

Registered Athlete Letter

Welcome Ancient Aliens Runners!

I hope you are all excited for a LIVE race on Saturday, May 15th! 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!

We look forward to seeing lots of ALIEN inspired costumes!

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.

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 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. 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.

3. START TIME: All races start together at **7am**. Please wear your mask until you cross the starting mat. We will line you up, socially distanced in the chute.

4. BLOWOUT SALE!! We'll have clearance pricing on all sorts of goodies. Be sure to bring some cash and get some deals! Please note sales are cash only.

5. PACKET PICK UP: Race Morning Only: 5:45am- 7:25am: Packet pick up will be located near the start/ finish line at **Sunset Park @ the HISTORY WALK**. This is right next to the event parking area. **Sunset Park's address is 2601 East Sunset Road, Las Vegas, NV 89120. Visit the event website for the exact directions and location inside Sunset Park.**

- Masks Up.
- Hand volunteer your ID for all registered runners.
- We will take your temperature and administer the health screening.

6. STAY IN YOUR CAR: After the health screening and packet pick up, please ready yourself in your car to reduce gathering at the start line. You may join us at the starting area 10 minutes prior to your start time when you are ready to race.

7. 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.

8. 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!

9. 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.

10. 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 to a 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.

11. 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.

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

- **Please raise your 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 FIZZ 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 some 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.*

13. 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.

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. 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.

16. Weather: Expect temps in the 60s at the start, warming to mid 80s mid day. To track the weather use zip code 89120.

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

See you all soon! Joyce