

Specific Guidelines will be sent out to all runners prior to each 2020 race.

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

*** 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.)***

1. Please print the online registration form and bring it with you to the start.
2. Fill out the Registration Form at home.
3. We will have a "flagged off" section to line up along during registration and packet pickup.
4. There will be two lines. One for "Preregistered Runners," one for those registering at the race.
5. Keep social distance while in line. (stay 6 Feet away from the person in front of you)
6. We will Post instructions on proper registration procedures.
7. Do not enter the pavilion during registration.

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

1. We will require all runners to wear a mask and maintain "Social Distancing" before all races.
2. All Runners are required to wear a mask while lined up for the start and maintain social distancing.
3. Any runner that does not have a mask, must line up at the back or to the side of runners wearing masks at the start.
4. Any runner without masks at the start must stay 6 feet away from all other runners.
9. 10 minutes before race start, come up near the start/finish pavilion or area for a short briefing. (Wear a Mask and Maintain Social Distancing)
10. Everyone should line up for the race start in a field adjacent to the pavilion or in the road, one to two minutes before the start. (Wear a Mask and Maintain Social Distancing)
11. We will send out an email with instructions before each race on exactly how and where to line up for the start.
12. Runners will not pass through the arch at the start.

Running the Race on Single Track Trails

1. Line up based on your 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, these rules do not apply)

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****

For our standard one and two lap races

- A. Runners running Tranquility 3 Mile, Run for Kids 10K and Memorial Day 6 Mile will not use an aid station at all. Please stay away from this Start/Finish Aid Station. There are drinks and food in the pavilion for all finishing runners.
- B. All Runners entered in the Tranquility 6 mile, Run for Kids 50K and 12 Hour and Memorial Day 12 Mile will pass through the Start/Finish Aid Station at the end of your first lap. Please follow the rules below.
- C. Hotter 'N Hell and Ridge to Blazing Ridge will have a second aid station located about halfway through each lap. All runners will use these aid stations.
- D. Our longer race runners, Lake Martin 100, 50 & 27 and Blood Rock 100 and 50 Mile, 50 & 25K will have multiple aid stations. All runners will use these Aid Stations. Please follow these guidelines.
- E. 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. Setup a personal aid station. There is plenty of room around the start/finish of all our races. DO NOT leave your supplies in the pavilion at the start/finish.
3. Or, Carry enough supplies with you for one entire lap or the race.

If you plan to use the aid station.

1. We will place food and water on tables in front of aid station volunteers.
 2. All supplies for the aid stations will be on tables behind the volunteers.
 3. Basic aid station supplies (oranges, bananas, chips, candy, sandwiches, cokes, sprite, tailwind, water, etc.) will be in single serving cups on the table.
 4. Pick up a cup of what you want. If you want more, get two cups. If you want less, take the cup and discard what you do not want.
 5. DO NOT take food out of a cup and leave the cup.
 6. DO NOT put a cup you have handled back on the table.
 7. Do not touch anything on the back table or enter the pavilion or aid station area.
 8. Water – We will place cups on the table for you to fill your own bottle or hydration pack.
 9. Do not hand your bottle or hydration pack to a volunteer. They are not allowed to handle your bottle or pack.
 10. Tailwind – If you want Tailwind, same as above. We will place a cup on the table for you.
 11. *** DO NOT place your used cup or food container back on the table. Throw it in the recycle container next to the table. ***
 12. If Aid Station Volunteers have time, you may hold out your hydration bottle or bladder and they will fill it.
- *** All aid station volunteers will be wearing masks and gloves.

The Cookout to Follow

1. Logan Cook will be preparing 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 will be allowed in the pavilion to eat but safe distance must be maintained.
9. For safety we suggest taking your food outside or to your car.
10. If the weather is nice, we will move some tables out under the trees.
11. We will post instructions at the pavilion.