

We are so excited to be able to produce Stars & Stripes VeteRun 5K on Wednesday, Nov 11th at Mendon Ponds Park Stewart Lodge area, with some 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 READ THIS NOTE CAREFULLY AS WE WILL BE ABIDING BY ALL OF IT.** As COVID-19 numbers are increasing regionally it is imperative that we follow all these guidelines. Here is your note on how VeteRun 5K will be managed. Again, given COVID-19 these are guidelines we are following to ensure everyone's safety.

Please note all information is on VeteRun Website as well. Here are our guidelines and adjustments:

Packet Pickup

PRE PACKET PICKUP - Tuesday, November 10th from 11-5PM at Fleet Feet @ The Armory (155 Culver Rd). We ask that you attend this packet pickup to 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) - Wednesday, November 11th from 9:15AM to 11:45AM SHARP at Mendon Ponds Park, Stewart Lodge, 95 Douglas Rd, Honeoye Falls, NY 14472. It will be held outside under a tent. Look for the "Registration" flag. It will be near to the lodge.

- 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. Please no congregating in groups at any time.
2. Spectators are not allowed
3. Remain 6 feet apart at all times to keep up with physical distancing requirements, staff will be diligent in making sure this is followed.
4. We will be taking your temperature at the start line of your event.

Race Details

You can start the VeteRun 5K between 10:00AM and 12:00PM at Mendon Ponds Park, Stewart Lodge, 95 Douglas Rd, Honeoye Falls, NY 14472

- 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.** It is highly advised to arrive early to start earlier.
- 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.

- 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 12PM. 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. Upon completion we ask that you exit the finish area very quickly to deter congregating
- j. There will not be an awards ceremony. Awards will be mailed within the next week.

Again, NO SPECTATORS.

Course Reminders

Follow the course markings and signs very carefully. No littering. The course is open to traffic. 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. This is a NEW Course to promote social distancing and has part trails. The course map can be found on the website here: <https://yellowjacketracing.com/races/stars-stripes-veterun-5k-kids-run-wild-races-presented-by-l3harris-technologies>

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 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.

Thank you again!

All of us at YellowJacket Racing