



10K Relay Rules

Format:

- 6 different 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.