



2023 Survival Guide



Relay Iowa HQ: 515-518-0339

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Disclaimer

This Survival Guide contains important Relay information which will enhance your safety and enjoyment of the Relay.

Each runner must read and comply with all information and instructions.

Key reminders for this year and other important items have been highlighted.

What's new for 2023?

Disc Golf!!

There is a new disc golf course open in Eldora's Memorial Park! Bring your frisbees and check it out when you're not running!

Relay Iowa tattoos

Don't worry, they're just temporary tattoos, but maybe it could lead to something permanent?!? Each team will get some temporary tattoos and we'll have more for sale. Use them to track your miles or 'road kills', or just have some fun with them.

Relay Iowa Bingo

We received good feedback on last year's bingo game, so we're keeping it around for this year! Each team will get multiple bingo cards to fill out during the weekend with hopefully more difficult items to find! As you're making your way across the state, keep your eyes out for the different squares on your cards.

Once you get a traditional bingo (five squares in a row) for a card, turn your winning card in at the finish line for an amazing prize.

Field of Dreams

Our route this year is again running right by the Field of Dreams site outside of Dyersville. Take a break from the Relay and run the bases for free. We'd love to see your pictures of your team and this Iowa icon.

Relay raffle

At the finish line, you'll have a chance to win a free registration for the 2024 Relay. You can buy a ticket for \$5 or five tickets for \$20. We'll be drawing for one registration and other cool Relay merchandise at the end of the Relay.

Manchester checkpoint moved

The checkpoint in Manchester has moved down the street to Whitewater Park. Just keep running past the Medical Center towards the park. Please look for Relay Iowa signage before you start shouting your team name.

The Relay at a glance

Showers

Here's where you can get a shower during the Relay:

- Ida Grove – Battlecreek Elementary School or Rec center
- Lake City – City pool
- Dayton – Clubhouse near checkpoint
- Jewell – South Hamilton High School
- Grundy Center – Grundy Family Aquatic Center
- Independence – Independence High School
- Dubuque – Sutton Pool

Food

Here's where you can get free food during the Relay:

- Spaghetti dinner – Ida Grove – Friday night
- Pancake breakfast – Jewel – Saturday morning
- Potato bar - Independence - Saturday night
- Bagel/Parfait breakfast – Epworth – Sunday morning

GPS Tracking

Reminder, your team will only receive one GPS tracker. The tracker should always be with the team's active runner.

Pit Stops

There are 12 checkpoints throughout the Relay, 5 have been established as "Pit Stops" and your team's active runner is required to be at the pit stop during the specific time window.

Pit Stop	Open time	Close time	Day
Ida Grove	2:00 PM	8:45 PM	Friday
Lake City	9:00 PM	2:15 AM	Friday/Saturday
Jewell	7:00 AM	11:30 AM	Saturday
Independence	10:00 PM	2:10 AM	Saturday/Sunday
Dubuque	8:00 AM	4:00 PM	Sunday

If you will not arrive by the end time for a pit stop, you must drive ahead to reach the pit stop by the closing time.

If you arrive before the open time for the pit stop, your team's active runner must stop and wait for the open time before proceeding.

Relay Iowa and its Charities

Relay Iowa is a non-profit organization whose mission is to support and fund local and international humanitarian efforts that provide for the physical and educational needs of children and families.

The primary charities Relay Iowa is supporting in 2023 are:

Restoring Hope International: Orphanage in Welkom, South Africa - Relay Iowa has helped fund the building of additional houses to provide shelter for orphans.

www.restoringhopeint.org

Camp Hertko Hollow: Camp dedicated to improving the lives of children and youth who have diabetes. Located in Boone, IA.

www.camphertkohollow.com

Relay Iowa also supports organizations along the relay route each year. Our checkpoints are manned by volunteers representing those charities and we encourage you to take the time to meet with those checkpoint volunteers to learn more about their organization and other ways you may be able to support them. (Charities are named on their respective checkpoint pages in this guide).

As you make your way across Iowa, please share the story of Relay Iowa and the charities we support with people you meet. If donations to Relay Iowa are offered to you, please accept them with our thanks and just give it to one of the relay officials at your next opportunity.

Checks can be made out to Relay Iowa and we will send a receipt if given a name and address. Donations can also be made at our website www.relayia.org.

Please consider letting your friends and family know about what you're doing, why you're doing it, and give them the opportunity to show their support of your impressive effort!

General Information

PREPARATION

This is an extreme running event, and participants should be prepared physically and mentally. You will also need to ensure that you have all necessary supplies and equipment, as there may be times (such as between towns and in the middle of the night) when no other resources will be available to you.

Items each team **MUST** have:

- Two reflective vests (**a reflective vest must be worn by runners from dusk to dawn and we recommend wearing one at all times**).
- Two headlamps and LED taillights (**a headlamp and taillight, or lighted vest in place of tail light, must be worn by runners from dusk to dawn**).

Other items you will want to bring, but are not limited to:

- Food
- Water/Gatorade
- Cell phones and chargers
- First Aid Kit including ice pack, blister treatment, bandages, aspirin
- Cash & credit card
- Layering clothes-be prepared for hot and cold weather
- Rain gear
- Reflective tape/gear-anything to make yourself visible to drivers
- Flashlights and fresh batteries for all lights
- Towels and toiletries
- An extra bag for dirty clothes
- Camping supplies
- Pepper spray

RELAY PACE AND STARTING TIMES

To ensure safety, keep the relay on schedule, minimize congestion on the course, and ensure that runners don't get ahead of or behind the volunteers, each team will be required to submit a pace prediction.

Your team's pace will be monitored at checkpoints along the route, and officials may need to hold your team at one of the Pit Stops for a period of time if you get too far ahead of your pace, or move you ahead if you fall too far behind.

If you find yourself getting too far ahead or behind pace, a great option is to simply adjust the legs your runners are running. Longer legs will likely lead to slowing down your pace while shorter legs will likely lead to speeding it up. Length of leg can be adjusted at any point during the relay at team discretion and may be most helpful when managing changes in temperature, time of day, fatigue, or pacing.

(More details are in the section titled “Pit Stops”)

Team start times are directly communicated with team captains.

CHECK-IN

Teams are required to check in with Relay Iowa officials before starting the event.

Early check-in is available Thursday night from 7:00 p.m. – 9:00 p.m. at Buffalo Alice’s. If a team does not check in early, you must check in at the starting point a half-hour before your given starting time.

At check-in, team captains will verify that the team is in possession of two reflective vests, two headlights, and two LED taillights. The team captain will then receive a packet with your team’s event shirts, stickers, tickets for ice cream in Hudson, and two printed Relay Iowa Survival Guides (print extra copies if you want more than two).

Your GPS tracker will be handed out at the start line to your first runner. It will be used as a baton. The GPS should always be worn by the runner currently on the course. **Finish Line meal tickets will be provided when your GPS monitor is turned in upon Relay completion.**

At the Start Line, the Relay Director will provide a final update on any important information for teams to know about. It is the team captain’s responsibility to share these details with their team.

SUPPORT VEHICLES AND RUNNER ROTATION

Each team is responsible for providing and organizing their team support vehicles. Vans tend to be the preferred option among teams due to the ease of maneuvering and comfort. At the starting point, runner one from vehicle one will begin running. Vehicle one will begin driving along the route, stopping at your team’s predetermined distance to wait for runner one.

When runner one reaches the vehicle, he or she will pass the GPS to runner two who will then begin running. Runner one enters the vehicle which will then continue on the course to the desired distance for runner two. This continues until vehicle one turns over running to vehicle two. This will require a lot of communication between runners and their vehicle, and between vehicles.

Team names must be visible on the rear window of all team vehicles. Window paint is available from Relay Iowa check-in.

Vehicles will travel approximately 30-45 miles between checkpoints. The vehicle that is not currently running is free to meet runners on the course to cheer them on, go to a nearby town to eat or get supplies, or find a safe place to rest.

Vehicles must safely pull off the road while on the course while waiting for runners for exchanges or encouragement. All tires must be off the road—you cannot just pull over slightly.

The local, county and state police will ticket you if your vehicle is not safely and fully off the road.

It is recommended that you use side streets, parking lots, farm field entrances, etc., though you must determine if you can do so safely while respecting property owners and other drivers on the road.

Do not park on personal property (e.g., driveways).

CHECKPOINTS

Checkpoints are staffed at the times indicated on the individual checkpoint pages further ahead in the Survival Guide. While it is not required to arrive at a normal checkpoint within that time window, that is an indication that you may be off pace and will need to adjust at a pit stop as follows.

Checkpoints are manned by volunteers from local charities which Relay Iowa supports with donations. We encourage you to learn about these local charities and consider supporting them as well.

As a runner reaches one of the checkpoints, which will be directly on the course, he or she must identify their team name and check in with the checkpoint volunteer before proceeding. This may be accomplished simply by yelling the team name to a volunteer as they pass the checkpoint, or by having the team van at the checkpoint identifying their passing runner.

Since we run throughout the night, please be respectful of those living near areas where you stop for exchanges or encouragement during the night. You should not be cheering loudly, ringing cowbells, etc., between 9:00 p.m. - 7:00 a.m.

Each runner and team are representatives of the Relay and as such it is expected that all involved in the Relay will act with courtesy and respect for the cities and communities that host our checkpoints. You are expected to follow all local laws, posted signs and social norms at all times during the Relay.

DOUBLE RUNNING

If your team ends up falling behind and isn't able to make it to checkpoints on time, double running is a potential option. Double running is the process of having two runners running together at the same time and counting both of their miles towards the end goal of 339 miles. This allows a team to accomplish the required mileage for the event while staying within the timeframe of the Relay weekend.

Double running is ONLY allowed for teams who are at risk of not making it to a checkpoint or pit stop before the designated closing time for that stop. Given that the event is a relay, not a race, the goal is to have your team cross the entire state on foot if possible within the timeframe provided with driven miles being used as a last resort.

For example, if a team has 10 miles left to run before making it to a Pit Stop, but the current runner's pace will not allow them to make it on time, then another runner can run alongside the current runner and both can run 5 miles together. They can count that as 10 miles total. Now the team can drive ahead the remaining 5 miles to the pit stop.

Double running can also be accomplished by having two runners run two consecutive legs at the same time. So runner #1 is dropped off, then the van moves ahead to drop off runner #2 at mile 5 (and runner 2 starts running), then waits for runner 1 to finish, then moves ahead to pick up runner #2 at the 10-mile mark.

CHECKPOINT FOOD OFFERINGS

Relay Iowa supplies meals in Ida Grove, Jewell, and Dubuque free of charge for all registered runners. Drivers and other guests may be charged for their meal.

Additionally, the charity organizations manning many of our checkpoints will have food for sale.

You should not depend on these planned offerings, but please enjoy and support the local charities where available.

There are also numerous convenience stores and restaurants along the route.

PIT STOPS

There are 12 checkpoints, 5 of which are pit stops to help keep teams on pace and to ensure the safety of all participants.

The following checkpoints have been established as "Pit Stops" and your team's active runner is required to be at the pit stop during the specific time window.

If you will not arrive by the end time for a pit stop, you must drive ahead to reach the pit stop by the closing time.

If you arrive before the open time for the pit stop, your team's active runner must stop and wait for the open time before proceeding.

You are encouraged to regularly evaluate if you are on pace to meet the pit stop windows, and as you reach several miles out of a pit stop, estimate when you will arrive to determine if you must drive ahead or stop when you arrive. Additionally, the Relay Director and other Relay Iowa officials will monitor your progress and contact you if any adjustments are needed.

Pit Stop open/close times:

Pit Stop	Open time	Close time	Day
Ida Grove	2:00 PM	8:45 PM	Friday
Lake City	9:00 PM	2:15 AM	Friday/Saturday
Jewell	7:00 AM	11:30 AM	Saturday
Independence	10:00 PM	2:10 AM	Saturday/Sunday
Dubuque	8:00 AM	4:00 PM	Sunday

MERCHANDISE

Relay Iowa merchandise will be available for sale in Jewell (pancake breakfast location) and at the finish line in Dubuque.

Online order pick-up available at the start line and each of these locations.

HOTELS

Because this is an adventure run, we encourage teams to rely on their transportation and/or camping as their places for rest; however, we have been informed some individuals prefer finding a hotel along the way.

If this is of interest to your team, some hotels along the route are:

- **Sioux City:** Room blocks at Wingate (712) 276-5600
- **Lake City:** Cornerstone Suites (712) 464-3082
- **Ft. Dodge (north of Dayton Checkpoint):** AmericInn (515) 576-2100, Quality Inn (515) 955-3621, or Countryside Inn (515) 955-8575
- **Ellsworth:** Comfort Inn (515) 733-6363, Super 8 (515) 854-2281
- **Eldora:** Eldora Village Motel (641) 939-3441
- **Grundy Center (between Eldora and Hudson):** AmericInn (319) 824-5272
- **Manchester:** Boulders Inn & Suites (563) 856-0011, Days Inn (563) 275-4996, Surestay (563) 927-2533
- **Epworth:** American Inn and Suites (in Peosta) – (563) 557-8878

We have not stayed at these motels, so we cannot recommend any one in particular. These hotels are not affiliated with the Relay nor do we have any partnerships with them.

Safety

The safety of our participants, volunteers and the general public is the top priority of the Relay Iowa staff. Failure to act in a safe manner may result in disqualification. Individuals are responsible for their own safety and are required to report any unsafe situations or behaviors to Relay Iowa officials.

Some, not all, Relay support staff will have basic first aid equipment, but medical assistance is not provided by Relay officials during the run. For emergencies, 911 is the best option unless you have better means to address the emergency immediately and safely. Teams must bring their own first aid supplies.

Relay Iowa staff vehicles will be clearly marked with door magnets that say, "Relay Iowa Staff" and will be on the route checking on runners and support vehicles. Road crew will have bright orange t-shirts or reflective vests for identification.

The following rules and suggestions have been developed to help ensure the safety of all participants.

RUNNING SAFETY – GENERAL

Runners must run facing traffic, preferably on the shoulder, or on the edge of the pavement where it is safe to do so.

Required gear from dusk to dawn: flashlight/headlamp, reflective or lighted vest, and LED tail light. A reflective vest is recommended at all times

Do not assume motorists can see you or will yield the right of way, even if you have the right of way. Assume a motorist may be impaired or not see you. Do not expect them to move over and expect the unexpected. **Run defensively!**

It is recommended that runners carry a cell phone or other communication device (e.g., smart watch) to communicate with their team or Relay Iowa officials. Running with headphones in poses a higher safety risk due to less awareness of your surroundings. Use of headphones is discouraged by Relay Iowa.

Maintain proper hydration as dehydration is a primary cause of hospitalization in adventure runs. Be certain you are drinking enough liquids, avoiding drinks that contain caffeine or alcohol which cause fluid loss. Make sure your team vehicles are stocked with enough water to stay hydrated through the day/night. You will be able to refill at gas stations, stores, and various locations along the route but keep in mind that many stores may close overnight.

Relay Iowa does not provide water.

Review your course leg in advance, making note of any turns or potential high volume or road intersection situations. Monitor the ground/pavement ahead of you for potential safety hazards.

Be certain you are in good physical condition. You should review your plans with your doctor. If you are not feeling well during your run, stop and seek first aid or medical attention as needed.

RUNNING AT NIGHT

When running at night, we encourage team support vehicles to stop somewhere along each leg to watch for their runner. It is permitted for support vehicles to “shadow” runners during nighttime legs only. “Shadowing” means that a support vehicle parks a couple hundred yards ahead of their runner, once the runner passes, the support vehicle waits until the runner is a couple hundred yards ahead then drives on ahead of the runner and stops again. All support vehicles that are shadowing runners must obey traffic laws.

When parked, please turn off your lights so that you don’t blind the oncoming traffic. Leave your parking lights and hazards on so that others can see you. Please do not stop or slow down in places that will impede traffic or runners and turn your hazard lights on.

It is not permitted for support vehicles to follow behind runners at the runner’s pace. We also encourage nighttime runners to run with “buddy runners” if they feel more comfortable this way. “Buddy runners” can run alongside each runner and must have the required night gear on while pacing.

Required gear from dusk to dawn: flashlight/headlamp, reflective or lighted vest, and LED tail light.

WEATHER

The Relay will occur rain or shine. However, under certain severe weather conditions where significant damage or alterations to the course occur, we reserve the right to cancel or suspend the event. There will be no refunds given if the run is canceled/suspended due to weather. Conditions that may result in the run being canceled/suspended include but are not limited to the following: severe electrical storm, tornadoes, earthquakes, flooding, etc.

If there is lightning at the start of the run, we reserve the right to delay starts until the lightning clears. If you see lightning on the course after the run has started, get your runner off the road and into the support vehicle. Make a note of the time and the location where you exited the course. If lightning clears within one hour, put your runner back on the road where they left and make a note of the time. If lightning persists longer than an hour, move ahead five miles for every hour of lightning.

Keep close track of where and when you left the course and where and when you returned to the course. You should call the headquarters phone line to report details once back on the course. We will then calculate your average pace and apply this pace to the segment of the course that you missed. In this way we will adjust all overall run times.

Each individual runner is responsible for determining if it is safe to run in the conditions presented. Do not wait for a Relay Iowa official to suspend the run due to severe

weather conditions—the individual/team must take action, seeking shelter as necessary.

While we respect each team’s ability to make safety decisions based on their own personal comfort, if Relay Iowa HQ determines that conditions are unsafe for all teams and issues an “all stop”, that decision must be respected by teams until the “all stop” is lifted. Once the “all stop” is lifted, it is up to the individual teams to determine personal safety/comfort regarding weather conditions.

DISQUALIFICATION

Relay Iowa officials and course volunteers have the authority to disqualify a team for serious violations of Relay Iowa rules or city/state laws.

Runners must wear a reflective or lighted vest, headlamp/flashlight, and a LED tail light when running on the course from dusk to dawn. Failure to do so may result in disqualification from the relay.

Runners must run facing traffic, not with traffic. Failure to do so may result in disqualification from the relay.

PARKING DO’S AND DON’TS

DO:



DON'T:



Communication

RELAY IOWA HEADQUARTERS CONTACT INFO

For all questions, issues, sharing of information, etc., we've established a headquarters phone line that will be staffed the duration of the event. Volunteers staffing this headquarters phone line can directly assist you or put you in touch with other members of the relay staff as needed.

515-518-0339 (Text or Call for assistance throughout the event. In case of emergency 911 is the best option)

If we experience issues with the headquarters phone line, we'll notify everyone of back-up contact information via our Remind system.

GPS TRACKING

Relay Iowa is using GPS tracking devices by **Adventure Enablers** for 2023.

The GPS tracking will also be live streamed at their website, www.AdventureEnablers.com, to track our runners throughout the relay.

Teams will receive one GPS device and one charging cable. These devices have a longer battery life than years past.

The GPS device should always be with the active runner on the road to ensure proper tracking for safety purposes.

While these GPS devices use 4G technology, they still rely on cell service to transmit a signal. As we all know, coverage can be spotty in some areas of the state. Let your fans know not to worry and that it will pick up your location once a signal returns.

We'll provide more details and instructions at registration when you receive your GPS devices.

REMIND TEXT NOTIFICATION SYSTEM

Relay Iowa will use the Remind texting system to reach everyone during the event with updates and important information. Although we will post on social media, the Remind system will be the quickest way for Relay officials to communicate with all participants.

Take a moment right now to join Remind today.

Text @relayiowa to the number 81010.

You will receive a welcome text from Remind. If you have any trouble with 81010, try texting @relayiowa to (901) 466-8785.

SOCIAL MEDIA

Please take time along the way to document your journey on your favorite social networking site(s) and see what other teams have to share – and be sure to tag us! Whether it's beautiful scenery, a crazy dog or sweaty runner, we want to read and see it all!

Facebook:

- Find us at: www.facebook.com/RelayIowa Tag us using: @relayiowa

Twitter:

- Find us at: www.twitter.com/RelayIowa Tag us using: @relayiowa
- Use #RelayIowa2023 when tweeting!

Instagram:

- Find us at: www.instagram.com/relayiowa Tag us using: @relayiowa

Snapchat:

- Follow us using: @relayiowa
- Use our geofilters at the start and finish lines
- Friends of @relayiowa can look for and add to our public story!

TikTok:

- Follow us: @RelayIowa
- Send videos you take along the route to nick@relayia.org and you and your team may be featured in a Relay Iowa Tiktok!

Course information

We anticipate using the same course as past years but be on the lookout for route detour signs or communication in case we have to make last minute adjustments.

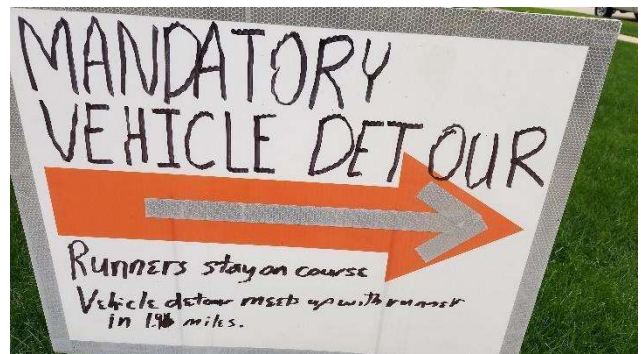
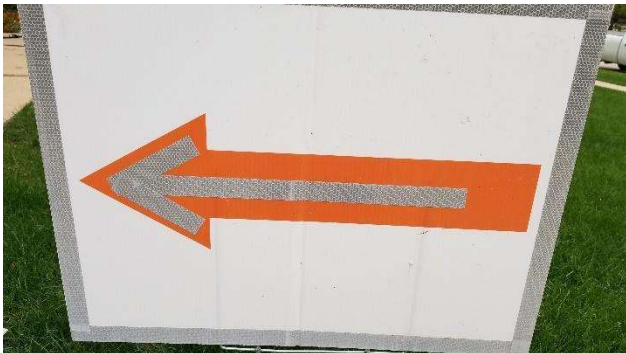
ROAD SIGNS

Teams are responsible to make sure that runners stay on the course. You may want to wait for a runner at any turns or potentially confusing points to ensure they stay on the course.

There will be signs along the route directing vans and runners, but due to potential vandalism, please do not rely on signs to make decisions. Use your map, or if you have any questions or there are missing or incorrect signs, call Relay Iowa Headquarters. Also, you can see the detailed route, specific roads & turns, etc., on the relay web site: <http://www.relayia.org/the-course>

Directional signs will be placed at turns or potentially confusing intersections. Also, look for informational signs next to directional signs in case of detours or to advise you of important information. We plan to attach strobe lights to runner side signs for night legs, but can't ensure they'll all be active due to batteries, weather, vandalism, etc.

IF THEY DON'T LOOK LIKE THIS, DON'T FOLLOW THEM!!



MISCELLANEOUS COURSE INFORMATION

Attempts have been made to identify potential road work or other potential route issues in advance of the relay. However, you may encounter a detour on the route due to unforeseen or unplanned road issues. The detour should be clearly marked with Relay Iowa signs, though if you are unsure you should call Relay Iowa Headquarters before proceeding.

The following pages include maps, directions, checkpoint locations/times, amenities, etc. Relay Iowa is not responsible for the accuracy of the information or availability of certain amenities.

This information is accurate to the best of our abilities. If you find any inaccuracies, please let us know so we can correct it for future years. It is also ultimately the team's responsibility to prepare as needed for this adventure run.

Checkpoints & Pit Stops

Every effort has been made to ensure the accuracy of this information, but it is the team's responsibility to prepare as needed for this adventure run.

SIoux CITY

6:00 a.m. – 2:00 p.m., June 9, 2023

Please arrive at Sergeant Floyd Monument to check in at least 30-minutes before your scheduled start time. You will need to check in at the registration table to confirm we have all signed waivers and to receive your t-shirt, vehicle sticker and GPS. Before taking off, there will be a brief review with the relay director.

LOCATION: Sergeant Floyd Monument

ADDRESS: S. Lewis Blvd, Sioux City

AMENITIES AVAILABLE:

- ✓ Shelter or other cover
- ✓ Tables/benches
- ✓ Bathrooms



ANTHON

10:30 a.m. – 5:45 p.m., June 9, 2023

Checkpoint manned by volunteers from: Anthon Park Project

LOCATION: Stahls Park

ADDRESS: D38/Bridge Street & 5th Ave.

GENERAL DIRECTIONS:

- Coming in on D38 you will hit 5th Ave, then the park, then the river. If you get to the river you have gone too far!
- The road to access the park is after 5th Ave. on the left, but before the river.

AMENITIES AVAILABLE

- ✓ Shelter or other cover
- ✓ Tables/benches
- ✓ Bathrooms

CLOSEST 24-HOUR GAS STATION

Cenex gas station on Hwy 31 & Main
(**NOT 24/7** Open 6am-10pm)

CLOSEST HOSPITAL/URGENT CARE

Horn Memorial in Ida Grove.



IDA GROVE

PIT STOP 2:00 p.m. – 8:30 p.m., June 9, 2023

Checkpoint manned by volunteers from: Ida Grove Kiwanis Club

The **Battle Creek Ida Grove Elementary** will be open to runners for a complimentary **Spaghetti Dinner from 2:00-8:30pm**. Just follow the signs to the south building entrance by the playground. Not a registered participant? You can eat spaghetti, too. Please consider a \$5 donation to support our charities.

Showers are available at the Battle Creek Ida Grove Elementary School from 2:30-8:00pm. Showers, pool, and whirlpool are also available at the Rec Center. Runners pay entrance fee if they want to use the pool.

Blackhawk State Park (right off the route as you pass through Lake View) has a beach and volleyball net where your team can hang out and relax between running shifts!

CHECK POINT LOCATION: Ida Grove Rec Center

PARK ADDRESS: 311 Barnes Street

AMENITIES AVAILABLE

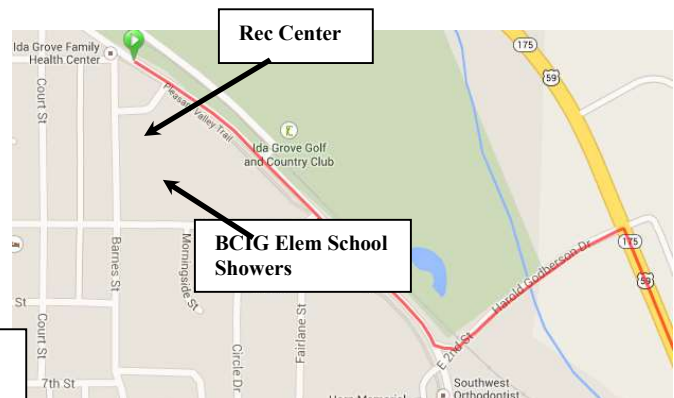
- ✓ Shelter or other cover
- ✓ Tables/benches
- ✓ Bathrooms
- ✓ Showers
- ✓ Food available

CLOSEST 24-HOUR GAS STATION

No 24-hour gas stations. The closest gas stations are at the corner of Highway 175 and Moorehead Ave.

CLOSEST HOSPITAL/URGENT CARE

Horn Memorial Hospital - 701 E. 2nd Ave.



LAKE CITY

PIT STOP 9:00 p.m. June 9 – 2:15 a.m., June 10, 2023

Checkpoint manned by volunteers from: Lake City Area Swim Team

LOCATION: City Square

ADDRESS: Hwy 175 & Center Street. No official address, it's just a square of grass with a few park benches and a band gazebo.

AMENITIES AVAILABLE

- ✓ Shelter or other cover (Band Gazebo)
- ✓ Showers at the city pool
 - 1005 West Madison
- ✓ Tables/benches (benches only)
- ✓ Bathrooms
- ✓ Location for setting up tents (no stakes in the ground)

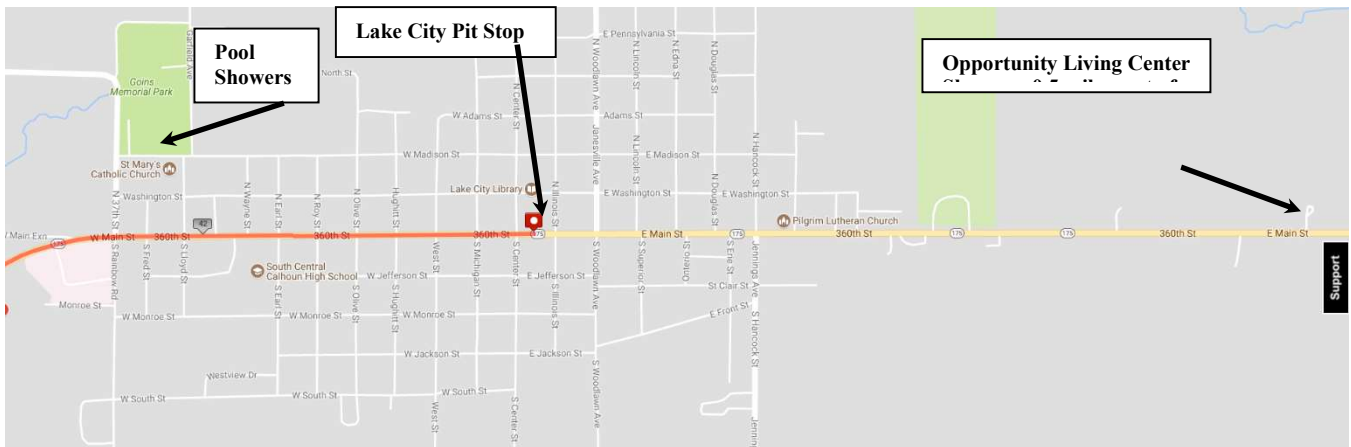
CLOSEST 24-HOUR GAS STATION

Sparky's – west of the square on the south side of the road

CLOSEST HOSPITAL/URGENT CARE

Stewart Memorial

Recommend filling up with gas in Lake City since there's no 24-hour gas station at next checkpoint in Dayton



DAYTON

2:45 a.m. – 7:00 a.m., June 10, 2023

Checkpoint manned by volunteers from: Dayton Museum Board

LOCATION: Oak Park

ADDRESS: Along Hwy 175 on the south end of Dayton, top of hill. There is no exact address, but there is a lighted sign that you can see.

GENERAL DIRECTIONS

The park entrance is between the Oak Park sign and the City of Dayton welcome sign on the southern end of town. Porta-potties and camping are available at camp site 24/7. The clubhouse is about 300 yards west of the highway and will be open with restroom/shower access 2:45am-7:00am

AMENITIES AVAILABLE

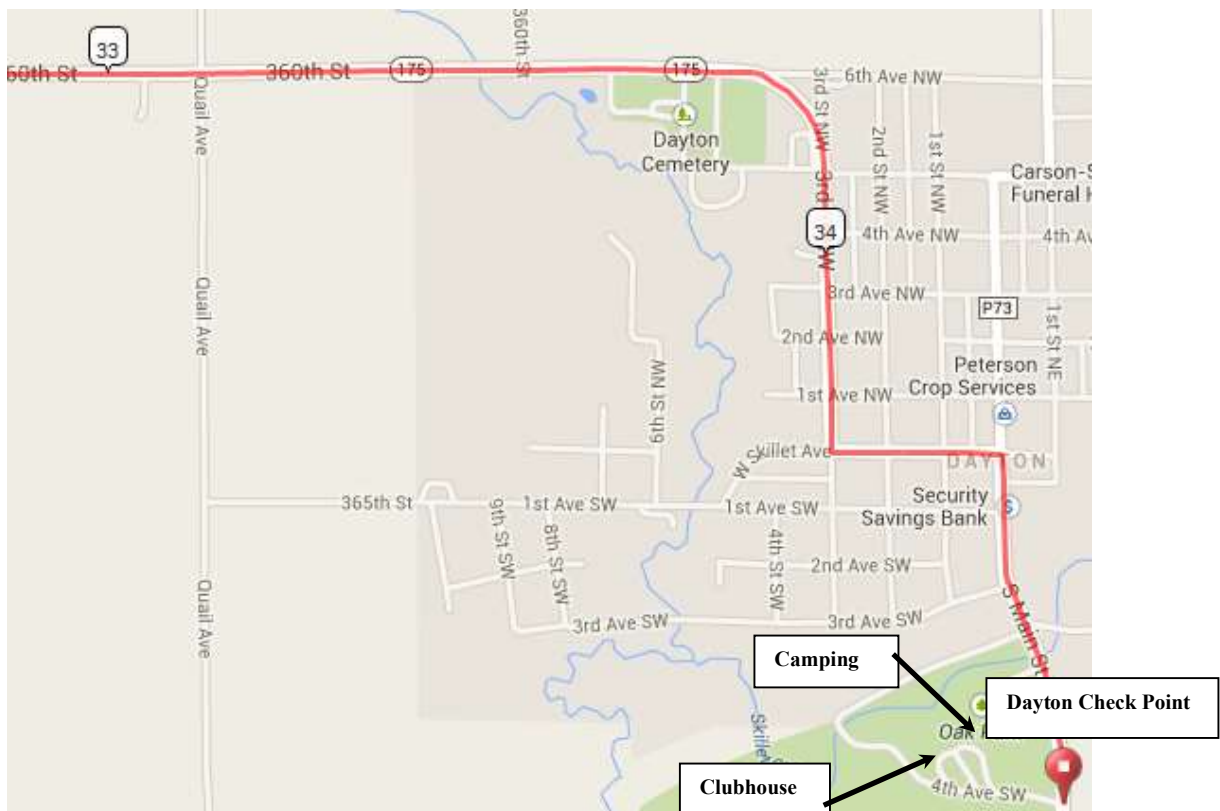
- ✓ Shelter or other cover
- ✓ Tables/benches
- ✓ Bathrooms
- ✓ Showers
- ✓ Location for setting up tents

CLOSEST 24-HOUR GAS STATION

Either in Fort Dodge (22 miles away) or Boone (25 miles away). Dayton Casey's open only 5:30am-11pm

CLOSEST HOSPITAL/URGENT CARE

Ft. Dodge, Boone, Webster & Lake City



JEWELL

PIT STOP 7:00 a.m. – 11:30 a.m., June 10, 2023

Pit Stop manned by volunteers from: Restoring Hope International

There will be a complimentary **pancake breakfast** 7:00 a.m. - 11:30 a.m. at Victory Christian Fellowship church.

LOCATION: Victory Christian Fellowship church

ADDRESS: 501 East Lane

AMENITIES AVAILABLE

- ✓ Shelter or other cover
- ✓ Bathrooms
- ✓ Showers (at Jewell South Hamilton HS)
- ✓ Food available
- ✓ Relay Iowa merchandise for sale

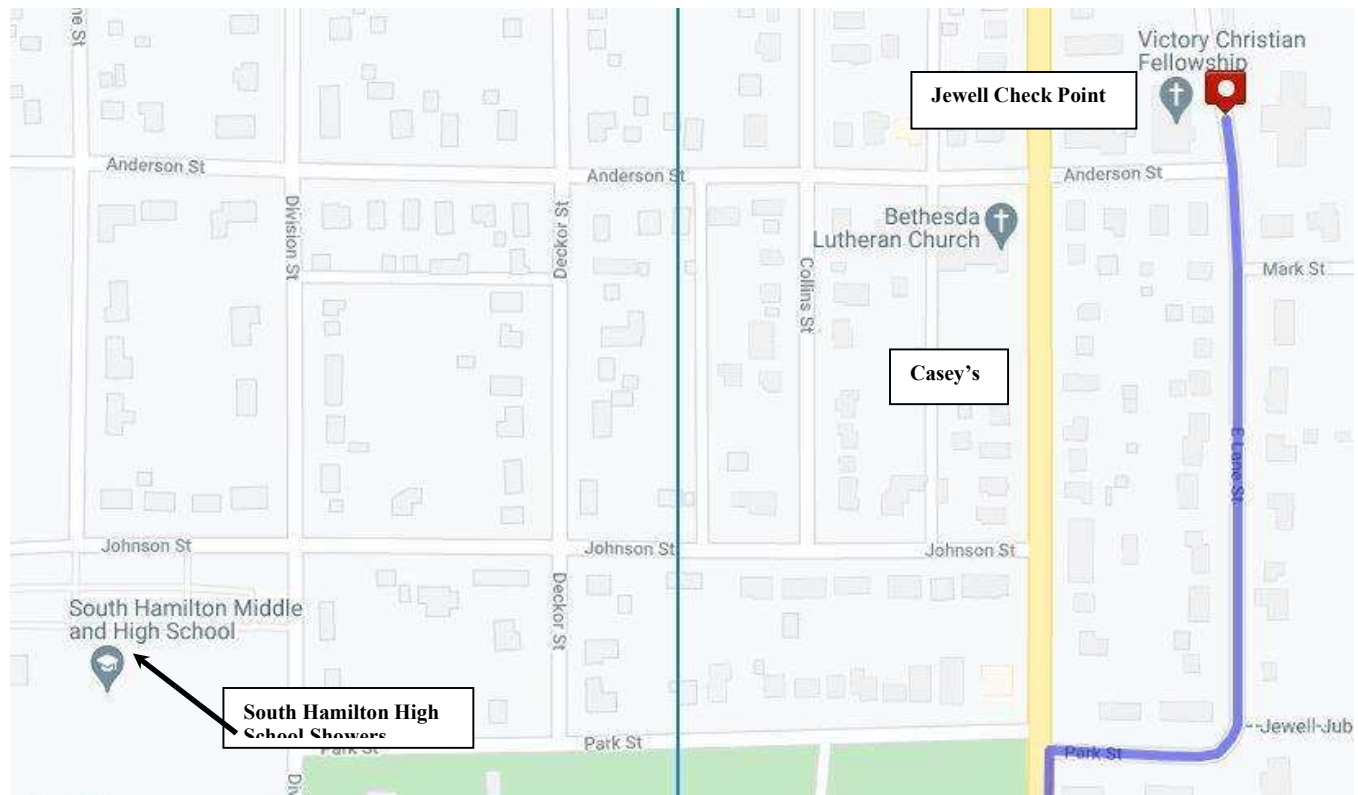
CLOSEST 24-HOUR GAS STATION

Casey's open 5:00 am to 11:00 pm

CLOSEST HOSPITAL/URGENT CARE

Webster City or Ames (both 20mi away).

The South Hamilton High School in Jewell will be open 7:00 - 11:00 a.m. for runners to take showers. **Access through the north door.**



ELDORA

12:00 p.m. – 3:30 p.m., June 10, 2023

Checkpoint manned by volunteers from: Eldora Rotary Club

LOCATION: Memorial Park (a.k.a. Deer Park) ****New Disc Golf Course Located in Memorial Park for 2023!! Bring your frisbees if you have them and play a round!****

ADDRESS: 1209 2nd Street / 1219 Park St. (either address works).

GENERAL DIRECTIONS

Off of Hwy 175 before the river bridge by the Eldora Welcome Center/Train Depot Museum.

Showers available at the **Grundy Family Aquatic Center** at Orion Park, 605 12th St, Grundy Center, IA. Pool accessible from 7am-11am for runners. Need to pay admission if they want to use the pool. Showers can be used for no cost.

Showers available at the **Eldora Aquatic Center** at 709 14th Ave, Eldora. Open 11am-8pm. Will need to pay a \$2 entrance fee to use showers/locker rooms.

AMENITIES AVAILABLE

- ✓ Shelter or other cover
- ✓ Location for setting up tents
- ✓ Tables/benches
- ✓ Bathrooms
- ✓ Showers
- ✓ Food available - Nacho Daddyz Taco Truck (11am-3pm), Root Beer Floats

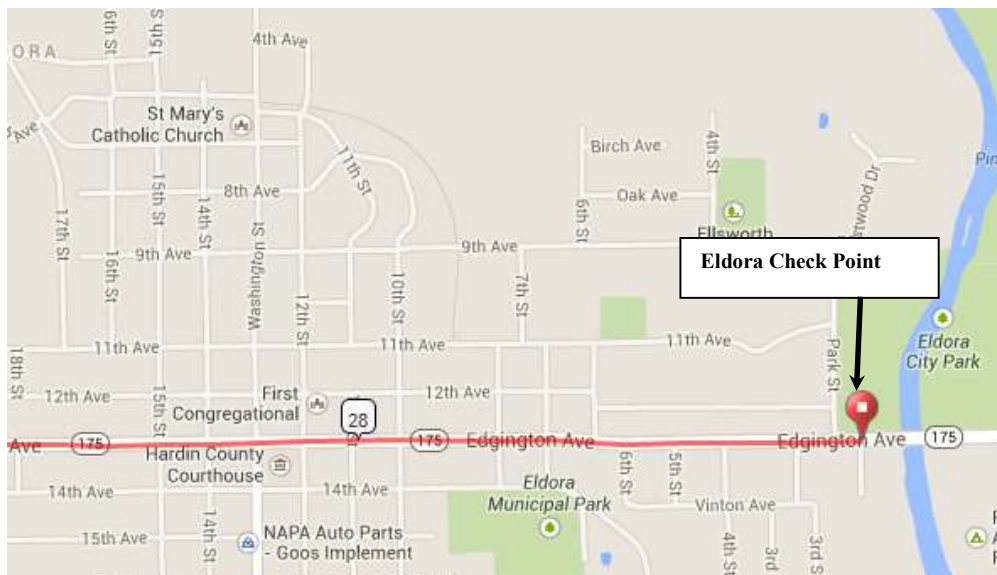
and Bake Sale by the Eldora Welcome Center

CLOSEST 24-HOUR GAS STATION

Good Stop

CLOSEST HOSPITAL/URGENT CARE

Iowa Falls or Grundy Center.



HUDSON

5:00 p.m. – 8:30 p.m., June 10, 2023

Checkpoint manned by volunteers from: Happy Tales Ranch & Rescue

LOCATION: Hudson City Park

Free ice cream at Hansen’s Dairy (8461 Lincoln Road – one mile before Hudson) for all runners!

(Runners - provide the white ticket you received at check-in for your free ice cream)

www.hansendairy.com Farm has tours, animals, dairy products, etc.

AMENITIES AVAILABLE

- ✓ Shelter or other cover
- ✓ Tables/benches
- ✓ Bathrooms (7am-10pm at park, porta-potties at dairy farm)
- ✓ Location for setting up tents

CLOSEST 24-HOUR GAS STATION

Git-N-Go gas station is just north of the park (Open until Midnight)

CLOSEST HOSPITAL/URGENT CARE

Covenant Medical Center in Waterloo



INDEPENDENCE

PIT STOP 10:00 p.m. June 10 – 2:00 a.m., June 11, 2023

*Pit Stop manned by volunteers from: Independence Boys' Soccer team
Meal provided in part by: Denali's On The River*

LOCATION: Pizza Ranch

ADDRESS: 1900 1st St. W.

Showers, food, and rest areas available at the High School 7:00 p.m. – 7:00 a.m. Bring your own towels.

AMENITIES AVAILABLE

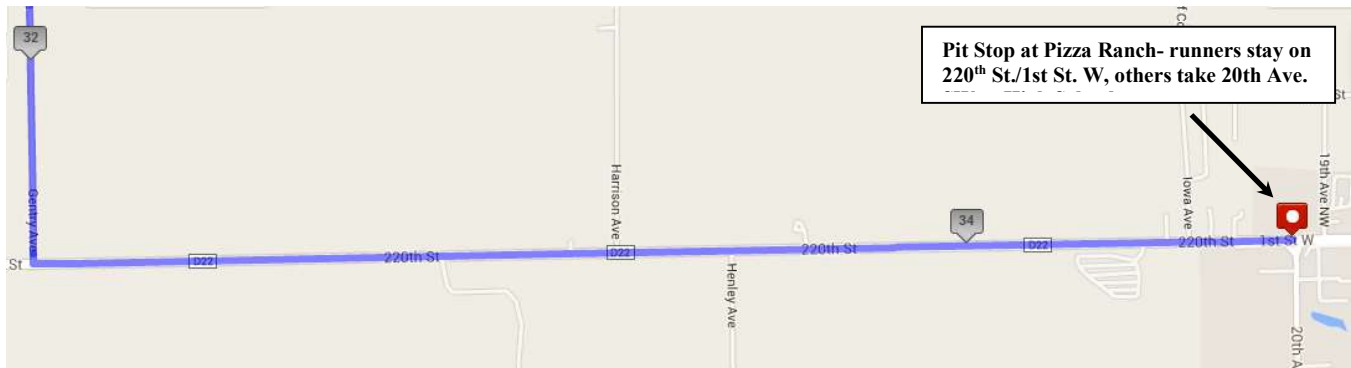
- ✓ Showers (inside HS)
- ✓ Shelter or other cover
- ✓ Bathrooms
- ✓ Tables/benches
- ✓ Food: Potato Bar
- ✓ Indoor Sleep Spot (HS Wrestling Room)

CLOSEST GAS STATIONS

Kwik Star & Casey's along First St. E

CLOSEST HOSPITAL/URGENT CARE

Buchanan County Health Center
1600 First St. East



MANCHESTER

12:30 a.m. – 6:30 a.m., June 11, 2023

Checkpoint manned by volunteers from: HS Girls' Wrestling Team

CHECK POINT: Whitewater Park

ADDRESS: 300 W Main Street

GENERAL DIRECTIONS

As you come in on Main Street, it is on the south side of the street just past the river.

AMENITIES AVAILABLE

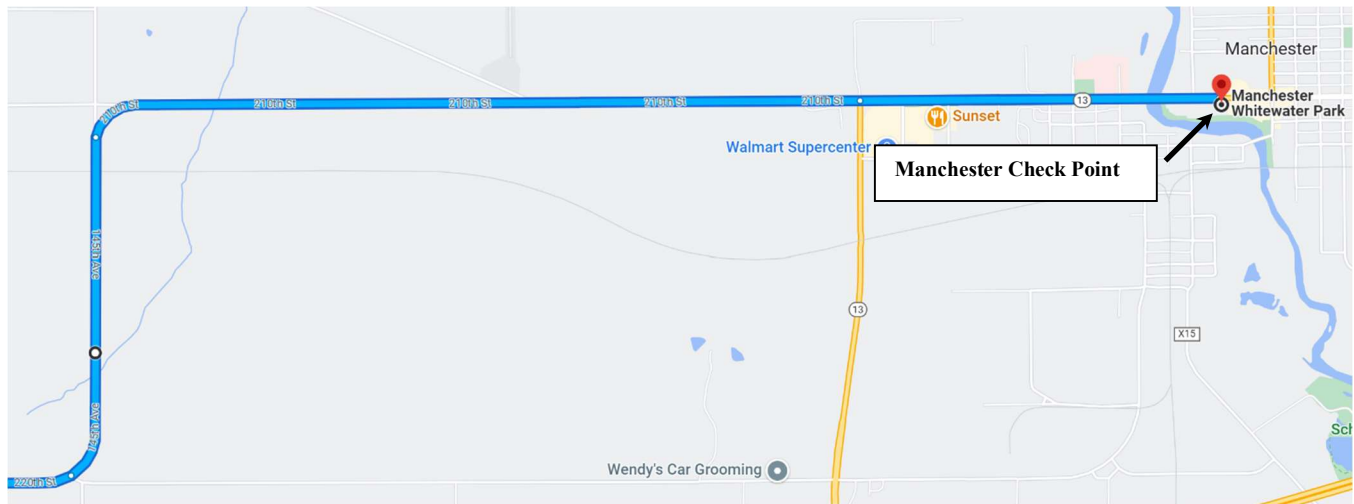
- ✓ Shelter or other cover
- ✓ Tables/benches
- ✓ Bathrooms
- ✓ Location for setting up tents
- ✓ Showers (outdoor)

CLOSEST 24-HOUR GAS STATION

Kwik Trip (1000 W Main Street)

CLOSEST HOSPITAL/URGENT CARE

Regional Medical Center (709 W Main Street)



EPWORTH

5:00 a.m. – 12:30 p.m., June 11, 2023

Checkpoint manned by volunteers from: Scouts BSA Troop 5 of Peosta

There will be a complimentary **bagel and parfait bar breakfast** at the checkpoint location

LOCATION: Tower Park

ADDRESS / GENERAL DIRECTIONS: Located next to the water tower on Main Street.

AMENITIES AVAILABLE

- ✓ Shelter or other cover
- ✓ Tables/benches
- ✓ Bathrooms (open 24 hours)
- ✓ Food available

CLOSEST 24-HOUR GAS STATION

Quik n' Handi (6am-11pm)
Dyersville has full service 24/7 gas stations.

CLOSEST HOSPITAL/URGENT CARE

Dubuque



DUBUQUE

8:00 a.m. – 4:00 p.m., June 11, 2023

FINISH LINE!!!

Finish line manned by volunteers from: Opening Doors (Women's Shelter)

Finish Line is at A.Y. McDonald Park, Volunteer Drive, Dubuque, IA 52001

This is an active boat ramp so please do not block the roads and be careful of the traffic moving through the park.

There is additional parking in a lot before you enter the park. See the maps below for details.

****Showers available at Sutton Pool (open 10am-1pm, 1:30pm-4:30pm). Free to use showers but need to pay admission fee if you want to swim****

Join us for the Celebration with complimentary BBQ catered by Fat Tuesday (vegetarian option available) for runners!

Each team will receive 2 extra meal tickets for drivers. You must have your ticket. Additional tickets may be purchased for \$5 while supplies last.

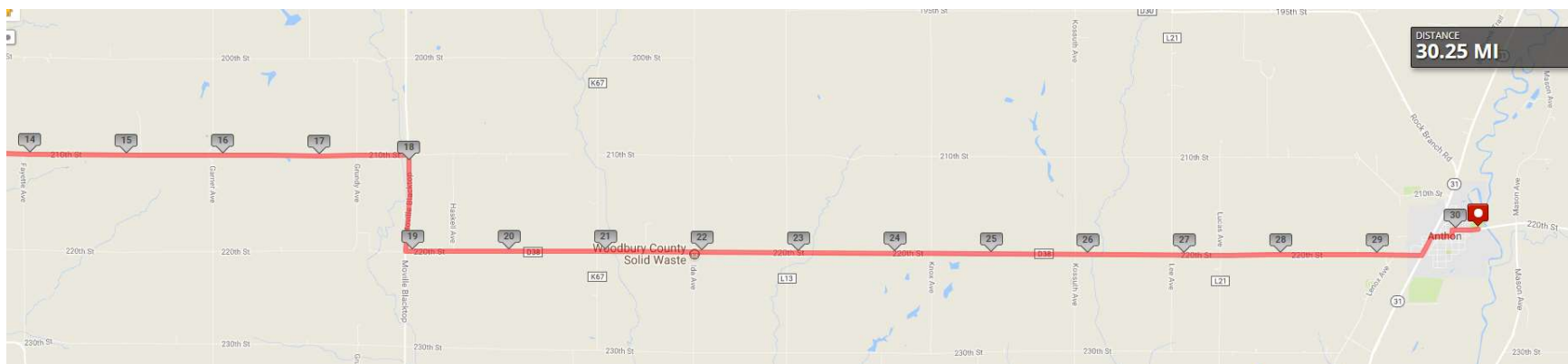
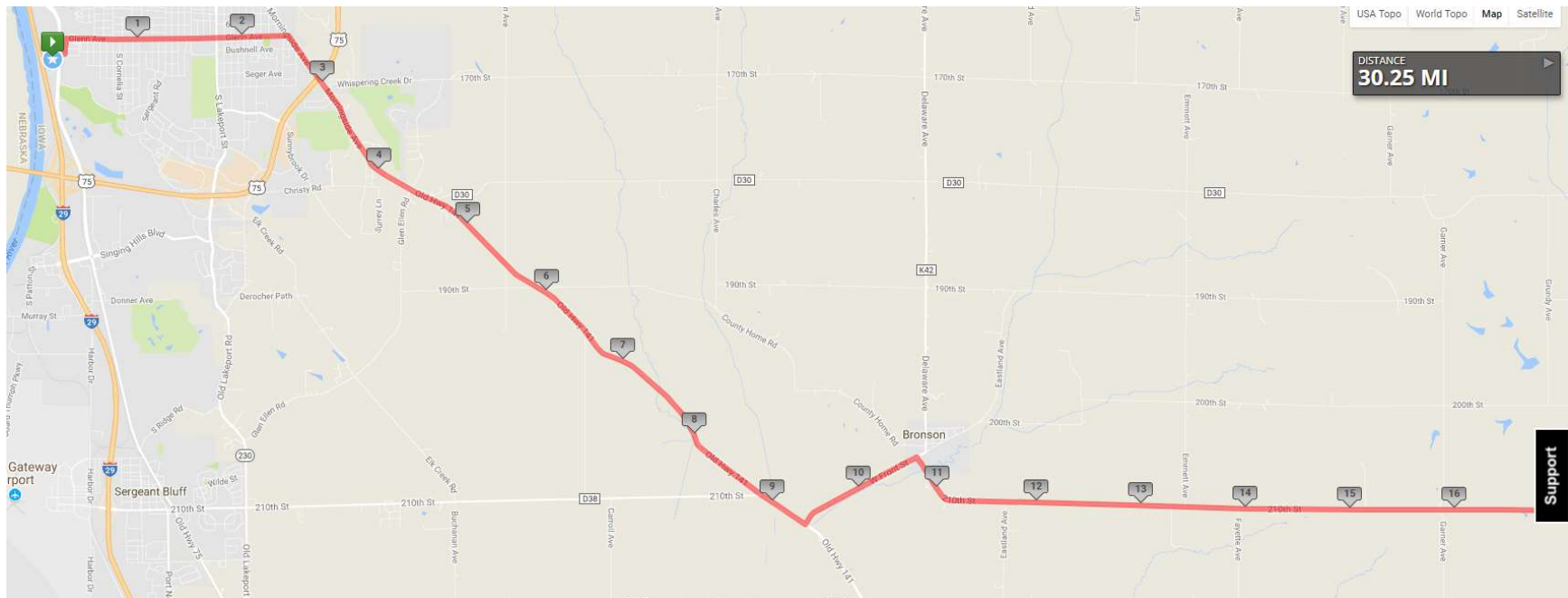
Please return your GPS and accessories to the indicated table at the finish line. You will receive meal tickets for your team when you turn in your GPS monitor. You will be charged for any items not returned.

AMENITIES AVAILABLE

- ✓ Shelter or other cover
- ✓ Tables/benches
- ✓ Bathrooms
- ✓ Showers
- ✓ Food available
- ✓ Relay Iowa merchandise for sale

Maps – Relay Legs

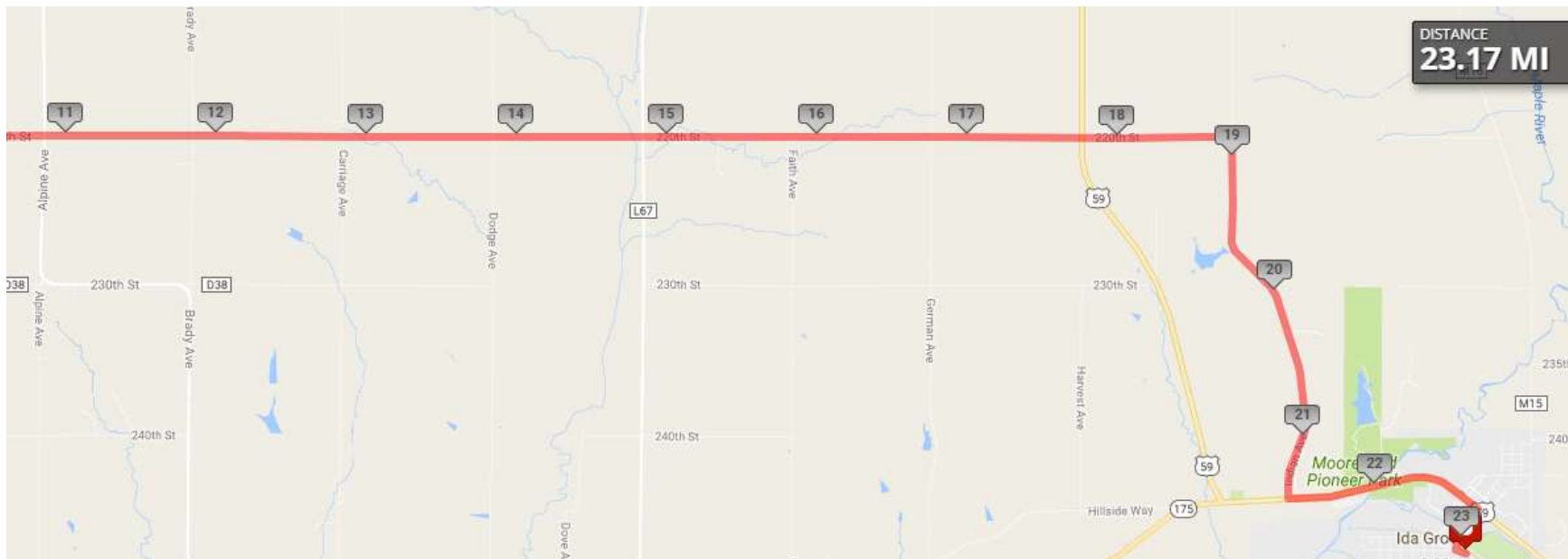
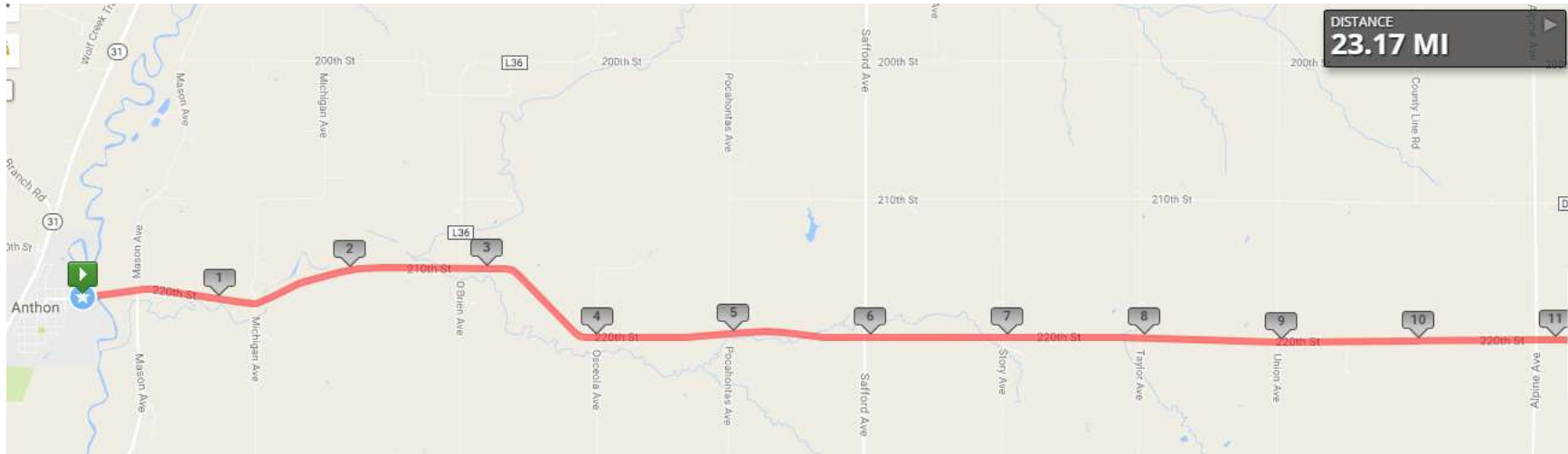
Leg 1: Sioux City to Anthon 30.3 miles



Leg 2: Anthon to Ida Grove

23.2 miles

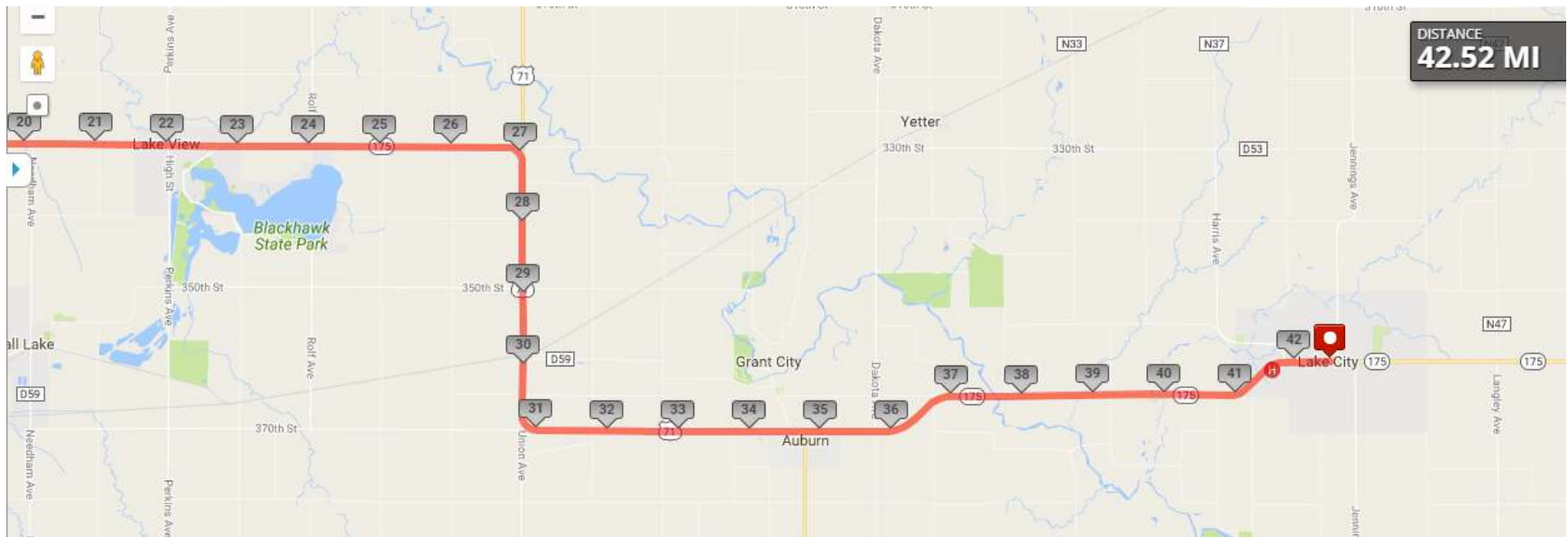
(Cumulative mileage 53.4 miles)



Leg 3: Ida Grove to Lake City

42.5 miles

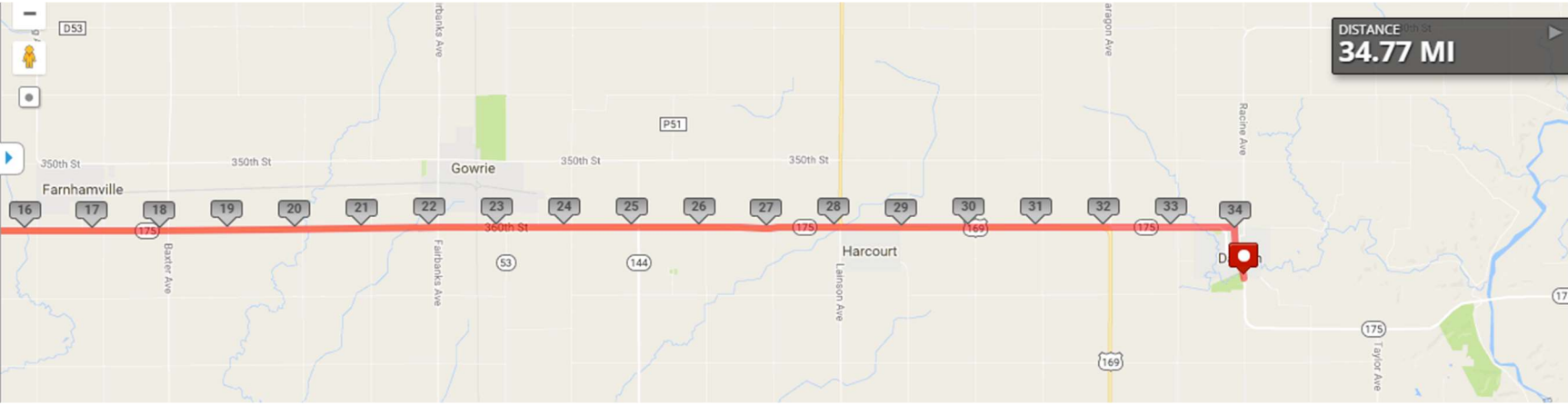
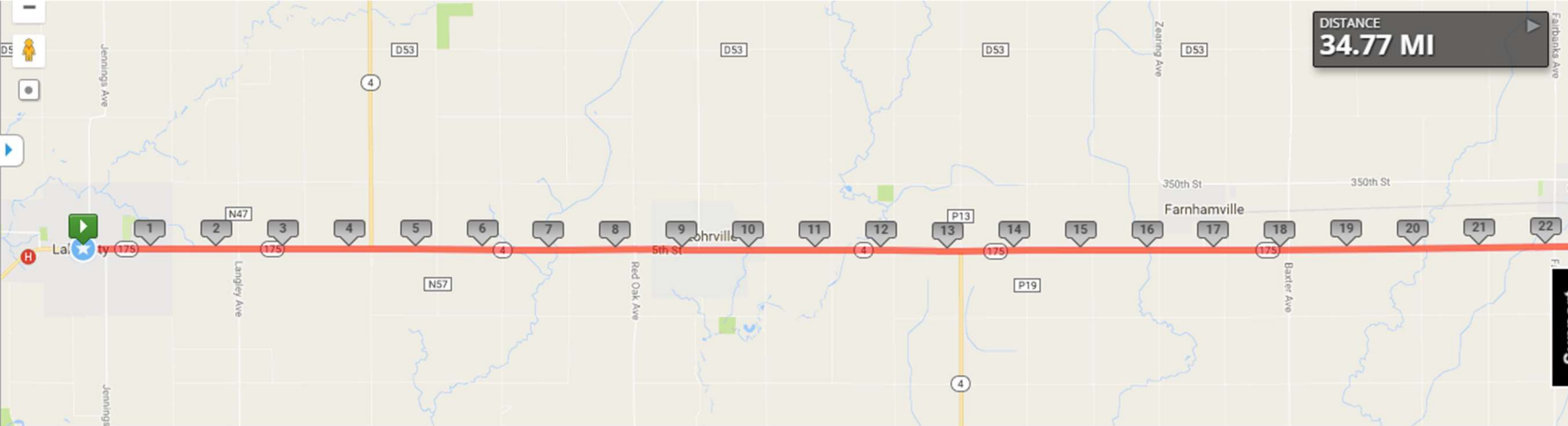
(Cumulative mileage 95.9 miles)



Leg 4: Lake City to Dayton

34.8 miles

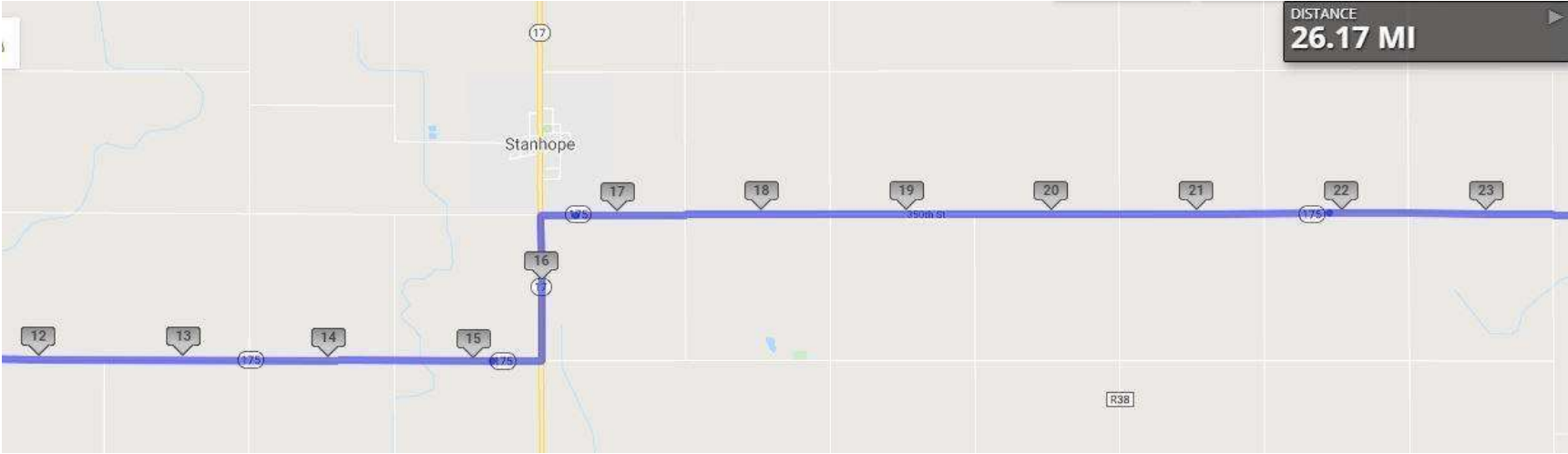
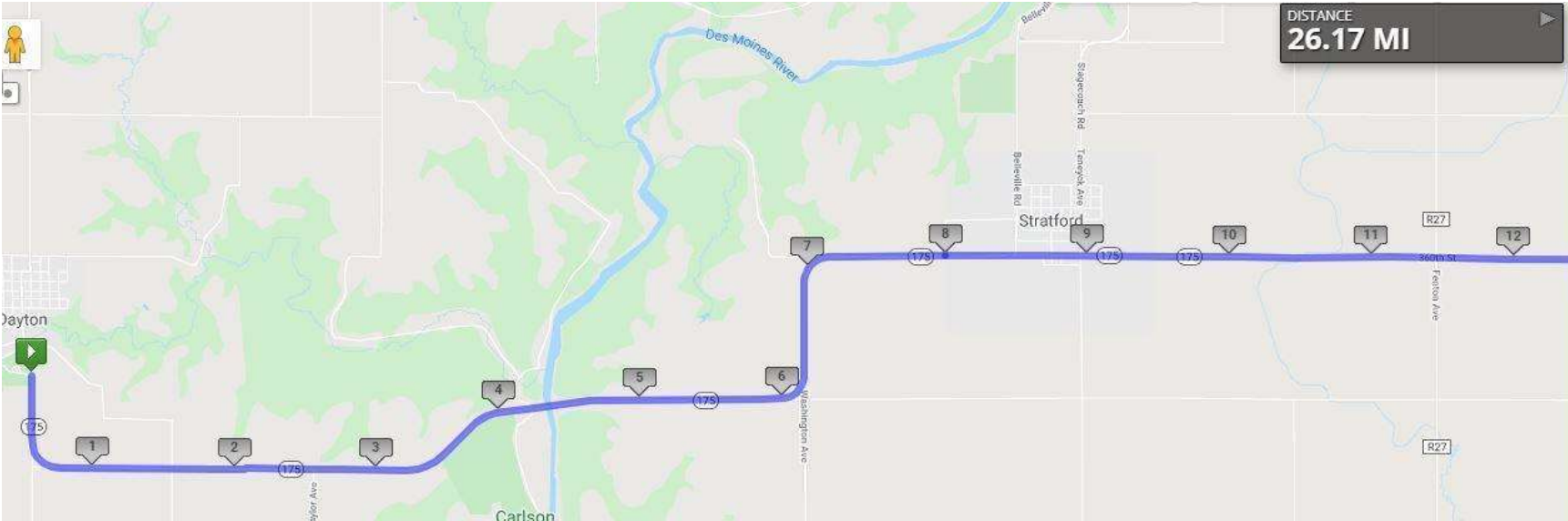
(Cumulative mileage 130.7 miles)

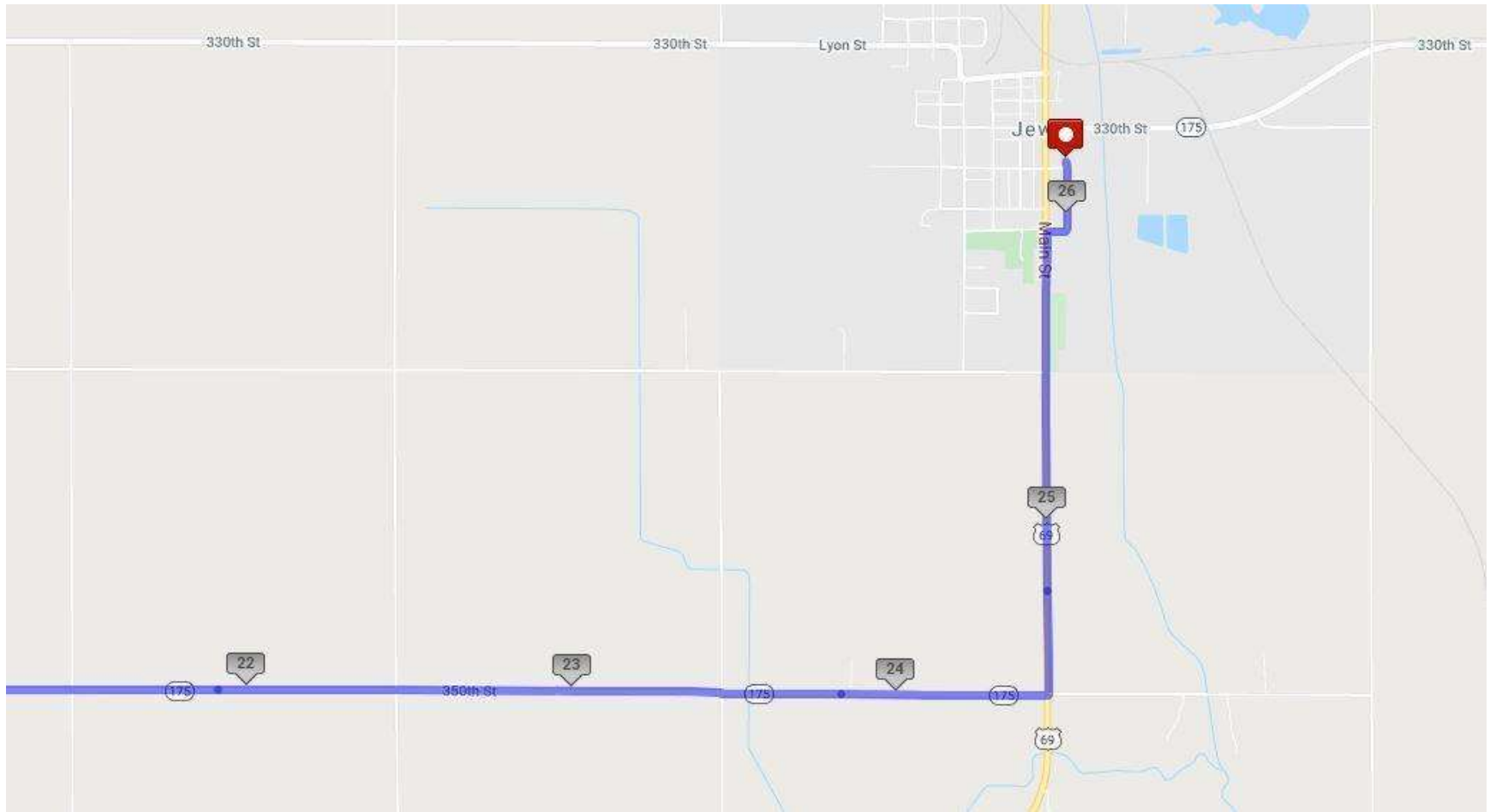


Leg 5: Dayton to Jewell

26.2 miles

(Cumulative mileage 160.6 miles)





Leg 6: Jewell to Eldora

32.0 miles

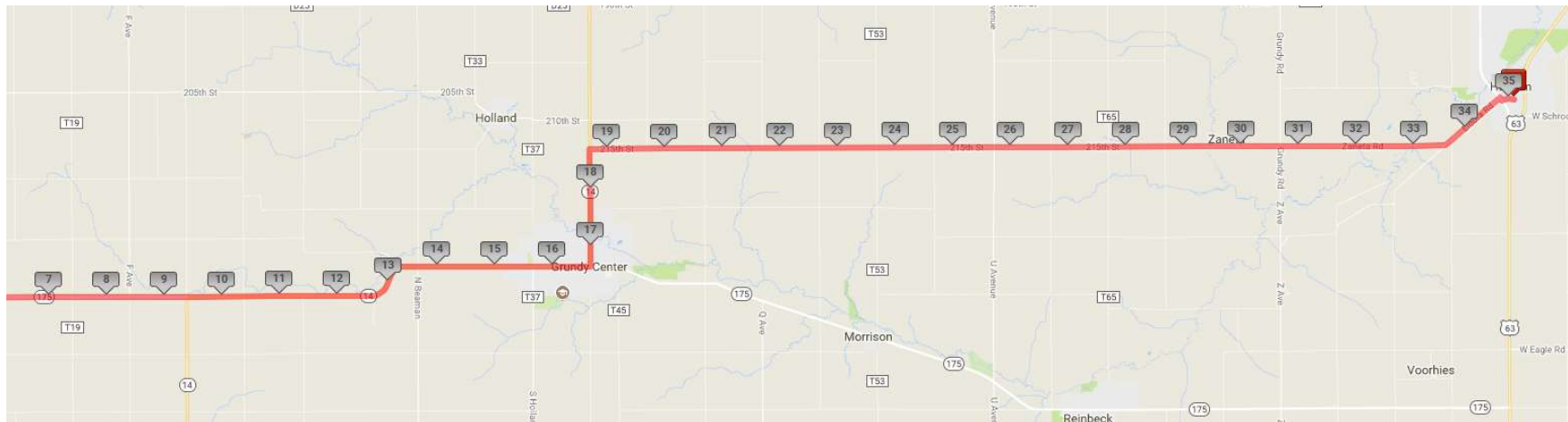
(Cumulative mileage 189.6 miles)



Leg 7: Eldora to Hudson

35.0 miles

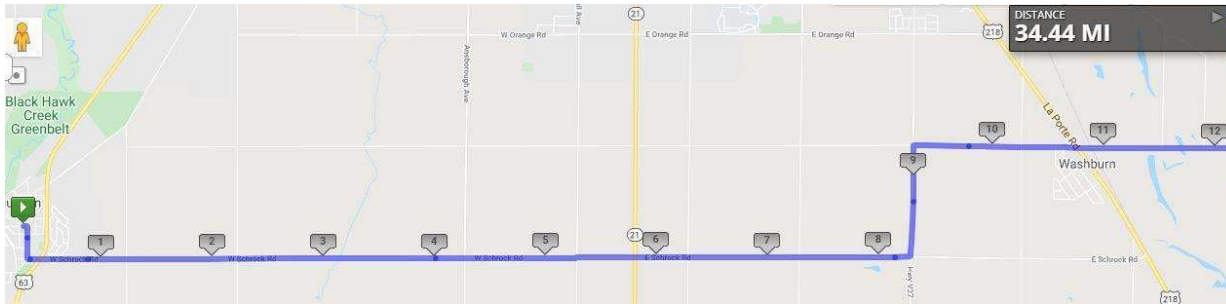
(Cumulative mileage 224.6 miles)

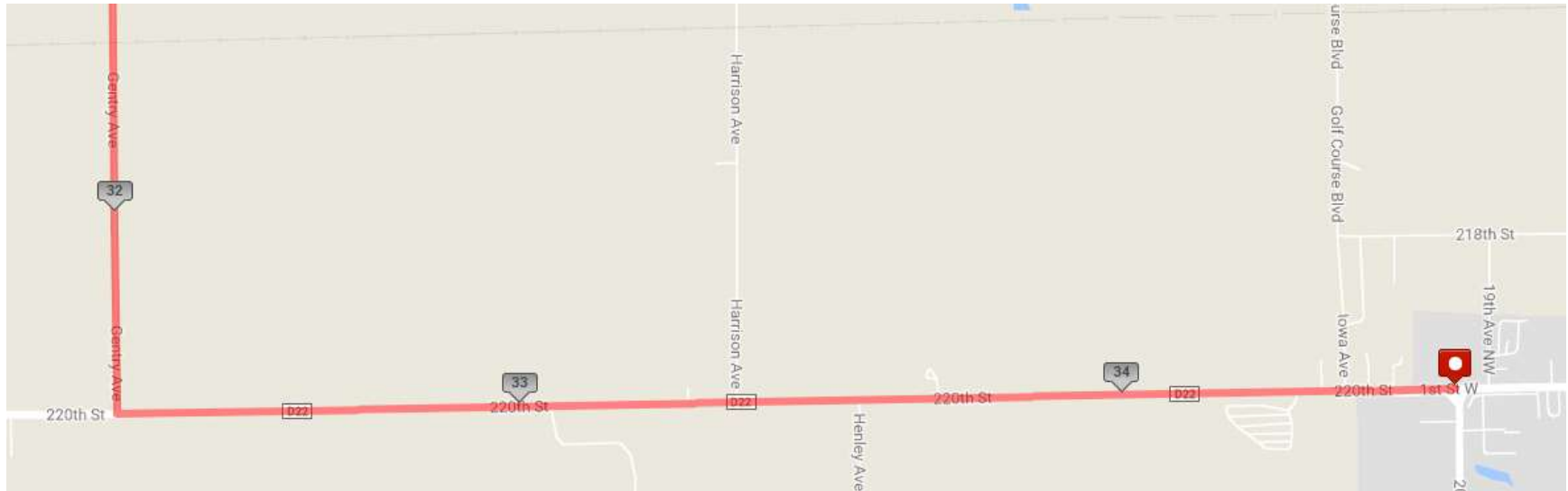
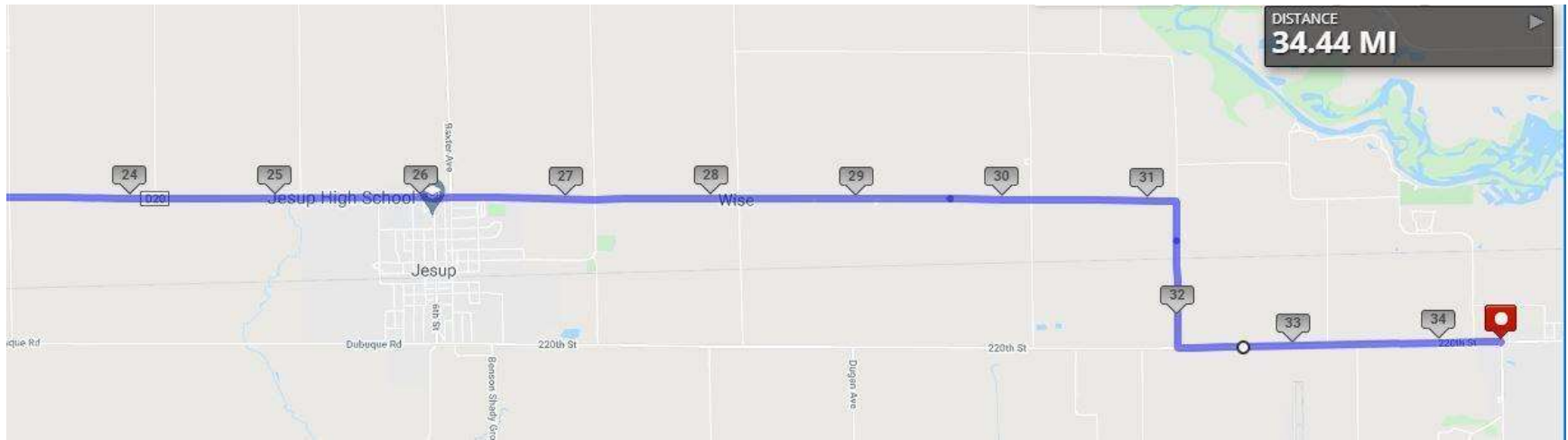


Leg 8: Hudson to Independence

34.6 miles

(Cumulative mileage 259.2 miles)





Leg 9: Independence to Manchester

26.0 miles

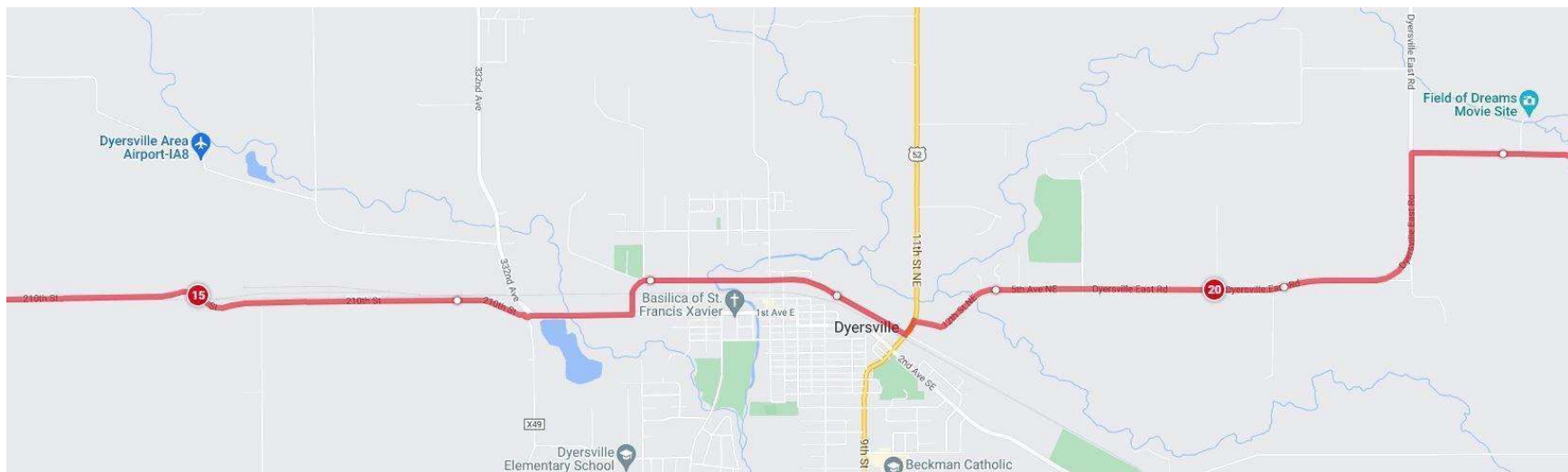
(Cumulative mileage 283.2 miles)

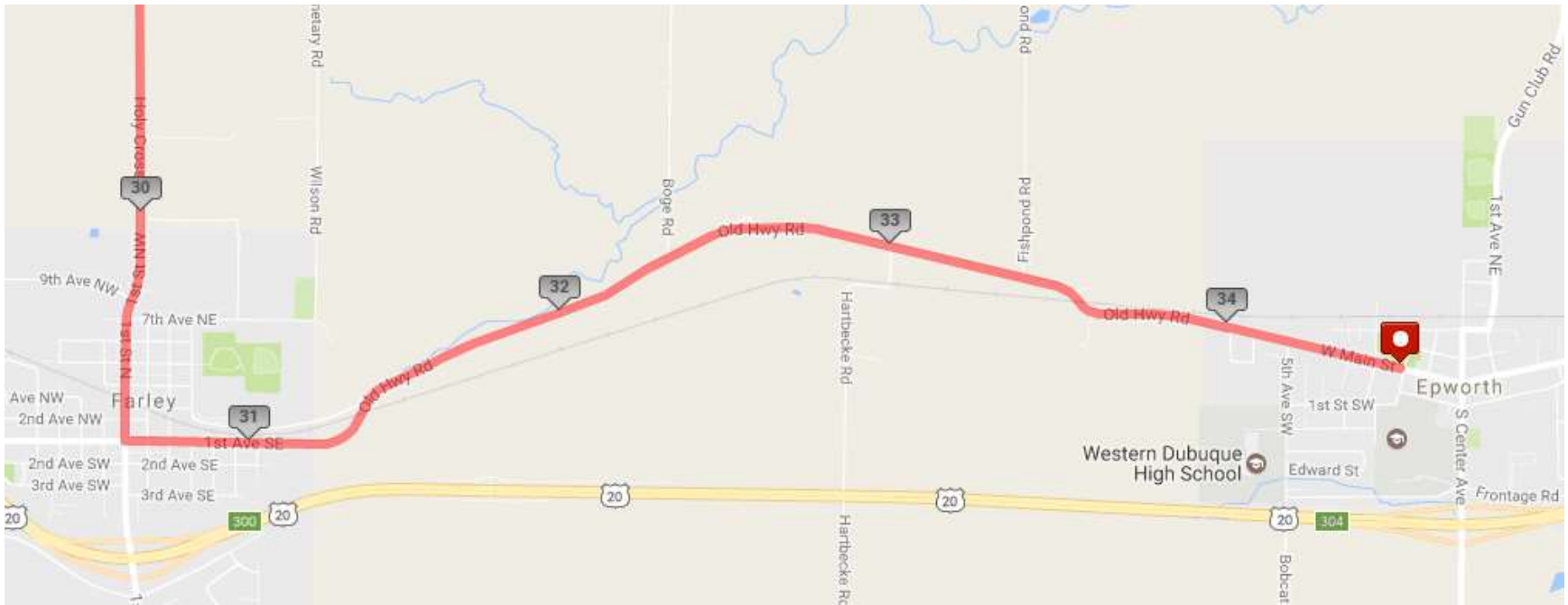
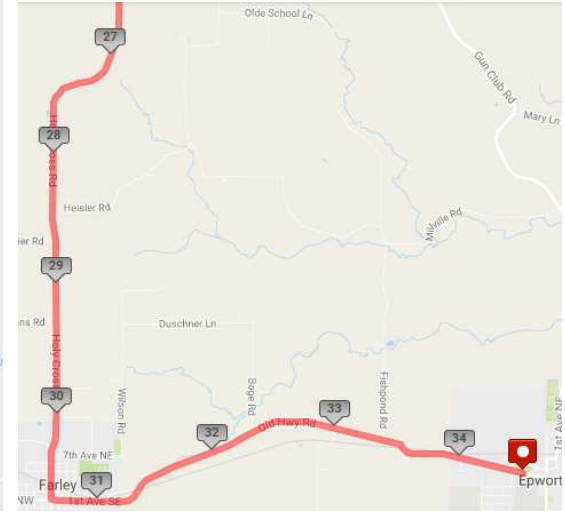
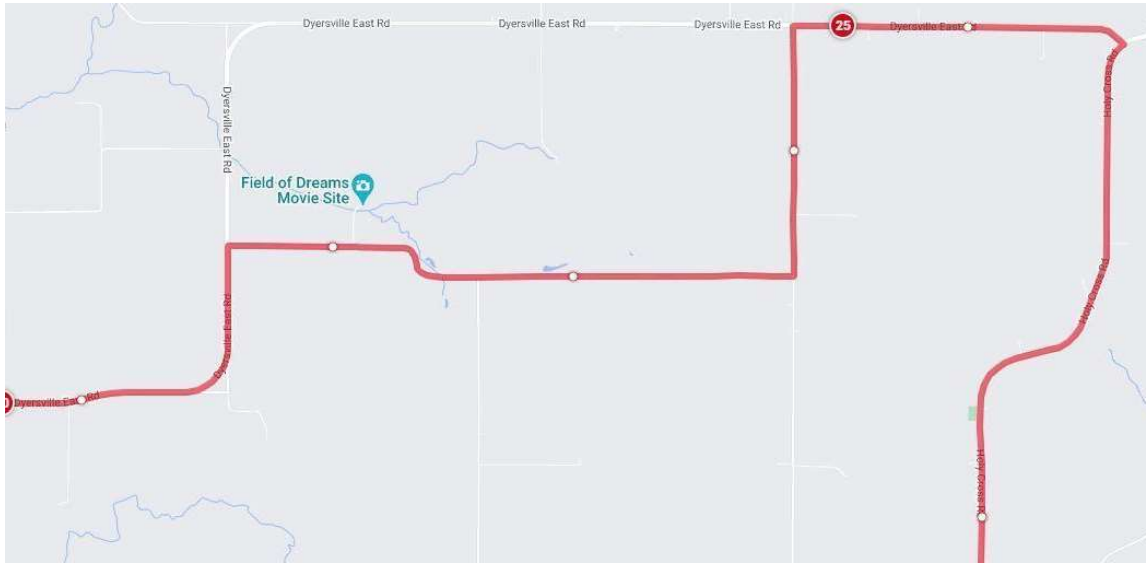


Leg 10: Manchester to Epworth

34.5 miles

(Cumulative mileage 317.7 miles)





Leg 11: Epworth to Dubuque

20.8 miles

(Cumulative mileage 339 miles)

