



RELAY TEAMS: INSTRUCTIONS

Note: You must tag each team member at the RACKED bike.

Run 1: You will start the race and must complete the required distance. You must wear your race number on the front so that it is visible around the course and to the timing team. Once you have completed the required distance, run into transition. At the racked bike YOU tag your cyclist and they will start the next leg.

Cyclist: You must wear your race numbers on your helmet and on your front. Wear a cycle helmet fastened on your head. Wait for your runner at your racking position.

- ***DON'T REMOVE YOUR BIKE FROM THE RACK UNTIL YOUR RUNNER HAS TAGGED YOU.***
- After the cycle, you must rack your bike in its original position.
- After you have racked the bike, your runner will then be able to take up the next leg of the race.

Run 2: Please ensure you are wearing your race number on your front. Wait for your cyclist at the appropriate racking position. **After the bike has been racked,** tag your cyclist and you can then proceed on your run. Make sure your race number is visible on your front as you cross the finish line.

All relay team members will be allowed access to the transition area.

Please be aware that the transition crew will monitor you on all changeovers and time penalties will be added if you do not adhere to the above rules.