



**DSM
WTR**

**Des Moines Women's Half Marathon
Team Relay Athlete Packet**

Des Moines Women's Half Marathon, 5K and Team Relay May 6th, 2018

Hello **Beautiful**,

Before we jump in to the details of our team relay, we want to take a moment to say a very genuine, thank you. Because of you women from all over the Midwest are coming together in unbelievable numbers to create community, inspiration and a tradition of empowerment through fitness. We've said from the beginning that this more than a race. This is a movement of fierce and powerful people and we're just so thankful that you are part of that. We cannot wait to watch you shine.

Cheering You On,
Team RipRoar

Picking Up Your Packet:

Location: Jasper Winery

Time: Saturday, May 5th 8:30am-3pm + Sunday May 7th 6:30-7:30am

Each relay runner has been given their own bib number, their own swag and must sign their own waiver (we require a hard copy at the race). We encourage each of you to come to packet pick-up on Saturday if possible. If you would like to pick up a packet for another runner you may do so **ONLY** if they have completed all of the requirements on our "proxy pick up form." There is a link to this form on the Relay Athlete Email.

How the bib numbers work:

We have assigned each runner a bib number, but not a relay position. You're welcome to run in whichever position you choose within the relay. We will use a chip on your bib to associate each runner with a section of the course.

Relay Distances:

Since relay positions are not pre-determined, your team will be able to choose which spot they want to run in. Here's the distances:

- **Leg 1:** 4.4 miles
- **Leg 2:** 4.45 miles
- **Leg 3:** 4.25 miles

If you need to change a relay runner:

If you have one, or even two relay runners on your team that are unable to compete you are able to change relay team members. This must be done on Saturday, during packet pick-up at Jasper Winery from 8:30am-3pm or via email before May 4th. The “new” relay runner must come to packet pick-up, sign a waiver and talk to our timer who will change them in the database. However, due to limited numbers, we are **NOT** able to change shirt sizes from previous relay runners.

The Expo:

We are so excited to have partnered with amazing businesses in the Des Moines community, some of which will be featured at the Saturday Expo:

- The seriously talented hair stylists from Salon W will be offering free hair braiding. Stop by to get your hair braided and talk to some amazing individuals! Plus, all the tips go to charity, win-win.
- Power Life Yoga will be leading a short yoga session at 10am to help all the athletes get ready for race day. Yoga will be on the Jasper Winery lawn, be sure to bring a mat!
- Our friends at Fleet Feet will be there to help you get equipped with all the race day essentials including race belts and goo.
- Hello and High Five is an amazing fitness greeting card company based in Des Moines. They have some amazing card designs and love empowering women to live their best lives! They will also be cheering on athletes on race day, so be sure to give them a high-five on course.
- Basic Blooms has some beautiful floral arrangements to purchase for your favorite athlete. On Saturday, athletes and spectators will be able to pre-purchase flowers to pick up on Sunday.
- The amazing ladies at FemCity Des Moines will be at the Expo to talk all things women in business in the greatest city in the universe: Des Moines.

How to get to the relay exchange zones:

Athletes are responsible for getting themselves to the relay exchange zones. There is parking for cars near these zones and therefore athletes are able to “hand off” car keys if need be. Be sure to be early to your exchange zones. We have provided a link to a map of best routes to get to the relay zones.

For athletes traveling to exchange zone #1, please **remember that Fleur Ave will be closed from 7:35-8:30AM to start the race.**

Parking at each Exchange:

Each exchange zone has been assigned a parking area for relay members. In addition, Relay Team have been assigned special access to an onsite parking lot so that they may return to the winery to join the final athlete. Your team will be given a special Parking Pass that MUST be displayed in the team car to enter all exchange parking lots.

How the exchanges work:

Relay exchange zones are identifiable with Team Relay fencing, and a “relay exchange zone” arch. When you arrive to the relay exchange zone you will wait for your runner to arrive to “tag” you to start running. There’s no special trick to the tag, a high-five or sweaty hug will do. We can track the exchange using nearby timing systems.

Finishing as a Team:

We strongly encourage our teams to cross the finish line together. 100 meters before the finish line chute is a “relay meet up zone” This is marked with Team relay flags. In this area, relay members can wait for their final runner and cross the line together. Each relay member will be given a medal in the finish line chute.

Post Race Party:

After completing the race as a team, Relay athletes will receive a finisher medal, bottle of water, and a trip to the athlete food tent. They will also then be able to claim a complimentary glass of wine. The wine pouring stations require the removal of the tab on the athlete race bib. Additional glasses of wine and food will be available onsite for purchase (cash and credit will be taken).

All athletes and spectators are encouraged to bring a blanket and a change of clothes to enjoy the live band and relaxed ambiance of Jasper Winery. There will be a gear check area for you to drop dry clothes off on-site prior to the race. We do not recommend you leaving cell phones, money or valuables in the gear check area.

Results:

Results will be posted based on the assigned bib. Each relay team member will have a tab on their bib that can be exchanged for a free glass of wine. Sit back enjoy the music and toast a job well done.

Relay Awards:

We will be giving bottles of private label “award wine” to the top 3 teams.

Race Day Photos:

One of the most important elements on race day is capturing photos. Our friends at Converging Photography will be taking photos to capture the event. Follow us on Facebook and Instagram to get a behind the scenes look of the event.

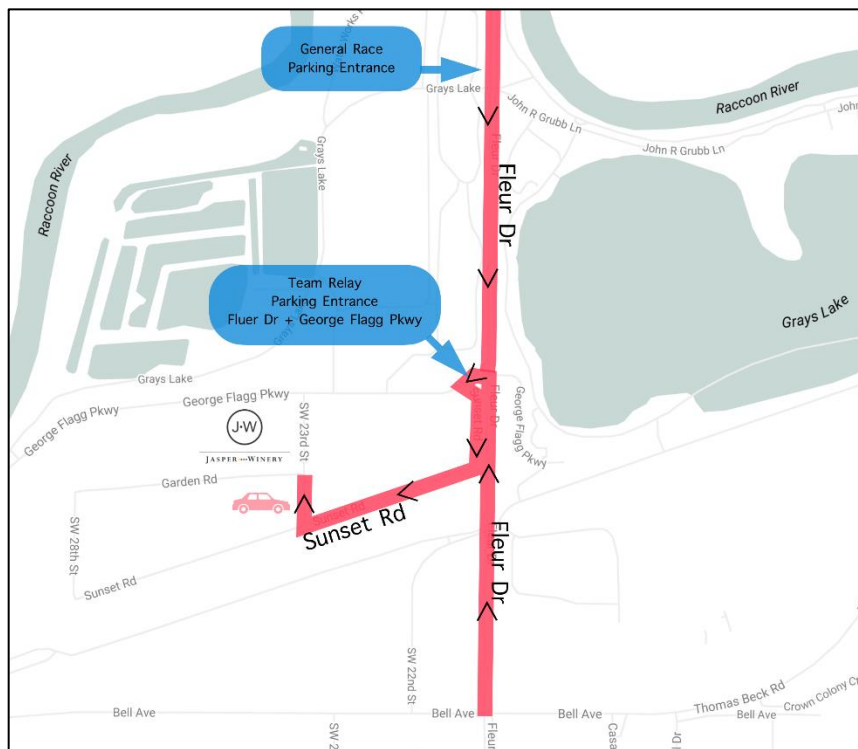
We would also love to see your photos! Tag us on Facebook, Instagram, or Twitter and use the hashtags #DSMWHM, #SHAPEActivewear, and #IAMMORE.

Driving to Exchanges:

The following directions will be the best ways to get to each area of the team relay. There will be signs along each of the routes to make sure team cars are getting to where they need to go. Exchange zones will be easy to spot and can be identified by inflatable arches and Team Relay fencing. If you have any questions, we're always happy to help; find us during packet pick-up and our team will have answers!

Driving to Jasper Before the Race:

If you want to drop off your first athlete and see the sites of Jasper Winery prior to the race beginning, we suggest taking Fleur Dr. south to George Flag Pkwy. There will be a parking attendant here that you will need to show your parking pass to. From here, you will follow Sunset Rd. to the parking area behind Jasper Winery.



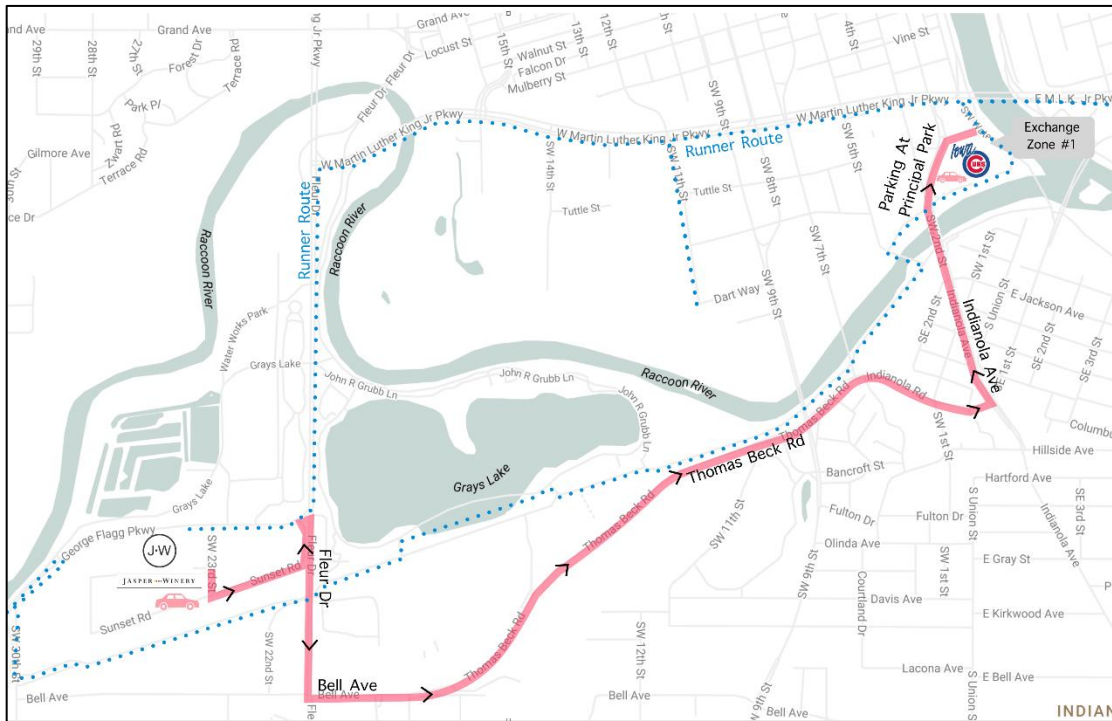
Driving and Parking Directions for Exchange Zone #1:

In order to ensure you are in the parking lot prior to the Fleur Dr closure we recommend leaving the winery no later than 7:15 AM. The road will close at 7:35 and reopen at 8:30. We expect first athletes to hit the exchange zone at 8:30AM. The final athletes will pass through this zone by 9:30AM.

The first Relay Exchange Zone is located at Principal Park. From Jasper Winery, you will head south on Fleur Dr. and take a left onto Bell Ave. Bell Ave turns into Thomas Beck Rd. You will then turn left onto Indianola Ave, which turns into 2nd Ave. On the east side of the road, after crossing the river, will be Principal Park. Teams will be able to park in the parking lot.

Relay Exchange Zone #1 Location:

The first Relay Exchange Zone is located on Line Dr just east of Principal Park. Look for an inflatable arch and other relay teams.



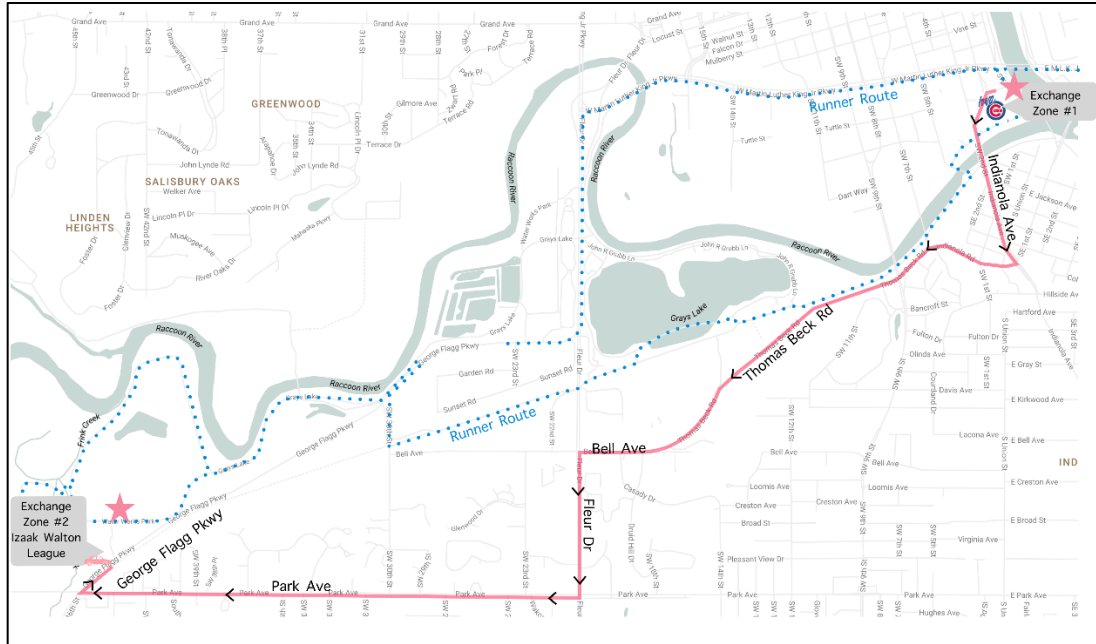
Driving and Parking Directions for Exchange Zone #2:

The best route for driving to relay exchange zone #2 is to take Indianola Ave south back to Thomas Beck Rd (which turns into Bell Ave). You will then take a left on to Fleur Dr and head south to Park Ave. You will take Park Ave west to George Flagg Pkwy. You will then take a right and head north to Izaak Walton League.

Athletes will walk on the paved trail into Water Works Park where the relay exchange zone is located.

Relay Exchange Zone #2 Location:

The relay exchange zone will be located just outside the shelter at the end of the paved trail in Water Works Park. Look for fencing, an inflatable, some entertainment and other relay teams.



Driving and Parking Directions to Jasper Winery:

The best way to get back to Jasper winery is to head East on Park Ave to Fleur Dr. At Fleur Dr, you will take a left to head north to George Flagg Pkwy. You will then need to show your Team's Park Pass to the parking attendant to get to the parking area behind Jasper Winery.

Athletes will be able to meet up with their final team member approximately .1 miles from the finish line to finish the race as a team.

