

## Southeastern Trail Runs COVID-19 Race Management Plan

This Southeastern Trail Runs Race Management Plan has been prepared to ensure the Run for Kids Challenge is held in a safe and responsible manner. This plan will be followed at all STR races until social distancing guidelines are cancelled. These guidelines follow the rules issued by Oak Mountain State Park and have been approved by the State. We have agreed to follow these same guidelines in order to use Shoal Creek Park in Montevallo.

Please Understand: We are NOT guaranteeing 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 Run for Kids. 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!

### **As 6/2/2020 We are planning on starting as follow:**

The 10K will start at 7:00 AM – Mass Start with social distancing.

The 50K will start 7:05 AM – Mass Start with social distancing.

The 12 Hour will start at 7:10 – Mass Start with social distancing.

### **Social Distancing Guidelines**

1. Always keep at least six feet of distance from other people if possible.
2. Wear a cloth mask that covers your mouth and nose during race registration and packet pickup.
3. Bibs are assigned based on Ultrasignup “Ranking.” Faster runners will start in the front to minimize congestion on the trails.
4. If you have not run a race using Ultrasignup you will have no ranking.
5. When lining up for the race start, maintain 6 feet between yourself and other runners.
6. Do not show up at the race if you feel sick or have “come in contact with” someone who is sick.
7. Older adults, young children and people with chronic illnesses should stay home.
8. (I consider “Older adults” to be anyone over 90!)

### **Sanitary Standards**

1. We will offer a hand washing station or Hand Sanitation Station at the start area. Use it before and after the race.
2. We will frequently clean all surfaces that runners and volunteers come in contact with.
3. We will not provide folding chairs at the start. Please bring your own.
4. Trophies will be awarded outside of the pavilion, on a table to help runners maintain safe social distance.

### **Race Registration at Pavilion - Start/Finish - for Runners that did not Preregister**

1. If possible, please register and pick up your race packets at Mountain High Outfitter store at the Summit, Friday afternoon, June 12th between 4:30 and 6:00 PM.
2. Please print the online registration form and bring it with you. Fill it out at home.
3. Saturday, we will have a “flagged off” section to line up along during registration and packet pickup at the race start. Again, please print and fill out your registration at home.
4. Keep social distance while in line. (We all have this down by now!)
5. Do not enter the pavilion during registration.

### **Race Procedures**

1. Each race will start promptly at 7:00, 7:05 & 7:10 AM as outlined above
2. Runners will line up in bib number order. (like getting on a Southwest Airlines Flights)
3. Do not line up for your race until the previous race has started.
4. Consider the bib numbers as a guideline. Low numbers are generally faster runners.
5. If you register late or have never run a race with registration on Ultrasignup you will not have a ranking. You will receive a higher bib number.
6. If you are fast and get a high bib # you should move up closer to the front. No matter your bib number, if you are slower, move back in the line.

Please note – We are only trying to minimize passing in the first part of the race. it is not critical that you start in the exact order of your bib.

### **Running the Race**

1. Start positions are based on estimated speed. Everyone will likely have to pass slower runners at some point during the race.
2. If you need to pass a slower runner, on single-track trails, please ask the person in front to allow you to pass. On wide trails just pass to one side.
3. If a runner comes up behind you, ask if they would like to pass.
4. On single-track trails, the person being overtaken should step off the trail to allow the faster runner to pass.
5. Most of the trails are over 6 feet wide. Stay to one side to allow faster runners to pass.
6. Be courteous and safe.

## **Aid Station**

Runners will pass through the Start/Finish aid station at mile every 4.5 miles. Please follow these guidelines.

### The best and safest option for an aid station.

1. Your best option is bringing your own food and drink to the race.
2. Setup a personal aid station. There is plenty of room.
3. Set up in the field near the pavilion or under the trees.
4. Pop-up tents are fine. (necessary in the field - No trees.)
5. Do not set up on run course. It will be marked and flagged.

### If you plan to use the Start/Finish aid station.

1. We will have food and water on a table behind aid station volunteers.
2. A second table will be setup in front.
3. Tell the aid station volunteer what you need, they will place it on the front table in front for you to pick up.
6. Do not touch anything on the back table or enter the pavilion.
7. Water – We will place cups on the table for you to fill your bottle or hydration pack.
8. Do not hand your bottle or hydration pack to a volunteer.
9. Tailwind – If you want Tailwind, same as above. We will place a cup on the table for you.
10. **\*\*\* DO NOT place your used cup or food container back on the table. Throw it in the trash container or recycle bin next to the table. \*\*\***
11. All aid station volunteers will be wearing masks and gloves.

## **The Cookout to Follow**

1. Logan Cook will be preparing post-race food for most 2020 races. The area around the grills will be cordoned off.
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 if you need 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. Line up for food along the same flagging used for registration.
7. Maintain the 6 foot social distance guidelines.
8. A few runners may be allowed in the pavilion to eat but safe distance must be maintained.
9. For safety we suggest taking your food into the field or under the trees along the creek. The creek behind the pavilion is really pretty
10. We will post instructions at the pavilion.
11. If it's hot, you might want to cool off in the creek.  
(If you do, check the area carefully – Creeks have snakes)