



# 2019 Relay Team Handbook

Race Date: April 29, 2019

(Updated 3/18/19)

PRESENTED BY



# Welcome to the Mt. Si Relay 2019

This booklet contains important information for the 36<sup>th</sup> Annual Mt. Si Relay, April 29, 2019 presented by Eastside Runners. Team captains need to be familiar with everything contained in this handbook and to share it with team members. We strongly encourage all runners read this material.

## REGISTRATION

Packet pickup will be Saturday, April 28, 2019, from 12 p.m. to 4 p.m. at our sponsor:

Everyday Athlete  
264 Central Way  
Kirkland, WA 98033

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 website, [www.mtsirelay.com](http://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 not showing up will forfeit their entry fees and shirts.

### Waivers

All relay team runners must sign the release waiver. Except for last minute changes, all runners must register and join their team on ImAthlete and sign the waiver. Runners that were last minute changes can sign the waiver at packet pickup the day before the event, or at the school on race morning

### 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 the race director or 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 5 runners, and due to injury finish with fewer than 5, 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 60 miles, with legs varying in length from 3.8 to 8.3 miles.

### Team Categories

There are two competitive categories in the relay (Open and Masters) and three divisions within each category (Male, Female and Mixed). To qualify for the mixed division, teams must be of mixed gender with 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. If you're a men's team or mixed open team and you don't think your team will finish in 9 hours, please let the race director know and we will change you to a recreational team with a 6:30am start time.

### 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 & Trail 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 Note: Rattlesnake Lake** Parking for Exchange 7/8 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! Relax, there is plenty of time, since the entire 8<sup>th</sup> leg is run while parked here. Runners can get out and walk to the exchange while the driver waits to park. Be patient and courteous.

**Special Note: Fall City:** Be particularly sensitive to avoid blocking SE 39<sup>th</sup> PL at exchange 1 & 4. Except for runners actively involved in that exchange, only one other teammate may cross Hwy. 203 (at the crosswalk) for support. Stay in the holding area there and don't block SE 39<sup>th</sup> PL. Only active runners should enter the exchange chute. While running, stay to the south side of 39<sup>th</sup>. See details on maps for legs 1, 2, 3 & 4. **No relay vehicles allowed on SE 39<sup>th</sup> PL.**

### 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. 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 7** Upon approaching exchange #7 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
6:30 a.m.	1 <sup>st</sup> Relay Wave	400-475
8:00 a.m.	2 <sup>nd</sup> Relay Wave	500-575

## **RUNNERS**

### **Running Order**

Teams choose their initial running order, but runners must run in the same sequence for the second half of the race. For example, if a runner runs leg 2, he or she must also run leg 7. Bib numbers indicate leg numbers 1-5, and runners must wear the appropriate bib, run in sequence, and have bib visible, facing forward, throughout.

### **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!

### **Headphones**

Headphones are not prohibited. However, 1) remember there will be traffic on the roads, and 2) volunteers might need to give you instructions. (Runners with headphones have gone right past volunteers trying to tell them how to keep on course!) If you wear headphones consider running with one ear free.

**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 have no medical staff beyond CPR/First Aid certified volunteers present 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 206-999-3060.

### **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 outer most 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, DOUBLE START OPTION**

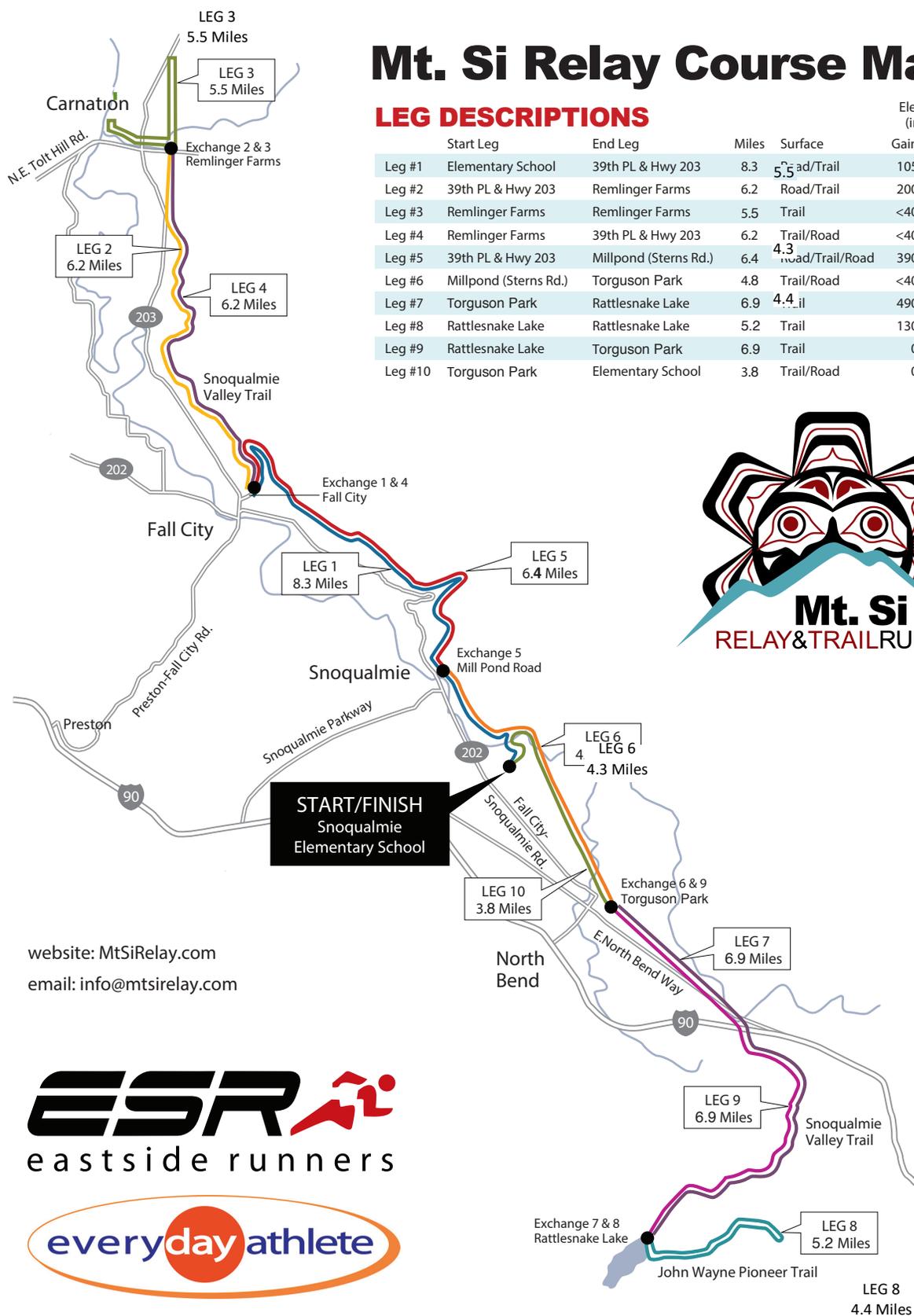
**Earlier start:** Our goal is to have all teams finish before 5:00 p.m. To help achieve the 5 p.m. finish, we will grant/assign a 6:30 a.m. start to all teams that may take more than nine hours to complete the course (**average 9:15 pace**). Please contact the race director if your team is scheduled to start at 8 a.m. and you think you may not finish by 5:00 p.m. Send an email message to [info@mtsirelay.com](mailto:info@mtsirelay.com) or call 206-999-3060.

**Double start option:** If a team's Leg 7 runner is not on target to arrive at the Rattlesnake Lake (Exchange 7) by 2:45 p.m., teams may be required to start legs 8 and 9 simultaneously. The exchange captain will then record the Leg 8 time and report it to the timing official. The team vehicle will continue ahead to exchange 9, and the Leg 8 runner will be given a ride to either Exchange 9 or the finish area.

# 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	5.5 Road/Trail	105	410
Leg #2	39th PL & Hwy 203	Remlinger Farms	6.2	Road/Trail	200	<40
Leg #3	Remlinger Farms	Remlinger Farms	5.5	Trail	<40	<40
Leg #4	Remlinger Farms	39th PL & Hwy 203	6.2	Trail/Road	<40	200
Leg #5	39th PL & Hwy 203	Millpond (Sterns Rd.)	6.4	4.3 Road/Trail/Road	390	65
Leg #6	Millpond (Sterns Rd.)	Torguson Park	4.8	Trail/Road	<40	<40
Leg #7	Torguson Park	Rattlesnake Lake	6.9	4.4 Trail	490	0
Leg #8	Rattlesnake Lake	Rattlesnake Lake	5.2	Trail	130	130
Leg #9	Rattlesnake Lake	Torguson Park	6.9	Trail	0	490
Leg #10	Torguson Park	Elementary School	3.8	Trail/Road	0	<40



website: [MtSiRelay.com](http://MtSiRelay.com)  
 email: [info@mtsirelay.com](mailto:info@mtsirelay.com)



All races and waves begin and end at Snoqualmie Elementary School

## Directions to Snoqualmie Elementary School

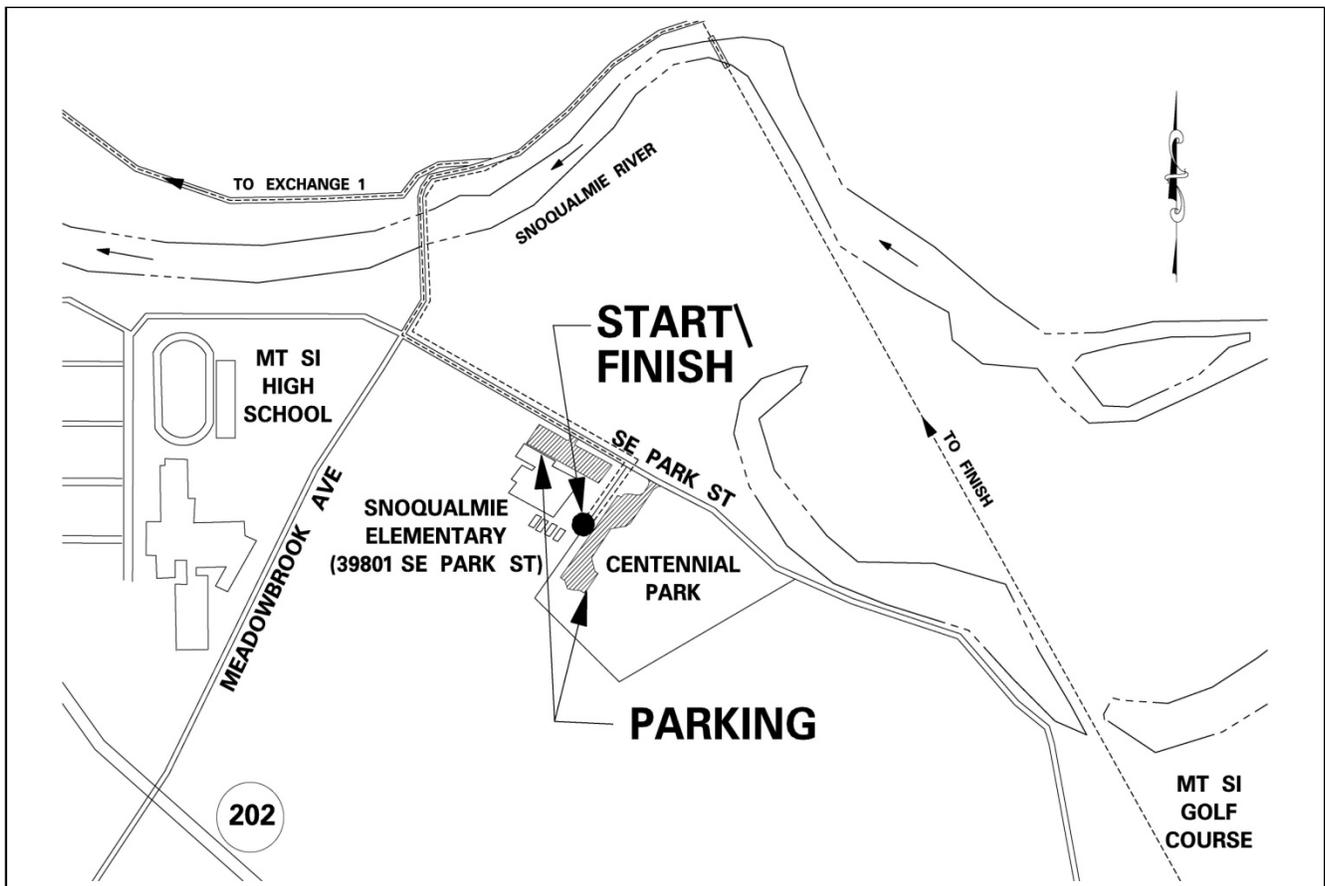
39801 SE Park St., Snoqualmie, WA

**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 past 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.

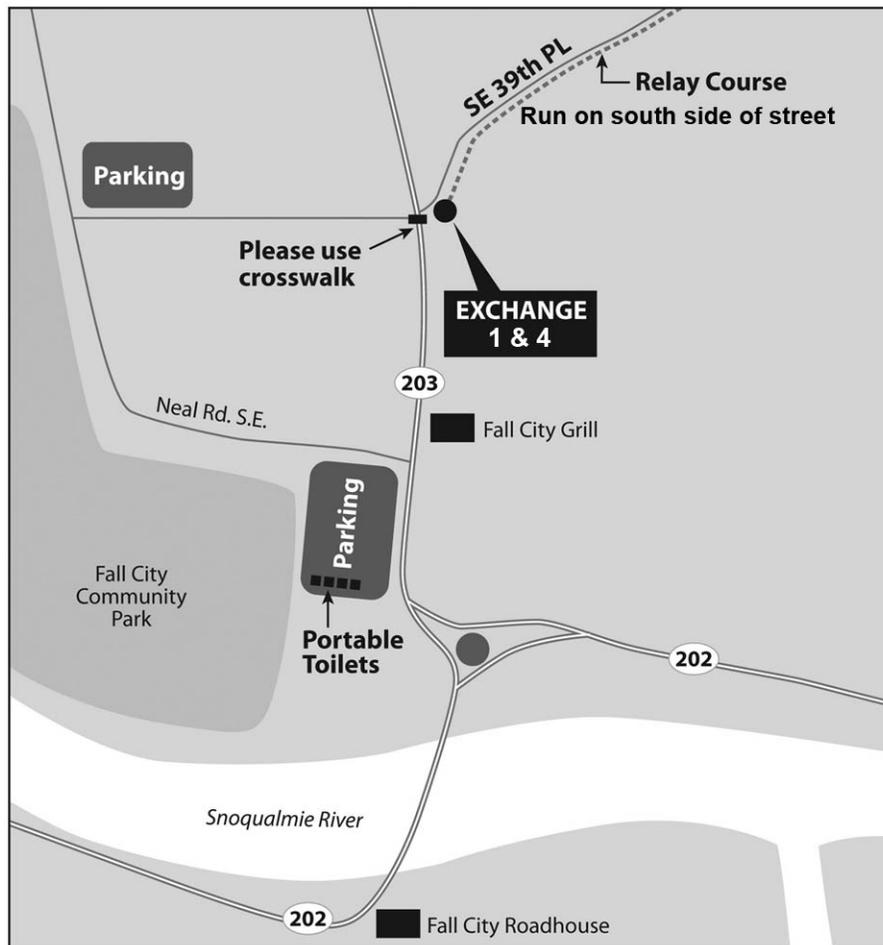
**Driving Directions** Go west on Park St., turn left on Meadowbrook at stop sign. Turn right at the light, Hwy 202. Take this through Snoqualmie to Fall City. At Fall City, curve right (at the traffic circle) onto Hwy 203. Main parking is immediately on the left, at Fall City Community Park. A little more parking is available on the 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.
- 2.0 Stay to the right at the roundabout onto Tokul Rd
- 2.6 Leave the road off to right, go down stairs and left through tunnel, onto the trail.
- 5.7 Cross 356<sup>th</sup> Dr, stay on trail
- 7.1 Left onto 39<sup>th</sup> Pl (gravel road), down hill, past gate.
- 8.3 **Exchange #1** on paved 39<sup>th</sup> just before Hwy. 203.

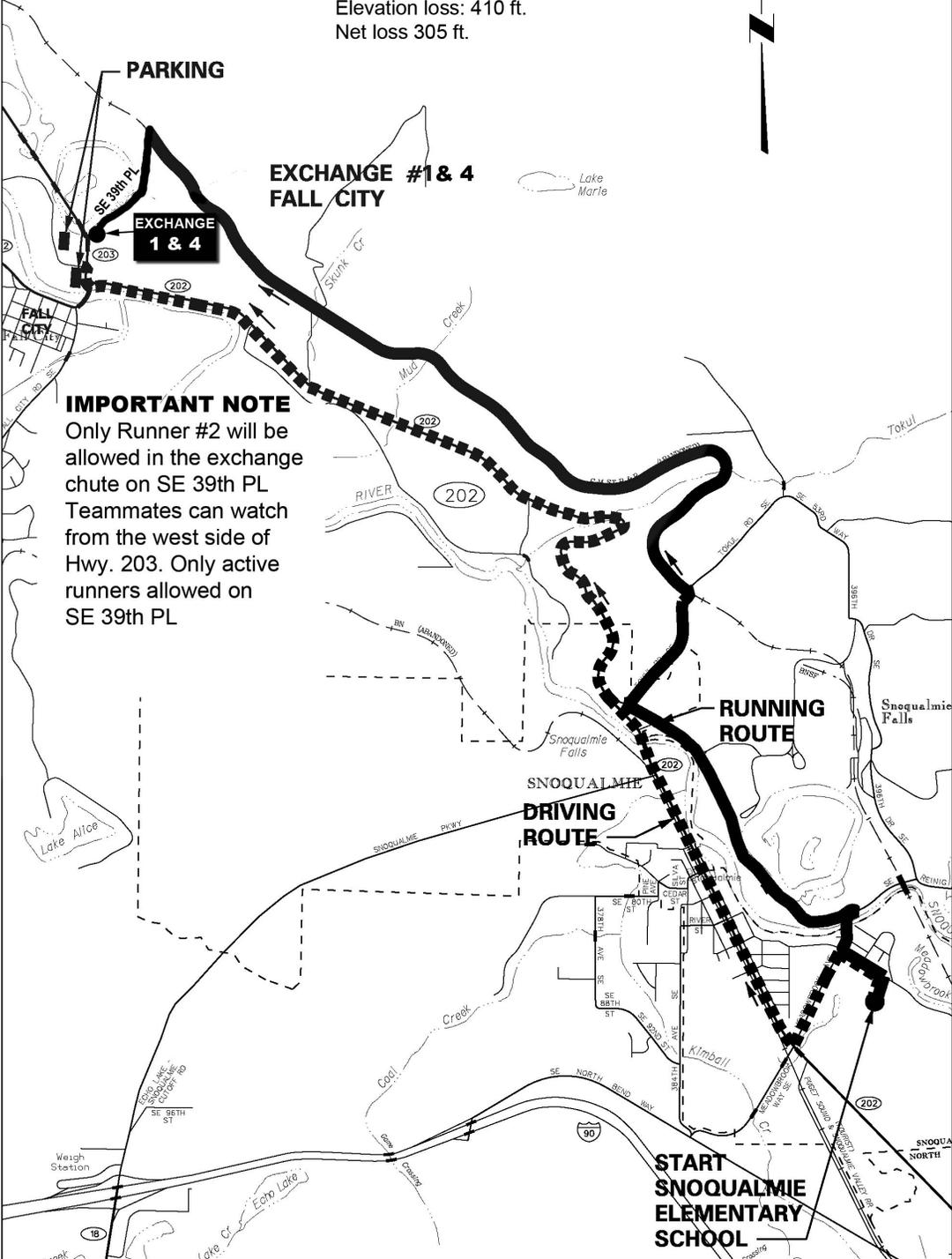
### **IMPORTANT NOTE:**

*Only runner #2 will be allowed to wait in the Exchange 1 chute on SE 39<sup>th</sup> Place. Only 1 other teammate is allowed to cross Hwy 203. Use the crosswalk by the exchange.*



# LEG 1

Elevation gain: 105 ft.  
Elevation loss: 410 ft.  
Net loss 305 ft.



**PARKING**

**EXCHANGE #1 & 4  
FALL CITY**

**IMPORTANT NOTE**  
Only Runner #2 will be allowed in the exchange chute on SE 39th PL  
Teammates can watch from the west side of Hwy. 203. Only active runners allowed on SE 39th PL

**RUNNING ROUTE**

**DRIVING ROUTE**

**START  
SNOQUALMIE  
ELEMENTARY  
SCHOOL**

## 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.

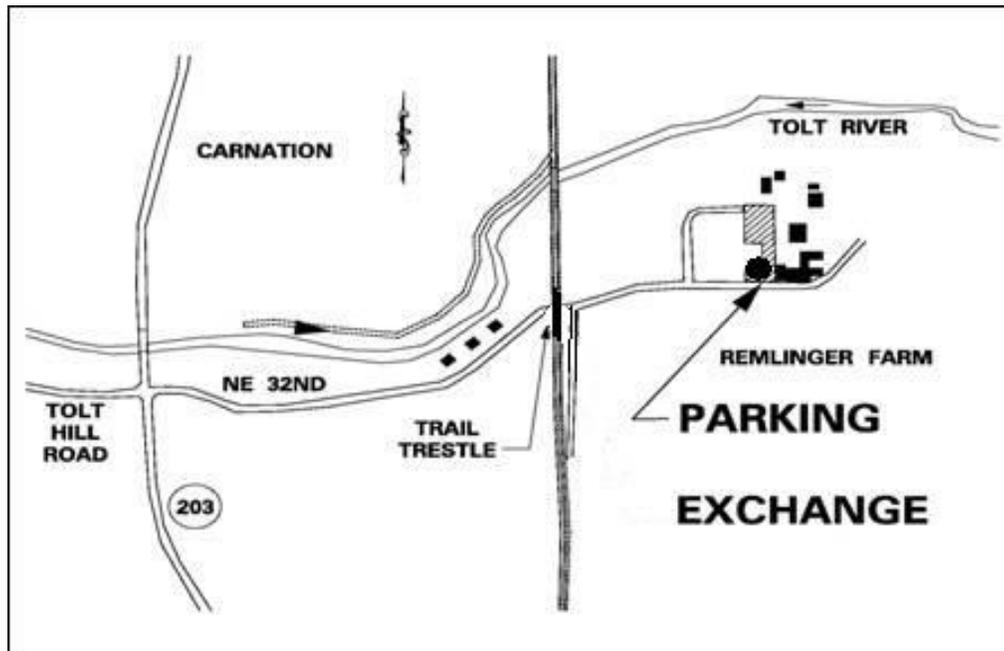
**PLEASE DO NOT PARK IN DRIVEWAY!**

#### Driving Directions

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

**Running Directions:** The exchange is just past the parking area. Also, you may encounter horses and riders on the trail – please walk or slow down and say hello, so as to not startle them.

- 0.0 Run up the hill from Exchange
- 1.2 Turn **LEFT (north)** onto SVT, heading north. You may see a Leg 5 Runner turn right. You turn **LEFT**. Stay on trail all the way to NE 32<sup>nd</sup> St.
- 6.0 Right down stairs onto NE 32<sup>nd</sup> St. Stay on right side of road.
- 6.2 **Exchange #2** is on the right just before the Remlinger Farms parking lot.





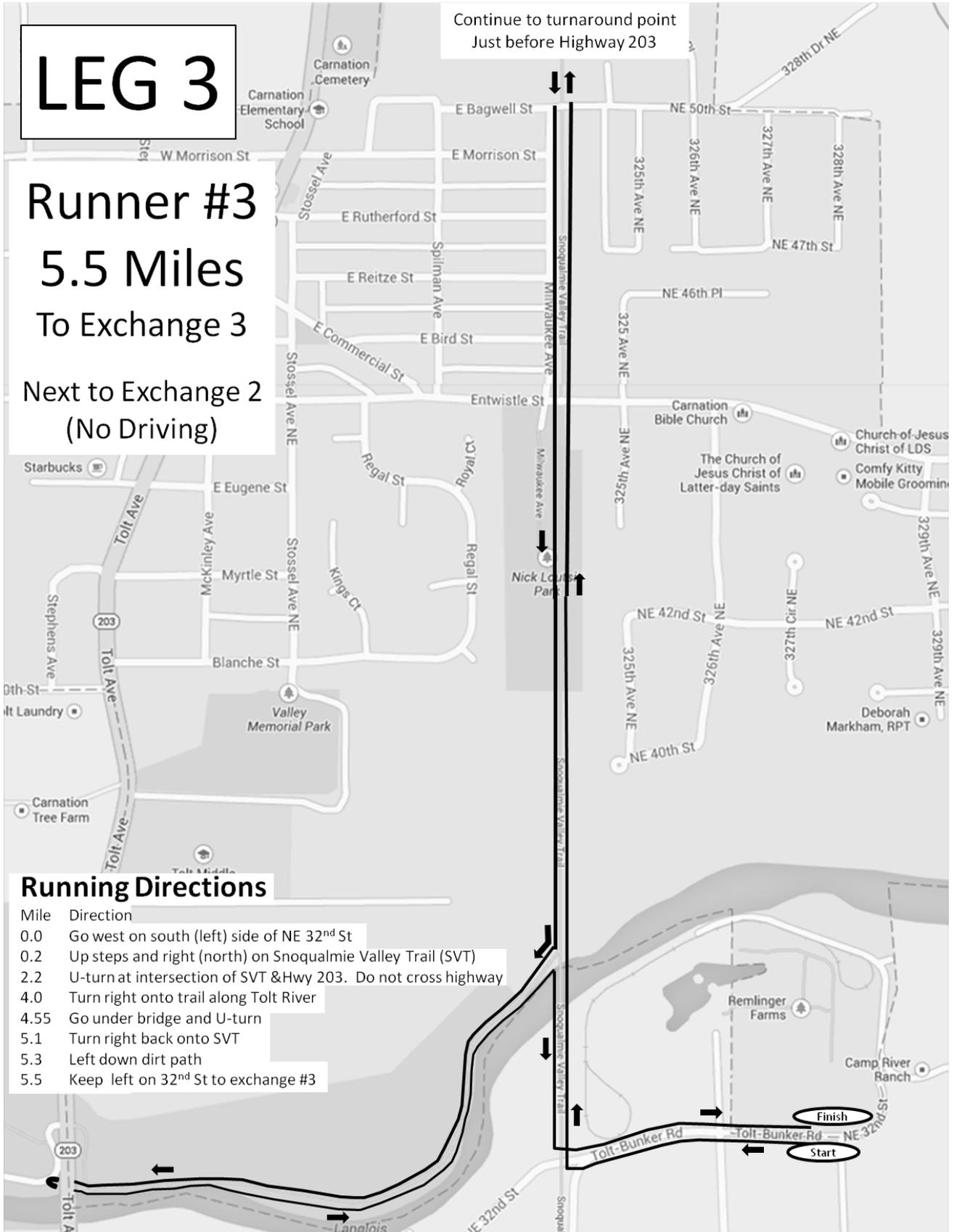
# LEG 3

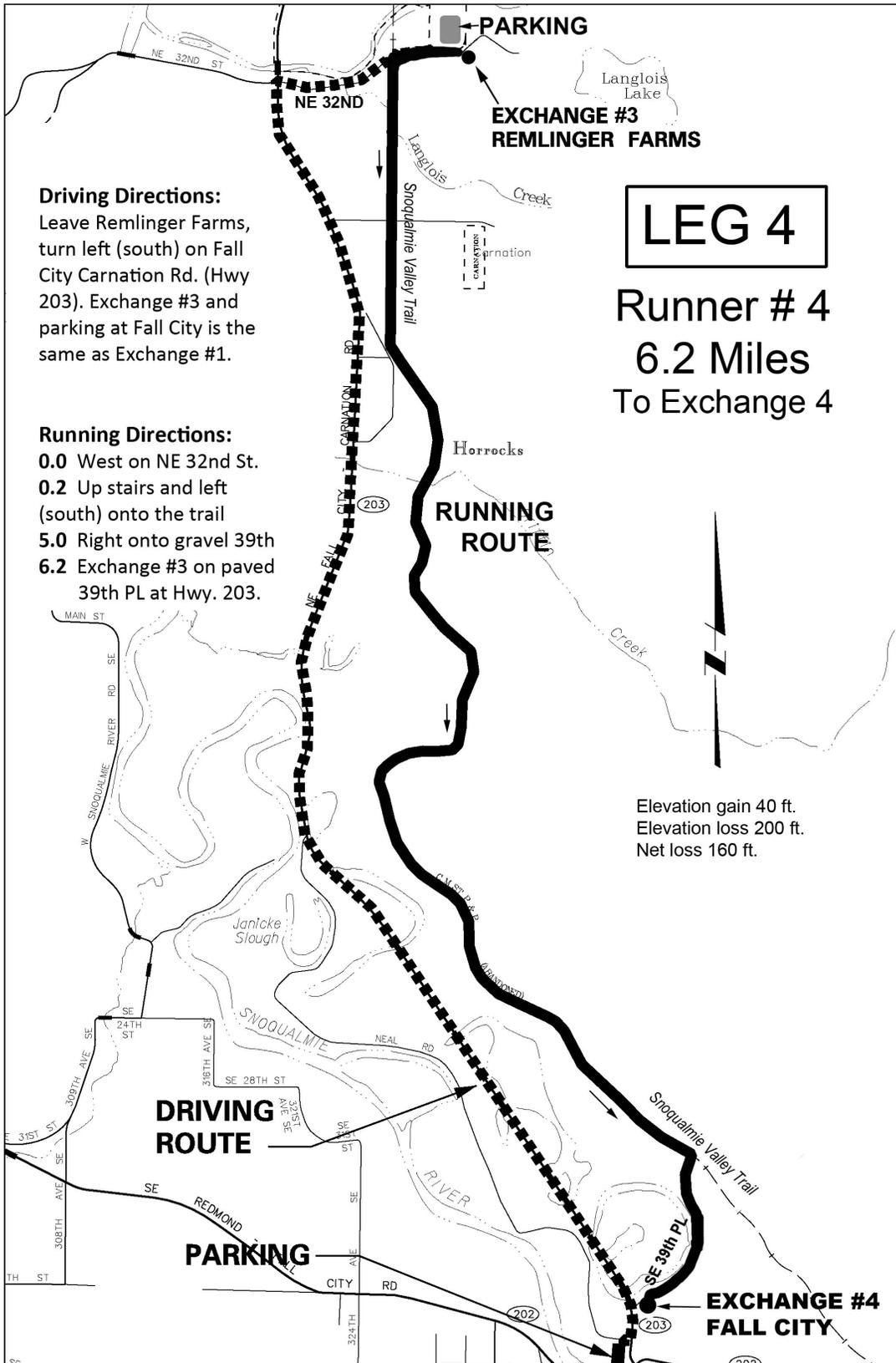
**Runner #3**  
**5.5 Miles**  
**To Exchange 3**  
**Next to Exchange 2**  
**(No Driving)**

Continue to turnaround point  
 Just before Highway 203

## Running Directions

- | Mile | Direction   |
|------|---|
| 0.0  | Go west on south (left) side of NE 32 <sup>nd</sup> St        |
| 0.2  | Up steps and right (north) on Snoqualmie Valley Trail (SVT)   |
| 2.2  | U-turn at intersection of SVT & Hwy 203. Do not cross highway |
| 4.0  | Turn right onto trail along Tolt River                        |
| 4.55 | Go under bridge and U-turn                                    |
| 5.1  | Turn right back onto SVT                                      |
| 5.3  | Left down dirt path   |
| 5.5  | Keep left on 32 <sup>nd</sup> St to exchange #3               |





# Leg #5 - Runner #5 - 6.4 Miles To Exchange #5

On Mill Pond Rd just east of Roundabout onto Tokul Rd.

## 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, take the 2<sup>nd</sup> exit off the roundabout onto Mill Pond Rd. Due to limited shoulder for runners, only runner #5 is allowed to go to the exchange. We will send runner #4 to the parking road to meet their team. **Note there are no Honey Buckets at this exchange so plan accordingly when leaving exchange #4.**

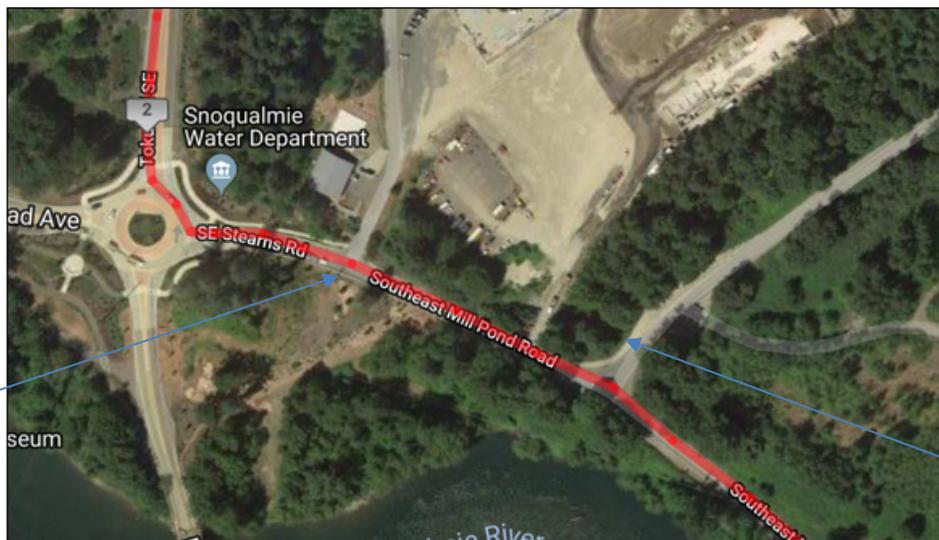
## Running Directions

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 39<sup>th</sup> and then up steep gravel road to SVT.
- 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 left onto roundabout onto Mill Pond Rd.
- 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!



Exchange

Parking



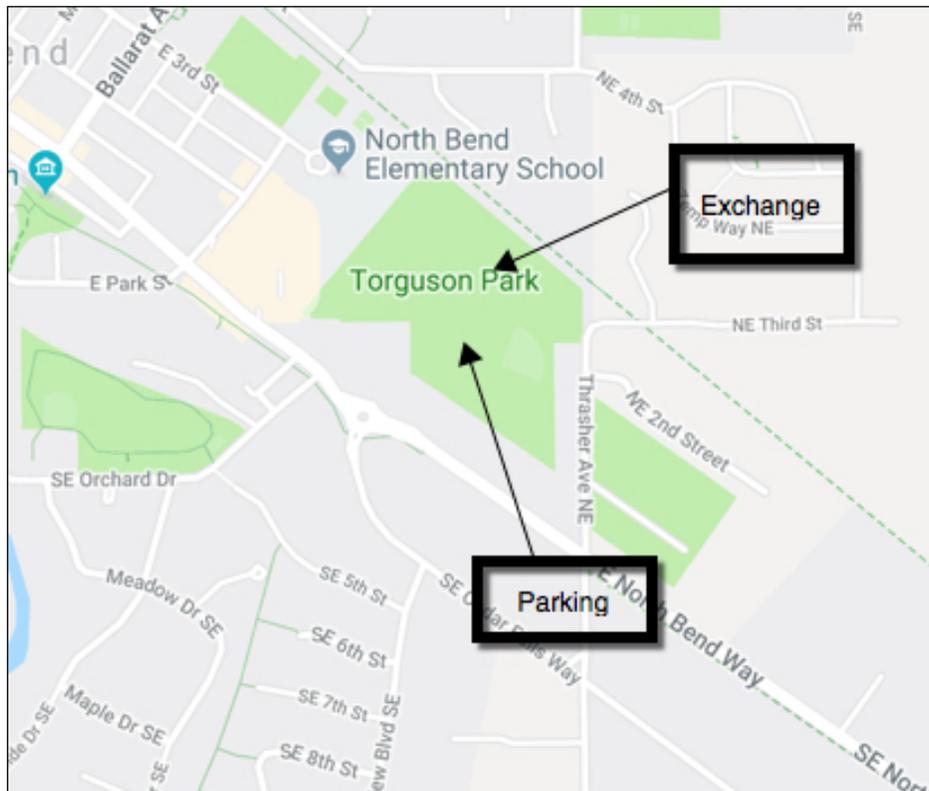
# Leg #6 – Runner #1 – 4.8 Miles To Exchange #6 Torguson Park

## 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. Turn left into Torguson Park just after leaving the roundabout.

## Running Directions

- | Mile | Direction   |
|------|---|
| 0.0  | South on Mill Pond Rd.  |
| 1.45 | Left on Reinig Rd. Need to cross to right side. Volunteers will assist. |
| 1.7  | Go up stairs, onto steel bridge on SVT. Straight on trail, no turns.    |
| 4.8  | Exchange #6 is at Torguson Park on the right.                           |





## Leg #7 - Runner #2 – 6.9 Miles To Exchange #7 Rattlesnake Lake

**Driving Directions :** Make a left onto North Bend Way and go 1.1 miles, turn right onto 436<sup>th</sup> heading south. Follow 436<sup>th</sup> (over I-90) which will become the Cedar Falls Rd. Drive 3.7 miles to Rattlesnake Lake. Continue until you see the sign for the Cedar Falls Trailhead. Turn left to park in this lot. A Discover Pass must be displayed. 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. If you have to wait for parking, your Leg 8 runner can get out and stretch. Use the portable toilets in the parking lot provided by the Mt. Si Relay. Park pit toilets are off limits to this event.

**DOUBLE START:** If your leg #7 runner does not arrive by 3:00 pm, you must start legs 8 and 9 so that runners are on the course simultaneously. Here's how you do that:

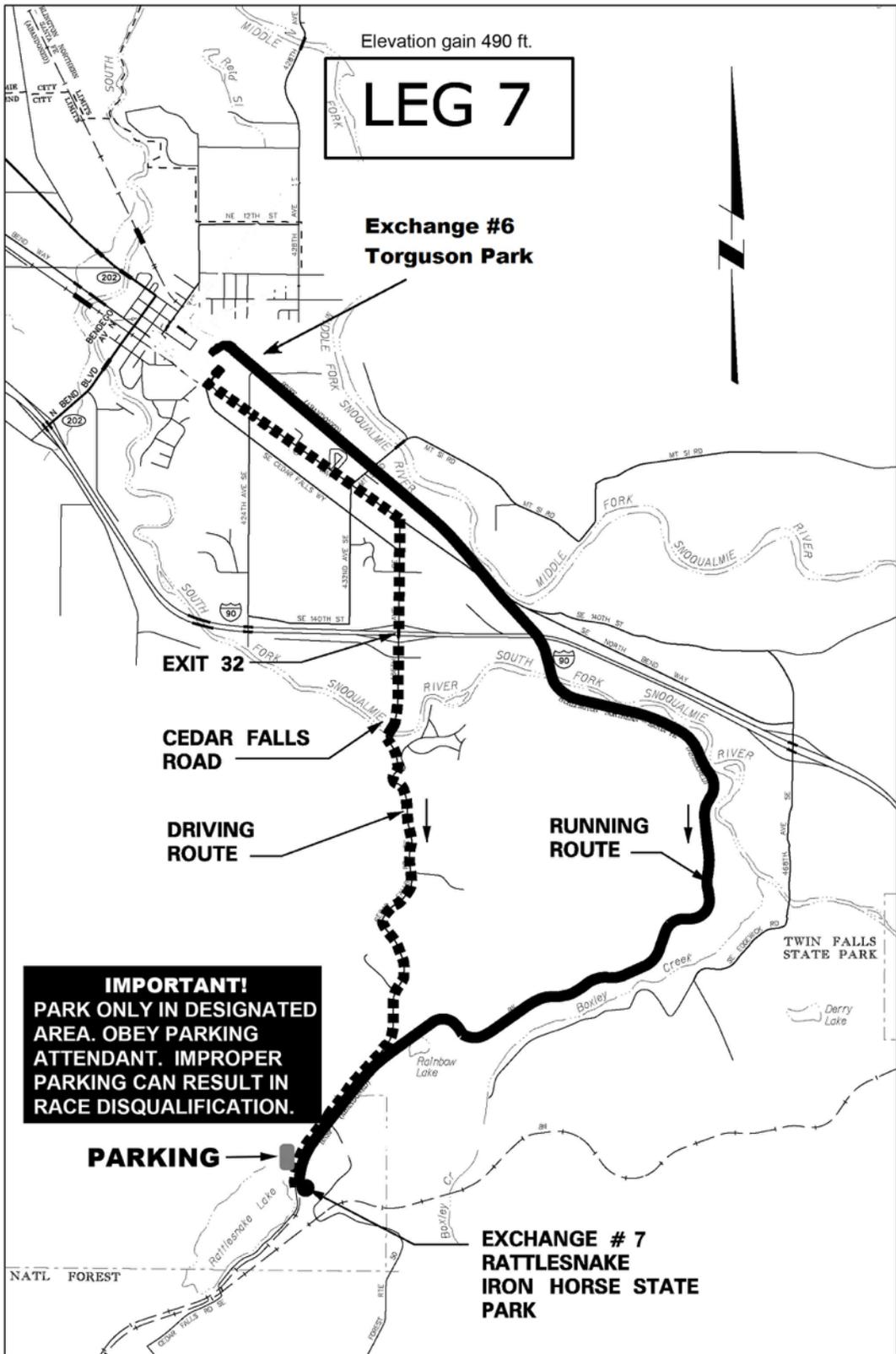
- Do the exchange #7 handoff as usual, but tell the volunteer you are double starting
- When you arrive at exchange #8 (Torguson Park), **\*\*\*VERY IMPORTANT\*\*\*** tell the volunteer you are double starting so she can record the time, then immediately start runner #9 on his way.
- Drive to exchange #9 and drop off your last runner, then return to Torguson Park.
- When your runner #8 arrives, tell the volunteer so she can record the time, then drive on back to the finish line and watch your runner finish!

### Running Directions

Mile Direction

- 0.0 From Exchange #6 stay on the Snoqualmie Valley Trail heading SE. You will stay on the Trail all the way to Exchange#7 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.
- 6.9 Exchange #7 by upper parking area.

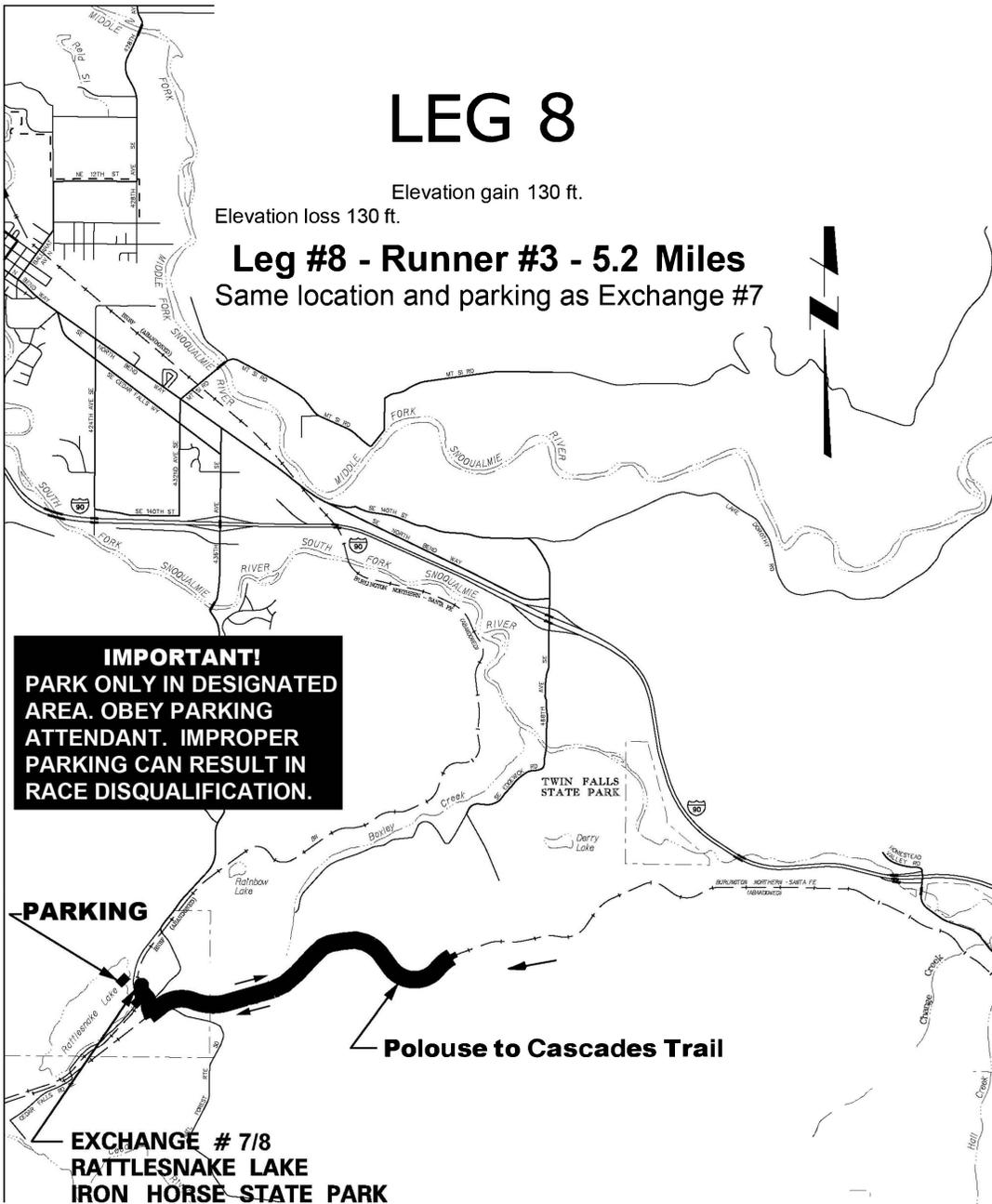




# LEG 8

Elevation gain 130 ft.  
Elevation loss 130 ft.

**Leg #8 - Runner #3 - 5.2 Miles**  
Same location and parking as Exchange #7

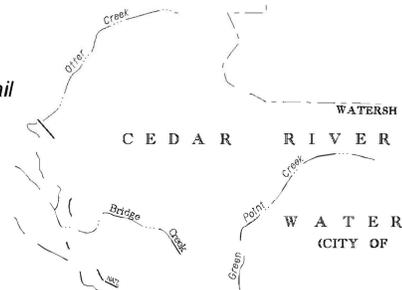


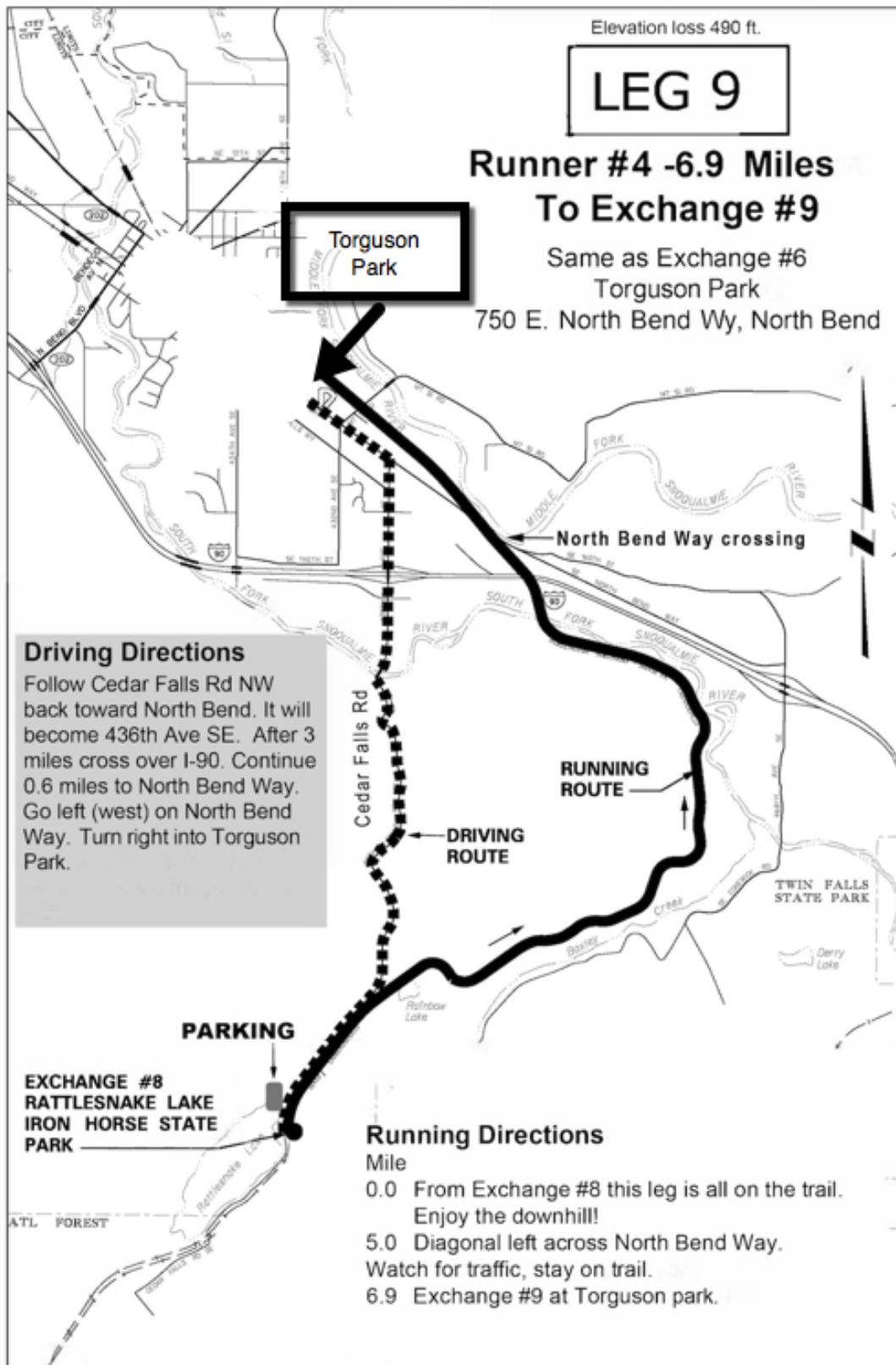
## Running Directions

Leg 8 is a simple out-and-back up the Polouse to Cascades Trail

### Mile Direction

- 0.0 Go up winding trail/road past upper parking lot
- 0.5 Left onto the PTCT (Iron Horse) Trail
- 2.6 Follow trail to turnaround point and return.
- 5.2 Exchange #8 is next to Exchange #7.





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

## Snoqualmie Elementary School

### Driving Directions

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
2.5	Continue through Mt. Si Golf Course parking lot
3.1	Down stairs, left on Reinig Rd.
3.4	Cross bridge on sidewalk.
3.6	Turn left on Park St.
3.8	Turn right into the Finish at Snoqualmie Elementary. You're done!

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## 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.

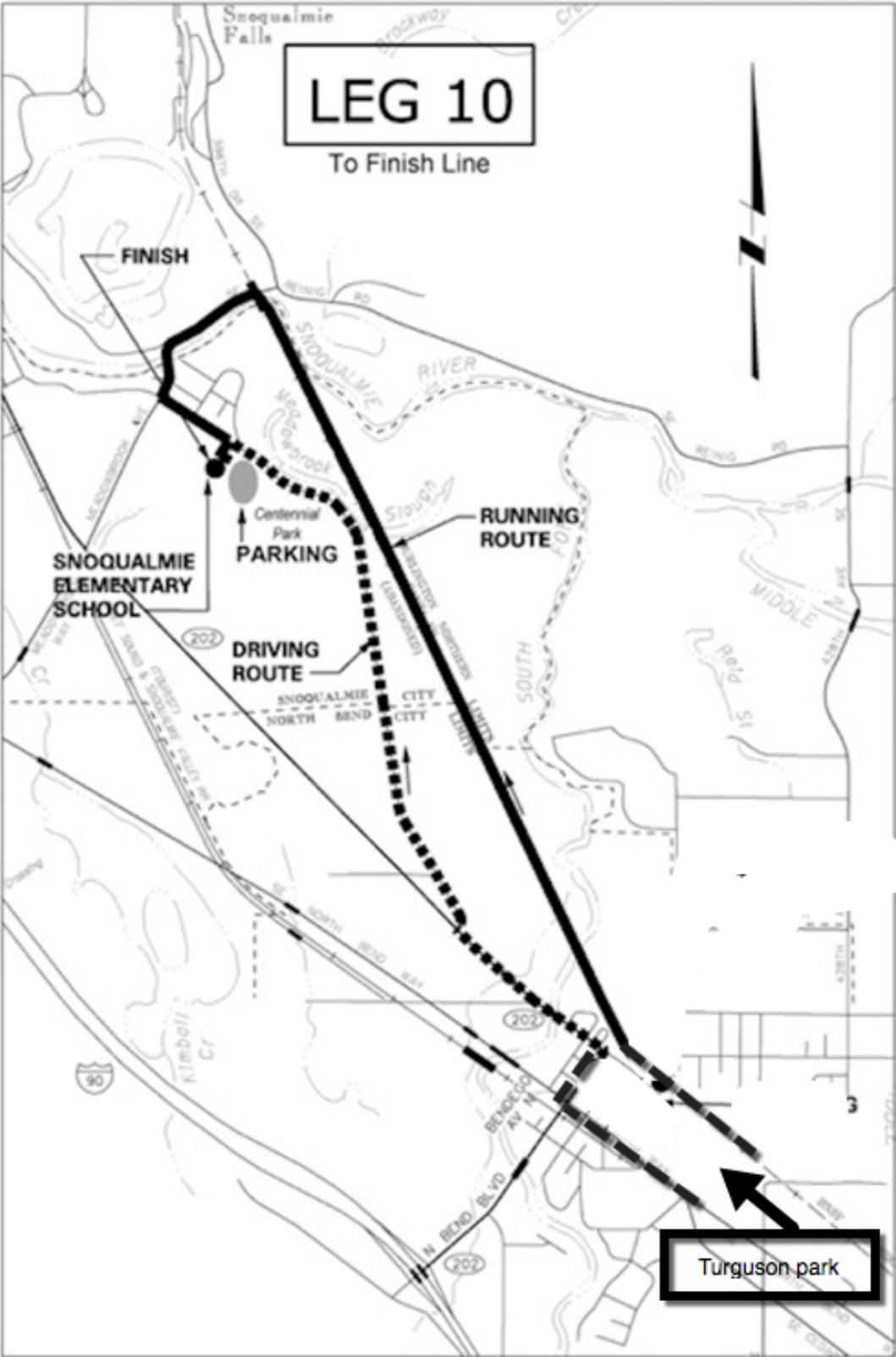
Now regroup and cheer on the other teams. The school restrooms are available for your use, as well as at Centennial Park next door.

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

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

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

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



Leg	Runner	Distance	Leg Time	Pace
1		8.3		
2		6.2		
3		5.5		
4		6.2		
5		6.4		
6		4.8		
7		6.9		
8		5.2		
9		6.9		
10		3.8		
Totals		60.2		