

## 2021 COVID GUIDELINES FOR THE LAKE MARTIN 100, 50 & 27 MILE TRAIL RACES

COVID GUIDELINES for the Lake Martin 100, 50 & 27 Mile Trail Race.

The State of Alabama and the Alabama Parks Department has approved procedures for races such as Tranquility Lake Trail Race. We are required to follow these guidelines. Please read these guidelines so you are familiar with the procedures we must follow.

Please Understand: WE DO NOT guarantee that you will not “come in contact with” someone with COVID-19 or that will NOT contract COVID-19 as the result of running the Tranquility Lake Trail Race. We will ask that you follow the guidelines established with, and approved by, the State of Alabama to minimize your risk. Use common sense. If you are concerned with your safety, don't run!

Specific Guidelines for the 2021 Lake Martin Trail Races.

There is no Late Registration - Registration Closes on Ultrasignup, Monday, March 15th.

Packet Pickup, Prerace Briefing and Meal, and Key Pickup for cabins at Harbor Lodge.

- A. We will open packet pickup at 2:00 PM at the meeting center at Harbor Lodge.
- B. The race briefing will be at about 5:00 PM, prior to the prerace dinner.
- C. Cabin keys may be picked up at the same time as packet pickup.
- D. Wear a mask at all times while in close proximity to others at packet pickup, the briefing and meal.
- E. Wear your mask properly. It must cover your mouth and nose.

Procedure for Race Packet and Cabin Key Pickup: Be patient. This will likely take longer than usual.

1. Enter the Meeting Center from the north end. (Side toward the Lighthouse and Kowaliga Bridge.) Follow the arrows.
2. Wear a mask and Maintain Social Distancing.
3. Packet Pickup will be in the Dining Room.
4. After getting your race packet, leave through the front door (Toward the lake) and go right, along the covered walkway about 20 ft. Turn right through the hallway and exit behind the building. (Follow the Arrows!)
5. If you have reserved a Cabin, Key's will be picked up when you get your race packet. Linens and towels will already be in the rooms.
6. Do not congregate around or in the meeting center after getting your race packet.

Prerace Briefing:

1. The briefing will be at 5:00 PM and very short. (The Briefing is NOT MANDATORY!)
2. We will setup under the covered drive or on the small stage just across the drive.
3. We will use a sound system so it will not be necessary to crowd up close.
4. Wear a mask and use social distancing.
5. If you do not have a mask, stay to the outside of the group and at least 6 feet from everyone.

Prerace Meal: Lining up for dinner will be exactly the same procedure as packet pickup

1. Line up along the covered walkway and enter the Dining Room through the north doors.
2. Food will be served on the tables in front of the doors leading to the kitchen.
3. After receiving your food, leaving the meeting center with your food.
4. Eat outside, in your room or in your car.
5. We will have a few tables setup in the center.

Race Procedures \*\*\*\* You MUST read this section\*\*\*\*

1. We will require all runners to wear a mask and maintain "Social Distancing" at the start.
2. Bib numbers are assigned based on Ultrasignup Ranking within your bib #group. If you are not ranked you will receive a higher number bib.

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3. Position yourself at the start based on your bib # and your speed.
4. If you have a high bib number and you are fast, start at or near the front. The point is to minimize passing on the trails.
5. Use social distancing at the start
6. Wear a MASK at the start. You may take it off immediately after the start.
7. 10 minutes before race start, come up near the Cabin for a short briefing.  
This briefing will be the same as Friday Night's briefing. If you heard it Friday, please stay away Saturday. (Wear a Mask and Maintain Social Distancing during the briefing.)
8. Everyone should line up on the road in front of the Cabin, one to two minutes before the start.
9. Runners will not pass through the arch at the start.
10. All the races are all "very" long. You may spread out down the gravel road as far as you like. There is just no rush!
11. This year, to avoid crowding at the start, we will not follow walkway that cuts through the woods across from Catherine's Market. Runners will stay on the road, past Catherine's and turn right onto the gravel road heading downhill, just past the Discovery Center. Be careful running across the cobblestones in front of Catherine's. On all successive laps, runners will use the paved walking path.
12. If you are NOT wearing a mask, line up to the outside or back of the starting field. Stay 6 feet away from all runners at the start.

### Running the Race on Single Track Trails

1. Everyone will be passing or being passed all during the race.
2. If you need to pass a slower runner, please ask the person in front to allow you to pass.
3. If a runner comes up behind you, ask if they would like to pass.
4. The person being overtaken should step off the trail to allow the faster runner to pass.
5. Be courteous and safe.  
(If you are in a race for the lead, forget the rules and race!)

### Running on double track trails (Carriage Paths) and Gravel Roads.

1. Stay to one side so faster runners can pass.
2. Do not run in groups blocking the trail preventing faster runners from passing at a safe distance.

### Aid Station \*\*\*\*Must Read\*\*\*\*\*

1. Your best and safest option for the is Cabin Aid Station is to bring your own food and drink.
2. Set up a personal Aid Station along the course near the Cabin, or just use your car as an aid station.
3. DO NOT use the cabin or the porch of the cabin for your aid station.
4. This year, Cabin Dropbags will not be allowed on the porch of the Cabin.
5. We will have a popup tent near the cabin if you need to leave a bag under it.

### Aid Station Procedures

1. Please use hand sanitizer when you first enter the aid stations.
2. We will have food and water on a table in front of aid station volunteers.
3. Food will be prepackaged, in cups, or in zip-lock baggies.
4. Take one container or package (or 2 or 3 if you wish. Take what you need.)
5. If the container has more than you want, throw away what you don't eat.  
(DO NOT put any unused food or food containers back on the table.)
6. Water, Tailwind, Cokes and Mountain Dew will be in cups on the table for you to drink or fill your own bottle or hydration pack.
7. Do not hand your bottle or hydration pack to a volunteer. They are not allowed to handle them.

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8. Hold out your hydration pack or bottle for volunteers to fill.
9. IF volunteers are busy, you may fill your own bottle from the water or Tailwind coolers on the table.
10. \*\*\* DO NOT place your used cup or food container back on the table. \*\*\*
11. All aid station volunteers will be wearing masks and gloves.

### Pacers

1. Pacers must follow the same procedures as those listed above for runners.
2. Pacers must sign a Russell Lands Release before pacing.
3. Pacers may fill out the release form in advance at packet pickup or at the aid station before heading out to pace.
4. Wear a mask if you are filling out the release at the aid station.
5. Wear your mask anytime you approach the aid stations.
6. As soon as you start running, you may remove the mask.

### Crew Guidelines

1. Anytime your crew approaches the aid stations, other runners, or other crews, they must wear a mask.
2. If your crew sets up a personal aid station near the personal aid stations of other runners, they must wear a mask while near those other crews.
3. If you setup your personal aid station away from other and someone sets up close to you, please put on your mask.
4. Just use common sense and be courteous!

### The Cookout to Follow

We will be preparing food for all runners after all races. As of right now, we do not know exactly where food preparation will be located. If outside, the area around the grills will be cordoned off. You must wear a mask and maintain social distancing while ordering food.

1. If necessary, form a line outside cordoned off area to order food.
2. A volunteer will take your order and put the food on a plate.
3. Tell the volunteer what you need, how much, condiments needed, and silverware.
4. The plate will be placed on the table for you to pick up.
5. Drinks will be in coolers within the cordoned off area. Ask for what you need.
6. Maintain the 6 foot social distance guidelines.
7. The cabin is small. This year, we will not be able to allow runners to enter the cabins.
8. For safety we suggest taking your food outside or to your car.
9. IF you do not have a mask, go to the side of the cordoned off area and wait to be helped. DO NOT get in the line without a mask.