



## **10K Relay Rules**

### **Format:**

- 6 runners (3 male + 3 female)
- Relay-Race (1 mile loop each leg)

### **Equipment:**

- Bib, provided (must be worn by anchor runner)

### **Sport Specific Rules:**

- The first runner for each team will run approximately 1.2 miles. Each runner after that will complete the 1-mile loop.
- The exchange will take place in a clearly designated zone.
- Runners must "tag" their teammate in the exchange zone to complete the relay.
- The anchor, or last runner, must wear the official Cleveland Corporate Challenge race bib, and must end their run in the finish-line chute. Runners must remain in order of finish in the chute until their bib tag has been pulled by race officials.
- Scoring and determination of finish will be based on final elapsed time for all members of the relay team.
- All participants must wear their assigned bib on the front of their shirt or shorts.

**Akron Corporate Challenge staff members and officials reserve the right to settle any disputes, as well as, interpret, modify, and enforce all rules and regulations.**