

COVID GUIDELINES for the Tranquility Lake 3 & 6 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 Tranquility Lake 3 & 6 Mile Trail Race.

We ask everyone to register on Ultrasignup in advance.

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

1. If possible, register at Mountain High Outfitter Friday afternoon at the Summit (4:30 to 6 PM for all races except Endless Mile and Blood Rock.)
2. Please print and fill out the online registration form on the website and bring it with you.
3. There will be two lines. One for “Preregistered Runners,” one for those registering.
4. Keep social distance while in line. (stay 6 Feet away from the person in front of you)
5. We will Post instructions on proper registration procedures.
6. Do not enter the pavilion during registration.

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

1. We will require all runners to 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.
3. If you register during late registration Friday or at the race Saturday, you will receive a higher bib#.
4. Position yourself at the start based on your bib # and your speed.
5. However, 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.
6. Use social distancing at the start
7. Wear a MASK at the start. You may take it off immediately after the start.
8. 10 minutes before race start, come up near the start/finish pavilion for a short briefing. (Wear a Mask and Maintain Social Distancing)
9. Everyone will line up in the field adjacent to the pavilion one to two minutes before the start. At Redbud Pavilion we will use the large field to the left side of the pavilion, (facing the pavilion from Tranquility Rd) There is room for 8 or 10 runners to line up, side by side, across the start. Spread out!
10. Runners will not pass through the arch at the start.
11. 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. Start positions are based on estimated speed. Everyone will likely have to pass some slower runners 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 races on wide double track trails or wide running paths

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 Procedures **Must Read******

- A. The 3 runners will not use the aid station at all. Please stay away from the aid station. There are drinks and food in the pavilion for all finishing runners.
- B. The 6 mile runners will pass through the Start/Finish aid station at the end of the first lap. Please follow the guidelines below.
- C. We will provide water and Tailwind before the start *IF POSSIBLE!* It might be wise to fill your water bottle at home.

The best and safest option for an aid station.

1. Your best option is bringing your own food and drink to the race.
2. Leave your supplies along the course near Redbud. There is plenty of room around the start/finish. DO NOT leave your supplies in the pavilion.
3. Or, carry enough supplies with you for the entire race.

If you plan to use the aid station.

1. We will have food and water on a table in front of aid station volunteers.
2. Most food will be prepackaged, in cups, or in zip-lock baggies.
3. Take one container or package (or 2 or 3 if you wish.)
4. If the container has more than you want, throw away what you don't want.
(DO NOT put any unused food or food containers back on the table.)
5. Water/Tailwind/Cokes/Sprite – We will place cups on the table for you to drink or fill you own bottle or hydration pack.
6. Do not hand your bottle or hydration pack to a volunteer. They are not allowed to handle them.
7. Hold out your hydration pack or bottle for volunteers to fill.
8. IF volunteers are busy, fill your own bottle from the water or Tailwind jugs on the table.
9. *** DO NOT place your used cup or food container back on the table. ***
10. All aid station volunteers will be wearing masks and gloves.

The Cookout to Follow

We will be preparing food for all runners after the race. The area around the grills will be cordoned off. You must wear a mask and maintain social distancing while ordering food.

1. Form a line outside of the pavilion 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. There is room for a few runners in the pavilion to eat, but safe distance must be maintained.
8. For safety we suggest taking your food outside or to your car.
9. If the weather is nice, we will move some tables out under the trees.
10. 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.