

## The Prince of Wales Island Marathon – Youth Relay Teams

### What are Youth Relay Teams?

They are:

- For students in grades in K-6<sup>th</sup> during the current school year.
- Made up of 8 individual runners.
- Required to register and pay marathon fees by April 15.
- Guaranteed to have fun and provide inspiration to others!

### Why Be on a Relay Team?

Participation in sports plays a valuable role in the social and physical development of children. Through running, children not only develop their aerobic capabilities and physical fitness, but also improve their discipline, responsibility, perseverance, self-esteem, teamwork, and communication skills.

### Rules

1. Each team will be organized by an adult coach/manager who, along with helping the relay team train, will see that all of the team's eight participants have registered online.
2. Each team consists of eight individual runners from grades K-6<sup>th</sup>, with exchanges to be made only at each of the aid stations along the race course. Runners may run only once at their assigned spots.
3. The adult coach/manager or another assigned adult must be present at each exchange point in order to monitor the handoff and ensure the safety of all team members.
4. The first runner will begin at the marathon start line at 8:00 a.m. on race day and will run to Aid Station #1, where he/she will tag off to the second relay runner, and so on. Exchanges will only take place at aid stations 1, 3, 5 and 7. The first runner must also check in at the Craig High School lobby on race day between 7:00 a.m. and 7:45 a.m.
5. Each relay runner will receive a race medal at the finish line, after the final relay runner has crossed that line. Each team will only receive 8 medals. The 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place relay teams will receive a trophy at the awards ceremony on Saturday evening. Please send a representative if the team cannot join us at the awards ceremony.
6. Any questions can be emailed to [jc4jackson@gmail.com](mailto:jc4jackson@gmail.com)
7. Registration packets, including shirts and bibs, are to be picked up at the Craig High School on Friday between the hours of 2:00 p.m. and 7:00 p.m. One person may pick up a team's entire set of packets and will sign for those packets, etc.
8. Race shirts are short-sleeved, cotton and are in standard youth size. Adult sizes can be ordered at an added cost.