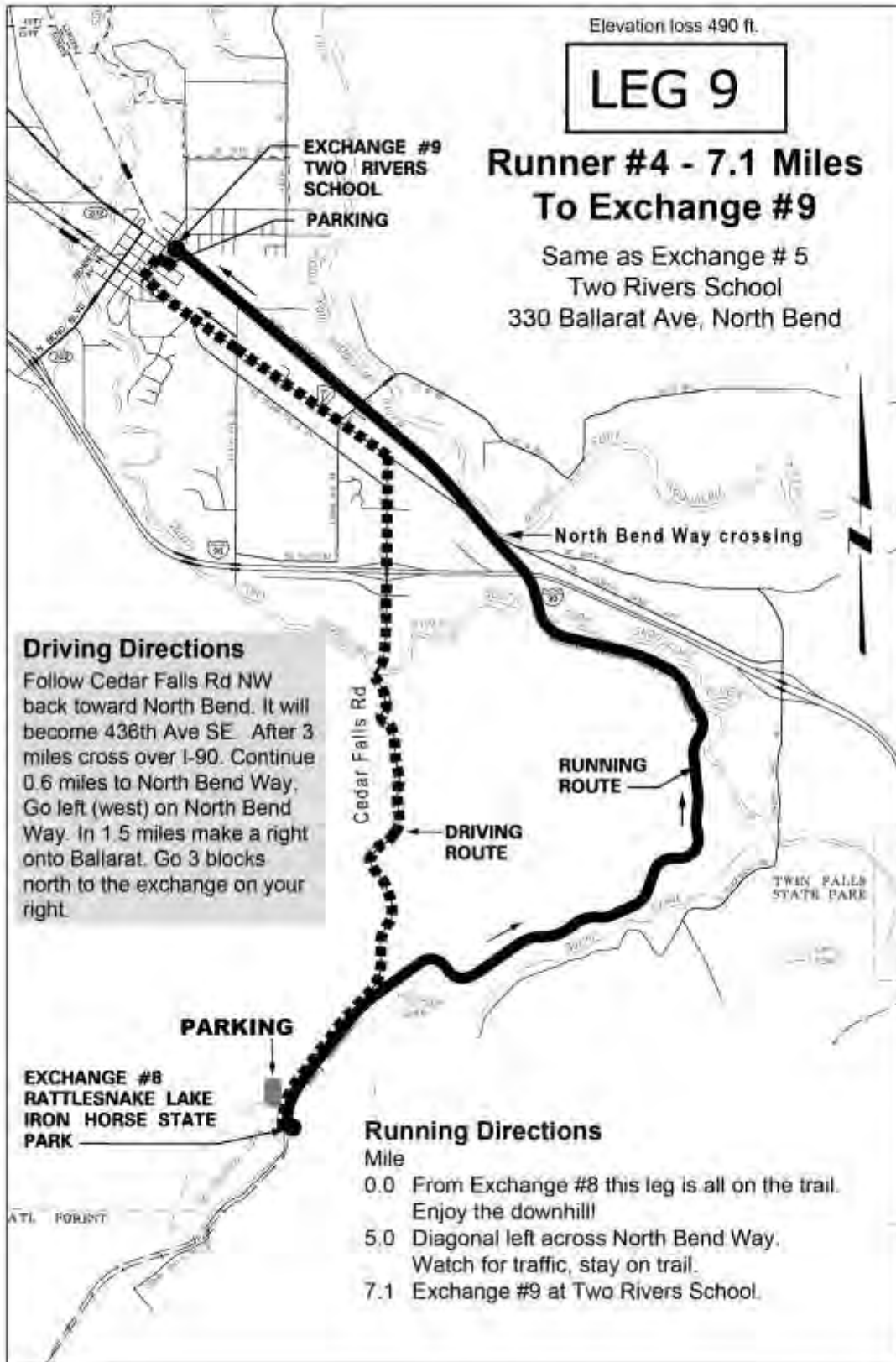
Running Directions

Leg 8 is a gentle downhill on the John Wayne Pioneer Trail

Mile Direction

- 0.0 Leave exchange on trail, head for Rattlesnake Lake
- 4.4 Right on winding trail/road toward upper parking lot
- 4.9 Exchange #8 is on the Snoqualmie Valley Trail.

CEDAR RIVER
WATER CITY OF



Leg #10 - Runner #5 - 3.4 Miles To Finish

Snoqualmie Elementary School

Driving Directions

Leave parking lot, don't turn, cross Ballarat and go straight west on 4th, two blocks to stop sign. Go right on North Bend Blvd (Hwy 202). Follow Hwy 202, turn right onto Boalch. Go past golf course, watch out for runners. Finish at elementary school will be on your left. Additional parking at Centennial Park, just to the east of the school. See finish detail map before the leg 1 page.

Running Directions

Mile	Direction
0.0	Follow Snoqualmie Valley Trail north
1.8	Continue through Mt. Si Golf Course parking lot
2.6	Down stairs, left on Reinig Rd.
3.0	Cross bridge on sidewalk.
3.1	Turn left on Park St.
3.4	Turn right into the Finish at Snoqualmie Elementary. You're done!

Finishing notes

Finish Line

The runner of Leg 10 must cross the finish line **with bib number clearly visible**. Team members may join the last runner, but must veer left when they approach the finish line chute. Also, they may not accompany their runner in any way that obstructs other runners.

Now regroup and cheer on the other teams. The school restrooms are available for your use, as well as at Centennial Park next door.

Stay a while at the finish area. Take a team photo. Sign up to join Eastside Runners.

Awards will be presented as soon as they are determined. Results will appear at www.MtSiRelay.com soon after the events.

Special thanks to our presenting sponsor Everyday Athlete. Please visit their store in Kirkland.

Thanks for participating in the Mt. Si Relay and we hope everyone had a great day. See you next year!

