

**YMCA CORPORATE CUP  
6-MILE RELAY RULES**

**PLACE:** Special Events Area - Riverside Park

**DATE:** Saturday, October 7, 2006

**TIME:** Check-in 7:15 am; event at 7:45 am

**Rules:**

1. Each Corporate Cup Team may enter one (1) relay team to include **five (5) participants;** with a minimum of two (2) women and two (2) men participating.
2. There are 5 legs of the race. The distance and order of the legs are as follows:
  - Leg 1 - 1 mile
  - Leg 2 - 1/2 mile
  - Leg 3 - 1 mile
  - Leg 4 - 1/2 mile
  - Leg 5 - 3 mile
3. Runners will pass batons in the exchange zone. The area of exchange is to be 20 yards long. Incorrect baton exchanges will result in disqualification. The incoming runner may not exit the exchange zone without having passed the baton to the next runner. The receiving runner may not exit the exchange zone without having received the baton. Dropping the baton is permitted; however, interference with other competitors is not.
4. The course is indicated on the map provided.
5. A runner who has not covered the full course may not cross the finish line as a competitor for team points.
6. All runners proceed through the funnel in order of finish and will receive a numbered ticket. Each captain will collect runner's numbered ticket and return to the scorer's desk.
7. Winners will be determined by best team time.
8. Only entrants are allowed to run the course, no pacing along side.

1 Mile leg: Start at point A to John F. Lee to Memorial and back to point A.

1/2 Mile Leg: Start at point A, go on McCright turn around mark and back to point A.

3 Mile Leg: Start at point A, take John F. Lee south. Go straight onto Young Dr. Go through parking lot making a right onto Red River. Take a right on Vine go to Stayton and turn right. Stayton turns into Memorial Dr. and finish back at point A.

