



market to market relay  
IOWA

# RACE BRIEF

## WELCOME!

The 2019 Market to Market Relay Iowa is right around the corner. Use this Race Brief for an at-a-glance overview of the most important information in preparing for race day. Of course, the Race Day Guide and Official Race Rules reign supreme, but this is a pretty good primer worth printing off and keeping as a reference.

## ADVANCED PACKET PICKUP

**Only Captains Need to Attend**  
**Friday, May 10th**

Des Moines | 11 AM - 6 PM  
Animal Rescue League of Iowa ([view map](#))  
5452 N.E. 22nd Street  
Des Moines, Iowa 50313

Jefferson | 4 PM - 8 PM  
Greene County Courthouse Square ([view map](#))  
114 North Chestnut Street  
Jefferson, Iowa 50129

## RACE DAY START LINE / STAGING AREA

**Saturday, May 11th | 5 am to 9:30 am**

Greene County Courthouse Square ([view map](#))  
114 North Chestnut Street  
Jefferson, Iowa 50129

\* Race Day packet pickup is located at the Starting Line/Staging Area. Arrive 60 minutes prior to your start time if you have not picked up your Team Packet.

## RACE DAY GUIDE

You will receive printed Race Day Guides in your Team Race Packet at Packet Pickup. This booklet contains race rules, driving directions, full color maps, contest information, safety information, Post-Race Shindig details, relay tips and more. All runners and drivers should read the Race Day Guide before race day. [View the Race Day Guide here.](#)

## TIME CARD & VOTING BALLOT

All teams must keep track of runner times on a Team Time Card. The Team Time Card must be turned into M2M Headquarters at the Finish Line along with the Contest Voting Ballot. One per team only. Located on last page of Race Day Guide.

## OFFICIAL RACE RULES

A complete copy of Official Race Rules is located at [m2mrelay.com](http://m2mrelay.com). All teams are to download and print at least one copy of the complete Official Race Rules for their team vehicle. [Download Official Rules here.](#)

## TEAM VEHICLES

Team vehicles must be large enough to provide all passengers with access to a safety belt. Large vans, minivans, and SUVs are allowed. Buses of any kind (mini, shuttle, or any other type of bus), RVs, trailers, or limos are NOT allowed. Teams violating this rule will be immediately disqualified.

APPROVED



ILLEGAL



## VEHICLE TAGS

Tape the two vehicle tags to your front and rear windows the night before the race if possible.



## CARPOOLING/OVERNIGHT DES MOINES PARKING

It has been popular for teams to meet-up in downtown Des Moines on the morning of race day and ride to Jefferson in their one official team vehicle.

We have reserved the Iowa Department of Public Safety lot approximately at E 7th St and E Court Ave ([See Map](#)).

**DO NOT** use the team finish lots on page 40 of the race guide as long-term lots. You will be towed!

## RUNNER ORDER & CHANGES

Team members will run in a fixed order. See the Running Matrix below for runner order.

**What is a Fixed Order?** For example, On a seven-person team, Runner 1 will complete Stages 1, 8 and 15; Runner 2 will complete stages 2, 9 and 16; and so on.

**How do we turn in our Running Order?** You do not need to! Runner order is decided by the team on race morning by assigning the last number on your race bib to the corresponding runner. Example: If you are runner 1 for team 500, you will wear the race bib 500-1.

**Can we add a runner or sub a runner?** You bet! Just make a change on our official change form ([view here](#)).

### 8 PERSON TEAM MATRIX

Runner	1st Leg	Miles/ Rating	2nd Leg	Miles/ Rating	3rd Leg	Miles/ Rating	Total Miles
1	Stage 1	5.8/H	Stage 9	4.7/M	Stage 17	2.8/E	13.3
2	Stage 2	3.4/E	Stage 10	5.1/EM	Stage 18	3.7/E	12.2
3	Stage 3	5.4/EM	Stage 11	4.0/E	Team	0.1	9.5
4	Stage 4	4.9/EM	Stage 12	4.6/M			9.5
5	Stage 5	2.9/E	Stage 13	2.5/E			5.4
6	Stage 6	2.8/E	Stage 14	5.3/EM			8.1
7	Stage 7	5.7/H	Stage 15	2.8/E			8.5
8	Stage 8	5.8/M	Stage 16	4.3/EM			10.1
Grand total							76.6

### 7 PERSON TEAM MATRIX

Runner	1st Leg	Miles/ Rating	2nd Leg	Miles/ Rating	3rd Leg	Miles/ Rating	Total Miles
1	Stage 1	5.8/H	Stage 8	5.8/M	Stage 15	2.8/E	14.4
2	Stage 2	3.4/E	Stage 9	4.7/M	Stage 16	4.3/EM	12.4
3	Stage 3	5.4/EM	Stage 10	5.1/EM	Stage 17	2.8/E	13.3
4	Stage 4	4.9/EM	Stage 11	4.0/E	Stage 18	3.7/E	12.6
5	Stage 5	2.9/E	Stage 12	4.6/M	Team	0.1	7.6
6	Stage 6	2.8/E	Stage 13	2.5/E			5.3
7	Stage 7	5.7/H	Stage 14	5.3/EM			11.0
Grand total							76.6

### 6 PERSON TEAM MATRIX

Runner	1st Leg	Miles/ Rating	2nd Leg	Miles/ Rating	3rd Leg	Miles/ Rating	Total Miles
1	Stage 1	5.8/H	Stage 7	5.7/H	Stage 13	2.5/E	14
2	Stage 2	3.4/E	Stage 8	5.8/M	Stage 14	5.3/EM	14.5
3	Stage 3	5.4/EM	Stage 9	4.7/M	Stage 15	2.8/E	12.9
4	Stage 4	4.9/EM	Stage 10	5.1/EM	Stage 16	4.3/EM	14.3
5	Stage 5	2.9/E	Stage 11	4.0/E	Stage 17	2.8/E	9.7
6	Stage 6	2.8/E	Stage 12	4.6/M	18 + TF	3.7/E + TF 0.1	11.2
Grand total							76.6

## COURSE STAGES

There have been a few course modifications this year. Stage 1 had the most significant impact, as recent flooding caused a landmark bridge on the Raccoon River Valley Trail to collapse. The Clive Greenbelt trail construction from 2018 has been completed and the route is similar to previous years. The finish line will be the same as 2018 while Court Avenue finishes it's construction project. [View 2019 Course and Stage Details here.](#)

## NEED A RUNNER?

- Post a request in the Facebook event ([view here](#)).
- Use the Find a Runner message board ([view here](#)).

## RUNNER BIBS

In your race bag you will find 8 race bibs. Give one to each runner. Your team number is the black number and the runner number is green. Your first runner wears the bib with the green 1. Your second runner wears the bib with the green 2 and so on. Wear bibs on the front of your shirt (or costume).



## IMPORTANT RULES

**No Alcohol on Course:** Consumption of alcohol is not allowed at any time while participating in the race. Even if you have completed your last stage, you are still participating in the race until your team has crossed the finish line. Do not start the party early. Alcohol may be consumed responsibly at the finish line party when city ordinances and permits allow. No outside alcoholic beverages will be allowed at the finish line party.



**Water, Nutrition & Team Trash:** Runners are in charge of their own water and nutrition on the course. There will not be water areas or Aid Stations between Exchange Points. Please bring your own reusable, refillable water bottles and team water jugs. Trash drop off is provided at exchange points 7, 9, and 16. Trash and recycling is the responsibility of each team. Please wait to take all race related waste to these disposal areas. Teams will be provided with a trash bag in their team race packets.



## RUNNER CHECKLIST

- Purchase team grocery items for food & fluids (breakfast, lunch, water, & snacks)
- Variety of running shoes & clothes. Prepare for warm and cold: jacket, extra shirt, extra socks, pants
- Change of clothes for the Post-Race Shindig
- Sunglasses, sunscreen, and hat
- Extra toilet paper (we have lots of restrooms on the course, but they typically run out of paper)
- Mobile phone and drivers license
- ID, cash, credit cards and perhaps a check to pay team captain. Remember ID and cash for the Post-Race Shindig.
- Prescription medication, ibuprofen, and other toiletries.
- Water (yes, we listed it twice so you don't forget)

## GROCERY LIST

- Fresh fruit
- Bagels
- Clif Bars, Larabars, Kind Bars or other bar
- Cookies
- Veggie chips, pretzels or peanuts
- Bottled water
- Coconut water
- Naked Juice or Odwalla Fruit Smoothies
- Plastic storage bags
- Trash bags
- Toilet paper
- Lip balm
- Sunscreen
- Bug spray
- Ice

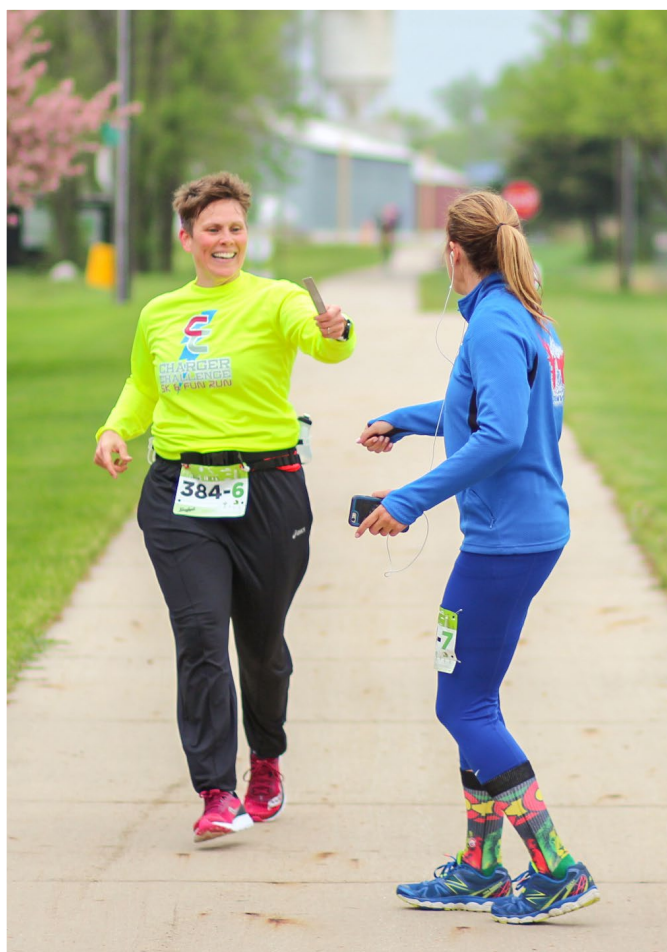
## RACE MORNING CHECKLIST

- If arriving from out of town, allow plenty of time to arrive in Jefferson
- Know your wave's start time
- Read your Race Day Guide
- Download & Print a copy of the complete official Rules from m2mrelay.com
- Wear your Race Bib
- Get Your Photo taken at Start Line for Costume Contest
- Arrive at the Start Line at the Jefferson town square 30 minutes prior to your Wave. Your team's first runner will pick up your timing chip/baton here.
- Wait to drive to Exchange Point 2 until after the start time of your wave.



## RUNNER RULES, TIPS & NOTES

- The race is open to vehicle traffic. Obey traffic laws and be careful at intersections.
- Run on the right side of the trail.
- Watch out for bikes!
- Only the next runner is allowed next to Exchange Flag. All other teammates must stay on other side of trail.
- Tip: There won't be much water on the course. Carry a bottle with you or purchase a team fuel belt (available at *Fleet Feet Sports*).
- Want more tips? [Click here for the Tips Beyond the Obvious.](#)



## NOTE

- Race Day packet pickup is located at the Starting Line. Arrive 60 minutes prior to your start time if you have not picked up your Team Packet.

# GOOD LUCK!

