



## 10+ Minute/Mile Pace Options

Malak Series Relay time frames for exchange zones/volunteers are built based on a maximum of a 10:15 min/mile team pace. Each race we have several teams that are expecting to run slower than that pace. We want these teams to have a great experience with the race and not feel pressured about keeping pace with the race time frames. If your team is likely to fall into this pace or slower, we have a couple of options that can keep you within the race timeframes.

### Option 1 (Simultaneous Vans)

This option is straightforward and can be preplanned before the race, but only applies to teams that have two vans and each runner is staying in the same van for the duration of the race. Based off your expected pace, we can give you "start times" for your later van exchanges you will have (where the last runner in Van 1 hands to the first runner in Van 2/last runner in Van 2 hands to the first runner in Van 1). This means that your waiting van runners will not wait until your current runners arrive at the handoff point to begin their legs.

For example, Van 1 has 6 runners and Van 2 has 6 runners. Van 2 will hand off to Van 1 at Exchange 24 (end of leg #24/beginning of leg #25). However, Van 1 has a designated start time of 4:30 AM at Exchange #24 – the beginning of leg #25. Once 4:30 AM arrives, the first runner for Van 1 will begin even if the runner from Van 2 does not arrive by 4:30. This allows both vans to have runners going at the same time. If Van 1 does not arrive at Exchange #24 until 5:45 AM, then the team has cut off 1 hour and 15 minutes from their finish time. There would also be a designated start time set up at Exchange #30 that will allow the team to make up more time.

Note that if the last runner in Van 2 arrives before 4:30 AM in the example above, then your team is keeping pace and you just continue to run/hand off as you normally would.

Depending on your team pace, a team could have as many as 4 designated start times for their van exchanges.

### Option 2 (Simultaneous Runners)

Option 1 does not work for teams with only 1 van (/70 teams, /200 Ultra Teams) or teams that are switching runners in between vans. There is another option for these teams. For these teams, their next runners can leave before their active runner arrives at the exchange zone at any exchange zone on after Exchange #12.

For example, the runner for Leg #27 begins his/her run. The van drives to Exchange #27 to wait for their runner to arrive. Instead of waiting for the active runner to arrive, their next runner begins Leg #28 immediately. If the active runner (running Leg #27) arrives 30 minutes after the Leg #28 runner begins, then the team has made up 30 minutes of overall time.

Option 2 works best if the simultaneous running is planned. It is easier logistically if teams start the second runner on a longer leg than the active runner. This will allow the active runner time to arrive and cool down and still give your team time to get to the next zone before your second runner arrives there.

This can be done multiple times which will increase the amount of overall time your team can make up.

### **Overall Time/Helping us Out**

As you can imagine, this simultaneous running does not work well with getting your team a true overall time for the race. But, you can help us out with this if you log some information. What we need from you is anytime you have multiple runners on the course, log the time your runner leaves the zone and what time your runner arrives at the same zone. If you can log this for all the simultaneous sections then we can get an overall time for you without much trouble.

For example, if you are applying Option 2 and your Leg #28 runner leaves Exchange #27 at 6:37 AM and your Leg #27 runner arrives at Exchange #27 at 7:14 mark these times down for us. From this, we can see that your team had 37 minutes of simultaneous running. Then, we add 37 minutes to your overall time and that is used to determine your overall team pace.

We ask that you track the start and finish time for all your simultaneous legs and e-mail them to us shortly after the race so we can adjust your overall time and pace accordingly.

If you are able to do Option 1, all we need is the start and arrival time at each of the zones where you start early. For example, if you have a designated start time at Exchange #24 and #30, then all we need is the time that your runner starts from #24 and #30, and the time that your other vehicle runner arrives at Exchange #24 and #30.

### **Really Falling Behind**

If your team is really falling behind, then you can combine these methods. We can give teams start times for their van exchange locations making up time there. Each van can also run simultaneous legs as described in Option #2.

### **Exchange Zone Volunteers**

The volunteers at each exchange zone are aware of the simultaneous running option. If you are going to do Option #1 or #2 at any zone, let the volunteer there know. They will mark down the time your team leaves and the time your team arrives. From this, we should be able to get your overall time as well however it will take much longer than if you are able to log your times and e-mail them to us after the race.

### **Baton/Slap Bracelets**

If you do either of these options you will have a runner leave a zone before the previous runner arrives to hand off the baton/slap bracelet. This is OK. We want teams to have the bracelets and pass them on as the baton throughout the race, however it is not required in these circumstances.

If you want to have a bracelet for your second runner you can pick an extra slap bracelet up at the starting line/team check in table of your race.