

## Registered Athlete Letter

### Welcome Rally in the Valley of Fire Runners!

I hope you are all excited for a LIVE race at Rally in the Valley of Fire! 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 is considered final say for all up to date race information. If any updates are made after January 7<sup>th</sup>, those changes will be highlighted in green like this for your ease of finding it.**

**\*\*\*January 11<sup>th</sup> update: Please note that the 8.25 Miler on Sunday has changed to start 30 minutes later, and now starts at 8am Sunday.**

### 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, do not attend the live event.
- **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:** 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, packet pick up, while at the start line in the staging area, and at the finish line. Once ON COURSE, WHILE RUNNING, 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. AID STATIONS:** Conduct and etiquette through the aid stations is as follows:

- **Please communicate your bib number with the aid station volunteer. This is how we account for your whereabouts on course.**
- **Please raise your mask over your nose and mouth while at the aid stations.**
- Maintain physical distance from others.
- **Bottle Refill:** 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 all aid stations spaced out on the table. 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.*

**5. TIMING/ FINISHING CHUTE:** We will be manually timing the event. Please be sure to **clearly display your bib number on your front**, and communicate it with the aid station volunteers to ensure we know your whereabouts on course for your safety. We will have an extra long start/ finish chute to space out. **In the starting chute:** There will be markers in the starting chute spaced 6' front to back; left to right. Please line up one person per marker. **In the finishing chute:** Please stay in the finishing chute (lined up one person per marker) until we have you properly recorded and you've received your medal (and award if applicable). Please leave the chute once you have been properly recorded. Do not congregate.

**6. PACKET PICK UP:** Arrive **NO MORE THAN 30 MINUTES PRIOR** to your start. It would be very helpful to expedite packet pick up if you do the following:

- Packet pick up is **on race morning(s) only at the Start Line** at Camp Calico/ Group Campsite. This is steps away from your parking area.
- Masks Up.
- Hand volunteer your ID for all registered runners.
- We will take your temperature and administer the health screening.

**7. STAY IN YOUR CAR:** After packet pick up, please ready yourself in your car. You may join us at the starting area 10 minutes prior to your start time when you are ready to race, use the toilet, and refill your water bottle.

**8. 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.

**9. 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!

**10. HAND WASHING AND HAND SANITIZER:** 2 Hand washing stations will be available, one near the portable toilets and one by food service. 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.

**11. SPECTATORS:** Due to gathering limitations, spectators should be kept to a minimum, and should stay in their vehicles. Any spectators who attend must abide by the mask and physical distancing requirements.

**12: PARKING: SINGLE DAY PARTICIPANTS' PARKING**

Participants in the single day events are responsible for getting to the race on their own. Single Day participants please note that your toll entry into Valley of Fire State Park is not included with race entry. You will be responsible for paying the prevailing park entry toll currently **\$10/vehicle**. Exact change will be appreciated by park staff.

Parking is at “**Bee Hives**” or across the road from “Bee Hives” as directed on race morning by race volunteers. All single day parking will be within easy walking distance to the start/ finish line, which is at group campsite #1 (you’ll see the start/ finish line structure and Ryder truck)

**13. DIRECTIONS: From the Las Vegas Strip:** Take the I-15 North approximately 35-40 miles. Take **Exit 75** and head East toward Valley of Fire/Lake Mead. Drive approximately 17 miles on Valley of Fire Highway to the West Entrance Station. Continue straight 1.2 miles to the Group Campsites, which are located behind "Bee Hives". Please follow the parking attendants' instructions. **For reference: From my house in Green Valley/ Henderson it takes me 1 hour 20 minutes- please plan accordingly and leave enough time to get to the race, park and check in.**

**14. WEATHER:** At present, the forecast looks great for running! Current forecast is sunny to partly cloudy with daytime highs in the mid 60s and overnight lows in the high 30s. To track the weather use zip code 89040.

**15. COURSE MARKINGS:** The course will be marked with **orange/ yellow** flagging tape, caution tape, signs on ground stakes, and/ or occasional coroplast signs on a poll standing inside an orange traffic cone. Calico Racing respects our permit and does NOT spray paint the trail, so please only follow my signs. I will give a detailed description on race morning with further information during our pre-race talks to each respective distance.

**16. COURSE SAFETY:** During trail sections marked with orange/yellow flagging- it is critical to follow the course **FROM FLAG TO FLAG**. If not, you may miss a critical turn, particularly in wide desert washes, so follow the course **FROM FLAG TO FLAG**. We are taking you on an adventure- through areas of the park seen by fractions of a percent of visitors, and are not necessarily on “proper” trails. Some sections are open desert overland and not marked other than our course markings, so follow the course **FROM FLAG TO FLAG**. **During sections with orange/yellow flagging, flags are densely placed, roughly 50- 100’ apart. If you go more than 1/3 mile without seeing an orange/yellow flag (in flagged, not road sections) turn around, retrace your steps and return to the last seen flag and proceed to the course route.**

**\*If you leave the trail for any reason (bathroom/ photos, etc) be sure to leave your water bottle or something on the trail at a course marker to alert the course sweeper that you are still on course in the area. Failure to do so may result in the course sweeper passing you and removing the flags prior to your passage. \***

**\*\*The course is an adventure,** some sections are more adventurous than others! The course is expected to be slow, timewise, so the sooner you let go of time goals, the happier and safer you will be. You are all competing on the same course on the same day- so be smart, and forget about your road or groomed trail race times- not all miles

are created equally. Some sections may require a small scramble with hands, and some uneven footing in sections. PLEASE take these sections with extreme care, as evacuation is slow going and on foot!

**17. ROAD MILES:** The road IS open. Please run **SINGLE FILE ONLY**, and whenever possible on the dirt shoulder of the road.

**18. MILE MARKERS:** As is customary with trail racing, we will NOT have mile markers at every mile as we do for our road races. Mileages will be known from your arrival at aid stations and turn arounds.

**19. TOILETS:** Will be available at the start/ finish line; and on course as noted under "Aid Stations" on the website. No toilets are available on the Sunday 5K course.

**20. WATER BOTTLES:** As is customary with trail racing, you will need to bring a water bottle with you. Aid stations are spaced further apart in trail racing than in road races. Aid stations will be prepared for your water bottle refill. Limited cups will be available. **PLEASE BRING YOUR OWN WATER BOTTLE/ HYDRATION SYSTEM. A MINIMUM CAPACITY OF 24 OUNCES IS REQUIRED, 48+ OUNCES IS RECOMMENDED.** Refill/ top off your bottles to the top at every opportunity! (5K on Sunday will have cupped water available, so no bottle is required for 5K runners only). Be sure to see #4 "Aid Stations" above.

**21. MEDICAL:** A medic will be on site the entire duration of the event and will leap frog on the course between aid stations and the start/ finish area. Should you need medical attention please inform a volunteer or fellow runner. TEXT to Joyce, the Race Director in extreme cases 702-812-2609. Include your name, bib number, best known location, and type of emergency.

**22. CELL PHONES:** Coverage is dependent on your carrier. I have Verizon and it is spotty throughout the park. It is most reliable out of the canyons, and in clearings/ higher ground. If you have an emergency and do not have coverage, if possible, continue *along the route* until you have a signal.

**23. SOCKS AND GAITERS:** If you have gaiters, I recommend wearing them, ones intended for soft sand preferred. You'll be fine without, but probably less comfortable. There are some very soft sand areas, and it is nearly impossible to get it out! The worst sections of soft sand are Friday, miles 5.5- 6; and Saturday miles 6- 7. Personally, I find Injinji Toe Socks more comfortable than "mitten style" socks in soft sand.

**Looking forward to seeing you all soon!**

**Joyce**