



SAFETY PROTOCOLS, PRECAUTIONS & GUIDELINES

Narrowleaf Lake Run – Boyd Lake State Park, CO

Sunday, October 25th 2020



Hello Athletes!

Race day on Sunday, October 25th 2020 is gonna sneak up fast! We can't wait.

2020 has been a challenging year for all of us. There has been so much turmoil in the world. We're hopeful this event will help our local athletic community continue to strengthen and balance out.

This document notes a number of health/safety protocols, precautions and guidelines we're putting into place for this race. We want everyone that takes part at this event to feel safe and comfortable. This is also being put into place to comply with Larimer County and Lory State Park as both have allowed us to move forward with race day.

This document DOES NOT replace your athlete guide which will be available online 7-10 days prior to race day. **This document is accurate as of 10/10/20 but MAY change slightly prior to race day as restrictions continue to lift.**

Dividing in...

Race Day Start Times- We intend to start the 10 mile race at 9:00am. The 7 mile race at 9:20am & the 4 mile at 9:40am

Facemasks- Facemasks ARE NOT REQUIRED for you to race. We are requesting that athletes and spectators bring them, have them available and utilize them when they are in slightly closer proximities to others OR at the starting line. Regardless of what you think a facemask is or isn't doing, please be respectful of others around you. This is especially important if someone you are interacting with may seem uncomfortable if you are not wearing one.

Distancing- No yard sticks or tape measures please. We will have distance reminder signs throughout the venue. In higher traffic areas we will have a few distance markers laid out as well for reference. Be mindful of others around you. We WILL request closer gathered groups that appear to be larger than 10 people spread out. We unfortunately have to have a ZERO tolerance for any group that looks to be near 50 people and in too close proximity.

Touch Surfaces- There aren't many surfaces you'll be touching on race day. Possibly the restroom doors. If you see your athlete-neighbor licking the metal fence posts near the finish line for some strange reason, definitely let us know.

Packet Pickup- This one will be unique & EASY!! We'll be offering 'curbside packet pickup'. What's that mean? Well, on the Saturday before race day we'll be extending packet pickup options. This will allow folks to drive up, show us their ID through the car window and a volunteer or staff member will deliver your packet as well as swag bag. The only line you're in with this scenario is cars. Traditional walk up and pickup on those days IS available as well. Traditional packet pickup will be the ONLY option on race morning (no drive-up). The standard packet rules still apply. **ID's are a MUST.**

Illness/Symptoms- Stay home. Seriously. If you are feeling under the weather, have any potential illness symptoms or other ailments that could put you, staff, volunteers, rangers or other athletes at an increased risk – **STAY HOME.** Cheer friends on virtually (if possible) or plan to race with us in the fall at another event.



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The Course- There is a flat and scenic route in the state park. ALL distances run the south loop. The 7 and 10 mile athletes run PAST the finish line chute when heading NORTH. The 7 mile group has their own U-TURN. 10 mile athletes will IGNORE the 7 mile U-TURN as you have your own at the very north part of the park.

FOLLOW ALL CHALK ARROWS / SIGNS / VOLUNTEERS / STAFF on race day. We DO NOT leave the state park for any distance race.

Finish Line- Once you cross the line you can cry if you'd like to...if not, that's fine too. A volunteer will hand you a water (if you'd like one) and some positive virtual high five action. We will keep athletes flowing from this area and request you congregate in smaller personal/private groups on the surrounding grounds. **We MAY verify your bib number as you cross the finish line OR just after for timing.**

Virtual Briefing- We are currently planning a virtual athlete briefing via Facebook Live. We ALSO plan to have morning-of athlete briefings that are shorter in length. As long as you attend one, you don't need to come to the other. We are offering as many information opportunities for athletes as possible to lessen larger groups.

Food/Awards – Stick around if you'd like to. We hope to have some fun eats, treats and a mini grab n go awards.

Aid Station- Our aid stations will be small but effective. Each aid station will have WATER and FUEL. Our TWO main aid stations (the south and central ones) will likely have electrolyte tea as well.

Spectators- Friends and family ARE welcome at this event. Please ask them to remain respectful to others around them and practice distancing when possible.

Volunteers & Staff- You'll see us in bright (volunteer) or dark green (staff) shirts on race morning. Most of us will have a face covering with us but please DO NOT PANIC if you don't see us wearing it, especially outside. We are leaving it up to each individual per their comfort level. Our constant communication on race day (*especially via phone and two-way radios*) is what makes event magic happen. This is greatly inhibited with a mask. If you need a volunteer or staff member on race morning and would prefer they talk to you with a mask on, simply ask.

The above protocols, precautions and guidelines are NOT 150% comprehensive. It's impossible to know every single detail or item that may come up on race day. We are taking all steps possible to ensure athletes have a safe, comfortable and FUN event!

Please be respectful and supportive of others on race day. Our community has been hurting and this is a great chance to reconnect and rekindle our love of racing together.

Thank you everyone,
Your Race Director - JB

"LIVE – LIVE - RACE"

"Never Limit Your Challenges - Challenge Your Limits"