

Registered Athlete Letter

Welcome Red Rock Runners!

I hope you are all excited for a LIVE race on Saturday, February 27th! I'm working hard to make this a safe and successful event for everyone. This year won't look like previous editions of our usual races, but we are committed to your safety and enjoyment!

Below is some information about race day that will ensure for a smooth event. Please read it in its ENTIRETY as it will answer 99.9% of questions you may have.

This document MAY change up to and including on race day, so please check back, as this document and your provided email are considered final say for all up to date race information. If any updates are made after February 22nd, those changes will be highlighted in green like this for your ease of finding it. UPDATES MADE FEBRUARY 24 IN GREEN BELOW!!

1. IF YOU ARE SICK OR HAVE BEEN EXPOSED TO SOMEONE WITH COVID-19: STAY HOME!

- **All attendees will be subject to a COVID-19 Health Screening. Upon arrival, you will have your temperature taken. Anyone with a 100.4 or higher reading will NOT be able to attend the in person event.** I suggest you familiarize yourself with your temperature and below screening questions now, and if you suspect you may exceed the 100.4 reading, request to be switched to the Virtual Event, no later than Tuesday, Feb 23 at 11:59pm.
- **Please be prepared to answer the following questions:**
 - Have you experienced any of the following symptoms in the past 48 hours? Fever or chills; cough; shortness of breath or difficulty breathing; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; diarrhea.
 - Within the past 14 days, have you been in close physical contact (6 feet or closer for at least 15 minutes) with a person who is known to have a confirmed case of COVID-19 or with anyone who has any symptoms consistent with COVID-19?
 - Are you isolating or quarantining because you may have been exposed to a person with COVID-19 or are worried that you may be sick with COVID-19?
 - Are you currently waiting on the results of a COVID-19 test?

2. WHAT TO BRING: Highly suggested: Water Bottle/ hydration system (wide mouth easy to fill is best); face covering (see masks below), warm clothes for pre/ post race. (see weather below).

3. MASKS: We are following the Governor's mandate and all runners, spectators, staff, and volunteers will be REQUIRED to wear a mask at the health screening, provided transportation, packet pick up, while at the start line in the staging area, and at the finish line. Once ON COURSE, WHILE RUNNING/ WALKING, you will not be required to wear a mask, however you should have your mask with you on course to cover your

nose and mouth at aid stations and when not distanced from other runners on course. A buff or neck gaiter works best. **Runners must provide their own mask, as they will not be provided by the race.**

Out of respect for our dedicated volunteers; please RAISE YOUR MASK AT THE AID STATIONS.

4. START TIMES: There are 7 start groups and you **MUST** race only in your assigned group due to strict gathering limits. Please wear your mask until you cross the starting mat. We will line you up, socially distanced in the chute.

- **6am:** Marathon; from the EXIT of the Scenic Drive
- **6:15am (formerly the 6am group):** ½ Marathon, for those of you in the now 6:15am group; from the EXIT
- **6:30am:** 5K, for those of you in the 6:30am group; from the EXIT (see #17 Transportation below)
- **9:30am:** ½ Marathon, for those of you in the 9:30am group; from the Visitors Center
- **1pm:** ½ Marathon, for those of you in the 1pm group; from the Visitors Center
- **1:30pm:** ½ Marathon, for those of you in the 1:30pm group; from the EXIT
- **4:30pm:** 5K, for those of you in the 4:30pm group; from the Visitors Center

PLEASE CHECK THE PARTICIPANT LIST ATTACHED TO THE EMAIL SENT ON FEB 22 TO CONFIRM YOUR START TIME. Please note the event is completely sold out and switches between groups is no longer available.

5. PACKET PICK UP: RACE DAY AT YOUR START LINE

- You may arrive to the parking area **no earlier than 45 minutes prior** to your start time to park.
- **Stay in your car until 30 minutes prior** to your start; then you may collect your race packet.
- Masks Up.
- Hand volunteer your ID for all registered runners.
- We will take your temperature and administer the health screening.
- Once you have collected your packet, please ready yourselves in your car or socially distanced, away from the packet pick up area.
- You may join us at the starting area 10 minutes prior to your start time when you are ready to race to hear the race briefing.

6. MAINTAIN PHYSICAL DISTANCE & LIMIT GATHERING NUMBERS: Maintain 6' distance from others not in your household. On course, give oncoming or passing runners a little extra room, and announce "passing on your right/ left" and each of you look away from each other. It is suggested to raise your mask to cover your nose and mouth when passing and through aid stations. Limit gathering in groups, please disperse.

7. HUGS: We usually have a whole lot of hugs at our races! It may be a hard habit to break after 14 years, especially for me! Let's keep our encouragement to non-contact cheers!

8. HAND WASHING AND HAND SANITIZER: Hand washing stations will be available. If the hand washing station needs attention, please alert a volunteer. Hand sanitizer will be available around the start/ finish area and at each aid station. We will be regularly cleaning high touch areas; but please help us out by limiting your touch points/ contact and not placing your belongings on the tables.

9. VIRTUAL RACE: If your plans have changed and you are no longer able to join us, you may request a 25% transfer voucher or to be switched to the Virtual Race **NO LATER THAN Tuesday of race week at 11:59pm**. For Virtual Participants, your packages will be mailed between February 25 and March 4th.

10. TIMING CHIPS: *Chips must be worn on your shoe, only.* Two beaded zip ties will be in your race packet to secure your timing chip to your shoe through your laces. Your loaner timing chip needs to be returned at the finish line. A volunteer will be on site to assist. Failure to return your timing chip immediately following the race will be subject to a \$10 fee. Bib numbers should be worn on your front. 4 pins will be included with your race packet. Please note the Full Marathon and 1:30pm ½ Marathon will be manually timed; as we are trying to accommodate 2 completely separate start/ finish lines for simultaneous races that do not commingle.

11. AID STATIONS: Conduct and etiquette through the aid stations is as follows:

- **Please raise you mask over your nose and mouth while at the aid stations.**
- Maintain physical distance from others.
- **Cupped water:** will be available in spaced out cups on the table. You can grab a cup (no volunteer hand ups) being mindful to only touch what you take.
- **Bottle Refill:** (Not Required but highly recommended): YOU, the RUNNER, will open the top of your water bottle (wide opening is best) and hold your bottle (or hydration bladder) open *at arm's length* for the volunteer to fill from the water pitcher.
- Volunteers will NOT take possession of your bottle or belongings.
- Please do not place your belongings/ bottle tops, etc on the tables.
- Hammer HEED electrolyte drink will be available in spaced out cups on the table. You can grab a cup (no volunteer hand ups) being mindful to only touch what you take.
- Hammer Gel will be available at select aid stations spaced out on the table. Only one flavor per station is available to minimize unnecessary touching. You can grab a gel (no volunteer hand ups) being mindful to only touch what you take.
- Dispose of trash *directly into the trash can*.

12. FINISHING CHUTE: Cross the blue timing mat. A volunteer will remove your timing chip and hand you your finishers' medal. We will have an extra long finishing chute to space out. Please leave the chute once you have returned your chip and received your medal. Do not congregate.

13. AWARDS: Awards will be based on GUN TIME. I will be announcing awards as runners come in. If you think you may have won an award, listen for your name, as any awards requested to be mailed will be subject to a \$10 shipping fee to offset my cost. **Please note that due to the multiple small group format, awards will go to male and female winners for each event/ per start group go 3 deep. Overall winners will be taken out of the running for overall grand masters awards. Overall Grand Masters (age 50+): 1st Place Male and Female each event/ per start group; except for the full marathon group (see website for details). Please understand this distribution of awards goes out to 68 winners with a maximum of 350 total runners This is an award penetration of 19%; versus the usual award structure which goes out to 64 winners, with 2020 hosting 821 runners, which equates to an 8% award penetration.

14. POST RACE REFRESHMENTS: Finish line food will be provided and served by our volunteers. We've made some adjustments to how this will be served, so ask your volunteers for assistance.

15. Weather: Expect temps in the 30s at the start, warming to mid 50s- Great running weather! Any items disposed of on course will NOT be returned and will be donated to charity.

16. Me (Joyce): For the first time in 14 years and 128 races directed, this is the first I will not be able to be at every single start line and finish line. I'll be bouncing between the two start/ finish lines, but I may miss some of you. In my absence, JUSTIN is in charge at the EXIT; and LAU is in charge at the Visitors Center.

17. TRANSPORTATION:

- **6:30am 5K:** Please note there is NO PARKING at the 6:30am 5K. All 6:30am 5K participants must be bused from an off site parking location near I-215 and Charleston (**you will be emailed separately** with the location once this is confirmed). Alternatively, you may be DROPPED OFF/ Picked Up, but please do so very quickly.
- **9:30am ½ Marathon; 1pm ½ Marathon; and 4:30pm 5K:** Please note your race starts at the Visitors Center. Please continue to **monitor your emails** for updates of what **credentials you will need to enter the fee gate**- I am still waiting for a decision from the park. (Registered runners in these groups were emailed Feb 24. YOU MUST SHOW YOUR RACE CONFIRMATION EMAIL. You may enter only 45 minutes prior to your start. Check your junk mail if you don't see the email).
- **6am Marathon, 6:15am ½ Marathon (formerly the 6am group), and 1:30pm ½ Marathon:** You may drive and park at your start/ finish line (no fee gate to worry about) at the **EXIT**. Please follow the parking volunteers' directions.
- **Host Hotel/ Strip Bus:** As communicated directly with each of you via email February 20 at 2:21pm.

Boy- that's a lot of stuff! Safety first....now let's have some fun!!

See you all soon!

Joyce