



2018 GAP TRAIL RELAY

INFORMATIONAL WEBINAR
AUGUST 30, 2018

RELAY TEAMS WILL TACKLE 150 MILES OF THE GREAT ALLEGHENY PASSAGE, FROM CUMBERLAND, MD TO PITTSBURGH, PA



OCTOBER 12-13, 2018

24

Total number of relay legs

3 OR 6

Number of legs each team member will run

150

Number of miles each team will collectively run from Cumberland, MD to Pittsburgh, PA

THREE TYPES OF TEAMS WILL RUN THE GAP TRAIL RELAY

8 PERSON

- 8 runners
- 2 vans
- 3 legs per runner
- ~19 miles/runner

4 ULTRA

- 4 runners
- 1 van
- 6 legs per runner
- ~40 miles/runner

4 PACK

- 4 runners
- 1 van
- 3 legs per runner
- ~19 miles/runner
- Paired with another 4-pack

EACH 8-PERSON TEAM WILL SPLIT INTO TWO GROUPS, EACH GROUP IN ITS OWN VAN



VAN 1

- Start in Cumberland, MD
- Take turns running legs 1-4
- Rest while Van 2 runs legs 5-8
- Take turns running legs 9-12
- Rest while Van 2 runs legs 13-16
- Take turns running legs 17-20
- Rest while Van 2 runs legs 21-24
- Meet Van 2 at Finish Line for the Post-Race Party!

VAN 2



- Start at Exchange Zone 4
- Take turns running legs 5-8
- Rest while Van 1 runs legs 9-12
- Take turns running legs 13-16
- Rest while Van 1 runs legs 17-20
- Take turns running legs 21-24
- Meet at Finish Line for the Post-Race Party!

EACH TEAM'S START TIME IN CUMBERLAND WILL BE BASED ON THE TEAM'S AVERAGE PACE

FRIDAY, OCT. 12



Slower teams

(those with 12 min/mile pace) may start the race as early as 6 a.m.

Faster teams

(those with 8 min/mile pace) may start the race as late as 2 p.m.



SATURDAY, OCT. 13



GOAL:

Teams reach the finish line 11 a.m.-5 p.m. and enjoy the post-race party together!

We will let each team know its official start time the week of Oct. 1.

RUNNERS WILL BEGIN AND END EACH LEG AT ONE OF 23 EXCHANGE ZONES ALONG THE COURSE



EXCHANGE ZONE

A designated location along the course where one runner finishes a race leg and hands off the team's slap bracelet (like a baton) to the next runner



MINOR EXCHANGE ZONE

One of 18 exchange zones where a runner hands off the slap bracelet to another team member from the same van



MAJOR EXCHANGE ZONE

One of 5 exchange zones where a runner hands off the slap bracelet to another team member from the other van

EACH TEAM IS REQUIRED TO HAVE SPECIFIC GEAR ON BOARD EACH VAN



FLASHLIGHTS

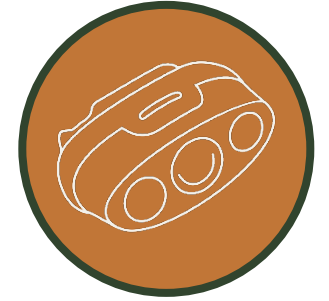


REFLECTIVE VESTS



HEADLAMPS

LED TAIL LIGHTS



FIRST AID SUPPLIES



WATER AND SNACKS



RUNNERS WILL RECEIVE INCREDIBLE PERKS JUST FOR PARTICIPATING



1 FREE pair of sneakers for team captains



A hydration pack for each team



A \$25 gift card to refuel for each team



Additional swag for each team

HOFBRÄUHAUS  PITTSBURGH

Post-race party at Hofbräuhaus Pittsburgh featuring:

- **One free bier per runner**
- **Soft pretzel with bier cheese**
- **Pierogies**

THE RACE WOULDN'T BE POSSIBLE WITHOUT OUR PARTNERS

PRESENTED BY:

**UPMC
HEALTH
PLAN**

**PROCEEDS BENEFIT THE
ALLEGHENY TRAIL ALLIANCE:**



MANAGED BY:



Q & A