



MALAK SERIES

TEAM HANDBOOK



2019 Palmetto Relay Team Handbook

Welcome to the Palmetto Relay! We are excited to have you join us for the 10th annual Palmetto Relay. The 200-mile course takes you from just outside Columbia, SC to just outside Charleston to Awendaw – finishing in the new Town of Awendaw Park. The 70-mile course takes you from outside Moncks Corner, SC to Awendaw through the Francis Marion Forest. The Palmetto Relay has received permission to use roadways in the following counties: Lexington, Calhoun, Orangeburg, Berkeley, and Charleston. Please respect these communities. We have also had the full course reviewed and approved by SCDOT.

The first few pages of this document are for information specific to the Palmetto Relay. Then you will get into the general rules and information for the relay race.

Please make sure your whole team reads this document before the race.

Weather Conditions

Be prepared for a variety of weather conditions. The average temperatures are perfect for running with highs around 70 and lows in the mid 50s. However, the daily high temperature has a range of 50-85 degrees and low temperature of 35-60 degrees. It can be hot this time of the year and very humid, so be prepared to stay hydrated. Also, be prepared for the cold and rain. If extreme conditions occur, we will contact the race officials at each exchange zone if there is a need to suspend the race. We will then determine the plan and get that information out to all teams through the exchange zone officials.

If temperatures are 75 degrees or higher during day legs, each active runner must carry a water bottle during the hours of noon-5PM.

Night Legs

Night legs are designated as legs run between 7:00 PM through 7:30 AM.

Packet Pick-Up

Teams have two options for packet pick-up:

- Strictly Running in Columbia (address below) will be our packet pickup location before the race. You can go into the store any time on Wednesday (March 20th) or Thursday (March 21st) before 5:00 PM to pick up your team packet. For teams arriving in the area on Thursday, packets will be available before 5:00 PM.
- If you can't pick up your packet at Strictly Running, you will be able to pick it up at your starting line on Friday (Palmetto Relay /200) or Saturday (Palmetto Relay /70) morning. If you choose this option, make sure to arrive at least 45 minutes before your start time.

Strictly Running

2515 Devine Street
Columbia, SC 29205
803.799.4786

Wednesday, March 20th through Thursday, March 21st at 5:00 PM
Regular Store Hours: 10:00 AM - 7:00 PM

Start Line

The starting lines for both races are listed below:

Palmetto Relay /200

Red Bank Arena
1159 Nazareth Road
Lexington, SC 29073

Palmetto Relay /70

This location is a large open field on Highway 311 just outside of Moncks Corner. It is also Exchange #23 for the /200 race.

Riney Property
2043 Highway 311
Cross, SC

Weekend Parking at the Start

If your team has a vehicle that it plans to leave in Columbia during the race, Lexington County Recreation Commission has given us permission to leave these cars at the Red Bank Arena (the Palmetto Relay /200 race start). Note, these are left at your own risk and the Lexington County Recreation Commission is not responsible for anything that might happen to the vehicles. *They will not be towed from this location.*

We do not have weekend parking near the Palmetto Relay /70 start. If you are a Palmetto Relay /70 team and are in need of parking over the weekend, e-mail us at info@palmetto200.com.

Start Line

The starting line address for each of the races is below.

Palmetto Relay /200
Red Bank Arena
1159 Nazareth Road
Lexington, SC

Palmetto Relay /70
Riney Property
2043 Highway 311
Cross, SC

Emergency Information

Dial 911 immediately in the case of a medical emergency. Once the situation has been resolved or is under control, please call the race director (Brian – (843) 209-3510) so we are aware and can take any necessary actions. We have been in contact with county EMS along the course, and they are aware of the race.

If the medical need is not immediate, but you would like to take your runner to a medical facility, listed below are the closest hospitals to each leg on the course. **Note: Palmetto Relay /70 Legs Numbers are in italics in the following chart.**

<u>Legs</u>	<u>Nearest Hospital</u>	<u>Phone Number</u>	<u>Address</u>
Start through leg 4	Lexington Medical Center	(803) 791-2000	2720 Sunset Blvd, West Columbia, SC 29169
Leg 5 through Leg 19	Regional Medical Center of Orangeburg	(803) 395-2200	3000 St. Matthews Rd, Orangeburg, SC 29118
Leg 20 through Leg 31 <i>Palmetto Relay /70 Leg 1 through Leg 7</i>	Moncks Corner Medical Center	(843) 761-8742	401 North Live Oak Dr, Moncks Corner, SC 29461 (on the course)
Leg 32 through Leg 36 <i>Palmetto Relay /70 Leg 8 through Leg 12</i>	Roper Saint Francis Mount Pleasant Hospital	(843) 606-7000	3500 North Highway 17, Mt Pleasant, SC 29466

Sleeping, Food, and Gas on the course

Hotels and Van Exchange Sleeping Accommodations

For teams that would like to get a place in the middle of the race to get a little nap, Santee State Park at exchange #16 has camping facilities to purchase (call the park and make sure to mention you are with the Palmetto Relay).

If you prefer hotels, there are a few located near Leg 18 in Santee - (near van exchange #18 - <http://www.i95exitguide.com/overnight-stops/santee-sc-i95-exit-98/>) - stay on Old Number 6 Highway instead of turning right to follow course on Leg 18.

Hotels are available in Moncks Corner on or near Leg 27 (near van exchange #24 & #30).

Also, exchange zones 18, 24, and 30 have large parking lots and areas where runners might be able to get a little bit of sleep.

Note: If you choose to rest outside of your vehicles at one of the exchange zones, make sure you are well away from traffic. We don't want any accidents with runners trying to get some sleep and van drivers trying to find a parking spot.

Food and Gas on the course

- Leg #3 – Town of Pelion – there are a few stops for food and gas on and near this leg
- Leg #11/#12 – Town of St. Matthews – there are a few stops for food and gas near these legs in St. Matthews
- Exchange Zone #17 – Lone Star BBQ & Mercantile (BBQ buffet with Pork BBQ, Fried Chicken, Barbecue Ribs and take out menu) Open until 9:00 PM on Friday – A race favorite!!
- Near Leg #18 – This leg passes near an exit for I-95 (stay on Old Number 6 Highway instead of turning right to follow the course) and has multiple fast-food restaurants, sit down restaurants, and convenience stores (<http://www.i95exitguide.com/overnight-stops/santee-sc-i95-exit-98/>)
- Exchange Zone #22 – Will have food available for runners – sandwiches, chips, fruit, and drinks. Food will be available from approximately 9:00 PM through 3:00 AM. **This food will need to be pre-purchased. Information to pre-purchase will be sent in Team Captain E-mail.**
- Palmetto Relay /200 Leg #26/#27:Palmetto Relay /70 Leg #3/#4 – These legs pass through Moncks Corner, which has multiple fast-food restaurants and convenience stores. This will be in very early morning for most teams, so not everything will be open.
- Palmetto Relay /200 Exchange Zone #34:Palmetto Relay /70 Exchange #10 – Sewee Outpost (convenience store with fresh made breakfast sandwiches and other food)

Showers On The Course

We are working with Santee State Park to figure out a shower plan for this year's race. Once we have a finalized plan we will let teams know.

Finish Information

Finish Line: The finish line will be at the Town of Awendaw Park in Awendaw.

Town of Awendaw Park
7900 Doar Road
Awendaw, SC 29429

Arriving At Finish (Runners vs. Drivers): Runners will arrive at finish through a different park entrance than drivers – although both are on Doar Road. Runners will enter the first entrance into the park. Vehicles will continue on Doar Road for a little over a half mile more to the vehicle entrance. Both runners and vehicles will turn left to enter the park.

Runners will follow the route in the Leg Maps Document (separate from the Team Handbook). Driving directions to get from the final exchange to the finish line are included in the Map section of the Team Handbook.

Timing

We will have modified chip timing again this year at the race. We will highlight this in the captain's e-mails and before the race so teams will better understand how the timing will work, but the details are below as well.

We will only time the last runner in the race (the runner of Leg #36 for the Palmetto Relay /200 and Leg #12 for the Palmetto Relay /70). We have the time each team started entered into the system, so having the finish time recorded through the chip will make determining team times and places much easier, faster, and more accurate at the end of the race.

The chip will be attached to a new team race bib that will be picked up at Exchange #34 (/200):Exchange #10 (/70). The last runner will pick up their chip/bib at this location. The last runner will wear this bib for the last leg and the chip will be scanned when that runner crosses the finish line.

Note, the bib/chip pick up station is not at the start of the last leg, but the start of the second to last leg. We want the last runner to have a chance to pick up the bib/chip and have plenty of time to attach to his/her shirt before worrying about getting ready for the final leg.

Post-Race Party

The post-race party will be at the Town of Awendaw Park at the race finish. We will have music, a taco bar from Moe's Southwest Grill with ground beef, chicken and beans (along with the expected toppings), and beer (along with other drinks). Festivities will get underway around 11:00 PM and will last until 5:30 PM. This party is included in the race entry fee and all participants are invited (runners, volunteers, and drivers).

Each runner race bib has 3 tickets – 1 for Food and 2 for beer. We don't want to limit the food and beer, but we want to make sure all finishers are able to enjoy the food and beer. Tickets will be required to get food and beer. After all teams have arrived (hopefully by around 4:30 PM), and they have had a chance to eat, we will no longer require tickets – so you can get seconds, thirds, etc. until the food and beer runs out. However, please drink responsibly.

We will have Team Driver bibs available at the Finisher's Table at the end of the race. Stop by to get your Team Driver a set of tickets.

*We will be checking ID for beer, so please make sure to have that with you.

Awards: Awards will be available at the finisher's check-in table as they are determined. As awards are finalized, we will announce them, but you can stop by the finisher's table at any time to see the status of the awards and pick up your awards. We will have a race wrap-up sometime between 4:30 – 5:30 pm, but we are trying to be conscious of teams that finish early

that may not want to stay until 5:30 pm. For that reason, an official awards ceremony will not be held.

Showers at Finish: Showers will NOT be available at the finish line.

Maps/Navigation

This section is located and the end of the Team Handbook



MALAK SERIES

RELAY HANDBOOK

TABLE OF CONTENTS

SECTION 1: RUNNERS' OVERVIEW OF HOW THE RELAY WORKS

- A. Rotating Runners
- B. Safety Concerns
- C. Emergency Information
- D. Starting Line
- E. Course Markings
- F. Exchange Zone Information
 - a. Spectating
 - b. Race officials
 - c. Check in
 - d. Nighttime
 - e. Conduct
 - f. Restroom facilities
- G. 10 Minute Average Team Pace
- H. Incorrect Time Estimates
- I. Finishing with Your Runner
- J. Contacting the Race Director

SECTION 2: SAFETY RULES FOR RUNNERS

- A. Day Legs
- B. Rain
- C. Hydration
- D. Music
- E. Communication Devices
- F. Night Legs and Safety
 - a. Runner's visibility
 - b. Teammate visibility
 - c. Sheriffs' departments
 - d. Companion runners
 - e. Night monitoring
 - f. Quiet zones
 - g. Music
 - h. Respect

SECTION 3: GENERAL RULES FOR RUNNERS

- A. Runner Rotation and Active Runner
- B. Race Bibs

The logo for MALAK SERIES features a stylized 'M' composed of overlapping triangles in shades of blue, green, and teal. To the right of the graphic, the words 'MALAK SERIES' are written in a large, bold, teal sans-serif font.

MALAK SERIES

RELAY HANDBOOK

- C. Wrist Bands
- D. Injuries/Alternate Runners
- E. Vans Following Runners
- F. Bikes on the Course
- G. Drinking and Driving
- H. Support Vehicles
- I. Rule Enforcement
- J. Disqualification

SECTION 4: SUPPLY CHECK LISTS FOR RUNNERS

- A. Required Van Supplies
- B. Recommended Van Supplies
- C. Recommended Runner Supplies

SECTION 5: RACE MAPS



MALAK SERIES

RELAY HANDBOOK

This Handbook applies to all competitors, team support personnel, spectators, event staff and volunteers. This was designed to make your experience safe, smooth, enjoyable, and rewarding.

SECTION 1: RUNNERS' OVERVIEW OF HOW THE RELAY WORKS

A. Rotating Runners

For a team of 12, you will likely be divided into two vehicles that you provide. Clearly, larger vans (12 – 15 passenger) will offer more comfort, while mini-vans will be easier on your wallet and get the job done in family style (**No vehicles larger than a 15 passenger van are allowed – this means no RVs**). Usually the entire team (both vans) will head to the starting line to watch their first runner begin leg #1. The remaining 5 runners from van #1 drive ahead to exchange #1, drop off runner #2 and wait until runner #1 finishes. When runner #1 finishes, she passes a wristband (aka the proverbial baton) to runner #2 and then climbs into the van. The remaining 5 runners then drive to exchange #2 to pick up runner #2 and drop off runner #3. Repeat this process until you reach exchange #6 where runner #6 hands off to runner #7 in van #2. The same rotating process continues in van #2 until runner # 12 passes the wristband back to runner #1 in van #1.

B. Safety Concerns

Safety is our #1 priority...

We believe runners should always run defensively. **Please be advised that you will be running on a course that is open to normal traffic.** Roads will be posted with race signs to alert approaching traffic. **All runners should be alert to traffic, blind turns, and road conditions.** All runners should run facing traffic unless otherwise noted on the leg map and should run on sidewalks or running paths when available.

Extreme Weather: If extreme weather hits any part of the course during the race, the race will be suspended in that area until the extreme weather has passed. Depending on how long it lasts, we may need to work with teams to allow all team members to run their expected legs and still have teams finish in the allotted time. If the delay lasts a significant amount of time, we might be forced to skip legs or even cancel the event.

Police on Course: Numerous police vehicles will be on the course – especially during night legs. They are there to make drivers and communities more aware of the race and to assist teams along the way.

Pepper Spray, etc.: You will be running on many rural country roads. As a result, there is the possibility of running into a stray dog or other type of animal. If you are concerned with this,



MALAK SERIES

RELAY HANDBOOK

we encourage you to be prepared and carry pepper spray or some other deterrent with you on your runs.

C. Emergency Information

Dial 911 immediately in the case of a medical emergency. After the situation has been resolved or is under control, please call Race Director Brian Malak at (843)209-3510 so that he is aware and can take any necessary actions. We have been in contact with county EMS along the course, and they are aware of the race.

If the need is not immediate, but you still want to take the participant to a hospital, at the beginning of this handbook is a list of the closest hospitals to each leg on the course.

D. Starting Line

Teams should be at the Starting Line 45 minutes prior to their start if they need to pick up their race packets. Teams that have already picked up their race packets (if that was an option for the race) are expected to report to the Starter's Table at the Starting Line 30 minutes prior to the team's start time. Only the team's lead vehicle and lead runners need to be at the Start (if two vehicles are used), but it is always nice to have the entire team around to cheer on the beginning of the race (and in our opinion, well worth the extra effort). Upon arrival and leading up to your start time, teams will do the following:

1. Listen to a 10-minute safety and general information/reminder talk starting 15 minutes prior to your start
2. Ask any last minute questions of race staff

E. Course Markings

The course will be marked with directional signs (24" x 24") – approximately 400 of them. All turns will be marked, and signs will be approximately every 1-1.5 miles during long stretches on the same road. In addition, an "EXCHANGE ZONE AHEAD" sign will be posted about ¼ of a mile from the exchange zone to alert runners and drivers that the exchange zone is approaching. *However, it is the responsibility of the runner to navigate the course.*

We start putting signs out on the Tuesday before the race, and sometimes they go missing before the event – not very many, but a few. We try to replace these along the route when we see this during the race, but sometimes we do not get to them in time. As a result, make sure you know your leg and all of the turns you will be making – just in case.

F. Exchange Zone Information

The logo for MALAK SERIES features three overlapping triangles in blue, green, and light green, with white lines forming a stylized 'M' shape.

MALAK SERIES

RELAY HANDBOOK

We have looked long and hard to find safe, large and easy to navigate exchange zones. However, some exchange zones are smaller than others. To that end, please be sensitive where you park, stop and slow down to ensure safety for the runners (first and foremost) and do not block other vans entering or leaving the exchange zone. Some parking lots could be full with other support vans. If this occurs, please park off the road well beyond the runner exchange zone. EXCHANGE ZONE AHEAD signs will be posted on the course prior to reaching the Exchange Zone.

1. Spectating: When outside of the van and spectating near an exchange zone, **do not stand in or block parking lot entrances** for your safety, the safety of the active runners and non-race and race traffic on the road. Also, remember when crossing the street to look left, look right, and look left again before entering into the road.

2. Race Officials: Race officials will be at every exchange zone. We greatly appreciate you treating them with respect. These officials are volunteers, and without them, this relay would not be possible. They have the authority to disqualify a team for any team violation or abusive behavior. Please understand that their judgment and decisions are considered final.

3. Check In: Check in with the race official when you complete a leg, and also make sure to check in when you are waiting for the baton/wrist band, so the race official will know which teams are arriving soon. Each relay team member will pass the wrist band at the end of a given stage in an exchange area. The exchange location will be marked with a cone.

4. Nighttime: Anybody leaving the van at an exchange zone during night time hours must wear a reflective vest, headlamp (or carry a flashlight), OR blinking lights to be more visible to vehicles driving in and out of the exchange zones.

During the night, be very careful when driving as there could be runners sleeping on the ground at the exchange zones. Runners are not supposed to set up for sleeping in trafficked areas, but make sure to be aware when driving just in case.

5. Conduct: HAVE FUN! And remember the golden rule -- treat everyone like you would like to be treated. Remember that you are running through people's towns, sometimes in the middle of the night, so enjoy the experience, but always act in a manner in which you can be proud. Clean up all of your trash at each exchange zone. Some exchange zones may not have garbage cans, so please put your trash in a plastic bag before leaving the exchange zone and take it with you until you find a suitable location to place it. Some exchange zones allow us to use their restrooms. It is very important to make sure these are treated with respect and left



MALAK SERIES

RELAY HANDBOOK

clean. *If we do not treat the exchange zones with respect and keep them clean, we might not be able to use these locations in future years.*

6. Restroom Facilities on the Course: Each exchange zone will have port-o-potties and/or restrooms provided by the exchange zone. See an official if you are unable to locate the restroom facilities.

G. 10-Minute Average Team Pace

Participating teams must average 10 min/mile pace or faster to finish the race with enough time to cross the finish line and enjoy the party that celebrates your accomplishment. **If you think your team will be slower than a 10 min/mile pace, please contact us before the race** or during the race at (843) 209-3510. We will talk through your options so you and your team can get to the finish line and enjoy the post-race party.

H. Incorrect Time Estimates

Teams running significantly ahead of (20 or more seconds/mile faster) projected pace could get to exchange zones before race officials arrive. If this happens, we will require these teams to wait at an exchange zone until race officials have arrived to get back into the projected time frame for that part of the race.

Teams running significantly behind (20 or more seconds/mile slower) projected pace could get to exchange zones after race officials leave. If this happens, we will require these teams to either skip a leg and move to the next exchange zone or have team members run legs simultaneously (this will require the team to drop off runners at multiple exchange zones and pick these runners up) to get back into the projected time frame for that part of the race.

We understand that at the beginning of the race teams could be significantly faster or slower than their projected team paces because the first few runners could be significantly faster or slower than the overall projected team paces. The length of time the first several exchange zones are open is designed for this scenario.

I. Finishing With Your Runner: Having the whole team cross the finish line with their last runner is not only allowed, but encouraged.

SECTION 2: SAFETY RULES FOR RUNNERS

A. Day Legs



MALAK SERIES

RELAY HANDBOOK

During the day legs runners are highly encouraged to wear a reflective vest or a brightly colored shirt. Suggested shirt colors are bright yellow, bright green, bright orange and bright pink.

B. Rain

Hopefully there will not be any rain to deal with, but if there is rain during the day, runners must wear their nighttime gear – reflective vest, headlamp (or carry flashlight) AND blinking lights on front and back.

C. Hydration

To ensure all runners stay appropriately hydrated during runs (especially in the hottest part of the day), if the forecast temperature is above 75 degrees, it is required for the active runner to carry water, Gatorade, or some other form of hydration while running between 12:00 PM and 5:00 PM. We will let you know before the race if this is required. Teammates/vans can give the active runner water, etc. at any time.

D. Music

Music devices (Ipods, MP3 players, etc.) are allowed during the daylight legs, but are not allowed during night legs. No music of any kind is allowed during the night legs. Note: Runners will be allowed to have headphones (or phone speakers) during the night legs to listen to Leg Map directional information (such as the RunGo app).

E. Communication Devices (cell phones, walkie talkies, etc.)

We encourage the active runner to always have a cell phone or carry a walkie talkie. This allows for communication with the team in the case of a wrong turn, injury or other unexpected occurrence while running. Runners can use phones as a music device during daylight hours.

F. Night Legs and Safety

Some of this will be a repeat of previous information, but safety is very important, so we are stating it again.

1. Runners must wear a reflective vest, head lamp (or carry a flashlight), AND two blinking lights (one on the front and one on the back) during the designated hours for night legs.
2. Anybody leaving the van at an exchange zone must wear a reflective vest, headlamp (or carry a flashlight), OR blinking lights to be more visible to vehicles.
3. As exciting as the nighttime legs can be, we understand there is a little anxiety around these. To help alleviate that, we have worked with the county sheriffs' departments to provide support for the relay. If you have safety concerns on the course, please tell a police officer or race official.

The logo for MALAK SERIES features a stylized 'M' composed of overlapping triangles in shades of blue, green, and yellow. To the right of the 'M' is the text 'MALAK SERIES' in a bold, teal, sans-serif font.

MALAK SERIES

RELAY HANDBOOK

3. Companion runners are permitted during the designated hours for night legs. The companion runner must be a team member, must wear a bib number, and must comply with all Relay Rules – including the night safety rules.
4. Your van can monitor runners throughout the night as long as rules of the road are followed. Generally, this is done in a leapfrog style by driving about .5 to 1 mile in front of your runner and pulling off into a side street or large shoulder and waiting for your runner to pass. ***For everyone's safety, stop only where you can get completely off the road where the runners are running (large shoulder or side street).*** After the runner passes (and you cheer your teammate on), the team gets back into the van and does this again until the van needs to go to the next exchange zone to drop off the next runner. *Note: we will have police patrolling the course through the night legs and if they see vehicles parked in an unsafe manner/location the officer will stop and make you move along.*
5. All legs and exchange zones during the night hours will be designated as Quiet Zones. Please respect local families by not playing audible music outside the support vehicles and by keeping conversations hushed.
6. No music of any kind is allowed during the night legs – not even playing through your phone speaker. Please don't put our Relay Officials in a position to enforce this rule. This rule also is in effect when getting out of your van at an exchange zone during the night – no music of any kind.
7. When driving through communities at night, please show respect and do not honk horns or shine lights in house windows. We need the support of the communities we run through to put on this event.

SECTION 3: GENERAL RULES FOR RUNNERS

A. Runner Rotation and Active Runner

Teams do not have to keep the same order throughout the race. However, a runner cannot run successive legs.

Teams can assist their runners on the course by giving water or fuel. When doing this please abide by all rules of driving to ensure the safety of you, the runner and other drivers.

Remember no roads will be closed for the race.

B. Race Bibs

Race bibs must be worn by every runner while on the course. All team members will have the same number. Bibs will be provided in the team race packet.

C. Wrist Bands

The logo for MALAK SERIES features three overlapping triangles in blue, green, and light green on the left. To the right, the words "MALAK SERIES" are written in a large, bold, teal sans-serif font.

MALAK SERIES

RELAY HANDBOOK

A team wristband (the baton) must be worn at all times throughout the race by the active runner on the course. This is provided in your race packet.

D. Injuries/Alternate Runners

If a runner is injured during the race and cannot continue, you can bring in an alternate. However, that alternate runner must have already registered for the race – and this cannot be used for a competitive advantage. If an injury occurs during a leg and the runner cannot continue, one of your other runners can finish the leg – but this runner must exchange with another runner at the end of the leg where the runner was injured. **If either of these situations occurs, you must contact Race Director Brian Malak at (843) 209-3510 to report the incident. If we hear from another team without hearing from your team, a time penalty will be assessed for this action.**

E. Vans Following Runners

We CANNOT allow vans to follow runners directly on the course. As well intentioned as your van-mates are, it can cause traffic problems for other teams and those just using the road to get from one place to another (see **night safety** for how to support runners at night).

F. Bikes on the Course

We cannot officially sanction companion bike riders on the course. Participants on bicycles are not covered by our insurance and are not considered part of the race. However, these are open roads, and we do not stop teams from using companion bike riders. If you choose to do this, we want to make sure you understand that anyone biking on the course does so at their own risk, and the race is not responsible for any problems or injuries that occur as a result. If you do use companion bike riders, we encourage them to wear the same safety gear (head lamps, flashing lights on front and back, and reflective vests) for their safety and the safety of the runners.

G. Drinking and Driving

This should be a no brainer, but ANY consumption of alcohol during this event will not be tolerated and will result in immediate disqualification of the team if witnessed by any race official. We promise that the post-race party will provide an opportunity to imbibe when the relay is finished. Your safety, and the safety of all participants, is our #1 priority and should be yours, too.

H. Support Vehicles

Each team will be permitted two support vans on the course. The course has been chosen very carefully for your enjoyment and safety; however, many exchange zones will not accommodate extra vehicles.



MALAK SERIES

RELAY HANDBOOK

The maximum size of a support vehicle is a 15 passenger van – no RVs are allowed.

Vehicles must be able to fit into a standard parking space – 9' wide by 20' long.

I. Rule Enforcement

All teams are encouraged to watch for rule infractions by other teams. Self-policing of this event is a key to its success. Race officials will be at locations throughout the course enforcing rules, recording teams that pass through the exchanges, and noting infractions. Please report all rule violations to an exchange zone official at the next exchange zone.

J. Disqualification

We take all the relay rules and regulations very seriously. In the unlikely event that any rules are broken, or abusive behavior is displayed to anyone (a runner, a volunteer, a passerby – anyone) the team can be disqualified.

SECTION 4: SUPPLY CHECK LISTS FOR RUNNERS

A. Required Van Supplies:

- At least one mobile phone per van with a list of all team member mobile phone numbers
- Emergency kit: antibiotic ointment, athletic wrap, Band-aids, cold packs and pain medicine
- Team Handbook
- Reflective vests – at least two; see night safety rules to make sure you have enough
- Headlamps – at least two; see night safety rules to make sure you have enough
- Blinking Lights - at least four; see night safety rules to make sure you have enough

B. Recommended Van Supplies:

- Clipboard/Spreadsheet for team time log
- At least one Walkie Talkie per van as cell coverage can be spotty in places
- Cooler with ice
- Sports drinks
- Water
- Food/snacks/energy bars/gels
- Maps
- Printout of runner legs --- you will be amazed how many times you read and re-read this pertinent information!
- Marker, paper, pens
- Wet wipes, paper towels

The logo for MALAK SERIES features a stylized mountain range composed of overlapping triangles in shades of blue, green, and teal. To the right of the graphic, the words "MALAK SERIES" are written in a large, bold, teal sans-serif font.

MALAK SERIES

RELAY HANDBOOK

- Tarp – used to lay sleeping bags on if sleeping outside
- Trash bags
- Van/SUV storage rack

C. Recommended Runner Supplies:

- Cell Phone
- Camera
- Driver license, ID
- Ear plugs and eye mask for sleeping
- Flashlight
- Foot-care aids
- Money
- Pillow & Blanket
- Sleeping bag, tent, tarp
- Plastic bags for wet clothes, icing injuries, trash
- Protective aids: pepper spray, phone, whistle
- Reflective, warm, water wicking gear
- Windbreaker jacket
- Running shoes, shirts, shorts, socks - a clean set for each leg (as well as something to change into between each leg)
- Toiletries: Shampoo, soap, toothbrush, toothpaste, deodorant, toilet paper, towel
- Sunglasses, sunscreen, hat, visor
- Vaseline, BodyGlide
- Hand held water bottle or hydration belt with bottle
- Bandana/cloth for dusty roads
- Hair ties/pony tail holders
- Newspaper (to stuff in wet shoes if rainy)

Tip: Come well prepared with supplies, but pack as light as possible because space will be tight in the vans. A large duffle bag with a zipper is recommended for each runner. Additionally, each runner will probably want a small, personal backpack or drawstring type bag to keep essentials close at hand.

SECTION 5: VEHICLE NAVIGATION

- Key Race Addresses
- Exchange Zone Addresses
- Other Maps

Palmetto Relay Navigation Information

We expect almost everybody (and certainly someone on every team) will have easy access to a GPS while on the course. As a result, this section includes just the addresses to each of the significant locations for the race.

We are also including a list of all exchange zones addresses for the Palmetto Relay /200 and /70. Noted on the sheets are the standard van exchange zones for the /200 along with the exchange zone where your race will pick up the chip timing bib.

Note, the active race vehicle should follow the leg map/runner directions when driving from one exchange zone to another (except for final leg).

The final page includes the driving directions from the last exchange zone to the vehicle entrance of the Race Finish.

Palmetto Relay Packet Pickup Location (Wednesday 10:00 AM thru 7:00 PM, Thursday 10:00 AM thru 5:00 PM)

Strictly Running

2515 Devine Street
Columbia, SC 29205
803.799.4786

Palmetto Relay /200 Start Address

Red Bank Arena
1159 Nazareth Road
Lexington, SC 29073

Palmetto Relay /200 Start Hotel Addresses

Comfort Suites in Lexington (about 10 minutes from Palmetto Relay /200 Race Start)
325 West Main Street
Lexington, SC 29072

Palmetto Relay /70 Start Address

This location is a large open field on Highway 311 just outside of Moncks Corner. It is also Exchange #23 for the /200 race.

Riney Property
2043 Highway 311
Cross, SC

Race Finish Address

Town of Awendaw Park
7900 Doar Road
Awendaw, SC 29429

Palmetto Relay /200 Exchange Zone Location Information

Exchange	Exchange Zone Name	Exchange Zone Address	End of Leg #	Start of Leg #
Start	Red Bank Arena	1159 Nazareth Road, Lexington, SC 29073	NA	1
1	Boiling Springs UMC	2373 Calks Ferry Rd, Lexington, SC 29073	1	2
2	Florence Baptist Church	1709 Windy Wood Rd, Pelion, SC 29123	2	3
3	New Hope Baptist Church	249 State Rd S-32-1036, Pelion, SC 29123	3	4
4	Sharon UMC	1600 W E Jeffcoat Rd Swansea, SC 29160	4	5
5	Woodford Community Center	501 Hayden Road Woodford, SC	5	6
6	New First Mt. Beulah Baptist	375 Gardners Farm Rd, Swansea, SC 29160	6	7
7	Andrew Chapel	210 ANDREW CHAPEL ROAD, SWANSEA, SC 29160	7	8
8	Greater Blessings Baptist Church	708 State Rd S-9-119, St Matthews, SC 29135	8	9
9	Gethsemane Baptist Church	655 Hammonds Cross Road - St. Matthews SC 29135	9	10
10	Pilgrim Rest Baptist Church	1176 Calhoun Rd, St Matthews, SC 29135	10	11
11	Word of Faith Christian Center	163 Gressette Blvd, St. Matthews, SC 29135	11	12
12	Cameron Pharmacy	965 Sikes Road, St. Matthews, SC 29135	12	13
13	Resurrection Lutheran Church	8160 Old State Rd Cameron, SC 29030	13	14
14	Jericho United Methodist Church	11 Houcks Gin Rd, Cameron, SC 29030	14	15
15	Dr. Robert Evans Holman Public Parking Lot	382 Railroad Ave, Elloree, SC	15	16
16	Santee State Park	Santee State Park Shelters 3, 4, 5, & 6, End of Cleveland Road, Santee, SC 29142	16	17
17	Lone Star BBQ & Mercantile	2212 State Park Road, Santee, SC 29142	17	18
18	Lake Marion High	3656 Tee Vee Road, Santee, SC 29142	18	19
19	Greater Target AME	7248 Old State Road, Holly Hill, SC 29059	19	20
20	Briner Christian Church	9717 Old State Road Holly Hill, SC 29059	20	21
21	Galilee Christian Church	1563 Coach Road, Holly Hill	21	22
22	Greater St. Paul United Methodist Church	1205 County Line Road, Cross, SC 29436	22	23
23	Riney Property	2043 Highway 311, Cross, SC	23	24
24	Hatchery Waterfowl Management Boat Landing - off of 6	1944 Highway 6, Pinopolis, SC	24	25
25	Berkeley Elementary School	715 Highway 6 Moncks Corner SC 29461	25	26
26	Berkeley Middle School	320 North Live Oak Drive, Moncks Corner SC 29461	26	27
27	William H. Dennis Boat Landing	1037 Carswell Ln, Moncks Corner, SC 29461	27	28
28	Greater Emanuel AME Church	1174 Dr. Evans Road, Cordesville, SC 29461	28	29
29	Ministries of Truth Tabernacle	1169 Old Church Rd, Cordesville, SC 29434	29	30
30	Witherbee Ranger Station	2421 Witherbee Road, Cordesville, SC	30	31
31	Huger Francis Marion Forest Rec Area	3788 Highway 402, Cordesville, SC	31	32
32	Huger Rural Fire Station - corner of United & 41	1004 United Road Huger, SC	32	33
33	Bethel AME Church	5366 Halfway Creek Road, Huger, SC	33	34
34	Sewee Outpost	4853 U.S. 17, Awendaw, SC	34	35
35	Sewee Visitor and Environmental Education Center	5821 N US-17, Awendaw, SC 29429	35	36
36	Awendaw Town Park	7900 Doar Road, Awendaw, SC 29429	36	NA

Yellow highlighted zones are the traditional van exchange zones for 12 person teams

Green highlighted zone is where you will pick up your timing bib for your final runner

Palmetto Relay /70 Exchange Zone Location Information

Exchange	Exchange Zone Name	Exchange Zone Address	End of Leg #	Start of Leg #
Start	Riney Property	2043 Highway 311, Cross, SC	NA	1
1	Hatchery Waterfowl Management Boat L	1944 Highway 6, Pinopolis, SC	1	2
2	Berkeley Elementary School	715 Highway 6 Moncks Corner SC 29461	2	3
3	Berkeley Middle School	320 North Live Oak Drive, Moncks Corner SC 29461	3	4
4	William H. Dennis Boat Landing	1037 Carswell Ln, Moncks Corner, SC 29461	4	5
5	Greater Emanuel AME Church	1174 Dr. Evans Road, Cordesville, SC 29461	5	6
6	Ministries of Truth Tabernacle	1169 Old Church Rd, Cordesville, SC 29434	6	7
7	Witherbee Ranger Station	2421 Witherbee Road, Cordesville, SC	7	8
8	Huger Rural Fire Station - corner of Unite	1004 United Road Huger, SC	8	9
9	Bethel AME Church	5366 Halfway Creek Road, Huger, SC	9	10
10	Sewee Outpost	4853 U.S. 17, Awendaw, SC	10	11
11	Sewee Visitor and Environmental Educat	5821 N US-17, Awendaw, SC 29429	11	12
Finish	Awendaw Town Park	7900 Doar Road, Awendaw, SC 29429	12	NA

 Green highlighted zone is where you will pick up your timing bib for your final runner



PALMETTO RELAY

MALAK SERIES

Driving Directions From Last Exchange to Finish Line Vehicle Entrance

Distance:	5.38 Miles	Start:	Sewee Visitor and Environmental Education Center
		Finish:	Town of Awendaw Park
GPS Coordinates for Finish:	Lat: 33.012	Finish Address:	7900 Doar Road
	Lon: -79.601		Awendaw, SC

Map



Directions:

- 0.00 Head back out of Sewee Visitor and Environmental Center
- 0.05 Right onto Highway 17
- 1.79 Right onto Doar Road
- 5.24 Left into Town of Awendaw Park Vehicle Entrance

Leg Notes:

* Vehicle entrance is a little over a half mile past where the runners will enter the park

ALLIED™

Air Enterprises

