

August 5, 2020

Dear Shoreline In Person 5K & Half 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 there 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, Parking Maps, Corral Maps, Communications, Waves are also on race website at <http://yellowjacketracing.com/races/shoreline-half-marathon-5k>

We hope that you are ready because we are going to race at Hamlin Beach Saturday, August 8<sup>th</sup> starting at 7AM for the Half and Sunday, August 9<sup>th</sup> starting at 7AM for the 5K, with safety and COVID adjustments of course. You are receiving this because you have chosen to be with us in person on your respective race day. 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 as per the NYS Parks. 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 **Friday, August 7th from 11:00AM to 5:00PM at Fleet Feet @ The Armory, 155 Culver Rd.** We are still working on day of options, but the window is very small and we'd hate for you to miss your start time

**Friday, August 7th from 11:00AM to 5:00PM at Fleet Feet @ The Armory, 155 Culver Rd.**

- 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 CURBSIDE DRIVE UP Packet Pickup (PPU) Details: Again, try not to do this.**

- Be sure to see race day map of parking/corral/packet pickup on website and below
- Read the Parking rules below if you did not pickup your packet. It gives specifics on how to drive up to the curbside packet pickup.
- **YOU MUST HAVE YOUR SIGNED WAIVER. No Waiver, No Packet, No Race.**
- Day 1 Half Marathon Packet Pickup will be open from 6:30AM to 7AM. Your Day of PPU [Map Here](#)
- Day 2 5K Packet Pickup will be open from 6:30AM to 7:20AM. Your Day of PPU [Map Here](#)

## **Race Day Parking**

Following Race Day Parking Guidelines will make your day and your fellow peers race day. Maps of race day parking, corral placement, start, finish can be found here and on website:

- Day 1 Half Parking Map [Here](#)
- Day 2 5K Parking Map [Here](#)

### **Parking Guidelines**

- The park has strict rules that there must be an empty space between each parked car for social distancing. So do not park your vehicle next to another vehicle. Leave space in between please
- The park will have a list of every athlete and the time they are supposed to enter the park. Be sure to review the WAVE Charts below and online so you know what time you need to be at the park. We HIGHLY ENCOURAGE not being late. You risk not being able to start because we cannot shift start times nor waves.
- Be sure you know the setup of the parking and corral area for your race day – see map links above
- Follow speed limits within park (well always), but you can get ticketed
- **For DAY 1 Half Marathon Athletes – Please see maps of parking areas/corrals/restrooms above**
  - **IF YOU PICKED UP YOUR PACKET ON FRIDAY AT FLEET FEET**
    - We recommend you park in Area 5 and walk to area 4 for the start. Your car will be closer to the finish when you are done for a clean getaway.
    - When driving into park stay in left lane past Area 4 to get to Area 5. Otherwise you may get backed up on the curbside packet pickup car line from those who are still picking up race morning.
  - **IF YOU DID NOT PICKUP UP YOUR PACKET ON FRIDAY AT FLEET FEET & ARE PICKING UP RACE MORNING**
    - We recommend you park in Area 4 because there may be a line to packet pickup and we don't want you to miss your start.
    - When driving into park stay in right lane to get to Area 4. There will be a tent on the right hand side of the road for packet pickup BEFORE the entrance of Area 4 – see map. It is right after Area 3. Pull towards the side of the tent, hand in your waiver, provide your name, and you will get your packet. No waiver. No packet. If you miss this tent you will have to drive all the way around to get back to it, so please pay attention and look at map of parking/packet pickup area.
- **For DAY 2 5K Athletes – Please see maps of parking areas/corrals/restrooms above**
  - **IF YOU PICKED UP YOUR PACKET ON FRIDAY AT FLEET FEET**
    - You can park anywhere within Area 5, as long as you are a car apart
  - **IF YOU DID NOT PICKUP UP YOUR PACKET ON FRIDAY AT FLEET FEET & ARE PICKING UP RACE MORNING**
    - As you enter Area 5, there will be a tent on an island in front of you that you will drive up to. Go to the left so that the island is on your left when you drive in and the tent is on your left. Pull towards the side of the tent, hand in your waiver, provide your name, and you will get your packet. No waiver. No packet.
    - You can then park anywhere within Area 5, as long as you a car apart

## Masks/Temperature

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

1. Please no congregating in groups at any time unless in your start corral area.
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 in the corral.
5. No more than 50 people in an area at a single time

## Half Marathon Race Details – Saturday, August 8<sup>th</sup> – 7AM Wave 1

The race will start at 7AM and there will be waves that you are assigned to. Once assigned you will not be able to change waves.

- a. Waves can only have 15 people in them max. [See you Wave Time Here](#) – this lists time you can enter park as well. Please plan your time accordingly. Lateness not encouraged.
- b. 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.
- c. We expect all waves to be done and started by 7:18AM. **Race cutoff is currently 11:18AM.**
- d. NO SPECTATORS
- e. NO LITTERING
- f. Volunteers will be limited so please know the course
  - i. The race now finishes in Area 5, but the start is in Area 4
  - 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. Be prepared to arrive to the park at the time outlined.... See wave list
  - v. Again all this is to reduce congregating as we can have no more than 50 people in an area.
  - vi. The Half Course is: <https://www.mapmyrun.com/routes/view/3292191607>
- g. You are required to carry hydration and provisions. Currently only one water stop will available with bottle water only. We cannot have open consumable items. Each participant will receive a PowerBar HydroGel in their race-day packet, but we encourage you to bring your own provisions as well.
- h. 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.
- i. Be sure to social distance at the start area and everywhere – even on course.
- j. Upon completion there will be a YJR staff at a table to give you your medal and postrace food. This will be prepackaged food and bottled water. Again we cannot have open consumable food items.
- k. Four Season Challenge needs to really show their bib to the post race table personnel so they get the correct post race bag and medals
- 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

## **5K Race Details – Sunday, August 9<sup>th</sup> 7AM Wave 1**

- c. The race will start at 7AM and there will be waves that you are assigned to. Once assigned you will not be able to change waves. Waves will be from 7AM to 7:40AM
- r. Waves can only have 15 people in them max. [See you Wave Time Here](#) – this lists time you can enter park as well. Please plan your time accordingly. Lateness not encouraged.
- d. The waves will go off every 5 minutes
- e. 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.
- f. 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.
- g. We expect all waves to be done and started by 7:40AM.
- h. NO SPECTATORS
- i. NO LITTERING
- j. Volunteers will be limited so please know the course
  - i. The race now finishes in Area 5, but the start is in Area 5
  - 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.
    - a. The 5K Course is: <https://www.mapmyrun.com/routes/view/3292182745>
- k. You are required to carry hydration and provisions. There will not be a water stop on course. Each participant will receive a PowerBar HydroGel in their race-day packet, but we encourage you to bring your own provisions as well.
- l. 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.
- m. Be sure to social distance at the start area and everywhere – even on course.
- n. Upon completion there will be a YJR staff at a table to give you your medal and postrace food. This will be prepackaged food and bottled water. Again we can not have open consumable food items.
- o. Four Season Challenge needs to really show their bib to the post race table personnel so they get the correct post race bag and medals
- p. Upon completion we ask that you exit the finish area as soon as possible to deter congregating.
- q. There will not be an awards ceremony. Awards will be mailed.
- r. There will not be a results station. Results will be posted online by end of day.
- s. Please leave the area as quickly as possible upon completion of event
- t. Reminder: NO SPECTATORS
- u. Masks must be worn upon completion of their event

## Wave Details

Wave Details for each Race

- Wave Details for the Half Marathon [Click Here](#)
- Wave Details for the 5K [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
  - Arrival to Park – Due to park mass gathering restrictions, this is the time you must enter the park. No before and definitely preferably not after as you may risk missing your start
  - 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
    - Start Corral – this is the corral you are in to start the event
    - 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....
- These waves are based on when you registered. 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. For some who are traveling from out of the area such as Buffalo/Albany – you were put in later waves in case you are driving in that AM.
- [Day 1 Half Corral Map](#)
- [Day 2 5K 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 😊

## 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