The relay exchange zones are located at the 8.4 mile point, in the Goldstream Sports parking lot, and at the 17.1 mile point, at Ullrhavn Summit, just before descending the Chute.

Relay runners are required to pass through the Relay Exchange Zone chutes at each exchange. If a relay runner does not pass through the chute, the team will not be timed and will not be listed in the results - because there is no proof that the team passed through that control point.

Second-leg runners may catch a ride from the start to the first exchange point. The buses will leave the UAF Patty Center shortly after 8:05AM. Taking the buses will help reduce the levels of traffic and confusion in the area of Ann's Greenhouse, the Sheep Creek Road RR Crossing, and the intersection of Sheep Creek Road and Ester Dome Road. This will increase the safety of all participants, volunteers and spectators, and will make the race much more enjoyable for runners.

Third-leg runners should get themselves to the upper end of Henderson Road where it intersects with Ester Dome Road, from which point they can ride shuttle buses to the top of Ester Dome, where the second exchange point is located. Private vehicles are NOT permitted to pass above Henderson Road on race day. If you don't ride the bus, count on a walk of at least 20 minutes from the Henderson Road-Ester Dome Road junction to the exchange zone.

Second-leg runners should plan on taking the shuttle buses down to Henderson Road after having run the second leg. Second-leg runners who want to have a bag of dry/warm clothing and or fluids/food will need to find someone to transport the bag to the top of Ester Dome. The Equinox Marathon organization will not transport gear for relay runners.