



2024 Relay Team Handbook

Race Date: April 21, 2024

(Updated 4/16/24)

PRESENTED BY



Welcome to the Mt. Si Relay 2024

This booklet contains important information for the 41st Annual Mt. Si Relay, April 21, 2024 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 to read this material.

REGISTRATION

Packet pickup will be Saturday, April 20, 2024, from 10 AM to 1 PM at Super Jock n' Jill at 16095 Cleveland St, Redmond.

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

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 relay team runners must sign the release waiver. Except for last minute changes, all runners must register and join their team on Ultrasignup.com 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 or more 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 58 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.

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. Aid stations along the course are for ultra runners only.

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 Note: Rattlesnake Lake You will need a Discover Pass to park at exchange 7, Rattlesnake Lake (see the exchange 7 map). Parking for this exchange 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.

Special Note: Fall City: Be particularly sensitive to avoid blocking SE 39th 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 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.**

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.	Relay Wave	400-475

Note: All teams will start in 1 wave at 6:30 a.m.

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 for relay: Pacing a team member or use of bicycles is not permitted. (Pacers are 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 206-799-1043.

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.

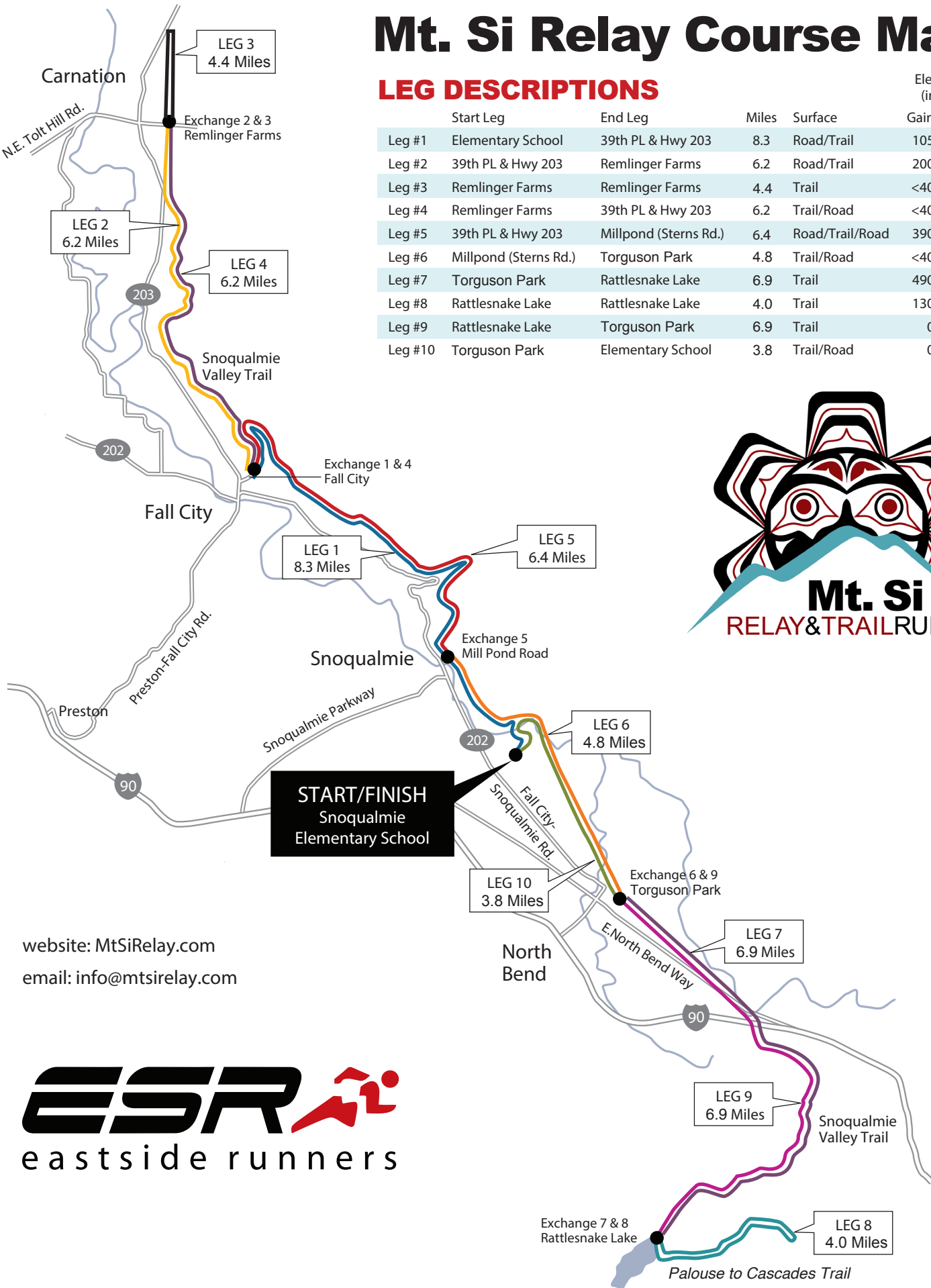
LATE FINISHERS, DOUBLE START

Double start: If a team's Leg 6 runner does not arrive at the Torgusen Exchange (#6) before 1:00 pm, teams must drive to the next exchange and immediately start leg 8 before the leg 7 runner arrives. The Exchange (#8) volunteer will record runner 7 finish and runner 8 start times and report to the timing official. See the leg 7 description for details.

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	Remlinger Farms	4.4	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	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	Trail	490	0
Leg #8	Rattlesnake Lake	Rattlesnake Lake	4.0	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
 email: info@mtsirelay.com



All races and waves begin and end at Snoqualmie Elementary School

Directions to Snoqualmie Elementary School

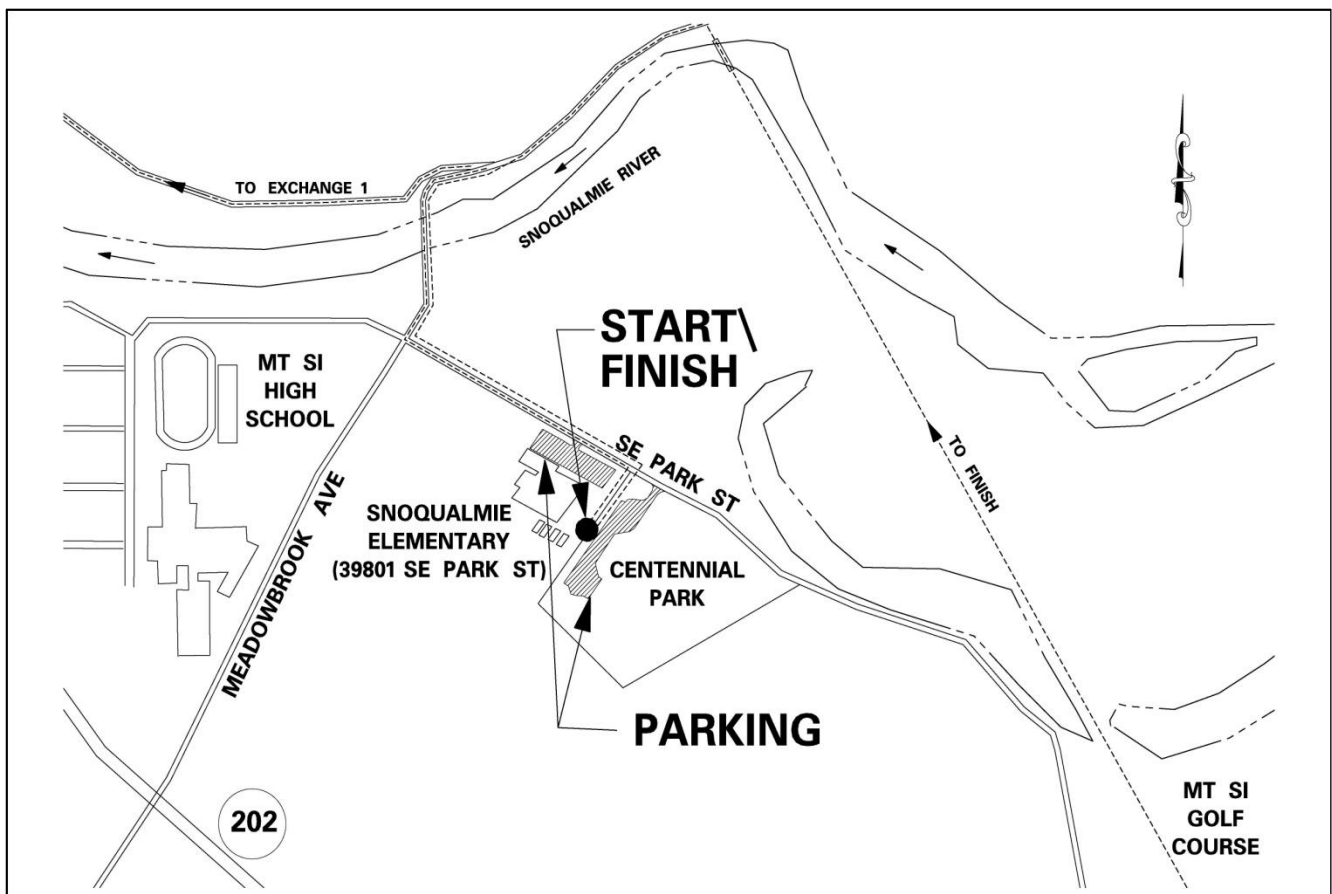
39801 SE Park St., Snoqualmie, WA 98065

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.

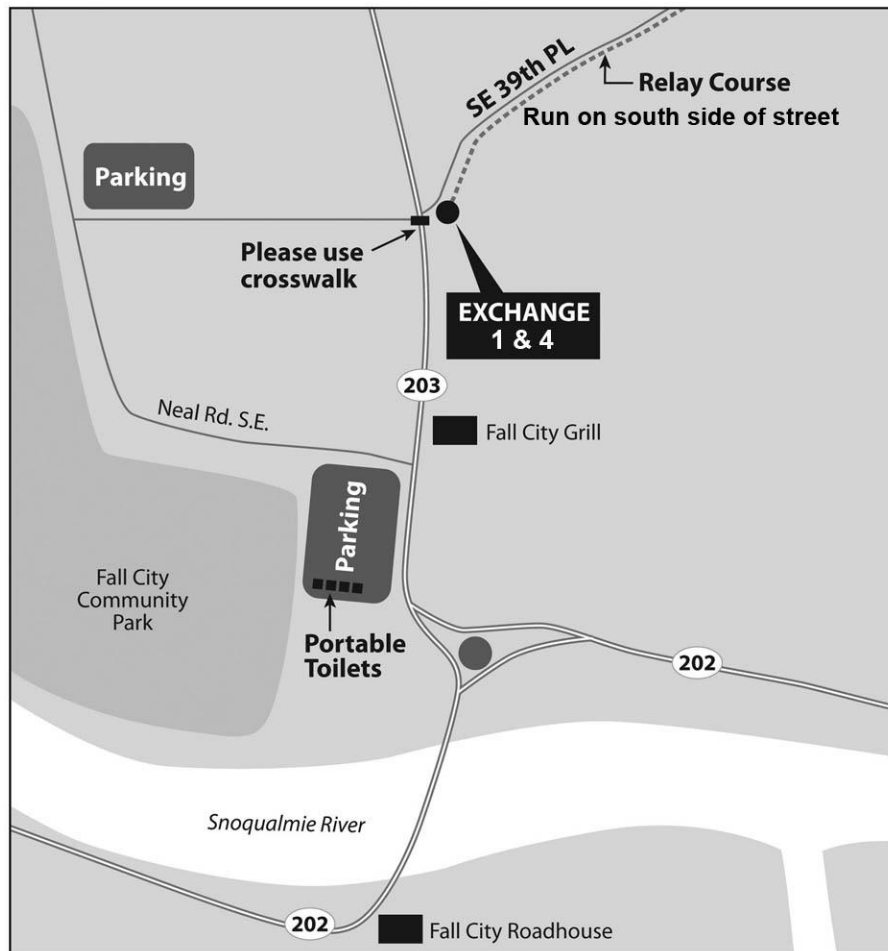
Driving Directions Go west on Park St., turn left on Meadowbrook at stop sign. Turn right at the light, Hwy 202. Take this through Snoqualmie to Fall City. At Fall City, curve right (at the traffic circle) onto Hwy 203. Main parking is immediately on the left, at Fall City Community Park. A little more parking is available on 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.
- 0.5 Left onto Millpond Rd.
- 2.0 At the roundabout, take the 1st 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 trail to 39th Pl, down hill, 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. Only 1 other teammate is allowed to cross Hwy 203. Use the crosswalk by the exchange.



Leg #2 - Runner #2 - 6.2 Miles

To Exchange #2

Remlinger Farms – Carnation

32610 NE 32nd St, Carnation, WA 98014

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

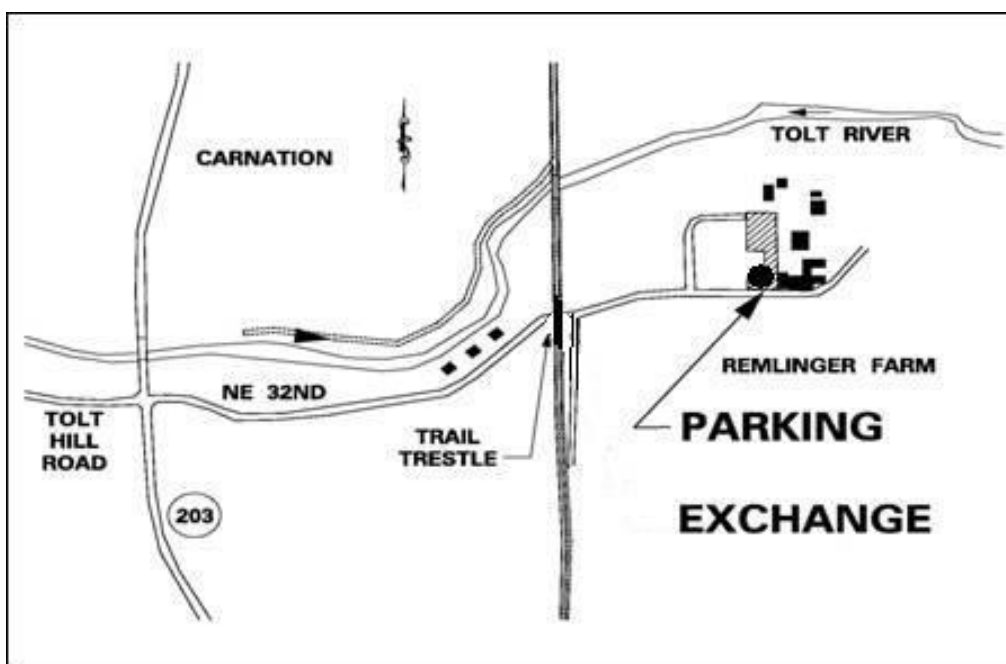
PLEASE DO NOT PARK IN DRIVEWAY!

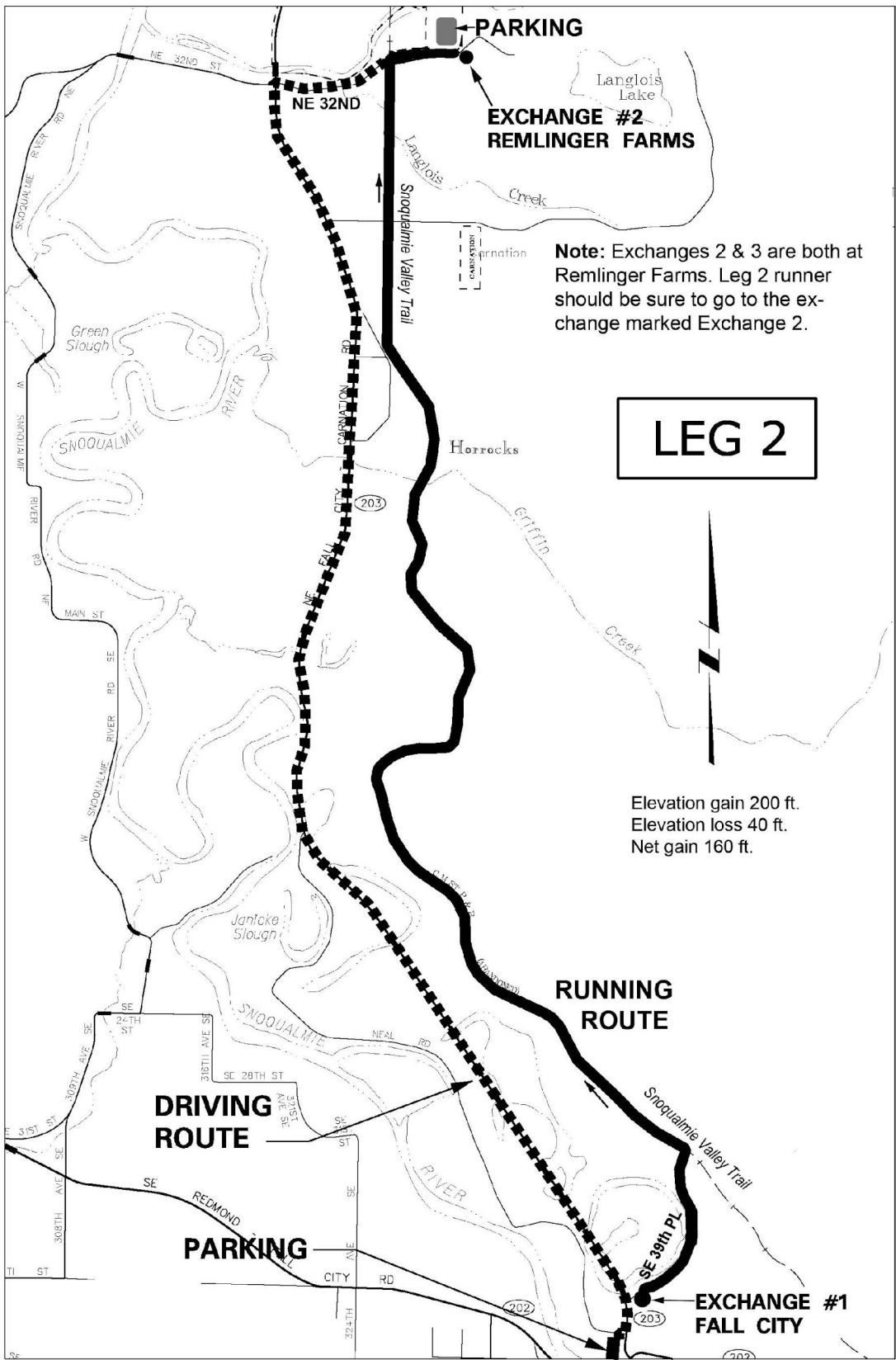
Driving Directions

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 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 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 before the Remlinger Farms parking lot.





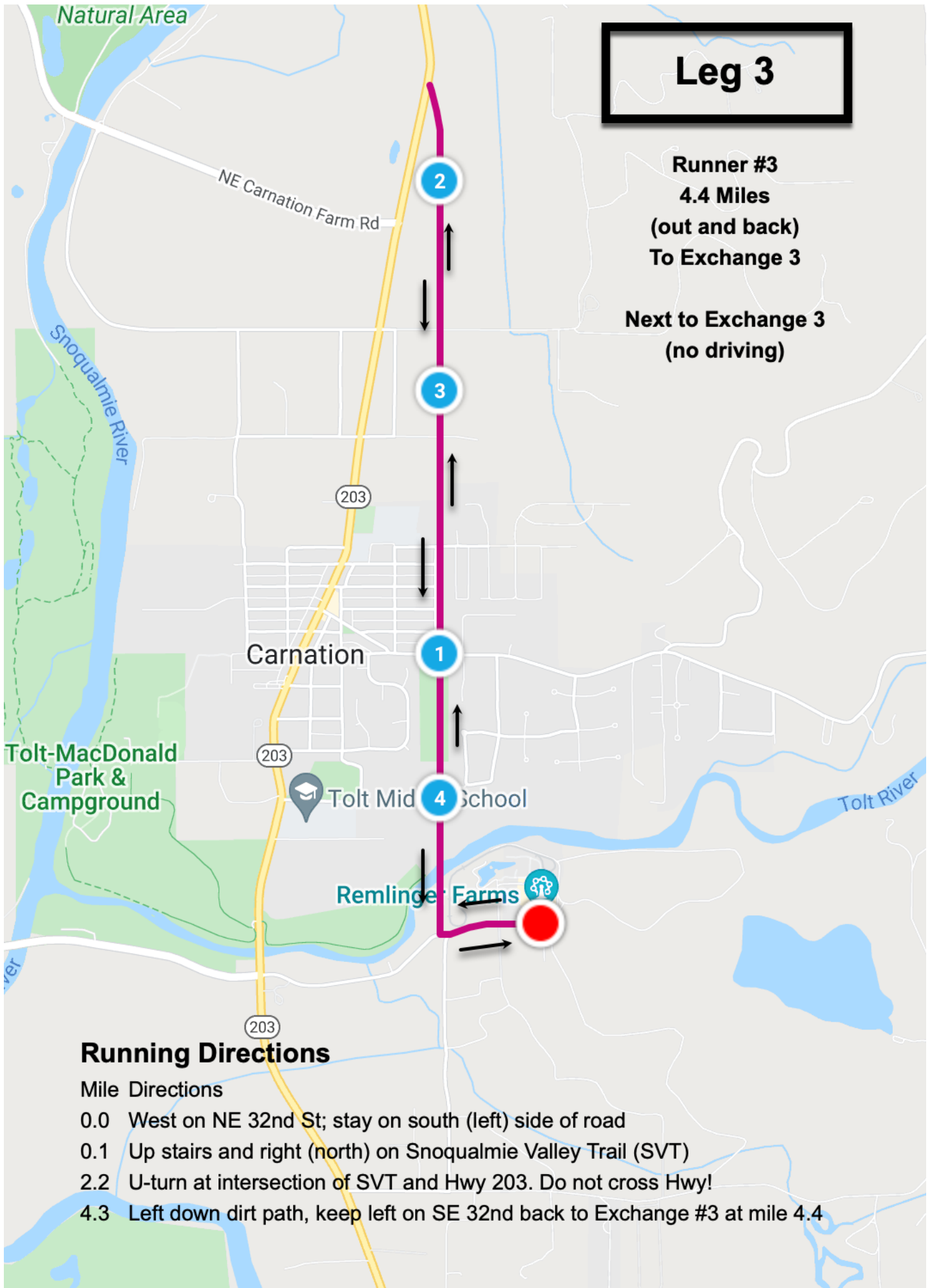
Leg 3

Runner #3

4.4 Miles

(out and back)
To Exchange 3

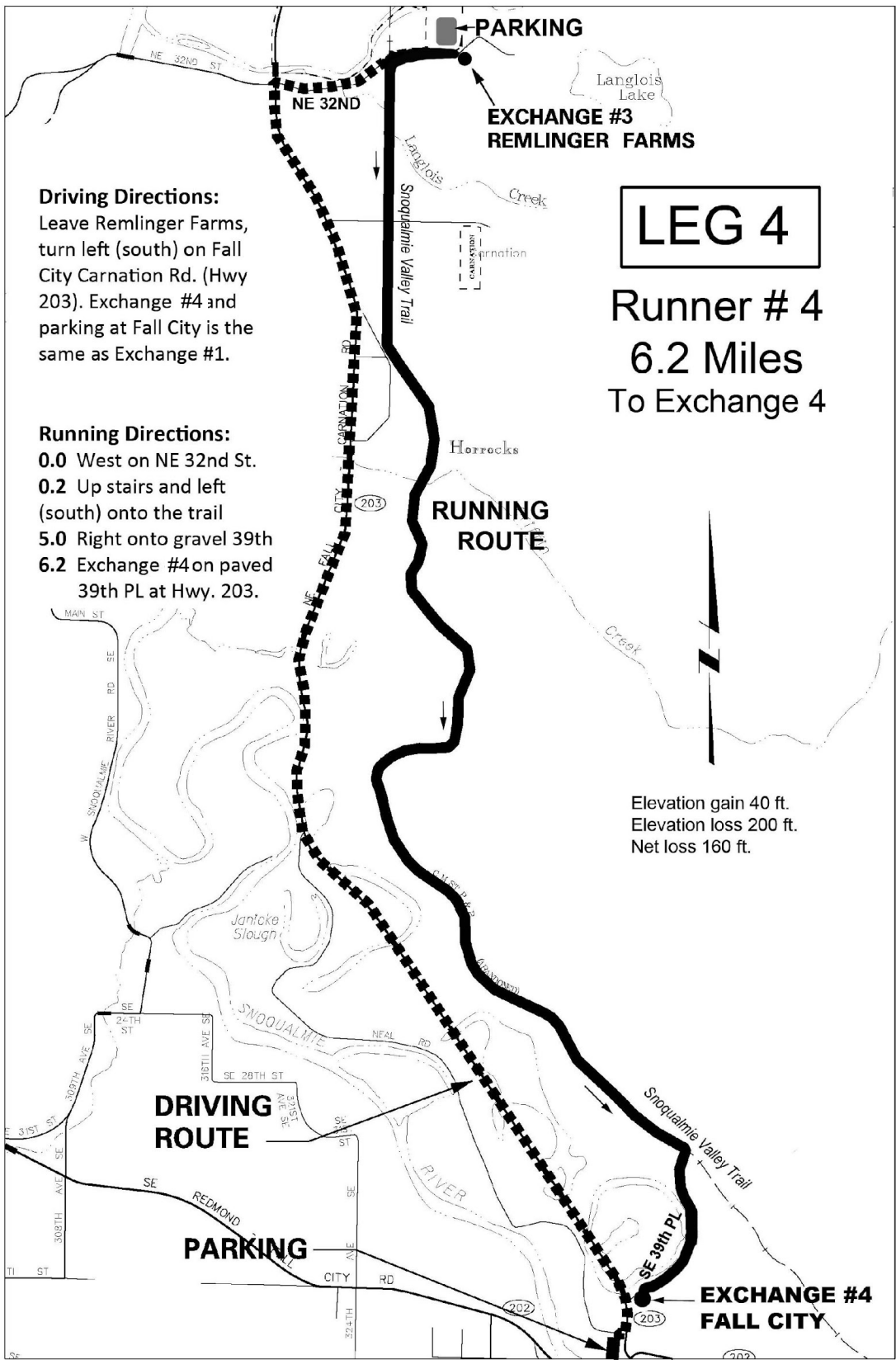
Next to Exchange 3
(no driving)



Running Directions

Mile Directions

- 0.0 West on NE 32nd St; stay on south (left) side of road
- 0.1 Up stairs and right (north) on Snoqualmie Valley Trail (SVT)
- 2.2 U-turn at intersection of SVT and Hwy 203. Do not cross Hwy!
- 4.3 Left down dirt path, keep left on SE 32nd back to Exchange #3 at mile 4.4



Leg #5 - Runner #5 - 6.5 Miles To Exchange #5

Intersection of Mill Pond Rd & unnamed road

Driving Directions

Go to the roundabout then take the 2nd exit to go east on Hwy 202 toward Snoqualmie. After going up the big winding hill, you will pass Salish Lodge on your right and then enter a roundabout. Take the second exit from the roundabout and continue east for .2 miles on Mill Pond Road to an intersection with an unnamed road on the left. Parking for Exchange 5 is on both sides of the unnamed road.

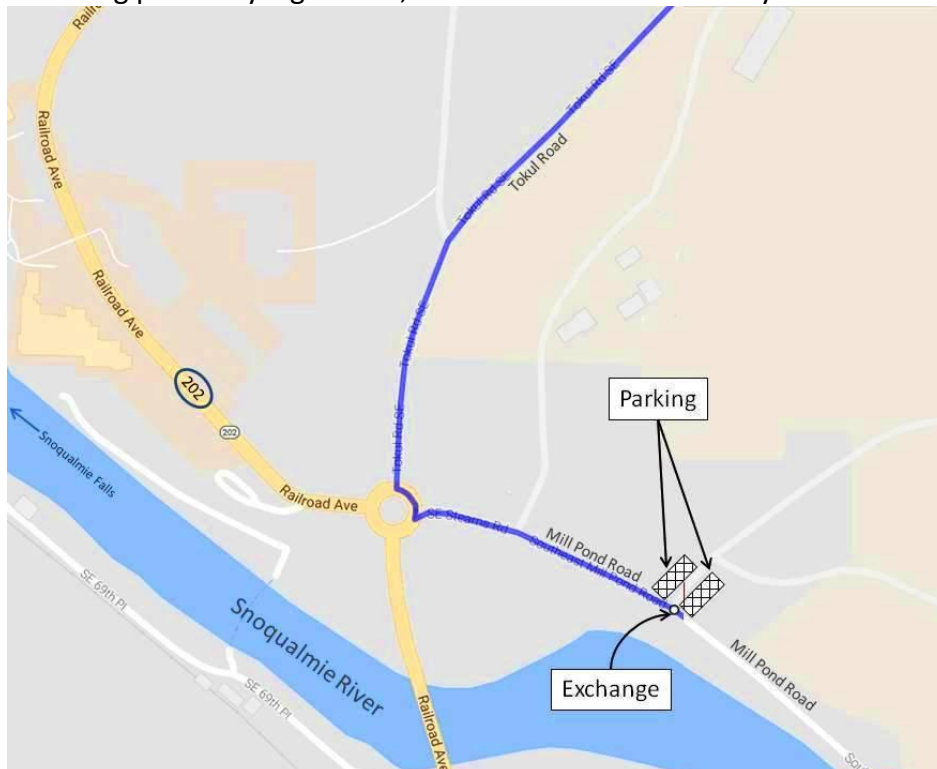
Running Directions

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.
- 1.2 Go **RIGHT** (south) on trail. Remember, **RIGHT**.
- 5.7 Go thru small tunnel and make **IMMEDIATE** right up the stairs to Tokul Rd. When you reach the top of the stairs continue left (SW) on Tokul Rd, on the left side of the road.
- 6.4 At the roundabout make a sharp left onto Stearns / Mill Pond Rd.
- 6.5 **Exchange #5** is on your left on Mill Pond Road.

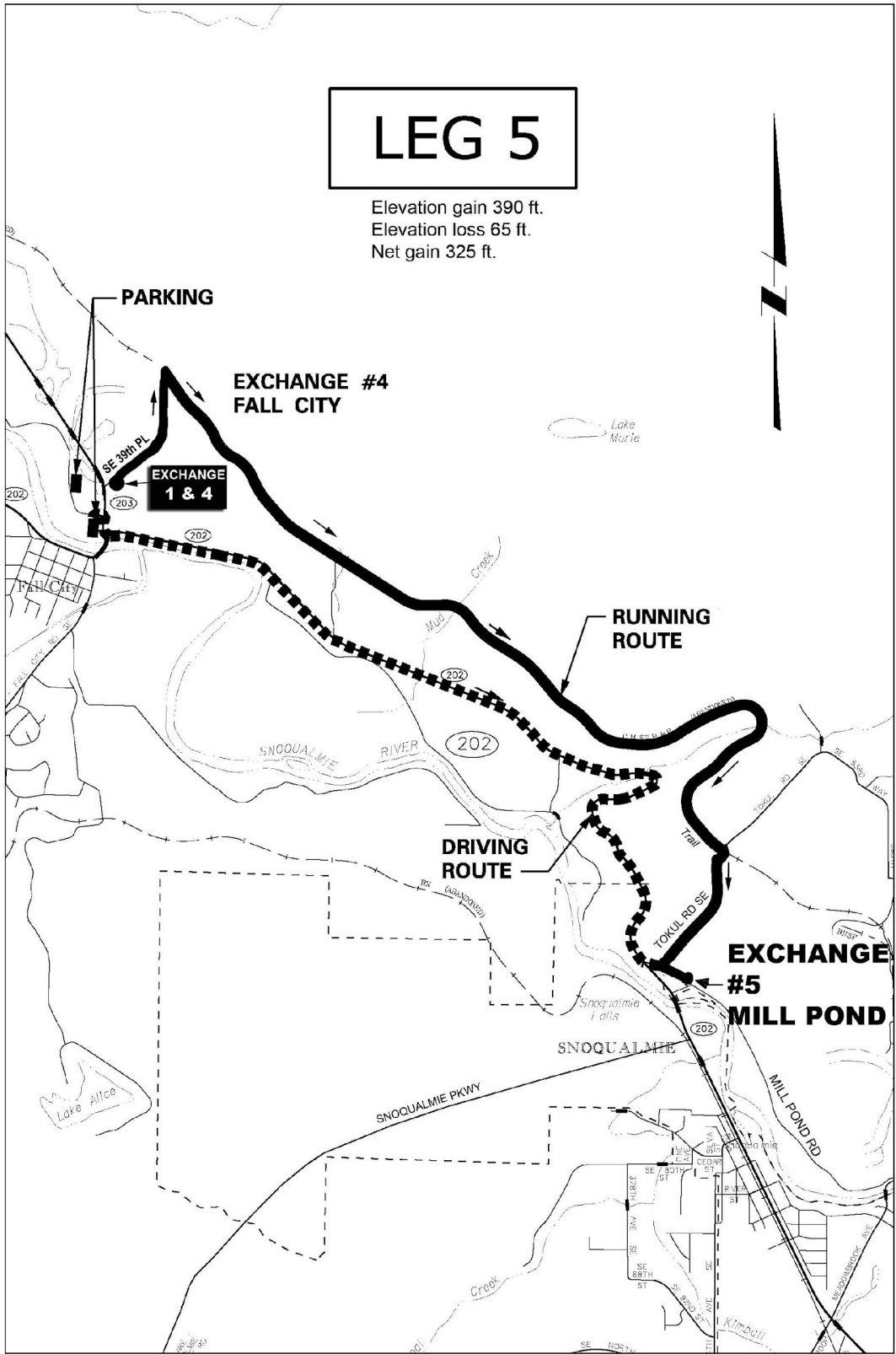
Note: This leg passes by a gun club, so don't be too alarmed if you hear shooting!



Note: No Honey Buckets
at this Exchange!

LEG 5

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



Leg #6 – Runner #1 – 4.6 Miles To Exchange #6

Torguson Park
750 E. North Bend Way
North Bend 98045

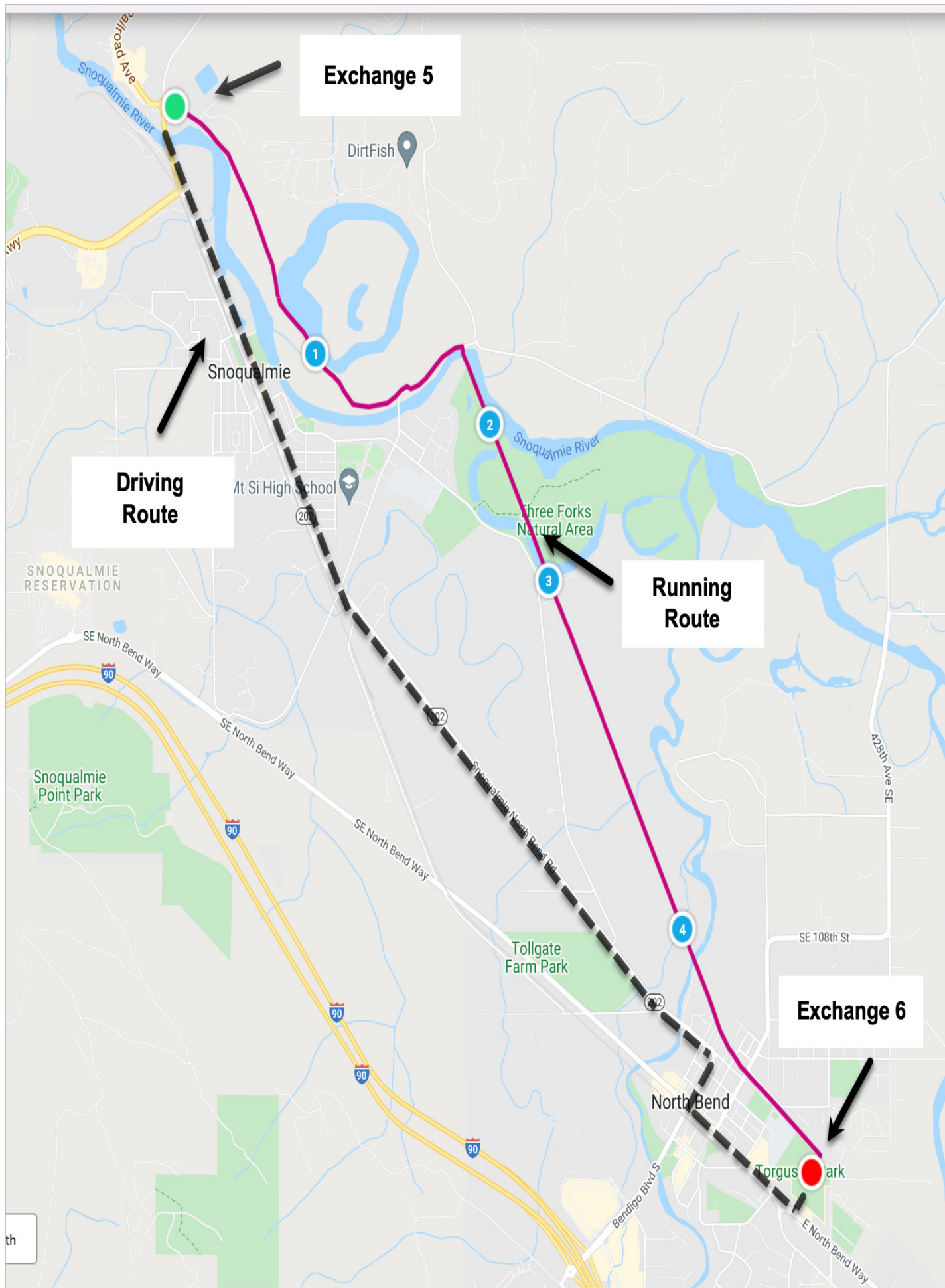
Driving Directions

West 0.1 mile on Mill Pond to roundabout. Take the second exit from the roundabout to go south on Hwy 202 approx. 4 miles to North Bend. Stay on Hwy 202 as it takes a right turn to become Bendigo Blvd, then make a left at the light onto W North Bend Way heading SE. Just after the round-a-bout Torguson Park will be on your left, with exchange #6 inside.

Running Directions

Mile	Direction
0.0	South on Mill Pond Rd.
1.4	Intersection with Reinig Rd. Need to cross to right side. Volunteers will assist.
1.6	Go up stairs onto steel bridge on SVT. Straight on trail.
4.55	Turn right into Torguson Park.
4.6	Exchange #6 is at Torguson Park.





Exchange 5

**Driving
Route**

**Running
Route**

Exchange 6

Exchange 5

Snoqualmie

1

2

3

4

North Bend

Torgus Park

DirtFish

Mt Si High School

Three Forks
Natural Area

SNOQUALMIE
RESERVATION

Snoqualmie
Point Park

Tollgate
Farm Park

th

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

Rattlesnake Lake
17905 Cedar Falls Rd SE
North Bend, WA 98045

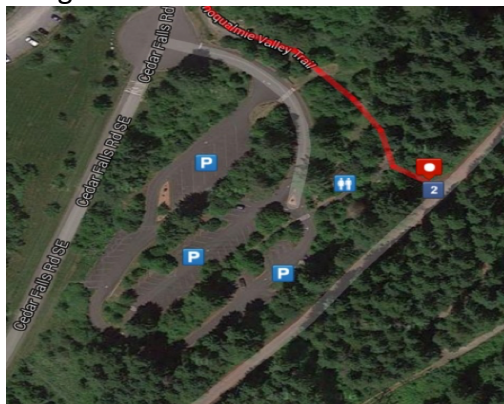
Driving Directions : Make a left onto North Bend Way and go 1.1 miles, turn right onto 436th heading south. Follow 436th (over I-90) which will become the Cedar Falls Rd. Drive 3.7 miles to Rattlesnake Lake. Continue until you see the sign for the Cedar Falls Trailhead. Turn left to park in this lot. 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.

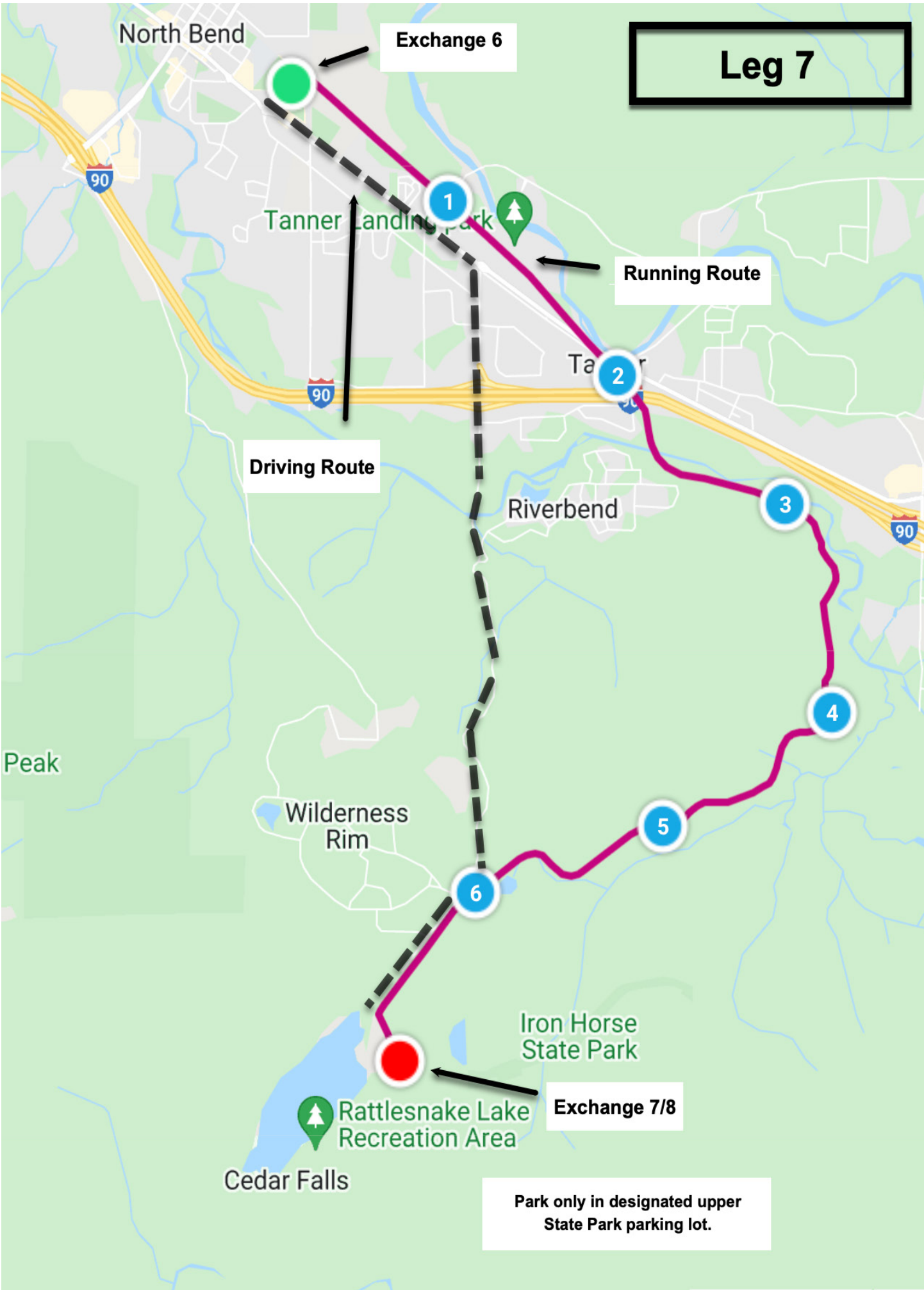
DOUBLE START: If your leg #6 runner does not arrive to Exchange (#6) by 1:00 pm, your leg #8 runner must start leg #8 as soon as you arrive to Exchange (#7) so that runners running leg #7 and leg #8 are on the course simultaneously. Here's how you do that:

As soon as leg #7 runner takes off from Torguson Park Exchange (#6), immediately drive to Rattlesnake Exchange (#7) and tell the Exchange volunteer your team will be double starting. They will record the start time of leg runner #8 and finish time of leg runner #7 when they come in. Once leg runner #8 comes into Exchange (#8), leg runner #9 will take off and finish the course as normal.

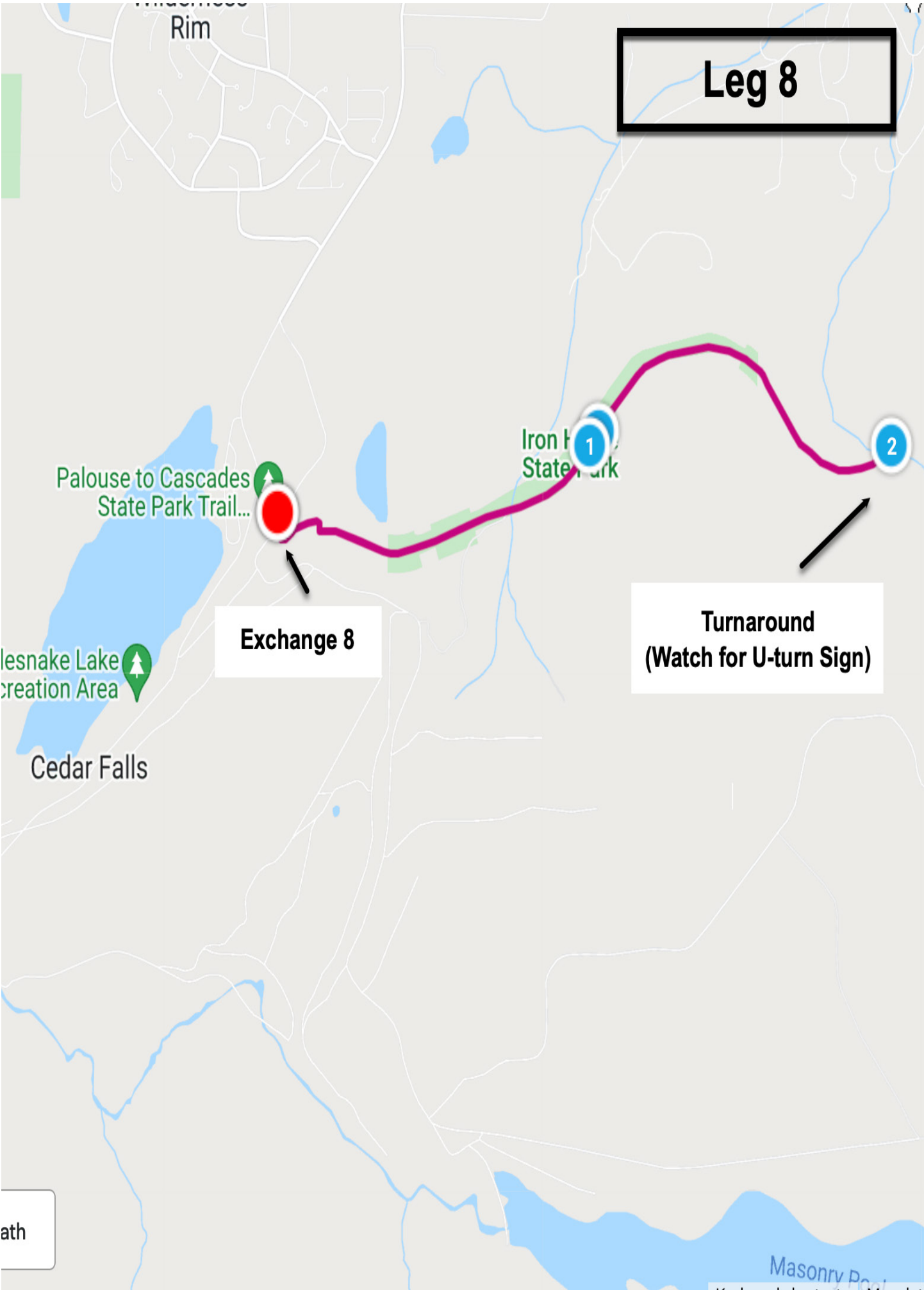
Running Directions

- | 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! |
| 0.9 | Cross Mt Si Rd. Watch for traffic. Stay on the Trail. |
| 1.9 | Diagonal left across SE North Bend Way. Watch for traffic. Stay on the trail. |
| 6.9 | Exchange #7 by upper parking area. |





Leg 8



Exchange 8

**Turnaround
(Watch for U-turn Sign)**

ath

Masonry Pool

Leg #9 – Runner #4 – 6.9 Miles To Exchange #9

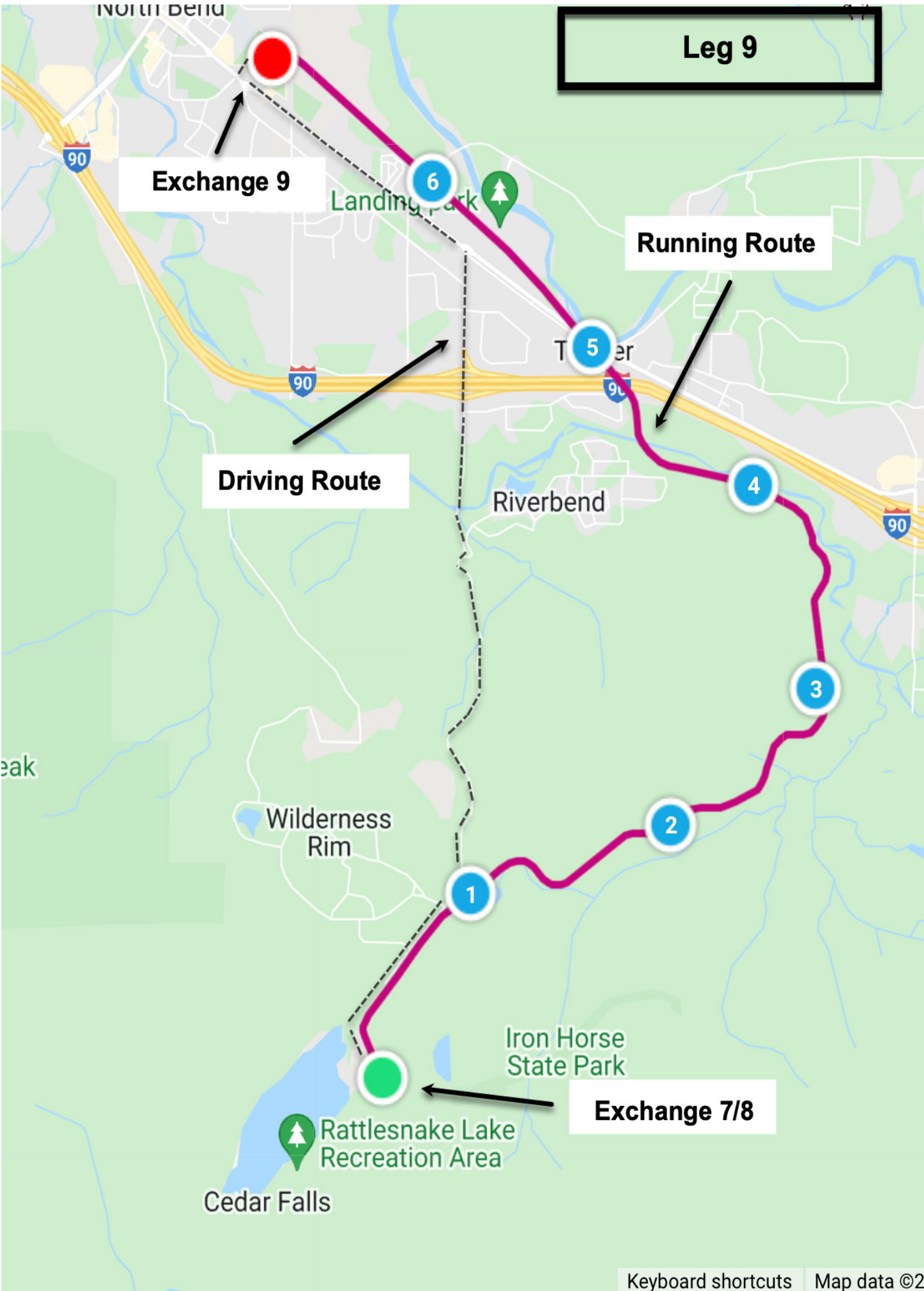
Torguson Park
750 E. North Bend Way
North Bend 98045

Driving Directions : Follow Cedar Falls Road NW back towards North Bend. It will become 436th Ave SE. After 3 miles, cross over I90. Continue 0.6 miles to North Bend Way. Go Left (West) on North Bend Way. In 1.25 miles, make a right into Torguson Park for Exchange #8. Plenty of parking.

Running Directions

Mile

- 0 - 5.0 Downhill grade, easy and fast.
- 5.0 Crossing North Bend Way, **be cautious of traffic**
- 6.0 Cross Mt Si Road. **Watch for traffic.**
- 6.9 Exchange # 8 Torguson Park on left.



Leg 9

Exchange 9

Running Route

Driving Route

Exchange 7/8

Leg #10 - Runner #5 - 3.8 Miles To Finish

Snoqualmie Elementary School

Driving Directions

Leave parking lot and 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
0.4	Cross Ballarat Ave
2.2	Continue through Mt. Si Golf Course parking lot
3.0	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!

Finishing notes

Finish Line

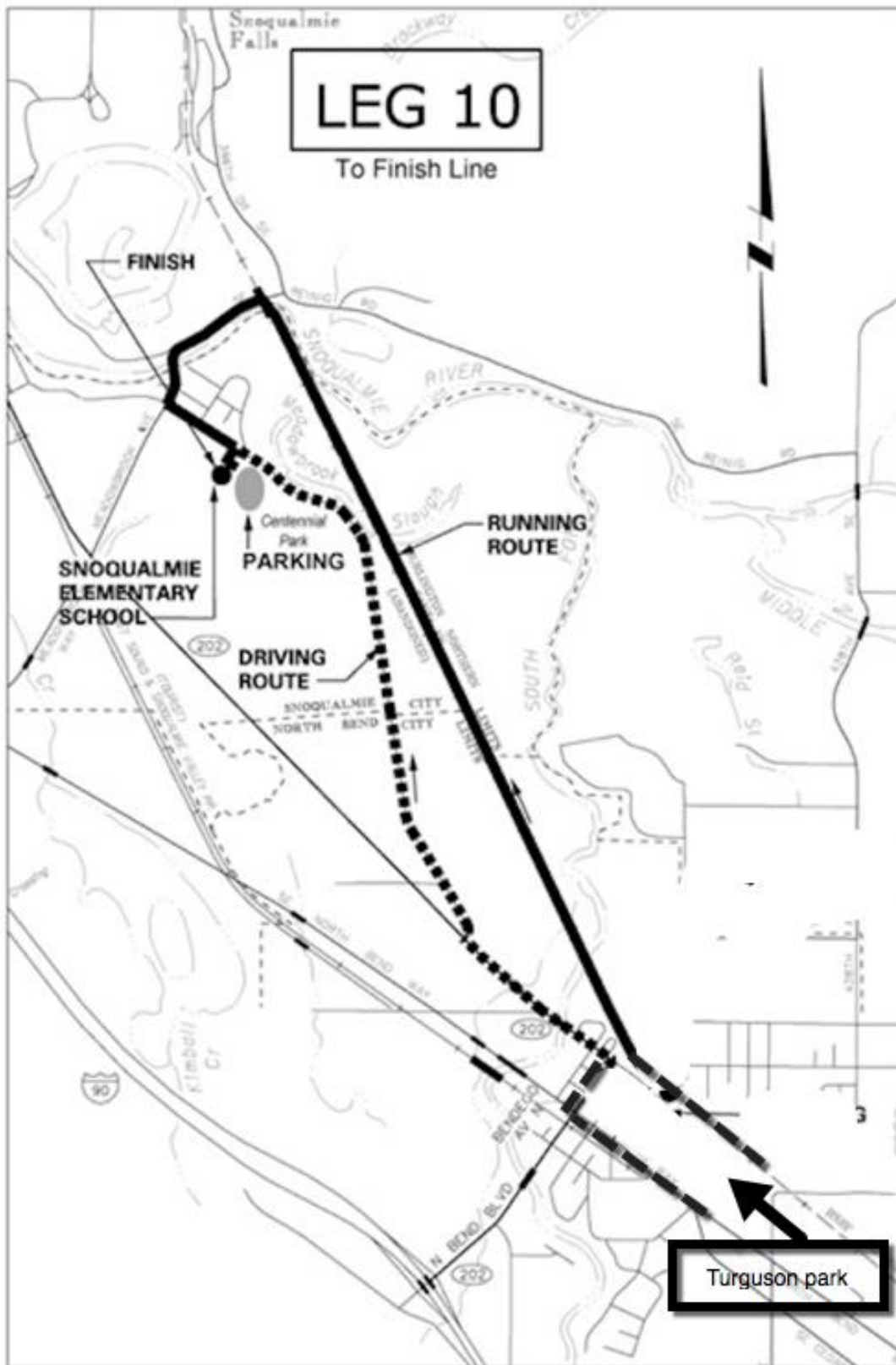
The runner of Leg 10 must cross the finish line **with bib number clearly visible**. Team members may join the last runner, but must veer left when they approach the finish line chute. Also, they may not accompany their runner in any way that obstructs other runners.

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.

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



Finishing notes

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Leg	Runner	Distance	Leg Time	Pace
1		8.3		
2		6.2		
3		4.4		
4		6.2		
5		6.5		
6		4.5		
7		6.9		
8		4.0		
9		6.9		
10		3.8		
Totals		57.7		