



MOUNT DESERT ISLAND

Get real MAINE. Run MDI!

MARATHON • HALF • RELAY

PUBLIC SAFETY TEAM - IMPORTANT INSTRUCTIONS

Please read and follow these instructions to the letter or you WILL BE delayed and/or miss your relay teams hand off completely.

BIB NUMBERS – Each Member of your team is issued two bib numbers. The bib with your number and team name must be worn clearly visible on your front. The bib that says “RELAY” must be worn visibly on your back.

FINISHING – After your team vehicle parks in Southwest Harbor Runners #1–#4 may join Runner #5 and run the final yards of the race route together. Be sure that Runner #5 crosses the finish line first for fair and accurate timing. All team members must be present to collect their finisher medals.

If Runners #1–#4 choose to go to the finish line area to wait before joining Runner #5, they must stay completely clear of the timing mats. (This means that they should walk past the finish mats, even if they are outside of the barricades.)

INSTRUCTIONS, NOTES & RULES –

- This special relay competition is open only to Public Safety Department members.
- All Public Safety Department relay teams will start at 8:00am as part of the official start.
- Team members are encouraged to wear shirts that recognize Public Safety Department to which they are affiliated.
- Teams must adhere to the same course and rules as they apply to the marathon.
- Hand off zones will be located at miles 6, 12, 18, and 24. Mileage marks are painted in the road, and indicated by signs.
- Teams will be responsible for dropping off and picking up their runners at each handoff zone. *(Official vehicles should drive with flashers on while on the marathon route.)*
- Public Safety Department support vehicles should watch for runners in distress and report as necessary.
- Four legs will be 6 miles in length with the final leg being 2.2 miles to the finish line.
- Public Safety Department Relay Teams should consist of a maximum of 5 members, or a

minimum of 2 members.

- Runners may run two legs, but not consecutively.
- Official Public Safety Departments may enter more than one team. (*Example: Bar Harbor PD - A or Bar Harbor PD - B etc.*)
- The winning Public Safety Department teams will be recognized at the finish line.
- All team members will be awarded finisher medals.

DRIVING DIRECTIONS –

Only public safety teams are allowed to drive on the marathon route after the race starts. Please wait until the field clears town and then pass slowly with your safety flashers on. We recommend leaving the start area early, before the race starts to avoid delays or confusion. (No other relay teams or spectators are permitted to follow the race route from Bar Harbor.)

1. Start on **Main Street** in **Bar Harbor** following **Route 3 South**.
2. Your first team hand-off is located at **Mile 6** on **Route 3 South**. (All miles are clearly marked with stand-up signs and painted numerals.) Please pull off on the far right side of the road (opposite the runners) to pick-up and drop-off team members.
3. DO NOT follow the marathon course onto Cooksey Drive. Instead, continue on **Route 3 South** heading toward the **Village of Seal Harbor**.
4. Turn **RIGHT** onto **Jordan Pond Road** at the bottom of the long sweeping hill as you enter the **Village of Seal Harbor**.
5. Turn **LEFT** onto **Stanley Brook Road** at the end of **Jordan Pond Road**.
6. Turn **RIGHT** onto **Route 3 South** heading toward the **Village of Northeast Harbor**. (You are now back on the Marathon route.)
7. Turn **LEFT** onto **Route 198** where **Route 3 South** ends toward the **Village of Northeast Harbor**. Your second hand-off zone is located at **Mile 12** just outside downtown Northeast Harbor.
8. After your second exchange at **Mile 12**, reverse your direction and follow **Route 198** back toward Somesville/Ellsworth.
9. Your third hand-off is located at **Mile 18**, which is located on **Route 198** near **Abel's Lobster Pound**. (*Note: There is a blind turn in the road here and there may be congestion. Please stay alert and yield to all runners.*)
10. After your third exchange, continue to follow the marathon route, which will make a **LEFT** turn onto **Route 102** at the traffic lights in the **Village of Somesville**.
11. Continue on **Route 102** heading toward the **Village of Southwest Harbor** to your final hand-off zone at **Mile 24**.
12. Continue to Southwest Harbor. Parking is as follows:
 - **Upper Town Dock lot** — 108 Clark Point Road
 - **Lower Town Dock lot** — 176 Clark Point Road
 - **Clark Point Road** — approx. 2 to 29 (between Main Street and Maple Lane)
 - **Post Office lot** — 21 Clark Point Road
 - **Main Street** — approx. 350 to 375 (south of the Finish Line)
 - **Great Harbor Marina lot** — 11 Apple Lane

- **Manset Town Dock lot** — 55 Shore Road
- *Privately owned lots may also offer paid parking.*

You and your team are an important compliment to our race. As Public Safety professionals please watch for and report any downed or disoriented runners. There are HAM Radio personnel stationed at many points along the course, also please render aid if needed. In the event of an emergency, dial 911.

As your public safety teams will be driving on the marathon course, doing so with flashers on will help inform competitors you are an official part of the race as well as helping to slow other traffic.

Thank you for your cooperation!
HAVE A GREAT RACE!

RUN MDI

PUBLIC SAFETY RELAY

Leg 1: 6.0-Miles

Leg 2: 6.0-Miles

Leg 3: 6.0-Miles

Leg 4: 6.0-Miles

Leg 5: 2.2-Miles

