

August 19, 2020

Dear Roots n Road Day 1 (Saturday, August 22nd) Participant,

We are almost there!!!! We know this looks and feels different, but you are going to be part of something pretty cool and to help all future races in our region during COVID. We appreciate everyone adhering to everything denoted below as we know for sure higher ups will be watching. No pressure ☺ Follow the steps below, simply be happy that you can be in a race and enjoy every step!!!

Please read this note so you are very informed and understand the new procedures. All Course Maps, Corral Maps, Communications, Waves are also on race website at <https://yellowjacketracing.com/races/roots-n-road>

We hope that you are ready because we are going to race at Mendon Ponds Park, Stewart Lodge Area, Saturday, August 22nd starting at 9AM, with safety and COVID adjustments of course. Your well-being and safety has always been at the forefront of our minds as we work through our various events and safety plans. **Please continue to read all notes because in truth anything can change at anytime.** Putting on an event through COVID-19 is not like any other time and it is imperative that we adhere to all guidelines. Again, we appreciate everyone adhering to these as our actions will serve as how races can resume in the future.

As mentioned in other notes we cannot add more people to this event as we must keep numbers low as per mass gathering guidelines.

Here are our guidelines and adjustments below:

Waiver

Everyone must [SIGN THIS WAIVER](#)– bring with you to packet pickup. We will have hard copies at Packet Pickup if you don't have a printer. You cannot get your packet without this waiver.

Packet Pickup

Please go to Packet Pick-up on **Thursday, August 20th from 11:00AM to 5:00PM at Fleet Feet @ The Armory, 155 Culver Rd..**

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- It will be held outside under the overhang.
- Masks must be worn and please remain physically distant.
- **Bring signed waiver in order to get your packet.**
- All your items will be in ONE BAG, handed out by YJR staff.
- Only one person at Packet Pickup Table at a time, even if family.
 - Yes, someone else can get your packet for you BUT you MUST have their signed waiver. We cannot give you any packet until we have a signed waiver.

Race Day Packet Pickup (PPU) Details: Again, try not to do this. Saturday, August 22nd from 8AM to 9AM.

- Be sure to see race day map of parking/corral/packet pickup on website and below
- It will be held under the REGISTRATION tent by the Parking Lot.
- Masks must be worn and please remain physically distant.
- All your items will be in ONE BAG, handed out by YJR staff.
- Only one person at Packet Pickup Table at a time, even if family.
- **YOU MUST HAVE YOUR SIGNED WAIVER. No Waiver, No Packet, No Race.**
- Please review map so you know where Day of PPU is located (it is NOT in the lodge) [Map Here](#)

Masks/Temperature

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

Please no congregating in groups at any time unless in your start corral area.

1. Spectators are not allowed
2. Remain 6 feet apart at all times to keep up with physical distancing requirements, staff will be diligent in making sure this is followed.
3. We will be taking your temperature before you enter Corral 3 (C3) – which is the temperature corral – before we move you to Corral 2 then to Start Corral.
4. No more than 50 people in an area at a single time

Race Details – Saturday, August 22nd – 9AM Wave 1

The race will start at 9AM and there will be waves that you chose and some were assigned to that were transferred. Once assigned you will not be able to change waves.

- a. Waves can only have 15 people in them max. [See your Wave Time Here](#) – this lists time you can enter Corral 3. Please plan your time accordingly. Lateness not encouraged.
- b. We also advise being no where near any of the corrals until it is time for you to enter Corral 3. We reserve the right to ask you to step away from the area. [See Wave Time Chart Here](#)
- c. The waves will go off every 3 minutes
- a. There will be various corrals that you must be in by specific times so we can get temperature and check you in. See Wave chart so you know what time you need to be in Corral 3 by. You will enter Corral 3 (C3) first, then Corral 2 (C2) then Start Corral – A corral manager will guide when you can enter and exit corrals.
- b. Have your bib visible in the front of your body and be sure the timing chip is not covered by ANYTHING including hydration vest. The C3 Mgr will need to see your bib and take your temperature before corral entrance. Any temps over 100 degrees can not race.
- d. We expect all waves to be done and started by 9:15AM.
- e. NO SPECTATORS
- f. NO LITTERING
- g. Volunteers will be limited so please know the course
 - i. The race now finishes at the same spot you start
 - ii. Be sure to review when you must arrive by on the wave chart and when to enter C3
 - iii. Be prepared to remain in your car until your time for corral opens
 - iv. Again all this is to reduce congregating as we can have no more than 50 people in an area.
 - v. Course maps are at the website
- h. You are required to carry hydration and provisions. Currently no water stops will available. We cannot have open consumable items.
- i. Each course will have specific course markers either on the ground or by way of A-Frame signs with arrows. Cones may be used as well, along with survey tape to help guide athletes. The roads are open to traffic and there a minimal volunteers, so please heed caution at every intersection. Please run on the shoulder.
- j. Be sure to social distance at the start area and everywhere – even on course.
- k. Upon completion there will be a YJR staff at a table to give you your postrace food. This will be prepackaged food and bottled water. Again we cannot have open consumable food items.
- l. Upon completion we ask that you exit the finish area as soon as possible to deter congregating.
- m. There will not be an awards ceremony. Awards will be mailed.
- n. There will not be a results station. Results will be posted online by end of day.
- o. Please leave the area as quickly as possible upon completion of event

- p. Reminder: NO SPECTATORS
- q. Masks must be worn upon completion of their event

Wave Details

Wave Details for each Race

- Wave Details for Saturday, August 22nd [Click Here](#)
- Find your name on the list
- **The upper portion of the document denotes the following**
 - Start Time – This is the precise time your wave begins
 - Qty in Wave – This is the number of people in each wave
 - Time you Must be in Corral 3 – There are 3 corrals:
 - Corral 3 – Temperature Corral – this is the first one you enter and get your temperature taken. You must be in the corral at the time denoted for your wave. Don't be late.
 - Corral 2 – is the wait corral just before you can enter start corral. We will move you to this corral.
 - Start Corral – this is the corral you are in to start the event. We will move you to this corral.
 - Each corral is for a singular wave.... So each wave travels together through the corrals.
 - Don't be late, please!!! No skipping waves.... No changing waves....
- We tried to keep like last names together or people who registered within seconds of each other, as that is suggestive that they wanted to race together.
- [Corral Map](#)

Course Reminders

Follow the course markings and signs very carefully. No littering. When/If Passing please try to be observant of social distance. Course maps for each event noted above. Each course will have specific course markers either on the ground or by way of A-Frame signs with arrows. Cones may be used as well, along with survey tape to help guide athletes. The roads are open to traffic and there are minimal volunteers, so please heed caution at every intersection. No Littering ☺ No Spectators.

Other

- Spectators are not allowed to reduce mass gathering numbers. We ask no congregation at finish line when complete. It is best to leave the area as soon as possible.
- Volunteers required to wear masks when in close (within 6 feet) and/or sustained contact with entrants or other volunteers, or while in contact with any shared equipment
- Entrants are not required to wear masks while running / walking, but to be considerate while passing others.
- Runners and volunteers are strongly encouraged to bring their own hand sanitizer, using pre / post contacting any common surfaces and very much including porta-johns.
- 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 will sign a waiver stating such as well. See above.

We thank you so much for your patience and understanding as we work through the many, many guidelines put forth by the various entities. Following these guidelines will help ensure we have races in the future. THANK YOU!!! Thank you for being part of this and we look forward to seeing you on race day.

We appreciate you all following the guidelines set forth so we can all be safe, still race and have fun. Thank you again!

Boots, Ellen and entire Fleet Feet/YellowJacket Team