

Hello Fellow Crazy ET Runners!

Race day is quickly approaching- I hope that you are just as excited as I am for the 14th annual ET race! Welcome back to the many of you that ran in past years' ET race or one of the many other Calico Racing events. Your return to another one of my events is a great compliment, so thank you. For all of the others, welcome to the growing Calico Racing family! I hope to make this a special event for everyone. This year won't look like previous editions of the ET race, 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 July 28 those changes will be highlighted in green like this for your ease of finding it.

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

2. WHAT TO BRING, REQUIRED: Water Bottle/ hydration system (wide mouth easy to fill is best); headlamp or flashlight; face covering (see masks below), and reflective vest (those who pre-purchased online will receive it with their packet). *Your light must be turned on! It is not only to see, but to BE seen.*

3. MASKS: We are following the Governor's mandate and all runners, spectators, staff, and volunteers will be REQUIRED to wear a mask at packet pick up, on the bus, 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.**

The governor's mandate said that there would be no enforcement on the customer/citizen for non-compliance; but there would be enforcement on the businesses for non-compliance. This does not only mean enforcement of employees wearing a mask, but also makes the BUSINESS responsible for not enforcing the mask mandate onto its customers. OSHA and the health department have conducted 1500++ inspections of businesses for compliance and are issuing fines to businesses in the tens of thousands of dollars, as well as can revoke liquor, gaming, and business licenses. Any runner unwilling to abide by the above mask mandate will not be allowed to participate in the live event. I am not about to get into it about politics, this is about respect for me as your organizer, that I will NOT tolerate anyone putting my business at risk. I am betting on you runners to cooperate. Understand that this business is 100% of my livelihood and I haven't been able to conduct business since February. As a small business, this has been devastating and this is what we ALL need to do in order to race currently.

4. COURSE: ALL race distances start and finish at the BLACK MAILBOX, this is ET Highway milepost 30. All courses run toward Rachel and are true out and back courses. Stay on the SOUTH side of the road, running against traffic on your outbound, and with traffic after your turn around. Once 2-way runner traffic, stay to your respective RIGHT, on the south side of the road. The road IS open, though sparse, so stay alert.

5. PARKING (For those driving themselves): Parking is at the BLACK MAILBOX. Follow the volunteers' instructions. **Post Race-** it is extremely important that you be aware of **fatigued driving!!** I take this VERY seriously, as my father died in 2011 presumably having fallen asleep behind the wheel. I HIGHLY urge you to bring a pillow and rest in the car to pull over if you need to; carpool together with others; even at least one passenger should stay awake to aid the driver. The minute you sense yourself starting to nod off, pull over and rest.

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" 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! Please help me! If I mistakenly go to hug you- don't let me!

8. HAND WASHING AND HAND SANITIZER: 2 Hand washing stations will be available, one near the portable toilets and one by packet pick up/ 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.

9. PACKET PICK UP: ON SITE AT THE START LINE AT THE BLACK MAILBOX ONLY!! The Silver Sevens has cancelled our packet pick up space to reduce the possibility of people gathering. **11pm- 1am:** For those driving themselves. packet pick up on site at the start line at the Black Mailbox. Please arrive **between 15- 45 minutes prior to your start time** to reduce gathering. We will attempt to do "drive thru" packet pick up on your way in to the parking area, but we need to be mindful to not back up traffic on the road. It would be very helpful to expedite packet pick up if you have all participants' names written LARGE on a piece of paper LAST NAME, FIRST NAME. If we are unable to do drive thru packet pick up, please have 1 person from your group collect for everyone in your car.

10. STAY IN YOUR CAR: To reduce gathering at the start line, 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, refill your water bottle (no self-service, volunteer will assist).

11. CONTRACTED BUS RIDERS:

- **8pm- 8:30pm:** For those on the contracted bus only, I will do a quick packet pick up at the **Silver Sevens** outside, on the south side of the property, where the buses will load. **Buses then load from 8:30pm- 8:45pm. And DEPART at 8:45pm.**
- **Parking for the contracted bus:** Is at the Silver Sevens Hotel and Casino (regardless of overnight stay) located at 4100 Paradise Road/ Las Vegas, NV 89169. You may use the parking garage or surface parking.
- **Masks** must be on during packet pick up and on the bus.
- **1 COACH BUS + 1 MINIBUS:** The coach bus has a toilet. The minibus does not have a toilet and is for those that are more comfortable riding with a smaller group. Be sure to use the toilet inside the Silver Sevens prior to boarding.
- **Dry clothes bags:** You may have a dry clothes bag. Use your own bag and clearly mark it with your name. There will be a tarp laid out at the start/ finish line for you to please your bags. These will not be guarded so we are not responsible for lost belongings, so no valuables please. Do NOT leave your bag on the bus.
- **POST RACE DEPARTURES:** 3:15am; 5:15am; and 8:05am. I appreciate your patience. Given the different format of the race this year we have less departures than usual, and I am paying for an empty bus to come up for the additional return back to Las Vegas. The minibus will depart at 3:15am; the coach at 5:15am; and a minibus at 8:05am. You may rest on the bus after you finish. For those finishers between 5:15am- 8:05am, as there will not be a bus for you to wait on, I am bringing cots that you can lay on until your bus arrives. Just ask me or one of the volunteers for a cot when you finish if you'd like to lay down.

12. SWITCHING DISTANCES: Calico Racing permits the switching of distance without an administrative fee (upgrade in distance fees apply) but YOU MUST TELL US! If you would like to switch distance from what you are registered for, please email me **NO LATER THAN Wednesday of race week at 11:59pm.** calicoracing@hotmail.com. Failure to comply will mess up the results and awards- so your cooperation is expected.

13. 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.

14. SAFETY REQUIREMENT: *All runners are **REQUIRED** to wear a 360 degree reflective vest AND carry a handheld flashlight or wear a headlamp (the light MUST be turned on! It is not only to see, but to BE seen); glow-bracelets will additionally be provided. Pre-purchased reflective vests will be collected at packet pick up. If you have one of your own you may wear that instead, but it must be a 360 degree reflective vest. Vests are available for sale at packet pick up for \$10 (cash only).

15. Pre-Race Fueling: Due to the late time of night this race starts, many people find their pre-race fueling different than morning start times. I suggest eating your pre-race meal as close to Las Vegas departure as possible- for most runners this is still 4+ hours prior to your start time. I also suggest bringing your own sports bar, drink, banana or snack of your choice for consumption maybe an hour prior to your start just to top off the tank.

16. Costumes: We highly encourage costumes at the race and have had some great ones in the past! We award "Best Costume" awards to the best 2 alien inspired costumes. If you would like to be considered for the award, please SEE ME at your start line while in costume. Your bib number must be visible. A race committee will make the final winner decisions.

17. START TIMES: In an effort to reduce gathering at the start line, we will be using a time trial/ rolling start format. **During your assigned start window (below)**, just walk up and start across the timing mat (with your timing chip on your shoe). There will be no pre-race talk from the race director, so be sure to review this document carefully as it also functions as your "pre-race talk". If you think you'll be competitive in placing in your distance I encourage you to start in the early part of your assigned window.

- **12am- 12:05:** ALL 51K Runners + Marathoners expecting 7-8 hours finish time.
- **12:10am- 12:25am:** Marathoners
- **12:30am- 12:45am:** Half Marathoners
- **1am- 1:10am:** 10K Runners
- **1:20am- 1:25am:** 5K Runners
- **1:30am:** Note that the timing system is not set up to record *finishers* before 1:30am.

18. Mile Markers: Will be placed every mile. On your outbound they will all be in BLUE. After your turn around the 5K will continue in Purple; the 10K in Gray; the half marathon in Green; and the marathon continues in Blue. The 51K will count up with the marathon thru their turn around and you will continue straight to your turn around at mile 25.81.

19. 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.
- 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. 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*.
- Cattle Guard: There is one cattleguard on the 51K course only, approximately at your outbound mile 14.5. There will be a sign alerting that it is coming up, and they will be covered with plywood on the south side of the road. There may be a "lip" to the covering, so PLEASE watch your step!

20. 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.

21. AWARDS: Awards will be based on CHIP TIME. This is different than usual, and necessary given the altered start line procedure. While we would like to keep the "racing" integrity high given how we are starting each distance, understand that it is possible for someone who finishes after you, to beat you in the award standings given their net chip time. I will be announcing awards as runners come in, but slightly delayed for the stagger starts. 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.

22. BREAKFAST: 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.

23. SPECTATOR BREAKFAST: For those that pre-purchased a spectator breakfast ticket, a special wristband will be in your race packet that your spectator must wear to gain access to food. They may make multiple trips.

24. SPECTATORS: Due to gathering limitations, spectators should be kept to a minimum. Any spectators who attend must abide by the mask and physical distancing requirements. They should also come prepared with their own food, water, chair, and warmth as amenities are limited and for participants only.

25. Weather: Expect temps in the high 70s at the start, cooling to mid 60s- no sun :) Great running weather, but expect to get a little chilly after your finish, so you may want to bring long sleeves for post race!

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

See you all soon!

Joyce