

Greetings DCSR Athletes,

We are so excited to be able to produce Dirt Cheap Stage Race on Nov 13th, 14th & 15th at Mendon Ponds Park, with some EVEN STRICTER safety and COVID adjustments due to Monroe County's recent Yellow Zone Status. Your well-being and safety has always been at the forefront of our minds as we work through our various events and safety plans. **We will be abiding, monitoring and enforcing the updated protocols which are below so PLEASE READ THIS NOTE CAREFULLY.** As COVID-19 numbers are increasing regionally it is imperative that we follow all these guidelines. This note applies to FRIDAY, Nov 13th and SATURDAY, Nov 14th. After the race on Nov 14th I'll email how SUNDAY, Nov 15th will work. Again, given COVID-19 and the ever changing status of our region these are guidelines we are following to ensure everyone's safety.

Please note all information is [HERE](#) as well. Here are our guidelines and adjustments:

CAPACITY LIMITS:

We can have no more than 20 people in the area between packet pickup and the start/finish area. Yes, the cap is 25, but our staff and volunteers are in this count too. So you need to monitor how many people are in the area. I will be roving around making sure count is accurate and everyone is socially distanced. Please adhere to our instructions if asked to leave the area because there are too many people. Keep in mind this is suggested in all areas of the park.

PACKET PICKUP DETAILS

PRE PACKET PICKUP - Thursday, November 13th from 11-5PM at Fleet Feet @ The Armory (155 Culver Rd). **PLEASE PLEASE PLEASE TRY TO GO TO THIS. Our staff is limited on race day and we must stay at the 20 person max in the area at the race site, so PLEASE PLEASE PLEASE GO TO EARLY PACKET PICKUP.** This will also help promote social distancing on race day AND to allow you the ability to start during the time frames allowed. You may pick up for someone else too.

DAY OF PACKET PICKUP (please try not to do this) – Friday, Nov 13th 3:30PM to 5:30PM at Pond Road Start Area. Saturday, Nov 14th 9:30AM – 10:45AM at Devils Bathtub. It will be held outside under a tent. Look for the "Registration/Event" tent.

Note: Series participants will get ONE BIB that you'll wear for each race. Do not forget this bib, we WILL NOT have extras.

- o Masks must be worn and please remain physically distant.
- o Only one person at a time to the table.
- o We will hand you your bib with pins along with shirt in a pre packaged bag
- o If you get items race day, once you get your bib please head to the start line to start. Please remain 6 feet apart at all times.

Masks/Temperature

Masks MUST be worn at all times when not running on the course. This means right up until you start and finish.

1. MASKS ON AT ALL TIMES!!!! The only time you can take it down is when you are running in the race. If you are warming up, PLEASE WEAR THE MASK!!
2. Spectators are not allowed
3. You must remain 6 feet or more apart at all times. Keep in mind, you may come with your spouse or family, people don't know that. So please just stay 6 feet apart.
4. We will be taking your temperature at the start line of your event.
5. NO CONGREGATING
6. There is no dilly dally at the start. We take your temp, get your name and you go. No fixing music, watch, apparel etc.... just please start so we can keep things moving AND keep capacity at 20 people. You will start one person at a time. If in line waiting, keep 6 feet apart, even if your spouse or child.

Friday, Nov 13th Race Details

You can start the Friday Time Trial between 4PM and 6PM at Mendon Ponds Park, Pond Road next to AddenOn Kennel. You MUST Park at the lot at the corner of Douglas and Pond. ABSOLUTELY no parking at Pond Road start area or else you will be disqualified. **HEADLAMPS REQUIRED**

- a. Show up any time within that window to the start line, check-in with YellowJacket Racing staff at the start and start your race. YOU CAN NOT START AFTER 6PM.
- b. You must wear your mask at all times up until you start then again immediately upon completion of your race. Thus you do not need to wear your mask when racing. Masks on during warm up too.
- c. We encourage you to show up early so you can start early. Be sure to social distance at the start area. There will be cones spaced 6 feet apart. Again, you CAN NOT start after 6PM. So PLEASE arrive so you can start earlier over later.
- d. All event times will be based on chip time, not clock time.
 - i. Your time starts when you hear the beep at the start-line map and finishes when you hear the beep at the finish-line map.
- e. No one can start after 6PM. Please arrive early, do not wait. Once you get your bib number head to the start line. Bib MUST be worn on front of body and visible.
- f. YOU MUST CARRY Hydration with you. There will not be an aid station on course.
- g. Upon completion there will be a YJR staff at a table to give you your postrace grab n go bag of food and bottle water.
- h. Reminder: You must wear your mask at all times up until you start then again immediately upon completion of your race. Thus you do not need to wear your mask when racing.
- i. When done, please get your grab n go bag and leave the area immediately. Mask on immediately after running. Even if you are waiting for someone, meet them at your car.

Saturday, Nov 14th Race Details

You can start the Saturday, 5.5 miler between 10AM and 12PM at Mendon Ponds Park, Devil's Bathtub.

- a. Show up any time within that window to the start line, check-in with YellowJacket Racing staff at the start and start your race. **YOU CAN NOT START AFTER 12PM.**
- b. You must wear your mask at all times up until you start then again immediately upon completion of your race. Thus you do not need to wear your mask when racing. Masks on during warm up too.
- c. We encourage you to show up early so you can start early. Be sure to social distance at the start area. There will be cones spaced 6 feet apart. Again, you **CAN NOT** start after 6PM. So **PLEASE** arrive so you can start earlier over later.
- d. All event times will be based on chip time, not clock time.
 - i. Your time starts when you hear the beep at the start-line map and finishes when you hear the beep at the finish-line map.
- e. No one can start after 12PM. Please arrive early, do not wait. Once you get your bib number head to the start line. Bib **MUST** be worn on front of body and visible.
- f. **YOU MUST CARRY** Hydration with you. There will not be an aid station on course.
- g. Upon completion there will be a YJR staff at a table to give you your postrace grab n go bag of food and bottle water.
- h. Reminder: You must wear your mask at all times up until you start then again immediately upon completion of your race. Thus you do not need to wear your mask when racing.
- i. When done, please get your grab n go bag and leave the area immediately. Mask on immediately after running. Even if you are waiting for someone, meet them at your car.

Since Saturday is a smaller area, be prepared for us to ask you to exit the area, which could mean to get into your vehicle asap upon completion or if waiting to start. Please be cognizant of how many are in the area and remove yourself before we ask you to move away. Thanks!!

Again, **NO SPECTATORS.**

Awards will be mailed to Series winners the following week and not given at race site.

Course Reminders

Follow the course markings and signs very carefully. No littering. Follow the pink flags. As trail rules go, if you get lost it's your fault, so please pay attention. Please be careful. There are no road marshalls so you are responsible for paying attention to course markings and safety protocols which running or walking. When/If Passing please try to be observant of social distance. **Headlamps Required on Friday!!!! We can deny you racing if you do not have one.**

Stage 1 Course Map: 3 Miles - <https://www.mapmyrun.com/routes/view/322069047>

Stage 2 Course Map: 5.5 Miles - <https://www.mapmyrun.com/routes/view/322245475>

Other

Entrants are not required to wear masks while running / walking during the race, but to be considerate while passing others.

Runners are strongly encouraged to bring their own hand sanitizer, using pre / post contacting any common surfaces and very much including porta-johns. We will have hand sanitizer at the Packet Pickup/Post Race Grab n Go Bag Table.

Any entrant with fever, persistent cough, or with exposure to an individual who is / was COVID positive within 7 days of the event are asked not to race. You have or will sign a waiver stating such as well.

We thank you so much for your patience and understanding as we work through the many, many guidelines put forth by the various entities. We understand this is strict, but it is for everyone's safety. Monroe County sadly went the wrong direction and collectively we need to right this again. We appreciate you following all these guidelines, arriving early, wearing a mask, coming to early packet pickup and abiding by social distancing so we can all be safe, still race and have fun.

Still keep to your email in case any further updates arise.

Stage 1 Website: <https://yellowjacketracing.com/races/dirt-cheap-stage-race-1>

Stage 2 Website: <https://yellowjacketracing.com/races/dirt-cheap-stage-race-2>

Thank you again!

All of us at YellowJacket Racing