



COVID-19 Guidelines \*UPDATE 7/4/20\*

\*Subject to change at any time along with event cancellation\*

**Please DO NOT come to the race if you are sick or experiencing symptoms or have come into contact with anyone who is sick within two weeks leading up to race day. STAY HOME. If you previously tested positive for COVID-19, a note from your physician is required stating you have recovered and are physically able to run.**

**Maintain 6 feet distance from others throughout race weekend. \*\*Bring a buff/face covering with you!\*\***

Requirements to participate: Runners and volunteers are required to monitor symptoms for 2 weeks before race day and monitor temperature 1 week before race day. An additional waiver must be signed that you have complied with this requirement and agree to adhere to the new protocols in place on race day. Failure to do so will result in not being allowed to participate. This is a stipulation of our insurance and for us to be able to hold the race. NO EXCEPTIONS.

Packet Pick-Up: For your safety and the safety of others, please wear a mask/face covering when picking up your bib. Maintain 6 feet distance if there is a line.

- Bib pick-up for 50K will begin at 6:00AM SUNDAY
- Bib pick-up for Half Marathon will begin at 7:30AM SATURDAY

Temperature Checks: Adventure Medics will be conducting a temperature check race morning at check in/bib pick up. This is mandatory to be cleared to run race morning. Please wear a buff/mask.

Shuttle: Masks must be worn, hand sanitizer used prior to boarding, and spaced seating is required. No exceptions. This is a requirement to ride the shuttle.

Spectators: Due to the restrictions on participant numbers, we are asking that you come alone to the race if possible. If you are in the area with family, we ask that they refrain from coming to the race – there are options in Central Oregon to hang out. We love friends and family, but please understand that we have to limit spectators this year.

Start Line: Please maintain 6 feet distance at the start line. This is a large area on a dirt road, so this is possible. We ask that you wear a buff while at the start line area. We will be sending out all pre-race instructions via email so pre-race announcements will be brief.

During the race: Please be mindful of others and allow plenty of space to pass, etc. It is not required to wear a mask during the race, but you are encouraged to do so (specifically when passing), if it is more comfortable for you. **When passing another runner, please call out ahead, letting them know you are passing. The runner being passed should stop and step aside off the trail for the passing runner. This is to maintain 6ft distance.**

Aid Stations: Aid stations will look a little different this year. Be patient.

- Volunteers will be wearing gloves and masks.
- Reminder: All Alpine Running races are cupless to reduce waste.
- Please wear a buff/mask through the aid stations for the safety of our volunteers and other runners.
- Use Hand Sanitizer BEFORE entering the aid station – NO EXCEPTIONS!
- Volunteers will hand you food – there is NO SELF-SERVING.
- You will need to communicate what you would like (cookies, etc)
- Water/Tailwind – You will need to remove bladders/bottles yourself to be filled. Volunteers will not be taking bottles or bladders from you. Volunteers will refill your bladder/bottles from pitchers. NO SELF-SERVING. You will need to wear a face covering!
- Please be aware that this may be slower at the aid stations. These are requirements for us to be able to hold the event. Take your time, follow volunteer instructions, and tell them thank you!
- Volunteers will not be taking garbage from you, you will be responsible for disposing of it in the provided trash cans. Obviously, DO NOT litter!
- Some of the typical items will not be available this year to reduce contact. So be prepared.

- Maintain distance while at the aid stations.
- Again (and we cannot stress this enough!) – it will be slower through the aid stations – please do not rush through. Understand, the volunteers may have a harder time keeping up. Be patient.

**\*Anyone not adhering to these guidelines will be disqualified\***

Finish Line: Please wear a face covering. Please maintain 6 feet distance while at the finish area. Signs will be posted. Hand sanitizer will be available.

Post-race meal: We are not serving a post-race meal this year to comply with the current guidelines in place and to reduce contact as much as possible. We are sorry we are unable to provide you something after you've finished and worked so hard. There are numerous options for food in Sisters and Central Oregon.

We want to thank you for your patience and support during these unprecedented times. We also want to thank Deschutes National Forest, Deschutes County Public Health, City of Sisters, our awesome volunteers, and sponsors.

Gratefully,

Janessa and Trevor

